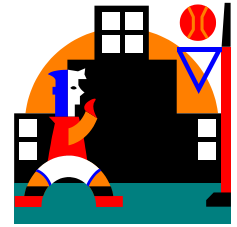




STERLING RECREATION DEPARTMENT



FALL/WINTER/SPRING

2011-2012



**Recreation Committee: Chairperson- Jessica Moroney,
Jo-Ann Cummings, Mark Hryniewich, Heidi Grady,
Bob Finizio, Mike Regan, Heather Ruziak**

Recreation Director: Judy Janda

Program Assistant: Karen Tadry

**Recreation Department: 1835 Town Hall
Recreation Department Phone: 978-422-3041
E-mail: recreation@sterling-ma.gov
Town Web Page: <http://www.sterling-ma.gov>**

SOMETHING FOR EVERYONE

**The Sterling Recreation Department is pleased to present the
Fall/Winter/Spring Program Calendar for 2011-2012.**

**We strive to develop and promote programs and activities to stimulate
good health, fun times, as well as provide a sense of community for all
ages. Non-residents are welcome!**

REGISTRATION INFORMATION FOR FALL/WINTER/SPRING PROGRAMS

Forms are available in the Recreation Office, Conant Library, and on-line at www.sterling-ma.gov via the Recreation Department link. There are no refunds unless the program has been cancelled. *EXCEPTION*: Basketball refund checks will be awarded to any Eagle Player that notifies the Rec office within 2 business days of making the team.
*Some Recreation programs are open to non-residents on a space available basis.

When the schools are closed for Holidays, Vacations, Professional Days, EARLY RELEASE, and Snow Days there will be no evening Recreation programs at the school only.



- **To the Summer Lake Team- Lifeguards, Counselors, Director, and Water Safety Instructors**, for their enthusiasm and commitment to provide a fun, safe program for Sterling's youth and adults. The children enjoyed the stories read by **Danielle Mattie** and Zumba with **Kate Mellecker** on the beach was awesome!! To **Mike Cove** of **Cove's Septic Service & Party Rentals**, for generously providing the Inflatable equipment which added another fun activity for the Lake Program.
- To all of the **Program Instructors** for sharing your talents in providing great activities for the community.
- **All Departments** who render their services in support of our programs. Special thanks to the **Department of Public Works, Firefighters, and the Dive team** for their help with the set-up and break down of the beach. To the **Police Department**, and the **Board of Health Department** for helping to keep the town's beautiful beach safe. We could not have run our programs without your help!
- **To Principals, Tony Cipro & Margaret Morgan**, and the **Staff at Houghton Elementary and Chocksett Middle Schools**, for their cooperation in scheduling Recreation programs at the schools.
- **Summer Concerts**: To **DHJ Construction** who is always willing to help with the upkeep of the gazebo. **The Sterling Chapter of the Massachusetts Culture Council** and the local businesses- **Appletown Market, Village Pizza, and Sterling Deli**, for financially supporting our summer concerts. **To the Public** who filled Memorial Park each week to listen to the Band Concerts and enjoy the community spirit. The many talented **Bands** that entertained the crowds. **The Sterling/Lancaster local cable staff** who did a phenomenal job of taping the concerts and editing them for the communities enjoyment to view on local channel 8. We appreciate the many hours you dedicated in providing this service to the community.
- All members of **Y.A.H.O.O.** (Young Adults Helping Others)- it is so great to have this opportunity for Young Adults to help out in the Community

And Kudos to All who continue to offer a **helping hand** to improve our Community,
WE THANK YOU!!

Athletic Fields and Facility Use Permits:

All Organizations & groups requesting the use of fields or facilities must fill out a Facility Reservation and Field Request Form at the Recreation Office or download from the web site: www.sterling-ma.gov. Click on Recreation link and go to Field use and reservations. Permits will be issued once the request has been reviewed and required documentation has been received by the Recreation Department. **Spring request should be submitted by FEBRUARY 15TH .**

PROGRAM INSTRUCTORS INFORMATION

PROGRAM	INSTRUCTOR	E-MAIL	PHONE
After School Tennis	Lorene Shanley & Pat Pavone	Lillie141@aol.com or Afterschooltennis@yahoo.com	774-364-0137
All Boating	David & Karen Cudmore	info@stillriveroutfitters.com	978-844-0965 978-674-6767
American Red Cross Babysitting Course	RedCross certified Instructor	Recreation@sterling-ma.gov	978-422-3041
Belly Blaster/Weight training	Susan Robbins Debbie Aukstikalnis	susanrobbins@verizon.net daukstikalnis@comcast.net	978-257-9067
Co-ed Volleyball	Eric Thomas	vball@etsphere.com	
Instrumental Lessons	Anne Busby	Anne_Busby@wrsd.net	978-422-0138
Intro to Tai Chi	Joanne Jeneski	Joanne-marie@rocketmail.com	508-933-5257
Italian Instruction	Mario Balducci	mbalducci@comcast.net	978-477-8479
Kickboxing Workout	Judy Potter	jmpotter@comcast.net	508-561-6252
Men's Basketball	Greg Frantz	celtfins@yahoo.com	
Monday After School Ski/Snowboard program	John Alden		508-926-9164
Music Together- Pre-school Pakachoag Music	Julie Holston Quimby	Www.pakmusic.org	
Saturday Ski/Snowboard program	Bill Russell		978-422-2388
Winter Youth Basketball/High School pick-up basketball/GPS program Cribbage	Recreation Office	recreation@sterling-ma.gov	978-422-3041
Women's Self Defense Course(R.A.D.) system	Travis Hunt Peter DiMaio	WomensDefense@yahoo.com	774-364-5801
Y.A.H.O.O.	Sean McDonough	www.sterlingyahoo.com	774-245-1463
Yoga-Fitness/Gentle/ Shake your soul	Denise Welsh	denisewelshmt@verizon.net	978-612-7777
Yoga-Wednesday	Gina Engel	Inderjit-Kaur@comcast.net	978-422-9981
Youth programs-Cooking/Holiday Gift making/Candy Making/ Quilting/Snack Attack	Rachel Grabek Ginny Meade	Rachel_grabek@wrsd.net Ginny_meade@wrsd.net	508-799-9879 978-422-6719
Zumba/kids & adult	Kate Mellecker	katem@katespowerhouse.com	978-464-5717

