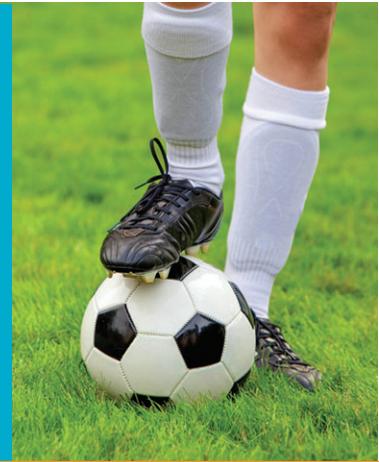


TOWN OF STOW RECREATION DEPARTMENT

"Providing recreational, educational, social and leisure-time activities for the Residents of Stow"



SPRING & SUMMER 2016

STOW RECREATION DEPARTMENT

380 Great Road • Stow, MA 01775

Phone: 978-855-2298 • Fax: 897-4534

recreation@stow-ma.gov • www.stow-ma.gov



Spring **TENNIS** 2016!

Junior Tennis Classes (Ages 8-13)

MARCUS LEWIS TENNIS EXTENSION PROGRAM

If you have been looking to get your child exposed to the sport of tennis or if you have a child who has been playing for a few years, these classes will cover both. The beginner class teaches kids the basic fundamental skills and techniques. For kids with experience, the class provides an opportunity for more match play and strategy. All classes are kept at a maximum 5:1 student/teacher ratio. The Marcus Lewis Tennis Extension Program is a non-profit that specializes in offering high-level tennis instruction through community programming. The Extension Program utilizes professional instructors and the most current methods to achieve the most effective results.

Classes start Monday, April 25th and run through June 13th

JUNIOR TENNIS | SPRING 2016

Day	Time	Program	Age Group	Weeks	Program Fee
Monday	4:30PM-5:30PM	Beginner	8-10	7	\$112.00
Monday	5:30PM-6:30PM	Intermediate	10-13	7	\$112.00

Adult Tennis Classes

MARCUS LEWIS TENNIS EXTENSION PROGRAM

Get into the swing! This class is offered by the non-profit, Marcus Lewis Tennis Extension Program, teaches the beginner player proper technique and stroke production. It is also perfect for the player who has taken a few years off from the game and wants to get back in to it. Instructors provided by the Extension Program offer patient instruction that can help you to reach your potential in this sport.

Classes start Monday, April 25th and run through June 13th

ADULT TENNIS | SPRING 2016

Day	Time	Program	Age Group	Weeks	Program Fee
Monday	6:30PM-7:30PM	Beginner	Adult	7	\$112.00

Summer TENNIS Lessons

Junior Tennis Classes

We will use our popular Mini-Camp format that offers 1- 1.5 hour(s) of instruction on Monday through Thursday with Friday acting as a rain make-up date. In other words, your child would have class on Monday, Tuesday, Wednesday and Thursday of the week. Friday would only be used if an earlier day were rained out. You may register your children for one week at a time or for as many as the nine weeks that we are operating this summer. The schedule is as follows:

SPRING 2016

Time	Age Group	Weeks	Fee
8:00AM-9:00AM	4-5	9	\$64.00
9:00AM-10:00AM	6-8	9	\$64.00
10:00AM-11:30AM	9-11	9	\$96.00
11:30AM-1:00AM	12-14	9	\$96.00

Our Summer session runs for 9 weeks from w/o June 27 - w/o August 22.

Classes are kept at maximum student/instructor ratios of 5:1 and the fee is only \$64/week for a 1 hour class and \$96/week for 1.5 hour classes.

GIRLS RUNNING CLUB

SUNDAY RUNS WITH THE SLOTHS!

Build confidence, make friends, learn how to motivate yourself and others! Find enjoyment in running and playing running games. Learn that being a good team mate and leader does not mean coming in first, running the farthest, or being the fastest. We welcome all levels of athleticism! Celebrate the end of our season by participating in the Run for the Woods (girls will be responsible for registration & fees for this event).

Dates: April 10 – May 15 Time: Sundays 8:30-9:30AM Ages: 5 and up and adults are welcome!

Contact: Deb & Riley Seith at 617-584-7275

9TH ANNUAL YOUTH TRACK AND FIELD CLINIC

Can you LEAP tall buildings in a single bound, RUN faster than a speeding bullet, or THROW a ball more than a mile? Are you fast? Do you like to race? Do you have a "good arm"? Can you and your friends form a fast team?

Come to this informal and fun track and field clinic designed to familiarize participants with this universal, Olympic sport. The emphasis is on participating, learning, improving, and doing the best one can.

Track events include the 100, 200, and 400 meters, the 50 meter dash for 2nd, 3rd and 4th graders, and the 800 meters and one mile for the four older grades. Field events include the softball throw for distance, the standing broad jump for 2nd, 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders. There is also the 4 x 100 meter relay race.

