

SCITUATE RECREATION DEPARTMENT

2010 Winter Brochure

MAIL: 600 Chief Justice Cushing Hwy.
OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)
Scituate, MA 02066

Hours: 8:30 a.m. to 4:30 p.m.
Mon.-Thurs., Closed: Fri.
781-545-8738 (phone)
781-545-6990 (fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director
Kimberly Peters and Maura Glancy, Recreation Assistants
Jenna McCarthy, Registrar

RECREATION COMMISSION:

Bruce Wait, Chairman
Nancy Ivas, Robert McCarry, Christopher Roberts, Stephen Svensen
Associate Members: Jamie Noonan and Rich Lane
Selectmen Liaison: Shawn Harris

The Mission of the Scituate Recreation Department is 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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The Little People program is being offered for the nineteenth year as an

opportunity for two and three year old children, along with a parent or guardian, to share in music, arts and crafts, games and social activities.

Younger siblings are welcome!

This program is for children ages 2 and 3.

NO CLASS DURING FEBRUARY VACATION WEEK

TUESDAY LITTLE PEOPLE 1: January 5 through March 16, 2010 from 9:00 a.m. to 10:30 a.m. at Scituate High School, next to PJ Rink.

(0100.301) Fee: \$120 per child.

TUESDAY LITTLE PEOPLE 2: January 5 through March 16, 2010 from 11:00 a.m. to 12:30 p.m. at Scituate High School, next to PJ Rink.

(0100.302) Fee: \$120 per child.

WEDNESDAY LITTLE PEOPLE 1: January 6 through March 17, 2010 from 9:00 a.m. to 10:30 a.m. at Scituate High School, next to PJ Rink.

(0100.303) Fee: \$120 per child.

WEDNESDAY LITTLE PEOPLE 2: January 6 through March 17, 2010 from 11:00 a.m. to 12:30 p.m. at Scituate High School, next to PJ Rink.

(0100.304) Fee: \$120 per child.

THURSDAY LITTLE PEOPLE 1: January 7 through March 18, 2010 from 9:00 a.m. to 10:30 a.m. at Scituate High School, next to PJ Rink.

(0100.305) Fee: \$120 per child.

THURSDAY LITTLE PEOPLE 2: January 7 through March 18, 2010 from 11:00 a.m. to 12:30 p.m. at Scituate High School, next to PJ Rink.

(0100.306) Fee: \$120 per child.

PRE-SCHOOL PLAYTIME: Scituate Recreation Department's Multi-Purpose Room. Take advantage of this wonderful opportunity to spend time with your toddler as he/she experiences and explores playtime. Through a variety of different play equipment such as balls, tunnels, slides and small climbing structures; your toddler will enhance his/her gross motor skills while also building interaction skills. Group story time and music will also be included and will be beneficial in your child's ability to express him/herself through language and social skills. Different themes will be offered such as flowers, teddy bears, hearts, etc...that will also enrich your toddler's playtime experience. The class is open to children who are 19 to 36 months. Teacher: Sarah Lannon, certified fitness instructor. Mondays from 9:15 a.m. to 10:00 a.m.

WINTER: January 25 - March 22, 2010 (*no class 2/15/10*)

(0400.302)

Fee: \$55 per child

KIDS JUST LOVE CRAFTS: In this eight-week program, our classes encourage parent/guardian and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. So join us for a jam-packed eight weeks of ooey-goey arts and crafts, stories, and songs. Make a mess and have some fun! Watch your child's excitement grow as they create crafts you can treasure for a lifetime. The program emphasizes creativity and teaches children to be proud of their accomplishments. Younger siblings are welcome!

WINTER: Monday, January 25 – March 22, 2010 (*no class 2/15/10*)

from 10:00 a.m. to 10:45 a.m. in the Little People Room at Scituate High School, next to PJ Rink.

(0200.302)

Fee: \$70 per child

CHILDREN & TEEN PROGRAMS

PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY: Location: Scituate Multi Purpose room. Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. This is a **10-week** program. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. Purchase at Wal-Mart, Payless Shoes, or Target.

