

STERLING RECREATION DEPARTMENT FALL-WINTER-SPRING 2014-2015



REGISTRATION BEGINS SEPTEMBER 1st

**Recreation Committee: Chairperson- Jo-Ann Cummings
Jessica Moran, Bob Finizio, Mark Hryniewich,
Heidi Grady, Mike Regan & Kristen Nelson**

**Recreation Department: 1835 Town Hall 31 Main Street
Recreation Department Phone: 978-422-3041
Fax: 978-422-0289**

**E-mail: recreation@sterling-ma.gov
Town Web Page: www.sterling-ma.gov
SOMETHING FOR EVERYONE**

**The Sterling Recreation Department is pleased to present the
Fall/Winter/Spring Program Calendar for 2014-2015.**

**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.

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.



Thank You

- **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.
 - 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 Principal Tony Cipro** and the **Staff at Houghton Elementary and Chocksett Middle Schools**, for their cooperation in scheduling Recreation programs at the schools.
- Summer Concerts: The Sterling Chapter of the Massachusetts Culture Council , Minuteman Road Club, Village Pizza & More, Open Door Real Estate, Don-Jo Manufacturing, DMH Electrical Contractors, Inc., Century 21 Center Home Team, M.J. Flanagan Insurance Agency, Barbara & Kim Hines REMAX, Bib's Auto Repair, Paula Meola Dance & Performing Arts, Sterling Veterinary Clinic, Harvest Grille, Rittenhouse School of Music & Art, Champion Kennels, Inc., R.J. Janda Plumbing & Heating, Pandolf-Perkins Company, Leominster Credit Union, Lilac's of Sterling.**
- **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.
 - 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

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 & COORDINATORS

PROGRAM	INSTRUCTOR	E-MAIL or WEBSITE	PHONE
Play-Well TEKnologies LEGO Engineering	Play-Well Representative	Play-well.org	978-422-3041
Worcester County Tennis Academy	Lorene Shanley	lilie141@aol.com	774-364-0137
Children's/Pre-School Art	Suzanne Hauerstein	suzhau@gmail.com	978-563-1278
The Head to Toe Workout Wake up to Boot Camp	Susan Robbins	susanrobbins@verizon.net	978-257-9067
Adult Boating	Still River Outfitters	www.stillriveroutfitters.com	
Drive Pre-School Soccer	Jared Quinn Stephen Godbout	Drive.soccer@yahoo.com	508-954-2684 978-855-3817
Men's Basketball	Greg Frantz	celtfins@yahoo.com	
Monday After School Ski & Snowboard Program/ GPS Program	Recreation Office	Recreation@sterling-ma.gov	978-422-3041
Music Together- Pre-school Pakachoag Music	Julie Holston Quimby	www.pakmusic.org	508-791-8159
Saturday Ski/Snowboard Program	John Sanders	sanders.work@gmail.com	978-422-5161
Winter Youth Basketball/ High School Pick-Up Basketball/ Cribbage	Recreation Office	recreation@sterling-ma.gov	978-422-3041
Y.A.H.O.O.	Rich Lane	www.sterlingyahoo.com	
Fitness/Gentle Yoga	Denise Welsh	denisewelsh7777@gmail.com	508-612-7777
Naga Fitness Classes	Gina Engel	Inderjit-Kaur@comcast.net	978-660-4309
Cooking & Sewing	Ginny Meade	Ginny_meade@wrsd.net	978-422-6552
Bootybarre Kids Zumba Yoga	Kate Mellecker	katem@katespowerhouse.com	978-514-2193
Beginner's Line Dancing	Pat Davidson	iluve2dance46@hotmail.com	508-450-1335
Heal(th) from the Inside Out Workshops	Karen Lilley	klilley71@comcast.net	978-563-1477
Sports/T-Ball/Basketball Squirts	U.S. Sports Institute	www.ussportsinstitute.com	

WINTER YOUTH BASKETBALL

AGES: Students in Grades 1-8

TIMES: 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: \$95.00/player Family Cap (3+): \$240.00/per family **A \$10.00 Late fee after November 1 for division I, II, & III**

DIVISION I– Co-ed; Grade 1. Instructional with skill work. Games on Saturday mornings at 8:00 am or 9:00am & every other Wednesday

DIVISION II–Co-ed; Grades 2 & 3. Skill work and games with emphasis on instruction. Practice/games two times per week. Meet on Saturday mornings, or Monday, Wednesday or, Friday evenings.

DIVISION IIIG– Girls; Grades 4 & 5. Practice/games, two times per week-Tuesday or Wednesday evenings and some Saturdays. Some games may be played in West Boylston on Saturdays.