YOUTH PROGRAMS

WINTER YOUTH BASKETBALL

WHO: Students in Grades 1-8

WHEN: Teams are organized in November for Div. I, II, III & December for Div. IV & V.
(see basketball dates)

WHERE: Chocksett Middle & Houghton Elementary Schools

FEE: \$85.00/player-grade 2-8 \$75.00/player in grade 1 with a cap of \$200.00/family.

A \$10.00 Late fee after October 31st for division I, II, & III

DIVISION I- Co-ed; Grade 1. Instructional with skill work and games on Saturday mornings.

DIVISION II*-Co-ed; Grades 2 & 3. Skill work and games with emphasis on instruction. Meet on Saturday mornings and Monday or Tuesday evenings.

DIVISION IIIG*- Girls; Grades 4 & 5. Practice/games Monday, Tuesday or Friday evenings and some Saturdays. Some games may be played in West Boylston on Saturdays.

DIVISION IIIB*-Boys; Grades 4 & 5. Practice/games Monday, Tuesday or Friday evenings and some Saturdays.

DIVISION IV*- Girls; Grades 6-8. Practice/games Wednesday, Thursday and some Fridays. Some games may be played in West Boylston.

DIVISION V*- Boys; Grades 6-8. Practice/games Wednesday, Thursday and some Fridays.

**Divisions II, III, IV, & V meet at least 2 times a week for practice/games*

PRESEASON GAMES: Divisions IIIG, IIIB, IV, and V will be held to assist coaches in the team selection process.

(see dates below) **Players MUST attend at least 1 to be placed on a team.**

Division IV & V will not pick teams until the Chocksett Middle School Eagle's team has been selected. The last day to register for these divisions is **December 13** (this date is subject to change based on the selection of the Eagles team)

Late Registrants in all divisions will be placed on a wait list if necessary and subject to a \$10.00 late fee.

Every team will be held to 10 players unless all coaches in a division are in agreement

****Players must register for WYBB before participating in Pre-Season Games.**

****Pre -season games will only be held if required number of coaches are available**

BASKETBALL COACHES AND ASSISTANTS

REGISTER BY NOVEMBER 1 FOR DIVISION I, II, III & NOVEMBER 30TH DIVISION IV & V

Anyone interested in coaching or assisting for a youth basketball team must fill out a Coaches/Assistant form and a CORI(Criminal Offender Record Information) form at the Recreation Office. No person will be allowed to coach/assist without the completed documentation. Applicants need to verify identity with photographic identification. **TEAMS WILL NOT BE FORMED UNTIL THE REQUIRED NUMBER OF DIVISION COACHES ARE AVAILABLE**

IMPORTANT BASKETBALL DATES:

November 1- late fee for Divisions I, II, & III G & B

November 9- Pre-season games for Division III B & III G

Division IIIB: Chocksett gym - Grade 4 at 6:00pm; Grade 5 @ 7:00pm

Division IIIG: Houghton Gym - Grade 4 & 5 at 6:00pm

November 15- Pre-season games for **Division IIIB & IIIG** (follow format for November 9th)

November 16- Coaches meeting for **Division I** at 6:00pm & **Division II** at 6:30pm-Rec. Office

November 17- Coaches meet at 6:00 to draft teams for Division IIIB & IIIG- Rec. Office

November 19- Division I, II, III season starts

November 23-27 Thanksgiving break

December 7- Pre-Season Game **Division V:** Chocksett Gym - Grade 6 at 6:00pm; Grades 7 & 8 at 7:00pm

Division IV: Houghton Gym at 6:30pm

December 8- Pre-Season Game **Division V:** Chocksett Gym - Grade 6 at 6:00pm; Grades 7 & 8 at 7:00pm

Division IV: Houghton Gym at 6:00pm

December 12(tentative date based on Eagle's team selection)- Coaches meeting to Draft teams.

6:00pm for Division IV & V at Recreation Dept.

December week of 12th -Games begin for Divisions II, III G, & III B

December 15- Division IV & V season starts

December 17- Pictures for Divisions I, II, & III (times to be announced)

December 23-January 1- Christmas Break school closed

January 2- program resumes

January 11-Games begin for Divisions I V & V

January 19-Picture for Divisions IV & V (times to be announced)

February 11-last day for Division I & II

February 13-last week for division III G & III B

February 17-26 School closed for winter break

March 5-Play-offs and last week for Division IV & V (subject to change)

DATES SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER , BUILDING USE, & COACH AVAILABILITY

If players in Division IV & Division V make the school team and choose not to play Recreational Basketball, we will refund the player provided they contact the Rec Dept. within 2 business days of making the team. Otherwise there are no refunds unless the program is full.