WINTER: Saturday January 9 – March 27, 2010 (*no class 2/20 & 2/27*)

(0300.304) 2 Years Old: 9:00 – 9:30

(Parent and child will stretch with music, sing songs and dance, plus tumble on mats - no tap shoes)

Fee: \$50 per child

This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics.

(0300.301) 3 Years Old: 9:30 – 10:30

(0300.302) 4 Years Old: 10:30 – 11:30

(0300.303) 5-7 Years Old: 11:30 – 12:30

Fee: \$100 per child

ALL-STARS BASKETBALL: TBA gymnasium. Participants will be taught the fundamentals of basketball through basic drills. Skills will be

developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive game will be played every week. (This program is geared toward students with special needs. Students who are not on IEP's are also welcome.) Mike Connor will coach this program. Program is open to children in K through grade 8. It will run on Saturday mornings. Children will be grouped accordingly and you will be notified of the time slot.

Saturday, January 9, 2010 through February 13, 2010.

(1012.301) Fee: \$90 per child

CHILDREN'S YOGA FOR GRADES 3 – 6: Scituate Recreation Multi-Purpose Room. Instructor: Leslie Payne CYT, COTA/L is offering a 10-week Yoga for Kids program. Have you ever been a tree? Learn fun poses like Plow, Turtle, Hero and Butterfly and Do the Twist! Yoga is a natural, healthy and fun way to promote strength, flexibility and coordination. Learn concentration and relaxation techniques, and feel good about yourself. Wardrobe suggestions: Layered comfortable clothing (i.e. sweatshirt and tee, shorts or sweatpants and socks).

WINTER: Tuesday, January 12 - March 23, 2010 from 3:30 – 4:30 pm.
(1500.301) Fee: \$80.00 per child

TEEN YOGA FOR GRADES 7 – 12: Scituate Recreation's Multi-Purpose Room. Leslie Payne CYT, COTA/L, is offering a 10-week Youth Yoga program. Learn simple ways to focus attention and relax. Increase flexibility, strength and coordination. Improve spinal alignment and posture. A few poses include bridge, warrior and triangle. Find inner balance and harmony. Wardrobe suggestions: Layered comfortable clothing (i.e.: sweatshirt and tee, shorts or sweatpants and socks).

WINTER: Tuesday, January 12 - March 23, 2010 (no class 2/18/10) from 2:30 – 3:30 pm.
(1500.302) Fee: \$80.00 per participant

SPORT OF FENCING: The Recreation's Multi-Purpose Room at Scituate High School. This instructional course will be offered to boys and girls, ages 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. Instructor: Jim Mullarkey.

WINTER: Thursdays: 12/7/10 – 3/25/10 (no class 2/18/10 & 2/25/10)
(1600.301): Beginner (no experience) 4:45 p.m. to 5:45 p.m.
(1600.302): Intermediate (1 year or less of instruction) 5:45 p.m. to 6:45 p.m.
(1600.303): Intermediate II (1 year or more of instruction) 6:45 p.m. to 7:45 p.m.
Fee: \$120.00 per 10-week programs

KIDS COOKING CLASSES: Pamela Doyle, formerly Denver's NBC Channel 9 Children's Chef, joins us this spring for a 4 – week program located at the Scituate Senior Center, 27 Brook Street, Scituate Harbor. Growing gourmets will have the opportunity to cook and have fun in the kitchen. They will be introduced to nutrition, safety, new foods, kitchen math, cooking vocabulary, techniques, utensils, and the basics of etiquette!
Fee: \$100 per participant

WINTER:

Session 1 Wednesday, January 13th, 20th, 27th & February 3rd, 2010

(1011.301): Kindergarten – Grade 2 3:45 p.m. - 5:15 p.m.

(1011.302): Grade 3 and up 5:30 p.m. – 7:00 p.m.

Session 2 Wednesday, February 24th, March 3rd, 10th & 17th 2010

(1011.311): Kindergarten – Grade 2 3:45 p.m. - 5:15 p.m.

(1011.312): 3rd Grade and up 5:30 p.m. – 7:00 p.m.

HOLIDAY 'KRAFT TIME' WORKSHOP: Thursdays: December 3, 2009 and December 10, 2009. From 4 p.m. to 5:30 pm in the Recreation Department/Little People Room at Scituate High School. Join us in this festive holiday craft workshop. In this two-week session, we will prepare for the holiday season by creating holiday-oriented ornaments, crafts and gifts. Let your child take pride in their creations and have fun as well! Ages 6 and up. Instructor: Cheryl Bowen-Ditomaso. All materials are included.

