

STERLING RECREATION DEPARTMENT FALL-WINTER-SPRING 2016-2017



SOMETHING FOR EVERYONE

**Recreation Committee: Chairperson- Jo-Ann Cummings
Bob Finizio, Mark Hryniewicz, Heidi Grady, Maureen Cathcart,
Andrew Parker & Bonnie Pulda**

**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 2016-2017.

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.

Thank You

- ◆ **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 & 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,, Don-Jo Manufacturing, DMH Electrical Contractors, Inc., Paula Meola Dance & Perform Arts, Leominster Credit Union, Rota Spring Farm Ice Cream, Hi-Tec Automotive, Kitchen Associates, Davis Farmland & MegaMaze, Clinton Savings Bank, Traina & Traina Insurance, and Pandolf Perkins.**
- **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 Out 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 .**

Do you have a great idea for a program?! All Program Requests must be submitted to the Sterling Recreation Department by February 28th. Please email us at recreation@sterling-ma.gov for more information

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
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/ HS & Ladies' 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
Science Programs	Wicked Cool for kids	info@wickedcoolforkids.com	
Micro Athletics	Knucklebones	www.knucklebones.us	617-851-2928
Babysitting Class	Juanita Allen Kingsley	JAllenKingsley@centuryhealth.org	508-651-1786
KinderBall	Joe Wasko	Joe.wasko@gmail.com	
Archery	OnSite Archery	bob@onsitearchery.com	339-234-1297

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: \$100.00/player Family Cap (3+): \$250.00/per family (*before late fee) **A \$10.00 Late fee after November 1 for division I, II, & III**
A \$10.00 late fee for Division IV and V after December 1.

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. Games on Saturday morning in West Boylston. Practice night TBD.

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 Friday evenings. Games in Leominster.

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****

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 & DECEMBER 1st 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

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

Wednesday, November 9 – Play Night for Division II at Houghton Gym

- **Grade 2** 5:30-6:00 Last Name A–L 6:00-6:30 Last Name M–Z
- **Grade 3** 6:30-7:00 Last Name A–L 7:00-7:30 Last Name M–Z

Wednesday, November 9 – Play Night for Division III B & III G

(Child **only** needs to attend the Nov. 9th or Nov. 10th)

- **Division III B** Chocksett Gym **Grade 4** 6:00-6:45 pm **Grade 5** 6:45-7:30 pm
- **Division III G** Houghton Gym **Grades 4 & 5** 7:30-8:30 pm (**ONLY NIGHT FOR GIRLS**)

Thursday, November 10 - Play Night 2 for Division III B

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

Wednesday, November 16 - Coaches meeting for **Division I** at 6:00 pm @ Rec Office-31 Main S

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

Thursday, November 17 - Coaches meeting & team draft at 6:00pm for **Division III G** @ Rec Office

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

November 23-26-Thanksgiving Break

Monday, November 28 – Division I, II, IIIB & IIIG season begins

Thursday, December 1 - late fee for Divisions IV & V

Thursday, December 8- Play Night for Division IV & V

- **Division V** Chocksett Gym **Grade 6** 6:00-6:45 pm **Grades 7&8** 6:45-7:30 pm
- **Division IV** Houghton Gym **Grade 6, 7, 8** 6:00 pm –6:45 pm (**ONLY NIGHT FOR GIRLS**)

Friday, December 9– Play Night 2 for Division IV & V

(Child **only** needs to attend the December 8th or December 9th)

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

Week of December 12th – Games Begin for Division II, III G, & III B

Monday December 12th – 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 15/16th - Division IV & V practices start

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

December 23 – January 2 – Christmas Break – School Closed

Tuesday, January 3– Program Resumes

Week of January 12 – Games begin for Divisions IV & V

Thursday, January 19 – Picture for Divisions IV & V (times to be announced)

February 13th - last week for Divisions I, II, & IIIB/G

February 20--26 – School Closed for Winter Break

Week of March 13 – Play-offs and last week for Division IV & V

Friday March 17th-Parent vs. player games & awards

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 9-February 27 (no program on 1/16, 2/20)

TIME: 3:15- 8:00pm

FEE: Six week pass is \$120.00 -before 12/2 ; \$130 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 Terrain Park—\$5

