

# TOWN OF STOW RECREATION DEPARTMENT

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



## FALL & WINTER 2015/2016

STOW RECREATION DEPARTMENT

375 Great Road • Stow, MA 01775

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

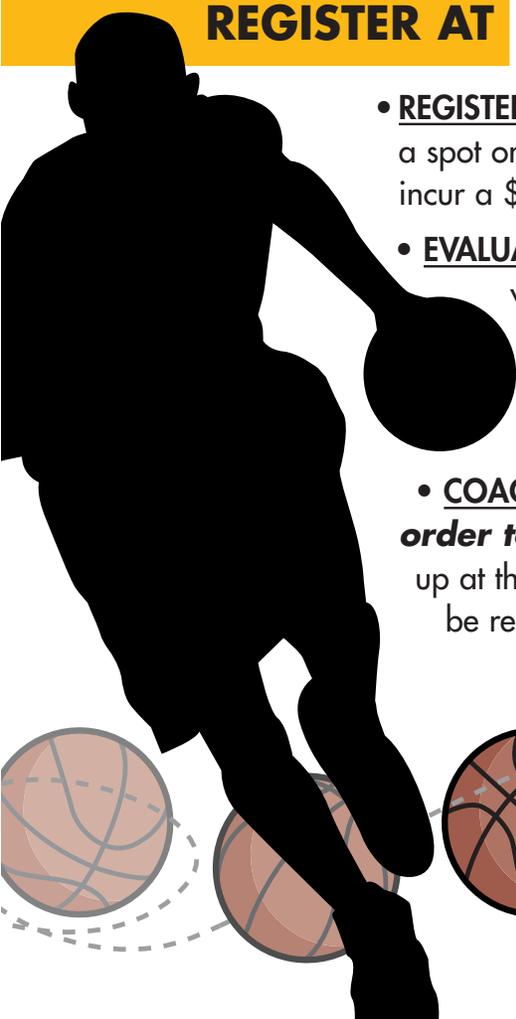
[recreation@stow-ma.gov](mailto:recreation@stow-ma.gov) • [www.stow-ma.gov](http://www.stow-ma.gov)

# STOW RECREATION BASKETBALL

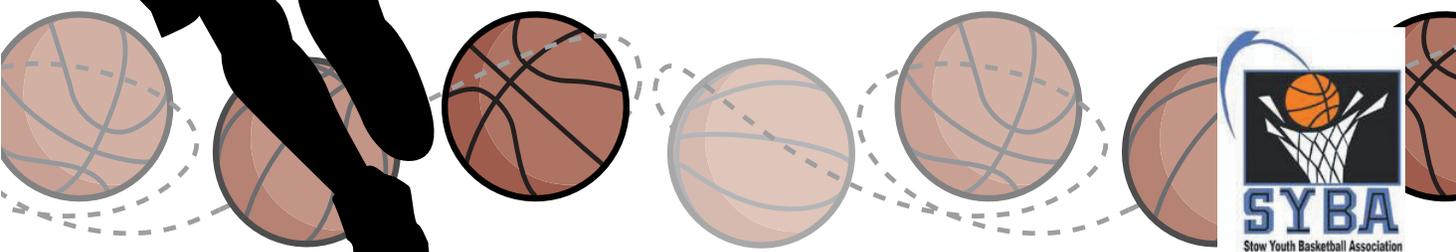
**NO TRYOUTS - ALL SKILL LEVELS WELCOME!**

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

<b>WHO</b>	Grades 3rd – 8th (Boys and Girls)
<b>DATES</b>	November 2015 – February 2016
<b>PRACTICES</b>	One per week – determined by your coach
<b>GAMES</b>	One per week Saturday <u>or</u> Sunday
<b>COST</b>	\$95 first child / \$75 each additional child
<b>REGISTER AT</b>	<a href="http://www.stowhoops.org">www.stowhoops.org</a>



- **REGISTER:** Before **September 30th, 2015** 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 2015. 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.