Come with your relay team together, or we will create and put you on one.

The events are contested by grade: 2nd graders together, 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together. Based on the current ('15-'16) school year.

An experienced (on school team) 7th or 8th grader may participant only in the local meet for \$15.

However, pre-registration is still required.

For:	Boys and Girls, grades 2 - 8 (grade for '15-'16 school year)		
Location:	Lincoln-Sudbury H.S. track		
When:	Sun.	May 22	6:15 – 8:00 (1st session is 15 min. longer)
	Sun.	June 5	6:30 – 8:00 at TBD
	Tue.	June 7	3:45 – 6:00 scrimmage in Concord (rain date of Fri. June 10)
	Sun.	June 12	6:30 – 8:00 at LSRHS track
	Sun.	June 19	6:30 – 8:00 at LSRHS track
Local Meet:	Wed.	June 22	5:30 - 8:00 in Concord (rain date of Fri. June 24)
Cost:	\$87		

Questions? Call or E-mail David Bell 978-505-0675 davidkbell@hotmail.com

Sign up on-line (preferred) at the Recreation Department's website or in person at its office. Retain top for your information and return the registration below to: Recreation Department, Town of Stow, Town Hall, 380 Great Rd. Stow, MA 01775-2127

Please make checks payable to Town of Stow

Name: _____ Current Grade: _____ Age as of 12/31/16: _____

Address: _____ Tel#: _____ Emerg. Tel#: _____

School: _____ Email address: _____

BEYOND BASICS

SAFE

FUN

CONVENIENT

TRACK AND FIELD CAMP

We are back for another great year of a track and field ! As always, the camp takes place at Lincoln-Sudbury and hopefully with a newly renovated track surface. Mel Gonsalves will once again coach up his former athletes to lead your child through 4 days of warm ups, drills, event training, workouts, team building and fun. This is a very popular camp as it allows for differences in ability to prevail and at the same time inspires students to find their event area talent! Your child will also watch real track and field video and learn how to mentally prepare for a track meet. Every year ends with a spectacular track and field meet where kids participate in an actual meet! We look forward to seeing you there with your camera. Lastly, remind your child to bring a towel to camp!

You will need it if you want to try our 30 foot slip and slide during lunch break.

Date: July 11-15

Hours: Monday - Thursday 8:30-2:30pm
Friday 8:30-1:30pm
The meet starts at 10:30 and will end by 1-1:30 with an awards ceremony.

Venue: Lincoln Sudbury Regional High School Track.

Snacks/Water: To be provided daily. Please send your child to camp with a refillable water bottle. Multiple breaks are taken daily.

Lunch: Every child needs to bring their own lunch and any additional healthy snack.

Clothing: July weather is always great. Bring a towel, swimming gear and an extra teeshirt if you plan on getting wet.

Bathrooms: Facilities are available at the track.

Fee: \$230.00

Fun and Fitness Through Games

Beyond Basics LLC will be using game play to develop your child's fitness. Lincoln-Sudbury wellness teacher and coach Mel Gonsalves has put together a variety of traditional games and other imaginative games which will allow your child to develop important bio motor skills while having fun. THIS IS NOT A GAMES CAMP. We will take the time to do more than traditional camps. Your child will learn more about the fundamentals of warming up, learning social skills, working hard in training (for the game), playing the game with integrity, learning how to end the game with saying 'thank you' and cooling down. We will spend time each day developing strength, endurance, speed, coordination and flexibility. Kids who are prepared will play better. Kids who prepare believe more in their ability. We will help your child put it all together.

Of course, game strategy will be emphasized! Remind your child to bring a towel to camp!

You will need it if you want to try our 30 foot slip and slide during lunch break.

I am looking forward to a week of fun through games.

Date: July 18-22

Hours: Monday - Friday 8:30-2:30pm

Venue: Lincoln Sudbury Regional High School Track.

Snacks/Water: To be provided daily. Please send your child to camp with a refillable water bottle. Multiple breaks are taken daily.

Lunch: Every child needs to bring their own lunch and any additional healthy snack.

Clothing: July weather is always great. Bring a towel, swimming gear and an extra teeshirt if you plan on getting wet.

Bathrooms: Facilities are available at the track.

Fee: \$230.00



SUNRISE

Yoga

With Jen Mast, RYT 200 hr, LFYP, LICSW | Jenmastyoga.weebly.com

Start your morning with an invigorating, wake up yoga practice in the great outdoors! This all levels Vinyasa Flow class focuses on synchronizing breath and movement, core strength, alignment, balance, flexibility, endurance, meditation and much more. Vinyasa style yoga is both a great place to start learning yoga and to continue challenging yourself.

