# STERLING RECREATION DEPARTMENT SUMMER PROGRAMS 2016

**REGISTRATION OPENS APRIL 6th!**

*SOMETHING FOR EVERYONE*

**Recreation Committee: Chairperson- Jo-Ann Cummings**
**Bob Finizio, Mark Hryniewich. Heidi Grady,**
**Maureen Cathcart, Andy 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**

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

## REGISTRATION BEGINS APRIL 6th

*A message to our loyal customers….*
*You may have noticed an increase in our prices over the last few seasons. This season is no exception, as we work to accommodate the rising minimum wage. We aim to hire the most talented instructors, and in doing so, strive to supply appropriate compensation for their hard-work. Our goal is to continue to provide the most affordable programs with the highest quality. We appreciate your understanding and hope you'll continue to participate with us!*

**REGISTRATION PROCEDURE:** Visit **SterlingRec.com** to view, register & pay for programs with the exception of**:** Game On and Sports Adventure 2016; these registration forms will be sent home with students and available at the Rec Office. Regular registration forms will be available in the office.

**By Mail or Walk-in:** Don't want to pay online? No problem! Visit SterlingRec.com. print completed form and mail in with check or visit our office. Registration forms accepted in the Recreation Office Monday-Thursdays 8:00am-4:00pm and Fridays 8:00am-11:30am. Forms may also be placed in the drop off box at the Town Hall or the mail slot to the right of the 1835 front door. Mail to: Sterling Recreation Department, 1 Park Street, Sterling, MA 01564

**FEES:** Make checks payable to: Town of Sterling. All checks and registration forms are due prior to the start of the program. *Any registration forms received less than 1 week prior to the start of the program will be subject to a $10 additional fee.* There is a $25.00 service fee to The Town of Sterling, for all returned checks. **NEW!!!** We can now accept credit cards! Pay online or in the office (please note: a 3% transaction fee applies)

**NON RESIDENTS:** There is an additional $10.00 charge for non-residents. This is for programs only, it does not include Fox Tours or Collette trips. We welcome non-residents in all of our programs!

**NO PROGRAM CONFIRMATION WILL BE SENT OUT**: Participants should consider their applications accepted and report to class for the first meeting unless otherwise notified. Please note all dates on your calendar and keep this booklet for information. The only time you will hear from us is if there is a change in the time, if a class/program is full and you have been placed on a wait list, or if the class/program has been canceled.

**REFUND POLICY:** *There will be no refunds for programs, you will get a credit towards other programs. This does not apply to programs that are canceled due to low enrollment or if the session is full.*

**RESIDENT STICKER:** All vehicles must have a town resident sticker to park at the town beach, Sholan Park at East Lake Waushachum. Stickers need to be attached to the driver's side front bumper or windshield. Resident stickers are available AT the Town Beach 12:00-8:00pm, weather permitting, Guest Passes can be obtained at the Recreation Office. Requests can be made via email, phone, or in-office application. Passes not available on weekends. Please request AT LEAST 24 hours in advance For more information go to www.sterling-ma.gov/recreation

**TOWN BEACH:** at Sholan Park, East Lake Waushacum is tentatively scheduled to open June 18, weather permitting. There will be lifeguards on duty from 12:00pm to dusk .The beach will be closed on days of inclement weather. There are Recreation Programs at the beach that run from June 28-August 12, 8:30 am-12:00 noon, Monday through Friday. When Recreation programs are in session, the beach area is closed to residents. We ask for your help in keeping Sholan Park a clean, safe, family beach by observing the rules and cleaning up trash. Please recycle!!!

**NO PETS ARE ALLOWED AT THE TOWN BEACH OR AT THE WEST STERLING TENNIS COURTS**

**Athletic Fields and Facility Use Permits:** All organizations & groups requesting use of fields or facilities must fill out a Facility Reservation and Field Request Form at the Recreation Office. Permits will be issued once the request has been reviewed and required documentation has been received by the Recreation Department.
**Fall requests should be submitted by July 15th.** All forms available on line: www.sterling-ma.gov/recreation

# SUMMER PROGRAM INSTRUCTORS

| PROGRAM | INSTRUCTOR | E-MAIL | PHONE |
|---|---|---|---|
| ♦ **Head to Toe & CORE Pilates**<br>♦ **Boot Camp** | Susan Robbins | susanrobbins@verizon.net | 978-257-9067 |
| ♦ **Summer Lake Program**<br>♦ **Just Swim**<br>♦ **CIT**<br>♦ **Super Safari Adventure** | Summer Staff | recreation@sterling-ma.gov | 978-422-3041 |
| ♦ **Kayaking and SUP Programs**<br>♦ **Kayak Rentals** | Still River Outfitters | info@stillriveroutfitters.com<br>http://www.sroyakshare.com | 978-844-0965 |
| ♦ **Culinary Experience**<br>♦ **Project Runway** | Ginny Beaudin-Meade | Ginny_meade@wrsd.net | 978-422-6719 |
| **Play Well-TEKnologies LEGO** | Play– Well Instructors | www.play-well.org | 978-422-3041 |
| **Minecraft Mastercrafters** | Wicked Cool for Kids! | www.wickedcoolforkids.com | 781-281-2180 |
| ♦ **Sports Adventure**<br>♦ **Game On** | Tom & Susan Lauder | solauder@gmail.com | 508-892-8690 |
| ♦ **Sterling Rec Tennis Clinic**<br>♦ **Togo Basketball** | Matt Pawelski | pawelskihouse@gmail.com | 978-868-4125 |
| **Worcester County Tennis Academy** | Lorene Shanley | lillie141@aol.com | 774-364-0137 |
| **US Sports**<br>♦ **First Play Golf**<br>♦ **Sports Squirts** | Pete Hall | www.USsportsinstitute.com | |
| **Y.A.H.O.O.** | Rich Lane | www.sterlingyahoo.org | |
| **Naga Fitness (yoga, kettlbells, butts & guts)** | Gina Engel | Inderjit-Kaur@comcast.net | 978-660-4309 |
| **Creative Expressions** | Donna Curtin | drpcurtin@comcast.net | 978-870-0747 |
| **Let's Gogh Art Event** | Lynn Toomey | art@letsgoghart.com | 978-342-2545 |
| **Music & Movement** | Pakachoag Music School | info@pakmusic.org | 508-791-8159 |
| **Babysitters & CPR** | Juanita Allen Kingsley | recreation@sterling-ma.gov | 978-422-3041 |

