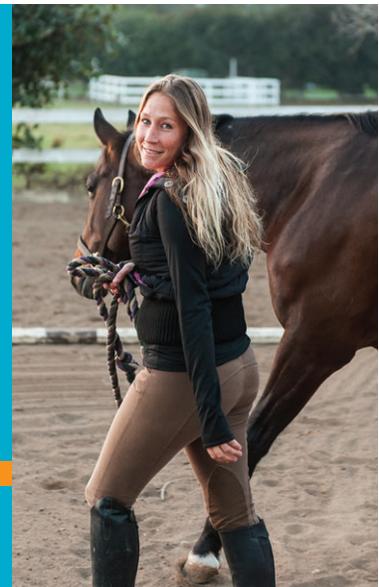


# TOWN OF STOW RECREATION DEPARTMENT

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



## SPRING & SUMMER 2015

STOW RECREATION DEPARTMENT

375 Great Road • Stow, MA 01775

Phone: 978-461-1411 • 978-855-2298 • Fax: 978-897-4534

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



# TENNIS

## MARCUS LEWIS

### Junior Tennis Classes (Ages 6-15)

#### 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. QuickStart beginner classes utilize smaller nets and low-compression balls to allow kids to experience greater success. The more traditional approach is also offered. For kids with experience, the classes provide 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 will start the week of April 26th through June 20th (8 weeks).**

## JUNIOR TENNIS | SPRING 2015

Day	Time	Program	Age Group	Weeks	Program Fee
Tuesday	4PM-5PM	QuickStart Beginner	6-8	8	\$128.00
Tuesday	5PM-6PM	Intermediate	8-11	8	\$128.00
Thursday	4PM-5PM	Beginner	8-11	8	\$128.00
Thursday	5PM-6PM	Teens Beginner	12-15	8	\$128.00
Saturday	9AM-10AM	QuickStart Beginner	6-8	8	\$128.00
Saturday	10AM-11AM	Beginner	9-11	8	\$128.00
Saturday	11AM-12:30AM	Intermediate	8-11	8	\$192.00

# Adult Tennis Classes

## MARCUS LEWIS TENNIS EXTENSION PROGRAM

Get into the swing! These classes offered by the non-profit, Marcus Lewis Tennis Extension Program, teach 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 will start the week of April 26th through June 20th (8 weeks).**

### ADULTS TENNIS | SPRING 2015

Day	Time	Program	Weeks	Program Fee
Sunday	9AM-10AM	Adult Beginner	8	\$128.00
Sunday	10AM-11AM	Adult Intermediate	8	\$128.00
Tuesday	6PM-7:30PM	Adult Beginner	8	\$192.00
Thursday	6PM-7:30PM	Adult Intermediate	8	\$192.00

# Summer Tennis Lessons

## Junior Tennis Classes

### 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. QuickStart beginner classes utilize smaller nets and low-compression balls to allow kids to experience greater success. The more traditional approach is also offered. For kids with experience, the classes provide 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 will start the week of June 21st through August 22nd (9 weeks).**

### JUNIOR TENNIS | SUMMER 2015

Day	Time	Program	Age Group	Weeks	Program Fee
Saturday	9AM-10AM	QuickStart Beginner	6-8	9	\$144.00
Saturday	10AM-11AM	Beginner	8-11	9	\$144.00
Saturday	11AM-12:30AM	Intermediate	8-11	9	\$216.00

If these classes don't fit your needs, please take a look at all of our classes and camps offered at the Marcus Lewis Tennis Center in Acton, [www.marcuslewiscenter.com](http://www.marcuslewiscenter.com). We have something for everyone and most classes run rain or shine.

# On the Mark Archery



## We Bring the Range to You

Try out the Olympic sport of recurve archery this spring and summer to see why this addictive activity is growing in popularity across the United States. Relax and enjoy our introductory course as you practice the fundamentals that lead to success. Watch your form develop with a little patience and concentration as you hone your skills in archery games and tournaments. Course content includes safety, range rules and procedures, shooting technique, scoring and mini-competitions. Classes taught by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment is provided.