Yoga can be a positive transformational tool that allows for both physical and mental change. Through breath and movement we learn to let go of competition, judgment, and expectations thus better accepting ourselves and others. Ultimately we learn greater awareness and to live our lives with balance, health and happiness. Jen has been teaching yoga for 5 years. She is registered with Yoga Alliance - RYT 200 hrs and is insured.

**If inclement weather – indoor location TBA

***Please bring a yoga mat and wear comfortable clothing

Any questions feel free to email me at jenmastyoga@gmail.com

Where: The Stow Community Park Pavilion

Dates: Wednesday(s) May 25, June 1, 8, 15 (4 weeks)

Time: 9:00-10:00am

Cost: \$50

Sign up: www.stow-ma.gov/pages/stowma_recreation/index

WHAT UP DOG!

Kids Yoga: Grades K-2

I can walk kids from Center to the town hall with parent permission

Where: Stow Town Hall

Dates: April 27, May 4, 11, 18th

Time: 3:30pm-4:30pm

Cost: \$70

ADULT Evening Yoga

Where: Stow Town Hall

Dates: Mondays, April 25-June 20
(no class on Memorial Day)

Time: 7:30pm-8:30pm

Cost: \$72 for \$6 wks

The benefits of yoga are numerous. Among those noted by previous class members are greater flexibility, strength, and balance, as well as relaxation, calm and centeredness. Yoga is an ancient art, which balances body, mind and spirit. You do not need to be super flexible to do yoga as many may think. This class begins with gentle warm ups and breathing techniques and includes basic postures (or Asanas) to help you release tension and stress, and ends with a relaxation. The poses can be adapted to individual needs and students at any level are welcome from absolute beginner to more experienced.

On the Mark Archery



We Bring the Range to You

Why is one of the oldest sports making a comeback? Do you wonder if you could compete against Katniss, Merida or archers of medieval times? This course introduces the thrill of traditional recurve archery and the success one can experience with a little patience and focus. Unique lesson plans demonstrate the importance of proper shooting form in order to achieve consistent results and accuracy, while skill-building games allow for friendly competition and enjoyment. Minimum 10/ Maximum 16.



SPRING

Youth	4 Weeks	April 8 - May 6	Fridays 5:30-6:30PM	Grades: 4 & Up	Cost: \$98
Adult	4 Weeks	April 8 - May 6	Fridays 6:30-7:30PM	Ages: 15 & Up	Cost: \$98

SUMMER

Youth	5 Weeks	July 27 - Aug. 24	Wednesdays 5:30-6:30PM	Grades: 4 & Up	Cost: \$120
Adult	5 Weeks	July 27 - Aug. 24	Wednesdays 6:30-7:30PM	Ages: 15 & Up	Cost: \$120

BABYSITTERS



BABYSITTERS TRAINING WILL BETTER PREPARE YOUNG TEENS TO BE A MORE RESPONSIBLE, TRUSTWORTHY BABYSITTER FOR FAMILY AND FRIENDS.

TRAINING

THIS WORKSHOP DISCUSSES:

- Interviewing with parents
- Infant & toddler care diapering & feeding techniques, creative reading, activities for young children, and appropriate snacks
- Handling bedtime issues
- Choosing safe & age-appropriate toys & games
- Basic First Aid choking, cuts, eye injuries, nosebleeds, burns, seizures, poisoning, bites, etc.
- Learn tips for having a safe babysitting experience
- And more

Where: Stow Town Hall
Date: April 9th
Time: 9:00am-1:00pm
Cost: \$50
Ages: 11 and older
Includes: Course manuals

Horseback Riding



SPRING 2016 PROGRAMS

HORSE POWER: Saturdays, 3-3:50PM

\$170

Description: Have a horse crazy child between the ages of 6 and 12? Horse Power is designed to give both children and their parents a broad-based introduction to horses in a fun, interactive class. Start each session by learning to handle, groom and tack up a horse. End each week with a group riding lesson where kids get to learn the basics in the saddle and parents can learn how to safely help them. Our licensed, upbeat instructors and happy, well-trained horses will make sure you and your child have a positive first horse experience. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

Session 1: May 7th, May 14th, May 21st, May 28th

Session 2: June 4th, June 11th, June 18th, June 25th

Session 3: July 9th, July 16th, July 23rd, July 30th

Session 4: August 6th, August 13th, August 20th, August 27th

PONY POWER: Saturdays, 2-2:50PM

\$140

Description: A class made just for children ages 2 - 6! Our wonderfully patient small ponies are ready to teach your child the basics of horsemanship. Children will learn how to handle, groom, and tack up the pony, and will spend time in the saddle as well, working on basic control and position. Parents are encouraged to actively participate in the learning experience, and will be taught how to work safely around the animals and how to help their child have a safe and positive experience with the ponies. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

Session 1: May 7th, May 14th, May 21st, May 28th

Session 2: June 4th, June 11th, June 18th, June 25th

Session 3: July 9th, July 16th, July 23rd, July 30th

Session 4: August 6th, August 13th, August 20th, August 27th

FAMILY CAMP - OUT

The Stow Recreation Department is excited to bring back our family camp-out at Pine Bluff Recreational Facility. This year's camp-out will be better than ever. Along with playing games and telling ghost stories around the campfire, families will enjoy an opportunity to go canoeing and kayaking from 6-9p.m. All gear will be provided. Bring your own tents and sleeping supplies. Bathrooms will be available all night for your use. In the morning, join us for a swim and then enjoy a continental breakfast. Space is limited to 30 families, so register early. No private campfires allowed.