(1200.203) Fee: \$35 per child

VALENTINE'S DAY KRAFT TIME: Thursdays, February 4 and February 11, 2010, 4:00 p.m. to 5:30 p.m. in the Recreation Department/Little People Room at Scituate High School. In this two-week session we will make Valentine oriented crafts and gifts for your home and family. Let your child enjoy taking part in this fun-filled

holiday workshop and demonstrate their creativity as well! Ages 6 and up. Instructor: Cheryl Bowen-Ditommaso. All materials included.
(1200.301) Fee: \$35 per child

GUITAR WORKSHOPS WITH MATT BROWNE:

Location: Recreation Department/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.

Instructor: Matt Browne has for 16 years been a favorite for guitar instruction in Scituate. Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the Scituate schools. (8 weeks)

Fee: \$75.00 per participant

Tuesdays, Jan. 12, 19, 26, Feb. 2, 9, 23 and March 2, and 9th

(2600.301): Ages 8 –10 from 4:00 p.m. to 5:00 p.m.

(2600.302): Ages 11-14 from 5:00 p.m. to 6:00 p.m.

(2600.303): Ages 15-Adults from 6:00 p.m. to 7:00 p.m.

PAN GAI NOON

Pan Gai Noon (Half Hard/Half Soft) is 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 in the Pan Gai Noon Karate-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.

There will be *no class 10/12/09, 11/11/09, 1/18/10 & February Vacation*

CHILDREN'S KARATE 6-9 YEAR OLDS:

Location: Recreation's Multi Purpose Room at Scituate High School.

WINTER: 1900.301 Mon. 1/4 – 3/22/10 4:50– 5:50 p.m. \$80 10 wk

1900.302 Wed. 1/6 – 3/24/10 4:50– 5:50 p.m. \$94 11 wk

JUNIOR'S KARATE 10-13 YEAR OLDS:

Location: Recreation's Multi-Purpose Room at Scituate High School.

WINTER: 2300.301 Fri. 1/8 – 3/26/10 4:50 -5:50 p.m. \$87 11 wk

ADULT KARATE:

Location: Recreation's Multi Purpose Room at Scituate High School

WINTER: 3100.301 Mon. 1/4 – 3/22/10 6:00– 7:30 p.m. \$105 10 wk

3100.302 Wed. 1/6 – 3/24/10 6:00– 7:30 p.m. \$125 11 wk

ADULT KARATE CONDITIONING:

Location: Recreation's Multi Purpose Room at Scituate High School.

A total body conditioning class, it will focus on increasing strength, flexibility, agility, and endurance. Training includes: western style boxing and Muay Thai boxing drills; such as, push-ups, sit-ups, jumping rope, working with medicine balls, heavy bags, etc.

WINTER: 3100.303 Fri. 1/8 – 3/26/10 6:00–7:00 p.m. \$115 11 wk

BEGINNER TAI CHI:

Location: Recreation's Multi Purpose Room at Scituate High School.

Beginning course in chi-kung encompassing meditation, breathing techniques and exercise along with an introduction to Tai Chi, a slow series of movements designed to promote a balance of mind and body. Helps to reduce: stress, balance body alignment, increased energy and much more. Try this art!

WINTER: 3200.301 Tues. 1/5 – 3/23/10 7:35 – 9:05p.m. \$169 11 wk

LEVEL II TAI CHI:

Location: Recreation's Multi Purpose Room at Scituate High School.

WINTER: 3200.302 Tues. 1/5 – 3/23/10 6:00 –7:30 p.m. \$169 11 wk

DECEMBER & FEBRUARY VACATION WEEK SPECIALS!!

LEGO PLAYLAND: Scituate Recreation's Multi-Purpose Room This unique workshop will be centered around everything LEGO!! Join the team from Event-FULL!, LLC and participate in hours of building and creating LEGO structures! Each participant will take part in fun, creative, one-of-a-kind take-home projects! Don't miss out on this workshop that takes a favorite traditional toy and turns it into a fun-filled day with a creative spin! The LEGOS stay with us, but the experience is yours forever (a framed photo of your child with the LEGO structure they created is included)! Workshop is limited. Please send your child with a peanut-free snack and drink.

