



HINGHAM RECREATION SWING INTO SPRING 2008

REGISTRATION FORMS ARE AVAILABLE IN THE OFFICE AND @ WWW.HINGHAMREC.COM

RECREATION DEPARTMENT STAFF

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

RECREATION DEPARTMENT OFFICE

HOURS: Mon-Wed-Thu 8:30 AM-4:30
Tuesday 8:30 AM – 7:00 PM
Friday 8:30 AM – 1:00 PM
TELEPHONE: 781-741-1464

COMMISSIONERS

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

REGISTRATION INFORMATION

WALK IN BEGINS: Saturday March 15, 2008 @ Recreation Center 11AM – 1PM
WALK IN CONTINUES: Monday March 17, 2008 @ Recreation Center Office
MAIL IN BEGINS: Monday March 17, 2008
NON-RESIDENTS: Wednesday March 24, 2008 if space after all residents

All mailed in registrations will be processed in the order in which they were received after walk-in registrations have been processed beginning on Monday March 17, 2008

PLEASE MAKE ALL CHECKS PAYABLE TO: Hingham Recreation

- **Registration deadline is 7 days prior to the scheduled start of a program.**
- Non-residents may register beginning Wednesday March 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 are 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 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 APRIL 13, 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 underenrolled one-week prior to the start date will be cancelled.

Calls & registrations after the deadline cannot reactivate a cancelled program.

Please register early!

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

NONPROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 46

**RESIDENTIAL CUSTOMER
HINGHAM, MA 02043**

Hingham Public Schools
Hingham, MA 02043

YOUTH SPORTS & FITNESS PROGRAMS

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.
 Instructor: Patti Miller Thursdays Start Date: April 10, 2008 **FEE: \$80**
 Eligibility: Ages 18 months – 12 See class schedule @ www.hinghamrec.com

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.

Parent&Child	(Ages 18mos-2.9)	1:45 – 2:30 PM	Kindergym	(Ages 4.5-6)	12:15 – 1:00 PM
Toddlers	(Ages 2.9-young 3's)	10:15 – 11:00 AM	Preschool	(Ages 3.5-4)	1:00 – 1:45 PM
Preschool	(Ages 3.5-4)	11:00 – 11:45 AM	School Age	(Ages 6-8)	3:30 – 4:15 PM
Kindergym	(Ages 4.5-6)	9:30 – 10:15 AM	School Age	(Ages 8-12)	4:15–5:00PM

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.
 Coordinator: Rec Dept Staff Start Date: April 8, 2008 **FEE: \$40**
 Eligibility: Grades 1 – 3 Tuesday 3:30 – 4:15 PM

REC HOOPS: Children play organized games in a fun and safe environment for 8 weeks. Age appropriate equipment and adjustable height hoops will be utilized in this co-ed program.
 Coordinator: Rec Department Staff Start Date: April 9 or 11, 2008 **FEE: \$40**
 Eligibility: Grades 1 - 2 Wednesday or Friday 3:45 – 4:30 PM or 4:45 – 5:30 PM

POWER KIDS: Athletes and non-athletes alike will work on power, strength and endurance in this 8-week program. Moves will include squats, power jumps, sprint sets and balance moves.
 Instructor: Barbie Collins Start Date : April 8, 2008 **FEE: \$56**
 Eligibility: Grades 6 – 8 Girls Tuesdays 3:00 – 3:45 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: April 14, 2008
 Eligibility: Ages 7 – 10 Mondays 3:45 – 4:45 PM

TENNIS: This 4-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 Recreation Center Courts. In the event of inclement weather a make-up class will be held.

Coordinator:	Weymouth Club Staff	Start Date: May 6 th or 8 th	FEE: \$44
Eligibility:	Ages 7 – 9	Tuesday	3:30 – 4:30 PM Level 1
Eligibility:	Ages 10 & up	Tuesday	4:30 – 5:30 PM Level 1
Eligibility:	Ages 7 – 9	Thursday	3:30 – 4:30 PM Level 2
Eligibility:	Ages 10 & up	Thursday	4:30 – 5:30 PM Level 2

ADVENTURE PROGRAMS

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. Discussion of proper prior planning, reading maps, up and down shifting, coasting techniques, equipment safety and using good judgment when riding off road. Dress appropriate for the temperature and weather of the day – also for dirt, sweat, mud, water and FUN! Program Dates: May 1st or May 8th
Coordinator: Dave McCarthy Thursdays 3:30 – 5:30 PM **FEE: \$35**

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 2-session 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. Program Dates: May 6th & 13th
Coordinator: Dave McCarthy Tuesday 3:30-5:30 PM **FEE: \$75**

TARGET ARCHERY: Students learn archery skills with the emphasis on safety and friendly competition. Archers of all sizes and skill levels can learn to shoot with an easy to draw compound bow. NADA certified instructors will teach this program. Boys & girls ages 8 years and older are eligible. All equipment is provided. Days, dates, times and fees TBD. Call for details.