YOUTH PROGRAMS

KIDS ZUMBA-YOGA

WHO: Students in grade 1-8

WHEN: Starts Monday October 3rd, 3:45-4:45pm *FREE CLASS ON MONDAY, SEPT. 26 at 3:45PM

WHERE: 1835 Town Hall

FEE: \$35.00/month **MUST BE PAID ON THE 1ST CLASS OF EACH MONTH**

Each 1 hour class BEGINS WITH 30-MINUTES OF Zumba-the hottest craze in fitness right now. Zumba combines Latin inspired upbeat music with simple dance moves to get the children's hearts pumping. They'll have so much fun, they won't even realize they're getting a terrific cardiovascular workout! The students will unwind with 30-minutes of Yoga, including techniques for breathing, kid-friendly balancing poses, and Savasana (the practice of relaxing physically and mentally). Your children will exercise their bodies and minds in a positive, non-competitive environment... And they will love it!! Bring a yoga mat and water bottle. Instructor **Kate Mellecker**

COOKING FOR YOUTHS

WHO: Grades 5-8 (Session I) Grades 4-8 (Session II)

WHEN: Session I: Tuesdays, September 20, 27, Oct. 4, 11; 3:05-4:30pm

Session II: Tuesdays, April 24, May 1, 8, 15; 3:30-5:00pm

WHERE: Chocksett Middle School Cafeteria



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$100.00	\$110.00

This is a cooking class with attention to learning the basics. Students will learn to make snacks, meals, and a variety of other foods. All materials are included and students will actually eat what they make! Instructors Rachel Grabek and Ginny Beaudin-Meade. **Please advise instructors of any food allergies.

HOLIDAY GIFT MAKING

WHO: Children in grades 5-8

WHEN: Tuesdays, October 25, November 1, 8, 15, 29, Dec. 6 (snow date 12/13); 3:05-4:30pm

WHERE: Chocksett Middle School Art Room



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$150.00	\$160.00

Nothing compares to handmade gifts. During this six week session participants will create gifts using clay, wire, fabric, and a variety of other materials. Emphasis will be on fun and creativity! Instructors are Rachel Grabek & Ginny Beaudin-Meade. Children should bring a snack to have during the class.

CANDY MAKING

WHO: Children in grades 5-8

WHEN: Tuesday, February 7th 3:05-5:00pm (snowdate 2/14)

WHERE: Chocksett Middle School Chocksett cafeteria & kitchen

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST UP TO 1 WEEK BEFORE START OF PROGRAM
	\$30.00	\$40.00

This is a one time session. Learn to make different types of chocolate candy that you will bring home to enjoy. Instructors Rachel Grabek & Ginny Beaudin-Meade *Please advise instructors of any food allergies.

SNACK ATTACK

WHO: Children in grades 5-8

WHEN: Tuesday, January 10, 17, & 24 3:05-4:30pm

WHERE: Chocksett Middle School cafeteria & kitchen



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST UP TO 1 WEEK BEFORE START OF PROGRAM
	\$75.00	\$85.00

Learn how to make afterschool snacks on your own. Emphasis is on simple and nutrition with Ginny Beaudin-Meade & Rachel Grabek. *Please advise instructors of any food allergies.

LEARN TO QUILT - MAKE A PILLOW

WHO: Children Grades 5-8
WHEN: Tuesdays, March 6, 13, 20, 27; 3:05-4:30pm
WHERE: Chocksett Middle School Art Room



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$100.00	\$110.00

Learn the basics of quilting via hand and machine sewing. The finished products will be a decorative throw pillow. Instructors Ginny Beaudin-Meade & Rachel Grabek. Children should bring an afterschool snack.

RED CROSS BABY SITTING PROGRAM

WHO: Ages 11-15
WHEN: Saturday, November 12 & 19; 9:00-12:00pm
WHERE: 1835 Town Hall



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$85.00	\$95.00

Materials cover Basic First Aid, Safe and Creative Play, Basic Care for Children and are designed to help participants develop skills in leadership and professionalism. Participants in the Babysitter Course receive an American Red Cross certificate of completion, and babysitters handbook. Participants must attend both sessions. The American Red Cross of Worcester will provide the Instructor. Register by November 1 at the Recreation Office.

**Limited enrollment- 12 students

MUSIC

INSTRUMENTAL LESSONS

WHO: Private instruction for Students in Grade 4-8, that would like lessons in Flute, Clarinet, Saxophone
WHEN: Wednesday and Thursday afternoons- time to be scheduled after registration by Director Anne Busby 3:00-7:00pm 1/2 hr. lessons
WHERE: Chocksett Middle School music room
FEE: A one time registration Fee of \$25.00 and 1st month payment at Registration @ \$25.00 per half hour

Private Instrumental Lessons-Flute, Clarinet, Saxophone, beginners through advanced. Students will greatly improve playing skill and ability to read music. A great help for students with ambitions to participate in regional and district music programs and competitions. For additional information contact Anne Busby anne_busby@wrsd.net
 Materials needed: Instrument and required Method Book.

