



## Scituate Recreation Summer Program 2011

Scituate Recreation Dept.  
Town Hall  
600 Chief Justice Cushing Highway  
Scituate, MA 02066

RESIDENTIAL CUSTOMER  
SCITUATE MA

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Scituate, MA  
Permit No. 56

# SCITUATE RECREATION DEPARTMENT

## 2011 Summer Brochure

**MAIL:** 600 Chief Justice Cushing Hwy.  
Scituate, MA 02066

**OFFICE:** Scituate High School  
(NEXT TO PJ STEVERMAN IN-LINE RINK)

**Hours:** 8:30 a.m. to 4:30 p.m.  
Mon. – Thurs. (Closed Friday)

**Phone:** 781-545-8738

**Fax:** 781-545-6990 (fax)

**Website:** [www.town.scituate.ma.us](http://www.town.scituate.ma.us)

### **RECREATION STAFF:**

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Paul Sharry, Field Coordinator ([psharry@town.scituate.ma.us](mailto:psharry@town.scituate.ma.us))

### **RECREATION COMMISSION:**

Bruce Wait, Chairman

Rob McCarry Christopher Roberts, Stephen Svensen, Erik Richman

**Associate Members:** Rich Lane, Jamie Noonan and David Smith

**Selectmen Liaison:** Shawn Harris

### *THE MISSION OF THE SCITUATE RECREATION DEPARTMENT*

*“To provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.”*

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## POLICIES AND PROCEDURES

1. **Due to the high demand for programs and to be fair to all Scituate Residents, registration for Scituate Residents will begin SATURDAY, April 2, 2011, 8:00 A.M. to 11:00 A.M. in Scituate Recreation's Multi-Purpose Room at Scituate High School. If you cannot register that day, a neighbor, friend or family member may register for you.**
2. ***PLEASE NOTE: YOU MAY REGISTER NO MORE THAN TWO FAMILIES, INCLUDING YOUR OWN.* Your registration will not be processed until we receive full payment and a **COMPLETED registration form.** Mail in registration will be accepted starting April 7, 2011.**
3. All Checks for payments to ALL departments must be made payable to the **TOWN OF SCITUATE.** Checks returned to the Town for insufficient funds, or any other reason, will not be re-deposited. Replacement funds will be accepted in cash, bank check, or money order only, along with a **\$25.00 return check fee** per item. A Check will not be accepted that cannot be immediately presented to our bank deposit. Post-dated checks will not be accepted as payment for any purpose. All returned checks are collected by the Treasurer/Collector's office.
4. The Recreation Department reserves the right to consolidate, postpone or cancel a program./trip for any reasonable cause. We otherwise maintain a **NO-REFUND** policy.
5. All fees are payable in advance to the Town of Scituate. A person is registered only when a check or cash and a registration form is received at the Recreation Office.
6. **No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.**
7. **A minimum deposit of half of the total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
8. **Need financial assistance...just ask!**
9. Proper behavior in the Recreation programs is expected at all times.
10. Improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
11. **Registration for non-residents will begin May 2, 2011.** Out-of-town people may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
12. The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs shall be at the registrant's own risk.
13. **The Grade would be the grade the child is entering in the fall of 2011.**

SUMMER REGISTRATION WILL BE IN THE  
RECREATION MULTI-PURPOSE ROOM  
AT SCITUATE HIGH SCHOOL  
**SATURDAY, APRIL 2, 2011**  
FROM 8:00 A.M. TO 11:00 A.M. (NO EXCEPTIONS)

(Mail-in registrations will be processed starting April 7, 2011)

THE OFFICE WILL BE CLOSED  
MONDAY - WEDNESDAY,  
APRIL 4th, 5th and 6th.  
SO WE MAY PROCESS THE WEEKEND'S  
REGISTRATION. WE WILL RE-OPEN  
Thursday, APRIL 7, 2011

## SUMMER RECREATION CENTER:

**Philosophically, the following programs have three primary goals:  
to Nurture, to Enrich and to have Fun!**

### LITTLE PEOPLE SUMMER PROGRAM: Scituate Recreation

**Little People Room (our room is air conditioned) at Scituate High**

**School.** Director: **Kathleen McCarthy** and staff will run this program.

(ratio:1:3) This program focuses on creative enrichment for the **3- to 5-year-old toilet independent child**. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 A.M. to 11:45 A.M. each morning. Participants may choose from two 2-day programs, either Monday/Wednesday OR Tuesday/Thursday or all 4 days. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are held every week. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities. NO CLASS JULY 4, 2011.

#### Session I: June 27 through July 14, 2011

<b>(0100.101)</b> Monday & Wednesday	8:45 a.m. – 11:45 a.m.	<b>\$125</b>
<b>(0100.102)</b> Tuesday & Thursday	8:45 a.m. – 11:45 a.m.	<b>\$150</b>
<b>(0100.103)</b> Monday thru Thursday	8:45 a.m. - 11:45 a.m.	<b>\$275</b>

#### Session II: July 18 through August 4, 2011

<b>(0100.104)</b> Monday and Wednesday	8:45 a.m. – 11:45 a.m.	<b>\$150</b>
<b>(0100.105)</b> Tuesday and Thursday	8:45 a.m. – 11:45 a.m.	<b>\$150</b>
<b>(0100.106)</b> Monday thru Thursday	8:45 a.m. – 11:45 a.m.	<b>\$300</b>

### MORNING ADVENTURE CLUB: Scituate Recreation's Multi-Purpose Room (our room is air conditioned) in Scituate High School.

