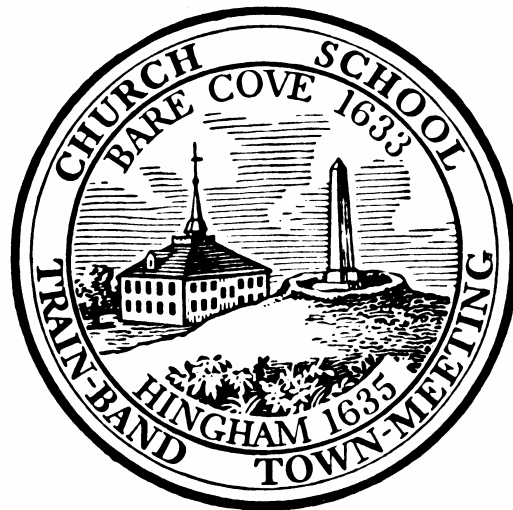


FALL INTO FUN

WITH

HINGHAM RECREATION

2008



Town of Hingham
Recreation Commission
210 Central Street
Hingham, MA 02043

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Hingham, MA

RESIDENTIAL CUSTOMER
HINGHAM, MA 02043

Hingham Public Schools
Hingham, MA 02043

TOWN OF HINGHAM RECREATION DEPARTMENT REGISTRATION FORM
One form per participant – Please print clearly – Include all requested information

Participant Name: _____ Telephone: _____
 Work Telephone: _____ Cell Telephone: _____
 Home Address: _____ Email: _____
 Emergency Contact Name (NOT parent/guardian): _____
 Emergency Telephone: (NOT home/work telephones): _____
 Medical Condition(s) / Allergies: _____

To be completed for participants under 18 years: Age: _____ Date of Birth: _____ Grade (08/09): _____
 Mother's Name: _____ Work/Cell Telephone: _____
 Father's Name: _____ Work/Cell Telephone: _____
 My child may be released to either parent: Yes [] No [] (If "NO" legal document must be on file in recreation office)

| PROGRAM | SESSION | DAY | TIME | FEE |
|---------|---------|-----|------|-----|
| | | | | |
| | | | | |
| | | | | |

FOR OFFICE USE ONLY

Date Received: _____ Payment Amount: _____ Check #: _____ Received by: _____

Consent, release from liability and indemnity agreement

I or I/We _____, the participant or the parent(s) / guardian(s) of the minor _____ participant (the "registrant"), give permission for the registrant to participate in programs sponsored by the Town of Hingham Recreation Department. I/We understand that the Hingham Recreation Department will provide supervision for the safety and well being of the registrant and I/We agree that the registrant will abide by the rules of the Hingham Recreation Department and the Town of Hingham and follow the instructions of all supervisory staff, including sponsors, employees, volunteers and other personnel.

I/We recognize the risk of injury or accident related to the activity. I/We also acknowledge that the registrant may not participate in the activity unless I/We waive claims, which I/We may have arising from the registrant's participation in the activity. I/We agree to forever RELEASE the Town of Hingham, a municipal corporation of the Commonwealth of Massachusetts, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Hingham ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorney's fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to myself, my child or property damage resulting from myself or my child's participation in the Town of Hingham's voluntary athletic or recreation programs which I/We may now or hereafter have as the participant or parent/guardian 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 attorney's fees, arising from personal injuries to myself or my child or property damage resulting from myself or my child's participation in the Town of Hingham's voluntary athletic or recreation program(s).

I/We further affirm that I/We have read this Consent, Release from liability and indemnity agreement, and that I/We understand the contents of this agreement. I/We understand that my and/or 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 participate and/or allow my child to participate in the Town of Hingham athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injury and property damage myself and/or my child may suffer in voluntary Town of Hingham Recreation Department athletic or recreation programs. Permission is granted for use of photographs taken in promotional material, which may include but is not limited to flyers, notices, web site and bulletin boards.

Signed: _____
 Participant _____ Parent(s) / Guardian(s) of Participant if under 18 _____ Date _____

TOWN OF HINGHAM RECREATION DEPARTMENT

210 Central Street, Massachusetts 02043

Telephone: 781-741-1464

www.hinghamrec.com

Facsimile: 781-740-0239

STAFF

Kathy Clarkeson, Director
Mark Thorell, Program Manager
Amy Maree, Assistant Program Supervisor
Kathy Walsh, Recreation Assistant

OFFICE HOURS

Mon-Wed-Thu 8:30 AM - 4:30 PM
Tuesday 8:30 AM - 7:00 PM
Friday 8:30 AM - 1:00 PM

COMMISSIONERS

Frank Jones, Chairman ~ Bob Keyes, Vice Chair ~ Scott Bosworth, Secretary ~ Tom Campbell ~ Budd Thorne

REGISTRATION INFORMATION

WALK IN BEGINS: Saturday September 20, 2008 @ Recreation Center 9AM - 11AM
WALK IN CONTINUES: Monday September 22, 2008 @ Recreation Center Office
MAIL IN BEGINS: Monday September 22, 2008
NON-RESIDENTS: Wednesday September 24, 2008 on a space available basis after all residents

All mailed in registrations will be processed in the order in which they were received after all walk-in registrations have been processed beginning on Monday September 22, 2008

PLEASE MAKE ALL CHECKS PAYABLE TO: Hingham Recreation

- *Registration deadline is one week (7 days) prior to the scheduled start of a program.*
- Non-residents may register beginning Wednesday September 24, 2008. Non-resident registrations are processed on a space available basis after all residents are registered
- If you cannot be able to make it during registration, a neighbor, friend or family member may register for you. You may register no more than 2 families including your own.
- All children must meet age/grade requirements before the start of the program.
- Registrations will be processed upon receipt of a completed registration form and payment.
- Check(s) / Money Orders are required for payment. Cash is no longer accepted.
- All registrations will be accepted on a first come, first registered basis.
- Registrations will continue until programs are filled.
- The Recreation Department reserves the right to consolidate, postpone, or cancel a program/trip for any reasonable cause. We otherwise have a **NO REFUND** policy.
- **NO CONFIRMATIONS ARE SENT** - Please note all information on your calendar.
- You may call the Office to confirm your mail-in or drop-off registration(s).
- Proper behavior in Recreation Department programs is expected at all times. If 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 Department programs.
- The Town of Hingham does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs and events shall be at the registrant's own risk.

**ALL PROGRAMS WILL BE HELD AT THE RECREATION CENTER
AND BEGIN THE WEEK OF OCTOBER 6, 2008
UNLESS OTHERWISE NOTED**

DON'T LET A GOOD PROGRAM DIE

Nothing kills a good program quicker than waiting until the last minute to register.

Any program under-enrolled one-week prior to the start date will be cancelled.