### SPRING

Youth	6 Weeks	April 29 - June 3	Wednesdays 5:15-6:15PM	Ages: 10 & Up	Cost: \$132
Adult	4 Weeks	May 13 - June 3	Wednesdays 6:15-7:15PM	Ages: 15 & Up	Cost: \$88

### SUMMER

Youth	5 Weeks	July 22 - Aug. 19	Wednesdays 5:15-6:15PM		Cost: \$110
Adult	2 Weeks	Aug. 12 & Aug. 19	Wednesdays 6:15-7:15PM		Cost: \$44

# Horseback Riding



## SPRING 2015 PROGRAMS

### **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.

**Spring Session 1: 5/9-5/30 • Spring Session 2: 6/6-6/27**

**Summer Session 1: 7/11-8/1 • Summer Session 2: 8/8-8/29**

### **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.

**Spring Session 1: 5/9-5/30 • Spring Session 2: 6/6-6/27**

**Summer Session 1: 7/11-8/1 • Summer Session 2: 8/8-8/29**

### **HOOF BEATS:** Saturdays, 4-4:50PM **\$170**

**Description:** This 50 minute group riding lesson is open to everyone ages 12 and up, and will focus on improving basic riding skills. This class is designed for both beginning riders and those with some experience. Work on control and position at the walk and trot, learn basic jumping principles, and develop confidence in the saddle. You will also learn to groom and tack up a horse safely. Our licensed, upbeat instructors and happy, well-trained horses will make sure you have a positive riding experience. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

**Spring Session 1: 5/9-5/30 • Spring Session 2: 6/6-6/27**

**Summer Session 1: 7/11-8/1 • Summer Session 2: 8/8-8/29**

## CAMPS

### **SADDLE UP:** Monday-Friday, 9AM-3PM AGES 6-11 **\$580**

**Description:** Ride EVERY day! An introduction to horses and riding from the ground up. Includes barn safety, grooming, tacking up, and riding in a real horse show at the end of the week!

**Week 1 7/6-7/10 • Week 2 7/13-7/17 • Week 3 7/27-7/31**

### **PONY CAMP:** Monday-Friday, 9AM-12PM AGES 3-6 **\$320**

**Description:** Our sweet kid-safe ponies and experienced instructors love introducing even the youngest rider to the basics of barn safety, grooming, tacking up, and, of course, riding!

**8/3-8/7**



# MUSIC TOGETHER<sup>®</sup>

THE JOY OF FAMILY MUSIC<sup>®</sup>

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 6, 2015,**

in Stow, Maynard, Hudson, Sudbury & Groton.

Cost of the ten-week program includes two new professional cd's (one for the car and one for home); a beautifully illustrated songbook; a semi-annual family newsletter and informative website. All new families to Music Together also receive a musical growth chart and complimentary 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.

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

**Nurture your child's natural enthusiasm for music and movement, and remember that giving your child the gift of music is a gift that will last forever.**



**For more info or to register check the website at [www.mistervic.com](http://www.mistervic.com) or call Pat or Vic Lalli at 978-897-0874.**



**With Jen Mast, RYT 200 hr, LFYP, LICSW | [Jenmastyoga.weebly.com](http://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.

Must have 6 people register to run the class

\*\*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](mailto:jenmastyoga@gmail.com)

**Where:** The Stow Snow Field Pavilion

**Dates:** Wed(s) May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, June 3<sup>rd</sup> & 10<sup>th</sup>

**Time:** 9:00-10:15am

**Cost:** \$80

**Sign up:** [www.stow-ma.gov/pages/stowma\\_recreation/index](http://www.stow-ma.gov/pages/stowma_recreation/index)

## ADULT Evening Yoga

**Where:** Stow Town Hall

**Dates:** Mondays starting May 4-June 22

**Time:** 7:30pm-8:30pm

**Cost:** \$120 for \$10 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.

# 8TH 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 for all grades, the 50 meter dash for 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 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders (new in 2015!!). There are also two relay races. Come with your relay team together, or we will create and put you on one.

The events are contested by grade - - the 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together - - based on the current ('14-'15) 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 3 - 8 (grade for '14-'15 school year)

**Location:** Nashoba H.S. track

**When:** Mon. June 1 4:00 – 5:45 (1st session is 15 min. longer)  
 Mon. June 8 4:00 – 5:30  
 Wed. June 10 4:00 – 5:45 scrimmage in Harvard (rain date of Thurs. June 11)  
 Mon. June 15 4:00 – 5:30

**Local Meet:** Thurs. June 18 5:30 - 8:00 in Concord (rain date of Fri. June 19)

**Cost:** \$70

**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**

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Name: \_\_\_\_\_ Current Grade: \_\_\_\_\_ Age as of 12/31/15: \_\_\_\_\_

Address: \_\_\_\_\_ Tel#: \_\_\_\_\_ Emerg. Tel#: \_\_\_\_\_

School: \_\_\_\_\_ Email address: \_\_\_\_\_

# PRIVATE & SEMI-PRIVATE FIELD HOCKEY LESSONS



For players of all ages and skill level.

