

TOWN OF STOW RECREATION DEPARTMENT

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



Winter 2015

**Stow Recreation Department
380 Great Road * Stow, MA 01775
Telephone 987-855-2298 * Fax 897-4534
www.stow-ma.gov**

CREATIVE DANCE

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

Winter Spring Session of Dance 2015

**Creative Modern Dance and Yoga, Thursdays,
4:30-5:25pm (Ages 7-11) at the Stow Town Hall.
15-week dance session beginning February 12,
2015.**

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. Develop an understanding of dance appreciation as you dance amongst a group of friends who respect and admire each other's unique ways of moving. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

**Creative Modern Dance and Yoga for teens and
tweens ages 12+, Thursdays, 6:30-7:25pm at the
Stow Town Hall. (please call for dates, classes begin
February 26, 2015)**

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. Explore Yoga flows and relaxation techniques.

**Creative Dance and Yoga for ages 4-6, Tuesdays,
5:20-6:15pm at the First Parish Church 15-week
dance session beginning February 10, 2015**

Discover new ways of moving as you explore the elements of dance, build a movement vocabulary, and develop basic motor and locomotor skills. Dance skills become more challenging throughout the year and progress with each age level. Through the magic of dance you will enjoy moving to music from around the world, dancing with colorful props, and dancing to stories and poems as you create your own dances. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

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

Dance is for everyone! Everyone can dance!

YOGA FOR TWEEN (AGES 9-13)

At a time when minds are expanding, bodies are maturing, identities are forming – yoga practice allows kids come together through independent and group activities that stimulate their physical strength, emotional balance and self-confidence in a non judgmental environment. AND it's a lot of FUN!

Where: The Stow Town Hall

When: Wednesday(s) February 25th, March 4th, 11th, 18th, 25th, April 8th

Time: 3:30-5pm

Cost: \$100 - I can walk kids from Center School to the Town Hall

Instructor: Jen Mast, RYT 200 hr, LFYP, LICSW
Jenmastyoga.weebly.com, jenmastyoga@gmail.com

Sign up at:

www.stowma.gov/pages/stowma_recreation/index

ADULT YOGA

A New Year! Great time to start something new! Why not start your week off with an hour of focus and relaxation in the Town of Stow's Monday evening Yoga class? The Town of Stow will be offering a Yoga class through the Stow Recreation Department on Monday evenings beginning January 12th . If you have been interested in trying a yoga class and want to see what it is all about, this is a good class for you. Also perfect for those who already have done some yoga and are looking for a group to practice with. The benefits of yoga are numerous. Among those noted by previous students are greater flexibility, strength, and balance, as well as a sense of relaxation, calm and centeredness. Yoga balances body, mind and spirit. You do not need to be super flexible or super fit. The class is based on Kripalu's introspective approach to yoga, beginning with gentle warm ups and breathing techniques, then introducing basic postures (or Asanas) to help release tension and stress, and ending with a deep relaxation. The poses can be adapted to individual needs and students at any level are welcome.

Dates: Beginning January 12th

Time: Mondays, 7:30-8:30PM

Location: Stow Town Hall

Cost: \$120 for 10 weeks

Instructor: Terry Kessel Myers Coney, RYT

Please contact the Stow Recreation Department at 978-461-1411 to register or register on line at

www.stow-ma.gov



HORSE POWER

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 how 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.

Horse Power:

Session 1: Saturdays at 3:00pm, Starting on 1/10-1/31

Session 2: Saturdays at 3:00pm, Starting on 3/7-3/28

Cost: \$170 per student/per Session

PONY POWER

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.

Session 1: Saturdays at 2pm starting 1/10-1/31

Session 2: Wednesdays at 2pm starting 3/4-3/25, or Saturdays at 2pm starting 3/7-3/28

Cost: \$140 per student

HOOF BEATS

These 50 minutes group-riding lesson is open to everyone age 12 and up, and will focus on improving basic riding skills. Work on control and position at the walk and trot, learn basic jumping principles, and develop confidence in the saddle. 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. Visit us online at www.centurymillstables.com.