Calls and registrations received after the registration deadline cannot reactivate a cancelled program.

Please register early!

SPECIAL PROGRAMS & EVENTS

ADVENTURE IN SPACE – ROCKET LAUNCH: A new and exciting program for future space explorers. Build and launch your own individual and reusable rocket! Rockets will fly as high as 1,000 feet – or more! Parents, grandparents, aunts, uncles and siblings are invited to the launch at 4:00 PM.

Coordinator: Dave Hession

Date: October 1, 2008

FEE: \$30

Eligibility: Grades K – 5

Wednesday 2:00 – 5:00 PM

DINOSAURS: This Mad Science of Greater Boston workshop combines fun demonstrations and activities in an exciting exploration of dinosaurs. Let's become Paleontologists and learn about excavating and recovering fossils. We'll discover all about dinosaurs, what they were, what they ate and where they went. The children will examine real fossil casts, and explore the differences in the teeth of plant eating and meat eating dinosaurs. They'll also participate in a mini dinosaur excavation and make a cast of a dinosaur tooth to take home.

Coordinator: Mad Science of Greater Boston

Date: November 5, 2008

FEE: \$20

Eligibility: Ages 3 – 5

Wednesday 1:00 – 1:45 PM

BLACK & BLUE OCEANS: This Mad Science of Boston workshop combines demonstrations and activities in an exciting exploration of one of life's fundamentals – water – as the children investigate various facets of this exciting substance. Oil can make quite a mess when it ends up where it shouldn't. Discover what damage it causes when it accidentally enters our environment and devise a way to clean it up! Workshop participants will test oil spill clean up techniques in a mock oil spill, and they'll also explore the causes and remedies for acid rain through pH testing and monitoring methods.

Coordinator: Mad Science of Greater Boston

Date: November 5, 2008

FEE: \$20

Eligibility: Ages 6 – 9

Wednesday 2:00 – 3:00 PM

MINERAL MANIA: Discover Planet Earth! Peek beneath its crust and uncover what it's made of. This Mad Science of Greater Boston workshop introduces children to the world of geology including geological formation, classification systems and the fundamental characteristics of rocks and minerals, through hands-on fun, discussions and demonstrations. The children will recreate the process of rock formation and devise ways to identify and classify rocks and minerals. They'll experience the thrill of panning for gems; and the gems they find, they'll get to take home and keep for further study and identification!

Coordinator: Mad Science of Greater Boston

Date: December 3, 2008

FEE: \$20

Eligibility: Ages 3 – 5

Wednesday 1:00- 1:45 PM

SONIC SOUNDS: This Mad Science of Greater Boston workshop introduces children to the exciting world of sound and sound waves. The children will explore sound waves and how the speed and size of the waves affect the pitch of the sound, and we'll demonstrate how sound travels faster through solids than through water or air. They'll get to listen to sonic bangers chime, make vibrations with tuning forks, and learn how the human ear drum works. And best of all, the children will get to experiment with our multi-effects processor which produces all kinds of sounds and even does voice transformations!

Coordinator: Mad Science of Greater Boston

Date: December 3, 2008

FEE: \$20

Eligibility: Ages 6 – 9

Wednesday 2:00 – 3:00 PM

TEDDY BEAR SLEEP OVER PARTY

Children are invited to bring their favorite teddy bear to the Recreation Center at 6PM on Friday November 14, 2008. After enjoying a pizza party with your teddy, the children will hug and kiss their teddies good night. After the children leave, the teddies will enjoy a special evening of open recreation. They will shoot hoops, play dodge ball, ping pong and video arcade games. Children return Saturday morning at 10AM for donuts and juice before picking up their teddies after a memorable sleep over at the Recreation Center. Every teddie will bring home pictures of their overnight adventure at the Recreation Center.

FEE: \$10

HOLIDAY HAPPENINGS

HALLOWEEN COSTUME PARTIES: All witches, ghosts, goblins are invited to come to the 3rd Annual Halloween Costume Parties on Friday October 24, 2008 at the Recreation Center. Children will enjoy holiday related activities, games, music and refreshments. The Halloween Parties are funded by the 49th Annual Hingham 4th of July Road Race. Although there is no fee for this event, registration is required for planning purposes. Costumes and tickets are required for admission.

Preschool With Parent Party @ 3-4 PM Grades K-5 @ 5-6 PM Grade 6 @ 7-9PM **FEE: Free**

GHOSTS & LEGENDS LANTERN & TROLLEY TOUR: Children with a parent relive Plymouth's haunted history as we visit haunted alleyways, unmarked burial sites, and investigate local legends throughout the tour. Discover legendary Burial Hill and hear the story of famous Americans on Saturday October 25, 2008. Learn about Plymouth's most famous shipwreck. Experience the site where the infamous Wampanoag Indian Chief Metacomet had his decapitated head mounted in the village. Each participant carries a hand-made punched tin lantern as they experience firsthand the macabre events in Plymouth's past and the history behind them! This family friendly adventure is most appropriate for children ages 9 and up. The bus departs from the Rec Center at 6PM and returns at approximately 10 PM

FEE: \$20

CHRISTMAS IN THE SQUARE: The Recreation Department will be participating in the annual Christmas in the Square event on Saturday December 6, 2008. A variety of holiday related activities and crafts will be organized for the children and families. These holiday activities are funded by the 50th Annual Hingham 4th of July Road Race. Advance registration is not required. See you in the Square!

FEE: Free

BOSTON POPS HOLIDAY SHOW: Join us for a dazzling, engaging performance by "America's Orchestra" and relish the elegance of historic Symphony Hall on Friday December 12, 2008. A day at the Holiday Pops is an event to remember! Join the Boston Pops and the renowned Keith Lockhard for a singularly sensational day of memorable music, so great that it "POPS"! You will also enjoy a sightseeing tour around Boston Common to view the Holiday Lights and Displays after the show. A visit to Copley Plaza and the Prudential Shops is included prior to arrival at Symphony Hall. Deluxe luxury coach departs the Rec Center at noon and returns at approximately 11PM.

FEE: \$ 75

PARENTS DAY OUT FOR HOLIDAY SHOPPING: Children 6 - 12 years of age will be kept busy with a variety of holiday activities and games on Saturday December 13, 2008 from 4 - 9 PM. Parents enjoy an evening of "private" holiday shopping. Fee is for entire evening and cannot be prorated. Pizza, snacks and beverages will be provided. Registration is limited to Hingham residents only.

FEE: \$20

MIDDLE SCHOOL HOLIDAY SHOPPING: The early release day on Wednesday December 3, 2008 is the perfect opportunity to get a head start on your holiday shopping at the Emerald Square Mall in Attleboro. Children enrolled in Grades 6 - 8 depart from the Hingham Middle School at 1:00 PM aboard a DVD/VCR equipped luxury coach and return at approximately 6:30 PM. Recreation Department Staff will chaperone this excursion. Children will be allowed to shop on their own.

