

TOWN OF STOW RECREATION DEPARTMENT

“Providing Recreational, Educational, Social and Leisure-Time
Activities for the Residents of Stow”



FALL 2009

Stow Recreation Department
375 Great Road * Stow, MA 01775
Telephone 461-1411 * Fax 897-4534

www.stow-ma.gov
Recreation@stow-ma.gov

STOW RECREATION SPONSORED
PLAYGROUPS AT
THE TOWN HALL

The Stow Area Parents' Network is a volunteer-run organization for families with children under five who live in Stow and the surrounding towns. Its focus is on providing opportunities for parents and young children to connect with one another through a variety of activities and events such as playgroups for infants through age five, family concerts, seasonal activities, outings to local attractions, Moms' and Dads' Nights Out, and a babysitting cooperative. Members receive free admission to most if not all events as well as quarterly newsletters updating them on SAPN and other area activities. SAPN is sponsored in part by First Connections, a community program created through funding from the Massachusetts Department of Education and a part of its Massachusetts Family Network Initiative. For more details on SAPN and/or to join, please contact Joanna Nannestad at 978-562-5614.

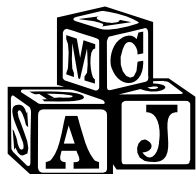
Playgroup Times:

Tuesday's 10-12pm ages 3&up

Wednesdays & Thursdays 10-12pm ages 1-3

Thursdays 10:30-12pm ages Newborn-1
(Randall Library).

All playgroup activities are held at the Stow town Hall unless specified.



MEN'S BASKETBALL AT HALE
SCHOOL

The Stow Recreation Department is sponsoring Men's Basketball Tuesday evenings from 6:45 – 8:30pm and Saturday mornings from 10:00-12:30pm. Anyone interested in playing, please call Laura Greenough at the Stow Recreation Department at 461-1411.



CREATIVE DANCE

Jennifer McGowan's Creative Dance Center
Dedicated to providing quality dance education
for children of all ages.

Fall / Winter Session

September 2009-January 2010

Modern Expressive Dance
Thursdays, 4:30-5:30pm (Ages 7-11)

Modern and ballet dance technique is formally introduced with an emphasis on self-expression, creativity and fun. The class is designed to develop rhythmic, coordination, and creative skills necessary in the art of making dances. Through dance exercises, combinations, and yoga you will develop strength, flexibility, posture, balance, and coordination. Then explore moving to a variety of music as you create your own dances.

Dancers Performing Workshop,
Thursdays, 5:30-6:15pm (Ages 7+)

A children's dance company designed for dedicated dancers who wish to have the opportunity to perform in the community. Students will have the chance to learn pieces of choreography in a variety of dance styles as well as perform their own original works. All are welcome to be a part of the dancers' workshop. Rehearsals begin September 10. Please call for more details about this special class.

Intermediate Modern Expressive Dance,
Thursdays, 6:15-7:25pm (Teens)

Students continue to learn the craft of choreography as they develop dance vocabulary, original movement, and evaluation techniques to express a wide range of ideas. Explore a variety of dance techniques including modern, jazz, and ballet. Explore moving to rhythmic patterns and learn dance combinations as well as create your own compositions to the various styles of jazz, pop, world, classical, new age, and lyrical music.

For more information about these and other classes or to register please call 978-433-8349 or e-mail information@creative-dance.com

FIELD HOCKEY PROGRAM

FOR STUDENTS ENTERING 5th--8th GRADE!
Come play the great game of field hockey! This program is for a beginner or current player. We will cover stickwork and individual skills, offensive and defensive techniques, footwork and tactical game situations. We will have scrimmages where players can apply the skills learned. To Register call Laura Greenough at 978-461-1411. **This program has limited participants. Please register ASAP for available spots.**

SESSION DATES

Time: 3:30 – 4:50

September 14th- October 30th

Cost: \$285.00

Monday, Wednesday and Fridays

Location: Pine Bluffs Field, Stow

Director: Jen Brown

Phone: 617-899-0530

E-mail: jennybro@comcast.net

Please Note –Players must supply own stick, mouth guard, goggles and shin guards! Bring Water Bottle!

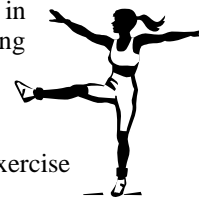
Please call 978-461-1411 or 978-855-2298 to register.