# TEEN & ADULT ACTIVITIES

## THE HEAD TO TOE WORKOUT & CORE PILATES

**AGES: 16+**
**DATES: Mondays July 11-August 29 OR Fridays July 15—September 2**
**TIME: Mondays 6:30-7:30pm Fridays 8:45-9:45am**
**WHERE: 1835 Town Hall**
**FEE: $96.00/ 8 weeks**

***Look your best! Boost your metabolism and strengthen and preserve your muscle tissue*** with this 60 minute head to toe 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 with 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. 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 0experience to the class and is ACE and CPR certified. Feel free to call or email!*

## A.M. BOOT CAMP

**AGES: 16+**
**DATES: Wednesdays July 13-August 31**
**TIMES: 5:30-6:30am**
**WHERE: 1835 Town Hall**
**FEE: $96.00/ 8 weeks**

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! Join us for Core Bootamp, Leg bootcamp and upper body Bootcamp!! The ultimate workout to burn body fat and increase your metabolism. All that is needed is you, a mat and water! 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

## MORNING YOGA ON THE BEACH

**AGES: 14 +**
**DATES: Tuesday Mornings July 12- August 16**
**TIME: 7:00-8:00am**
**WHERE: Sholan Beach (1835 On Rain Days)**
**FEE: $65/$13 drop in (****10 class cards are eligible for use in the Morning Yoga on the Beach class*)*

Start your day with "Yoga on the beach" in the warm summer sunshine. Reduce stress and increase your energy for a more productive day!! 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!

## KETTLEBELLS

**AGES: 14 +**
**DATES: Wednesdays 7:00-8:00pm; Saturdays 8:00-9:15am**
**WHERE: 1835 Town Hall**
**FEE: $10/class or $90/10 classes**

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. Instructor, Gina Engel is a certified yoga instructor and Reiki Master.

**POWER YOGA**

**AGES:** 14 +
**DATES:** Saturdays 9:30-10:45am
**WHERE:** 1835 Town Hall
**FEE:** $10/class or $90/10 classes

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. Instructor, Gina Engel is a certified yoga instructor and Reiki Master.

# 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**

**SPRING DATES: 4/16. 4/23, 4/30, 5/7 & 5/14**

**REGISTER & LEARN MORE AT STERLINGYAHOO.ORG**

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

# BABYSITTING & CPR

**BABYSITTER'S with PEDIATRIC FIRST AID & CPR**

**AGES:** Entering grades 5-8
**DATES:** Tuesday June 28
**TIMES:** 9:30am-1:30pm
**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 should bring a lunch and drink.*

## RESIDENT STICKERS

All vehicles MUST have a Resident Sticker, Guest Pass, Renter's Pass or Annual Non-Resident Pass to park at Sholan Park. Resident Stickers are available at the Town Beach, June 18-August 18 Monday-Sunday;12:00pm-Dusk, weather permitting. Residents must present a current, valid registration to the parking attendant on duty to be issued a sticker.

Guest Passes can be obtained at the Recreation Office. Requests can be made via email, phone, or in-office application. Passes not available on weekends. Please request AT LEAST 24 hours in advance

For more information visit www.sterling-ma.gov/recreation

# BOATING PROGRAMS FOR YOUTHS & ADULTS

***ALL REQUIRED EQUIPMENT AND INSTRUCTION IS PROVIDED BY STILLRIVER OUTFITTERS, INC. VISIT www.stillriveroutfitters.com FOR MORE INFORMATION**

## ADVENTURE KIDS

**AGES:** 8-14
**DATES:** Wednesday-Friday, July 27-29
**TIME:** 9:00am-12:00pm
**WHERE:** Town Beach
**FEE:** $125.00

Combines recreational kayaking skills development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun, challenging games. Staff includes ACA Certified Instructor and Trained Adventure Facilitator.

## INTRODUCTION TO STAND-UP PADDLEBOARDING YOUTH

**AGES:** 8-14
**DATES:** Sunday July 31
**TIME:** 10:00am-12:00pm
**WHERE:** Town Beach
**FEE:** $65.00

Stand-Up Paddleboarding is just rocketing in popularity! Like walking on water while getting a great workout! But what is it? Imagine standing on a large surfboard using a long canoe-like paddle to move you along. This class is super fun and an awesome opportunity to try this new sport! This class is designed specifically for the “youth” learner. Plenty of fun and time to learn.

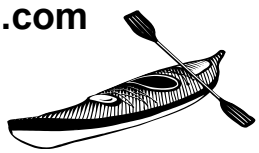
## INTRODUCTION TO STAND-UP PADDLEBOARDING ADULT

**AGES:** 15+
**DATES:** Sunday July 31
**TIME:** 8:00-10:00am
**WHERE:** Town Beach
**FEE:** $65.00

Stand-Up Paddleboarding is just rocketing in popularity! Like walking on water while getting a great workout! But what is it? Imagine standing on a large surfboard using a long canoe-like paddle to move you along. This class is super fun and an awesome opportunity to try this new sport! Great core workout and an awesome way to try a new sport. All equipment supplied.