Date: July 29, Rain date Aug. 5
Time: Arrive at 6:00PM
Cost: \$35 per family
Location: Pine Bluff Recreational Facility



MUSIC TOGETHER®

THE JOY OF FAMILY MUSIC®

Join Music Together of Assabet Valley for world-renowned classes offered in music, movement and instrument play for children, newborn through age four, with the adults who love them.

Registration Now Open!
Classes begin the week of
APRIL 9, 2016,

in Stow, Maynard, Hudson, Marlboro, Sudbury & Groton

Music Together classes build on your child's natural enthusiasm for music and movement. Our classes are held for mixed ages--birth through four--with the adults who love them. Each child participates at his or her own level in singing, moving, chanting, listening, watching, and exploring musical instruments. Sessions are nine weeks in length and run for 45 minutes.

Cost of the program includes two professional cds and a "unique" code allowing access to the new "Family Music Zone" on the Music Together website. There you will be able to download or stream the music as well as access other fun content. You will also receive a beautifully illustrated song book; family e-newsletters and have access to an informative website. All new families to Music Together also receive a musical growth chart and dvd titled, "Music Together at Home: Helping Your Child Grow Musically."

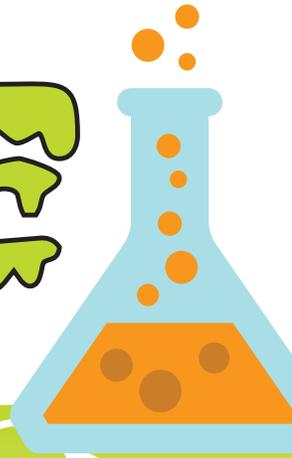
Tuition is \$198 for returning families; \$213 for new families to Music Together of Assabet Valley (this includes a \$15 one time registration fee); \$100 for first sibling; \$50 for third. There is an additional fee of \$35 if doing classes at Jamtime in Maynard.

Children eight months and under attend "free" when registered with an older sibling.



For more info or to register check the website at www.mistervic.com or call Pat or Vic Lalli at 978-897-0874.

SCIENCE PROGRAMS!



LEGO ENGINEERING:

Aug 1-5, 9AM-12PM

\$190

We've expanded our LEGO Engineering program to include STEM-based challenges and free building - two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids will love rising to the LEGO challenge.

Grades: 1-5

Location: TBA

SUPERHERO PHYSICS:

July 11-15, 9AM-12PM

\$190

New! What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. We'll investigate how Spiderman (and real spiders) can walk up walls and examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality. Super science fun!

Grades: 1-5

Location: TBA

WICKED GROSS SCIENCE:

July 18-22, 9AM-12PM

\$190

New! Gross Science is not for the easily queasy! The gross yet fascinating things in life may hide many science secrets, like what's hidden in a diaper. Kid chemists can discover acids and bases and make putrid potions that bubble and burp. We will create alien slime, dissect owl puke and grow gross bacteria. Slither with snakes and slimy worms and find out what's behind that smell — ewww! Wicked Gross Science is guaranteed to be grossly amusing.

Ages: 1-5

Location: TBA

ROCKET SCIENCE:

Aug 15-19, 9AM-12PM

\$190

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reaction! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

Grades: 1-5

Location: TBA

SCP SUMMER DROP-IN PROGRAM

This exciting new program features arts & crafts, group games, sports, free play and much more! This is a drop-in recreation program, offering recreational activities only and is not to be considered an accredited childcare program. The children may leave at anytime without permission. Children must have a completed emergency card to be kept on file at the site. Emergency cards are available at the site during program hours or at the Recreation Department. Children need to bring a non-perishable lunch each day they attend. No food will be provided for this program. All activities will be held outdoors and are subject to cancellation due to unfavorable weather conditions such as: rain, wind, and extreme heat. Parents are responsible for providing transportation to and from the program. Staff is not allowed to transport children and our there to provide program options. If this is not a program for you and your child please refer to the Town of Stow Summer Camp Program.