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 7-February 18

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 Gold Pass may be used for this program. Student rates 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 Terrain Park—\$5

GPS PASS (GREATEST POSSIBLE SAVINGS)

PASS TYPE	PRICE BEFORE 11/16	PRICE AFTER 11/16
BRONZE	\$269	\$369
SILVER	\$329	\$429
GOLD	\$559	\$659

5 class Lessons \$125; Ski/Snowboard Rental Pass \$179

So many more options available!--for more information on passes go to www.wachusett.com

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. 28–Nov. 2 6 weeks Cost: \$100.00 Houghton Gym

Winter March 1–Apr. 5 6 weeks Cost: \$100.00 Houghton Gym

Spring Apr. 26–May 31 6 weeks Cost: \$100.00 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

AFTER SCHOOL TENNIS for CHOCKSETT

by Worcester County Tennis Academy

AGES: Grades 5-8

DATES: Mondays

Fall: Sept. 26-Nov. 7 (no 10/10) 6 weeks Cost: \$ 100.00 Chocksett Gym
Spring: May 1-June 12 (no 5/8,5/29) 5 weeks Cost: \$ 85.00 Chocksett Gym

TIMES: 3:15-4:15 pm

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: Sept. 29– Oct. 27 (no 10/20) • II: Nov. 3- Dec. 1(no 11/24) • III: Dec. 8-Jan. 5 (no 12/29)
IV: Jan 12-Feb. 9 (no 1/26) • V: Feb. 16-Mar. 23(No 2/23, 3/9) • VI: Mar. 30-May 4 (no 4/6, 4/20)
VII: May 18-June 15 (no 5/25)

TIME: 4:00-5:00pm

WHERE: 1835

FEE: \$35/session

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.

ARCHERY

AGES: Grades 5-8

DATES: Wednesdays Sept. 21-Oct. 26

TIMES: 3:15– 4:15pm

WHERE: Griffin Road

FEE: \$115.00

Students will learn the fundamentals of target archery, including proper shooting form, range safety, range procedures, scoring, archery games and much more. No Equipment - No Problem. We provide everything that is needed for participation. Learn archery and have fun!

Instructor: Amanda Ferrie, USA Archery Level 3 National Training System Coach from On Site Archery

FLAG FOOTBALL

AGES: K-2 & 3-6

DATES: Apr. 23-June 18

TIMES: 12:00-3:00pm

WHERE: Houghton Elementary School Field

FEE: \$50.00 per player; Family Cap \$110* *before late fees & non-resident fees*

Flag Football is a non-contact sport open to all boys and girls in grades K-6. This program is designed to be fun and open to all levels of play. Games/practices are 1.5 hours long; typically 12:00-1:30pm or 1:30-3:00pm. The season consists of 8-10 games. All games/practices are held on Sunday afternoon at the fields next to the Houghton School parking lot. If you have questions, contact Amy Davis at amymikelonis@hotmail.com.

This program is run by volunteers!! We need coaches, assistant coaches & committee members to help make this program possible.

REGISTER BY APRIL 1st!! \$20.00 late fee applies after 4/1/2017

Science, Engineering & LEGO®

JEDI ENGINEERING with LEGO®

AGES: Grades K-2

DATES: APRIL VACATION: Apr. 17-21

TIMES: 9:00am-12:00pm

WHERE: 1835 Town Hall

FEE: \$140.00

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire! Children should bring a drink and snack each day.

JEDI MASTER ENGINEERING with LEGO®

AGES: Grades 3-5

DATES: APRIL VACATION: Apr. 17-21

TIME: 1:00- 4:00pm

WHERE: 1835 Town Hall

FEE: \$140.00

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away. Children should bring a drink and snack each day.

WICKED COOL HALF-DAYS

AGES: Grades 1-4

DATES: Thursdays October 20th, March 9th & May 25th

TIME: 1:00- 3:30pm

WHERE: 1835 Town Hall

FEE: \$40/class *TRANSPORTATION OPTION: \$10/class/child *

Students can come from early release to the 1835 Town Hall for an afternoon of science, learning & FUN! Students may bring lunch and eat before class. We will provide transportation for students that need it -- cost is additional.