Director: **Joan Smith** and her staff will facilitate this program. (ratio:1:6).

This is a program for the **Kindergartener (Must be age 5 by August 31, 2011) through Third Grade** child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, and Wed., from 9 A.M. to noon) and one full day (Thursday, 9 A.M. to 2:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun spots. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly

with special guests. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Fee includes t-shirt and all activities. NO CLASS JULY 4, 2011.

#### Session I: June 27 - July 14, 2011

<b>(1002.101)</b> Mon, Tues, Wed.	9:00 a.m. – 12:00 p.m.	
Thurs.	9:00 a.m. – 2:00 p.m.	<b>\$270</b>

#### Session II: July 18 - August 4, 2011

<b>(1002.102)</b> Mon, Tues, Wed.	9:00 a.m. – 12:00 p.m.	
Thurs.	9:00 a.m. – 2:00 p.m.	<b>\$290</b>

### YOUNG PEOPLE DAY PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned).

Director: **Andrea Duggan** and her staff will facilitate this program. (ratio:1:7). This fun-filled program is for children entering **first through sixth grade**. It meets for five full days per week. The program features a beach excursion each Wednesday to Humarock Beach, as well as a field trip each Friday to exciting locales such as a Zoo, Roller Skating and World's End, to name a few. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities. NO CLASS JULY 4, 2011.

#### Session I: June 27 - July 15, 2011

<b>(1003.101)</b> Monday - Friday	9:00 a.m. - 2:00 p.m.	<b>\$370</b>
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#### Session II: July 18- August 5, 2011

<b>(1003.102)</b> Monday - Friday	9:00 a.m. - 2:00 p.m.	<b>\$395</b>
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**SUMMER ALL-STARS: Scituate Recreation's Multi-Purpose Room (our room is air conditioned).** Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to continue their SUMMER ALL STARS for 2011. Held in a structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water - play, story time, etc. We will be joined weekly with special guests and performers and have multiple field trips for the kids to enjoy! Each day has a different theme; no two days are the same! The program runs **for two weeks for ages 6 to 12.** This program is geared toward any child who would enjoy a positive, more relaxed camp experience as well as providing facilitative assistance for children identified with learning disabilities or special needs. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. Activities are broken down and basic skills and rules are taught to the participants. The kids can pursue the activities at their own pace. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. Instructor/Coaches: Mike Connor and Jennifer Spinale assisted by a wonderful team of coaches (ratio: 1:3)  
**August 8 through August 19, 2011. (Mon - Fri 8:30 a.m. to 1:30 p.m.) (1004.101) Fee: \$450 per participant**

**ALL STAR TEEN SUMMER EXTREME: SHS Small Gym** Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to announce a new program for our teens this summer! More detailed information will be coming in later Spring, but we wanted families to be able to plan for this wonderful new opportunity!  
Brief summary: Participants will enjoy a variety of activities that are geared towards building teen-based social interactions. Summer Extreme runs **for one week for participants ages 13+.** All activities can be enjoyed by participants of all abilities - any teen who would enjoy a positive, more relaxed summer experience as well as providing facilitative assistance for teens identified with learning disabilities or special needs. This program will be a combination of summer field trip experiences and on-site group activities. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities. Instructor/Coaches: Stephen Howley and Julie Heffernan assisted by a wonderful team of coaches (ratio: 1:3).  
**(1004.102) August 8 – August 12, 2011 Fee & Time: TBD**

**MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA: Marine Park (Edward Foster Road)** Along with the Scituate C.O.R.S.E. Foundation, we are sponsoring Maritime Adventures, an innovative water sports program. This program is open for children 6 - 22 years of age. During the week-long camp, the athletes will build skills in adaptive windsurfing, Hawaiian outrigger canoeing, sailing, stand-up paddling and if conditions are favorable, surfing at one of the local beaches. Each student will participate in each water sport. The week will culminate on Friday with a team outrigger canoe race. This camp will provide specialized instructors and equipment from Accessport America, a national, non-profit founded in 1995 that inspires higher function and fitness for children and adults of all disabilities through safe entry to high-challenge sports. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. *Please note: if the weather is inclement, the session will still continue, waiting 20 minutes after each sound of thunder before going back into the water. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time.* **Registration guidelines are as follows:** There are 40 slots available, 8 slots per time session. 30 of those slots are reserved for children receiving special education services (on an IEP or 504 plan). These slots will remain reserved until June 1st. After June 1st, it is a first come, first serve basis for registration. For the 10 slots not reserved, these slots are open to any child, regardless of need. Slots will be filled first come, first served. Out-of-town registration will begin May 2, 2011. **Monday - Friday: if conditions are favorable, surfing will be done at one of the local beaches, parents will be notified that week.**

**August 1 through August 5, 2011 (8 spots per time slot)**  
**(1005.121)** 9:30 AM – 11:00 AM  
**(1005.122)** 11:00 AM – 12:30 PM  
**(1005.123)** 1:00 PM – 2:30 PM  
**(1005.124)** 2:30 PM – 4:00 PM  
**(1005.125)** 4:00 PM – 5:30 PM  
**Fee: \$150 per participant**

*Volunteers will follow the same application process as outlined in the 2011 Recreation Volunteer Forms*

# SAILING PROGRAM

*Our Goal: To provide as many children the opportunity to experience the joy of sailing!*

SEPARATE REGISTRATION FOR SAILING WAS HELD SATURDAY, MARCH 12 FROM 9 A.M. TO 11 A.M. (previously advertised in spring brochure)

You may register for this program. prior to April 2nd or after April 7th during regular office hours or by mail.