July 5- Aug. 19 (M-F) 10AM-3PM Ages: 7-14 yrs old Stow Community Park FREE

PINE BLUFF BEACH

The Pine Bluff Town Beach area will open Sunday, June 12th. The town beach has lifeguard supervision from 10:00 am – 7:00 pm daily. Every person or family must obtain a beach pass before using the town beach.

The beach pass cost is as follows:

Family Season Pass:		Individual Season Pass:	
Resident:	\$70.00	Resident:	\$50.00
Seniors:	\$30.00	Senior:	\$20.00
Non - Resident:	\$115.00	Non - Resident:	\$75.00
Family Day Pass:		Individual Day Pass:	
Resident:	\$8.00	Resident:	\$5.00
Seniors:	\$2.00	Senior:	\$1.00

Non-Residents day passes will not be sold. Non-Residents will have to purchase a season pass in order to use Pine Bluff Recreational Area. Groups of 6 or more people require a special permit, through the Stow Recreation Department

The "Beach Clean-up Day" is Saturday, June 11th from 9:00am – 1:00pm. Anyone interested in helping out, please feel free to stop by with a rake, shovel or wheelbarrow. Discounts on season passes will be given to those who volunteer a couple hours of their time.



View our camp calendar at: www.stow-ma.gov

STOW RECREATION DEPARTMENT SUMMER 2016 BEACH PASS REGISTRATION

Register for beach pass either in person, at the Stow Town Hall or by mail. Upon receipt of registration a pass will be sent to you. Please fill out the registration form completely, incomplete forms will not be processed. For more information contact the Recreation office at (978) 855-2298.

Mail registration form to:

Stow Recreation Department, 380 Great Rd, Stow MA 01775

Please make check payable to " Town of Stow".

SUMMER BEACH PASS – 2016

(Please Print)

Family Name _____

Address _____

Town _____ Zip _____

Telephone (H) _____ E-Mail _____

Write type of membership: _____

For family passes please list all immediate members and ages below:

Name _____ Age _____

I agree to hold harmless the Town of Stow and/or employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

SIGNATURE: (Parent/Guardian if under 18) _____

DATE: _____ AMOUNT ENCLOSED _____

Swim Lessons SUMMER

The Lake Boon Swim Lessons at the Town Beach will be held in the mornings Monday-Thursday, Friday's off. Each class will run for 45 minutes. The cost will be \$70.00 per person per session. A two-day a week "Introduction to the Water" course will be available for pre-school children who are at least three years old. Each class will run for 30 minutes. The cost will be \$35.00 per child per session.

*No make-up classes if lessons are canceled on account of bad weather.

8:00 – 8:45AM

Level 5

Level 4

Level 3

8:45 – 9:30AM

Level 2

Level 1

9:30 – 10:00 AM

(Tues. & Thurs.)

Pre-school lessons

Session 1: July 11-21 • Session 2: July 25-Aug 4



SUMMER Art and Swim PROGRAM

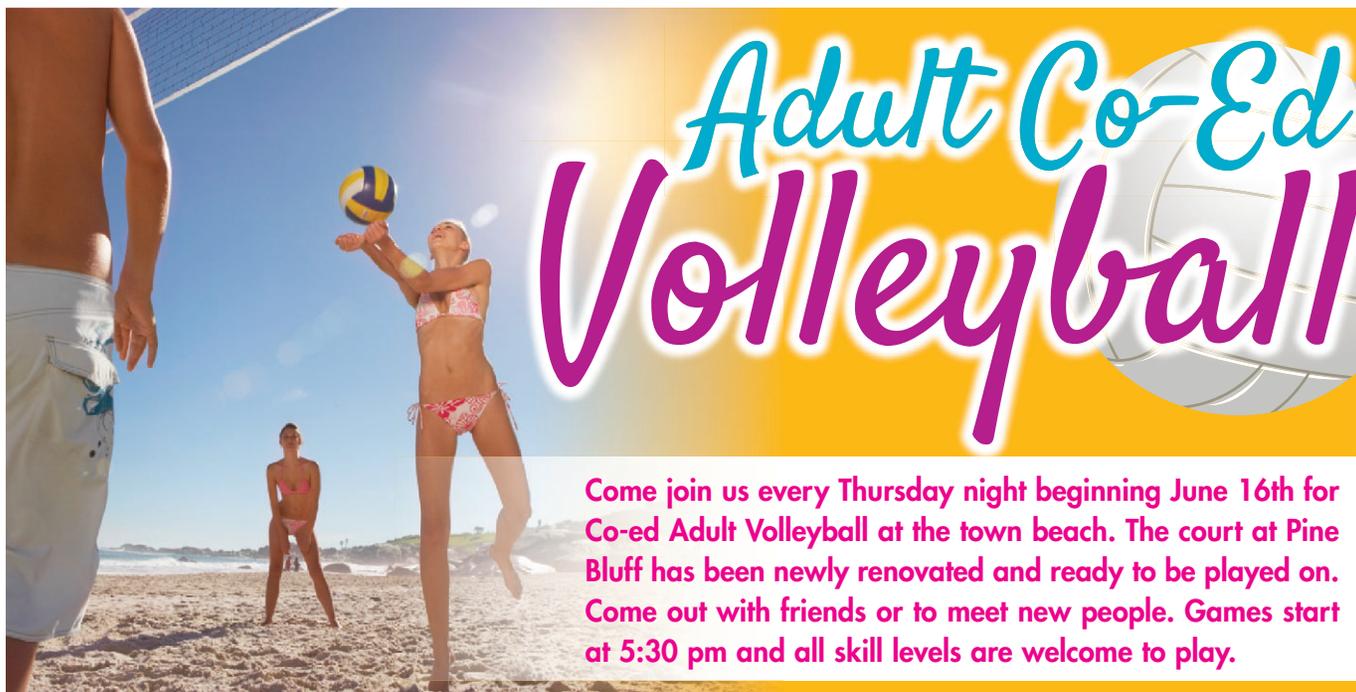
The Stow Recreation Department Art & Swim program combines two of children's favorite activities. The Art portion will teach children to express themselves in new and creative ways. They will be introduced to a variety of mediums like drawing, painting, and clay. Then they will have a chance to cool off and burn some energy in the lake before going home.