DIVISION IIIB-Boys; Grades 4 & 5. Practice/games two times per week, Tuesday evenings and Saturday mornings.

DIVISION IV– Girls; Grades 6-8. Practice/games two times per week-Thursday and some Friday evenings.

Some games will be played in W. Boylston on Saturdays.

DIVISION V– Boys; Grades 6-8. Practice/games two times per week –Thursday and Friday evenings.

***Days for practices/games for divisions II- V are subject to change depending upon gym availability and school schedule**

PRESEASON GAMES: Divisions II, IIIG, IIIB, IV, and V will be held to assist coaches in the team selection process. (see dates below)

**** PLAYERS MUST BE REGISTERED PRIOR****

**** PLAYERS MUST ATTEND ONE PRESEASON GAME NIGHT****

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 10th** (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

BASKETBALL COACHES AND ASSISTANTS

REGISTER BY OCTOBER 17TH 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:

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

Wednesday, November 5- Play Night for Division II at Houghton Gym

- Grade 2 5:30-6:00 Last Name A-K 6:00-6:30 Last Name L-Z
- Grade 3 6:30-7:00 Last Name A-K 7:00-7:30 Last Name L-Z

Wednesday, November 5 – Pre-season games for Division III B & III G

(Child only needs to attend the Nov. 6th or the Nov. 7th)

- Division III Boys Chocksett Gym 6:00 pm Grade 4 Grade 5: 6:45 pm
- Division III Girls Chocksett Gym 7:30 pm Grade 4 & 5

Thursday, November 6 – Pre- season games for Division III B & III G

- Division III Boys Chocksett Gym 6:00-6:30pm Grade 4 Grade 5: 6:30-7:00pm
- Division III Girls Houghton Gym 6:00-7:00pm Grades 4&5

Wednesday, November 12 - Coaches meeting for Division I at 6:00 pm & Division II at 6:45 pm at Rec Office-31 Main St

Thursday, November 13 - Coaches meet at 6:00 to draft teams for Division IIIB & IIIG at Rec. Office-31 Main St

Saturday, November 15 – Division I, II, IIIB & IIIG season begins

November 26-30-Thanksgiving Break

Thursday, December 4- Pre-Season Games for Division IV & V

- Division V 6:00 pm – Grade 6 Chocksett Gym 6:45 pm – Grade 7&8 Chocksett Gym
- Division IV 6:30 pm - Houghton Gym

Friday, December 5 – Pre-Season Games Division IV & V

(Child only needs to attend the December 5th or December 6th)

- Division V 6:00 pm – Grade 6, 7, & 8- Chocksett Gym
- Division IV 6:00 pm – Houghton Gym

December week of 8 – Games Begin for Division II, III G, & III B

Wednesday, December 10 – Coaches meeting at 6:00 to draft teams for Division IV & V – Rec. Office-31 Main St.

Thursday, December 11 - Division IV & V Season starts

Saturday, December 13– Pictures for Divisions I, II, & III (times to be announced)

December 24 – January 2 – Christmas Break – School Closed

Monday, January 4– Program Resumes

Thursday, January 15 – Games begin for Divisions IV & V

Thursday, January 15 – Picture for Divisions IV & V (times to be announced)

Week of February 7- last week for division I, II, III G & III B play-off schedule on team schedule

February 16-21 – School Closed for Winter Break

March 9 – Play-offs and last week for Division IV & V

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.

SKI & SNOWBOARD PROGRAMS

at Wachusett Mountain

[Register for these programs at www.wachusett.com](http://www.wachusett.com)

MONDAY AFTER SCHOOL SKI & SNOWBOARD

Must register through the Recreation Department

AGES: Students in grades 3-12

DATES: Mondays, January 12-March 2 (no program on 1/19, 2/16)

TIME: 3:15- 8:00pm

FEE: Six week pass is \$115.00 -before 12/2* ; \$125 as of 12/2* -- this pass is only valid for the 6 weeks of the program Season Pass may be used for this program. Student rates for Season Pass: Bronze-\$249, Silver-\$299, Gold-\$539 (all GPS rates are an additional \$100 as of (12/2*))

ADDITIONAL:

-Optional Transportation: \$75.00 payment to Sterling Recreation Dept

-Equipment Rental (for 6 weeks): Ski—\$97 Snowboard—\$99 Helmet—\$20*strongly recommended*

-Lessons (for 6 weeks): Ski or Snowboard—\$60 Freestyle Upgrade — \$30 Insurance—\$25

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. Bus riders MUST be signed-out before 7:00pm if being picked-up from the mountain.

