

STERLING RECREATION DEPARTMENT FALL-WINTER-SPRING 2015-2016



SOMETHING FOR EVERYONE

**Recreation Committee: Chairperson- Jo-Ann Cummings
Bob Finizio, Mark Hryniewich & Heidi Grady**

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

E-mail: recreation@sterling-ma.gov

Town Web Page: www.sterling-ma.gov/Recreation

Programs & Registration: SterlingRec.com

The Sterling Recreation Department is pleased to present the
Fall/Winter/Spring Program Calendar for 2015-2016.

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

Registration is now online! Visit SterlingRec.com to register. Don't want to pay online? No problem! Mail in your registration & payment to 1 Park St. Regular registration forms available at the Rec Dept. 31 Main St. Refund Policy: the Recreation Dept. does not issue refunds when registrants drop out. However, we do issue credits which do not expire and can be used by anyone in the family. Refunds WILL be issued if the Rec Dept. cancels the program. We do NOT reimburse for any Wachusett Mtn. products.

Recreation programs are open to non-residents on a space availability 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 . All other cancellations are at the discretion of the instructor.



- ◆ **To the Summer Lake Team- Lifeguards, Counselors, Director, and Water Safety Instructors**, for their enthusiasm and commitment to providing 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 Principals Tony Cipro and Chris LaBreck** 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 , Village Pizza & More, Open Door Real Estate, Don-Jo Manufacturing, DMH Electrical Contractors, Inc., M.J. Flanagan Insurance Agency, Paula Meola Dance & Performing Arts, Leominster Credit Union, Rota Spring Farm Ice Cream, Hi-Tec Automotive, and Kitchen Associates.**
- **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 TEKologies 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
Drive Pre-School Soccer	Jared Quinn Stephen Godbout	Drive.soccer@yahoo.com	508-954-2684 978-855-3817
Men's Basketball	Greg Frantz	greggfrantz33@gmail.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	
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
Twisted Kids Yoga™	Lindsay Lucarelli	Twistedkidsyoga.com	
Micro Athletics	Knucklebones	Knucklebones.us	617-851-2928
Babysitting Class	Juanita Allen Kingsley	JAllenKingsley@centuryhealth.org	508-651-1786

STERLING REC 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. *TBD* This division will join an out-of-town league to increase competition. Times & locations will be announced when that information is available

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

DIVISION IV– Girls; Grades 6-8. *TBD* This division will join an out-of-town league to increase competition Times & locations will be announced when that information is available

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

***Days for practices/games 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 **Dec. 7** (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 NOVEMBER 1st FOR DIVISION I, II, III & NOVEMBER 24th 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:

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

Monday, November 2 - Play Night for Division II at Houghton Gym

• **Grade 2** 5:30-6:00 Last Name A- 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

Monday November 2 – Pre-season games for Division III B & III G

(Child **only** needs to attend the Nov. 5th or the Nov. 6th)

• **Division III Boys** Chocksett Gym 6:00 pm **Grade 4** 6:45 pm **Grade 5**

• **Division III Girls** Houghton Gym 7:30 pm **Grade 4 & 5**

Tuesday November 3 – Pre- season games for Division III B & III G

• **Division IIIB** Chocksett Gym 6:00-6:30 pm **Grade 4** 6:30-7:00 pm **Grade 5**

• **Division III G** Houghton Gym @ 6:00-7:00 pm

Monday November 9 - Coaches meeting for **Division I** at 6:00 pm @ Rec Office-31 Main St

Coaches meeting for **Division II** at 6:45 pm @ Rec Office-31 Main St

Tuesday, November 10 - Coaches meeting & team draft at 6:00pm for **Division IIIG** @ Rec Office