Counselors and Lifeguard will be on duty at all times during swim time. The program runs Monday through Friday from 9:00a.m. – 1:00p.m. Come and have fun while exploring the wonders of art. Space is limited so please sign up early.

Dates: August 22-August 26
Place: Pine Bluff Recreation Area

Cost: \$100.00 per child
\$80.00 for second child
\$220.00 cap per family

(In cases of bad weather the program will be moved to the Stow Town Hall)



Adult Co-Ed Volleyball

Come join us every Thursday night beginning June 16th for Co-ed Adult Volleyball at the town beach. The court at Pine Bluff has been newly renovated and ready to be played on. Come out with friends or to meet new people. Games start at 5:30 pm and all skill levels are welcome to play.

SUMMER FIELD HOCKEY CAMP



FOR STUDENTS ENTERING 1st -9th GRADE! Learn the fundamentals of the great game of field hockey! This camp is for a beginner or current player. We will cover stick handling, passing, shooting, general rules of the game and game situations. We will have small scrimmage games where players can apply the skills learned. Players will be placed according to age and experience. Goalies Welcome!

To Register call Laura Greenough at 978-855-2298 or Jen Brown @ 617-899-0530. This program has limited participants.

Please register ASAP for available spots. You can download a form from the Stow Recreation site at recreation.stow-ma.go or register on-line at www.stow-ma.gov.

Session 1: Mon-Fri, July 18-22 | Session 2: Mon-Fri, August 8-12

Time: 9am-1pm
 Grades: Entering K – 9h
 Cost: \$250 per session (\$450 for two sessions)

Location: Pine Bluffs Beach, Stow
 Director: Jen Brown
 Phone: 617-899-0530
 E-mail: jennybro@comcast.net

Please note: Players must supply own stick, mouth guard, shin guards and goggles.



FC PUMA SOCCER ACADEMY

FC Puma Soccer Academy is committed to the development of youth players, ensuring them a solid technical foundation and understanding of the game in a non-pressured, fun learning environment.

Please join us this summer for a unique learning experience. It promises to be an exciting and rewarding Summer Camp for everyone involved.

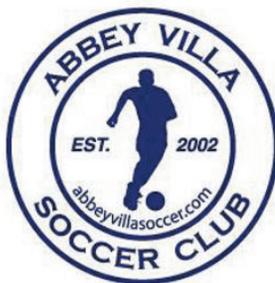
Aug. 10 – Aug. 14

9AM – 3PM

Location: Stow Community Park

Ages: 8-12

\$260



SUMMER FUTSAL CLINIC

Abbey Villa S.C. (AVSC/NEPFC) is excited to offer this alternate style of training for soccer players who are looking to improve technical skills and speed of play. The AVSC/NEPFC staff holds regional and national credentials in futsal and soccer coaching.

WHAT IS FUTSAL? Futsal is a small sided "soccer" game played on a hard court surface without walls or boards. Futsal is played with a smaller weighted ball with less bounce than a regular soccer ball due to the surface of play. The surface, ball, and rules create an emphasis on improvisation, creativity and technique as well as ball control and passing in small spaces.

WHY FUTSAL? Futsal is fast, rewards creativity on and off the ball, and quickens decision making because of the size of the "field." Above all, futsal is loads of fun to play!