FEE: \$30

NEW YORK CITY: At last . . . a chance for you to get away to New York, New York! The Big Apple! Get an early start on your holiday shopping, spend the day sightseeing, or visit New York's world-class museums. From the world's largest department stores to the finest museums and Broadway, the Big Apple has it all! Depart from the Recreation Center at 6:00 AM on Saturday December 13, 2008 on board a luxury motorcoach. A coffee stop will be made on route. On arrival in New York City, stops will be made at both Rockefeller Center and Macy's. Enjoy your day on your own in the Big Apple. Bus will depart at 6:00 PM arriving back in Hingham at approximately 10:30 PM after a delightful day.

FEE: \$59

GYMNASTICS

For any child, gymnastics is a great foundation no matter what sport is in their future. Gymnastics is a sport of flexibility, strength, coordination and grace; one that builds confidence, positive self-esteem and enhances creativity and self-discipline. It is a sport that a child can begin as soon as they can walk and continue through life. This is an 8-week program held on Thursdays in the Recreation Center Gymnasium.

Instructor: Patti Miller

Start Date: October 9, 2008

FEE: \$80

Boys Fitnastics (4 – 6): Boys will work sports related skills, upper body and core strength while playing games, obstacle courses and conditioning. Basic tumbling skills will also be taught with the emphasis on overall body awareness.

Parent & Child (18mos – 2.9): In a semi-structured, social atmosphere children and adults work together. Emphasis is placed on body awareness and developmental skills. Children enjoy rolling, swinging, jumping and music in a fun learning environment.

Toddlers (2.9 – young 3's): Colors, shapes, movement and music are important elements of early learning. Combined with the gymnastics, these create a stimulating learning environment allowing each child to develop individually and in a social atmosphere. Children “experience by doing” what children do best – rolling, jumping, swinging and balancing in a semi – structured program that provides individual instruction as well as group participation. Creative expression is achieved by using music, games & modified gymnastics equipment.

Preschool & Kinder (3.5 – 6): Children are taught basic gymnastics skills in a progressive, curriculum, monitored and developed for child's ability and communicated to foster each child's self esteem. Music and a variety of appropriate hand-held equipment are used to improve eye-hand and foot-eye coordination. Themed lesson plans are employed to structure the child's experiences while enhancing their individual creativity.

School Age (6 – 12): Children 6 through 12 years of age learn best in a non-competitive and non-threatening atmosphere. When combined with an element of fun, the learning experience is all the more positive. Gymnastics skills are taught and governed by USA Gymnastics Level 1 – 4 skills. Special attention is based on individual accomplishments.

| | | | | |
|------------------------|----------------------|----------|---|----------|
| Boys Fitnastics | (Ages 4 – 6) | 9:00 AM | – | 9:45 AM |
| Kindergym | (Ages 4.5-6) | 9:45 AM | – | 10:30 AM |
| Toddlers | (Ages 2.9-young 3's) | 10:30 AM | – | 11:15 AM |
| Preschool | (Ages 3.5-4) | 11:15 AM | – | 12:00 PM |
| Kindergym | (Ages 4.5-6) | 12:30 PM | – | 1:15 PM |
| Preschool | (Ages 3.5-4) | 1:15 PM | – | 2:00 PM |
| School Age | (Ages 5-7) | 3:30 PM | – | 4:15 PM |
| School Age | (Ages 8-10) | 4:15 PM | – | 5:00 PM |

YOUTH PROGRAMS

BABYSITTING TRAINING COURSE: Participants will learn about babysitter basics, child development, nutrition, basic first aid and the responsibilities of a babysitter. The 3-hour course includes a safety session. A certificate of completion will be awarded to each participant.

Instructor: Saheeda Kelly Date: October 25, 2008 **FEE: \$30**
Eligibility: Ages 10 & up Saturday 9:00 – 12:00 PM

CHECKMATES: This program offers children the chance to play a mental sport that enhances memory and mathematical abilities. The course will strengthen problem solving skills and provoke critical thinking. Most of all, Chess is a game that reaches all boys and girls regardless of their socio-economic backgrounds.

Coordinator: Daniel Merritt Start Date: October 9, 2008 **FEE: \$60**
Eligibility: Grades 1 - 6 Beginner Thursday 3:45 – 5:00 PM
Eligibility: Grades 1 – 6 Intermediate Thursday 5:00 – 6:15 PM

CARTOONING – CREATE YOUR OWN SUPER HERO: What makes super heroes and villains so popular? Why are certain superheroes household names? This 8-week program will focus on the look of costumes, weapons and secret identities. Artists sketch and draw their own creations with emphasis on creating a character with mass appeal.

Coordinator: Chase Eschauzier Start Date: October 8, 2008 **FEE: \$80**
Eligibility: Ages 8 – 11 Wednesday 3:45 – 4:45 PM
Eligibility: Ages 12 & up Wednesday 4:45 – 5:45 PM

ELEMENTARY ENGINEERING: Children use Lego Technic materials to build simple and complex machines as they learn about structures and forces, levers, wheels and axels, gears, gear math, ratchets and drive trains. Using teamwork and a series of challenges, groups will work together to create motorized systems, pulleys, blocks, and tackle, steering systems, manual transmission, differential gears and more advanced challenges in this 6-week program.

Coordinator: Computer Explorers Start Date: October 20, 2008 **FEE: \$90**
Eligibility: Ages 9 – 11 Monday 4:00 - 4:45 PM

CLAYMATION 2: Clay & animation – a perfect combination! Working in teams, children do it all – from brainstorming movie ideas, storyboard the details of their movie, make the clay characters and create the backdrop. Children learn the production process using techniques of stop-motion video, animate, record, add special effects, download and edit their own movie in this 6-week program.

Coordinator : Computer Explorers Start Date: October 20, 2008 **FEE: \$90**
Eligibility: Ages 9 - 11 Monday 5:00 – 5:45 PM

SPY TEK: Your mission, should you choose to accept it, is to discover the science behind Gizmo's top secret spy tools. Gear up for adventure with a flashlight, a finger print kit, secret messages, and more in this 5-week program! This message will self-destruct in 5...4...3...2...1.....

Coordinator: Science Adventures Start Date: October 14, 2008
Coordinator: Science Adventures Start Date: November 25, 2008
Eligibility: Grades 1 - 5 Tuesday 5:00 – 6:00 PM **FEE: \$80**

ASTRO ADVENTURES: Launch your imagination on a mission to the final frontier in an amazing space adventure! Discover the worlds of our solar system and leap among the stars of the Milky Way to explore glowing constellations in this 5-week program. Join us as we investigate the starts in an exciting journey to the farthest reaches of our universe!

