

## ADULT AND TEEN FITNESS

**FLAT ABS** – Susan Robbins & Deb Aukstikalnis  
Classes are offered Monday 7-8pm, Wednesday 9-10am  
Thursday 7-8pm and Friday 9-10am.

Classes begin Wednesday Sept. 7th @ 1835 Town Hall

I: Monday session 9/12—12/12 \$156 /13wks.

II: Wednesday session 9/14—12/14 \$156/13wks.

III: Thursday session 9/15-12/15 \$156/13wks.

IV: Friday session 9/9—12/16 \$156/13 wks

\*NEW\* Get Healthy 101– From Couch Potato to feeling  
Great! (see details in Recreation brochure) 1 hour

Mondays– 5:45pm and Fridays 10:15am Cost: \$156

**YOGA** – 1835 Town Hall- Instructor Gina Engel  
Wednesday nights 5:30-6:30pm

Cost \$ 70/ 7 week session or \$13/ drop in

Session I— Sept. 14th—Oct. 26

Session II—Nov. 2nd—Dec. 21

Continues 7 wk. sessions through June 2012

**FITNESS CLASSES**- Instructor Denise Welsh

**FITNESS YOGA** Thurs. 6:30 – 7:45pm

Chocksett Middle School

Cost \$ 70/ 7 week session or \$ 13 drop in

Session I: October 6th - November 17th (Thursdays)

Session II: December 1st– January 26th (Thursday)

Sessions III: February 2nd– March 22nd (Thursdays)

Session IV: March 29th - May 17th ( Thursdays)

**GENTLE YOGA** Thurs.10:30–11:45am

1835 Town Hall

Cost \$ 70/ 7 week session or \$ 13 Drop in

\*\* Session dates are the same as Fitness Yoga\*\*

**SHAKE YOUR SOUL/ KRIPALU DANCE**

1835 Town Hall Cost \$ 15/ class or \$12 for pre-reg

Classes are held: Sept. 23, Oct. 21, Nov. 18, Dec. 16,

Jan. 13, Feb. 10, Mar. 9, Apr 6, May 4, Jun. 1.

\*\*Pre-Register online at [www.denisewelsh.us](http://www.denisewelsh.us)\*\*

**ZUMBA** – Instructor Kate Mellecker 1835 Town Hall

Thursday nights 5:30—6:30pm Cost: \$70

Session I— September 15– October 27 (7 weeks)

Session II—November 3—December 15 (7 weeks)

Continues in 7 week sessions year round.

**KICKBOXING** – Instructor Judy Potter

1835 Town Hall Cost \$ 150/ 2 days or \$ 80 / 1 day

Tues. 6:30pm & Fri. 9:30am Starts September 13th

Program will continue 7wk. Session year round with interest!

**MEN'S PICK-UP VOLLEYBALL** –Chocksett gym

Tuesdays, September 13 \$15/season \$20/non-res.

From 6:30 –9:30 pm \*times subject to change during winter months\*

**MEN'S PICK-UP BASKETBALL** – Chocksett gym

Wednesdays, September 14 \$15/season \$20/non-res.

From 6:30—9:30 pm \*times subject to change during winter months\*

## **HIGH SCHOOL PICK-UP BASKETBALL** –Chocksett

HS Students (residents of Sterling) Mon. 7-8:30pm

December 5—March 26 Cost: \$ 15/ season

Parent's signature needed for those under 18

\*NEW\***TAI CHI**– 1835 Town Hall-

Instructor Joanne Jeneski

Mondays nights 5:30-6:30pm Cost: \$ 80

Session I: Oct. 17—Dec. 7 (no class 10/31)

Session II: Jan. 9— Feb. 27 (no class 2/20)

Classes will continue with interest—Join us for a free class on  
October 3rd!

## YOUTH PROGRAMS

**PRIVATE INSTRUMENTAL LESSONS**–

Instructor– Anne Busby Grades 4 - 8

Wednesday and Thursday 3-7:00 \$25-Reg. Fee \$25/ 1/2hr

Flute, Clarinet & Sax for beginners thru advanced students

Great for students with ambitions for Regional/ District Mu-  
sic Programs.

Instructors will contact students for scheduling.