Session 1: Saturdays at 4:00pm, starting 1/10-1/31

Session 2: Saturdays at 4:00pm, starting 3/7-3/28

Cost: \$170 per student



FEBRUARY VACATION CAMP

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! Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

Dates: February 16th -20st, Monday through Friday

Time: 9am – 3pm

Cost: \$540

APRIL VACATION CAMP

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! Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

Dates: April 20th -24th, Monday through Friday

Time: 9am – 3pm

Cost: \$540

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 8-10:15pm beginning in January. Anyone interested in playing, please call Laura at the Stow Recreation Department at 978-855-2298.



Boot Camps By Orchard Fitness

Come and have a fun and challenging experience at Kristine's Mini Boot Camps, starting on January 21st, Wednesday at 7pm. Location Stow Town Hall Kristine is offering an introductory free first class, the remainder classes are \$20.00 per class, (4) classes at \$80.00.

Passion For Fitness, Fitness For Life
Kristine Martin Graduate of National Personal Training Institute, Certified Kettlebell Instructor

For more information please contact Kristine Martin at Kristine.martin30@gmail.com or to register go to www.stow-ma.gov.



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 Opens! Classes Begin the Week of January 5 in Stow, Maynard, Hudson, Sudbury and 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 or call Pat or Vic Lalli at 978-897-0874.

Warrior's Way Fitness

Taekwondo

Taekwondo literally translates as, the way of the foot and fist. It is a Korean martial art whose official inception was in the middle of last century but the techniques of Taekwondo have roots that reach into antiquity. It is primarily a striking art which means punching and kicking. Taekwondo is known for its many kicks and Hollywood style flying and spinning techniques. At Warrior's Way the taekwondo taught has a little of the old and a little of the new. Certifying black belts through the Kukkiwon (the only black belts recognized by the International Olympic Committee) shows our commitment to current Taekwondo standards. Alternatively, our Taekwondo does not only focus on the modern sport but has much focus on the classical style and form of Taekwondo. Whether you are interested in Taekwondo for sport or in Taekwondo for art, Warrior's Way can accommodate you.

Starting: Monday, February 2nd
Time: 5pm (youth), 8:15pm (adults)
Location: Warriors Way, Maynard
Cost: \$165 for 10 weeks

Fencing

Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time it has grown into a modern sport while maintaining those virtues that made it great; honor, valor, grace. Warrior's Way fencing program is designed with safety and learning in mind. In our Salle (school) beginners are not thrown in with one another and told to "fence". Rather, the classic French footwork and blade work is emphasized first. In this way we assure not only the safety of our students but, by laying a good foundation of learning, all students have the ability to become great fencers.

Starting: Thursdays, February 5th
Time: 5pm (youth), 7:00pm (adults)
Location: Warriors Way, Maynard
Cost: \$165 for 10 weeks

Spinning

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

Starting: Tuesdays, February 3rd
Time: 7pm
Location: Warriors Way, Maynard
Cost: \$165 for 10 weeks

Little Warriors

Our Little Warriors class is a fun way for kids to jump, run kick and use swords to pretend they are various warriors from history. With the use of special foam swords and shields and foam head protection, we can make sure that kids can be kids but without the risk of injury.

This is an active class where the instructor will put the children in various historical scenarios and let them battle it out to defend the castle, slay the dragon, or even defend the shore from Viking invaders. (Actually, some kids will defend the shore while others will be the Viking invaders!) This is an amazing class to participate in.

Starting: Thursday, February 5th
Time: 4pm
Location: Warriors Way, Maynard
Cost: \$165 for 10 weeks

For more information or to register go to www.warriorsswaymaynard.com

Your Personal Transformation

Learn to completely control your metabolism and your physical appearance for the rest of your life!