Coordinator: Science Adventures Start Date: November 25, 2008 **FEE: \$80**
Eligibility: Grades 1 – 5 Tuesday 3:45 – 4:45 PM

YOUTH SPORTS PROGRAMS

FENCING: This exciting new program is an introduction to the sport of fencing for boys and girls held at the Rec Center gymnasium. This program is for any child who wants to learn, practice and improve in all aspects of the sport. Footwork, bladework, and bouting skills will be taught by the capable staff of 3MB Fencing Club. Participants should wear loose pants and sneakers. All equipment is provided.

Instructor: Jim Mullarkey, 3MB Start Date: October 7, 2008 FEE: \$75
Eligibility: Ages 8 & 9 Tuesday 4:30 – 5:30 PM

TENNIS: This 6-week program is under the direction of the Weymouth Tennis Club and its staff of Tennis Professionals. This is a recreational program designed to introduce children to the sport of tennis. Children should bring their own racket and one can of unopened balls to the first class. The program will be held at the Plymouth River Elementary School Courts. In the event of inclement weather a make-up class will be held.

Coordinator: Weymouth Tennis Club Staff Start Date: September 23, 2008 FEE: \$90
Eligibility: Ages 7 – 9 Tuesday 4:30 – 6:00 PM
Eligibility: Ages 10 – 15 Thursday 4:30 – 6:00 PM

CHEERLEADING: Learn basic skills – warm-up, stretches, running, jumps, cheers, chants and routines. Learn, practice and improve all aspects of cheerleading in this 8-week program. The emphasis is on teamwork.

Coordinator: Recreation Department Staff Start Date: October 8, 2009 FEE: \$40
Eligibility: Grades 1 – 3 Wednesday 3:45 – 4:30 PM
Eligibility: Grades 4 – 6 Wednesday 4:45 – 5:30 PM

BASKETBALL “FUN”DAMENTALS: This 8-week program is for boys and girls who want to learn, practice and improve all aspects of their game. Learn new skills and tactics while refining passing, shooting and dribbling skills. Children play organized games in a fun and safe environment. Age appropriate equipment and adjustable height hoops will be utilized in this co-ed program. The program emphasis will be placed on development of fundamentals, teamwork and FUN! Participants should bring a water bottle each day. The program will be held in the Rec Center gymnasium.

Coordinator: Rec Department Staff Start Date: October 7 & 10, 2008
Eligibility: Grades 4 - 6 Friday 3:45 – 4:30 PM FEE: \$40
Eligibility: Grades 1 - 3 Friday 4:45 – 5:30 PM FEE: \$40

ALL STAR SPORTS: Come for some end of summer fun! Activities will include tennis baseball, ultimate frisbee, flag football, whiffle ball, kickball, soccer, basketball and more! This is a 6-week program

Coordinators: Recreation Department Staff Start Date: October 6, 2008 FEE: \$30
Eligibility: Grades 1 & 2 Monday 4:00 – 4:45 PM

WHIFFLE BALL: Come and join your classmates and play this exciting recreational sport! This is a great opportunity to hone your baseball skills in a less competitive environment. Children will learn to throw curve balls, run bases and swing a waffle ball bat in this 6-week program. Players should bring a water bottle each day as they swing for the fence on Cronin Field. Program will be cancelled if inclement weather and continue until 6 programs have been completed.

Coordinator: Recreation Department Staff Start Date: October 6, 2008 FEE: \$30
Eligibility: Grades 6 - 8 Monday 5:00 – 5:45 PM

FIELD HOCKEY: Girls learn the rules of the game and basic techniques including stick handling, dribbling, driving, passin, shooting and scooping. Key skills will be practiced in games and drills.

Coordinator: Recreation Department Staff Start Date: October 7, 2008 FEE: \$30
Eligibility: Grades 6 - 8 Tuesday 4:00 – 4:45 PM

TENNIS BASEBALL: Girls and boys learn basic skills and rules of the game as well as playing games throughout the program.

Coordinator: Recreation Department Staff Start Date: October 7, 2008 **FEE: \$30**
Eligibility: Grades 6 – 8 Tuesday 5:00 – 5:45 PM

STREET HOCKEY: Boys and girls are invited to learn the basic skills, fun drills and scrimmages in the Recreation Center rink.

Coordinator: Recreation Department Staff Start Date: October 10, 2008 **FEE: \$30**
Eligibility: Grades 3 - 5 Friday 4:00 – 4:45 PM

GIRLS LACROSSE: Learn all the fundamental skills, including stick handling, cradling, passing, and shooting, in a non-checking environment. Sticks are required.

Coordinator: Recreation Department Staff Start Date: October 10, 2008 **FEE: \$30**
Eligibility: Grades 1 - 3 Friday 5:00 – 5:45 PM

YOUTH & TEEN ~ FITNESS PROGRAMS

GET FIT!: On your marks! Get set! Go! From nutrition to your heart – take a tour of the human body and discover the science behind keeping fit. Mix a sports drink, build a working model of a muscle and test your lung power as you discover how the body works from the inside out in this 5-week program.

Coordinator: Science Adventures Start Date: October 14, 2008 **FEE: \$ 80**
Eligibility: Grades 1 – 5 Tuesday 3:45 – 4:45 PM

ADAPTED PHYSICAL EDUCATION (APE): This class is designed for children with moderate special needs. The class will incorporate all the aspects of a typical sports class with modifications designed to meet the individual needs of all participants. Modifications to class might include larger balls, more rest time, pair activities, etc. This 8-week program focus will be on physical activity, skill building and FUN!

Instructor: Tory Dolan Start Date: October 6, 2008 **FEE: \$56**
Eligibility: Ages 9 – 15 Monday 4:45 – 5:45 PM

YOUTH SPORTS CONDITIONING: Children get the exercise they need to grow healthy, strong and fit while having fun participating in their favorite gym activities. The class will incorporate a variety of sports and exercises designed to improve athletic performance in an exciting, non-competitive social atmosphere. This is an 8-week program. **FEE: \$56**

Instructor: Tory Dolan Start Date: October 6, 2008
Eligibility: Ages 7 – 10 Mondays 3:45 – 4:45 PM

TEEN YOGA: A lively class with upbeat music combining physical challenge, stress relief, relaxation and fun! This 8-week class is an inspiring way to cultivate confidence, improve focus and create a positive body image.