**KIDS ZUMBA–YOGA** Instructor Kate Mellecker

Grades 1 –8 Mondays 3:45 –4:45 1835 Town Hall

Starts October 3– classes run monthly

Cost: \$35/month (must be paid on the first class of the  
month)

**TENNIS**—Instructors Lorene Washburn & Pat Pavone

Grades 1 & 2 Wednesdays 3:45 - 4:45

Grades 3 & 4 Wednesdays 4:50 –5:50

I: 4 weeks– Sept. 28, Oct. 5, 19, 26 Cost: \$ 60 (Houghton)

II: 6 weeks– Nov. 2, 9, 16, 23, 30, Dec. 7 Cost \$ 80 (1835)

III: 6 weeks–Jan. 11, 18, 25, Feb. 1, 8, 15 Cost: \$ 80 (1835)

IV: 5 weeks– Mar. 7, 14, 21, 28 Apr. 11 Cost: \$ 70 (Hough)

**RED CROSS BABYSITTING** - 1835 Town Hall

Ages 11 – 15 Cost: \$90 From 9:00am—12:00pm

Two Saturdays, November 12th and 19th

## COOKING, CRAFTS, SEWING & MORE

Instructors: Ginny Meade and Rachel Grabek

**COOKING FOR YOUTHS** (Tuesdays)

Cost \$ 100– includes supplies

Session I: Sept. 20 & 27, Oct. 4 & 11 Grades 5-8 3–4:30pm

Session II: Apr. 24 May 1, 8, & 15 Grades 4– 8 3:30—5pm

**HOLIDAY GIFT MAKING**—Grades 5-8 3-4:30

Cost \$ 150– includes supplies

Tuesdays Oct. 25, Nov. 1, 8, 15, 29 & Dec. 6

**CANDY MAKING** -Grades 5-8

Cost \$ 30/ Tuesday Feb. 7th 3-5pm

**SNACK ATTACK**- Grades 5-8 3-4:30pm

Cost \$ 75– includes supplies

January 10, 17, & 24 (Tuesdays)

**LEARN TO QUILT– MAKE A PILLOW** Grades 5-8

Cost \$ 100 / March 6, 13, 20 & 27 (Tuesdays) 3-4:30pm

\*All programs take place at Chocksett School Café .

For all cooking programs please advise if your child has food  
allergies.\*

## OUTDOOR PROGRAMS

**MOMMY/DADDY & ME KAYAKING** –

Sholan Park at East Waushacum Lake

September 23, 30 & October 7 from 2-3:30pm

Costs: \$100/ adult & child pair \$80/ each additional  
adult.

**INTRO TO KAYAKING – ADULT**

Sholan Park at East Waushacum

September 23, 30 & October 7 from 5:30-7:30pm

Cost: \$ 90/ person — kids ages 10-15 welcome w/ parent!

**INTRO TO KAYING-YOUTH**

Sholan Park at East Waushacum

September 23, 30 & October 7 from 3:30-5:30pm

Cost: \$ 90/ person

## LEARN ITALIAN

**ITALIAN LANGUAGE INSTRUCTION** -

Instructor: Mario Balducci 1835 Town Hall

Tuesday nights 5:45—6:45 Starts October 5th (6 weeks)

Cost: \$110.00 Session II: TBA materials not included

## CRIBBAGE FOR ALL

**CRIBBAGES PLAYERS OF ALL AGES!**

1835 Town Hall Begins at 7:00 pm

Cost: \$15 / person / session

Thursdays, January 12– February 9— 5wks

Thursdays, February 16 - March 15— 5 wks

## PRE-SCHOOL PROGRAM

**PAKACHOAG COMMUNITY MUSIC SCHOOL**

1835 Town Hall –Instructor Julie Holston-Quimby

Nurture your child's musical development

Age- birth thru 4 years Mondays 9-9:45 or 10-10:45am

Fall Session: 11 wks– September 26—December 5

Cost \$190/1st child \$145/ 2nd Sibling

Winter Session: 9 weeks January 9—March 12

Cost \$170/1st Child \$125 2nd Sibling

Spring Session: 10 weeks March 26—June 11

Cost \$180/1st Child \$ 135/ 2nd Sibling

Third child or sibling 8 months or less attends FREE!

Register online at [www.pakmusic.org](http://www.pakmusic.org)

## R.A.D.

Instructors: Travis Hunt & Peter DiMaio

R.A..D.- Realistic self-defense tactics and

techniques for woman 18+. Boost your confidence  
and make you more aware of possible dangers.

Session I: Friday, January 20, 27, Feb 3, 10

6:00-9:00pm Cost: \$95.00/12 hrs.

## Y.A.H.O.O.

Forms available library, recreation office & at

[www.sterlingyahoo.org](http://www.sterlingyahoo.org)

Registration deadline October 16

Parents needed—please contact Sean McDonough

774-245-1463 with interest or questions!

## WINTER YOUTH BASKETBALL

Students grades 1 – 8 Chocksett/Houghton Schools  
Grade 1 – Div. I \$75 before Nov. 1, \$85 after  
Grades 2 –5, Div. II and III \$85 before Nov. 1,  
\$95 after.

Grades 6 –8, Div. IV and V \$85 before Dec. 12 or when  
school team has been selected, \$95 after.

Family Cap \$200

Basketball forms are available in the recreation office or  
online at [www.sterling-ma.gov](http://www.sterling-ma.gov). See web site or visit us  
for more information. Preseason games will be held for  
grades 3 and up to assist in the team selection process.

Coaches needed! - If you are interested in coaching, you  
may indicate on your child's registration form. Coaches  
& Asst. Coaches are required to complete CORI forms.