SATURDAY SKI & SNOWBOARD

PLEASE INQUIRE IF INTERESTED. THIS PROGRAM NEEDS A MINIMUM NUMBER OF PEOPLE TO RUN.

AGES: Students in grades 3-12

DATES: Saturdays, January 10-February 14

TIME: 8:15am-3:00pm

FEE: Seven week lift badge- \$216.00 before 12/2*; \$226.00 as of 12/2*-- this pass is only valid for the 7 weeks of the program—8:00-4:00pm Season Pass may be used for this program. Student rates for Century Pass: Bronze-\$249, Silver-\$299, Gold-\$539 (all GPS rates are an additional \$100 as of (12/2)*)

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

ADDITIONAL:

-Equipment Rental (for 7 weeks): Ski—\$115 Snowboard—\$115 Helmet—\$22*strongly recommended*

-Lessons (for 7 weeks): Ski or Snowboard—\$76 Freestyle Upgrade — \$30 Insurance—\$25

GPS PASS (GREATEST POSSIBLE SAVINGS)

PRICES NOW THROUGH NOVEMBER 19th

*Bronze Century Pass is	\$249.00	AFTER NOVEMBER 19th	\$349.00
*Silver Century Pass is	\$299.00	AFTER NOVEMBER 13th	\$399.00
*Gold Century Pass is	\$539.00	AFTER NOVEMBER 13th	\$639.00

5 class Lessons \$125; Ski Rental Pass \$179; SB Rental Pass \$179; Freestyle Upgrade \$30

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

Century pass	Week-days (Mon-Fri) Except holidays & school breaks	All Nights (Mon-Sun) Including: weekends, holidays & school breaks	Weekends (Sat-Sun) Early & Late Season	Weekends (Sat-Sun) All Season	Holidays & School breaks
Gold	X	X	X	X	X
Silver	X	X	X	\$20 OFF LIFT TICKET	\$20 OFF LIFT TICKET
Bronze	X	X	\$15 OFF LIFT TICKET	\$15 OFF LIFT TICKET	\$15 OFF LIFT TICKET

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

YOUTH SPORTS & FITNESS FUN

AFTER SCHOOL TENNIS at HOUGHTON

by Worcester County Tennis Academy

AGES: Grades 1-4

DATES: Wednesdays

Session I: Sept. 24-Nov. 5 (no 10/22)	6 weeks	\$ 100	Houghton Gym
Session II: Jan.7-Feb.11 (no 1/28)	5 weeks	\$ 85	*1835 Town Hall*
Session III: Feb. 25-Apr. 8 (no 3/4, 4/1)	5 weeks	\$ 85	Houghton Gym
Session IV: Apr. 29-Jun. 10 (no 5/6)	6 weeks	\$100	Houghton Gym

TIMES: 4:00-5:00pm

The Worcester County Tennis Academy is designed for children of all ages. The program provides all the appropriate equipment to conduct the lessons indoors. The primary focus is on basic stroke production. The students will learn the fundamentals of the forehand, backhand, volley and serve with emphasis on correct grips & techniques. The goal is to make tennis fun and challenging at the same time! Instructor is tennis Pro- Lorene Shanley

AFTER SCHOOL TENNIS at CHOCKSETT

by Worcester County Tennis Academy

AGES: Grades 5-8

DATES: Mondays

Session I: Sept. 22-Oct. 27 (no 10/13)	5 weeks	\$ 85	Chocksett Gym
Session II: May 4-June 8 (no 5/11, 5/25)	4 weeks	\$ 65	Chocksett Gym

TIMES: 3:10-4:10pm

The Worcester County Tennis Academy is designed for children of all ages. The program provides all the appropriate equipment to conduct the lessons indoors. The primary focus is on basic stroke production. The students will learn the fundamentals of the forehand, backhand, volley and serve with emphasis on correct grips & techniques. The goal is to make tennis fun and challenging at the same time! Instructor is tennis Pro- Lorene Shanley

KIDS ZUMBA/YOGA

AGES: Grades 1 and up

DATES: Thursdays

I: Oct. 2– Oct. 23 • II: Oct. 30-Nov. 20 • III: Dec. 4– Jan. 8 (no 12/25, 1/1) IV: Jan. 15-Feb. 5 • V: Feb. 12– Mar. 12 (no 2/19) • VI: Mar. 19-Apr. 9 • VII: Apr. 16-May 21 (no 4/23, 5/7) VIII: May 28-Jun. 18

TIME: 4:00-5:00pm

WHERE: 1835 Town Hall

FEE: \$35/ session MUST BE PAID ON THE 1ST CLASS

Each 1 hour class begins with 30 minutes of Zumba. 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 (relaxation time). 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 www.katespowerhouse.com

Play-Well TEKnologies with LEGO®

PRE-ENGINEERING

AGES: Grades K-2

DATES: APRIL VACATION: Apr. 20-24

TIMES: 9:00am-12:00pm

WHERE: 1835 Town Hall

FEE: \$140.00

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes & motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. Child should bring a snack and drink.