YOUTH SPORTS

WORCESTER COUNTY AFTER SCHOOL TENNIS ACADEMY

WHO: Children in grades 1-4
WHEN: Grades 1 & 2 Wednesdays 3:45 - 4:45 Grades 3 & 4 Wednesdays 4:50 -5:50
Session I: 4 weeks- Sept. 28, Oct. 5, 19, 26 **Cost: \$ 60** **(Houghton Elementary)**
Session II: 6 weeks- Nov. 2, 9, 16, 23, 30, Dec. 7 **Cost \$ 80** **(1835Town Hall)**
Session III: 6 weeks-Jan. 11, 18, 25, Feb. 1, 8, 15 **Cost: \$ 80** **(1835 Town Hall)**
Session IV: 5 weeks- Mar. 7, 14, 21, 28 Apr. 11 **Cost: \$ 70** **(Houghton Elementary)**
WHERE: Session I & IV at Houghton Elementary gym Session II & III at 1835 Town Hall



FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	I-\$60, II-\$80, III-\$80, IV-\$70	I-\$70, II \$90, III- \$90, IV-\$80

Students will learn the fundamentals of the forehand, backhand, volley, and serve with emphasis on correct grip and techniques, with primary focus on stroke production. PTR certified instructors- Lorene Shanley & Pat Pavone
 All equipment provided. Bring a snack and water bottle. Contact at: afterschooltennis@yahoo.com

SKI/SNOWBOARD PROGRAMS

**Must use ski/snowboard forms to register for the
Following programs**

Available in the Recreation Office or On-line

MONDAY AFTER SCHOOL SKI/SNOWBOARD

WHO: Students in grades 3-12 ****Must Register through the Recreation Department**

WHEN: Mondays, January 9-February 20 (no program on 1/16) 3:15- 8:00pm

WHERE: Wachusett Mountain, Princeton

FEE: Six week pass is \$109.00 before 12/1 ; \$119 as of 12/1 ****good only for Monday six weeks**

*Century Pass may be used for this program. Student rates for **Century Pass:***

Bronze-\$239, Silver-\$289, Gold-\$539 (all rates are an additional \$100 as of 11/30).

Optional Transportation cost is: \$75.00

Equipment rental & lessons are additional fees: 6 week **rental; ski-\$95, SB- \$98, lessons \$54, HELMET RENTAL \$20.**

Students at Chocksett School will meet in the cafeteria immediately following dismissal for pick-up.

Houghton School students will be dismissed at 3:20pm for pick-up at Houghton. **All** participants equipment should be placed in Chocksett School lobby in the morning. Coordinator is John Alden.

*** Helmets are strongly recommended ***

SATURDAY SKI/SNOWBOARD

WHO: Students in grades 3-12 ****Must Register through the Recreation Department**

WHEN: Saturdays, January 7, 2010; 8:15am-3:00pm

WHERE: Wachusett Mountain, Princeton

FEE: Seven week lift badge- \$210.00 before 12/1; \$220.00 as of 12/1

(Valid for 7weeks of program 8:00-4:00pm)

Student Gold Century Pass- \$539.00 Before 12/1; \$639 as of 12/1

Weekender-\$399.00

There is no transportation provided. Students will meet Coordinators in the lodge at Wachusett Mt. as they arrive.

Optional equipment rental and ski/snowboard lessons.: 7 weeks- **ski rental \$110, SB rental \$118, Lesson \$69,**

Season Pass Rental Ski/SB \$179, Pass/Badge Insurance \$20, Unlimited Nastar Racing \$45, Helmet Rental \$22.

Coordinator- Bill Russell

ADULTS AND YOUTHS

GPS PASS (GREATEST POSSIBLE SAVINGS)

WHO: All skiers and Snowboarders 6 years old and older

WHEN: 2011-2012 ski season

WHERE: Wachusett Mountain, Princeton

PRICES NOW THROUGH NOVEMBER 16th

* Bronze Century Pass is	\$239.00	AFTER NOVEMBER 16th	\$339.00
* Silver Century Pass is	\$289.00	AFTER NOVEMBER 16th	\$389.00
* Gold Century Pass is	\$539.00	AFTER NOVEMBER 16th	\$639.00

Class Lessons \$75; Ski Rental Pass \$179; SB Rental Pass \$179

**for more information on passes go to www.wachusett.com/group*

**REGISTER ON LINE: Register on line: www.wachusett.com click on GPS group-register on line
mark group as: Sterling GPS. Coordinator-Judy Janda**



Century pass	Week-days (Mon-Fri) Except holidays & school breaks	All Nights (Mon-Sun) Including: weekends, holidays & school breaks	Weekends (Sat- Sun) before 12/23/11 & after 2/27/12	Weekends (Sat- Sun) all season	Holidays & School breaks
Gold	X	X	X	X	X
Silver	X	X	X	\$15 OFF LIFT TICKET	\$15 OFF LIFT TICKET
Bronze	X	X	\$10 OFF LIFT TICKET	\$10 OFF LIFT TICKET	\$10 OFF LIFT TICKET

PRE-SCHOOL PROGRAM

PAKACHOAG MUSIC SCHOOL MUSIC TOGETHER



WHO: Newborn through 4 years

WHEN: 9:00-9:45 am or 10:00-10:45 am

Session I: Monday, September 26– December 5 (class on 10/10) 11weeks

Session II: Monday, January 9-March 12(no class 2/20) 9 weeks

Session III: Monday, March 26-June 11(no class 4/16 & 5/28)

***There will be make-ups for cancellations due to inclement weather or teacher absence*

WHERE: 1835 Town Hall

FEES:

	FALL SESSION SEPT. 26– DEC. 5 (11 WEEKS)	WINTER SESSION JAN. 9-MAR.12 (9 WEEKS)	SPRING SESSION MAR. 26-JUNE 11 (10 WEEKS)
	Pre-Reg family tuition	Pre-Reg family tuition	Pre-Reg family tuition
1st child	\$190.00	\$170.00	\$180.00
2nd child	\$145.00	\$125.00	\$135.00
Third Child or sibling 8 months or less attends FREE			