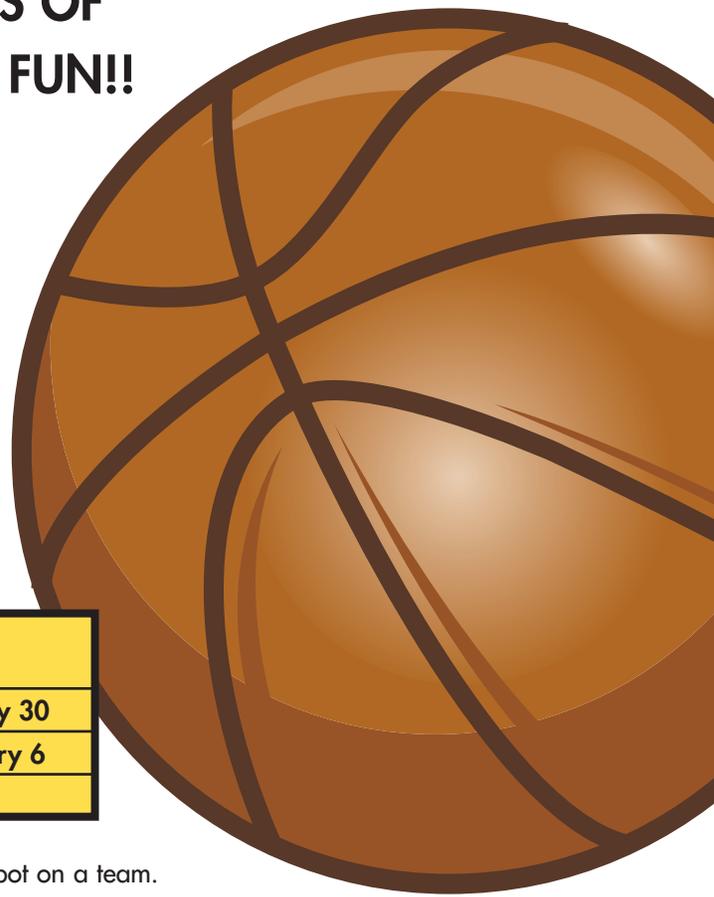
2015-2016

# BOMBERS BASKETBALL

1ST AND 2ND GRADERS!

## LEARN THE FUNDAMENTALS OF BASKETBALL WHILE HAVING FUN!!

- Saturday mornings for 1 hour at the Center School Gym
- Cost is \$95 for 11 weeks - each additional child is \$75.
- Runs from November 7th, 2015 thru February 6th, 2016
- Register by September 30th, 2015 at [www.stowhoops.org](http://www.stowhoops.org)



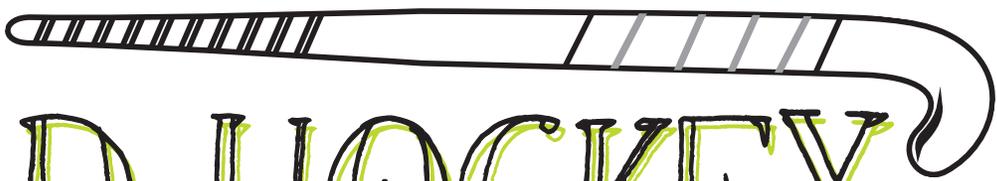
### SESSION DATES

November 7	December 5	January 9	January 30
November 14	December 12	January 16	February 6
November 21	December 19	January 23	

- **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 2015 Coaches Clinic. An email notification will be sent with the date/time/place for the clinic.
- **SCHOLARSHIPS** available upon request.
- **QUESTIONS:** Please contact Ed Marsteiner, Bombers Director at [EMarsteiner@Natdev.com](mailto:EMarsteiner@Natdev.com)



# FALL FIELD HOCKEY



FOR STUDENTS ENTERING K--8th GRADE!

