

TOWN OF STOW RECREATION DEPARTMENT

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



FALL & WINTER 2016/2017

STOW RECREATION DEPARTMENT

380 Great Road • Stow, MA 01775

Phone: 978-855-2298 • Fax: 897-4534

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



Horseback Riding



HERE ARE OUR FALL 2016 PROGRAMS

Century Mill Stables | 978-779-2934 | www.centurymillstables.com

HORSE POWER: Saturday, 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.

Fall Session 2: 10/1, 10/8, 10/15, 10/29, no class 10/22

PONY POWER: Saturday, 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.

Fall Session 2: 10/1, 10/8, 10/15, 10/29, no class 10/22



ARCHERY



FOR KIDS

Grades 4 & Up

Sept. 16th - Oct. 21st

5:30 - 6:30PM

Five Weeks

\$120 per individual

Memorial Field

Have you ever wondered what it feels like to shoot a bow? This outdoor introductory course will focus on the fundamentals that lead to success and help individuals understand proper shooting form in one of the world's oldest sports. Our coaches create a safe and fun environment for participants to enjoy learning this Olympic sport while they challenge themselves in archery themed games and friendly competitions. Beginners and intermediates will also have the opportunity to train for the biannual On the Mark Archery tournament in October. All equipment is provided. Minimum 8/Maximum 16

FOR ADULTS

**Youths or Adults
12 & Up**

Thursdays

**Sept. 15th - Oct. 13th
(CX10/6)**

7:15 - 8:15PM

Four Weeks

\$98 per individual

40 Fairbank Rd,
Sudbury, MA 01776,
Fairbanks Community
Center Gymnasium

Find your new passion this fall and learn the addicting sport of traditional recurve archery. The way of the bow requires patience, focus and discipline, thus making it the perfect all-inclusive activity for people of all ages. This activity is growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer 2016 Olympics. Whether you have never shot before or if you are an experienced archer, you will find success in this that is given a modern twist by entertaining and exciting coaches. Relax, have fun and come join us. All equipment is provided. Enrolled students are eligible to compete in the annual On the Mark Archery tournament this October.

FALL FIELD HOCKEY

FOR STUDENTS ENTERING K--8th GRADE!

COME PLAY THE GREAT GAME OF FIELD HOCKEY!

This program is for a beginner or current player. We will cover stick work and individual skills, offensive and defensive techniques, footwork and tactical game situations.

We will have scrimmages where players can apply the skills learned.

To Register call Laura Greenough at 978-855-2298

This program has limited participants. Please register ASAP for available spots.



MIDDLE SCHOOL PROGRAM:

Time: 3:30-5:00PM

Dates: Monday, Wednesday, Friday • 9/12-11/2

Cost: \$250

Location: Center School

Director: Jen Brown

Phone: 617-899-0530

E-mail: jennybro@comcast.net

GRADE SCHOOL PROGRAM (K-5):

Time: Tuesday 3:30- 5:00PM & Saturday 9-10:30AM

Dates: Tues. 9/13-10/25

Cost: Tuesday: \$120

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

PLEASE CALL 978-855-2298 TO REGISTER

SKI PROGRAM REGISTRATION NIGHT

The Stow Recreation Ski Program Registration Night is Wednesday, November 16th from 6:00 – 7:00pm at the Stow Community Center. A representative from Nashoba Valley Ski Area will be at the registration to pre-fit children renting equipment. Please bring your child(ren) to registration for pre-fitting of equipment. If you do not need rentals you can download the ski packet and registration form on-line at www.stow-ma.gov and mail it into the Stow Recreation Department. Please indicate on your form if you are willing to chaperone.

The cost for skiing is as follows:

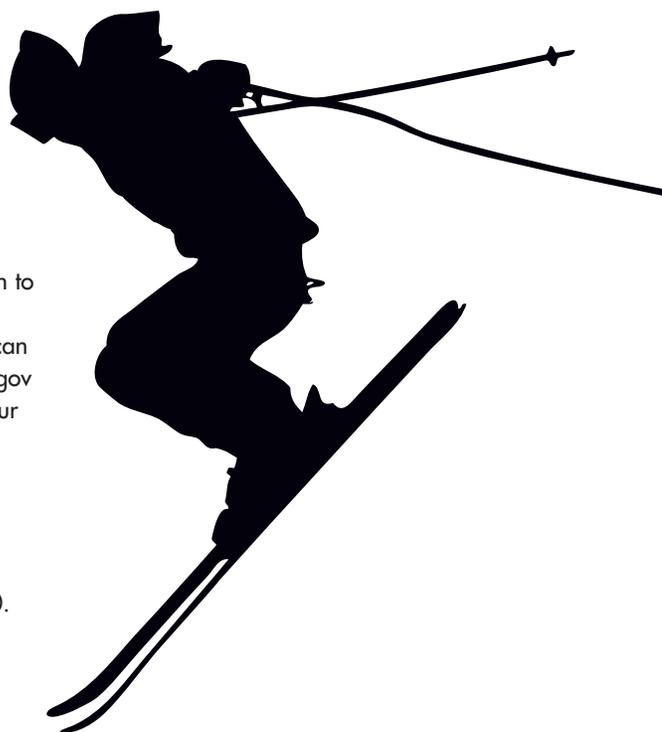
Lessons - \$200.00; No Lessons- \$170.00

Rentals are \$110.00 and Helmet Rental \$45 (6 week rental).