OCTOBER 20TH: FROGS! & SECRETS IN THE SEDIMENT: Learn the life cycle of an amphibian from polliwog to frog & build models of each stage. Study adaptations and learn about a frog's special adaptation: a sticky tongue! Then we'll dive into fossils and examine how they are made in sedimentary rock & create a mock rock to excavate.

MARCH 9TH: MARBLE RUN & SURVIVOR ENGINEERING: Create a marble run using several different materials for a fun-filled flight of forces! Then apply engineering concepts completing science Survivor-type design challenges that emphasize problem-solving and practical applications of engineering.

MAY 25TH: LEGO WE-DO ROBOTICS: The We-Do Robotics system incorporates working motors and sensors combined with simple programming software. Focus on programming pulleys, gears, motors, and sensors to work with tethered LEGO robots.

ARTS, COOKING & CREATIVITY

COOKING

AGES: Grades 5-8

DATES: Tuesdays

Session I: Fall Fruits

Sept. 20-Oct. 11

Session IV: Winter Theme

Jan. 10-Jan. 31

Session II: Halloween & Thanksgiving

Oct. 25-Nov. 22

Session V: Spring Holidays

Mar. 7-Mar. 28

Session III: Winter Holidays

Nov. 29-Dec. 20

Session VI: Baking

Apr. 25-May 16

TIMES: 3:00-4:30pm

WHERE: Chocksett Middle School Cafeteria

FEE: \$120.00

Future chefs! Learn kitchen techniques, cooking concepts and make amazing recipes! Each session is 4 weeks in length and will feature a different theme. All food & materials provided. Students will eat what they make after class...and maybe even save some to share with their families! Instructors: Ginny Beaudin-Meade & Connor Meade
Please inform instructors of any allergies.

CANDY MAKING WORKSHOPS

AGES: Grades 5-8

DATES: Tuesday Workshop I: Feb. 7

Workshop II: Feb. 14

TIMES: 3:00-4:30pm

WHERE: Chocksett Middle School Cafeteria

FEE: \$40.00/workshop or \$70 for both

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: Oct. 17-Nov. 14

Winter: Jan. 23-Feb. 27 (no 2/20)

Spring: Mar. 20-Apr. 24 (no 4/17)

TIMES: 4:00-5:30pm

WHERE: Houghton Elementary School Cafeteria

FEE: \$65.00

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

SEWING

AGES: Grades 5-8

DATES: Thursdays I: Oct. 27-Nov. 10 II: Jan. 5- Jan. 19 III: Apr. 27-May 11

TIMES: 3:00-4:30pm

WHERE: Chocksett Middle School Art Room

FEE: \$100.00 (includes all materials)

Learn the basics of quilting via hand and machine sewing. Make fun final products to show & share with family! All sessions will be three weeks, with the potential for an extra week for sewers who need the time. Instructors Ginny Beaudin-Meade & Stacey Padillia. Children should bring a snack & water bottle.

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](http://SterlingRec.com)

Non-Residents welcome to most programs

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. 26– Dec. 5 10 weeks

Session II: Jan. 9 - Mar. 20 9 weeks

Session III: Mar. 27- June 19 10 weeks

TIMES: 10:00-10:45 am

WHERE: 1835 Town Hall ***There will be make-ups for cancellations due to inclement weather or teacher absence*

	FALL SESSION SEPT. 26– DEC. 5 (10 WEEKS)		WINTER SESSION JAN. 9 -MAR. 20 (9 WEEKS)		SPRING SESSION MAR. 27-JUN. 19 (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	\$170.00	\$185.00	\$160.00	\$175.00	\$170.00	\$185.00
2nd child	\$110.00	\$125.00	\$100.00	\$115.00	\$110.00	\$125.00

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**

MICRO SOCCER

By Knucklebones

AGES: 2-5

DATES: Thursdays Sept. 22– October 27

TIMES: 3:00-4:00 pm

WHERE: Muddy Pond

FEE: \$ 85.00

This proven clinic will help children learn the beginning skills, technique and etiquette of soccer. Starting with soft Rhino Skin balls, slowly moving up to size 3 soccer balls, children actively engage in learning everything from passing and kicking, to heading and dribbling skills. Each class structure is the same; beginning with a short discussion of the game of soccer, stretching and calisthenics, skill lesson, followed by soccer activities and a soccer game. You will be amazed and your child will feel empowered as they improve throughout this session. Parents are highly encouraged to participate with their child in this program. Comfortable clothing and sneakers are required.