Every child is born with musical aptitude. Come nurture your child's musical development by joining a **Music Together** class with Pakachoag Music School of Greater Worcester. Each session (Fall, Winter, Spring) includes a weekly class with child and parent/caregiver. You'll receive, a courtesy of Music Together's national office, free song book and CD to take home; a different one for each session in which you enroll. New parents receive the parent handbook "Helping Your Child Grow Musically" and a music growth development chart. To Register or for more information, go to www.pakamusic.org and look for **MUSIC TOGETHER**. Register on line at www.pakamusic.org

ADULTS/TEENS FITNESS PROGRAMS

HIGH SCHOOL PICK-UP BASKETBALL

PRE-REGISTRATION REQUIRED

WHO: High School Students (must be a Sterling Resident)

WHEN: Mondays, December 5-March 26

**no program on holidays, early release, & school vacations*

7:00-8:30pm (time change during winter youth basketball)

WHERE: Chocksett Middle School Gym

FEE: \$15.00 ... Players under 18 must have a parents' consent form signed before playing



MEN'S BASKETBALL

WHO: 19 & UP

WHEN: September 14, 2011-May 30, 2012; Mondays OR Wednesdays 6:30-9:30pm

WHERE: Chocksett School gym

FEE: \$15.00/season For Residents

Must pre-register or register at the gym before playing. Pick-up teams

**Time and location subject to change with winter Youth Basketball & Early Release Days.*

Coordinator Greg Frantz celtfins@yahoo.com

CO-ED VOLLEYBALL

WHO: 19 & UP

WHEN: September 13, 2011-May 29, 2012; Tuesdays 6:30-9:30pm

WHERE: Chocksett School gym

FEE: \$15.00/season For Residents \$20.00/Non-residents

Must pre-register or register at the gym before playing. Pick-up teams.

**Time and location subject to change with winter Youth Basketball & Early Release days.*

Coordinator is Eric Thomas: vball@etsphere.com



THE BELLY FAT BLASTER CLASS: WEIGHT TRAINING AND PILATES FOR FLAT ABS

WHO: Adults of all fitness levels
WHERE: 1835 TOWN HALL
WHEN:

<u>DAYS</u>	<u>FALL SCHEDULE</u>	<u>WINTER SCHEDULE</u>	<u>SPRING SCHEDULE</u>
MONDAY 7:00-8:00PM	SEPT. 19- DEC. 12 (12WKS) No class 10/10	JAN. 9-APR. 9(12 WKS) No class 1/16	APR. 23- JUNE 18 (8 WKS) No class 5/28
WEDNESDAY 9:00-10:00AM	SEPT. 14-DEC. 14 (13 WKS) no class 11/23	JAN. 4-APR. 4(13 WKS) No class 2/15	APR. 25- JUNE 20 (9 WKS)
THURSDAY 7:00-8:00PM	SEPT. 15-DEC 15 (13 WKS) No class 11/24	JAN. 5- APR. 5(13WKS) No class 2/16	APR. 26- JUNE 21 (9 WKS)
FRIDAY 9:00-10:00 AM	SEPT. 16- DEC 16 (12 WKS) No class 11/11, 11/25	JAN. 6- APR. 6(13 WKS) No class 2/17	APR. 27- JUNE 22 (9 WKS)

FEE: 8 WEEKS- \$96.00 pp; 9 WEEKS- \$108.00 pp; 12 WEEKS- \$144.00 pp; 13 WEEKS- \$156.00 pp

Basic Weight Training – Learn 20 of the best exercises to **Boost Your Metabolism**. Simple moves that anyone can do with hand held weights to train your body to burn more calories 24 hours a day.

Flat Abs with Pilates – core conditioning exercises featuring Pilates mat work and some of the most effective moves for **Flat Abs, a Strong Back and Great Posture**. The instructor brings 30+ years of experience to this program and will offer modifications so that everyone will be comfortable and can exercise safely. Beginners and experienced fitness enthusiasts are welcome. Program includes: **10 Secrets to Lose 10 Pounds: Healthy Eating Strategies** for everyone. Come and try our class as a guest!

Instructors Susan Robbins & Deb Aukstikalnis (Thursday evenings)

****No pro-rate for exercise programs unless approved by the instructor**

****REGISTER FOR CLASS IN ADVANCE TO AVOID CANCELATION OF PROGRAM**

NEW!! GET HEALTHY 101: FROM COUCH POTATO TO FEELING GREAT!

WHO: Adults of all fitness levels
WHERE: 1835 TOWN HALL
WHEN:

<u>DAYS</u>	<u>FALL SCHEDULE</u>	<u>WINTER SCHEDULE</u>	<u>SPRING SCHEDULE</u>
MONDAY 5:45-6:45 PM	SEPT. 12- DEC. 12 (13WKS) No class 10/10	JAN. 9-APR. 9(12 WKS) No class 1/16	APR. 23- JUNE 18 (8 WKS) No class 5/28
FRIDAY 10:15-11:15 AM	SEPT. 9- DEC 16 (13 WKS) No class 11/11, 11/25	JAN. 6- APR. 6(13 WKS) No class 2/17	APR. 27- JUNE 22 (9 WKS)

FEE: 8 WEEKS- \$96.00 pp; 9 WEEKS- \$108.00 pp; 12 WEEKS- \$144.00 pp; 13 WEEKS- \$156.00 pp

Do you feel like you are too out of shape to participate in fitness class? Would you like to lose some weight but just don't get it done on your own. This is the perfect place to start... Learn basic, simple exercises to boost your metabolism in a comfortable, fun atmosphere. Class instructor brings 30+ years of experience to this program. Individual modifications will be given so that everyone will have safe comfortable options. Each week we'll review Healthy eating strategies and family friendly recipes.