ENGINEERING FUNDAMENTALS

AGES: Grades 3-5
DATES: APRIL VACATION: Apr. 20-25
TIME: 1:00- 4:00pm
WHERE: 1835 Town Hall
FEE: \$140.00

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. Children should bring a drink and snack each day.

ARTS, COOKING & CREATIVITY

COOKING

AGES: Grades 5-8
DATES: Tuesdays
 Session I: Sept. 23– Oct.14 **Session II:** Nov. 18-Dec. 9
 Session III: Mar. 3–24 **Session IV:** Apr. 14– May 12
TIMES: 3:00-4:30pm
WHERE: Chocksett Middle School Cafeteria
FEE: \$115

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: Ginny & Connor Meade **advise instructors of any food allergies**

SEWING

AGES: Grades 5-8
DATES: Tuesdays Jan. 6-20
TIMES: 3:00-4:30pm
WHERE: Chocksett Middle School
FEE: \$95

Learn the basics of quilting via hand and machine sewing. Make fun final products to show & share with family!

Instructor Ginny Beaudin-Meade. Children should bring a snack & water bottle.

AFTER SCHOOL ART STUDIO

AGES: Grades 1-4
DATES: Tuesdays
 Fall: Sept. 16-Oct. 14
 Winter: Feb. 10– Mar. 17 (no 2/17)
 Spring: Apr. 28-May 26
TIMES: 4:00-5:30pm
WHERE: Houghton Elementary School
FEE: \$60

This class covers it all! Each week you will explore different art making techniques and supplies to create new projects such as oil pastel portraits, acrylic painting and the color wheel, bookbinding and paper making, and printmaking with found objects! Instructor Suzanne Hauerstein

JELL-O PRINTS WORKSHOP

AGES: 7-11
DATES: Tuesday November 11
TIMES: 10:00am-12:00pm
WHERE: 1835 Town Hall
FEE: \$25

Back by popular demand! Get creative using Jell-O as your printmaking plate! Using found objects, cut paper, printmaking inks and Jell-O you will create colorful, one-of-a-kind prints! Instructor Suzanne Hauerstein.

HOLIDAY GIFTS WORKSHOP

AGES: 4-6 & 7-10

DATES: Saturday December 6

TIMES: Ages 4-6: 10:00am-12:00pm Fee: \$25
Ages 7-10: 1:00-3:00pm Fee: \$25

WHERE: 1835 Town Hall

Your child will create unique gifts to give to the special people in their life. Students will hand-craft holiday cards, make domino necklace pendants, a mini felt pillow and hand-printed wrapping paper. Instructor Suzanne Hauerstein.

CREATIVE VALENTINE WORKSHOP

AGES: 6-10

DATES: Tuesday February 3

TIMES: 4:00-5:30pm

WHERE: 1835 Town Hall

FEE: \$18

Your little Valentine will use felt to make a heart ornament, rose necklace pendants, hand painted heart banner & glittery Valentine cards. Instructor Suzanne Hauerstein.

TEEN & ADULT PROGRAMS

HEAL(th) FROM THE INSIDE OUT WORKSHOPS

AGES: 16+

DATES: Change Your Energy: Saturday November 8
EFT: Saturday December 6

TIMES: 10:00am-12:15pm

WHERE: 1835 Town Hall

FEE: \$30 per workshop

Change Your Energy, Change Your Life: When your energy is good, life is good. We are our best physically and mentally when our life energy is unobstructed and flowing freely. The stress we experience in our daily lives disrupts the natural flow in our bodies and can create physical discomfort and disease. Learn an easy 12 minute daily energy balancing routine. Karen uses kinesiology to determine which energies are in balance and demonstrate the power of these exercises and centered and will have a clear handout for you to use as you practice at home. Instructor: Karen Lilley, LMHC has a private psychotherapy practice in Northborough