STOW RECREATION SKI PROGRAM REGISTRATION NIGHT

The Stow Recreation Ski Program Registration Night is Wednesday, November 11th from 6:00 – 7:00pm at the Hale School Cafeteria. A representative from Nashoba Valley Ski Area will be at the registration to pre-fit children renting equipment. Please bring your child (ren) to registration for pre-fitting of equipment. If you do not need rentals you can download the ski packet and registration form on-line at www.stow-ma.gov and mail it into the Stow Recreation Department. Please indicate on your form if you are willing to chaperone. The cost for skiing is as follows: Lessons - \$170.00; No Lessons- \$140.00; Racing- \$180.00. Rentals are \$90.00. At the pre-fit OVO helmets will also be available for purchase. Ski lessons begin January 9. Bus fee is \$80.00. Financial aid is available contact Laura, at 978-461-1411.

YOUR PERSONAL TRANSFORMATION: LEARN TO COMPLETELY CONTROL YOUR METABOLISM AND YOUR PHYSICAL APPEARANCE FOR THE REST OF YOUR LIFE!

Each week you will receive via email a packet of materials to teach you how to eat to support a healthy metabolism. Using cutting edge technology, the simple exercise programs are designed to train your body to release stored fat. You'll have boundless energy to sail through your days and look better than you have in years. This program is for anyone seeking positive physical change.



Cost: \$48 weekly materials
Add personal email support (food and exercise logs will be checked) \$144

Register with Marie O'Malley at 508-450-2581
www.betterbodyenterprises.com

HORSE POWER (AGES 7-12) SUNDAY AT 3:00

Horse Power is a program designed to provide a safe and fun way to get kids into the saddle! Learn to groom, tack and handle the horses and ponies - and learn to ride, too! This program emphasizes groundwork and handling, and each child gets individual attention in a small group lesson format each week learning to mount, dismount, steer at the walk, and intro to trot. Does your child have some experience with horses? Let us know! Each child will progress at their own pace. Century Mill offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) paddock boots are ideal. Helmets are available, or bring your own for a perfect fit. Visit us online at www.centurymillstables.com.

Horse Power

Session 1: 9/20, 9/27, 10/4, &10/11

Session 2: 10/18, 10/25, 11/1, &11/8

Session 3: 11/15, 11/22, 12/6, &12/13

Cost: \$150 per student

Pony Power (Age 2-6) Weds at 2:00

Pony Power is a program designed to provide a safe and fun way to get the kids into the saddle! Learn to groom, tack and handle the ponies and learn to ride, too! This program emphasizes groundwork and handling, yet each child gets individual attention in a short private lesson each week learning to mount, dismount, steer at the walk and intro to trot. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) paddock boots are ideal. Helmets available, or bring your own for a perfect fit. Visit us online at www.centurymillstables.com.

Pony Power

Session 1: 9/16, 9/23, 9/30, 10/7

Session 2: 10/14, 10/21, 10/28, 11/4

Session 3: 11/11, 11/18, 11/25, 12/2

Cost: \$120 per student

Mommy/Daddy and Me Kayaking

Fridays, September 23, 30 and Oct. 7 from 2-3:30pm

Cost: \$90/adult-child pair

Location: Willis Pond, Sudbury

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child sits safely between your legs in the kayak's cockpit. This class is appropriate for parents and their child between 1 and 5.

Youth Kayaking

Fridays, September 23, 30 and Oct 7 from 3:30-5:30pm

Cost: \$80/person

Location: Willis Pond, Sudbury

This course is designed for children aged 10-15. The same skills, strokes and safety information will be covered as in the Intro to Kayak class. Children will learn in a cooperative environment with peers; skills will be practiced through exciting games and fun challenges.

Introduction to Kayaking

Fridays, September 23, 30 and Oct. 7 from 5:30-7:30pm

Cost: \$80/person

Location: Willis Pond, Sudbury

Introduction to Kayak is a 6-hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This instructional programs introduction to safe and efficient paddling is also relevant for river and touring/sea kayaking.

Fall Foliage Kayak Trip

Sunday, October 18 from 9am-12pm

Cost: \$65/person over age 15

\$30/person ages 6-15

FREE for ages 5 and under

Enjoy the beauty of fall in New England from a different perspective. An experienced guide will lead you down the historic Concord River at a leisurely pace. No experience is necessary. All ages are welcome. Directions will be sent a couple of days before the trip. Be sure to provide an email address at which you can be contacted.