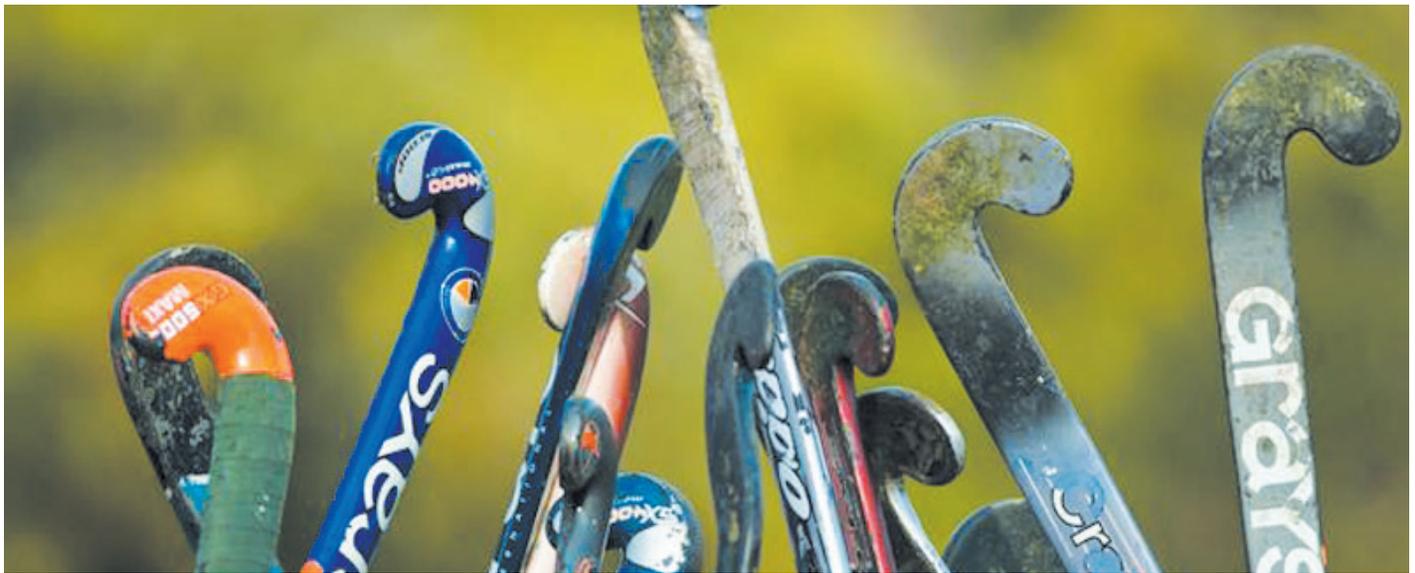
**COME PLAY THE GREAT GAME OF FIELD HOCKEY!**

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:

Monday, Wednesday, Friday • 3:30-5:00PM • September 9 - October 30 • \$300

## GRADE SCHOOL PROGRAM (K-5):

Weekend games option (grades 3 and up add \$25.00)  
2 Session Tuesdays & Saturdays

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

Dates: Tues. 9/8-10/27 and Sat. 9/12-10/24

Cost: Tuesday: \$120 8 week session  
Saturday: \$100 7 week session

Location: Center School

Director: Jen Brown

Phone: 617-899-0530

E-mail: jennybro@comcast.net

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

**PLEASE CALL 978-855-2298 TO REGISTER**

# Horseback Riding

## HERE ARE OUR FALL 2015 PROGRAMS

Century Mill Stables | 978-779-2934 | [www.centurymillstables.com](http://www.centurymillstables.com)

### **HORSE POWER:** Saturday, 3-3:50PM

**\$150**

**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 1: 9/5, 9/19, 9/26, 10/3 • Fall Session 2: 10/10, 10/24, 10/31, 11/7**