EFT: Introduction to EFT-the Emotional Freedom Technique. Every Emotion we experience is created by a thought-negative or positive. Our thoughts, emotions, and belief systems fuel stress and can create havoc in our mind and body. Perceptions of events and self-limiting beliefs prevent us from living a fully life. With EFT, we can reduce the "charge" on stressors, freeing us up to live with more freedom and clarity. During this introduction to EFT you will witness the powerful effects your thoughts have on your body and your energy. We will practice this easy-to-learn tool and you will receive a handout to use at home. If you would like to learn more about EFT, www.tappingsolution.com is a great resource. Instructor: Karen Lilley, LMHC has a private psychotherapy practice in Northborough

BEGINNER'S LINE DANCING

AGES: 13+

DATES: Wednesdays

I: Sept. 10-Oct. 28

II: Jan. 14-Mar. 3

III: Mar. 18-May 16

TIME: 6:45-8:00pm

WHERE: 1835 Town Hall

FEE: \$75

What is line dancing? Exactly what the name implies: People dancing in lines to music! Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows. Some of the benefits of line dancing include: regular to moderate physical exercise, mental exercise, which can aid in the prevention of age disorders such as dementia, Alzheimer's,...and **most importantly** ITS FUN!!

Instructor: Pat Davidson

NAGA FITNESS with GINA ENGEL

FEE: All classes are \$10/class OR pre-purchase a 10 class card for \$90 *pre-register with Sterling Rec*

WHERE: 1835 Town Hall

WHEN: see times below

MONDAY	TUESDAY	WEDNESDAY	SATURDAY
	Morning Yoga 9:15-10:15am <i>Starting Sept. 30th!</i>	Kettlebells w. Pilates 9:15-10:15am <i>Starting Oct. 1st!!</i>	Kettlebells 8:00-9:15am
Kettlebells 5:45-6:45pm	Crosstrain Fusion 5:30-6:30pm	Beginner/Intermediate Yoga 5:30-6:30pm	Power Yoga 9:30-10:45am
Special Topic & Pricing—see website for more details	Power Yoga 7:00-8:15pm	Kettlebells 7:00-8:00pm	

All classes are taught by Gina Engel, a certified Yoga and Kettlebell instructor, as well as Reiki Master with more than 20 years experience in the fitness industry! Gina is grateful for the opportunity to share the joy of exercising and teaching with her students. Visit Gina's website: www.nagafitness.com for more details! Email her at: Inderjit-Kaur@comcast.net

CLASS DESCRIPTIONS

KETTLEBELLS:

This class is a vigorous, high calorie burning workout which increases strength and cardio fitness while firming and toning your body. Beginners are always welcome!! Kettlebells available for use for beginner students. The Wednesday morning class include some pilates for extra toning & more diversity!

CROSSTRAIN FUSION: Strengthen and tone your arms, abs, butt and legs using a variety of fitness styles including body weight, kettlebells and pilates inspired exercises. In addition to the fun and action packed weekly workout. Gina Engel will draw from her more than 20 years experience in the fitness industry to give effective nutrition tips as well as one exercise to focus on during the week between classes to accelerate your results! Kettlebells available for use for beginner students.

POWER YOGA: this is a vigorous flowing style of yoga which builds strength, burns calories and increases tone and flexibility. Fit beginners welcome. Please bring a mat, water bottle & dress comfortably.

BEGINNER/INTERMEDIATE YOGA: 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! Bring a mat and water bottle, dress comfortably.

INTRO TO STAND-UP PADDLEBOARDING

AGES: 18+

DATES: Friday September 5

TIME: 10:00am-12:00pm

WHERE: Sholan Park

FEE: \$60

Stand-up paddleboarding is just rocketing in popularity. Many describe the feeling as walking on water —imagine using a long canoe paddle to paddle a surf-board. Of course the best way to really understand is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout. Presented by Still River Outfitters. All equipment included. Visit www.stillriveroutfitters.com for more details!

QUICK START YOUR KAYAK

AGES: 18+

DATES: Monday October 20

TIME: 10:00am-1:00pm

WHERE: Sholan Park

FEE: \$75

QuickStart is a brief, three hour introduction to paddling a kayak properly. Students are presented with basic information on terminology, dressing, paddle safety, potential hazards and simple rescues. A minimal paddle skill set is presented and practiced, allowing students to safely and comfortably maneuver on still water. Presented by Still River Outfitters. All equipment included. Visit www.stillriveroutfitters.com for more details!