Geo-caching

Wednesday, October 21 from 6-8pm

Sundays, October 25, and Nov. 1 from 9-11am

Cost: \$60/adult

\$25/child ages 5-16 with a parent

FREE for ages 4 and under

This course is focused on the up-and-coming activity of Geo Caching, a modern day treasure hunting experience. You will learn how to get coordinates for a geo trip and learn the skills necessary to use a GPS system. Later on we will use the GPS to find a treasure of our own. This course is designed to be enjoyed by individuals, couples and families. Come on out and try something new!

INTRODUCTION TO SNOWSHOEING

Sundays, January 24, 31 and February 7 from 9-11am

Cost: Cost: \$65/adult

\$25/child ages 5-16 with a parent

FREE for ages 4 and under

Winter in New England is unique. Come learn a fun and healthy way to enjoy and appreciate this special time of year! Explore local conservation areas as a family, couple or individual. Get outdoors, get some exercise and enjoy a new favorite pastime while learning the basics of snowshoeing and winter hiking. Snowshoes will be provided for all adults and those children who are capable of effectively moving on their own for extended periods. Parents should bring sleds or baby backpacks to carry younger children. This course is designed to run whether or not there is snow.

For more information or to register for on any of the programs on this page please call Laura Greenough at 978-461-1411 or mail in the program registration form in the back of the brochure.

NASHOBA YOUTH BASKETBALL

I'm excited to announce that we will be continuing on with the Nashoba Youth Basketball League this year. Stow players will be placed on Stow teams and practice in Stow. Games will be held on either Saturdays or Sundays depending on age group. This is a 14-week program, which will start after Thanksgiving and run into March. Registration fee: \$80. Second, etc. child fee: \$65. LATE FEE: \$50.

Registration forms **must** be submitted to the Recreation Department by October 5th or a late charge will be issued. You may mail in your registration form with a check to the Stow Recreation Department, 380 Great Rd. Stow, MA. 01775. Additional registration forms can be found on the stow website; www.stow-ma.gov.

Stow resident cannot sign up through the Nashobabasketball website, you must sign up using the Stow registration form. If you are interested in coaching please include your name, phone number, and grade you are interested in coaching on the registration form.

For more information on the league please call Laura Greenough at 978-461-1411 or check out the web site: www.nashobabasketball.com.



BABYSITTERS COURSE

Help your young teen become a more responsible, trustworthy babysitter. The Course will teach them to:

- Interview with parents
- Learn infant & toddler care - diapering and feeding techniques, creative reading, activities for young children, and appropriate snacks.
- Handle bedtime issues
- Choose safe and age-appropriate toys and games
- Perform basic First Aid - choking, cuts, puncture wounds, bruises, eye injuries, nosebleeds, tooth injuries, burns, seizures, poisoning, bites
- Learn tips for having a safe babysitting experience - including setting up a "code" with your parents in case of an emergency.

Every parent should encourage his/her children to take a course like this!

Date: Sunday, November 7, 2009

Time: 1:00pm-6:00pm

Location: Stow Town Hall

Cost: \$45 per person

For Girls & Boys ages 11-15

Instructor Debbie LaFlamme

Offered by Stow Recreation Department



GIORGIO'S HEALTH AND FITNESS CONNECTION

The Stow Recreation Department is excited to partner up with Giorgio's Health and Fitness Connection to offer some new programs for all ages.

Programs include: Taekwondo, Brazilian Jiu Jitsu, Yoga, Fitness classes, Sports Conditioning, Kick Boxing, Zumba, Dodgeball, and music lessons both for children and adults.

A description of all classes can be found at www.Giorgiofit.com

Cost: \$100.00 per resident, for 10 classes. Classes are ongoing and you may start at anytime.

Location: Giorgio's Health and Fitness Connection, Chiswick Park, 31 Union Ave Sudbury MA 01776

For more information or to register please call Laura at 978-461-1411.

BUDOKON ADULT

Budokon™ is the brainchild of Kancho (creator) Cameron Shayne. The style was founded in 1999 in Los Angeles, California, the result of 20 years of study and cultivation within the Yogic, Martial and Living arts. The word Bu-do-kon translates directly in Japanese as Warrior (Bu) Way (Do) Spirit (Kon) or "Way of the Spiritual Warrior".

At Warrior's Way, Andrew Bloch was the first teacher in Massachusetts certified to teach Budokon™ and received his certification from Master Shayne himself.

A mix of yoga and martial arts is a perfect blend designed to enjoy the benefits of both arts.

FENCING AGES 8-12 AND ADULT

Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time it has grown into a modern sport while maintaining those virtues that made it great; honor, valor, grace. Warrior's Way fencing program is designed with safety and learning in mind.