At the pre-fit OVO helmets will also be available for purchase for \$60.

Lessons begin Friday, January 6th. Bus fee is \$90.00.

Financial aid is available contact Laura, at 978-855-2298.



MEN'S BASKETBALL AT HALE SCHOOL

The Stow Recreation Department is sponsoring Men's Basketball Tuesday evenings from 6:45 – 8:30pm and Saturday mornings from 8:00-10:30am beginning in September.

Anyone interested in playing, please call Laura at the Stow Recreation Department at 879-855-2298.



GIRLS RUNNING CLUB

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 our season by participating in the Stow Gobbler 5k on Nov. 24th (girls will be responsible for registration & fees for this event).

Dates: October 2 - November 20 • Time: 8:30-9:30AM • Ages: 5 and up and adults are welcome!

Location: Pine Bluff Playground • Contact: Deb & Riley Seith at 617-584-7275



Creative Dance

Jennifer McGowan's Creative Dance Center

www.creative-dance.com | 978-433-8349

Dedicated to providing quality dance education for children of all ages



For more information or to register please call 978-433-8349
or e-mail information@creative-dance.com

Dance is for everyone! Everyone can dance!

FALL SESSION OF DANCE

16 Week Sessions Beginning September 15, 2016 at the Old Stow Town Hall

Creative Dance and Yoga for Ages 4-6

Thursdays, 3:45-4:30PM

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.

Creative Modern Dance and Yoga for Ages 7-11

Thursdays, 4:30-5:25PM

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 & Tweens Ages 12+

Thursdays, 6:30-7:25PM

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.

The Dancers Workshop youth performing dance companies for dancers Ages 8+ and for Teens & Tweens (Rehearsals begin September 8, 2016)

Thursdays, 5:30-6:30PM

The Dancers Workshop is 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. Dancers have performed at the Children's Dance Festival in Boston, The Stow Springfest, The Children's Day Fair in Bolton, MA, The We For Hope Charity Performance in Andover, MA, as well as several nursing homes in Stow, Concord, and Acton, MA. All are welcome to be a part of the Dancers Workshop. Please call for more details about this special performing opportunity.



Scottish Country Dancing



Fall Session of Dance Classes

Come join the fun! Learn a new form of social dancing. Great exercise! Meet new people. Come alone or as a couple. Children welcome.

Scottish Country Dancing is Scotland's national dance. It is social dancing with different steps, different tempos (jigs, reels, and strathspeys), and exciting music. Once a month there will be live music (fiddle or accordion). Please bring a pair of clean smooth-soled shoes or ballet-like slippers.

**Seven classes on Friday evenings at the Old Town Hall
September 23, October 14 and 28, November 11 and 25, and December 9 and 23
Party on November 11!**

**7:30-8:00PM is introductory dancing.
8:00-10:30PM is social dancing for all, including beginners.**

Cost for the full session is \$21.

The class is taught by two certified Royal Scottish Country Dance Society Teachers. For more information call either Marcia Rising at (978) 897-2466 or Gregor and Vickery Trinkaus-Randall at (978) 897-3997.



Tinkergarten classes for parents and kids are now available in Stow. Join local parent and trained Tinkergarten leader, Anna Wilkins, with your 18mo-5 year old child for an 8 week class. Tinkergarten's mission is to teach parents how to engage with their kids in memorable outdoor learning experiences that build critical developmental skills, so those kids may grow into well-balanced people who can problem-solve, lead, create and enjoy happy and healthy lives. Our expert-designed classes and activities help kids learn and develop the skills that matter most, while enjoying fun, engaging experiences in the physical freedom of local green spaces. Sign up at Tinkergarten.com.

**Choose from Mondays starting 9/19 through 11/7 or Fridays 9/23-11/11 • 9:30AM-11AM
Location: Pine Bluff • \$200 for the full season • Siblings are 50% off
SIGN UP AT TINKERGARTEN.COM**



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 grownups who love them.

Registration Now Open!
Classes begin the week of
SEPTEMBER 19, 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.

Check the website for our new class offerings "Rhythm Kids 4-5" and "Rhythm Kids K-2".

Cost of our programs 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.