DRIVE PRE-SCHOOL SOCCER

AGES: Pre-School w. parent

DATES: Saturdays Apr. 29– June 3 * there will be make-ups for missed days

TIMES: 8:00-9:00am

WHERE: Houghton School Fields

FEE: \$75.00

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: 2-5

DATES: Mondays Sept. 19– October 31 (no 10/10)

TIMES: 11:00am-12:00pm

WHERE: Muddy Pond

FEE: \$ 85.00

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different skill-enhancing athletic activities and games. From learning to kick using Rhino Skin balls to practicing throwing playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique and age appropriate equipment. Sneakers are required.

TINY TOT PLAYTIME

AGES: Infant to age 4 (5 yr. old siblings welcomed)

DATES: Wednesdays **WELCOME DAY!** Sept. 28 - come check out the program **FREE!**

Fall Session: Oct. 5-Dec. 28 Winter Session: Jan. 4-March 29 Spring Session: Apr. 5-Jun. 21

TIMES: 9:00-11:00 am

WHERE: 1835 Town Hall

FEE: \$30/3 months/family OR \$3.00/day* *payment will be pro-rated if starting after the first day of session.*

Playtime is a program for tiny tots and their caretakers to come and play in our large, fun, and safe play space, complete with balls, mats, tunnels, and more! This program will run through the school year. It will not run if school is cancelled due to inclement weather.

KINDERGARTEN

NEW !! KINDERBALL

AGE: Kindergarten

DATES: Saturdays Dec. 10-Jan. 28 (No 12/24, 12/31)

TIMES: 10:00-11:00 am

WHERE: Chocksett Gym

FEE: \$75.00

New basketball programs for Kindergarten age children. They will have a fun time learning basic basketball skills through lead-up games and other fun activities. Joe Wasko, a basketball enthusiast and Educator, will join Program Director Connor Casey in providing a fun, safe, learning environment for the young players. Sneakers are required, bring a water bottle.

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 2016: 10/15, 10/22, 10/29, 11/5, 11/12

SPRING 2017: 4/15, 4/22, 4/29, 5/6, 5/13



REGISTER & LEARN MORE AT STERLINGYAHOO.ORG

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

TEEN & ADULT PROGRAMS

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.12 DEC.19 15 WKS \$180	JAN. 9-APR.10 13 WKS (no class 2/20) \$156	APR. 24- JUN.19 8 WKS (no class 5/29) \$96
FRIDAYS 8:45-9:45am	SEPT. 9—DEC. 23 15 WKS (no class 11/25) \$180	JAN.6-APR.14 14 WKS (no class 2/24) \$168	APR. 28-JUN. 23 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

A.M. BOOT CAMP

AGES: 16+
DATES: Wednesdays

Fall	Sept. 14-Dec. 21	15 weeks	Cost: \$180.00
Winter	Jan. 11-Apr. 12 (no 2/22)	13 weeks	Cost: \$156.00
Spring	Apr. 26-June 21	9 weeks	Cost: \$108.00

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. 22– Nov. 10 • II: Nov. 17-Jan 26. (no class 11/24, 12/29 & 1/5)
 III: Feb. 2-Apr. 6 (No 3/16, 3/23) • IV: Apr. 13-June 1

TIMES: 7:00-8:00pm

WHERE: 1835 Town Hall

FEE: \$80.00/ 8wk Sessions OR \$13.00 drop-in/class

Practice yoga to be happy and healthy! A moderately paced Yoga class including standing, balancing, seated and lying down poses. The practice helps increase flexibility, core strength in the body, and promotes stress-reduction as well as relaxation. 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 \$10.00/class OR pre-purchase a 10 class card for \$90.00 *pre-register with Sterling Rec*

WHERE: 1835 Town Hall

WHEN:

WEDNESDAY CLASSES	
Yoga	5:30-6:30pm
Kettlebells	6:45-7:45pm

SATURDAY CLASSES	
Kettlebells	8:00-9:00am
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.