Coaches meeting & team draft at 6:30pm for **Division IIIB** @ Rec Office

Saturday, November 14 – Division I, II, IIIB & IIIG season begins

November 25-29-Thanksgiving Break

Thursday, December 3- Pre-Season Games for Division IV & V

• **Division V** Chocksett Gym 6:00 pm – **Grade 6** 6:45 pm – **Grade 7&8**

• **Division IV** Houghton Gym 6:00 pm -7:00 pm

Friday, December 4 – Pre-Season Games Division IV & V

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

Division V Chocksett Gym 6:00-6:45 pm – Grade 6, 7, & 8

Division IV Chocksett Gym 6:45 -7:30 pm Grade 6, 7, & 8

December week of 7th– Games Begin for Division II, III G, & III B

Monday December 7th – Coaches meeting & team draft at 6:00pm for **Division IV** @ Rec Office

Coaches meeting & team draft at 6:30pm for **Division V** @ Rec Office

Thursday/Friday December 10/11th - Division IV & V practices start

Saturday, December 19– Pictures for Divisions I, II, & III (times to be announced)

December 24 – January 2 – Christmas Break – School Closed

Monday January 4– Program Resumes

January week of 11 – Games begin for Divisions IV & V

Thursday, January 14 – Picture for Divisions IV & V (times to be announced)

February 8- last week for Divisions I & II

February 15-20 – School Closed for Winter Break

March 7 – Play-offs and last week for Division IV & V

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

SKI & SNOWBOARD PROGRAMS

at Wachusett Mountain Ski Area

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

MONDAY AFTER SCHOOL SKI & SNOWBOARD

Program Code: **STRRM**

AGES: Students in grades 3-12

DATES: Mondays, January 11-February 29 (no program on 1/18, 2/15)

TIME: 3:15- 8:00pm

FEE: Six week pass is \$118.00 -before 12/2 ; \$128 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-\$269, Silver-\$329, Gold-\$559 (all GPS rates are an additional \$100 as of (12/2*))

ADDITIONAL:

-Optional Transportation: \$80.00 payment to Sterling Recreation Dept - purchase in office or at SterlingRec.com

-Equipment Rental (for 6 weeks): Ski—\$100 Snowboard—\$100 Helmet—\$20*strongly recommended*

-Lessons (for 6 weeks): Ski or Snowboard—\$60 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

Program Code: **STRRS**

AGES: Students in grades 3-12

DATES: Saturdays, January 9-February 13

TIME: 8:15am-3:00pm

FEE: Seven week lift badge- \$220.00 before 12/2*; \$230.00 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 Season Pass: Bronze-\$269, Silver-\$329, Gold-\$559 (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—\$118 Snowboard—\$118 Helmet—\$22*strongly recommended*

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

GPS PASS (GREATEST POSSIBLE SAVINGS)

PRICES NOW THROUGH NOVEMBER 19th

*Bronze Pass is	\$269.00	AFTER NOVEMBER 19th	\$469.00
*Silver Pass is	\$329.00	AFTER NOVEMBER 19th	\$429.00
*Gold Pass is	\$559.00	AFTER NOVEMBER 19th	\$659.00
5 class Lessons \$180; Ski/Snowboard Rental Pass \$199			

**other options available--for more information on passes go to www.wachusett.com*

REGISTER ON LINE: Register at www.wachusett.com

Go to Group Sales, Greatest Possible Savings Club - Group is: Sterling GPS; Coordinator: Kristen Dietel

GPS PASS	Weekdays (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

YOUTH SPORTS & FITNESS FUN

AFTER SCHOOL TENNIS for HOUGHTON

by Worcester County Tennis Academy

AGES: Grades 1-4

DATES: Wednesdays

Fall	Sept. 16- Oct. 28	7 weeks	Cost: \$115	Houghton Gym
Winter I	Jan. 13-Feb. 10	5 weeks	Cost: \$85	1835 Town Hall
Winter II	March 2-Apr. 6	6 weeks	Cost: \$100	Houghton Gym
Spring	Apr. 27- June 1	6 weeks	Cost: \$100	Houghton Gym

TIMES: 4:00-5:00pm

The Worcester County Tennis Academy is designed for children of all ages. 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. All equipment provided. The goal is to make tennis fun and challenging at the same time! Instructor is tennis Pro- Lorene Shanley