NEW!! INTRO TO TAI CHI

WHO: Adults of all fitness levels
WHERE: 1835 TOWN HALL
WHEN: MONDAY 5:30-6:30PM

****FREE TRIAL CLASS OCTOBER 3rd**



SESSION I: OCTOBER 17- DECEMBER 5 (no class 10/31)

SESSION II: JANUARY 9-FEBRUARY 27(no class 2/20)

FEE: \$80.00/7 WK

An introduction to the simplified 24 Yang style form. These movements are slow and beneficial for adults of any age. Benefits include reducing stress while strengthening body and mind. Participants should wear loose, comfortable clothing.

***No pro-rate for exercise programs unless approved by the instructor**



YOGA

WHO: All ages

WHEN: Wednesdays 5:30-6:30pm 7 week sessions

Session I: Sept. 14-October 26; **Session II:** Nov. 2- Dec. 21; **Session III:** Jan. 4- Feb. 15;

Session IV: Feb. 29-Apr. 11; **Session V:** Apr. 25-June 6; **Drop-In: \$13.00/class**

WHERE: 1835 Town Hall, First Floor

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$70.00	\$80.00

Reduce stress and increase your energy with yoga!! Each week we will work with yoga postures designed to strengthen and stretch your body, calm your mind and enliven your spirit. Beginners and all levels of ability are welcome!

Instructor, Gina Engel is a certified yoga instructor and Reiki Master. She began teaching yoga in the mid 90's but fell in love with yoga as a teenager. Gina continues to be passionate about yoga both as a student and as a teacher. She is grateful for the opportunity to share the joy and teaching of yoga with her students. Bring a mat and water bottle, dress comfortably. Instructor Gina Engel.

ZUMBA

WHO: Age 13 to Adults

WHEN: Thursdays 5:30-6:30pm 7 week Sessions

Session I: Sept. 15-October 27; **Session II:** Nov. 3- Dec. 22(no class 11/24);

Session III: Jan. 5- Feb. 16; **Session IV:** March 1-Apr. 12; **Session V:** Apr. 26-June 7

WHERE: 1835 Town Hall

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$70.00	\$80.00

Zumba is the hottest craze in fitness Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic and fun fitness program. The program is designed to make you love exercise!! You'll get an effective aerobic workout that will keep you coming back for more! Each class is 1-hour of caloric-burning, body-energizing movements. The Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Wear aerobic sneakers or court shoes—sneakers with a lot of tread on the bottom are not recommended. Bring water bottle. *Kate Mellecker www.katespowerhouse.com*

SHAKE YOUR SOUL

WHO: Age 14-Adult

WHEN: Fridays, 6:45-8:00 pm

Sept. 23, Oct. 21, Nov. 18, Dec. 16, Jan. 13, Feb. 10, Mar. 9, Apr. 6, May 4, June 1

WHERE: 1835 Town Hall

FEE: \$12/day if you pre-register \$15.00 drop-in

Shake Your Soul/Kripalu Yoga Dance class- This fun and easy a cardiovascular workout helps you de-stress, tone, and strengthen. This class includes warm up, instructor led dance movements, time for creative self-expression, and yoga type stretching. Be inspired by great music from around the world, tune into yourself, find your natural rhythm, and connect with joy! *Instructor Denise Welsh.*

WOMEN'S SELF DEFENSE COURSE (R.A.D. SYSTEMS)



WHO: Woman 18+

WHEN: Fridays, January 20, 27, February 3, 10; 6:00-9:00pm

WHERE: 1835 Town Hall

FEE: \$95.00/12 hours

"R.A.D. systems is a program of realistic self-defense tactics and techniques for women. This comprehensive class is designed only for the use of Women and has become an international standard for women's basic self defense. This course will not only give you the tools to protect yourself, but will boost your confidence, and make you more aware of possible dangers." The course is open to all, but we strongly urge women who are attending, or will be attending college to take this course. *Instructors Travis Hunt and Peter DiMaio, WomensDefense@yahoo.com*

***No pro-rate for exercise programs unless approved by the instructor**



KICKBOXING WORKOUT

WHO: Teen -Adult

WHEN: Tuesdays 6:30– 7:30 pm -OR- Fridays 9:30-10:30 7 week sessions

Session I: Sept. 13/16-Oct. 25/28;

Session II: Nov. 1/4- Dec. 13/16;

Session III: Jan. 3/6-Feb. 14/17;

Session IV: Feb. 28/March 2- Apr. 10/13;

Session V: Apr. 24/27- June 5 / 8

****7 weeks- \$80.00/Tuesday or Friday**

*****\$150/7weeks if you sign up for both Tuesday & Friday classes**

WHERE: 1835 Town Hall

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$80/\$150.00	\$90/\$150.00

A great way to mix up your cardio routine and blast body fat and calories! Workout to upbeat music and release stress with a combination of punching and kicking moves designed to tone slim, and transform your body! Build endurance, coordination, and power! Wear comfy clothes and sneakers- bring a water bottle. "Cool down"- abs and stretch at end of class. Instructor is Judy Potter- jmpotter@comast.net

GENTLE YOGA

WHO: Age 14– Adult

WHEN: Thursdays 10:30-11:45AM 7 week sessions

Session I: Oct. 6- Nov. 17;

Session II: Dec. 1- Jan. 26(no class 12/22 or 12/29)

Session III: Feb. 2-Mar. 22 (no class 2/23);