Using the latest science, this program will teach you how to eat and exercise to support a healthy metabolism. You'll have boundless energy to sail through your days and look better than you have in years! Participants not only lose pounds and inches but report improved digestion and sleep! Each week you will receive via email a packet of materials that includes your healthy eating information for the week including suggested menus and delicious family friendly recipes and a simple exercise program that can be done at home or at a gym.

Work out smarter not harder!!

This program is for anyone seeking positive physical change. All of the information is customizable for individual preferences with modifications to the exercise programs to suit beginners as well as experienced fitness enthusiasts.

8 packets of material will be emailed out over a 12 week period.

Cost: \$60 for weekly materials. (via email)
Add personal email support (food and exercise logs will be checked) \$120
When: Starting the week of January 19

14 Day Get Healthy Jump Start Program

Feeling a bit sluggish? Want to lose a few pounds?

Have you been thinking about getting back to a healthier lifestyle but can't seem to get started

This may be the Jump Start you need!! Participants will start with a 4-7 day gentle cleanse eating veggies fruit and optional lean protein and then transition to a choice of 3 healthy flexible menu plans. The program will provide suggested menus and food lists for the cleanse as well as the additional healthy menu plans. The program materials are based on low glycemic impact eating, the healthiest way to nourish your body for life. In addition to losing a few pounds (average is 4-9 pounds), participants report increased energy, better digestion (less gas and bloating), and improved quality of sleep.

Participants may opt to add the Nutriclean 7-day Cleansing System

7 day cleanse/detox kit (additional purchase \$44.25) is optional but recommended to go along with the food recommendations (participants will be sent product info and purchase instructions via email)

Participants will receive all information via email and will have unlimited access to Marie via email through the program.

My fee \$40 (plus the optional product purchase \$44.25)

When: Marie will contact you on January 19,20 or 21 to review information and customize the program for you.

CAMP STOW

The Stow Recreation Department is excited to announce that Camp Stow at Pine Bluff will be offered again for summer 2015. This will be a full day camp with fun programs like fishing, boating, swim lesson, sports, and arts and crafts. This program will be run by the Stow Recreation Department and will follow all BOH guidelines, ratios, and regulations. Please look for more information upcoming in February 2015.



Summer Job Opportunities

The Stow Recreation Department is seeking f/t certified lifeguards, p/t maintenance person, p/t beach pass checkers, WSI Swim Instructors and summer camp counselors for this upcoming summer. Lifeguard experience and certification are required. Camp Counselors 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 978-885-2298 or visit our website at www.stow-ma.gov to download an application.

STOW RECREATION DEPARTMENT SCHOLARSHIP PROGRAM

All Stow Recreation Department activities and events have scholarship money available to any individual in town. This program is designed to encourage everyone to participate in our activities. All Financial aid requests will be kept confidential. For more information please call Laura at the Stow Recreation Department at 978-855-2298.

17th Annual - Run for the Woods

to benefit the Stow Conservation Trust's land conservation program



STOW
CONSERVATION
TRUST

Sunday, May 17, 2015, rain or shine

Times: Main event- 10:00 AM 5 Kilometer Run

- 9:50 AM 5 Kilometer Race Walk
- 9:00 AM 1 Mile Kid's Run for 12 and under
- 10:01 AM 5 Kilometer Recreational Walk and Dog Walk
- Registration opens at 8:00 AM

Location: Hale Middle School, 55 Hartley Rd

Course: Closed course with gentle, rolling hills. Scenery features farms, forests and residences.

See- <http://viewtherace.com/massachusetts/run-for-the-woods>

T-shirts: Guaranteed to everyone registered by May 1, 2015

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

plus

\$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

Registration: see www.stowconservationtrust.org for links to electronic registration or to download an entry form

For more information: email StowRunForTheWoods@gmail.com or call race director Aims Coney at 978-562-2805

STOW RECREATION DEPARTMENT PROGRAM REGISTRATION FORM

Student's Name: _____ D.O.B _____

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.

***You can also register for programs on-line at www.stow-ma.gov unless note.**