EVENING 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: September 19

Time: 7:30PM-8:30PM

Location: Stow Town Hall

Cost: \$120 for 10 weeks

Instructor: Terry Kessel Myers Coney, RYT

Tumbling For Tots

These classes are designed for you and your child to work together and create a new special bond. Activities include FUN obstacle courses, JUMP on our play mats, PLAY in our giant play space. In our classes each child will develop the basic skills of tumbling with an emphasis on the forward and backward rolls as well as cartwheels. The children will learn how to safely use all of the gym's floor equipment), building up self-confidence and make new friends. To register go online to www.stow-ma.gov or mail in the program registration for to the Stow Recreation Department.

Location: Stow Community Center

Time: 10:00AM - 10:45AM

Date: Oct 13-Dec 9 (no class Thanksgiving Day)

Cost: 8 Weeks \$100

MONTHLY MOVIE NIGHT

Ever hear that phrase.. there's nothing to do??? Well let monthly movie night help you out! This is an opportunity to get your tween out of the house and away from the computer games and you don't have to drive them too far! (Perk.. what a great opportunity to enjoy a nice dinner out while your child is being entertained!) The movie will be rated PG and therefore is not recommended for young children. Trivia games will be played between drop-off and pick-up. (Parents are welcome to stay if you would like.) Bring your own blankets and pillows. Complimentary popcorn and softdrink will be provided. Pre-registration is required two days prior to the event. MIN: 6 MAX: 25

Location: Stow Community Center

Time: 7:00AM - 9:30PM

Dates: Oct 21, Nov 18, & Dec 9th

Cost: \$5





Tea Party

Calling all Princesses... Join us for a Princess Tea Party with treats served on china. Wear your best princess costumes and show off your fancy party clothes. Participants will also enjoy a story, music, craft, giftbags and keepsake photo. To register go online to www.stow-ma.gov or mail in the program registration for to the Stow Recreation Department. MIN:4 MAX:16

Location: Stow Community Center

Date: October 25

Time: 10:00AM - 11:00AM

Cost: \$25

Holiday Tea Party

MOM AND ME!

Join us for a very special affair! During the rush of the holiday season, can you think of a better way to take some time to spend a memorable afternoon with your child than to have them dress in holiday party clothes and enjoy games, songs, stories and scrumptious refreshments, hot cocoa and tea (or juice)! Children will be able to take home their own decorated cookie. We look forward to welcoming a very special surprise visitor! To register go online to www.stow-ma.gov or mail in the program registration for to the Stow Recreation Department. MIN: 8MAX:25

Location: Stow Community Center

Date: December 15th

Time: 1:00PM - 2:30PM

Cost: \$25

Holiday Shopping

DROP OFF/PARENTS NIGHT OUT

How about a night to finish up that holiday shopping? Or maybe the date night you said you were going to take? Girls night out? Doesn't matter the reason, just drop the kids off and have some time off. We will be viewing a movie, playing some games and maybe even get some pizza. So go enjoy some freedom while your children are being entertained! To register go online to www.stow-ma.gov or mail in the program registration for to the Stow Recreation Department.

Location: Stow Community Center

Dates: December 16th

Time: 6:00PM - 9:00PM

Cost: \$15

STOW RECREATION BASKETBALL



WHO
DATES
PRACTICES
GAMES
COST
REGISTER AT

Grades 3rd – 8th (Boys and Girls)
November 2016 – February 2017
One per week – determined by your coach
One per week – Saturday or Sunday
\$95 first child / \$75 each additional child
www.stowhoops.org

NO TRYOUTS!
ALL SKILL LEVELS
WELCOME!

Learn to love the game of Basketball and take it to the HOOP!!

- **REGISTER:** Before **September 30th, 2016** to guarantee your child a spot on a team, *otherwise*, child will be wait listed and you will incur a \$25 late fee.
- **EVALUATION NIGHT:** Notifications will be sent out to all who register with date/time/place for Evaluation Night 2016. This is required so we may balance all teams to the best of our ability.
- **SCHOLARSHIPS:** Are available upon request and will be kept confidential.
- **COACHING OPPORTUNITIES:** **We need volunteer coaches in order to run this program!** Parents interested in coaching can sign up at the website when registering your child. All volunteer coaches will be required to complete a CORI form.

2016-2017

BOMBERS BASKETBALL

1ST AND 2ND GRADERS!

LEARN THE FUNDAMENTALS OF BASKETBALL WHILE HAVING FUN!!