TWISTED KIDS YOGA at HOUGHTON

By Twisted Kids Yoga™

AGES: Grades 1-4

DATES: Tuesdays Fall: Oct. 6-Nov. 10
Winter: Jan. 5-Feb. 9
Spring: Mar. 1-Apr. 5

TIMES: 4:00-5:00pm

WHERE: Houghton Elementary School Gym

FEE: \$100/session

Twisted Kids Yoga™ offers this child-centric yoga for elementary school students of all abilities and needs. Children enjoy group poses, activities, and movements where they are encouraged to embrace their own unique yoga expressions while supporting their need for physical exploration and nurturing relaxation skills. Students should bring snack and water. Instructor: Lindsay Lucarelli

AFTER SCHOOL TENNIS at CHOCKSETT

by Worcester County Tennis Academy

AGES: Grades 5-8

DATES: Mondays

Fall:	Sept. 14-Oct. 26 (no 10/12, 10/19)	5 weeks	Cost: \$ 85	Chocksett Gym
Spring:	May 16-June 13 (no 5/30)	4 weeks	Cost: \$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. 1– Oct. 29 (no 10/22) • II: Nov. 5- Dec. 3 (no 11/26) • III: Dec. 17-Jan. 21 (no 12/24, 12/31)
IV: Feb. 4-Mar. 3 (no 2/18) • V: Mar. 10-Mar. 31 • VI: Apr. 14-May 19 (no 4/21, 5/12)

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®

LEGO SUPER HEROES

AGES: Grades K-2
DATES: APRIL VACATION: Apr. 18-22
TIMES: 9:00am-12:00pm
WHERE: 1835 Town Hall
FEE: \$140.00

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict. Child should bring a snack and drink.

LEGO SUPER HERO MASTERS

AGES: Grades 3-5
DATES: APRIL VACATION: Apr. 18-22
TIME: 1:00- 4:00pm
WHERE: 1835 Town Hall
FEE: \$140.00

LEGO® Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOPolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict. Children should bring a drink and snack each day.

ARTS, COOKING & CREATIVITY

COOKING

AGES: Grades 5-8
DATES: Tuesdays
 Session I: Sept. 22– Oct.13 **Session II:** Nov. 17-Dec. 8
 Session III: Mar. 1–22 **Session IV:** Apr.5–May 3
TIMES: 3:00-4:30pm
WHERE: Chocksett Middle School Cafeteria
FEE: \$120

Sessions will be four weeks in length and will be thematic. Children will focus on preparation of food with attention to specific techniques. All food prepared will be tested and eaten in the session. Please advise instructors of any food allergies before the session. Instructors: Ginny & Connor Meade

SEWING

AGES: Grades 5-8
DATES: Tuesdays Jan. 5-19
TIMES: 3:00-4:30pm
WHERE: Chocksett Middle School Art Room
FEE: \$100

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.

CANDY MAKING WORKSHOP

AGES: Grades 5-8
DATES: Tuesday Feb. 9
TIMES: 3:00-5:00pm
WHERE: Chocksett Middle School Cafeteria
FEE: \$40

Spend the afternoon making sweet treats and candy to share with friends and family. Students will make a variety of treats to take home. Instructor: Ginny Meade *Please advise instructor of any food allergies

AFTER SCHOOL ART STUDIO

AGES: Grades 1-4
DATES: Mondays
 Fall: Sept. 14-Oct. 19 (no class 10/12)
 Winter: Jan. 25-Feb. 29 (no 2/15)
 Spring: Mar. 14-Apr. 11
TIMES: 4:00-5:30pm
WHERE: Houghton Elementary School Cafeteria
FEE: \$65

This class covers it all! Each week you will explore different art making processes including printmaking, painting, book making, pastels, fiber arts, clay, collage, and sculpture. Repeat students are welcome as each session will be different. All materials provided and are non-toxic. Instructor Suzanne Hauerstein

HOLIDAY ORNAMENT & CARD MAKING

AGES: Grades 1-4
DATES: Monday December 7 & 14
TIMES: 4:00-5:30pm
WHERE: Houghton Elementary School Cafeteria
FEE: \$25

Get in the holiday spirit! Students will create special holiday ornaments and cards using clay, collage, printmaking weaving and painting techniques. All materials included and are non-toxic. Instructor Suzanne Hauerstein.