## Kayak & Stand Up Paddleboard Rentals at the Town Beach!

**Still River Outfitters will have kayaks, stand-up paddleboards, paddles & lifejackets available for renting**
**Sundays July 10-August 7**
**12:00-7:00pm**
**$13.50 when you pre-register; $15 for walk-ups**
**To pre-register and pay on line go to: http://www.sroyakshare.com**



# SUPER SAFARI ADVENTURE

**AGES: Entering grades 3-8**
**DATES: June 27– July 1st** *****Must sign-up by June 16th*****
**TIME: 9:00am-4:30pm** (Friday pick-up at 4:00pm)
**WHERE: Sholan Park and field trips**
**FEE: $299.00/5 days or $70.00/day if just signing up for a specific trip**

***PLEASE NOTE: THESE DATES & PRICES MAY BE DIFFERENT THAN PREVIOUSLY PRINTED MATERIAL. CHANGES WERE MADE TO ACCOMMODATE SNOW DAYS***

**Kick off the summer with our *Summer Lake Staff* for 5 days of fun activities! With longer hours and new venues, prepare for even BIGGER adventures!**

**Monday, June 27**– **Sholan Park/ Funway Park, Litchfield NH-** a new venue with new fun! Funway Park includes go-karts, driving range, mini-golf, lazer tag, lazer maze, and batting cages. We'll pause from the action for pizza and end the day with an ice cream treat!

**Tuesday, June 28**– **Sholan Park/Canobie Lake Park, Salem NH-**the ultimate family Amusement park. Lunch will be provided at the park.

**Wednesday, June 29– Sholan Park/SkyZone–** 120 minutes of jump time! Plenty of time to challenge the counselors to a dodge ball game or just jump with friends. Pizza will be provided. Bring bathing suit and towel for swimming at the beach following the trip.

**Thursday, June 30**– **Sholan Park/ Water Country, Portsmouth NH-**the bus will pick-up at Sholan Park and take us to Water Country for an AMAZING day of zipping down water slides, floating down the lazy river and cooling off in the wave pool. Adventurers should bring lunch, drinks & snacks to be stored in cooler with staff.

**Friday, July 1– Sholan Park-** We'll spend the day at the beach! With inflatable's, kayaking and plenty of time for swimming. We'll play tons of games, have crafts and make s'mores! A great way to kick-off the holiday weekend!

The bus will leave Sholan Beach at approximately 9:15am and return in time for pick-up at 4:30pm. In the event of rainy/stormy weather, pick-up will be at the 1835 Town Hall.

Adventurers should wear and bring sun screen everyday, as well as bathing suits, towels, water & snacks. *Absolutely NO valuables please!*

Participants will receive t-shirts which need to be worn on every trip to ensure safety!

# SWIMMING PROGRAMS

## HALF-DAY SUMMER LAKE PROGRAM

**AGES: Children entering grades 1-8**
**DATES:**

| | DATES | COST |
|---|---|---|
| **Session I** | July 5-July 15 | $130.00 |
| **Session II** | July 18-July 29 | $140.00 |
| **Session III** | August 1-August 12 | $140.00 |
| **One Week Options** | | $75.00/week |

**TIME: 8:30am-12:00pm**
**WHERE: Sholan Park (Town Beach)**
**FEE: Family Cap: $350**
This program is a Sterling tradition! Enjoy the outdoors at Sholan Park with Red Cross swim lessons, games and crafts. Children will have fun with dress-up themes, team relays, music, and more! Play classic games, learn new ones and have some old-fashioned fun! Children in 1 week session options will NOT receive swim cards, as swim lessons are designed for 2 weeks. Bring towel, swimsuit, morning snack, and appropriate clothing for the weather. **Bring sneakers for the games.** Program may be cancelled due to inclement weather, but we will try to accommodate at the 1835 Town Hall if possible. No make-ups for missed days.

## FULL-DAY SUMMER LAKE PROGRAM

***NEW FOR SUMMER 2016!***

**AGES: Children entering grades 1-6***
**DATES:**

| | DATES | COST |
|---|---|---|
| **Session I** | July 5-July 15 | $450.00 |
| **Session II** | July 18-July 29 | $500.00 |
| **Session III** | August 1-August 12 | $500.00 |
| **One Week Options** | | $250.00/week |

**TIME: 8:30am-4:00pm**
**WHERE: Sholan Park (Town Beach), Field Trips with pick-up at the 1835 Town Hall**
Traditional Summer Lake Program in the morning, but with afternoons of extended care & adventure! Spend the morning at Sholan Park with Red Cross swim lessons, games & crafts. Two to three afternoons per week, we'll field trip to nearby venues such as Mulligan's Mini Golf, Leominster State Forest, Heifer Project, The Strand, One Stop Fun and more! Other afternoons we'll do games at Griffin Road Fields or stay at Sholan Park for swimming. On days of inclement weather, we'll head to the 1835 Town Hall. The cost of the program reflects Red Cross swim lessons, busing, field trip admission and staffing. Some trips will include lunch, but parents will be notified in advance. Participants should bring or wear a bathing suit, bring a towel, shoes with backs, water, snack, & lunch. We suggest students pack sweatshirts for chilly days. We're looking forward to this new and exciting program! Please feel free to contact the Recreation Office at 978-422-3041 or recreation@sterling-ma.gov if you have questions or concerns about this program.
*This program is most appropriate for students entering grade 1-6, however we will allow grades 7 & 8 to participate if they wish*

**REGISTER FOR PROGRAM AT**
**STERLINGREC.COM**
**Or visit us in the office at 31 Main St!**

## POLLY WOG PROGRAM

**AGES: Children entering kindergarten**
**DATES: Session I: July 11-15**
**Session II: July 25-29**
**Session III: August 8-12**
**TIME: 8:30– 12:00pm**
**WHERE: Sholan Park (Town Beach)**
**FEE: $75.00**

Children entering kindergarten will have fun playing games, doing modified arts and crafts, enjoy Red Cross swim instruction with our qualified Water Safety Instructors, story-time , and more! They will be in groups separate from the Lake Program with a 1 to 4 ratio. Children will need to bring a morning snack, swim suits, towels, and warm clothing for cool days**. Mark all items with your child's name. Please apply sunscreen to your child before coming. No make-ups for cancelled days.** *Limited enrollment*