PLEASE NOTE: We will NOT be holding any sailing registrations on April 2.

*Due to the high demand of this program. we are limiting this to one session week per child. Should you be interested in taking additional weeks we will be accepting a waiting list on a first come first serve basis. After May 3rd if classes have not filled we will be calling off the list.*

## ALL SAILING PROGRAMS MEET RAIN OR SHINE

Classes meet at the **Mass Humane Boat House on Edward Foster Road** located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Devices (C.G. approved life jacket). *Classes run Monday through Thursdays (we will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday...call the Recreation Department for more information on rainy days.*

**Registration for non-residents will begin May 2, 2011**

## MERCURY'S

We offer 12 hours of lessons over one week on our renovated 15-foot Cape Cod Mercury Keels. These are very stable, hearty sailboats. They are great for the beginner/intermediate sailor. Experience is not required, although classes will be formatted to the experience of each sailor. This class is for participants ages 9 – adults. *The sailing area for the Mercury's is limited to inside the breakwater.*

Fee: \$125

<u>8:00 A.M.- 11:00 A.M.</u>		<u>12:00 PM-3:00 PM</u>	
6/27-6/30	1011.101	6/27-6/30	1011.107
7/5-7/8	1011.102	7/5-7/8	1011.108
7/11-7/14	1011.103	7/11-7/14	1011.109
7/18-7/21	1011.104	7/18-7/21	1011.110
7/25-7/28	1011.105	7/25-7/28	1011.111
8/1-8/4	1011.106	8/1-8/4	1011.112
8/8-8/11	1011.119	8/8-8/11	1011.120

## 420's

420 classes are offered in two week sessions throughout the summer to sailors ages 12 – 18. This course is designed for both beginner and intermediate 420 sailors. Beginner students are introduced to wind awareness, sailing terminology, parts of sail, trim and tacking. Intermediate students will cover weather, sail trim, hull care and equipment maintenance. This course is designed to teach students with little or no experience to students who are proficient in all points covered in the 420-beginner course. NO CLASS 7/4/11.

Fee: \$300

<u>8:00 a.m. – 11:00 a.m.</u>		<u>12:00 – 3:00 pm</u>	
6/27-7/8	1011.113	6/27-7/8	1011.116
7/11-7/21	1011.114	7/11-7/21	1011.117
7/25-8/4	1011.115	7/25-8/4	1011.118

## J-24 SAILING (AGES 17 & UP) Fee: \$115.00

Do you sail? Are you looking to race or learn to cruise? This is the program. to hone your skills. Program will meet on Thursday and Tuesdays from **5:30 p.m. to 7:30 p.m.** for two weeks (starts on Thursday).

1011.121	7/7 – 7/19
1011.122	7/21 – 8/2
1011.123	8/4 – 8/16

## PAN GAI NOON: KARATE, KUNG FU, TAI CHI

A series of Martial Art styles laced together to form a more complete system. The curriculum at the school is multi-faceted. In addition to our core programs of **Uechi-Ryu Karate, Box Si Lun, Praying Mantus Kung Fu**, we also offer Tai Chi Chi Kung, Meditation/Stress Management and Chi Kung energy work. The activities contain more of the listed requirements leading towards total physical fitness than almost any other single activity. We strive to make your Kung-Fu experience an enjoyable one, useful and relevant to you! ...whether your goals are exercise and getting in shape, self defense, weight loss or a workout emphasizing mind/body coordination. Sifu Cole Hawkins has been teaching martial arts since 1970 and oversees the training and development at the school. Classes are tailored to each individual age group.



**NO CLASS JULY 4, 2011**

**Classes will be held in the Recreation's Multi-Purpose Room at Scituate High School**

### CHILDREN'S KARATE 6-9 YEAR OLDS

Less than 3 sessions

**(1900.101)** Mon. June 27 – Aug. 22, 2011 4:50 – 5:50 p.m. **\$58 8 wk**

### CHILDREN'S KARATE 6-9 YEAR OLDS

More than 3 sessions

**(1900.102)** Wed. June 29 – Aug. 24, 2011 4:50 – 5:50 p.m. **\$65 9 wk**

### JUNIOR'S KARATE 10-13 YEAR OLDS

**(2300.101)** Tues. June 28 – Aug. 22, 2011 4:50 – 5:50 p.m. **\$65 9 wk**

### ADULT KARATE

**(3100.101)** Wed. June 29 – Aug. 24, 2011 6:00 – 7:30 p.m. **\$86 9 wk**

### TAI CHI

Classes encompass: \*A balanced set of exercises to align, stretch & strengthen the body, preparing the student for tai chi movements \* Chi Kung breathing techniques to awaken & balance one of the core properties of tai chi your intrinsic energy \* Tai Chi movement starting with stances & drills leading to the beginning form in yang style tai chi. The benefits are truly endless with this Chinese art!