BABIES, CHILDREN & PRE-SCHOOL PROGRAMS

MUSIC & MOVEMENT for BABIES, TODDLERS, & PRE-SCHOOLERS

By PAKACHOAG MUSIC SCHOOL

AGES: Birth– age 5
DATES: Mondays
 Session I: Sept. 28– Dec. 7 (no 10/12) 10 weeks
 Session II: Jan. 11- Mar. 14 (no 2/15) 9 weeks
 Session III: Mar. 28- June 6 (no 5/30) 10 weeks

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

TIMES: 10:00-10:45 am
WHERE: 1835 Town Hall
FEES:

	FALL SESSION SEPT. 28– DEC. 7 (10 WEEKS)		WINTER SESSION JAN. 11-MAR. 14 (9 WEEKS)		SPRING SESSION MAR. 28-JUN. 6 (10 WEEKS)	
	Pre-Reg Family Tuition	New Family/ Open Reg.	Pre-Reg Family Tuition	New Family/Open Reg.	Pre-Reg Family Tuition	New Family/ Open Reg.
1st child	\$170	\$185	\$160	\$175	\$170	\$185
2nd child	\$110	\$125	\$100	\$115	\$110	\$125

Join Pakachoag Music School for their popular Music Together classes. A great way for babies, toddlers, and pre-schoolers to have energetic fun while developing basic music skills. Song book, CD, and parent guide included with registration. As a participant, your child will not only develop music abilities, but skills for enhanced literacy, memorization, motor development, socialization and more. Lay the foundation for future success with Music Together and Pakachoag. **Register at PakMusic.org**

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

DRIVE PRE-SCHOOL SOCCER

AGES: Pre-School w. parent

DATES: Saturdays

Fall Session: Sept. 12-Oct. 17* there will be make-ups for missed days

Spring Session: Apr. 30– June 11 (no 5/28) * there will be make-ups for missed days

TIMES: 8:00-9:00am

WHERE: Houghton School Fields

FEE: \$75

Drive Pre-school Soccer Clinic will introduce your child to the wonderful game of soccer in a supportive learning atmosphere. Utilizing the parent and child model of soccer instruction, players and parents can expect to learn the fundamentals of the game in a fun environment Sterling residents, longtime teachers and soccer coaches, Jared Quinn & Stephen Godbout welcome the opportunity to introduce your child to the game.

MICRO ATHLETICS

By Knucklebones

AGES: 3-5 (adult participation is not required)

DATES: Tuesdays Sept. 22-Oct. 27

TIMES: 10:00-11:00am

WHERE: Memorial Park (1835 Town Hall rain location)

FEE: \$85

Knucklebones not only wants to teach children the fundamentals of sports, we want to help build confidence and develop a passion for athletics and fitness that will stay with them for life! Playing games such as: Wheel Steal, Castle Ball, Kinball, Flag Wag, and Guards as well as bringing a plethora of unique equipment, we will provide a diverse and fulfilling athletic program. Of course, we will play traditional games such as baseball, soccer and basketball but with a twist to make sure everyone is being challenged, moving, learning new skills, strategizing and having a blast! Here are a few learning outcomes our athletic program provides: fosters social skills & build confidence, promotes team building & peer bonding, encourages athletic fundamentals, and establishes cross-curricular learning

Stay tuned for future Pre-School Athletics programs! We're hoping to add more for Winter & Spring

TEEN & ADULT PROGRAMS

BOOTYBARRE

AGES: 13+

DATES: Thursdays I: Oct. 1-Nov. 5 • II: Nov. 12-Jan. 7 (no 11/26, 12/24, 12/31) • III: Jan. 14-Feb. 25 (no 2/18)
IV: Mar. 3-Apr. 7 • V: Apr. 14-Jun. 2 (no 4/21, 5/12)