Open to Grades K – 4. Tuesday, December 28th, 2009 from 9 a.m. to noon.

(1016.301) **Fee: \$40 per participant**
(includes cost of all supplies) Don't worry if you have taken this program before...ALL new projects will be introduced.

AMERICAN GIRL DOLL TOP CHEF: Scituate Recreation's Multi-Purpose Room Sign-up and celebrate your American Girl Doll! Join the team from Event-FULL! LLC and bring your special friend to this workshop for several hours that you will both enjoy. Participants will experience creating items that their doll can "use" as well and partaking in other activities and games!!! Please send your child with a peanut-free snack and drink. Workshop is limited. Open to Grades K-4.

Tuesday, December 28th, 2009 from 1:00 p.m.-4:00 p.m.
(1016.302) **Fee: \$40 per participant**
(Includes cost of all supplies)

BABYSITTING COURSE: Scituate Recreation's Little People Room.

This three-hour course is designed to assist 5th-7th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. The class will include a question & answer session with the Scituate Police and Fire Department. Kim Cleary, a Registered Nurse & a mother of three, teaches this class.

Tuesday, February 18, 2010, 9:00 a.m. to 12:00 p.m.
(1001.301) **Fee: \$20 per participant**

Don't Miss Out!

Sign up at the Town's website

(www.town.scituate.ma.us) for municipal updates, including recreation announcements.

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 p.m. to 10:30 p.m. at the Recreation Department.

AMERICAN HEART ASSOCIATION HEARTSAVER

C.P.R./A.E.D.: Scituate Fire Station 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.

WINTER: (3500.301) January 28, 2010 at 7:15 pm
Fee: \$45 per participant

AMERICAN HEART ASSOCIATION HEALTHCARE

PROVIDER CPR/A.E.D.: Scituate Fire Station Headquarters Min. 6/Max.10. This class is appropriate for nurses, doctors, EMTs, medics and nursing students. This class covers defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two -year certification. Instructor: Mark Donovan.

WINTER: (3551.301) February 11, 2010 at 7:15 pm
Fee: \$50 per participant

FIRST AID: Scituate Fire Station Headquarters. Min. 6/ Max. 12. Receive a 2-year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. Instructor: Mark Donovan

WINTER: (3600.301) February 25, 2010 from 7:15 – 10:00 pm
Fee: \$45 per participant

AMERICAN RED CROSS WATERFRONT LIFEGUARD TRAINING

(THIS COURSE FILLS THE CERTIFICATION REQUIREMENTS TO BE A SCITUATE LIFEGUARD)

ENTRANCE REQUIREMENTS:

Swim 550 yard continuously using the following strokes:

1. 200 yards of front crawl using rhythmic breathing to the side or the front, 200 yards of breaststroke, 150 yards of either crawl or breaststroke. *There is no time requirement for this – only that you not stop once you start the swim.*
2. Swim 20 yards, surface five 7 – 10 ft. to retrieve a 10LB dive brick, surface, swim back and exit the water. *Time limit – 1 min. 40 secs.*

3. Swim 5 yards and get three dive rings placed 5 yards apart in 4 – 7 ft. of water, surface and swim to the side. *No time limit.*

EXIT REQUIREMENTS: Successfully pass all required swim tests; Successfully pass all life guarding skills; Successfully pass with 85% score written in CPR, Life guarding, and First Aid; Attendance at **ALL** class sessions is **MANDATORY!!**

AGE REQUIREMENT: Must be 15 years of age by February 21, 2010 (to take the course) (proof of age required)
16 years of age to work for the Town of Scituate

LIFEGUARD TRAINING SCHEDULE:

POOL at the YMCA at Mill Pond in Hanover :

Sundays (2/21, 28, 3/7, 14, 21, 28, 2010 from 6:00 p.m. to 9:00 p.m.

CLASSROOM in Scituate Recreation Little People Room:

Wednesdays 2/24, 3/3, 10, 17, 31 and 4/7/2010) from 6:00 p.m. to 9:30 p.m.