**(3200.101)** Tues. June 28 – Aug. 23, 2011 6:00 – 7:30 p.m. **\$117 9 wk**

## PERFORMING ARTS

### DANCE FOR FUN CLINIC:

**Scituate High School Small Gym.**

**AGES 3-5:** This clinic is for boys and girls ages 3 to 5. This is a one-hour progressive instructional program that will include ballet, tap, jazz and dance aerobics. **Please note there is no performance for this class.**

**Tuesday – Friday June 28 through July 1, 2011**

**(0300.101)** 8:30 a.m. to 9:30 a.m. **Fee: \$25 per participant**

**GRADES 1 & UP:** This clinic is for boys and girls, Grades 1 & up. Participants will be taught tumbling stunts, jazz dance and isolation movements. Children will also learn a combination of jazz, ballet, tap and acrobatic techniques as well as many of the favorite youth dances: Macarena, electric slide, hip-hop movements, freeze dance and many more. Also, we will play games such as musical chairs, lip-sync, etc. Guaranteed: anyone who enrolls in this musical program will be the teacher in their neighborhood of dance steps and body movements for the rest of the summer. **There will be a fun show at the end of the week for parents to attend.**

Teacher/Dancer: Tracey O'Brien, certified by Test to Teach. Participants should bring a snack, lunch and water bottle. Participants can wear leotards or bathing suits

**(1009.101)** 9:30 a.m. to 3:00 p.m. **Fee: \$105 per participant**

### SUMMER KRAFT TIME: Scituate High School, Teacher's Lounge.

Instructor: Cheryl DiTommaso. Parents, here is the perfect solution to the 'dog days of summer' when kids are looking for something to do! Join us for a fun and stimulating arts and crafts program for boys and girls registered for Kindergarten - 6th Grades. Children will enjoy creating a variety of 'hands-on' craft items; each day of the 4-day workshop will focus on different themes. So, allow us to do the clean up and let your child not only show their creative side but also, make new friends while indulging in beads, paint, glue, glitter and more! All materials and supplies included.

Participants should bring a snack and water bottle. **Monday - Thursday**

**(1200.101)** August 8 - August 11, 2011 9:00 a.m. – 11:30 a.m.

**(1200.102)** August 8 - August 11, 2011 12:30 p.m. – 3:00 p.m.

**Fee: \$90 per participant**



**GUITAR WORKSHOPS WITH MATT BROWNE:** Scituate Recreation Department's Little People Room. A one-hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques *All students require a guitar: electric (with working amp) or acoustic.* Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. Ages 8 – 12. **Enrollment: 8-10 students**  
**(2600.101) Tuesdays, June 14 through August 2, 2011 4:00 – 5:00 PM**  
**(8 weeks) Fee: \$85 per participant**

### SCITUATE PLAYHOUSE

#### Scituate Play House Week-long Summer "Boot Camp"

##### "HIGH SCHOOL MUSICAL": Scituate High School

**Auditorium.** Be part of our unforgettable, intensive week of acting, singing & dancing, culminating in a magical Friday night performance of "High School Musical" on the SHS stage. Join our rocking & rolling story based on the Disney movie. We need singers, dancers and skater dudes! Show off your basketball skills during the pin-point intensity of the "Basketball" number! Actors grades 3- 6. Directed by Miss Kathy Boluch, a Massachusetts-certified teacher.

Enrollment: 25

**(1000.101) August 8 through August 12, 2011 9 a.m. – 3 p.m.**  
 Friday, August 12, 2011: Production at 6:30 p.m.

**Fee: \$180 per participant**

### ONE WEEK SPORT CLINICS:

**CO-ED SOCCER CLINIC:** This one-week instructional soccer clinic will be held at the **SHS Turf field.** Participants will be taught the fundamentals of soccer including: dribbling, heading, kicking, passing, trapping, goal tending and basic soccer rules. **Debbie Beal** and assistants will run the clinics. Participants should bring a snack, lunch, sunscreen and water bottle.

**July 18 through July 22, 2011**

**(1007.101) Grades K-2 from 8 - 10:30 a.m. Fee: \$65 per participant**

**(1007.102) Grades 3-5 from 11 a.m. - 2 p.m. Fee: \$80 per participant**

**MINI-HAWK:** Due to the late date of school getting out; we are unable to run mini-hawk this summer. However, it will be back next summer.

**CO-ED BASKETBALL CLINIC:** SHS Large Gym. For the twelfth year, we will offer this instructional clinic to both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a lunch and a good attitude. Coach: Matt Poirier assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day.