We can work on a wide variety of skills, learn the fundamentals of the game, and/or brush up on the basics for extra practice! Players will have the option to choose which skills they would like to focus on or develop during a one hour lesson while maintaining a 1:1 player to coach ratio (small group lessons allowed as well, up to 4 players). To plan a lesson call

Laura Greenough at 978-461-1411 or Sammy Gjeltema at 978-875-3596.

Please bring mouth guard, shin pads, eye goggles, water and a field hockey stick.

Date/ Time: By contact  
 Age/Grade: All ages and all skill levels  
 Cost: \$35 per single lesson  
 \$25 per single lesson multiple players  
 \$25 per lesson for four or more lessons

Location: Pompo School, SCP or Pine Bluffs Rec Area  
 Director: Sammy Gjeltema  
 Phone: 978-875-3596  
 E-mail: sammygj@gmail.com



## 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 5 – May 17 Time: Sundays 8:30-9:30AM Ages: 5 and up and adults are welcome!

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



# SCIENCE PROGRAMS!

## ROCKET SCIENCE:

July 20-24, 9AM-12PM

**\$180**

All-new 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:** SCP

## LEGO ENGINEERING:

July 20-24, 1PM-4PM

**\$180**

We've expanded our LEGO Engineering program to include STEM-based challenges and free building - two things kids love. Kids will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun as kids use their 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 and will receive a take-home minifigure to test our designs.

**Full day option: Children can Sign up for Rocket Science and stay for a supervised lunch and then participate in Lego Engineering.**

**\$280**

**Grades:** 1-5

**Location:** SCP

## KIDS COOL CHEMISTRY:

Aug 3-7, 9AM-12PM

**\$180**

Unlock your crazy inner scientist as you learn the basics of chemistry presented in an innovative and interactive way. Explore the chemical properties of rainbow slime, build a better super ball, analyze mysterious liquids, and create your own colored paste. You'll get a bang out of creating chemical reactions, growing beasts in a cup, and experimenting with amazing no-pop bubbles. Not to be confused with the boring kind of chemistry!

**Grades:** 1-5

**Location:** SCP

## MAD SCIENCE SUMMER<sup>®</sup> FUN: Aug 17-21, 9AM-12PM

**\$170**

Join the Mad Science<sup>®</sup> hands-on science fun. We're crazy about science...and hope you are too! We'll have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. The children will get a chance to play with our "cool" equipment and participate in some "hot" demonstrations. Each day we'll have a different science theme with exciting activities, experiments and related games. We'll learn how science helps us protect our planet, and we'll explore the animal kingdom, life cycles and habitats. We'll discover how to send secret messages and how to talk with numbers. Young astronauts will explore the mysteries of space, and junior engineers will check out shapes, investigate arches and learn about structures. And the science doesn't stop when the Mad Scientist goes back to the laboratory...we'll have take-home creations so the fun and learning can continue!

**Ages:** 6-12

**Location:** SCP

The logo for Cambridge Sports Union Orienteering features the text "Cambridge Sports Union" in orange and "Orienteering" in blue, separated by a circular icon with orange and blue segments. The background of the entire page is a photograph of a forest with tall trees and a path.

## **PARK ORIENTEERING AT PINE BLUFFS**

**Thursday, June 4th, 6PM, Rain or Shine**  
**Perfect for beginners!**

Stow residents are in for a treat! Here's a chance to try the sport of orienteering right here in Stow at friendly Pine Bluffs, site of the Town Beach and playing fields.

### **WHAT IS ORIENTEERING?**

Orienteering is a sport in which orienteers use a detailed map and a compass to find a series of specific locations in the lowest possible time. Orienteering courses can be enjoyed as a walk in the woods or as a competitive race.

An orienteering course consists of a series of "control" sites that are marked on the map by circles. At each control site an orange and white flag marks the location. To verify their visit, the orienteer punches an electronic box hanging next to the flag. The route between "controls" is not specified, and is entirely up to the orienteer; route choice and the ability to navigate are the essence of orienteering. To ensure that each orienteer has a chance to do their own navigating, most orienteering events use staggered starts. For more information about the sport, please see <http://www.us.orienteering.org/>.