AVSC's Summer Futsal Clinic runs Monday through Thursday with Friday reserved for any weather cancellations earlier in the week. Each day consists of a 3-hour session where we will work on an ever changing progression of: foot skills, passing, and possession, ending each day with a futsal game where the kids can show off their new skills while we teach them the rules of play

Ages 9 – 11 9:00am – 12:00pm | Ages 12-14 1:00pm – 4:00pm

WHAT TO BRING: Water, water, water. You can't bring enough water. Futsal or other flat shoes appropriate for an outdoor basketball court. Proper size futsal ball (size 3 for kids 10 and under, size 4 for U11+). Sunscreen! All clinic participants will receive an AVSC Clinic t-shirt.

NOTE: Futsal balls can be ordered from the AVSC store and will be "delivered" the first day of the clinic: <https://www.abbeyvillasoccer.com/store/>

COST: \$125 per participant

Questions regarding this clinics can be directed to: davidc@abbeyvillasoccer.com

LOCATIONS! Stow MA – Community Park Basketball Courts
July 25-28, 2016 (Note: July 29 is a weather make-up day)

REGISTER AT: Stow Recreation Department: http://www.stow-ma.gov/pages/stowma_recreation/index

SKYHAWKS BASKETBALL CAMPS

Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day' and progress in to drills and games making an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs.

Date: August 1st-5th

Time: 9:00AM-12PM

Ability Level: This camp is perfect for the beginning to intermediate basketball player.
Ages 6-12yrs

Cost: \$150 T-shirt, basketball and player evaluation included in cost.

Location: Stow Community Park

Gear to Bring: Two snacks & water, Appropriate clothing, water bottle, basketball shoes, (or comfortable athletic shoes) and sunscreen.



SKYHAWKS MINI-HAWK

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

Date: July 11th-15th

Time: 9:00AM-1PM

Ages: 4-7 yrs old

Cost: \$150

Location: Stow Community Park

Gear to Bring: Two snacks & water, Appropriate clothing, water bottle, basketball shoes, (or comfortable athletic shoes) and sunscreen.

WANT TO LEARN THE GAME OF BOCCE?

An open invitation to come and see the new Bocce Court at the Pine Bluff Recreation Area. Take a few tosses, learn the rules. Stop by, bring a friend. Saturday 16-April from 10:00am to 12:00pm. John Sangermano, Stow Rec. Commission Member will be the host.

On the 'planned-future' list for Stow Recreation for some years, the Bocce Court was built last November and is ready for play along side two formal Horseshoe pits. This is an activity suitable for all ages. The Bocce/Horseshoe Games Area is located at the top of the slope up from the Town Beach. This is a beautiful location just steps away from the new Pine Bluff Pavilion, Open Air Deck, and other new facilities. Parking is available (walk by the soccer fields and soccer players and past the Pavilion to get to the Bocce/Horseshoe Area).

The Pine Bluff Recreation Area is located at 303 Sudbury Road in Stow. Rain date is 23-April.

Information: recreation@stow-ma.gov or jsang87@yahoo.com.

STOW RECREATION DEPARTMENT

Special Events and Concerts

The Stow Recreation Department is excited to offer a number of special events to the Community this summer. All are welcome to attend and each event is free of charge to the public.

Animal Adventures

Meet the animals, hear interesting stories and information about them and get close. Controlled petting and touching is allowed at the discretion of the Animal Adventure Guide. A fun and unique learning experience to be enjoyed by all! Customized to be age-appropriate, the program will bring you a full hour of interesting stories and information about the animals.

Date(s): July 12th & Aug. 16th Time: 10-11:00am

Location: Pine Bluff Recreational Area

Flying High Frisbee Dogs

Mike Piazza is a multiple world finalist and former long distance world record holder, the #1 K-9 Frisbee performer in the world and only local professional. Over 15 years of experience. Mike has performed for NFL, NBA, MLS, Minor League Baseball, ESPN, Animal Planet, NESN, college halftime sporting events, fairs, TV commercials, magazine covers, corporate events & functions, pet expos, day camps and many more. Their act is very youth and family friendly.

Date: July 19th

Time: 10-11am

Location: Pine Bluff Recreational Area

Magic by Scott Jameson

See the show audiences are calling "Superb!", "A blast!", and "Heartwarming fun for the whole family." Join magician and juggler Scott Jameson for an extraordinary performance that will have you laughing out loud and perched on the very edge of your seat.

Date: July 26th

Time: 10-10:50am

Location: Pine Bluff Recreational Area

Sciencetellers

Power & Energy. Join us this summer as we make things fly, spin, move, and soar while telling you a series of stories that will energize your summer! Throw on your labcoat and get ready to experience the science of power and energy by telling stories using several exciting, hands-on experiments that will have the audience laughing, learning and having fun! Enjoy this spectacular adventure as we discover what makes us move and what powers the world!