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.

WEDNESDAY 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. 22– Nov. 10 • II: Nov. 17-Jan 26. (no class 11/24, 12/29 & 1/5)
III: Feb. 2-Apr. 6 (no class 3/16, 3/23) • IV: Apr. 13– June 1

TIMES: 10:30-11:45am

WHERE: 1835 Town Hall

FEE: \$80.00/8wk Sessions OR \$13.00 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 practice helps increase the body's strength and flexibility, as well as promoting relaxation. 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

ADULT COOKING WORKSHOP

AGES: 16+

DATES: Thursdays October 20 Workshop I: Chicken 3 Ways
February 9 Workshop II: Soups and Stews

TIME: 6:00-8:00pm

COST: \$40/workshop

WHERE: Senior Center

Looking for a new recipe? Or maybe you need to sharpen your skills in the kitchen! These workshops are designed to teach adult chefs some basic skills, as well as new tricks and easy recipes. Each workshop will be thematic. All food and cooking utensils provided. Students will eat after they cook the night of. Join Ginny Beaudin-Meade and Connor Meade for a fun evening of cooking & laughing! Please inform instructors of any food allergies.

SENIOR PLAY-GOLF

AGES: 60+

DATES: Tuesdays, May 1-Oct. 31* *weather & golf course permitting*

TIMES: 8:00am

WHERE: Cyprian Keyes Golf Club -- 284 East Temple Street

FEE: \$12.00/per player

Get out on the Cyprian Keyes Par-3 9-hole course and have some fun! Players can come as frequently as they are available. Pay-to-play day-of. Carts available for \$9 per player. All levels of play welcome! Program will meet through Fall 2016, weather permitting. We will resume in Spring 2017, weather permitting.

ADULT & TEEN PICK-UP LEAGUES

LADIES' PICK-UP BASKETBALL

AGES: 18+

DATES: Mondays October 17-March 27

TIME: 6:00-7:15pm*

WHERE: Chocksett Middle School Gym

FEE: \$25.00resident; \$30.00 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 Sept. 21– May 31

TIME: 6:30-9:30pm*

WHERE: Chocksett Middle School Gym

FEE: \$25.00 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

Grades	Night	Dates	Times
9 & 10	Tuesdays	Dec. 6-Mar. 28	7:30-8:45pm
11 & 12	Mondays	Dec. 5-Mar. 27	7:15-8:30pm

WHERE: Chocksett Middle School Gym

FEE: \$25.00/player

Pick-up nights are semi-organized and will feature some refereed games later in the season. End the season with our annual High School Basketball Tournament! Players must 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.

BABYSITTING CLASS

BABYSITTER'S with PEDIATRIC FIRST AID & CPR

AGES: Grades 5-8

DATES: Thursday January 26

TIMES: 12:30-4:30pm

WHERE: 1835 Town Hall

FEE: \$85.00

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](http://SterlingRec.com)

TRIPS

BEST OF TIMES TRAVEL & FOX TOURS

All trips depart & return to location to be determined

SEPT. 11-13 2016- MAINE ESCAPES- Escape to Booth Bay, Bar Harbor and Acadia National Park. Accommodations at the Fisherman's Wharf Inn, with spectacular views of the ocean! Double Occupancy \$404.00/pp

OCTOBER 7, 2016- FALL FOLIAGE-(Friday) Your day includes a tour of historic farms and spectacular views through Winchendon, Phillipston and Ringe. Lunch at JP Stevens and a tour at the Cathedral of the Pines \$84/pp

NOVEMBER 19, 2016-NYC SHOPPING DAY-(Saturday)- Ride to NYC for a day of shopping and exploring \$75/pp

MARCH 25, 2017- FOXWOODS-(Saturday)- Take the bus down to Foxwoods for a night of fun! \$30/pp

CARDS

CRIBBAGE

AGES: All players welcome!