TIMES: 5:15-6:00pm

WHERE: 1835 Town Hall

FEE: \$62/ 6 weeks

Bootybarre (pronounced "bar" as in ballet barre) is a fun, energetic workout that fuses techniques from dance, pilates and yoga that tone, define and CHISTLE the whole body! Bootybarre is the perfect combination of strength and flexibility with the added cardiovascular element using a barre, chair or edge of a table. We focus on proper biomechanics for a safe and well structured class that can be modified for any fitness level. Shape and Fitness Magazine awarded bootybare the workout of the year and has been featured on Self, Redbook, Cosmopolitan, Health Oxygen, Women's Health, Prevention and many more! The BEST low-impact workout! We always include a releasing stretch after, resulting in stronger and more elongated muscles, while gaining flexibility. Instructor: Katie Mellecker www.katespowerhouse.com

THE HEAD TO TOE WORKOUT & CORE PILATES

AGES: 16+
DATES: Mondays OR Fridays
TIME: Mondays 6:30-7:30pm OR Fridays 8:45-9:45am
WHERE: 1835 Town Hall

<u>DAYS</u>	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
MONDAYS 6:30-7:30pm	SEPT.14-DEC.14 13 WKS (no class 10/12) \$156	JAN.4-APR.11 13 WKS (no class 1/18,2/15) \$156	APR. 25- JUN.20 8 WKS (no class 5/30) \$96
FRIDAYS 8:45-9:45am	SEPT.18—DEC.18 12 WKS (no class 11/27) \$144	JAN.8-APR.15 14 WKS (no class 2/19) \$168	APR. 29-JUN. 24 9 WKS \$108

TRYING TO LOSE BELLY FAT? This class is the magic bullet! Boost your metabolism and strengthen and preserve your muscle tissue with this 60 minute total body workout! Learn how to strength train safely. Tone, strengthen your bones, rev up your metabolism and improve your body composition to less fat and more muscle! Elevate your mood and your self confidence! This is a great class to break that plateau, mix up your workouts and get the results you have been wanting! **CORE Pilates!** The second part of the class will work your core with Pilates, for better posture, a flatter tummy and stronger backs! Find your six pack! Don't miss this dynamic combination! Good health tips for exercise, nutrition and general wellness will be shared every week! Be ready to have fun! All that is required is a set or 5lb. & or 8lb. weights and a mat and water! Please feel free to also bring a stability ball as well!

This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! **Instructor: Susan Robbins brings 30+ years of experience to the class and is ACE. And CPR certified. Questions? Call: 978-257-9067 email:susanrobbins@verizon.net**
This program must have at least 5 people enrolled 1 week prior to the start of each session

WAKE UP TO BOOT CAMP

AGES: 16+
DATES: Wednesdays

Fall	Sept. 16-Dec. 16	14 weeks	Cost: \$168
Winter	Jan. 6-Apr. 14 (no 2/17)	14 weeks	Cost: \$168
Spring	Apr. 27-June 22	9 weeks	Cost: \$108

TIMES: 5:30-6:30am
WHERE: 1835 Town Hall

Wake up to a rousing workout that will energize your day! A combination of strength training and cardio put together in a fun and challenging workout that changes every week! The ultimate workout to burn body fat and increase your metabolism. This class is for all levels; beginner to advanced! An early morning wakeup call is calling you! For further information please contact instructor Susan Robbins at 978-257-9067 or e-mail susanrobbins@verizon.net
This program must have at least 5 people enrolled 1 week prior to the start of each session

YOGA FOR ALL LEVELS

AGES: 14+
DATES: Thursdays I: Sept. 24– Nov. 5 • II: Nov. 12-Jan 14. (no class 11/26, 12/24 & 12/31)
 III: Jan. 21-Mar. 3 • IV: Mar. 10-May 5 (no class 3/17, 3/24) • V: May 12-Jun. 16
TIMES: 7:00-8:00pm
WHERE: 1835 Town Hall
FEE: \$70/Sessions I-IV: 7 weeks; \$60/Session V: 6 weeks OR \$13 drop-in/class

Practice yoga to be happy and healthy! In this class we focus on length, strength, breath and flexibility with energizing sitting and standing Yoga poses. End each class with floor stretches and Shavasana to help find peace in your body and mind. Instructor Denise Welsh is a Licensed Massage Therapist and has been leading fitness classes with over 18 years experience. Contact her at: www.moonheartyyoga.webs.com

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:

WEDNESDAY CLASSES	
Beginner/Intermediate Yoga	5:30-6:30pm
Kettlebells	7:00-8:00pm

SATURDAY CLASSES	
Kettlebells	8:00-9:15am
Power Yoga	9:30-10:45am

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.