GENTLE YOGA

AGES: 14+

DATES: Thursdays I: Sept. 11– Oct. 30 • II: Nov. 6-Jan 15. (no class 11/27, 12/25 & 1/1) • III: Jan. 22-Mar.7 • IV: Mar. 26-May 7 • V: May 14-Jun. 25 Sessions I & II- 8 weeks; Sessions III-VII 7 weeks

TIMES: 10:30-11:45am

WHERE: 1835 Town Hall

FEE: \$80/Session I-& II 8 weeks; \$70/Session III-V 7 weeks OR \$13 drop-in/class

This is a slower paced Yoga class in which we spend plenty of time to warm up neck and shoulders, practice basic standing postures and balancing, ending with floor stretches (including hip work) and a 15 minute shavasana (relaxation). Blocks, yoga straps and chairs are available for modifying postures. This class is good for folks with injuries or restrictions (although it's best to speak to your doctor and the instructor to make sure). It is a good class for just about anybody! Instructor Denise Welsh is a Licensed Massage Therapist and has been leading fitness classes with over 18 years experience. Contact her at: www.denisewelsh.us

FITNESS YOGA

AGES: 14+

DATES: Thursdays I: Sept. 11– Oct. 30 • II: Nov. 6-Jan 15. (no class 11/27, 12/25 & 1/1) • III: Jan. 22-Mar.7 • IV: Mar. 26-May 7 • V: May 14-Jun. 25 Sessions I & II- 8 weeks; Sessions III-VII 7 weeks

TIMES: 7:00-8:00pm

WHERE: 1835 Town Hall

FEE: \$80/Session I-& II 8 weeks; \$70/Session III-V 7 weeks OR \$13 drop-in/class

This vigorous Yoga helps with core strength, tone, balance and flexibility. This is an excellent workout for those without restrictions or major injuries. Warm up, practice sun salutes, standing postures and balancing postures, ending with floor stretches and shavasana. Instructor Denise Welsh is a Licensed Massage Therapist and has been leading fitness classes with over 18 years experience. Contact her at: www.denisewelsh.us

HIGH-SCHOOL PICK-UP BASKETBALL

AGES: High School Students

DATES: Mondays Dec.1-Mar.30

TIME: 7:15-8:30pm*

WHERE: Chocksett Middle School Gym

FEE: \$25 resident; \$30 non-resident (must be guest of resident)

Pre-register with the Recreation Department or register at the gym. All registration forms MUST be signed by a parent/guardian if player is under 18 years of age. Players will not be allowed to play without proper registration.

Time and location subject to change during Winter Youth Basketball or early-release days

Coordinator Steve MaCaulay

MEN'S PICK-UP BASKETBALL

AGES: 19+

DATES: Wednesdays Starting Sept. 10

TIME: 6:30-9:30pm*

WHERE: Chocksett Middle School Gym

FEE: \$25 resident; \$30 non-resident

Pre-register with the Recreation Department or register at the gym. Registration must be completed before playing.

Players should wear appropriate shoes and bring a basketball. *Coordinator Greg Frantz celtfins@yahoo.com*

Time and location subject to change due to weather, Winter Youth Basketball & school schedule

WOMEN'S PICK-UP BASKETBALL

AGES: 19+

DATES: Mondays Oct. 20-Mar. 30

TIME: 6:00-7:15pm*

WHERE: Chocksett Middle School Gym

FEE: \$25 resident; \$30 non-resident

Pre-register with the Recreation Department or register at the gym. Registration must be completed before playing.

Players should wear appropriate shoes and bring a basketball. *Coordinator: Sandra Reagan*

Time and location subject to change due to weather, Winter Youth Basketball & school schedule

TOTAL SPORTS SQUIRTS

AGES: 3-5 (adult participation is not required)
DATES: Mondays Sept. 22– Nov. 3 (no 10/13)
TIMES: 10:00-11:00am
WHERE: Memorial Park (1835 Town Hall rain location)
FEE: \$95

The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything. As your child develops a favorite sport, they can then move on to one of our sports specific Squirts classes. As with all Squirts programs, the emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. Presented by U.S. Sports Institute. Visit www.ussportsinstitute.com for more details

BASKETBALL SQUIRTS

AGES: 4-5 with adult participation
DATES: Tuesdays Jan. 20-Mar.10 (no 2/17)
TIMES: 10:30-11:30am
WHERE: 1835 Town Hall
FEE: \$95 before November 1st; \$105 after November 1st *special pricing from US Sports*

With a parent by your child's side, the Parent & Me Basketball Squirts curriculum is designed to improve motor skills and develop your child's technique through a series of fun basketball specific challenges and games. Using proportionately sized basketballs, this program enables you to work with your child to develop skills in passing, dribbling and shooting. Our progressive curriculum has been specifically designed to promote learning and maximize fun! Presented by U.S. Sports Institute. Visit www.ussportsinstitute.com for more details

T-BALL SQUIRTS

AGES: 3-5 (adult participation is not required)
DATES: Mondays Apr. 27– Jun. 8 (no 5/25)
TIMES: 10:00-11:00am
WHERE: Muddy Pond T-Ball Field
FEE: \$95

T-Ball Squirts focuses on the fundamental skills of the game; including hitting, throwing, catching and running the bases. Our progressive T-Ball curriculum enables each child to develop their skills, and understanding of the game. Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities designed to reinforce fundamental skills and incorporate game situations. Presented by U.S. Sports Institute. Visit www.ussportsinstitute.com for more details

Y.A.H.O.O.