## COUNSELOR IN TRAINING PROGRAM (C.I.T.)

**AGES: Entering 9th grade**
**DATES: Session I: July 5-July 15**
**Session II: July 18-July 29**
**Session III: August 1-August 12**
**TIME: 8:15am-12:15pm**
**WHERE: Sholan Park (Town Beach)**
**FEE: $30.00**

Two week session to learn how to become a great counselor! Learn about activity planning, child development, effective leadership styles and more while working with the Summer Lake Staff. Those individuals that may be interested in becoming swimming instructors will learn good techniques from our qualified Water Safety Instructors! CIT's are **only allowed one-2 week session**. **No split sessions permitted.**

# YOUTH SPORTS PROGRAMS

## STERLING'S SPORTS ADVENTURE 2016!!

**AGES: Entering grades 1-8**
**DATES: Session I: June 27-30 (M-TH)**
**Session II: July 5-8 (T-F)**
**TIMES: 8:30am-2:30pm**
**WHERE: Houghton Elementary and Chocksett Middle School**
**FEE: $150.00 /child /session OR $290.00/child/ sign up for both sessions**

***this program has a separate registration** form that will be sent home in backpacks and will also be available at the Recreation Office and Recreation web site

A 4 day fun-filled week of a wide variety of sports for children entering grades K-8, including team and lifetime activities, biking and adventure games! Presented by Tom & Sue Lauder Wear shorts, T-shirts, sneakers, jacket or sweatshirt for cooler weather. Bring a lunch and sunscreen.

## STERLING RECREATION TENNIS CLINIC

**AGES: 8-17**
**DATES: Session I: July 25-28 (rain date 7/27)**
**Session II: August 8-11 (rain date 8/12)**
**TIMES: 9:00am-11:00am**
**WHERE: West Sterling Tennis Courts**
**FEE: $80.00/ session**

Join Matt Pawelski, former college tennis player and current head coach for Leominster High School Boys' Tennis, for four days of tennis! The clinic will stress the fundamentals of tennis specifically; forehand, backhand, serve, volley, scoring and tennis etiquette. Please bring sneakers, tennis racket, sunscreen and water bottle.

## WORCESTER COUNTY TENNIS ACADEMY

**AGES: 6-12**
**DATES: August 1-4 (rain date on Friday Aug. 5)**
**TIMES: 9:00am-12:00pm**
**WHERE: West Sterling Tennis Courts**
**FEE: $100.00**

This tennis program is designed to teach students the proper strokes with emphasis on correct grips and techniques. Our goal is to make tennis fun and affordable, as well as challenging for the young player. Most importantly...we make it FUN! We'll add additional professionals to ensure that the child-instructor ratio is ideal for learning! T-shirts are included in the cost. All supplies are provided, just bring a snack, water and a smile. This session is run by Lorene Shanley who is a certified Tennis Instructor through the Professional Tennis Registry

## TOGO PALAZZI BASKETBALL CLINIC

**AGES: 7-17**
**DATES: July 18-21 (M-TH)**
**TIMES: 8:30am-2:30pm**
**WHERE: Chocksett Middle School Gym & Houghton Elementary Gym**
**FEE: $175.00**

Togo Palazzi Basketball is back for its 16th summer of excellence! This clinic is designed to develop and improve the individual skills and game concepts necessary to become a complete player. Participants will be grouped by age, size, gender and ability to assure maximum challenge and accurate evaluation of performance. Clinic includes emphasis on fundamentals, individual instruction, offensive and defensive techniques, station drills, stretching and conditioning, guest speakers, daily games, free clinic shirt, and awards presentation. The Clinic staff is former NBA and Division One players, high school and college head coaches. Please bring your own lunch daily along with sneakers, socks, shorts, shirts, sunscreen and water bottle.

## GAME ON BASKETBALL

**AGES: Entering grades 2-8**
**DATES: July 11-14 (M-TH)**
**TIMES: 8:30am-2:00pm**
**WHERE: Houghton & Chocksett Schools**
**FEE: $160.00**

Basketball, leadership, fitness and **fun!** Sessions will include basketball instruction from outstanding coaches and teachers for players of all ability levels. Basketball instruction will include age-appropriate skills and drills, lead-up games and competitions. A wide variety of activities will make this a fun-filled week! Instructors are Chocksett Middle School Basketball Coach, Brad Clark and Leicester High School Varsity Basketball Coach, Mike Lynch.

## FIRST PLAY GOLF

*by US Sports*

**AGES: 6-8; 9-12**
**DATES: August 1-5**

| AGE | TIME |
|---|---|
| 6-8 | 4:30-5:30pm |
| 9-12 | 5:30-6:30pm |

**WHERE: Griffin Road Fields**
**FEE: $90.00**

Using the revolutionary SNAG (Start New At Golf) system, US Sports Institute's First Play Golf clinic is the ideal way to introduce youngsters to one of the world's most popular sports. Children will learn all the basic golf techniques including swing, grip and ball contact through unique and fun training methods, each day will also incorporate inclusive team challenges and individual play in our US Open Competition. Children will experience greater success by using larger balls and club heads increasing stroke consistency while developing player confidence. The First Play Golf clinic provides a thorough, early introduction to this life long pass time.

# Play-Well TEKnologies with LEGO®

## LIFT-OFF using LEGO®

**AGES:** Entering grades K-2
**DATES:** July 25– July 29
**TIMES:** 9:00am-12:00pm
**WHERE:** 1835 Town Hall
**FEE:** $140.00

Do you wish you could fly? Do you dream of breaking the sound barrier, or landing on Mars? Then this program is for you! Build LEGO models of every kind of flying machine, from wings tat flap like bird's, to P-51 Mustangs, Stealth Bombers and NASA rockets. Then discover how-real world aircraft and spacecraft actually fly!