What is Park Orienteering? The Cambridge Sports Union, one of the country's premier orienteering clubs, holds an eight-week series of short, Thursday evening orienteering events in various parks around the Boston area. The event at Pine Bluffs is #7 in the 2015 series. The purpose is both to have fun and to give the members (and the public) a chance to sharpen their skills on short, friendly courses. Two different length courses are typically offered- both are shorter than usual and can be perfect for beginners. For dates of the complete CSU Park-O series, please see <http://csu.attackpoint.com/events.aspx>.

### **WHAT EQUIPMENT DO I NEED?**

The most important thing is sturdy shoes or sneakers and long pants to protect your legs. The specially detailed orienteering map is provided by the organizer. Everything else, including compasses and electronic timing sticks, can be borrowed from the club. If you have a compass you like of course bring it.

### **WHAT'S IT COST?**

CSU's entry fee is \$10 person and covers development of the orienteering map, equipment wear and tear and insurance. Members can buy a season pass and save. For more information about the June 4th event at Pine Bluffs, contact meet director Aims Coney, [AimsConey@gmail.com](mailto:AimsConey@gmail.com) or 978-562-2805.

# 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 978-461-1411 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.gov](http://recreation.stow-ma.gov) or register on-line at [www.stow-ma.gov](http://www.stow-ma.gov).

Session 1: Mon-Fri, July 13-17		Session 2: Mon-Fri, August 3-7	
Time:	9am-1pm	Location:	Pine Bluffs Beach, Stow
Grades:	Entering K – 9h	Director:	Jen Brown
Cost:	\$240 per session (\$440 for two sessions)	Phone:	617-899-0530
		E-mail:	jennybro@comcast.net

## MIDDLE SCHOOL & HIGH SCHOOL PRE-SEASON CONDITIONING

This program is designed to help jump start your training for the up coming Fall field hockey season. Participants will work on conditioning, stick handling, passing, shooting, general rules of the game and game situations.

Monday-Thursday, August 3-6	
Time:	5-7pm
Location:	Pine Bluffs Field, Stow
Cost:	\$130
Director:	Jen Brown

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: 7-14

\$260

# 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 6- Aug. 21 (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 14th. The town beach has lifeguard supervision from 10:00am – 7:00pm daily. Every person or family must obtain a beach pass before using the town beach.

### The beach pass cost is as follows:

<b>Family Season Pass:</b>		<b>Individual Season Pass:</b>	
Resident:	\$50.00	Resident:	\$30.00
Seniors:	\$30.00	Senior:	\$20.00
Non - Resident:	\$95.00	Non - Resident:	\$55.00
<b>Family Day Pass:</b>		<b>Individual Day Pass:</b>	
Resident:	\$5.00	Resident:	\$3.00
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 13th 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.

# Swim Lessons SUMMER

The Lake Boon Swim Lessons at the Town Beach will be held in the mornings, July 6 through July 23. Classes run Monday-Thursday, Friday's off. Each class will run for 45 minutes. The cost will be \$70.00 per person. 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.

\*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



# 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: July 27-July 31  
Place: Pine Bluff Recreation Area

Cost: \$90.00 per child  
\$60.00 for second child  
\$180.00 cap per family

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

# 17th Annual

# RUN FOR THE WOODS

TO BENEFIT THE STOW CONSERVATION TRUST'S  
LAND CONSERVATION PROGRAM

## Sunday, May 17, 2015

RAIN OR SHINE

Times: Registration Opens 8:00AM  
Main Event 5 Kilometer Run 10:00AM  
5 Kilometer Race Walk 9:50AM  
1 Mile Kid's Run for 12 and under 9:00AM  
5 Kilometer Recreational Walk and Dog Walk 10:01AM

Location: Hale Middle School, 55 Hartley Rd

Course: Closed course with gentle, rolling hills.  
Scenery features farms, forests and residences.  
See- [viewtherace.com/massachusetts/run-for-the-woods](http://viewtherace.com/massachusetts/run-for-the-woods).