Instructor: Darnell Nestor Start Date: October 7, 2008 **FEE: \$56**
Eligibility: Ages 13 – 19 Tuesday 5:00 – 5:45 PM

HHS PHYSICAL EDUCATION REQUIREMENT - FITNESS PROGRAM: All HHS juniors and seniors may fulfill the physical education requirement at the Hingham Striders Fitness Center operated by the Recreation Department. A basic workout program has been designed by a certified personal trainer that each student will be expected to complete. The minimum requirement is 72 hours of physical activity. The student is required to complete the HHS Fitness Participation Form as well as the Recreation Department Registration Form. Students must be a resident of Hingham and a member of the Fitness Center. Parents are required to sign off on the program for all minors. **FEE:Free**

DAVIS' MEGA MAZE & APPLE PICKING

Come enjoy a special family adventure as we journey to Sterling Massachusetts on Sunday October 5, 2008. Upon arrival at Davis Farmland we will begin to explore the Mega Maze. This year's maze is unrivaled in terms of complexity. It contains miles of pathways, the most bridges in any field maze and includes the world's first and only double-decker bridge. The maze is the only field maze in the world that has the capacity to change every day. There are hundreds of ways to complete the maze and the experience will never be the same twice! In addition to the traditional meandering style of solving a maze, guests can now personally tailor their maze experience to their own level of intensity. Pack a picnic or purchase your lunch at guest services. Apple picking will be available to those who choose to leave the maze for the afternoon. The fee for this extraordinary fall family adventure includes transportation and admission to the maze and orchard. Although there is no additional fee for picking, apples are priced per peck (1 peck = \$13 & 1/2 peck = \$7) Depart Rec Center at 9AM and return at approximately 5PM. **FEE: \$25**

ADVENTURE PROGRAMS

ON THE ROCKS: Top roping is the easiest form of rock climbing and completely SAFE! You will climb and rappel with confidence as you are safely belayed by a professional guide from the South Shore Center for Outdoor Education in this 4-week program held at the Quarry Hills in Quincy. Transportation is by individual arrangement. Boys & girls ages 8 years and older are invited to participate. All equipment is provided. In the event of inclement weather, a make up class will be scheduled.

Coordinator: Dave McCarthy **FEE: \$145**
Eligibility: Ages 8 & up Monday 3:15-5:30 PM November 3, 2008
Eligibility: Ages 8 & up Tuesday 3:15-5:30 PM October 7, 2008

OFF ROAD BIKING CHALLENGE: Another new and exciting program for children who are at least 10 years old and capable of riding on pavement. Bikers will learn off road basics while riding, walking and carrying their bikes on various routes and terrain in this 2-session program. Discussion of proper prior planning, reading maps, up and down shifting, coasting techniques, equipment safety and using good judgment when riding off road. Bikes and helmets are available if needed. Dress appropriate for the temperature and weather of the day – also for dirt, sweat, mud, water and FUN!

Coordinator: Dave McCarthy Program Dates: TBD **FEE: \$50**

TARGET ARCHERY: Boys and girls learn archery skills with the emphasis on safety and friendly competition in this 5-week program held at the Ward Street field. Archers of all sizes and skill levels can learn to shoot with an easy to draw compound bow. NADA certified instructors from Ace Archers, Inc. will teach this program. All equipment is provided.

Instructor: Tom Herrington Start Date: October 3, 2008 **FEE: \$75**
Eligibility: Ages 8 & up Friday 3:30 – 5:00 PM

NEW ENGLAND SPORTS FANS

Come watch your favorite teams on our new big screen TV

| | | |
|--------------------|---------|-----------------------|
| September 28, 2008 | 1:30 PM | Red Sox vs Yankees |
| October 26, 2008 | 1:00 PM | Patriots vs Rams |
| November 23, 2008 | 1:00 PM | Patriots vs Dolphins |
| December 21, 2008 | 1:00 PM | Patriots vs Cardinals |

PRESCHOOL PROGRAMS

BUMPER BOWLING: Children enjoy bowling with confidence during this 6-week program held at the South Shore Country Club. Lane bumpers eliminate gutter balls! An adult must accompany children.

Coordinator: Recreation Department Staff Start Date: October 10, 2008 **FEE: \$35**
Eligibility: Ages 3 - 6 Friday 9:30 - 10:30 AM

PLAY SOCCER: The Hingham Recreation Department is teaming up with Play Soccer and their experienced coaches to offer these 6-week soccer clinics to young children. These action packed soccer sessions will teach players the basics of soccer through a series of fun games. Our non-competitive curriculum ensures that all players will want to play soccer, again and again. Wear shin guards and bring a soccer ball and drink.

Coordinators: Play Soccer Coaches Start Date: October 6 & 7, 2008 **FEE: \$60**
Soccer Tots: Ages 2 & 3 w/ a parent Monday 12:30 - 1:30 PM
Soccer Tots: Ages 2 & 3 w/ a parent Tuesday 12:30 - 1:30 PM
Soccer Time: Ages 4 & 5 Monday 1:30 - 2:30 PM
Soccer Time: Ages 4 & 5 Tuesday 1:30 - 2:30 PM

MINI SPORTS: Come have a ball with Hingham Recreation! This fun program will include soccer, basketball, and other unique games for 6 weeks. Emphasis will be on some basic skill building, developing hand-eye coordination, teamwork, and FUN! Program is coed.

Coordinator: Recreation Department Staff Start Date: October 10, 2008 **FEE: \$30**
Eligibility: Ages 4 & 5 Friday 1:30 - 2:20 PM

TINY TOTS CRAFT TIME: Children enjoy the opportunity to work with a variety of crafts including painting, beads, clay, and wood, plus time to explore different art materials. Each class in this 8-week program will also include a story and games related to the day's theme. **DRESS FOR A MESS!!!**

Instructor: Katie Condon Start Date: October 6, 2008 **FEE: \$80**
Eligibility: Ages 3 & 4 Monday 1:00 - 2:00 PM

TOTS & ME CRAFT TIME: This 8-week program is a great chance for young children and their caregivers to create crafts together in a fun, sociable setting. Children will work with a variety of materials each week providing toddlers with a chance to experiment with many different crafts. **DRESS FOR A MESS!!!**

Instructor: Katie Condon Start Date: October 6, 2008 **FEE: \$80**
Eligibility: Ages 18 months - 3 years Monday 2:15 - 3:15 PM

SPECIAL PROGRAMS

BOATING SKILLS AND SEAMENSHIP: This United States Coast Guard Auxiliary Boating class is for new boat owners and the seasoned skipper for a refresher. The class includes: Boat Construction, Knots, Piloting, Aids to Navigation, Weather, Equipment for your Boat, and more. The fee covers the cost of the text. This 10-week program meets in Room 124 at Hingham High School.