**(No Class 7/4/11 – FOUR day program)**

**(2200.101) Grades 3 & 4 Tues. – Fri. 7/5 – 7/8/11 8 a.m. – 2 pm.**

**Fee: \$140 per participant**

#### FIVE DAY PROGRAM

**(2200.102) Grades 5 & 6 Mon.-Fri. 7/25 – 7/29/11 8 a.m. – 2 p.m.**

**(2200.103) Grades 7 & 8 Mon.-Fri. 8/1 – 8/5/11 8 a.m. – 2 p.m.**

**(2200.104) Grades 8 –12 Mon.-Fri. 7/11 – 7/15/11 8 a.m.- 2 p.m.**

**Fee: \$175 per participant**

#### SUMMER BASEBALL CLINIC: Scituate High School Baseball Fields.

Our Baseball clinic is committed to the proper training and fundamentals of the great game of Baseball. It is our goal that when you leave one of our clinics that you not only leave being a better baseball player but a better person overall. Our instructors teach first and coach second. Our philosophy will always emphasize the correct mechanics and fundamentals but will never forget about how much fun the game of Baseball really can be! Varsity Baseball Coaches, Kevin Greer & Jim Trevena along with the Scituate High School baseball coaches will run the clinic. Please bring a snack, lunch and a great attitude ready to play the game of baseball.

**(1006.101) Grades 7-10 July 18 - July 22, 2011 8 a.m. - 2:00 p.m.**

**(1006.102) Grades 2-6 August 8 -August 12, 2011 8 a.m. - 2:00 p.m.**

**Fee: \$140 per participant**

### **SUMMER FIELD HOCKEY CLINIC: Scituate High School Turf**

**Field.** The Scituate Recreation Department will be holding a four-day field hockey clinic this summer, run by Varsity Coach Amanda Bird-Clemmer along with some of the best coaches & former players. This clinic is open to all students entering 5<sup>th</sup> through 12th grades. Participants will learn basic Field Hockey rules, and develop skills and game techniques. Participants will need mouth guards, shin guards, water and a lunch. Sticks will be provided if needed. Participants should also have sneakers in case of rain.

Monday, July 25 through Thursday, July 28, 2011

**(2700.101)** Grades 5 & 6 from 8:30 a.m. to 11:30 a.m.

**(2700.102)** Grades 7 – 12 from 1:00 p.m. to 4:00 p.m.

**Fee \$80 per participant**

**SPORT OF FENCING: Scituate High School Cafeteria.** This instructional course will be offered to boys and girls (grade 1 and up). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and boating skills will be taught. Instructor: Jim Mullarkey.

**July 25, 2011 – July 29, 2011**

**(1600.101)** Beginner (no experience): 8:00 a.m. – 10:00 a.m.

**(1600.102)** Intermediate (1 year or less of instruction) 10:00 a.m. – 12 p.m.

**(1600.103)** Intermediate II (1 year+ of instruction) 12:30 - 2:30 p.m.

**Fee: \$110 per participant**

### **NAUTICAL MILE (TRACK CLUB): Scituate High School**

**Track.** A track program designed to prepare runners grades 3-12 All abilities welcome. The program will be designed to help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. Coaches: Kate Carr & Brian Stewart (*No rain make-ups & NO CLASS 7/4/11*).



Monday & Wednesday, June 6 – August 15, 2011. 5:30 to 7:00 p.m.

**(1400.101)**

**Fee: \$80 per participant**

## **JUNIOR GOLF PROGRAM**

### **JUNIOR GOLF INTRODUCTORY DEVELOPMENT PROGRAM:**

**Widow's Walk, Golf Course.** **Program Content:** An introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching and the full swing. **Program mission:** To provide exposure to the game of golf, age appropriate skills development, rules and etiquette instruction as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program.. Participants should bring a snack and water bottle. We can provide the clubs.

**Tuesdays, June 28, July 5, 12, 19, 2011 Rain date July 26**

**(1040.100)** ages 8 to 10 from 11:15 A.M. to 1:00 PM (limited to 18)

**(1041.100)** ages 11 to 15 from 11:15 A.M. to 1:00 PM (limited to 18)

**Tuesdays, August 2, 9, 16, 23, 2011 Rain date August 30**

**(1040.101)** ages 8 to 10 from 11:15 A.M. to 1:00 PM (limited to 18)

**(1041.101)** ages 11 to 15 from 11:15 A.M. to 1:00 PM (limited to 18)

**Fee: \$75 per participant**

### **JUNIOR GOLF INTERMEDIATE DEVELOPMENT PROGRAM:**

**Widow's Walk Golf Course.** **Program. content:** A continuation of the introductory program with a more technical instructional approach. A skills competition will complete the session. **Program. mission:** To provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and the elimination of distractions from unmotivated students. **Prerequisite:** Successful completion of an Introductory Junior Program. with an above- average level of skill and motivation. Participants should bring a snack and water bottle. We can provide the clubs.

(student: teacher ratio – 9:1)

**Tuesdays, June 28, July 5, 12, 19, 2011 Rain date July 26**

**(2040.100)** ages 9-11 from 9:00 A.M. to 10:45 A.M. (limited to 18)

**(2041.100)** ages 12-15 from 9:00 A.M. to 10:45 A.M. (limited to 18)

**Tuesdays, August 2, 9, 16, 23, 2011 Rain date August 30**

**(2040.101)** ages 9-11 from 9:00 A.M. to 10:45 A.M. (limited to 18)

**(2041.101)** ages 12-15 from 9:00 A.M. to 10:45 A.M. (limited to 18)

**Fee: \$75 per participant**

## ADULT PROGRAMS

ADULT KARATE AND TAI CHI PROGRAMS: See page 5

ADULT SAILING: See page 4

### ORGANIC VEGETABLE, FLOWER AND HERB GARDENING:

**Teak Sherman Park on Chief Justice Cushing Highway** (Diagonally across from Town Hall heading South on Route 3A). Learn by working in the garden: sowing seeds, starting seedlings and discussing garden plans. All levels of “green thumbs” are welcome. Each participant will be able to take plant and plan home for his or her garden, as well as be a part of the community work at the farm pantry. Harvesting summer crops and cultivating a diverse variety of crops and increased production in a ten x ten foot bed at the Teak Sherman Park Community Farm gardens, whose gardeners donate a portion of their yield to the Scituate Food Pantry. One class will be a field trip to the Holly Hill Farm (in Cohasset and your families are welcome). We will end the program with a salad party in July. (Classes will meet rain or shine).