In our Salle (school) beginners are not thrown in with one another and told to "fence". Rather, the classic French footwork and blade work is emphasized first. In this way we assure not only the safety of our students but, by laying a good foundation of learning, all students have the ability to become great fencers.



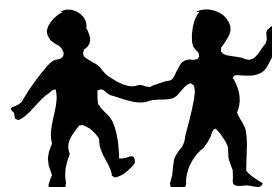
SPINNING ADULT

Indoor cycling is a form of exercise that involves using a stationary exercise bicycle in a classroom setting. A typical class involves a single instructor at the front of the class who leads the participants in a number of different types of cycling. The routines are designed to simulate terrain and situations encountered in actual bicycle rides, including hill climbs, sprints and interval training. Coasting downhill, however, is not simulated. The instructor uses music and enthusiastic coaching to motivate the students to work harder.

To learn more about Budokon, Fencing, or Spinning please call Warrior's Way at 978-461-0008.

STOW RECREATION DEPARTMENT SCHOLARSHIP PROGRAM

All Stow Recreation Department activities and events have scholarship money available to any individual in town. This program is designed to encourage everyone to participate in our activities. All Financial aid requests will be kept confidential. For more information please call Laura at the Stow Recreation Department at 461-1411.



STOW YOUTH BASKETBALL LEAGUE
Nov. 2009 - Mar. 2010
Registration Form

SRC Use Only	
Payment Received:	
Yes	No

Name: _____
Age: _____ Grade: _____ Date of Birth: _____
Address: _____
Phone #: _____ **E-mail** _____
Parent Name(s): _____
Height : _____ Weight : _____
Shirt Size: (select one) Small Medium Large X-Large
Men's: _____
Women: _____
Any Medical problems? _____ If yes, please describe:

Emergency contact: _____ Phone#: _____

PLEASE READ: All Stow children in grades 3 through 8 are eligible! You will be allowed to play in this league even if you play for the Hale School Team. Registration fee: \$80. Second, etc. child fee: \$65. **LATE FEE:** \$50 after Oct.5th. Please make checks payable to the **Town of Stow** and send along with this form, to:
Stow Recreation Department
Attn: Stow Youth Basketball League
Stow Town Building, 380 Great Road
Stow, MA 01775

Registration Form and Payment MUST be received by 5:00pm Monday, October 5th, 2009! Or a \$50 late fee will be charged.

Any questions...call
The Stow Recreation Department at 461-1411.

Any Parent Interested in Coaching or assistant coaching please Check:

Coach: _____ Assistant Coach _____

Special Requests: _____
(We will try to accommodate special request but we cannot guarantee all request will be met)

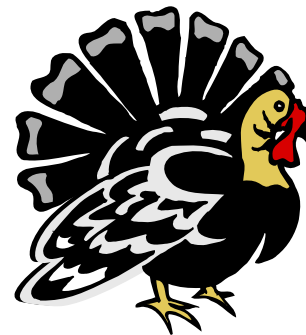
General Release/Consent for Emergency Medical Treatment of a Minor

The Stow Youth Basketball League does not provide insurance. Accordingly, parents are urged to ascertain that their own insurance coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in this league. As the parent of the above named child, I agree to indemnify the Town of Stow, its employees and agents against claims of bodily injury, death, or property damage which may arise in the course of the Recreation Commission's performance of the recreational activities described herein not caused by the Town's own negligence or that of its employees or agents. As parent or legal guardian of the above named player, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

Parent Signature: _____ Date: _____

3rd ANNUAL STOW GOBBLER 5K

Race Run and Race Walk
Thanksgiving, 26 Nov 2009



- Time: 8:00 AM
- Place: BOSE Corporation
688 Great Road
Stow, MA 01775
- Registration: Go to Stow Recreation website, click on Stow Gobbler 5K link, and download registration form. Mail to: Stow Gobbler 5K
279 Hudson Road
Stow, Ma 01775
- OR
Go to www.coolrunning.com and register online.
Or day-of race registration @ 6:30 AM at BOSE Corporation under the tent
- Distance: 5K Run/Race Walk/Walk
- Entry Fee: 5K Run: \$20
5K Walk: \$20
Children 12 and Under: \$5
- Age Group Awards: Runners:
Top overall male & female finisher
Top 3 male & female finishers age groups: 0-18, 19-29, 30-39, 40-49,
50-59, 60-69, 70 plus
Walkers:
Top 2 male & female finishers age groups: 0-59, 60 plus
- Amenities: Post-race awards and refreshments under tent
- T-shirts: T-shirts GUARANTEED for all who pre-register before November 15th.
- Directions: Mapquest 688 Great Road (Rt. 117), Stow, MA
Turn into main BOSE driveway at light. Follow 5K parking signs
- Additional Info: Proceeds benefit Habitat For Humanity and Stow Community Chest
USA Track and Field sanctioned and certified MA07015J