Instructor: Paul Milone Start Date: October 1, 2008 **FEE: \$60**
Eligibility: Ages 15 & up Wednesday 7:00 - 9:00 PM

BASIC COASTAL NAVIGATION: This United States Coast Guard Auxiliary Boating class is designed for the more experienced skipper that has taken the Basic Skills and Seamanship Class. This class is strictly navigation (Piloting) for eight weeks. The class includes: Compass course piloting, obtaining fixes, determining Speed, Distance and Time calculations, Compass corrections and more. The fee covers the cost of the text. This 8 to 10 week program meets in Room 124 at Hingham High School. 8-10

Instructor: Paul Milone Start Date: October 7, 2008 **FEE: \$65**
Eligibility: Ages 18 & up Tuesday 7:00 - 9:00 PM

RECREATION CENTER

7th & 8th GRADE DANCES: The Recreation Department will host dances for Hingham students in grades 7 & 8 from 7PM – 10PM on Friday evenings during the school year. Sneakers are required (no shoes). Appropriate clothing is requested. The dances feature a variety of disc jockeys and will be supervised by parents, Rec Dept staff and Commissioners. Participation is limited to Hingham residents. **FEE: \$10**

| | | | |
|--|--------------------|--|----------------|
| 7 th Grade Only Dance: | September 19, 2008 | 7 th & 8 th Grade Dance: | March 27, 2009 |
| 7 th & 8 th Grade Dance: | November 7, 2008 | 7 th & 8 th Grade Dance: | May 1, 2009 |
| 7 th & 8 th Grade Dance: | January 23, 2009 | 8 th Grade Only Dance: | June 12, 2009 |
| 7 th & 8 th Grade Dance: | February 27, 2009 | | |

FRIDAY NIGHT LIGHTS: Who would want to miss the excitement of Open Rec Night for 6th graders! Play basketball or free video and arcade games from 6:30 – 8:30 PM. Rec Department staff will supervise the children during this unstructured free play time. Pizza, beverages and snacks are included. **FEE: \$10**

| | |
|--------------------|----------------|
| September 26, 2008 | March 13, 2009 |
| January 30, 2009 | May 8, 2009 |

45 CLUB: The Recreation Center is the place to be for 4th and 5th graders to enjoy a special edition of Open Rec! Play basketball or free video and arcade games from 6:30 – 8:30 PM. Rec Department staff will supervise the children during this unstructured free play time. Pizza, beverages and snacks. **FEE: \$10**

| | |
|-------------------|----------------|
| October 3, 2008 | March 20, 2009 |
| November 21, 2008 | May 15, 2009 |
| February 6, 2009 | |

1 TWO 3'S: The Recreation Center is the place to be for 1st through 3rd graders to enjoy a special edition of Open Rec! Play basketball or free video and arcade games from 6:30 – 8:30 PM. Rec Department staff will supervise the children during this unstructured free play time. Pizza, beverages and snacks. **FEE: \$10**

| | |
|-------------------|---------------|
| October 17, 2008 | March 6, 2009 |
| December 12, 2008 | June 5, 2009 |

OPEN RECREATION: The Recreation Center Game Room at the Town Hall will be open from 3PM – 6PM seven days a week for “open recreation”. Boys and girls who are at least 8 years old will be able to use the video games, bumper pool, air hockey, foosball, Ping-Pong and pinball games in the Game Room. Enjoy a snack and relax to the sounds from the CD jukebox. The Center will be supervised by staff and provide a safe, fun atmosphere for the children. Children under the age of 8 may not be left at the recreation center without a parent or guardian. Participation is limited to Hingham residents only. Due to the lack of attendance at open rec, the gymnasium will be used for after school programs. Open Rec will be available in the Gymnasium when there is not a scheduled program. **FEE: Free**

PLAYGROUP: Parents and children enjoy open recreation for the younger set! The preschool room is open from 3PM – 5PM when there is not a recreation program being held. The room is for children 5 years and under. The room provides an opportunity for the parent and child to enjoy each other in a safe and fun atmosphere. Participation is limited to Hingham residents only. Adult supervision is required at all times. Food is not permitted. **FEE: Free**

ADULT PROGRAMS

TENNIS: This 6-week program is under the direction of the Weymouth Tennis Club and its staff of Tennis Professionals. This is a recreational program designed to introduce entry and beginner level adults to the sport of tennis. Players should bring their own racket and one can of unopened balls to the first class. The program will be held at the Recreation Center Courts. Start Date: September 23, 2008.

Coordinator: Weymouth Tennis Club Tuesday 6:00 – 7:30 PM **FEE: \$90**

HARBOR HOOPS: Did you think that you were too old to play basketball? THINK AGAIN!

Anyone 55 years and over is eligible to participate in Senior Basketball. Have some fun, stay in shape and enjoy the game of basketball in this 10-week program. Start Date: October 3, 2008.

Coordinator: Recreation Staff Friday 11:00 – 1:00 PM **FEE: \$50**

AMERICAN RED CROSS CPR: This course is designed for the responder who requires a credential card documenting successful CPR course completion. The certification program covers adult, child and infant Cardio Pulmonary Resuscitation. The course fee includes certification card. **FEE: \$40**

Instructor: Amy Maree October 20 & 21, 2008 6:00 – 8:30 PM

Eligibility: Ages 13 & up November 17 & 18, 2008 6:00 – 8:30 PM

AMERICAN RED CROSS FIRST AID: Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. The course fee includes certification card. **FEE: \$40**

Instructor: Amy Maree October 27, 2008 6:00 – 9:00 PM

Eligibility: Ages 13 & up December 2, 2008 6:00 – 9:00 PM

CANINE COLLEGE: Beginners Obedience classes are open to puppies at least 12 weeks old to dogs of any age who are seeking a beginner level understanding of all obedience commands, walking on a leash and for those seeking help with problems like jumping, mouthing and chewing. Adult dogs and recently adopted dogs who are looking to get off to the right start are welcomed in the beginner class. All other classes are considered Level 2 classes, thus the dog should understand very basic concepts such as sit, stay, come and down in order to participate. Level 2 classes teach consistency and better listening skills in spite of distractions. All classes run for 5-week sessions. Vaccination certification is required. **FEE: \$110**

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| Good Manners For Beginners | Tuesday | Start Date: September 16 | 6:30 – 7:30 PM |
| Obedience With Distractions | Tuesday | Start Date: September 16 | 7:30 – 8:30 PM |
| Good Manners For Beginners | Saturday | Start Date: October 4 | 10:00 – 11:00 AM |
| Level 2 Obedience + Rally O | Saturday | Start Date: October 4 | 11:00 – 12:00 PM |
| Obedience With Distractions | Tuesday | Start Date: October 28 | 6:30 – 7:30 PM |
| Good Manners For Beginners | Tuesday | Start Date: October 28 | 7:30 – 8:30 PM |
| Obedience With Distractions | Saturday | Start Date: November 15 | 10:00 – 11:00 AM |
| Good Manners For Beginners | Saturday | Start Date: November 15 | 11:00 – 12:00 PM |

MAD DOGG SPINNING

The deadline to register for each 10-week Mad Dog Spinning session is one-week (7) days prior to each session start date. Drop-ins for spinning are allowed any time there is a bike available. The schedule is subject to change dependent on minimum participation levels.