Young Adults Helping Out Others

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 can get a registration form at www.sterlingyahoo.org, the Conant Library or the Recreation Department.

Fall Saturdays: 10/25, 11/1, 11/9, 11/16, 11/22 REGISTRATION DEADLINE: October 11, 2014

Spring Saturdays: 4/4, 4/11, 4/18, 4/25, 5/2 REGISTRATION DEADLINE: March 21, 2014

In order for us to truly help our community we need parent volunteers to join us as well!



TRIPS

FOX TOURS DAY TRIPS

All trips depart & return to Shaw's in Clinton, MA

OCTOBER 5 2014 (Sunday): New Hampshire Turkey Train-Traveling north, you'll enjoy the changing colors of sugar maples which signal nature's change of seasons. You'll especially enjoy the beautiful White Mountains area. You'll board the scenic Railroad Dining Car for your train ride, traveling in the scenic woodsy setting. You'll also be served a delicious full course luncheon featuring Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, beverages & ice cream sundae! After the train returns, you'll board your coach for local sightseeing and foliage viewing. TOUR COST: \$82/per person

NOVEMBER 15 2014 (Saturday): New York City Shopping Day-A coffee stop (on your own) will be made along the way. For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's for your convenience. You're on your own to enjoy the 'Big Apple' and see the sights. You can visit one of Broadway's exciting shows, attend one of New York's world famous museums, the Metropolitan Museum of Art, the Guggenheim or similar, or enjoy shopping and sightseeing on Fifth Avenue. New York's the place to be! You'll depart at 6:30 PM from New York City, making a dinner stop (on your own) before returning home after spending a wonderful day in 'The Big Apple. TOUR COST: \$69.00 Per Person

DECEMBER 14 2014 (Sunday): Salem Cross Inn and Bright Nights-Start by traveling to Spencer, MA where you'll visit the Oakwood Farm Christmas Barn, a favorite of New Englanders. This 175 year old barn is filled to the rafters with teddy bears, gifts, Santas and angels which you can view and purchase. Next you'll visit the well renown historic Salem Cross Inn for a delicious full course luncheon. As you enjoy the holiday ambiance of the beautifully decorate Salem Cross Inn, you'll listen to the sounds of Christmas music. You will also enjoy a visit to the Yankee Candle Shop's Bavarian Christmas Village in Deerfield. The time has come to head for the Bright Nights, New England's most elaborate display, where you'll wonder at the artistry of lights. TOUR COST: \$79.00 Per Person

NOVEMBER 22, 2014 (Saturday): FOXWOODS: travel to Foxwoods Resort & Casino in Ledyard, Connecticut where you will receive a delicious Festival Buffet or \$10.00 Food Voucher and a \$10.00 Casino Slot Play. TOUR COST: \$30 Per Person

Visit our website www.sterling-ma.gov for more information and trip registration forms!

CARDS

CRIBBAGE

AGES: All players welcome!

DATES: Thursdays

Session I: Jan. 8-Feb 5.

Session II: Feb. 12- March 12

TIMES: Begins at 7:00pm

WHERE: 1835 Town Hall

FEE: \$20 per player/per 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!

*****EARLY BIRD RATES LISTED*****

\$10 will be added to registration fee received 1 week or less prior to start of the Program/ Non-resident additional \$10

**STERLING RECREATION DEPARTMENT
REGISTRATION FORM 2014-2015**

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 CLEARLY

Participant's Name: _____

Mailing 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. I understand that all participants of the Recreation programs will be respectful of anyone employed by or contracted by the Recreation Department when participating in Recreation sponsored programs. I understand that the Recreation Department will not be responsible for any or all personal items brought to any Recreation Dept. sponsored programs. I understand when I or a designated person signs my child out from a Recreation sponsored program, the responsibility of my child and his/her belongings are my sole responsibility

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	<u>One week before start of program COST additional \$10.00</u>