Session IV: Mar. 29- May 17 (no class 4/19)

7 weeks- \$70.00

Drop-in: \$13.00/class

WHERE: 1835 Town Hall

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$70.00	\$80.00



Find flexibility, balance and strength, using props (blocks, straps, and walls) when needed. This is a slow to moderate Hatha Yoga class is good for beginners, those with injuries or restrictions, and also a nice routine for just about anybody. Warm-up with floor stretches, some standing postures, followed by time for a meditative relaxation/ Savasana. Bring mat, towel or blanket, and water. Instructor Denise Welsh

FITNESS YOGA

WHO: Age 14– Adult

WHEN: Thursdays 6:30-7:45 PM

Session I: Oct. 6-Nov. 17 (no class 11/10) 6 wks;

Session II: Dec. 1-Jan. 26(no class 12/22, 12/29) 7 wks

Session III: Feb. 2-Mar. 22 (no class 2/23) 7 wks;

Session IV: Mar. 29- May 17 (no class 4/19) 7 wks

6 weeks- \$60.00

7 weeks- \$70.00

Drop-in: \$13.00/class

WHERE: Chocksett Middle School Auditorium

FEE	COST UP TO 1 WEEK BEFORE START OF PROGRAM	COST 1 WEEK PRIOR TO START OF PROGRAM
	\$60.00/\$70.00	\$70.00/\$80.00

Get in shape and tone arms, legs, butts, and bellies! In this fairly vigorous class, we practice a routine of Sun Salutations and standing poses, developing core strength, balance and flexibility. Includes warm-up, floor stretches, inspirational music, and time for a meditative relaxation/savasana. Join Instructor Denise Welsh .

Y.A.H.O.O. : You can make a difference!

Y.A.H.O.O. – A fun way to make an impact on your community. YAHOO is a volunteer opportunity where young adults gather on Saturday mornings to assist Sterling seniors in yard work in Spring and Fall. Students (grades 7-12) and parents who are interested in joining or re-joining YAHOO can get a registration form at www.sterlingyahoo.org, the Conant Library or the Recreation Department. **October 22-Fall session for Y.A.H.O.O. begins.**

***Registration deadline for students/parents is October 16! Always need Parents too!!!**



Any questions contact Sean McDonough 774-245-1463

CARDS **CRIBBAGE FOR ALL**



WHO: Cribbage players of all ages
WHEN: Thursday 7:00pm **Session I:** January 12-February 9, 2012 (5 weeks)
Session II: February 16-March 15, 2012 (5 weeks)

WHERE: 1835 Town Hall
FEE: \$15.00 pp/session

Come join us for a fun five or ten weeks of card playing where you can test your basic math skills, draw the perfect hand, and enjoy all the delicious appetizers. Teams of two will be formed to play six games per night. Prizes awarded at the end of the 5 weeks!

ITALIAN LANGUAGE INSTRUCTION

WHO: All ages
WHEN: Tuesday, October 4th 6 weeks 5:45-6:45pm
WHERE: 1835 Town Hall
FEE: \$110.00/person for 6 weeks



Italian Language instruction for beginners to advance level with *Mario Balducci*. Text book not included in cost.

BOATING **YOUTH-ADULT**

***ALL REQUIRED EQUIPMENT AND INSTRUCTION IS PROVIDED BY STILLRIVER
OUTFITTERS, INC. FOR ALL THE PROGRAMS LISTED
ALL PROGRAMS ARE HELD RAIN OR SHINE UNLESS NOTIFIED BY
INSTRUCTOR**

FALL FOLIAGE KAYAK TRIP ON THE CONCORD RIVER **Saturday, October 8 from 3:00-6:00pm**

COST: \$75.00 pp over age 15; \$40 pp ages 6-15; 5 & under Free

Enjoy the beauty of fall in New England from a different perspective. An experienced guide will lead you down the historic Concord River at a leisurely pace. No experience is necessary. All ages are welcome. Directions will be sent a couple of days before the trip. Be sure to provide an e-mail address at which you can be contacted.

INTRODUCTION TO KAYAKING

WHO: **Session I:** Youth ages 10-15
Session II: Ages 16- ADULT
WHEN: Fridays, September 23, 30 & October 7
Session I: 3:30-5:30 **Session II:** 5:30-7:30pm



WHERE: Sholan Beach
FEE: \$90.00

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in stable "recreational" kayaks. This instructional programs' introduction to safe and efficient paddling is relevant for learning the foundation skills for paddling all types of kayaks. This course is designed for adults, but children ages 10 -15 are welcome to participate with a parent.

MOMMY/DADDY AND ME KAYAKING

WHO: Parent and child between 1-5
WHEN: Fridays, September 23, 30 & October 7 2:00-3:30pm
(three 1 1/2-hour sessions)

WHERE: Sholan Beach
FEE: \$100.00/adult/child pair, \$80.00/accompanying adult

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parent's legs in the kayak's cockpit. This class is appropriate for parents and their child between 1 and 5.