Date: August 9th

Time: 10-11am

Location: Pine Bluff Recreational Area

The Rampage Trio

Rampage Trio is a classic, high energy, rock & roll band featuring singer-songwriter-guitarist, Brian Owens, singer-bassist, Wayne Logan and singer-harmonica player-drummer, Kevin Crowley. The band has been performing throughout the New England region since 1990 and have five CDs to their credit: Sound Gadget (2008), Silvertone Sessions (2005), Let's Turn It Up! (2003), Road Shark (1998) and Too Much To Drink (1995). Their song "True Love" is also included on the prestigious Boston Blues Society's 2001 compilation, Blues From The Hub. The trio's songs are played regularly on New England radio stations as well as stations across the country and in Europe and Asia. They have also received rave reviews from local and national press as well as being featured on the cover of several prominent magazines.

Date: July 14th

Time: 6:30-8:00pm

Location: Stow Community Park

Howie Newman and Jackie Damsky

Longtime performers on the New England acoustic music scene, play funny original songs (suitable for all ages) as well as well-known covers. It's a very lively show with great musicianship and tight harmonies.

Date: July 28th

Time: 6:30-8:30pm

Location: Stow Community Park

4Everfab

New England's PREMIER Beatles tribute band, 4EverFab plays the music of The Beatles, from The Cavern Club to Abbey Road. The universal appeal of The Beatles spans generations and offers something for everyone on your guest list.

Date: August 11th

Time: 6:30-8:00pm

Location: Stow Community Park

Additional events maybe added and will be posted on the Stow Recreation Department website www.stow-ma.gov.

STOW RECREATION DEPARTMENT SUMMER 2016 PROGRAMS REGISTRATION

*Cancellation Policy: You must notify the Stow Recreation Department in writing one week prior to your scheduled session(s) or you will forfeit your payment.

NAME: _____ GRADE: _____ AGE: _____

E-MAIL _____ MALE/FEMALE _____

PARENT/GUARDIAN NAME (If under eighteen) _____

STREET ADDRESS: _____

CITY, STATE, ZIP _____

HOME PHONE _____ CELL PHONE _____

D.O.B _____ SHIRT SIZE (Youth sizes) _____

ALLERGIES (PLEASE LIST): _____

MEDICATIONS (PLEASE LIST): _____

SPECIAL ACCOMMODATIONS (IF ANY): _____

DOCTOR TO CALL
IN CASE OF EMERGENCY: _____ PHONE # _____

PEOPLE AUTHORIZED TO PICKUP YOUR CHILD FROM PROGRAM. INCLUDE YOURSELF IF APPLICABLE. NO ONE WILL BE ALLOWED TO PICKUP YOUR CHILD UNLESS HIS/HER NAME APPEARS ON THIS LIST. (This list can be updated at Town Hall as needed)

Program Name: _____

Day & Time: _____

Starting Date: _____

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: _____

TOWN OF STOW RECREATION DEPARTMENT

2016 CAMP STOW

AT PINE BLUFF RECREATIONAL AREA, STOW, MA



Camp Stow is committed to serve the needs of parents and children by offering a quality program which offers a rich blend of activities. It provides the ideal outdoor environment and a unique opportunity for children to learn valuable skills and make new friends through programs that are challenging, educational, and fun

SESSION WEEKS

Session I: June 27-July 1 Session II: July 5-8 Session III: July 11-15 Session IV: July 18-22
 Session V: July 25-29 Session VI: Aug. 1-5 Session VII: Aug. 8-12 Session VIII: Aug. 15-19

FEES PER SESSION WEEK

Youth Program: Ages 4-12

Half Day: \$150/week/1st child
 Each additional child takes \$20 OFF
 Session 2 Cost: \$120

Mult. Weeks Half Day Discount:
 3/wks \$25 OFF
 5/wks \$50 OFF
 8/wks \$100 OFF

Full Day: \$230/week/1st kid
 Each additional child takes \$40 OFF
 Session 2 Cost: \$120

Mult. Weeks Full Day Discount:
 3/wks \$50 OFF
 5/wks \$100 OFF
 8/wks \$200 OFF

Pre and Post-Camp Options

Pre (8-9AM): \$25 • Post (4-6PM): \$35 • Both: \$50

Prices Include: Free T-shirt (1 per summer), Weekly Field Trip & FREE 2016-17 Boys & Girls Club Membership

A variety of age-appropriate activities are offered each week including:

Boating, Field Games, Arts & Crafts, Swim Lessons, Fishing, Archery, Group Challenges, Camp Fire, Field Trips, and much more!

Additional activities are included based on the week's theme.

SPACE IS LIMITED SO PLEASE SIGN UP EARLY!

To Register please visit our website
WWW.STOW-MA.GOV

Children will be placed in groups according to age with a counselor-to-child ratio of 1:10 (1:5 ratio for ages 4 and 5).

105 CMR 430.00-This Camp will comply with regulations of the Massachusetts Department of public health and will be licensed by the Stow Board of Health.