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.

GENTLE YOGA

AGES: 14+

DATES: Thursdays I: Sept. 24– Nov. 5 • II: Nov. 12-Jan 14. (no class 11/26, 12/24 & 12/31)
III: Jan. 21-Mar. 3 • IV: Mar. 10-May 5 (no class 3/17, 3/24) • V: May 12-Jun. 16

TIMES: 10:30-11:45am

WHERE: 1835 Town Hall

FEE: \$70/Sessions I-IV: 7 weeks; \$60/Session V:6 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.moonheartyyoga.webs.com

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

FALL REGISTRATION DEADLINE: October 10, 2015

REGISTER & LEARN MORE AT STERLINGYAHOO.ORG

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



ADULT & TEEN PICK-UP LEAGUES

WOMEN'S PICK-UP BASKETBALL

AGES: 19+

DATES: Mondays Oct. 26-Mar. 28

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.

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

MEN'S PICK-UP BASKETBALL

AGES: 19+

DATES: Wednesdays Starting Sept. 23

TIME: 6:30-9:30pm*

WHERE: Chocksett Middle School Gym

FEE: \$25 resident * Sterling Residents only*

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 greggfrantz33@gmail.com

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

HIGH-SCHOOL PICK-UP BASKETBALL

AGES: High School Students

DATES: Mondays Dec.7-Mar.28

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

BABYSITTING CLASS

BABYSITTER'S with PEDIATRIC FIRST AID & CPR

AGES: Grades 5-9

DATES: Wednesday Oct. 22

TIMES: 12:30-4:30pm

WHERE: 1835 Town Hall

FEE: \$85

At the end of this Babysitter training participants will be certified to care for young children, will know what to do in emergency situations and most importantly have the confidence needed to be a successful babysitter. Juanita is a W-EMT at Century Health Systems and also spends much of her time teaching training courses and other classes in the surrounding area. *Students are welcome to come directly from Early Release and will have time to eat lunch.*

****REGISTER EARLY FOR THE BEST PRICE!****

Additional \$10 on fee when registering one week or less prior to start of program

Register at SterlingRec.com

TRIPS

FOX TOURS DAY TRIPS

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

OCTOBER 18 2015 (Sunday): Mohawk Trail Foliage Tour-Visit the lovely village of Shelburne where the famous Bridge of Flowers is located. This is a former trolley bridge that crosses the Deerfield River, the structure has now been converted to a veritable cornucopia of annual and perennial flowers. Next you're off for a traditional New England luncheon at Chandler's, featuring your choice of Baked Scrod or Baked Chicken with scrumptious dessert. Afterwards you'll visit Atkins Farms, for a unique shopping experience where old time service is an everyday treat! The entire trip you'll be able to enjoy the beautiful foliage of Western Massachusetts. TOUR COST: \$78/per person

NOVEMBER 21 2015 (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

Registration forms available at the Rec Dept., Senior Center and at SterlingRec.com

CARDS

CRIBBAGE

AGES: All players welcome!

DATES: Thursdays

Session I: Jan. 7-Feb. 4

Session II: Feb. 11- March 10

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!

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!