TRIPS **CELEBRATION TOURS**

October 16 -WHITE MOUNTAIN RESORT-SUNDAY GRAND BUFFET -(SUNDAY)All-You-Can-Eat Grand Sunday Buffet Brunch at the beautiful White Mountains Resort. One-hour ride on the Conway Railroad; time for shopping in the North Conway Village.....\$89.00 pp

November 19 NEW YORK CITY HOLIDAY SHOPPING (Saturday) Full day to browse "the Big Apple" at your leisure! Escorted. \$69 pp

December 2 2011 HOLIDAY POPS- (Friday) Kick off your holiday season with Keith Lockhart, the Boston Pops, and vocal powerhouse Rockapella! Dinner buffet included at Davenports and 8:00pm performance at the Providence Performing Art Center. \$159 pp

December 4 CHRISTMAS IN NEWPORT (Sunday) Admission to 2 Historical mansions, ten-mile scenic coastal drive of Newport, brunch at the Atlantic Beach Club, and LaSalette Shrine lighting display. \$89 pp

December 3-4 NEW YORK CITY Featuring Radio City Music Hall Christmas Show & Holiday Shopping on Canal Street-(Saturday/Sunday) Accommodations at the Hilton Garden Inn, located in Ridgefield Park, NJ.or similar. \$369.00 pp/twin basis

December 4-6 ATLANTIC CITY/NEW YORK CITY featuring Radio City Music Hall Christmas Show (Sunday/Tuesday) Accommodations at the Tropicana Hotel & Casino. \$319 pp/Twin basis.

December 18 CIRQUE DREAMS 'HOLIDAZE' (Sunday Day Trip) An International cast of over 30 multi-talented and brilliantly costumed artists come to life and perform astonishing feats of disbelief. Original music, spectacular costumes in a setting of gigantic gifts, colossal candy canes and 30 foot towering soldiers. Brunch buffet included at Café Paragon. \$149.00 pp

COLLETTE VACATIONS

HAWAIIAN ADVENTURE - MAY 10-19, 2012 Three Islands featuring Oahu, Kauai, and Maui with 2-night Big Island Post Tour Extension. Highlights include Pearl Harbor, Waikiki Beach, Waima Canyon, Iao Valley Monument to name a few. Book by 11/10/11 for lower rates double is \$4,049/pp Additional 150 pp after 11/10/11.

NORTHERN NATIONAL PARKS- SEPTEMBER 7-14,2012 Included in the price: Round Trip Air from Logan international Airport, Air Taxes and Fees/surcharges of \$50.00(subject to increase). This 8-day trip will take you from Boston to Salt Lake City, Utah, Jackson Wyoming, Yellowstone National Park, Grand Teton National Park, Blackfoot, Idaho and Pocatello. You will enjoy days of delightful sightseeing of the United States, fantastic restaurants, and more. Brochures and Registration forms are also available in the Recreation Office. cost is: \$1,999.00 if you book before 3/7/2012 for a double occupancy/pp

SUNNY PORTUGAL- NOVEMBER 2-11, 2012 Price includes Round trip overnight flight to Cascais where you will begin this fantastic 10 day trip. Some of the highlights you will visit is Jeronimo's Monastery, Fatima, Folkloric Fado Dinner Show, Cape of St. Vincente, Winery and many more beautiful stops. Save \$100/pp is you book before 5/2/2012, Prices start at \$2649/pp/double

To register: Go on line to www.sterling-ma.gov click on Recreation Department and then trips, download form and mail to the Recreation Office, 1 Park Street Sterling 01564 or register at the Recreation Office, 1835 Town Hall. All motorcoach tours include round-trip chartered motorcoach (lav- & video- equipped), escort throughout, and all taxes & admissions. Luggage handling (where applicable). Customary gratuities to escorts and drivers not included. Detailed flyers for all tours at your Recreation Department Office or on line at www.sterling-ma.gov click on Recreation Department- trips

November 9- SENIOR CITIZEN TRIP TO FOXWOODS (Wednesday). Leaving Sterling Senior Center at 8:00am and return by 3:30pm. Free buffet at 11:00am, \$10 keno play, and round trip accommodations. Reservations must be received by **November 1**. Contact Pam and Rick Dell at 978-422-8863.



FAMILY NIGHT AT THE CELTICS: DATE AND TIME TBD. CONTACT THE RECREATION OFFICE LATE OCTOBER FOR THE GAME AND TO PURCHASE TICKETS.

**STERLING RECREATION
REGISTRATION FORM 2011-2012**

Complete this form for all programs with the exception of Winter Youth Basketball, Ski/Snowboard, Pre-school Pakachoag Music School, and Trips. Forms are available at the Recreation Office, the Conant Library and may be downloaded from our web site at www.sterling-ma.gov.

PLEASE PRINT

Participants Name: _____

Address _____

Home Phone: _____ Work/Cell Phone _____

E-Mail: _____

Complete if under 18: Age _____ Grade _____ Gender _____

Parent(s) Name: _____

Emergency Contact - other than parent:

Name: _____

Phone Number: _____

Please list any physical limitations/restrictions and/or medications being taken: _____

WAIVER in consideration of this application, I or my child hereby release, discharge and/or indemnify the Recreation Director, Recreation committee, staff, and/or volunteers, the Town of Sterling and its' elected officials of any liability related to the operation of this program. I hereby give my consent for emergency medical care prescribed by a licensed Doctor of medicine or Doctor of Dentistry. It is possible that pictures will be taken during classes. I agree that pictures taken during program hours could potentially be used for promotional purpose.

Signature _____ **Date** _____

Signature of participant (or parent/guardian if under 18)

WAIVER MUST BE SIGNED TO PARTICIPATE IN PROGRAMS

PROGRAM TITLE	DATE/SESSION	TIME	COST	One week before start
				<u>of program</u> <u>COST</u> additional \$10.00

Checks payable to **TOWN OF STERLING** Mail forms to Sterling Recreation, 1 Park St., Sterling, Ma 01564 or drop off at 31 Main Street, 1835 Town Hall located in the center of Sterling

For office use only: Date _____ Amount _____ Check # _____

