

TOWN OF STOW RECREATION DEPARTMENT

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



Winter 2010

Stow Recreation Department
375 Great Road * Stow, MA 01775
Telephone 461-1411 * Fax 897-4534
www.stow-ma.gov

**STOW RECREATION SPONSORED
PLAYGROUPS AT
THE OLD TOWN HALL**

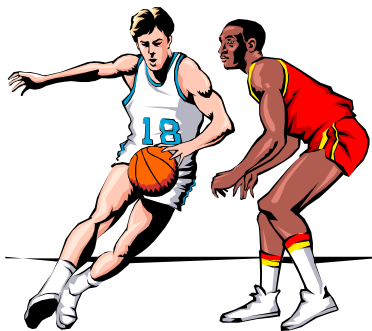
The Stow Area Parents' Network is a volunteer-run organization for families with children under five who live in Stow and the surrounding towns. Its focus is on providing opportunities for parents and young children to connect with one another through a variety of activities and events such as playgroups 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 6:30 – 8:30pm and Saturday mornings from 10-12:30pm beginning in January. Anyone interested in playing, please call Laura at the Stow Recreation Department at 461-1411.



**MAD SCIENCE® OF GREATER
BOSTON, PRE-K PROGRAM II
“MAD SCIENCE: LITTLE WORLD,
BIG WORLD”**

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we'll have a blast exploring lots of fun science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions. We'll learn about light and shadows; dinosaurs; acids and bases; and the science behind magic. We'll also investigate outer space, build our own structures, and discover the mysteries of chemistry and matter by exploring how molecules interact with each other! Each class has its very own take-home to continue the science experience!

Dates: March 11- May 6 (8wks)
Time: 8:45am-9:45am
Location: Stow Town Hall
Ages: 4-6yrs old
Cost: \$94.00 per participant

YOGA

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.

Date: Feb 24 (8wks) no class April 7
Time/Location: 7PM, Stow Town Hall
Cost: \$96
Instructor: Terry Kessel Myers Coney, RYT

**TOWN OF STOW
SUMMER JOBS**

The Stow Recreation Department is seeking f/t lifeguards, f/t maintenance person, p/t beach pass checkers, swim instructors, and p/t summer playground staff for upcoming programs. Summer playground staff should have experience working with children between the ages of 5 and 12. Some evenings and weekends are required. We offer competitive wages and a great working atmosphere. For more information please call Laura at 978-461-1411

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: 1/10, 1/17, 1/24, & 1/31
Session 2: 2/28, 3/7, 3/14, & 3/21

Cost: \$170 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: 1/6, 1/13, 1/20, & 1/27
Session 2: 2/24, 3/3, 3/10, & 3/17

Cost: \$140 per student

HOOF BEATS
(AGES 13+, TEEN &
ADULTS) SATURDAYS AT 2:00

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.

Hoof Beats
Session 1: 1/9, 1/16, 1/23, & 1/30
Session 2: 2/27, 3/6, 3/13, & 3/20

Cost: \$170 per student



February Vacation Equestrian
Academy

Spend your vacation on the back of a horse! Beginners are welcome! Our well-rounded program keeps kids active, and develops and improves their horsemanship skills. They ride every day, and the week culminates in a horse show to showcase each student's new found abilities. We also play learning games, make a horseshoe keepsake, and each student gets his/her own pony to brush and care for. Groups are split according to age and ability, producing the ideal learning environment for all involved. Century Mill offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated lounge for when the weather is poor. Visit us online at www.centurymillstables.com.

Dates/Time: Feb 15-19, 9-3pm
Ages: 6-14 years old
Cost: \$570 per student

February Vacation Equestrian Academy CIT

Spend your vacation on the back of a horse! Teens who have at least one year of previous horsemanship experience are invited to assist our instructors for any week listed in our Vacation Equestrian Academy. Learn more advanced horsemanship skills, including veterinary care and stable management, and help teach our younger riders on the ground. Ride every day! Century Mill offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated lounge for when the weather is poor. Visit us online at www.centurymillstables.com.

Dates/Time: Feb 15-19, 9-4pm

Ages: 14-19 years old

Cost: \$245 per student

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: Saturday, March 27, 2010

Time: 1:00pm-6:00pm

Location: Stow Town Hall

Cost: \$50 per person



For Girls & Boys ages 11-15
Instructor Debbie LaFlamme

Offered by Stow Recreation Department

CREATIVE DANCE

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

Winter Session

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

STOW RECREATION DEPARTMENT PROGRAM REGISTRATION FORM

Student's Name: _____

Parent/Guardian (if under 18): _____

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 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, its 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.

***For more information on any of the Programs listed in this brochure please contact Laura Greenough at 978-461-1411 or at Recreation@stow-ma.gov. ***