SCARECROW CONTEST

Registration begins October 1st. Scarecrows due by Saturday, October 17th

HOLIDAY TREE LIGHTING

Sunday December 6, 2014

Begins @ 3:30pm at Memorial Park

BRUINS TICKETS

Saturday November 21 @ 7:00pm vs. Toronto Maple Leafs
\$120/ticket Promenade Seating *limited tickets*



EASTER EGG HUNT

Saturday March 19th

Hunt begins at 12pm sharp -- Location TBA



**STERLING RECREATION WINTER YOUTH BASKETBALL
2015-2016**

****REGISTER ONLINE at STERLINGREC.COM****

Player Name: _____

Home Phone: _____ Work/Cell Phone: _____

Mailing Address: _____ E-Mail: _____

Birth Date: _____ 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) _____

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

Emergency Contact: _____ Phone Number: _____

Division I - \$95 by November 1, \$105 after November 1.

Division II and III - \$95 by November 1, \$105 after November 1.

Division IV and V - \$95 by November 24, \$105 after November 24 *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**

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

STERLING RECREATION DEPARTMENT

REGISTRATION FORM 2015-2016

****REGISTER ONLINE at STERLINGREC.COM****

Separate forms needed for Sterling Rec Basketball, Wachusett Mountain Programs/Passes, Pakachoag Music & Trips

PLEASE PRINT CLEARLY

Participant's Name: _____

Mailing Address: _____

Home Phone: _____ Work/Cell Phone: _____

E-Mail: _____

Complete if under 18: Birth Date: _____ 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 _____

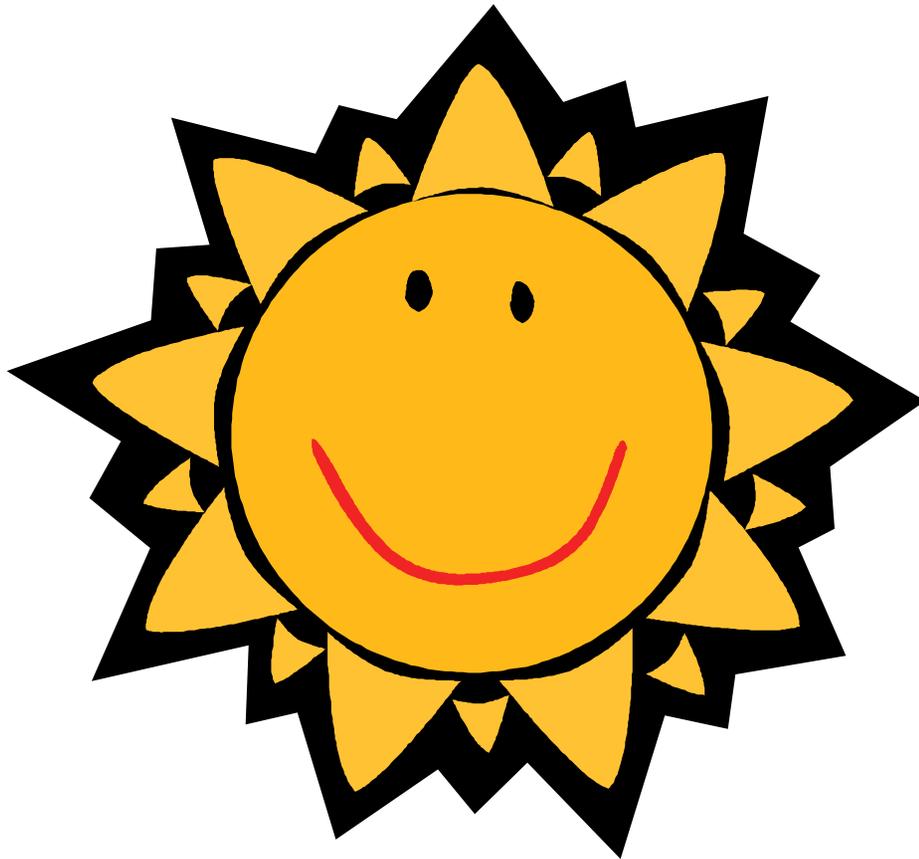
Signature of participant (or parent/guardian if under 18) WAIVER MUST BE SIGNED TO PARTICIPATE IN PROGRAMS

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 # _____

Register online at SterlingRec.com



Sterling Recreation Department

31 Main Street, Sterling MA 01564

978-422-3041

recreation@sterling-ma.gov