(2950.301) **Fee: \$300**
(includes Lifeguard Training Certificate, CPR and First Aid Certificates)

ADULT COOKING CLASSES:

Scituate Senior Center, 27 Brook Street, Scituate Harbor:

Denver's former NBC Ch. 9 Children's Chef as well as cooking instructor, food writer, caterer, Pamela Doyle, has developed these new one night cooking classes. Pamela's philosophy is to not just provide cooking classes and kitchen products – but teach you how to use those techniques and tools to create a wonderful meal for you to share with your family and friends. The enjoyment and satisfaction that comes from preparing and enjoying good food is what it is all about. Once people are taught the basics, it gives them a new enthusiasm or cooking and how food fits into their lives.

These classes are demonstrations where samples of preparations are served along with a beverage that will constitute a full meal. Printed copies of all recipes are provided which are full of tips and secrets.

Class space is limited. The facility will be open 15 minutes prior to the start of each class. We will start promptly at 6:45 p.m.

WINTER: Tuesday, January 5th, 2010: “Make Ahead for the Freezer”

When you make the effort to cook today, why not cook enough for the freezer at the same time? Let me share some of my favorites, that will take the pressure off of your busy schedule and don't have time to cook,

then just pull it out of the freezer and enjoy!

(4000.301) **Fee: \$40.00 per participant**

Tuesday, February 23rd, 2010: “Coziest Comfort Soups”

Winter and soup go together like peas and carrots. Wintertime soup can be the whole dinner. These soups are perfect for the season because you can make and freeze them when you're in a pinch. This demonstration and tasting class will show you how to make soups that are hearty enough to stand on their own. Soup-it's what's for dinner!

(4000.302) **Fee: \$40.00 per participant**

CALLS FROM THE NORTH POLE:

*What could be more special than phone a call from the jolly elf himself! On **December 17, 2009** special long distance calls will be made **between 6:00 p.m. to 6:30 p.m.** from the North Pole directly to your child in Scituate. While there is no charge for this service, a **special information sheet must be filled out and returned to the Recreation Department by December 14, 2009.** These information sheets will be available beginning at the Recreation Department's Winter Registration on November 21st, and in the office any time after. Calls will be limited so, pick up your form early. **These calls are most appropriate for children aged 3 to 8.** Only one attempt to reach each child will be made.*

ADULT HEALTH AND FITNESS PROGRAMS

YOGA FOR ADULTS: Scituate Recreation's Multi Purpose Room.

Hatha Yoga class-moving meditation – including gentle stretching techniques, strengthening postures and breathing exercises to decrease stress and increase flexibility and the ability to focus. Leslie Payne CYT, COTA/L, will offer classes this fall. Leslie completed a 200-hour training program. She received her certification through the Open Doors Teacher training program. **Fee \$80.00 per participant**

WINTER:

(4400.302) Fri. 1/8/10 – 3/19/10 9:00 – 10 a.m. (no class 2/19/10)

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, 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

Fee: \$55 per participant

WINTER:(4410.301): Sundays: 1/17 – 3/21/10 from 8 a.m. to 9 a.m. (no class 2/14/10)

NOT YOUR AVERAGE BOOT CAMP: 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! Drop-ins welcome \$10 with a Registration form. Instructors: Jen Rooney and Suzy Murray **Fee: \$55.00** (10 weeks)

WINTER:

| | | | |
|-------------------|------|---------------|-----------------------|
| (3800.301) | Mon. | 1/4 – 3/8/10 | 6:00 a.m. – 7:00 a.m. |
| (3800.302) | Wed. | 1/6 – 3/10/10 | 6:00 a.m. – 7:00 a.m. |
| (3800.304) | Sat. | 1/9 – 3/13/10 | 7:30 a.m. – 8:30 a.m. |

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 (JUST IN...BRAND NEW BIKES!!)** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. (10-Week Session).