Mail-in Registration Form

Stow Gobbler 5K

Thanksgiving Day, 26 November 2009

USA Track and Field Sanctioned
USA Track and Field Certified MA07015JK

Make checks payable to:

Town of Stow
Entry Fee: 5K Run: \$20
5K Walk: \$20
Children 12 and Under: \$5

Mail entry form to:

Stow Gobbler 5K
279 Hudson Road
Stow, MA 01775

FILL OUT THIS FORM< PRINT IT< SIGN IT< MAIL IT
One person per form
PLEASE PRINT NEATLY

NAME:			
Address:			
City, State, Zip:			
Daytime phone:			
Date of birth:			
E-mail:			
Age on race date:			
Circle T-shirt size:	S	M	L XL
Circle your gender:	Male	Female	
Circle your event:	5K Run	5K Walk	
<p>Waiver must be read and signed before mailing:</p> <p>I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.</p>			
Signature_____		Date_____	
Parent's signature if under 18_____			

Questions? Call Laura Greenough at Stow Rec. 978-461-1411 or Nick/Alex Papanastassiou at 978-562-4165.

Fall in Love with Tennis Program

The Stow Recreation Department is featuring a brand new program this fall for kids, teens, and adults to experience the best time of year to get out on the courts. Join this 7-week program that features fresh crisp air, new balls, and a ball machine. If you like to hit a lot of balls this program is for you! The program is hosted by Stow's own Lars Rohrberg who is a certified coach by the Danish Tennis Association. Sign up with your friends, or come and make new friends.



Seven Saturdays starting September 19th through October 31st



Center School Courts



\$35 for the program, checks payable to the Town of Stow



Kids under 10 from 9am -10am; kids 10 and over from 10am - 11am; and adults from 11am to Noon

Child's Name _____ Age _____ Class Time _____

Phone # _____ E-Mail _____

Forms should be sent to:

Stow Recreation Department, 380 Great Rd., Stow 01775

The Town of Stow does not provide insurance. Accordingly, parents are urged to ascertain that their own coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in our programs. As the parent of the above named child, I agree to indemnify the Town of Stow, it's employees and agents against any claims of bodily injury, death, or property damage, which may arise in the course of the Rec. Department's performance of the recreational activities described herein not caused by the Town's negligence or that of its employees or agents. As parent or legal guardian of the above named child, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

PARENT SIGNATURE: _____ **DATE:** _____

*** Additional registration forms available at the Stow Recreation office or on-line at www.stow-ma.gov. Please call Laura Greenough for more Information or questions.**

**STOW RECREATION DEPARTMENT
PROGRAM REGISTRATION FORM**

Student's Name: _____ Age: _____

Parent/Guardian (if under 18): _____

Address: _____

Telephone: (day) _____ (eve) _____

E-Mail: _____

Class Name: _____

Day & Time: _____

Starting Date: _____

Amount Enclosed (checks only): _____

**Please make check payable to the Town of Stow and mail to
380 Great Road, Stow, MA 0177**

The Town of Stow does not provide insurance. Accordingly, parents are urged to ascertain that their own coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in our programs. As the parent of the above named child, I agree to indemnify the Town of Stow, it's employees and agents against any claims of bodily injury, death, or property damage which may arise in the course of the Rec. Department's performance of the recreational activities described herein not caused by the Town's negligence or that of its employees or agents. As parent or legal guardian of the above named child, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

PARENT SIGNATURE: _____ DATE: _____

* Please fill out this form as well as any other related forms for any Stow Recreation Department sponsored program. Additional registration forms available at the Stow Recreation office.

U.S. POSTAGE
PAID
PERMIT NO. 2
STOW, MASS.

**POSTAL PATRON
BOXHOLDER
OR
R.F.D.**

STOW RECREATION COMMISSION

The Stow Recreation Commission meets monthly in the Recreation office at the Town Hall. Meetings are open to the public and interested residents are encouraged to attend.

STOW RECREATION COMMISSION MEMBERS

Mike Busch	Chairperson
Jim Henry	Member
John Sangermano	Member
Robert Braceland	Member
Ellen Piccoili	Member
Eric Bachtell	Associate
Tim Allaire	Associate
Lars Rohrberg	Associate
Richard Morse	Associate