CANOEING: Learn the skills necessary to set out on the local waterways safely and with confidence and understanding of basic paddling techniques in this 2-week program. American Canoe Association Certified Instructors from the South Shore Center for Outdoor Education will offer instruction including but not limited to loading your canoe, basic strokes, personal floatation devices, safety, proper planning and self rescue techniques. Boys & girls 10 years and older are invited to participate. Program Dates: May 7th & 14th
Coordinator: Dave McCarthy Wednesday 3:30 – 5:30 PM **FEE: \$75**

YOUTH PROGRAMS

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.
Coordinator: Dave Hession Date: April 23, 2008 **FEE: \$30**
Eligibility: Grades K – 5 Wednesday 9AM – 12PM

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: April 14, 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: April 14, 2008 **FEE: \$90**
Eligibility: Ages 9 - 11 Monday 5:00 – 5:45 PM

FORENSIC DETECTIVES: Run your very own hands-on criminal investigation as you hunt for clues in this 8-week program. Discover how the professionals really find out whodunit through the science of forensics. Using real investigation techniques, children will dust for fingerprints, examine fiber traces under the microscope, and piece together other pieces of physical evidence. This is one crime scene you'll love to investigate. **FEE: \$72**
Coordinator: Wicked Cool Start Date: May 3, 2008
Eligibility: Grades 3 – 6 Saturdays 11:00 - 12:00 PM

GIRLS SCIENCE CLUB: Get into science! Create your own bath and beauty products using chemistry! Create your own lip-gloss, lotions, soaps, bath salts and fizzy tints! **FEE: \$72**
Coordinator: Wicked Cool Start Date: May 3, 2008
Eligibility: Grades 3 – 6 Saturdays 9:45 AM – 10:45 AM

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.
Instructor: Saheeda Kelly RN Date: May 17, 2008 **FEE: \$25**
Eligibility: Ages 10 & up Saturday 9:00 – 12:00 PM

ENERGY BURST: Children explore the fundamental of energy through hands on activities that demonstrate both potential and kinetic energy. They will investigate how energy can be conserved, discover the simple principles behind the energy of motion, and build their own rubber band powered rattlesnake egg!

Coordinator: Mad Science of Boston Date: May 7, 2008 **FEE: \$15**
Eligibility: Ages 6 – 9 Wednesday 2:00 – 3:00 PM

INVENTION-ACTION: Children are introduced to how inventors work and will learn about some famous inventions. Through group brainstorming and an invention activity the participants will learn that anyone of any age can be an inventor.

Coordinator: Mad Science of Boston Date: June 4, 2008 **FEE: \$15**
Eligibility: Ages 6 – 9 Wednesday 2:00 – 3:00 PM

ARTISTIC EXPLORATION: Children use a variety of mediums to make weekly themed projects as well as projects that are developed over the length of this 6-week course. Artists and history of art will also be included.

Coordinator: One Creative Place Start Date: April 11, 2008 **FEE: \$75**
Eligibility: Ages 5 – 9 Fridays 3:45 – 4:45

SPECIAL EVENTS

DANCES: 7th & 8th Grades 4/4/08 & 5/9/08 **FEE: \$10**

FNL: 6th Graders 3/14/08 & 5/16/08 **FEE: \$10**

45 CLUB: 4th & 5th Graders 3/28/08 & 5/2/08 **FEE: \$10**

1 TWO 3'S: Grades 1-3 3/7/08 & 5/30/08 **FEE: \$10**

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: Rec Dept Staff Start Date: April 11, 2008 FEE: \$ 35
Eligibility: Ages 3 – 5 Friday 9:30 – 10:30 AM

PLAY SOCCER: These 6-week action packed soccer sessions will teach players the basics of soccer through a series of fun games. Wear shin guards and bring a soccer ball and drink.

Coordinators: Play Soccer Coaches Start Date: April 7 or 8, 2008 FEE: \$60
Soccer Tots: Ages 2 & 3 w/ a parent Monday or Tuesday 12:30 – 1:30 PM
Soccer Time: Ages 4 & 5 Monday or Tuesday 1:30 – 2:30 PM

SPORTS FUNDAMENTALS: Children learn the skills to participate in team sports including locomotion skills, hand-eye coordination, striking skills, and rope jumping and rhythmic skills for 6 weeks.