## Aerospace FUNdamentals: using LEGO®

**AGES:** Entering grades 3-5
**DATES:** July 25-July 29
**TIME:** 1:00- 4:00pm
**WHERE:** 1835 Town Hall
**FEE:** $140.00

Learn the secrets of flight in Aerospace FUNdamentals! Study the work of the masters, then build a LEGO model of the largest rocket in history, and design your own Mars Rover. Explore the history of flight, from Icarus to DaVinci to the Wright Brothers to NASA. Come discover how birds, stealth fighters, blimps and rockets all use the same FUNdamentals concepts to fly!

# SCIENCE & COMPUTER PROGRAMS

## MINECRAFT MASTERCRAFTERS

*Presented by Wicked Cool for Kids*

**AGES:** Entering grades 3-7
**DATES:** August 1-5
**TIMES:** 8:30am-2:30pm
**WHERE:** 1835 Town Hall
**FEE:** $270.00

Experience Minecraft Mastercrafters, an advanced Minecraft program where educational gaming is offered in conjunction with our hands-on science and engineering activities as focused, companion lessons. Think you've got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where we learn and interact virtually in a classroom setting. Student teams will explore, manipulate problem-solve and build in worlds that have been customized for Wicked Cool learning activities. We will become Mastercrafters as we focus on energy, powering mechanisms, and using redstone to build and design our way through the tricky labyrinth of the Mastercrafter Island.

## ONLINE REGISTRATION IS HERE!

Visit SterlingRec.com
Create your household, add members and provide information-every time you register for a program, that information will already be there!
Pay electronically or print and mail completed registration with payment to 1 Park Street, Sterling MA 01564.
Having trouble? Click the "Help" button at the top of your screen OR give us at a call at the office!
We are excited to make the registration & payment process easier for our community!

**SterlingRec.com**

# ART & COOKING PROGRAMS

## ARTBLAST

*By Let's Gogh Art*

**AGES: Entering grades K-4**
**DATES: June 27-July 1**
**TIMES: 9:00am-12:00pm**
**WHERE: 1835 Town Hall**
**FEE: $145.00**

Art Blast class combines art and creativity through unique art-based experiences. Artists will play with art while learning about different tools, techniques and media. Participants will have the opportunity to try painting, drawing, sculpting , collage, printmaking and many more 2-dimentional and 3-dimentional projects that are quite simply a blast! Each child will keep a daily art journal and will receive a DYO Let's Gogh Art Shirt! We'll paint indoors and out!

## CREATIVE EXPRESSIONS

**AGES: Entering grades 2-5**
**DATES: July 11-15**
**TIMES: 9:00am-12:00pm**
**WHERE: 1835 Town Hall**
**FEE: $150.00**

In this half-day camp, individual expressions and abilities will be nurtured and celebrated in a fun environment. You'll use your imagination to create artwork and other expressions through traditional and contemporary artists styles. A variety of mixed multi-media will be incorporated, including drawing, painting, collage, and repurposing items. Bring your creativity, an open mind, and get ready to explore to create a multitude of projects that you will be proud of. Please bring water and snack. Program taught by Mrs. Curtin, a licensed elementary school teacher.

## PROJECT RUNWAY

**AGES: Entering grades 5-9**
**DATES: June 27- June 29**
**TIMES: 9:30am-2:00pm**
**WHERE: Chocksett Middle School Art Room**
**FEE: $170.00**

This program is designed for the aspiring fashion designer. If your child loves to sew or wants to learn, then this is the class for them. The class will include all materials needed to produce a functional/wearable item. Due to requests, this program is entirely sewing. Students should bring lunch, drinks & snack. Instructors: Ginny Meade & Brianna Pageau

## CULINARY ARTS

**AGES: Entering grades 5-12**
**DATES: Session I: July 11-14 (M-TH)**
**Session II: July 18-July 21 (M-TH)**
**TIMES: 9:00am-12:00pm**
**WHERE: Chocksett Middle School Cafeteria and Art Room**
**FEE: $165.00/session or $310 for both**

Session I: Focuses on culinary techniques. Each day with feature different themed dishes
Session II: Entirely dedicated to Cake Wars! Students will investigate recipes and learn different techniques with the final goal to produce a cake or cupcake that will be judged with the other cakes (all in good fun!)
Register for sessions individually for $165/session, or both at $310. Instructors Connor & Ginny Meade. **Please notify instructors of any food allergies**

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

**$10 will be added to registration fee received less than 1 week prior to start of the**

**Non-residents welcome! Additional $10 on program fee**

# BABIES, CHILDREN & PRE-K PROGRAMS

## MUSIC & MOVEMENT SUMMER SAMPLER

**AGES: Birth-5**
**DATES: Mondays July 11-August 8**
**TIMES: 9:30-10:15am**
**WHERE: 1835 Town Hall**
**FEE: $65.00/5 weeks** *sibling discount available* Please see pakmusic.org for more details
Sampler classes are a great way to sample Pakachoag Music School's popular school-year Music Together Program; or simply tag on some summer fun! Through singing, movement and instrument play with drums, sticks and scarves, your child or grandchild develops their natural musicality while having lots of fun!
Visit PakMusic.org to register!

## TOTAL SPORTS SQUIRTS

*By US Sports*

**AGES: 3-5**

| | DATES | TIMES | COST |
|---|---|---|---|
| **SESSION I** | July 11-15 | 4:00-5:00pm | $85.00 |
| **SESSION II** | August 8-12 | 4:00-5:00pm | $85.00 |

**WHERE: Griffin Road Fields**
The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun! Please wear plenty of sunscreen and bring water. Presented by US Sports.