### **HOOF BEATS:** Saturday, 4-4:50PM

**\$150**

**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.

**Fall Session 1: 9/5, 9/19, 9/26, 10/3 • Fall Session 2: 10/10, 10/24, 10/31, 11/7**

### **PONY POWER:** Saturday, 2-2:50PM

**\$120**

**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 1: 9/5, 9/19, 9/26, 10/3 • Fall Session 2: 10/10, 10/24, 10/31, 11/7**



# TENNIS

## MARCUS LEWIS

### JUNIOR TENNIS | FALL 2015

Day	Time	Program	Age Group	Dates	Weeks	Program Fee
Sunday	11AM-12PM	QuickStart Beginner	4-8 yrs.	9/13-10/18	6	\$96.00
Sunday	12PM-1PM	Junior Beginner	8-10 yrs.	9/13-10/18	6	\$96.00
Sunday	1PM-2PM	Junior Intermediate	8-12	9/13-10/18	6	\$96.00

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 Sunday, September 13th and run through October 18th (6 weeks).

### ADULT TENNIS | FALL 2015

Day	Time	Program	Age Group	Dates	Weeks	Program Fee
Sunday	9AM-10AM	Adult Beginner	Adult	9/13-10/18	6	\$96.00
Sunday	10AM-11AM	Adult Intermediate	Adult	9/13-10/18	6	\$96.00

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 Sunday, September 13th and run through October 18th (6 weeks).

# ARCHERY



Try out traditional recurve archery this fall and see for yourself why one of the world's oldest sports is making a comeback! This introductory course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and tournaments. Classes led by two certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided.

Open to youths ages 10 & up. Minimum 6/Maximum 16.

## Early Fall Session:

Four lessons, Tuesdays

Sept. 15th - Oct. 6th

5:15 - 6:15PM (youth)

6:15-7:15PM (adult)

Memorial Field/Bradley Ln.

## Late Fall Session:

Four lessons, Saturdays

Nov. 14th - Dec. 12th

(exception 11/28)

2:30 - 3:30PM

Boys and Girls Club  
of Assabet Valley in Maynard

## Winter Session:

Four lessons, Saturdays

Jan. 16th - Feb. 6th

2:30 - 3:30PM

four consecutive weeks,  
including MLK weekend.

Boys and Girls Club  
of Assabet Valley in Maynard

# Scottish Country Dancing



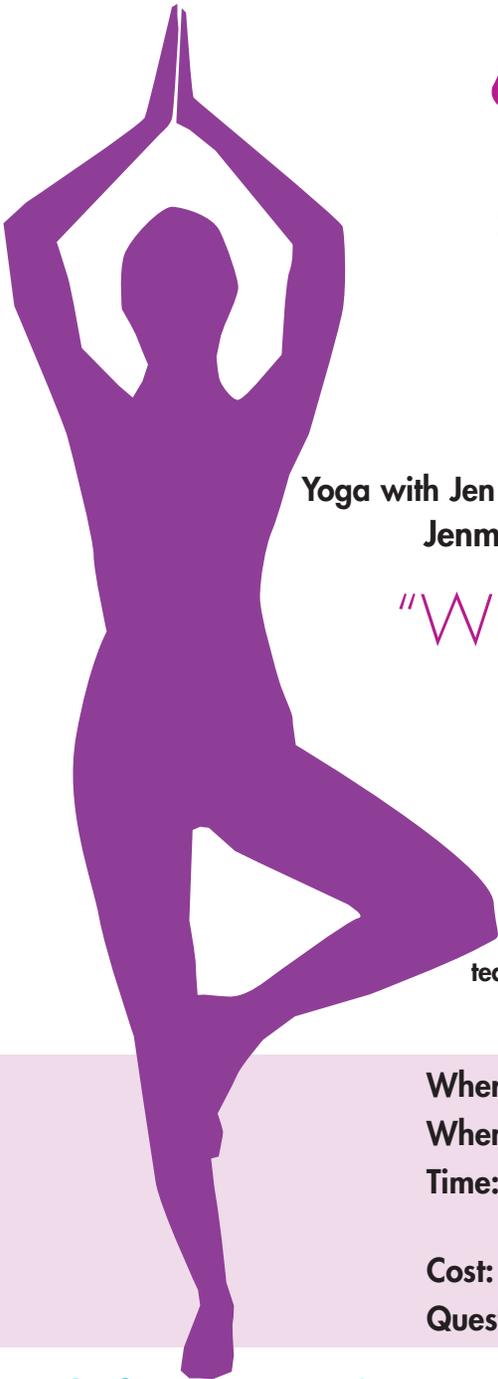
Five classes on Friday evenings at the Town Hall