Instructor: Jon Belber, Education Director for the Friends of Holly Hill Farm, a non-profit organization in Cohasset that teaches about organic farming & sustainable agriculture. The Farm Based Education Association named Jon in 2008 as “Teacher Farm of the Year”.

**(4110.101)** Wednesdays, June 1, 8, 15, 22, 29 and July 6, 2011  
5 p.m. to 6 p.m. Class size is limited (min 10 / max 15)

**Fee: 75.00, includes all materials.**

### BEGINNER INTRODUCTORY ADULT OUTDOOR GOLF: Widows

**Walk Golf Course (ages 18 and over):** with Golf Professional Bob Sanderson or another PGA Staff Member at Widow’s Walk. This introductory program will focus on pre-swing fundamentals, putting and full-swing mechanics. We will also touch on golf course orientation, rules and etiquette. The course is tailored to the beginner golfer. *(No Class 5/30/11)*

**(3000.401)** Tuesdays April 26 - May 24, 2011 5:30 – 6:30 p.m.

**Rain Date May 31st**

**(3000.402)** Tuesdays April 26 - May 24, 2011 6:30 – 7:30 p.m.

**Rain Date May 31st**

**(3000.403)** Thursdays April 28 - May 26, 2011 11:00 – 12:00 p.m.

**Rain Date June 2nd**

**(3000.404)** Mondays May 16 – June 20, 2011 6:30 – 7:30 p.m.

**Rain Date June 27th**

**(3000.101)** Tuesdays June 7 - July 5, 2011 5:30 – 6:30 p.m.

**Rain Date July 12th**

**(3000.102)** Tuesdays June 7 - July 5, 2011 6:30 – 7:30 p.m.

**Rain Date July 12th**

**(3000.103)** Mondays July 18 – August 15, 2011 5:30 – 6:30 p.m.

**Rain Date August 22nd**

**(3000.104)** Tuesdays July 19 – August 16, 2011 5:30 – 6:30 p.m.

**Rain Date August 23rd**

**(3000.105)** Tuesdays July 19 – August 16, 2011 6:30 – 7:30 p.m.

**Rain Date August 23rd**

**Fee: \$75 per participant**

### INTERMEDIATE ADULT SHORT GAME SERIES: Widows Walk

**Golf Course (ages 18 and over):** Student to teacher ratio 6:1. With Golf Professional Bob Sanderson or another PGA staff member at Widow’s Walk. These more advanced sessions are tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Putting, Chipping, Pitch Shots, Green Side Sand Shots, Trouble Chips/Review. *(No Classes 5/30/11)*

**(3001.401)** Thursday April 28 – May 26, 2011 6:30 – 7:30 p.m.

**Rain Date June 2nd**

**(3001.402)** Mondays May 16 – June 20, 2011 5:30 – 6:30 p.m.

**Rain Date June 27th**

**(3001.101)** Thursdays June 9 - July 7, 2011 5:30 – 6:30 p.m.

**Rain Date July 14th**

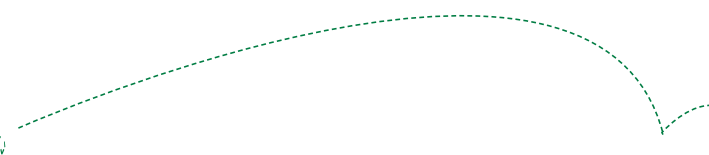
**(3001.102)** Thursdays July 21 – August 18, 2011 11:00 – 12:00 p.m.

**Rain Date August 25th**

**(3001.103)** Thursdays July 21 – August 18, 2010 6:30 – 7:30 p.m.

**Rain Date August 25th**

**Fee: \$95 per participant**



**INTERMEDIATE ADULT FULL SWING SERIES: Widows Walk Golf Course. (ages 18 and over):** These more advanced sessions are tailored to experienced golfers or students that have completed an introductory golf program.. One session will be dedicated to each of the following topics: Swing Fundamentals, Ball Flight Laws, Iron Play, Wood Play, and Review.

**(3002.401)** Thursdays April 28 – May 26, 2011 5:30 - 6:30 p.m.

**Rain Date June 2nd**

**(3002.101)** Thursdays June 9 – July 7, 2011 11:00 a.m. – 12:00 p.m.

**Rain Date July 14th**

**(3002.102)** Thursdays June 9 – July 7, 2011 6:30 – 7:30 p.m.

**Rain Date July 14th**

**(3002.103)** Mondays July 18 – August 15, 2011 6:30 – 7:30 p.m.

**Rain Date August 22nd**

**(3002.104)** Thursdays July 21 – August 18, 2011 5:30 – 6:30 p.m.

**Rain Date August 25th**

**Fee: \$95 per participant**

## **SAFETY EDUCATION**

### **AMERICAN HEART ASSOCIATION HEARTSAVER AED C.P.R.:**

**Scituate Fire Headquarters.** Min.6/Max 10.

Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR (if you are a healthcare provider, see below). Includes new text and 2 year certification card.