Wednesday 9:30–11AM or Wednesday 1:30–3 PM or Thursday 9–10:30 AM
Coordinator: Mary Anne Schmitt Session 5: May 14 or 15 , 2008 FEE: \$75
Eligibility: Ages 4 – 6

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: Rec Dept Staff Start Date: April 11, 2008 FEE: \$30
Eligibility: Ages 4 & 5 Friday 2:30 – 3:20 PM

SLIPPERY SCIENCE: Goop, gak and slime! Words to put a smile on any child's face! This workshop introduces children to the world of polymers by experimenting with several different polymers. Children will make their own batch of colorful, ooey, gooey slime to take home!

Coordinator: Mad Science of Boston Date: May 7, 2008 FEE: \$15
Eligibility: Ages 6 – 9 Wednesday 1:00 – 1:45 PM

MAGNETIC ATTRACTION: Children experience the pull of magnetism! Find out why magnets like to “hang” out with in this workshop. Visit the North and South poles and frolic in invisible fields. Build cool magnet chains and play with some of the wildest forces in the universe.

Coordinator: Mad Science of Boston Date: June 4, 2008 FEE: \$15
Eligibility: Ages 6 – 9 Wednesday 1:00 – 1:45 PM

RECREATION CENTER

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 play games in the gym, use the video games, 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. The gymnasium will be open Saturday & Sunday from 3 – 6PM and weekday afternoons around rec programs. See open gym schedule at www.hinghamrec.com

FEE: Free

PLAYGROUP: Parents and children enjoy open recreation for the younger set! The preschool room is open Monday, Wednesday and Friday weekday afternoons when a recreation program is not in session from 3PM – 5PM 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. Check the playgroup schedule at www.hinghamrec.com.

FEE: Free

BIRTHDAY & SPECIAL OCCASION PARTIES: Your family can celebrate an upcoming birthday or special occasion for children 7 – 12 years of age in style at the Recreation Center. Enjoy the Game Room with it's Pump It Up Dance Revolution, CD Jukebox, video games, Ping Pong, Bumper Pool, Pin Ball Machines, Bubble Hockey and more, then play games in the gymnasium. Book early because party dates fill quickly. To reserve a date, fill out a party application and submit a check payable to Hingham Recreation. 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 gymnasium for any family ballgame, class contest or private party. Please contact the Recreation Department for available hours. Sneakers must be worn in the gymnasium at all times. The Recreation Department will provide equipment. No food or drink is allowed in the gymnasium at any time.

FEE: \$25/hr

ADULT & SPECIAL PROGRAMS

MASSACHUSETTS BOATING SAFETY COURSE: BOAT MASSACHUSETTS is a state and nationally approved boating safety course geared to the young and novice boater. Topics covered include basic boat designs, equipment and operation requirements, navigation rules, boat handling tips, and dealing with accidents. All graduates receive a diploma and Safety Certificate. This course is required for youth 12-15 who operate a boat without adult supervision, and for 16 & 17 year old who want to operate a PWC. The Commonwealth of Massachusetts Department of Environmental Police instructs this course. Family participation is encouraged. The course consists of a total of 10 hours of instruction. Registration is required. There is no registration fee as the course is "taxpayer funded".

Program Start Date: April 8, 2008

Eligibility: Ages 10 years - adult

Tuesday 6:30 – 8:30 PM

FEE: Free

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

Saturday March 29

10:00 AM Beginners Obedience

11:00 AM Obedience W / Distractions

Tuesday April 08

6:00 PM Beginners Obedience

7:00 PM Agility / Obedience

Saturday May 17

10:00 AM Beginners Obedience

11:00 AM Agility Obedience

Tuesday June 03

6:00 PM Special Topics In Dog Training

7:00 PM Beginners Obedience

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.

Start Date: May 6, 2008

Coordinator: Weymouth Tennis Club

Tuesday 5:30 – 6:30 PM

FEE: \$44

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 registration fee includes new text and 2-year certification card.

FEE: \$40

Instructor: Rec Dept Staff Saturday

May 3, 2008 or June 7

8:00 AM – 1:00 PM

Mon & Tues

May 12&13 or June 9&10

6:00 PM – 9:00 PM

AMERICAN RED CROSS FIRST AID: Learn what to do in everyday emergencies and receive a 2-year certification. This class covers infant, child and adult emergencies.

FEE: \$40

Instructor: Rec Dept Staff Saturday

May 3, 2008 or June 7

1:00 PM – 6:00 PM

Mon & Tues

May 12&13 or June 9&10

6:00 PM – 9:00 PM

EARLY RELEASE DAY ACTIVITIES

BACK BY SPECIAL REQUESTS! – ADVANCE REGISTRATION REQUIRED !