September 25, October 9 and 23, November 13, and December 11

7:00 - 8:00PM • Cost for the full session is \$15.

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. Please bring a pair of clean smooth-soled shoes or ballet-like slippers.

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.



# Yoga

## FOR KIDS

Yoga with Jen Mast, RYT 200 hr, LFYP, LICSW, Childlight® Yoga Teen Certified  
 Jenmastyoga.weebly.com | jenmastyoga@gmail.com

### "WHAT UP DOG!" *Kids Yoga*

Grades k-2

Move, Shake, Roll, Bend, Reach, Jump, Boogie, Flow, Express, Smile and Laugh... and of course do some YOGA!!!

Through cooperative games, theme activities, storytelling, music and art and mindfulness, this class will foster your child's natural engagement and enthusiasm. The class will explore yoga poses, breathing exercises, visual imagery and relaxation techniques while teaching lessons in social skills, positive thinking, environmental awareness, self-expression, creativity and body awareness.

**Where:** The Stow Town Hall

**When:** Wednesdays: October 7th, 14th, 21st and 28th

**Time:** 3:30-4:30PM – I can meet kids at the Center School and walk them to the Town Hall with parent permission.

**Cost:** \$70

**Questions:** jenmastyoga@gmail.com

## Yoga for Tweens (Grades 3-5)

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) November 4th, \*11th, 18th, December \*2nd, 9th, 16th

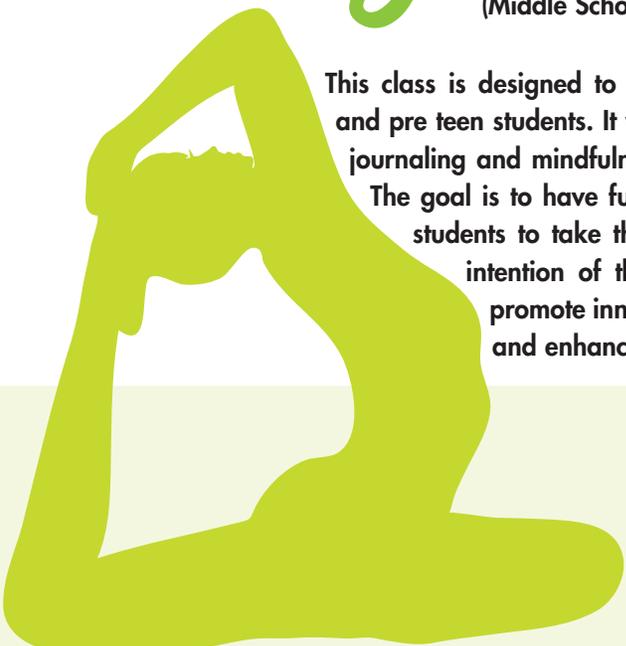
**Time:** 3:30-5:00PM

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

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

\*Nov 11th and Dec 2nd Location TBD

**\* NEW \***  
*Youth Yoga*  
 (Middle School Grades 6-8)



This class is designed to appeal to the developmental needs and abilities specific to teen and pre teen students. It will incorporate themes, breathwork, asanas (yoga poses), games, journaling and mindfulness exercises that promote balance, strength and self-awareness. The goal is to have fun in a supportive/non-judgmental learning environment enabling students to take their lessons off the mat and into their home and school life. The intention of this class is to strengthen muscles and bones, reduce stress and promote inner peace, increase confidence, build better focus and concentration, and enhance mental clarity.