DATES: Thursdays

Session I: Jan. 12-Feb. 9

Session II: Feb. 16- March 16

TIMES: Begins at 7:00pm

WHERE: 1835 Town Hall

FEE: \$20.00 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 five 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 15th

HOLIDAY TREE LIGHTING

Sunday December 4, 2016

Begins @ 4:00pm on the Town Common

BRUINS TICKETS

Saturday March 4th @ 7:00pm vs. New Jersey Devils

\$115/ticket Promenade Seating *limited tickets*



CELTICS TICKETS

Sunday March 12th @ 3:30pm vs. Chicago Bulls

\$80 Balcony Seating

EASTER EGG HUNT

Saturday April 8th

Hunt begins at 12pm sharp @ Memorial Park





**STERLING RECREATION WINTER YOUTH BASKETBALL
2016-2017**

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 - \$100 by November 1, \$110 after November 1.

Division II and III - \$100 by November 1, \$110 after November 1.

Division IV and V - \$100 by December 1, \$110 after December 1 Family cap - 3+ children \$250.00

***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.**

***Teams will not be selected until the required number of division coaches is available**

CHECKS PAYABLE: Town of Sterling

MAIL TO: Sterling Recreation, 1 Park Street, Sterling, MA 01564

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

STERLING RECREATION DEPARTMENT

REGISTRATION FORM 2016-2017

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



Scarecrow Building Competition

Join the Sterling Recreation Department for the 5th annual Scarecrow Building Competition! All scarecrows will be displayed in the Town Commons!
\$10 entry fee for all participants*

Important Dates:

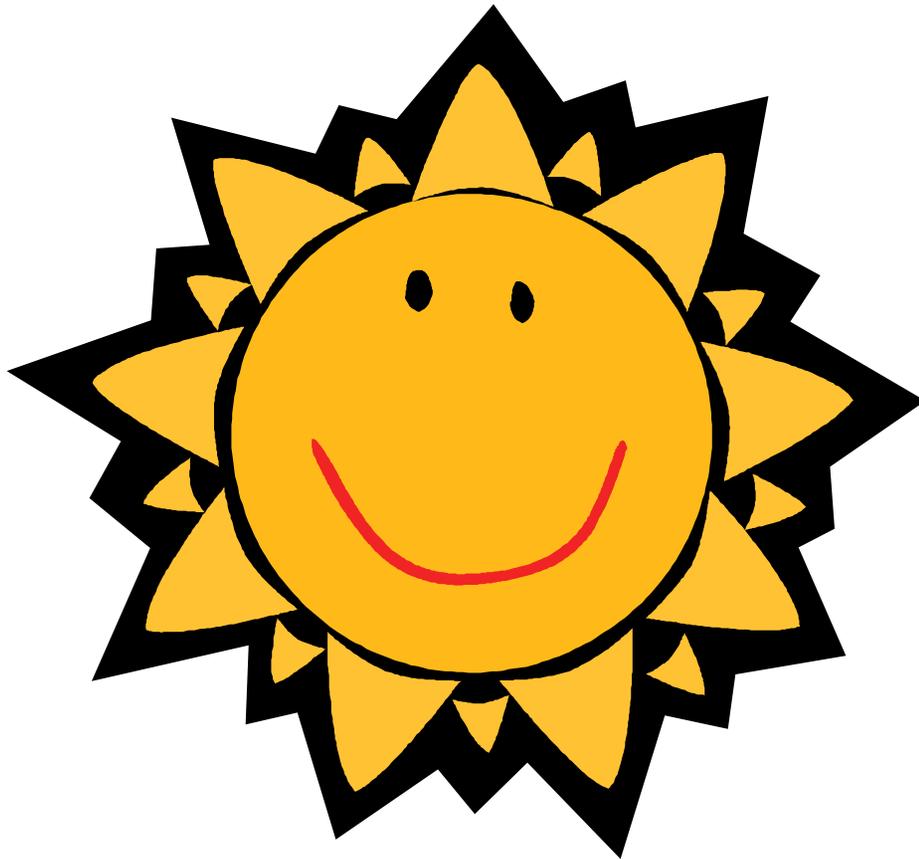
Oct. 1: Registration opens at the Recreation Department

October, 15: Scarecrows Due

October, 17-21: Voting open to the public

**Make sure to participate in this
great family fun fall tradition!**





Sterling Recreation Department

31 Main Street, Sterling MA 01564

978-422-3041

recreation@sterling-ma.gov