## THANK YOU, VOLUNTEERS & SEASONAL EMPLOYEES!!!

**Monday & Saturday Ski/Snowboard Program**- ***John Sanders, Alicia Emsley, Tristan Lundgren*** whose efforts make this a positive safe experience for all the participants. We appreciate your eagerness to help the inexperienced and experienced skier or snowboarder. **Sterling Rec Basketball**– ***Coaches*** thank you for your dedication to our program in making it a fun learning experience for the youth of Sterling. Your enthusiasm and positive attitude in coaching is what made it a successful season. Thank you- ***Maggie Holmqusist and Max Kelley*** who spent many hours supervising the basketball activities. Thank you to our Men's Pick-Up Basketball Coordinator, **Gregg Frantz.** Thank you- ***Tony Cipro & Chris LaBreck*** for the use of the school's facilities for our winter programs and summer camps. **To *Charlotte, Vicki, Wendy, & Renatta*** for their patience with the scheduling. ***Brad Clark and Mike Walsh*** for sharing the gym and equipment. Also, to the school ***Custodians*** for their assistance and cooperation in our programs.
Thank you to the ***Girl Scouts*** and ***Boy Scouts*** who help out with special programs, Holiday Tree Lighting, and projects. Our appreciation to the ***Eagle Scouts*** who have completed service projects that benefit the community. Thank You to all the volunteers that work on our fields and facilities. Special thank you to ***Mike Diverdi, Andrew Hryniewich, Mark Hryniewich and Michael Hryniewich*** for fixing the dugout at Griffin Road Field. And a big THANK YOU to everyone from the community that continues to support and promote our programs! We couldn't do it without all of you!

# TRIPS

## BEST OF TIMES TOURS

These trips are run in conjunction with Clinton Parks & Recreation.
Trips will leave from Shaw's in Clinton if there are enough attendees to fill a bus. If we cannot fill the bus, attendees will be paired with nearby towns and may have to travel to closest location.

**THURSDAY-SUNDAY APRIL 28-MAY 1: WASHINGTON D.C.–** Visit Arlington National Cemetery for a Tourmobile Ride to the Grave of the Three Kennedy Brothers JFK, Bobby, & Teddy, and the very moving Changing of the Guard at the Tomb of the Unknown Soldier. You'll drive by the Pentagon, site of the 9/11 plane strike. Friday night you will experience an Illuminated Light Tour of our nation's Capital. Saturday includes the Lincoln Memorial, Vietnam Memorial and Korean War Memorial. Choose your next stop at one of the many Smithsonian Museums On the Mall (Natural History, Art (3), National History & Technology, Sculpture, African Art, Native American, etc.) or you may continue with our Tour Director to the NEW National Air & Space Museum at Dulles (which is home to the Space Shuttle Discovery, the Enola Gay, Cruise Missiles, Concorde, Blackbird & the 7 Story Observation Tower overlooking Dulles Airport). Sunday you'll head north with a special rest stop in Liberty Park, NJ for a view of the New York City Skyline, Ellis Island, the Statue of Liberty, and the emergence of One World Trade Center in the skyline. Price Per Person: $519 Double; $679 Single

**THURSDAY JULY 21: LAKE WINNEPESAUKEE CRUISE & CASTLE IN THE CLOUDS-** While sailing aboard the Doris E, you'll enjoy a 1 Hour Scenic Tour out of Weirs Beach. The Doris E. provides scenic touring of the smaller islands adjacent to Weirs Bay. You'll be totally immersed in the spectacular scenery of the western end of Lake Winnipesaukee. Enjoy a delicious full course luncheon at one of NH's landmark restaurants in the Lakes Region. Famous and renowned for their delicious turkey dinners you are sure to enjoy your bountiful luncheon at Hart's Turkey Farm. Bring your friends and family and come up to the Castle. Enjoy truly breathtaking views from this spectacular turn-of-the-century sixteen-room Arts & Crafts mansion perched high on a pristine 5500-acre mountaintop estate overlooking Lake Winnipesaukee! Price Per Person: $94.00

**THURSDAY AUGUST 25: LOBSTER BAKE, LIGHTHOUSE LOVER HARBOR CRUISE-** Your Day Begins with a bountiful Lobsterbake at the Clambake Seafood Restaurant on Pine Point in Scarborough, ME. The Clambake Restaurant sits on Maine's largest salt water marsh right beside the famous Old Orchard Beach. Enjoy this narrated 90-minute scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals, and sea birds. Four lighthouses can be seen up close with as many as seven in view during the cruise, including an up-close view of Maine's oldest and most photographed lighthouse, Portland Head Light! So come aboard, and enjoy the best narrated cruise around! Your meal includes WHOLE BOILED LOBSTER & FRESHLY DUG STEAMED CLAMS or BAKED HADDOCK with homemade seafood stuffing and crumbs on top. Plus: CLAM CHOWDER, CAESAR SALAD, BAKED POTATO, ROLLS & BUTTER HOT DRAWN BUTTER, BEVERAGE & DESSERT A Non-Fish Alternative is available. Price Per Person: $104.00

**SUNDAY-TUESDAY SEPTEMBER 11-13: MAINE ESCAPES-** Join us on this amazing adventure featuring some of Maine's most highly acclaimed and picturesque areas. Enjoy our accommodations at the Fisherman's Wharf Inn located over the water in the center of the village of Boothbay Harbor the "Boating Capitol of New England". Every room at the Fisherman's Wharf Inn looks out over the harbor for some spectacular views. Absorb the sights and sounds of the forest, fill your lungs with the aroma of evergreen and salt air, revel in the panoramic views from atop Cadillac Mountain, and visit Acadia National Park. Enjoy some time browsing and shopping in the downtown waterfronts of Portland, Boothbay Harbor, and Bar Harbor. Evening entertainment is abound with our included evening entertainment both nights at the Fisherman's Wharf Inn. Of course no trip would be complete to Maine without a traditional downeast lobsterbake featuring chowder, mussels, clams, corn on the cob, and of course Lobster. With more extra surprises, twists, and turns than we can mention this trip has everything you could hope for and more. Don't miss out, come join us on our Maine Escapes adventure!! Price per person: $404 Dbl; $544 Single