Fee: \$75.00 (10 weeks, *we do meet holidays and vacation week.*) Instructors: Maggie Cadigan, Sarah Lannon, Ellen Burke & Erin Culbert

WINTER: (10 weeks, we do meet holidays and vacation week.)

| | | | | |
|-------------------|--------|--------------|-------------------------|--------|
| (3900.301) | Monday | 1/4 – 3/8/10 | 5:45 a.m. to 6:45 a.m.: | Maggie |
| (3900.312) | Monday | 1/4 – 3/8/10 | 4:00 p.m. to 5:00 p.m.: | Ellen |

| | | | | |
|-------------------|------------|---------------|--------------------------|------------|
| (3900.302) | Monday | 1/4 – 3/8/10 | 6:30 p.m. to 7:30 p.m.: | Sarah |
| (3900.309) | Tuesday | 1/5 – 3/9/10 | 5:45 a.m. to 6:45 a.m.: | Maggie |
| (3900.308) | Tuesday | 1/5 – 3/9/10 | 9:15 a.m. to 10:15 a.m.: | Sarah |
| (3900.303) | Wed. | 1/6 – 3/10/10 | 9:15 a.m. to 10:15 a.m.: | Maggie |
| (3900.310) | Wed. | 1/6 – 3/10/10 | 4:00 PM to 5:00 PM | Erin |
| (3900.304) | Wed. | 1/6 – 3/10/10 | 6:30 p.m. to 7:30 p.m.: | Sarah |
| (3900.305) | Thurs. | 1/7 – 3/11/10 | 5:45 a.m. to 6:45 a.m.: | Sarah |
| (3900.306) | Friday (*) | 1/8 – 3/12/10 | 9:15 a.m. to 10:30 a.m.: | Maggie |
| (3900.307) | Saturday | 1/9 – 3/13/10 | 8:00 a.m to 9:00 a.m.: | Alternates |

PLEASE CUT OUT AND SAVE!

Activities Sponsored by Other Organizations

PLEASE Use Phone Numbers Listed Below:

These are independent organizations & not under Scituate Recreation

| | |
|---|--|
| Scituate Adult Evening School | 781-545-8750 |
| Scituate Community Christmas | 781-545-7108 scituatecommunitychristmas.com |
| Scituate Chamber of Commerce | 781-545-4000 Elaine Bongarzone |
| Scituate Knights of Columbus | 781-545-9829 |
| Scituate Little League | www.scituatelittleleague.org |
| Scituate Lacrosse | www.scituatelacrosse.com |
| Scituate Soccer Club | 617-365-5951 Peter Martin |
| Scituate Traveling Softball | gsm99@comcast.net Gary Meyerson |
| Scituate Youth Football | 781-556-0215 www.scicohfootball.com |
| Scituate Youth Cheerleading | 781-556-0216 www.scicohfootball.com |
| Scituate Youth Travel Basketball | 781-556-0126 www.scituatebasketball.org |
| Scituate Youth Center | 781-545-6400 Bob Drew |
| South Shore Senior Softball League | 781-545-5441 Kevin McLaughlin |
| South Shore Seahawks | www.southshoreseahawks.org |
| C.O.R.S.E. (Community of Resources for Special Education) | Tracey Johnston www.corsefoundation.org |

***SUMMER EMPLOYMENT --
DON'T MISS OUT...***

*We will be accepting summer
employment applications starting
Monday, January 4, 2010 through
March 15, 2010.*

*Interviews will be scheduled for
April.*

Jobs include lifeguards, recreation
counselors and sailing instructors.

Applications are available in the
office and on line at

www.town.scituate.ma.us

**SCITUATE RECREATION REGISTRATION FORM
(One per person)**

Name of Participant: _____

Phone: Day _____ Eve. _____ Mobile: _____

Email Address: _____

Address: _____ Town: _____ State: _____ Zip: _____

D.O.B. _____ Age _____ Grade(08-09) _____

In case of emergency & unable to reach above numbers, please notify, *please different number than above numbers:*

Name: _____ Phone: _____ Relationship: _____

Medical Conditions (allergies, etc.) _____

Insurance Co. _____ Policy No. _____

| CODE | PROGRAMS | FEE | START DATE |
|---------------|----------|------------------------------------|------------|
| | | (\$5 NON-RESIDENT FEE PER PROGRAM) | |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| TOTAL: | | _____ | |

Office Use:

Date rec'd: _____ **Payment:** _____ **Release:** _____ **Initials:** _____

Processed in computer: _____ **Initials:** _____

**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., and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, 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