Instructor: Mark Donovan.

**Fee: \$50 per participant**

**(3500.101)** Wednesday, July 27, 2011 starting at 7:15 PM



### **FIRST AID: Scituate Fire Headquarters.** Min.6/

Max.12. Receive a 2- year certification from the American Heart Association. Learn what to do in every-day emergencies. This class covers infant, child and adult emergencies. Instructor: Mark Donovan.



**Fee: \$50 per participant**

**(3600.101)** Wednesday, August 17, 2011 from 7:15 PM to 10:00 PM

**HEALTHCARE PROVIDER CPR: Scituate Fire Headquarters.** Min.6/Max.12\_We will offer a Healthcare Provider CPR class;. This class is appropriate for nurses, doctors, emts, medics and nursing students. This class covers defibrillation, adult, child, infant CPR for the Healthcare Professional. This is a two- year certification. Instructor: Mark Donovan.

**Fee: \$55 per participant**

**(3551.101)** Wednesday, August 24, 2011

7:15 PM to 10:30 PM

**BASICS OF BABYSITTING: Scituate High School Cafeteria.** This one day, three-hour course is designed to assist 5th – 7th graders in being babysitters and knowing the do's and don'ts of being home alone. The course will cover information on child development, feeding, diapering and playing with babies/younger children, basic first aid, fire safety and prevention, as well as the overall responsibilities of babysitting. There will also be a question and answer session with a Scituate Police Officer and Firefighter. Instructor: Kimberley Cleary, RN and Mom.

**(1001.101):** Tuesday, April 19, 2011 9:00 a.m. – 12 p.m.

**(1001.102):** Thursday, June 30, 2011 9:00 a.m. – 12 p.m.

**Fee: \$20 per participant**

## **ADULT MIND & BODY FITNESS**

**Adult Karate & Tai Chi - see Pai Gai Noon : page 7**

### **ZUMBA: Scituate Recreation Multi-Purpose Room at Scituate High**



**School.** The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body

while combining fitness and fun. Instructor: Christine D'Ambrosia

**No Class on the following days: 7/4, 7/25, 7/30, 8/1 & 8/6/2011**

**(8 weeks)**

**(3700.101)** Mondays June 20 – August 29, 2011 7:00 – 8:00 p.m.

**(3700.102)** Saturdays June 25 – August 27, 2011 8:30 – 9:30 a.m.

**Fee: \$45 per participant**

### **EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate**

**Recreation's Multi-Purpose Room.** Do you own an exercise ball and don't know how to use it? Then come sign up for a motivating, challenging one hour resistance training workout. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. All levels welcome. Please bring your own exercise ball. Instructor: Sarah Lannon. Sundays June 12 – August 14, 2011 8 – 9 a.m.

**(4410.101)**

**Fee: \$55 per participant**

### **NOT YOUR AVERAGE BOOT CA.M.P: ALL LEVELS OF FITNESS**

**WELCOME Scituate High School Track** This is an interval-training program that includes cardiovascular as well as muscular conditioning drills and exercises. Utilizing medicine balls, jump ropes, lunges, squat thrusts, jacks, push ups, bleachers and running/walking. This is guaranteed to improve your strength and endurance. Bring your running shoes, jump rope and water. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! Instructors: Suzy Murray & Jen Rooney. Drop-ins welcome \$10 with a Registration form. *(No class 7/4/11)*

**(3800.101)** Mon. June 6 – August 8, 2011 6:00 – 7:00 a.m.

**(3800.102)** Mon. June 6 – August 8, 2011 6:30 – 7:30 p.m.

**(3800.103)** Wed. June 8 – August 10, 2011 6:00 – 7:00 a.m.

**(3800.104)** Sat. June 11 – August 13, 2010 7:30 – 8:30 a.m.

**Fee: \$55 per participant**



### **SCITUATE STATIONARY CYCLING:**

**Scituate Recreation Multi Purpose Room at Scituate High School.**

Get in shape the fast and affordable way! Our cycling program offers the best -certified instructors on **state of the art Schwinn cycles** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.

**Fee: \$75 per participant** (10 weeks, *we do meet holidays*)

*Instructors: Maggie Cadigan, Sarah Lannon, and Erin Culbert*

**(3900.101)** Monday 5/23 – 7/25/11 5:45 – 6:45 a.m. Maggie

**(3900.102)** Monday 5/23 – 7/25/11 6:30 – 7:30 p.m. Sarah

**(3900.103)** Tuesday 5/24 – 7/26/11 5:45 – 6:45 a.m. Maggie

**(3900.104)** Tuesday 5/24 – 7/26/11 9:15 – 10:15 a.m. Maggie

**(3900.105)** Wednesday 5/25 – 7/27/11 9:15 – 10:15 a.m. Maggie

**(3900.106)** Wednesday 5/25 – 7/27/11 4:00 – 5:00 p.m. Erin

**(3900.107)** Wednesday 5/25 – 7/27/11 6:30 – 7:30 p.m. Sarah

**(3900.108)** Thursday 5/26 – 7/28/11 5:45 – 6:45 a.m. Sarah

**(3900.109)** Friday (\*) 5/27 – 7/29/11 9:15 – 10:30 a.m. Maggie

**(3900.110)** Saturday 5/28 – 7/30/11 8:00 – 9:00 a.m. Alternates

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**(3900.111)** Monday 8/1 – 10/3/11 5:45 – 6:45 a.m. Maggie