10 week sessions begin: September 7, 2008 – November 23, 2008, February 8, 2009 **FEE: \$70**
 6 week session begins: May 3, 2009 **FEE: \$42**

| | | | | | | |
|-----------|----------|-----------------|----------|-----------------|----------|---------------|
| Monday | 6:15 AM* | Sheila Creahan | 10:15 AM | Senior w/ Carol | 5:00 PM+ | Carol Sloan |
| Tuesday | 5:45 AM | Adrienne Fowkes | 8:30 AM | Sheila Creahan | 7:00 PM | Ginger Baxter |
| Wednesday | 5:45 AM | Elle Hanson | 8:30 AM | Polly Griffin | 5:00 PM+ | Carol Sloan |
| Thursday | 5:45 AM | Adrienne Fowkes | 8:30 AM | Sheila Creahan | 7:00 PM | Ginger Baxter |
| Friday | 6:15 AM* | Sheila Creahan | 9:00 AM | Polly Griffin | | |
| Saturday | | | 8:30 AM | Carol | | |
| Sunday | | | 8:30 AM | Carol | | |

SPINNING SENIORS: Come and get re-invigorated in life! Try something different! See and feel the benefits of spinning. Free Learn to spin Orientation classes will be scheduled.

10 week sessions begin: September 7, 2008 – November 23, 2008, February 8, 2009 **FEE: \$70**
 6 week session begins: May 3, 2009 **FEE: \$42**

Monday 10:15 AM Carol Sloan

SPINNING PLUS: Get your cardio PLUS with this new and exciting program! The deadline to register for each 10-week Mad Dog Spinning PLUS session is one-week (7) days prior to each session start date. Drop-ins for spinning are allowed any time there is a bike available. The schedule is subject to change dependent on minimum participation levels.

10 week sessions begin: September 7, 2008 - November 23, 2008 – February 8, 2009 **FEE: \$70**
 6 week session begins: May 3, 2009 **FEE: \$42**

Monday 5:00 PM Carol Sloan 40 Minute Ride with 20 minutes abs and free weights
 Wednesday 5:00 PM Carol Sloan 40 Minute Ride with 20 minutes free weights and stretching

TEEN SPINNING: This incredible workout is proven to improve your cardio vascular fitness and muscular endurance. Don't miss this unique opportunity to cycle. Enjoy the music, meet new friends and have some fun while exercising. Teen spinning is for any high school aged student. The deadline to register for each 10-week Spinning session is one-week (7) days prior to each session start date. A completed registration form signed by a parent for participants under 18 years of age is required prior to participation in this program. Drop-ins for spinning are allowed any time there is a bike available. Drop-in tickets must be purchased in advance from the Recreation Department Office or in the Fitness Room. Tickets are \$8 each and available in any quantity.

10 week sessions begin: September 7, 2008 - November 23, 2008 – February 8, 2009 **FEE: \$70**
 6 week session begins: May 3, 2009 **FEE: \$42**

Tuesday 3:30 PM Carol Sloan Grades 9 - 12

ADULT FITNESS PROGRAMS

DROP-IN TICKETS

A completed registration form is required prior to participation in any fitness program.

Drop-in tickets must be purchased in advance from the Recreation Office or in the Fitness Room and are used as the method of payment for all adult fitness programs. Tickets are \$8 each and available in any quantity. Checks are required. Cash cannot be accepted.

HATHA YOGA: Phyllis Cox, certified Yoga instructor, teaches an eclectic class, including but not limited to kripalu, ashtanga, iyengar and vinyasa techniques. The student performs a series of “asanas” (postures), coordinated with pranyama (breathing) and relaxing techniques. The practice of yoga improves coordination, flexibility, strength, balance and focus, while enhancing self-awareness. During yoga, the student works the whole body and emerges feeling calm and relaxed. Tickets are the method of payment for these drop in classes and available at the Recreation Department Office. Classes start Monday September 8, 2008.

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| Instructor: | Phyllis Cox | Monday | 9:15 AM | Thursday | 9:45 AM | FEE: \$8 |
| Instructor: | Darnel Nestor | Tuesday | 6:00 PM | Wednesday | 10:00 AM | Saturday 9:00 AM |

CARDIO PUMP: Join a certified personal trainer for a one-hour full-body cardio and weight training session. Get the benefits of a cardio workout combined with upper and lower body weight training moves. Movements include squats, lunges and overhead presses. Bring your own 3-5 pound hand weights for this must do class! Tickets are the method of payment for these drop-in classes and are available at the Recreation Office.

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|-------------|----------------|-----------------|------------------|----------------|-----------------|
| Instructor: | Barbie Collins | Tuesday 9:30 AM | Thursday 6:00 PM | Friday 9:30 AM | FEE: \$8 |
|-------------|----------------|-----------------|------------------|----------------|-----------------|

20/20/20: 20 minutes each of cardio, strength and deep stretching. Just hard work that will push you to the max! The class will start with basic, but high intensity combinations of aerobic fat burning moves and then finish with weights and calisthenics to sculpt and shape the muscles. Followed by deep stretching to increase flexibility. It's the perfect workout! Tickets are the method of payment for these drop-in classes and are available at the Recreation Office. Classes start Monday September 8, 2008. **FEE: \$8**

| | | | |
|-------------|------------|--------|-----------------|
| Instructor: | Tory Dolan | Monday | 9:30 – 10:30 AM |
|-------------|------------|--------|-----------------|

BODY SCULPTING: This class incorporates muscle strengthening with aerobic activity. Alternate short & fast bursts of intensive exercise with slow and easy activities. Tickets are the method of payment for these drop-in classes and are available at the Recreation Office. Classes start September 6 & 7, 2008. **FEE: \$8**

| | | |
|-------------|------------|---------------------------|
| Instructor: | Tory Dolan | Saturday & Sunday 9:45 AM |
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FITNESS TRAINING: This 8-week outdoor class is designed to improve cardio-vascular endurance and strength by jumping rope, running hills, sprinting, using medicine balls, dips, push-ups, sit-ups and more!

| | | |
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| Classes run rain or shine. | Start Date: | October 4, 2008 |
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|-------------|----------------|-----------|----------------|------------------|
| Instructor: | Patty Thompson | Saturdays | 7:00 – 8:00 AM | FEE: \$80 |
|-------------|----------------|-----------|----------------|------------------|

FACILITIES

FACILITY USE PERMITS: Are available at the Recreation Department and on www.hinghamrec.com

BIRTHDAY & SPECIAL OCCASION PARTIES: Children 7 – 12 years old celebrate a birthday or special occasion at the Recreation Center. Enjoy the Game Room with it's free arcade games and play games in the gymnasium. To reserve a date, fill out a party application and submit with payment of \$100. Parties are reserved for Hingham residents only. Saturdays & Sundays: 12:30–2:30 PM or 6:00–8:00 PM **FEE: \$100**

GYMNASIUM RENTAL: Rent the gym for a family ballgame, class contest or private party. Please contact the Recreation Department for available hours. Sneakers must be worn in the gym at all times. The Recreation Department will provide equipment. No food or drink is allowed in the gymnasium at any time. **FEE: \$25/hr**

PLANNING AHEAD . . . WINTER 2009

While winter winds blow cold & snowflakes fly, don't sit inside & hibernate, get outside & RECREATE!