**MORE TRIPS & INFORMATION AVAILABLE AT STERLINGREC.COM!**

**"Like" us on Facebook for the most up to date information, reminders, events & pictures**

Like

# FREE SUMMER CONCERT SERIES 2016

**ALL CONCERTS WILL BE HELD AT MEMORIAL PARK**

**MONDAYS & WEDNESDAYS**

**6:00-8:00pm**

**** Wednesday August 10 & 17 are rain dates****

**WEDNESDAY, JULY 6- SUMMER CONCERT SERIES KICK-OFF WITH STONETHROW:** a five piece classic rock band based in Sterling, MA. They have been together for 14 years and play at several local venues. They cover a wide range of artists in the classic rock genre such as Led Zeppelin, Allman Brothers, Van Halen, Jimi Hendrix and much more. Stonethrow consists of Mark "Monty"Montaquilla on lead vocals and harmonica; Sean Kyle on lead guitar and vocals; Rich Nartowt on Bass guitar; Steve Erickson on drums and John "J5" Hennessey on keyboards, percussion and vocals.

**MONDAY, JULY 11 –TRANSISTORS**: Sounds of the sixties! Not just another retro band-these guys are the real deal! Brain "Double O" Cutler or drums, Steve "Silvertone" Coveney on guitar, Tom "Rockin Tommy" Bell with lead vocals and harmonica, and Warren "Wando" Mannell on bass. www.transistorsband.com

**WEDNESDAY, JULY 13- LOU BORELLI OCTET:** Our selections are original arrangements from the Dave Pell Octet, one of the bands credited with the creation of the West Coast Jazz scene in the 1950's. Shorty Rogers and Marty Paich were the first arrangers to showcase the unique sound of this group. We are honored to play these arrangements as a tribute to Don Fagerquist, a Worcester born trumpet player, who went out to the West Coast to play with the great bands of his time. www.borellimusic.com

**MONDAY, JULY 18- CROSSROADS:** The Crossroads band plays classic and modern rock and country music. Featuring a female singer, Fran, along with the talented instrumentalists and vocalists John, Carl, Edwin and Bill, Crossroads plays music that people can get up and dance to or just sit back and enjoy. From standards to the latest hits, from waltzes to line dances, and everything in between, Crossroads provides entertaining music for your listening and dancing pleasure. The band's large repertoire provides a full night (or day) of songs by the greats of rock and country music. Playing throughout New England, Crossroads provides top notch musical entertainment. Crossroads latest featured song is "Statesboro Blues", on You Tube @ https://www.youtube.com/watch?v=EEAOtu8LJjQ

**WEDNESDAY, JULY 20- NOWHEREMEN:** Boston's feistiest Beatles band who will have you dancing and singing. Each Nowhere Man is a powerful singer capable of leading the song or blending in harmony. The quartet remains faithful to the fab four's concept of three guitars up front with cuddly drummer in back. www.myspace.com/realnowheremen.

**MONDAY, JULY 25- THROWBACK TO THE 60'S:** Throwback is a vintage 60s rock band from Massachusetts featuring decades of veteran musicians. They will get you rocking & rolling to the songs of the 60's! https://www.facebook.com/throwbacktothe60

**WEDNESDAY, JULY 27- THE ILLUSIONS:** Play music from the 60's, 70's, & 80's including contemporary top 40's and across all genres, Country, Pop, Rock, etc. They get audiences of all ages involved.

**MONDAY, AUGUST 1– WACHUSETT COMMUNITY BAND:** This band has been playing in Sterling's summer concerts for the past 9 years. The band has 25 plus musicians from the Wachusett Area. They play a variety of marches, show tunes, & more.

**WEDNESDAY, AUGUST 3-BANDWAGON:** Featuring Sterling residents Michael and Kimberly Bourgeois in this 5-piece band. The band plays a variety of music from classic hits to songs of now.

**MONDAY, AUGUST 8- WORCESTER COUNTY BLUEGRASS ALL STARS:** Paul Della Valle and the Worcester County Bluegrass All Stars are Sterling songwriter Paul Della Valle backed up by some of the best acoustic musicians in the area. They include the legendary Walter Crockett on guitar, Fran McConville of Slo-Grass on mandolin and Bob Dick of the Blackstone Valley Bluegrass Band on bass.

**MONDAY, AUGUST 15–RAMPAGE TRIO:** The Rampage Trio is a high energy, blues-rock boogie, dance band featuring singer-songwriter-guitarist, Brian Owens, singer-bassist, Iain Perry and singer-harmonica player-drummer, Kevin Crowley. T They have five CD's to their credit and have shared the stage with the Edgar Winter Band, Mountain, Joe Bonamassa, James Cotton, Candye Kane, Otis Clay, Buckwheat Zydeco, Big Sandy, and others. Www.lowellroocks.com/artist/rampagetrio

**MONDAY, AUGUST 22- SUMMER CONCERT SERIES FINALE WITH THE BLUE FLAMES:** They're A 4-piece band based in Sterling. They play all kinds of music from classic to rock! Whatever your taste, from sweet pop harmonies to flowing jams to blistering rock to bizarre Sabbath covers. The Flame frequently play at local venues. End your summer with the rockin' music of the Blue Flames!

This program would not be possible without our wonderful community partners!

Indicates bands sponsored by the Massachusetts Cultural Council's Sterling Chapter. We thank them for their continued support!

# Summer Concert Series 2016
# Community Donors

**Village Pizza & More**
239 Worcester Rd Sterling, MA
978-422-7166

**D.M.H. Electrical Contractors**
29 Legate Hill Road-Unit A
Sterling, MA
978-422-0400
www.DMHElectric.com

**DON-JO MFG., INC.**
70 Pratts Junction Rd
Sterling, MA

**Massachusetts Cultural Council**
Committed to building a central place for the arts, sciences, and humanities in the everyday lives of communities across the Commonwealth.