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 # _____



**STERLING RECREATION WINTER YOUTH BASKETBALL
2014-2015**

Player Name: _____

Home Phone: _____ Work/Cell Phone: _____

Mailing Address: _____ E-Mail: _____

Grade ____ Age ____ Gender: M / F Height ____

CIRCLE T-shirt Size: Children: M L Adult: S M L XL

CIRCLE Division: Div I (grade 1) Div II (grades 2 & 3) Div III G (girls grades 4 & 5)
Div III B (boys grades 4 & 5) Div IV (girls grades 6 - 8) Div V (boys grades 6 -8)

Known allergies or other pertinent medical information _____

Parent name (s) _____

Emergency Contact: _____ Phone Number: _____

I (name) _____ am interested in Coaching ____ Assistant Coaching ____
Coaches: Please register by November 1 for Division I, II and III and November 30th for Division IV and V.

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. I understand that all participants of the Recreation programs will be respectful of anyone employed by or contracted by the Recreation Department when participating in Recreation sponsored programs. I understand that the Recreation Department will not be responsible for any or all personal items brought to any Recreation Dept. sponsored programs. I understand when I or a designated person signs my child out from a Recreation sponsored program, the responsibility of my child and his/her belongings are my sole responsibility

Signature _____ Date _____
Signature of participant (or parent/guardian if under 18) **WAIVER MUST BE SIGNED TO PARTICIPATE IN PROGRAMS**

Division I - \$95 by November 1, \$105 after November 1. (Saturday games and practices)
Division II and III - \$95 by November 1, \$105 after November 1.
Division IV and V - \$95 by November 25, \$105 after November 25 *we will HOLD payment for those trying out for Eagles.
 The Rec Dept. must be notified by 12/2.
Family cap - 3+ children \$240.00
 *No special request will be honored
 *All players must register through the Recreation Department, not with the coach
 *Late registrants will be placed on a wait list if necessary. Each team will be held to 10 players unless all coaches in a division are in agreement to make exception.
 *Division IV & V final date for sign-up is one day after Eagles' teams have been selected.
 *Refund checks will be awarded to any Eagle player that notifies the Rec. office within 2 business days of making the team.
 *Teams will not be selected until the required number of division coaches is available

CHECKS PAYABLE: Town of Sterling

For office use only: Date Received _____ Check # _____ Amount \$ _____

FAMILY FUN

Throughout the year the Recreation Department offers many community programs that are fun for the whole family! Make sure you check the website, Facebook page, and newspapers for more details!

5TH ANNUAL RICK MAYPOTER MEMORIAL ROAD RACE



SATURDAY OCTOBER 4, 2014

5K & Family Fun Walk

Register by Oct. 1st for best price & T-shirt!!

Learn more & register @ www.givelovefight.org



SCARECROW CONTEST

Registration begins October 1st. Scarecrows due by Saturday, October 18th

HOLIDAY TREE LIGHTING

Sunday December 7, 2014

Begins @ 3:30pm

Memorial Park



HOLIDAY HOUSE LIGHTING CONTEST

Registration opens December 8th



BOSTON BRUINS TICKETS

Sunday March 8 @ 7:30pm vs. Detroit Red Wings

\$120/ticket Promenade Seating

Purchase by Dec. 1st *Limited Tickets*

FOXWOODS TRIP

Date TBD



EASTER EGG HUNT



Saturday March 28th

Hunt begins at 12pm sharp

Memorial park

CELTICS TICKETS

Sunday February 2 @ 1:00pm vs. Miami Heat

\$50/ticket Promenade Seating

Purchase by Dec. 1st *limited tickets*

5th Annual



RICK MAYPOTHER MEMORIAL SCHOLARSHIP



Scholarship Info

5K ROAD RACE



Race Info

AND FAMILY FUN WALK

PRE-REGISTER ONLINE AT GIVELoveFIGHT.ORG

WHEN: Saturday October 4th, 2014

8:00 am - Registration begins

9:00 am - Walk begins

10:00 am - 5K Race begins

WHERE: Memorial Park

Located behind The Sterling Fire Department at 5 Main Street, Sterling, MA

FEES:

Pre-register for 5K Race by 10/1/2014: \$30 (includes a T-Shirt)

Register for 5K Race after 10/1/2014: \$35 (does not include a T-Shirt)

Family Fun Walk: \$5 (does not include a T-Shirt)



Photo courtesy of Danielle Ray ~ Legacy Photo

PROCEEDS TO BENEFIT GIVELoveFIGHT.ORG & STERLING'S NEIGHBOR-TO-NEIGHBOR FUND