SKI & SNOWBOARD LESSONS: Children 7-14 years of age are invited to participate in the Hingham Recreation Department Ski and Snowboard Lessons to be held at Blue Hills in Milton. Lessons will run from 4:00-5:30 PM and be held on Wednesday afternoons beginning January 7, 2009. Rental equipment is available from the mountain for an additional fee. Students will be divided into classes based on age and ability. Helmets are required. Roundtrip bus transportation will leave from the Recreation Center promptly at 3:15 PM and return at approximately 6:30 PM. The registration deadline for this 5-week program is December 19, 2008. Parents are invited to chaperone. **FEES: \$TBD**

SKI & SNOWBOARD CLUB: Students in grades 6 through 12 are eligible to participate in Ski & Snowboard Club trips. Each ski/board trip includes round trip transportation and an unrestricted lift ticket for the entire mountain. Deluxe VCR/DVD equipped motorcoach will depart from the Recreation Center at 5:30 AM and returns at approximately 8:00 PM. Only PG and PG-13 films will be shown. Ski trips are not transferable either to another individual or to another date. Participants must provide their own equipment. The Recreation Department does not provide rentals or lessons at the mountain. **FEE: \$75**

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|-----------|-------------------|-------------------|
| Monday | December 29, 2008 | Mt. Cranmore |
| Saturday | January 24, 2009 | Waterville Valley |
| Wednesday | February 18, 2009 | Shawnee Peak |
| Saturday | March 14, 2009 | Wildcat |

PLANNING AHEAD . . . SUMMER 2009

SUMMER EMPLOYMENT OPPORTUNITIES

Applications for individuals interested in working for the Recreation Department next summer will be available in the Recreation Department office January 1, 2009. The application deadline for summer 2009 employment is February 15, 2009 or until all positions are filled. Counselors are required to be at least 16 years of age. LIT's are required to be at least 14 years of age.

SUMMER PLAYGROUND & PRESCHOOL LOTTERY

- Applications will be available at the Recreation Department Office beginning January 5, 2009
- Mail-in applications postmarked on or after January 5, 2009 will be accepted
- Applications must be received by January 31, 2009
- Applications must include all information and full-payment for each child for each requested session
- No application will be processed without full payment, including requests for additional weeks
- Lottery results will be posted on March 15, 2009
- Acceptance signatures are not required – payments received with applications are confirmation
- All refund requests are required to be submitted in writing to the Recreation Office by March 31, 2009
- All requests for specific groupings are required to be submitted in writing with your lottery application
- No refunds can be made after staffing levels are committed.
- No changes can be made after May 31, 2009

KAHN YOUTH WRESTLING

The summer fun continues during the school year. Boys and girls stay fit and ready for next summer's Recreation Department program by grappling throughout the school year. The program focuses on basic wrestling fundamentals and strength and conditioning exercises. Experienced youth wrestlers from the summer Recreation program and new youth wrestlers are encouraged to join the fun. Competitions with surrounding youth wrestling teams are a part of the program. Kahn Youth Wrestling is the only FREE YOUTH SPORTS program in town. For information on the school year program call Steven M. Kahn, M.D. 781-749-0775.

COMMUNITY CONTACTS

| | | | |
|------------------|------------------------|-----------------|--------------|
| BASEBALL | Little League Baseball | Ed Anderson | 781-741-5118 |
| BASEBALL | Babe Ruth Baseball | Rob Blomberg | 781-749-6919 |
| BASKETBALL | Gals Basketball | Nancy Hickey | 781-335-0395 |
| BASKETBALL | J. Barker Basketball | John Battaglia | 617-901-5627 |
| FOOTBALL | Youth Football | Brian O'Hearn | 617-633-2247 |
| HOCKEY | Youth Hockey | Jack Diamond | 781-749-0384 |
| LACROSSE | Boys Lacrosse | Neil George | 781-749-7075 |
| LACROSSE | Girls Lacrosse | Robert Whitney | 781-740-2206 |
| SOCCER | Youth Soccer | Fouad Alzaibak | 781-749-4495 |
| SOFTBALL | Gals Softball | Nancy Hickey | 781-335-0395 |
| WRESTLING | Kahn Youth Wrestling | Dr. Steven Kahn | 781-749-0775 |
| COMMUNITY CENTER | | Judy Volungis | 781-749-9786 |

COMMUNITY SERVICE OPPORTUNITIES

Interested in fulfilling your community service requirements in a fun and exciting atmosphere?
Consider volunteering for the Recreation Department.

A variety of service opportunities exist. Call now for the best selection of assignments.

DO YOU HAVE ANY SPECIAL TALENTS & INTERESTS YOU WOULD LIKE TO SHARE WITH THE COMMUNITY?

The Recreation Department is always looking for new program ideas and instructors.
Please contact the Recreation Department if you have an interest in offering a new program.

GIFT CERTIFICATES ~ ONE SIZE FITS ALL!

The Recreation Department offers gift certificates for programs to accommodate your gift giving needs.
Gift certificates are valid for programs held through June 30, 2009.



HINGHAM RECREATION COMMISSION would like to thank

The following generous supporters of
50th Annual Hingham 4th of July Road Race

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Little Miss Princess Parties
Naldo-Ricketts Realty
Play Soccer
Sally Weston Associates
Stacy Havens – 2Tot Designs
The Clarkeson Family
Turner Custom Building
Williams Coal & Oil Company

SPECIAL THANKS

4th of July Road Race Committee
Tom Belyea, Road Race Historian
The Hingham Striders
Vito Marcella
Residents of Main Street
Water Station Volunteers
C. E. R. T.
Hingham Recreation Employees
Hingham School Department
Hingham Fire Department
Hingham Police Department
Hingham Public Works Department

*Thank you to all who registered, ran or in any way contributed to the success of this event
and for your continued support of the Hingham Recreation Department.*