**(3900.112)** Monday 8/1 – 10/3/11 6:30 – 7:30 p.m. Sarah

**(3900.113)** Tuesday 8/2 – 10/4/11 5:45 – 6:45 a.m. Maggie

**(3900.114)** Tuesday 8/2 – 10/4/11 9:15 – 10:15 a.m. Maggie

**(3900.115)** Wednesday 8/3 – 10/5/11 9:15 – 10:15 a.m. Maggie

**(3900.116)** Wednesday 8/3 – 10/5/11 4:00 – 5:00 p.m. Erin

**(3900.117)** Wednesday 8/3 – 10/5/11 6:30 – 7:30 p.m. Sarah

**(3900.118)** Thursday 8/4 – 10/6/11 5:45 – 6:45 a.m. Sarah

**(3900.119)** Friday (\*) 8/5 – 10/7/11 9:15 – 10:30 a.m. Maggie

**(3900.120)** Saturday 8/6 – 10/8/11 8:00 – 9:00 a.m. Alternates

*(\*)Muscle Spin = get your cardio PLUS strength and ab work out to top off this 75 minute class.*

**CEILIDHE (KAY-LEE):** A gathering of friends for mutual entertainment and enjoyment. Bring along a song or three, an instrument, an open heart and join in the fun. We meet the 3rd Friday of every month from 7:30 PM to 10:00 PM at the Recreation Department.

## UPCOMING EVENTS

### **SCITUATE HARBOR "MUSIC CONCERT"**

SATURDAY EVENING, July 9, 2011 from 5:00 PM to 7:00 PM  
in COLE PARKWAY AT THE MORRILL BANDSTAND.

Enjoy a relaxing evening of original and contemporary music  
performed by local musicians featuring:

### **THE GATHERING**

An evening spanning the blues, jazz, folk, southern rock and  
rock & roll musical favorites.

So grab your beach chairs and friends and come down to the  
bandstand for this FREE night of music.

Sponsored by the Friends of Scituate Recreation.

## FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS:

If you are interested in using a Town playing field, Kazlousky Park  
(basketball courts), the PJ In-line Skating Rink or the Morrill Bandstand in  
Cole Parkway, permits must be obtained through Scituate Recreation.  
Applications are available in the office or online at [www.town.scituate.ma.us](http://www.town.scituate.ma.us)

### 16th Annual PJ Steverman Golf Classic

A benefit for the Friends of Scituate Recreation

Will be held **Friday, September 16, 2011**

**Widow's Walk** 1:00 PM shotgun

**River Club**, 6:00 PM, Dinner, Silent & Live Auction and Raffle

Foursome: \$540.00

Hole Sponsorship: \$150.00

Dinner Ticket only: \$40.00

Ball Drop: \$5 per ticket

For more information, please call, 781-545-5321

[www.pjstevermangolf.com](http://www.pjstevermangolf.com)

## NOTICE FROM TOWN HALL BEACH/ TRANSFER STICKER PROGRAM

Stickers will be available for purchase in the building, on-line or by  
mail.

Walk-In hours are to be determined. Please, check Town website for  
posted hours.

The details of each of the options may be found on the town website:  
<http://www.town.scituate.ma.us>

### Sticker fees are as follows:

**Transfer Station:** \$80 for the first vehicle; \$25 for additional  
vehicles in the family; \$55 Senior Rate (over 70).

**Beach Stickers:** \$35 for any vehicle.

### Early Sales for Residents Only:

Once again stickers will be available for purchase at the Recreation  
Department's summer registration held on Saturday April 2nd from  
8 AM to 11 AM at Scituate High School (make sure you have a check  
and your car registration with you).

### Non-Resident Beach Sticker Sales:

Limited number of Non-Resident Stickers will be sold on  
**first-come, first-served**. Check the Town website for more  
information and the start date of sales.



**PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**

**(IF UNDER 18 PARENT MUST FILL OUT)**

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of \_\_\_\_\_ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and/ or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever **RELEASE** the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of \_\_\_\_\_, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., **CORSE** Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to **INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS** the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of \_\_\_\_\_ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

**I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites.** If there is a need to avoid photos of your child, you must contact [ebblacket@town.scituate.ma.us](mailto:ebblacket@town.scituate.ma.us) and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): \_\_\_\_\_

Of Student/Participant Name (Printed) \_\_\_\_\_

Date: \_\_\_\_\_

**RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**  
**(IF OVER 18 MUST FILL OUT)**

I, \_\_\_\_\_, in consideration of my being allowed participate in \_\_\_\_\_, do forever **RELEASE, acquit, discharge and covenant to hold harmless** the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., **CORSE** Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to **INDEMNIFY, reimburse or make good** to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**THIS FORM MAY NOT BE ALTERED**