T-shirts: Guaranteed to everyone registered by May 1

Awards: \$100 to first place male and female 5K runners  
Trophies to 1st, 2nd and 3rd place:  
Male and female Race Walkers  
Male and female 5K Runners- 17 and under,  
18-29, 30-39, 40-49, 50-59, 60+  
Trophies to 1st, 2nd, 3rd, 4th and 5th place:  
Boys and girls 1 Mile Kid's Race runners  
Special trophy to the largest group running in costume

Amenities: Professional timing, mid-point water station,  
indoor restrooms, first aid at fire station,  
post-race bagels, oranges, raffle and awards ceremony

Entry Fees: \$25 5K Run or Walk  
\$15 Kid's Run  
\$5 discount  
for pre-registrations  
received by May 15  
\$5 discount  
for Stow Conservation Trust  
members registering by May 15

- Kids 12 and under may register for both the 5K Run and the Kid's Run at no additional charge
- Discounts for groups of 8 or more- contact the race director
- Donate an extra \$25 to the Stow Conservation Trust with your entry and get a distinctive green race number



**STOW  
CONSERVATION  
TRUST**

## REGISTRATION

see [www.stowconservationtrust.org](http://www.stowconservationtrust.org)  
for links to electronic registration or  
to download an entry form

**FOR MORE INFO: EMAIL**  
[StowRunForTheWoods@gmail.com](mailto:StowRunForTheWoods@gmail.com)  
or call race director Aims Coney at

**978-562-2805**

# TOWN OF STOW RECREATION DEPARTMENT

# 2015 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 29-July 3

Session II: July 6-10

Session III: July 13-17

Session IV: July 20-24

Session V: July 27-31

Session VI: Aug. 3-7

Session VII: Aug. 10-14

Session VIII: Aug. 17-21

### FEES PER SESSION WEEK

#### Youth Program: Ages 4-12

Half Day: \$140/week/1st child  
Each additional child takes \$20 OFF

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

Full Day: \$220/week/1st kid  
Each additional child takes \$40 OFF

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 2014-15 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.

# Aquacize

at Lake Boon Summer 2015

taught by Yvonne Grenon Benelli

This Water Fitness class offers a fantastic fun, re-energizing, total body workout for all ages and fitness levels. While enjoying fresh air and the beautiful surroundings of spring-fed Lake Boon, you can exercise with minimal stress to your joints, with the forgiving, softer lake bottom. Water exercise naturally supplies cushioning & support; a safe, therapeutic, massaging effect as it stimulates circulation.

Improve your cardiopulmonary system (heart and lungs); muscular strength and endurance; as well as flexibility and Range of Motion. While focusing on good body alignment, modify exercise & intensity to suit your needs. Pace yourself to be safe, yet challenging! You will leave class feeling great, stronger, more balanced, refreshed and energized! Decrease body aches and stress, while clearing your mind and having fun! Come join the summer Water Workout!  
 -Noodles (supplied) will be used for additional resistance and variety. - No Beach Pass Required!

Yvonne Benelli has been a Fitness Instructor throughout New England and abroad since the late 1970's. She works with all ages and fitness levels. Yvonne has an M.S. in Clinical Exercise Physiology and a B.S. in Physical Education. She is Stott Pilates Trained as well as ZUMBA and ZUMBA GOLD certified; ZIN Network and has been an America Red Cross CPR Instructor for over 30 years.

**6 WEEK SESSIONS:**

Mondays	5:40 - 6:45PM	June 29 – Aug 3
Thursdays	9:15 - 10:15AM	July 3 – Aug 7

\$60 (\$52 senior rate)

**SPECIAL DISCOUNT:**

All 12 classes :\$98 (senior rate \$88)  
 Daily drop-in rate: \$15

## INTRODUCTION TO STAND-UP PADDLE BOARDING

Stand-up Paddleboarding is just rocketing in popularity. Many describe the feeling as walking on water. Many people still don't know what it is, the best way to describe it is to imagine using a long canoe paddle to paddle a surf-board. Of course the best way to really understand is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout (quit the gym and by a board!). Like everything we do here... SUP is just super fun! Intro to SUP is the perfect way to give the sport a try. We'll cover all the essential skills you'll need to get started for enjoying the sport on calm water.

**Youth – July 25 3:00-5:00    Adult – July 25 5:00-7:00**  
 Lake Boon, Town Beach • Max 6 • Cost: \$60

## ADVENTURE KIDS

This program runs for 9 hours over 3 days and combines recreational kayaking skills development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun, challenging games. Staff includes ACA Certified Instructor and Trained Adventure Facilitator. Appropriate for kids 8 – 14 years old.

**June 29-July 12    9:00-12:00**  
 Lake Boon, Town Beach • Max 12 • Cost: \$130

Additional dates may be added as necessary if programs fill. Please take a "waiting" list, we often can move people to other area towns. Please see 2015 Program Guide for program descriptions, terms, and policies.