## SKI/SNOWBOARD MT WACHUSETT

### MONDAY AFTER SCHOOL SKI/SNOWBOARD

Grades 3-12 Monday after school from 3:15 –8:00

January 9 (no program 1/17)

Cost \$109 for 6 weeks before 12/1, \$119 after 12/1

Bus transportation from school \$75

6 wk rental Ski \$95, SB \$98 Helmet \$20 Lessons \$54

Century pass may also be used for this program.

Cost before 12/01: Bronze \$239, Silver \$289,

Gold \$539

Forms available at Rec. Office, Schools, Library

**HELMETS STRONGLY RECOMMENDED!**

### SATURDAY SKI/SNOWBOARD

Grades 3-12 Saturdays, Jan 7 from 8:15am– 3pm

Cost \$195 for 7 weeks before 12/1 \$205 after

7 wk rentals Ski \$94, SB \$118, Helmet \$22,

Lessons \$63

Student Gold Century Pass \$499 before 12/01

Forms available at Rec. Office, Schools, Library

**HELMETS STRONGLY RECOMMENDED!**

GPS PASS (ages 6 and older)

### PURCHASE BEFORE NOV. 16

For skiers and snowboarders 6 years and older

Bronze Century Pass: \$239 before 11/16, \$339 after.

Weekdays, non holidays & nights

Silver Century Pass: \$289 before 11/16, \$389 after.

Classic Century plus weekends early/late season

Gold Century Pass: \$539 before 11/16, \$639 after

7 days/nights all season, incl. holidays & school break

Senior Bronze Pass: \$ 239 (65 & older) Weekdays, non-

holidays & nights

REGISTER ON LINE NOW for Century pass:

[www.wachusett.com](http://www.wachusett.com), Mark group as: Sterling GPS.

Coordinator: Judy Janda Forms will be available in  
the Recreation office and the Conant Library

## UPCOMING TRIPS FOR 2011/2012

VERMONT DAY TRIP– September 24th

Cost: \$ 89/per person

WHITE MOUNTAIN RESORT—GRAND BUFFET—

October 16th Cost: \$ 79/per person

NYC HOLIDAY SHOPPING – November 19

Cost: \$ 69/ per person

ATLANTIC CITY/NYC RADIO CITY X-MAS SHOW -

Nov 27– 29 Cost: \$ 319 /per person (Twin)

HOLIDAY POPS—PROVIDENCE PERFORMING ART -

Dec. 2 Cost: \$ 159/ per person (orchestra seats)

NYC HOLIDAY OVERNIGHT—December 3-4

Cost: \$ 369/ per person (Twin)

CHRISTMAS IN NEWPORT—December 5

Cost: \$ 89/ per person

CHRISTMAS IN NEWPORT—December 5

Cost: \$ 89/ per person

CIRQUE DREAMS “HOLIDAZE”- December 18

Cost: \$ 149/ per person

NE PATRIOTS VS BUFFALO BILLS—in Buffalo

1) Niagara Falls Canada 9/23-9/25 Cost: \$ 499/ per person  
(twin)

2) Grand Island NY 9/24-9/26 Cost: \$ 379/ per person (twin)

NORTHERN NATIONAL PARKS - September 7-14

Cost: starts at \$2,099 / double bed

### FAMILY NIGHT:

AT TD GARDENS—BOSTON CELTICS

Visit the Recreation Office or webpage for more details.

Date: TBD (January 2012)

### **SUMMER THANK YOU!**

*Thanks to the Dive Team, Board of Health, the DPW,  
the Police Dept. and the Fire Dept. who support  
recreation and whom without, we could not run our  
programs.*

*Thanks DHJ Construction. Thank you  
Appletown Market, Village Pizza, Sterling Deli and  
Sterling Cultural Council for supporting our summer  
concerts with sponsorships. Thanks to those who  
came out and enjoyed the music and community  
spirit. Thanks to local businessman, Mike Cove, for  
generously providing the Jump House which added  
another fun activity for the Lake Program. Thank  
you, Kate Mellecker, for Zumba at the beach and  
Danielle Mattei for reading to the Lake Program  
Pollywogs. Thanks to SLCTV, you can watch your  
favorite concerts on channel 8! Thanks to our  
talented instructors and summer staff for their  
enthusiasm and commitment. Thanks to the school  
principal & custodians for providing support and  
space in which to run programs.*

**Thank you all for a great summer!**

Register Early to avoid program cancelation!

[http://www.sterling-ma.gov/Pages/SterlingMA\\_Recreation/index](http://www.sterling-ma.gov/Pages/SterlingMA_Recreation/index)

STERLING RECREATION DEPT.  
1 Park Street  
Sterling, Ma 01564

RECREATION FALL PROGRAM LISTINGS 2011/2012

POSTAL PATRON  
STERLING, MA 01564

ECRWSS