**Where:** The Stow Town Hall  
**When:** Mondays(s) November 9th, 16th, 23rd, 30th, December \*7th, 14th  
**Time:** 2:30-3:30PM  
**Cost:** \$90  
 Bring a yoga mat and water

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 14  
**No Class:** October 12 & November 16  
**Time:** 7:30PM-8:30PM  
**Location:** The Stow Town Hall  
**Cost:** \$120 for 10 weeks  
**Instructor:** Terry Kessel Myers Coney, RYT

# STOW RECREATION DEPARTMENT 2015 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: \_\_\_\_\_ D.O.B \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

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: \_\_\_\_\_

\*\*\* You can also register for programs on-line at [www.stow-ma.gov](http://www.stow-ma.gov) unless noted. \*\*\*

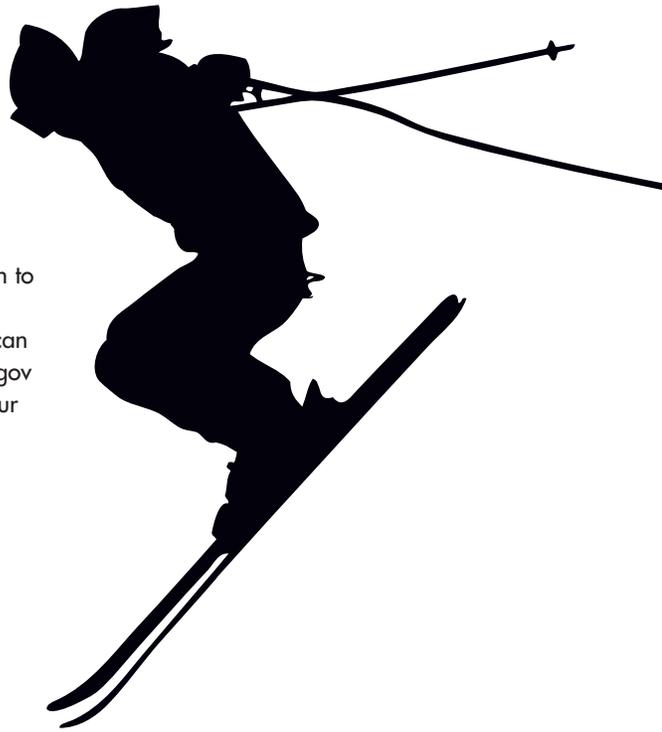
# SKI PROGRAM REGISTRATION NIGHT

The Stow Recreation Ski Program Registration Night is Wednesday, November 18th from 6:00 – 7:00pm at the Stow Town Hall.

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](http://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 - \$190.00; No Lessons- \$160.00; Racing- \$205.00.  
 Rentals are \$110.00 and Helmet Rental \$45 (6 week rental).  
 At the pre-fit OVO helmets will also be available for purchase.  
 Lessons begin January 8th. 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.

Anyone interested in playing, please call Laura Greenough 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. 27th (girls will be responsible for registration & fees for this event).

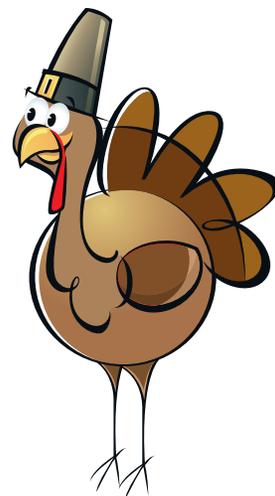
Dates: Starting October 4-November 22 • Time: 8:30-9:30AM • Ages: 5 and up and Adults are Welcome!