AIR HOCKEY TOURNAMENT: The Recreation Center is the place to be on this chilly winter early release day. Tournament will be played on our new air hockey tables. Don't miss out!

Eligibility: Grades 4 & 5

Wednesday

1:00 – 3:00 PM

April 9, 2008

FEE: Free

TABLE TENNIS TOURNAMENT: Take on your classmates at the Recreation Center. Your table tennis skills will be tested by the best opponents in town.

Eligibility: Grades 4 & 5

Wednesday

1:00 – 3:00 PM

May 7, 2008

FEE: Free

CHILDCARE is available for fitness room members and program participants on school days. Parents must remain on site. The fee is \$4 per child per hour payable by tickets purchased in advance in the Recreation Office. Childcare is available Monday & Friday 9AM–12PM and Tuesday through Thursday 8:30AM-11:30AM.

HINGHAM STRIDERS FITNESS ROOM

Fitness Room Membership Rates

Yearly - \$125 6 Months - \$85 College - \$75

Fitness Room Hours

Monday-Thursday 6:30 AM-9:30 PM Friday 6:30 AM-8 PM Saturday & Sunday 8 AM-6 PM

ADULT FITNESS PROGRAMS

SPINNING ~ PILATES ~ YOGA ~ CARDIO PUMP ~ 20/20/20 ~ BODY SCULPTING ~ ZUMBA~ SPIN PLUS

VIEW CLASS SCHEDULES @ WWW.HINGHAMREC.COM

Tickets are the method of payment for all Adult Fitness Program Drop-ins. Tickets are available in any quantity in the Recreation Office & Fitness Room. The cost per ticket is \$8.

MAD DOGG SPINNING: The next 8-week session starts April 27, 2008. Pre-registration reserves a bike for the specific class. Drop-ins are permitted if available bikes. **FEE: \$56**

Instructor: Varies by class time – see schedule of classes @ www.hinghamrec.com

	Early Morning	Mid Morning	Early Afternoon	Evening
Monday				5:00 PM+ Carol Sloan
Tuesday	5:45 AM Adrienne Fowkes	8:30 AM Sheila Creahan	3:30 PM Teen Spin	7:15 PM
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		6:00 PM Carol Sloan
Friday		9:00 AM Polly Griffin		5:00 PM Roll / Spin Carol Sloan
Saturday		8:30 AM Carol Sloan		
Sunday		8:30 AM Carol Sloan		

HATHA YOGA: An eclectic class including kripalu, ashtanga, iyengar and vinas techniques.

Perform series of “asanas” and relaxing techniques. New Saturday AM class starts 4/12/08.

Instructor: Phyllis Cox Monday 9:15 AM Thursday 9:45 AM **FEE: \$8**

Instructor: Darnell Nestor Wednesday & Saturday 10:00 AM Thursday 6:30 PM

CARDIO PUMP: Get the benefits of a full body cardio workout combined with upper and lower body weight training session. Bring 3-5 LB hand weights. **FEE: \$8**

Instructor: Barbie Collins Thursday 6:00 PM - Tuesday 9:30 AM - Friday 9:30 AM

ZUMBA: Come join the party! Aerobic fitness interval training set to a fusion of Latin and International music. Routines feature a combination of rhythms that tone and sculpt the body.

Instructor: Gina Vita Monday 7:00 PM **FEE: \$8**

BODY SCULPTING: This class incorporates muscle strengthening with aerobic activity.

Alternate short & fast bursts of intensive exercise with slow and easy activities. **FEE: \$8**

Instructor: Tory Dolan Saturday & Sunday 9:45 AM

FITNESS TRAINING: This 8-week outdoor fitness program is designed to improve cardio-vascular endurance and strength by jump roping, running hills/stairs, sprinting, dips, push-ups and sit-ups.

Rain or shine. Fee is per day. Start 3/29 No classes: 4/12 & 4/13 & 5/31 & 6/1 **FEE: \$40**

Instructor: Patty Thompson Saturday &/or Sunday 7:00 – 8:00 AM

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! **FEE: \$8**

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

WALKIE TALKIES: Meet at the Rec Center with a friend or meet new walking buddies weekdays at 9AM. You determine the intensity, distance and route. **FEE: Free**

TEEN FITNESS PROGRAMS

TEEN SPINNING: The next 8-week session starts April 29, 2008. Pre-registration reserves a bike for the specific class. Drop-ins are permitted if available bikes. **FEE: \$56**

Instructor: Carol Smith Sloan Tuesday 3:30 – 4:30 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. **FEE: \$56**

Instructor: Darnell Nestor Saturday 10:15 – 11:00 AM

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 (2008/2009): _____
 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 rec 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/Guardian of Participant if under 18 Date