# 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.

### Museum of Science "Reptile Show"

Are snakes actually slimy? Why do snapping turtles snap? What makes a reptile a reptile? Together we will answer these questions and many more while we become acquainted with some incredible animals from the Museum's Live Animal Center. The audience will meet a number of live animals and explore some amazing reptile characteristics.

**Date: July 28th**

**Time: 10-10:30am**

**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 21st**

**Time: 10-11am**

**Location: Pine Bluff Recreational Area**

### Museum of Science "Super-Cold Science"

Amazing things happen when matter changes temperature. With the help of a Museum educator and an intensely cold liquid, participants experience the remarkable changes in size, form, and behavior that occur when a variety of objects and substances are super-cooled.

**Date: Aug 11th**

**Time: 10-10:30am**

**Location: Pine Bluff Recreational Area**

### Henry the Juggler

Henry the Juggler is considered armed (and legged) and dangerous. He is known to cause spontaneous outbursts of laughter. He speaks little, but says a great deal through his expression and body language. He has in his possession BALLS, CLUBS, RINGS, TORCHES and other apparatus of his trade. He is capable of walking on a thin wire high above the ground. He is known to change his height through the use of stilts.

WARNING: Henry involves innocent bystanders in his act. The Stow Cultural Council has sponsored this event.

**Date: July 14th**

**Time: 10-11am**

**Location: Pine Bluff Recreational Area**

### 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: July 7 & Aug 4**

**Time: 10-11am**

**Location: Pine Bluff Recreational Area**

### Lucky Bob Magic and Juggling Show

Superb, sophisticated and stylish! Boston magician and juggler Robert Clarke will entertain, mystify and keep you wanting more. Providing total variety magic show that includes awesome magic, cool juggling skills, hilarious comedy routines and tons of audience interaction. This show is non-stop high energy crowd pleasing and action packed.

**Date: August 18th**

**Time: 10-11am**

**Location: Pine Bluff Recreational Area**

### 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: July 9th**

**Time: 6:30-8:30pm**

**Location: Stow Community Park**

### Blue House Between

Blue House Between is a two-man acoustic act featuring Neil Lucey and Ron Stacy. Both are long time veterans of the Worcester music scene with more than 40 years of combined entertainment experience. Their smooth blend of acoustic guitars is complimented by their precise two-part vocal harmonies. A vast selection of songs allow them to create an evening of music that aligns with any occasion. The music selection ranges from the 60's to today's hits. It includes many of those one hit wonder artists whose songs you've heard many times before but can't quite remember their names and their fans enjoy spending time with them trying to guess the artist. The wide variety of music and rich acoustic sound of BHB, guarantees a great experience for all. Bring a blanket or chair to sit on and come enjoy some great music!

**Date: July 23**

**Time: 6:30-8:30pm**

**Location: Stow Community Park**

### Juke Joint Five

The Juke Joint 5, formed several years ago, is a tight-knit and busy Boston-based group that continually awes audiences with their high energy stage presence and dedication to down home, old school, no-nonsense, house-rocking electric blues. The group's powerful vocals are provided by Gretchen Bostrom, performing the JJ5's wide range of songs by Ruth Brown, Louis Jordan, LaVern Baker, Don Covay, Big Mama Thornton, Little Richard, Slim Harpo, and other such classic blues/r&b performers.

**Date: Aug 20th**

**Time: 6:30-8:30pm**

**Location: Stow Community Park**

Additional event maybe added and will be posted on the Stow Recreation Department website [www.stow-ma.gov](http://www.stow-ma.gov).

# STOW RECREATION DEPARTMENT SUMMER 2015 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: \_\_\_\_\_

# STOW RECREATION DEPARTMENT SUMMER 2015 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, in complete forms will not be processed. For more information contact the Recreation office at (978) 461-1411.

Mail registration form to:

Stow Recreation Department, 380 Great Rd, Stow MA 01775

Please make check payable to "Town of Stow".

## SUMMER BEACH PASS – 2015

(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: \_\_\_\_\_ DATE: \_\_\_\_\_

### LOOKING FOR A GREAT SUMMER JOB?

The Stow Recreation Department is seeking f/t Certified Lifeguards, WSI Swim Instructors, p/t Beach Pass Checkers and Camp Counselors for upcoming summer programs. Some evenings and weekends are required. We offer competitive wages and a great working atmosphere.

For more information please call Laura Greenough at (978) 461-1411.