Contact: Deb & Riley Seith at 617-584-7275 or [Seithdeb@gmail.com](mailto:Seithdeb@gmail.com)

## 9TH ANNUAL

## STOW GOBBLER 5K

Thanksgiving Day, 26 November 2015



**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:** **Option 1 - "Preferred"**  
(three options)

Go to [www.Active.com](http://www.Active.com) and register online until Tues 11/24/15 at 9AM  
<https://endurancecui.active.com/event-reg/select-race?e=22818852>

**Option 2**

Go to our website <http://stowgobbler.org/register> and download the registration form; mail to:  
Stow Gobbler 5k, 35 Heritage Lane, Stow, MA 01775

**Option 3** (if registering after online registration has closed)

Register in person during Early Check-in on Wed 11/25 at 3:00-5:00 PM

-or-

Day-of-race registration will be available @ 6:30 -7:30AM at Stow Community Park

**Early Check-In:**  
(optional but recommended!)

Wed., Nov 25th @ 3:00 – 5:00 PM at Stow Community Park, 50 Old Bolton Road, Stow MA

**Distance:** 5K Run/Walk Race      course map: [stowgobbler.org/about](http://stowgobbler.org/about)

**Entry Fee:** 5K Run/Walk: \$22 Adults 13 and up (prior Nov 1st) \$25 (Nov 1st to Race Day)  
Children 12 & under: \$10

**T-Shirts:** T-Shirts GUARANTEED for all who pre-register **before** 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  
USA Track & Field sanctioned (15-02-895) and certified (MA07015JK)

**To Make A Donation:**  
(THANKS!!)

Make checks payable to: Town of Stow/ Recreation Department  
2015 Stow Gobbler 5K, Attn: Laura Greenough - 375 Great Road, Stow MA 01775

**Contact Us:**

Email - [stowgobbler@gmail.com](mailto:stowgobbler@gmail.com)  
Twitter - @stowgobbler  
Website – [stowgobbler.org](http://stowgobbler.org)

# 9TH ANNUAL STOW GOBBLER 5K

## Thanksgiving Day, 26 November 2015

### MAIL-IN REGISTRATION FORM

USA Track and Field Sanctioned 15-02-895 / USA Track and Field Certified MA 07015JK

<b>Make checks payable to:</b> Town of Stow	<b>Mail registration/entry form to:</b> Stow Gobbler 5K 35 Heritage Lane Stow, MA 01775
<b>Entry fee:</b> 5K Run/Walk \$22 (prior Nov 1st) \$25 (Nov 1st to Race Day) Children 12 and under: \$10	

**Walk-in Registration Closes at 7:30AM on Race Day**  
**“Preferred” Method of Registration is Online**

(Available until Tuesday Nov 24th):

<https://endurancecui.active.com/event-reg/select-race?e=22818852>

**One person per form – PLEASE PRINT NEATLY**

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

**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.**

<b>Signature:</b>		<b>Date:</b>
<b>Parent's Signature if under 18:</b>		

Race Info is on our website: [stowgobbler.org](http://stowgobbler.org)

**Additional questions?** Call Laura Greenough at Stow Rec. (978) 855-2298  
 or contact Katie Piccioli, Hannah Honig or Jacquelyn Harnett at [stowgobbler@gmail.com](mailto:stowgobbler@gmail.com)  
 or at (978) 793-0214 (Kathy)

# Creative Dance

Jennifer McGowan's Creative Dance Center

[www.creative-dance.com](http://www.creative-dance.com) | 978-433-8349

Dedicated to providing quality dance education for children of all ages



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

*Dance is for everyone! Everyone can dance!*

# FALL SESSION OF DANCE

16 Week Sessions Beginning September 11, 2015 at the Old Stow Town Hall

## Creative Dance and Yoga for Ages 4-6

Thursdays, 3:40-4:25PM

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 and 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 and tweens (Rehearsals begin September 3, 2015)

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.