SESSION DATES

Nov. 12	Dec. 17	Jan. 21	Feb. 11
Nov. 19	Jan. 7	Jan. 28	
Dec. 10	Jan. 14	Feb. 4	



- Saturday mornings for 1 hour at the Center School Gym
- Cost is \$95 for 11 weeks - each additional child is \$75.
- **Runs from Nov. 12, 2016 - Feb.11, 2017**
- **Register by September 30th, 2016 at www.stowhoops.org**

- **REGISTER** by **September 30th** to guarantee your child a spot on a team.
- **AFTER September 30th**, child will be wait-listed and there will be a \$25 late fee.
- **BOMBERS T-SHIRT/BASKETBALL** for each child registered. You will be notified by email with your team and schedule.
- **COACHES:** We need volunteer coaches to run this program! Parents interested in coaching will be CORI'd by SYBA and need to attend the 2016 Coaches Clinic. An email notification will be sent with the date/time/place for the clinic.
- **SCHOLARSHIPS** available upon request.
- **QUESTIONS:** Please contact Ed Hastings, Bombers Director at ed-hastings@comcast.net



10TH ANNUAL



STOW GOBBLER 5K

Thanksgiving Day, 24 November 2016

Start Time: 8:00 AM

Place: **Parking:**

BOSE Corporation
688 Great Road
Stow, MA 01775

Race Check-in:

Stow Community Park Pavilion
Old Bolton Road, Stow
(next to BOSE Corp. building)

Registration:
(three options)

Option 1 - "Preferred"

Go to www.lightboxreg.com and register online until Tues 11/22/16 at 9AM
<http://www.lightboxreg.com/stow-gobbler>

Option 2

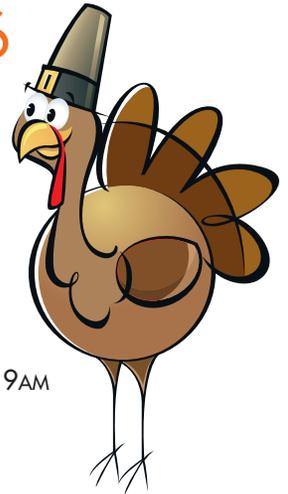
Go to our website <http://stowgobbler.org/register> and download the registration form;
mail to: Stow Gobbler 5K, 8 Powder Hill Rd, Bolton, Ma.

Option 3 (if registering after online registration has closed)

Register in person during Early Check-in on Wed 11/23 at 2:00-4:00 PM

-or-

Day-of-race registration will be available @ 6:30AM at Stow Community Park



Early Check-In:
(optional but recommended!)

Wed., Nov 23rd @ 2:00 – 4:00 PM at Stow Community Park, 50 Old Bolton Road, Stow MA

Distance:

5K Run/Walk

Race course map: stowgobbler.org/about

Entry Fee:

5K Run/Walk \$30 for mail-in registration, Discount: \$25 for online registration,
Children 12 and under: \$12

T-Shirts:

T-Shirts only guaranteed with registrations received PRIOR to Nov 1st

Age Group Awards:

Top overall male and female finishers

Top male & female finishers in age groups: 0-15, 16-25, 26-39, 40-59, 60+

Amenities:

Post-race awards and refreshments at the finish

Additional Info:

Proceeds benefit Habitat for Humanity and Stow Community Chest

To Make A Donation:
(THANKS!!)

Make checks payable to: Town of Stow/ Recreation Department
2016 Stow Gobbler 5K, Attn: Laura Greenough - 380 Great Road, Stow MA 01775

Contact Us:

Email - stowgobbler@gmail.com

Twitter - @stowgobbler

Website – stowgobbler.org

10TH ANNUAL STOW GOBBLER 5K

Thanksgiving Day, 24 November 2016

MAIL-IN REGISTRATION FORM

USA Track and Field Sanctioned 16-02-425 / USA Track and Field Certified MA 07015JK

Make checks payable to: Town of Stow

Entry fee: 5K Run/Walk \$30 for mail-in registration
 Discount \$25 or online registration
 Children 12 and under: \$12

Walk-in Registration Closes at 7:30AM on Race Day

“Preferred” Method of Registration is Online

(Available until Tuesday Nov 22nd):

www.lightboxreg.com/stow-gobbler

One person per form – PLEASE PRINT NEATLY

Participant Name:			
Circle Gender:	Male	Female	
Age on Race Day:		Date of Birth (mm/dd/yyyy)	/ /
Email Address:			
Daytime Phone:			
Contact Address:			
City, State, Zip:			
Circle T-Shirt Size: (Adult Sizes Only)	S	M	L XL
T-Shirts only guaranteed with registrations received PRIOR to Nov. 1st			

Waiver must be read and signed before mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. **All fees are nonrefundable.**

Signature:		Date:
Parent's Signature if under 18:		

Race Info is on our website: stowgobbler.org

Additional questions? Call Laura Greenough at Stow Rec. (978) 461-1411

Wendy or Jayne Conry at stowgobbler@gmail.com

or (978) 779-8377 (Wendy)

STOW RECREATION DEPARTMENT 2016 PROGRAMS REGISTRATION FORM

*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 (if applicable) _____

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: _____