**Hi-Tec AUTOMOTIVE SERVICES**
- Complete Automotive Services
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**Paula Meola**
Dance & Performing Arts, Inc.
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978-422-6989

**Pandolf-Perkins Company**
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Sterling, MA
978-422-8812

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Open daily 11:30am – 9:30pm
117 Chase Hill Road
Sterling, Ma

**KITCHEN & ASSOCIATES**
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Sterling, Ma
978-422-3322
www.KitchenAssociates.com

**LCU Leominster Credit Union**
7 Main St, Sterling MA
(978) 537-8021

**Davis' Farmland Children's Discovery Farm**
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Sterling MA
978-422-MOOO

**Davis Mega Maze**

**Clinton Savings Bank**
An experience you can bank on.
1 Main St, Sterling MA
(978) 422-8133

THANK YOU
COMMUNITY DONORS!

**Traina & Traina T&T Insurance Agency**
44 Main St. Sterling, Ma
978-422-7700

**MANY THANKS TO THE STERLING/LANCASTER CABLE TV -The volunteers and staff who tape all our concerts throughout the summer. You are a compliment to our Community.**

*Thank you to all of our Platinum sponsors for your generous donations!*

*Denotes sponsors whose donations exceeded platinum level*

# STERLING RECREATION
# SUMMER 2016 PROGRAM REGISTRATION FORM

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

**Separate forms needed for Game On, Sports Adventure, and Super Safari**

**REGISTRATION BEGINS ON APRIL 6, 2016**

**PLEASE PRINT CLEARLY**

Participants Name: _____

Address_____

Home Phone:_____ Work/Cell Phone _____

E-Mail:_____

**CIRCLE SHIRT SIZE FOR *TENNIS CLINICS, TOGO BASKETBALL & CIT :***

***YOUTH: SM MED LG***

***ADULT*: SM MED LG X-LG**

**SWIM LEVEL for Lake Programs _____**

## Must be completed if Participant is under 18 years of age:

DOB: _____ Age:_____ Grade in **FALL**_____ Gender:_____

Parent(s) Name: _____

Home Phone: _____ Work/cell Phone: _____

Emergency contact if we can't reach parent. Name: _____Phone_____

**Please list any physical limitations/restrictions and/or medications taken and food allergies**: _____

---

* ADD $10 TO REGISTRATIONS IF YOU ARE A NON-RESIDENT OR IF THE FORM IS NOT RECEIVED WITHIN ONE WEEK PRIOR TO START OF PROGRAM

| PROGRAM TITLE | DATE/ SESSION | TIME | COST | *Add additional $10 Late Fee/Non Resident Fee |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |

**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**

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

**For Office use only: Date Received_____Check#_____Cash_____Amount:_____**

***Register online at SterlingRec.com***

# STERLING RECREATION DEPARTMENT

# SUPER SAFARI ADVENTURE

## REGISTER ONLINE AT STERLINGREC.COM

**Entering grades 3 -8 Time: 9:00am –4:30pm Meet at Sholan Park**

**DATES: - June 27- July 1 $299.00/week or $70.00/day**

**Monday June 27: Sholan Park/ Funway Park, Litchfield N.H.**

**Tuesday June 28: Sholan Park/ Canobie Lake Park, Salem, N. H.**

**Wednesday, Jun 29:Sholan Park/SkyZone Westborough, MA**

**Thursday, Jun 30: Sholan Park/Water Country, Portsmouth N.H.**

**Friday, July 1: Sholan Park with Kayaking, S'Mores & FUN!**

**Meals will have the following options:**
**CANOBIE LAKE PARK: Choice of: cheese burger, burger, hot dog, pizza & soda**
**SKYZONE: Everyone will have pizza. Sterling Rec will provide water & snacks.**
**WATER COUNTRY: Everyone will bring their own lunches, snacks, drinks etc**
**SHOLAN PARK: Choice of hot dog, hamburger & s'mores for dessert.**
**FUNWAY PARK: Pizza, soda or water & ice cream treat!**

**Please choose a T-Shirt size for your child : YOUTH: *SM MED LG;* ADULT: *SM MED LG X-LG***

**Participants MUST wear their Super Safari shirts on all trips**

**Per day date(s) _____Total Cost: _____**

**PLEASE PRINT**
**Name:_____**

**Address:_____**

**Phone:_____Alt. Phone:_____E-Mail:_____**

**DOB:_____Age:____ Grade in the Fall:____ Gender:____**

**Parent(s) Name:_____Allergies/Phsyical Limitations:_____**

****Person, other than parent, to contact in case of Emergency:**
**Name:_____Phone:_____**

## PARTICIPATION WAIVER

***MUST BE SIGNED***

**I give my child permission to participate in the Sterling Recreation programs including field trips. I hereby release, discharge and/or indemnify the Recreation Director, Recreation committee, the Town of Sterling, its' elected officials, staff, and/or volunteers of any liability related to the operation of this program as well as StillRiver Outfitters. I hereby give my consent for emergency medical care prescribed by a licensed Doctor of medicine or Doctor of dentistry. Participants are expected to conduct themselves in a responsible, respectful manner. Unacceptable behavior may result in contacting parents during program.**

***Participant or Parent/Guardian:*_____ Date:_____**

**For Office use only: Date Received_____Check#_____Cash_____Amount:_____**

***Register online at SterlingRec.com***

# STERLING RECREATION PRESENTS

# A FUN FAMILY EVENING WITH

# BUBBLE SOCCER!

## COMING TO STERLING SOON!

**FRIDAY APRIL, 29th AT CHOCKSETT SCHOOL GYM**

**Appropriate for players grades 6+**

**7:00-9:00pm**

What IS bubble soccer? BUBBL E SOCCER is the new wacky contact sport that is so much fun, safe, great experience that is enjoyed by everyone! Adding some fun and many laughs to the great game of soccer.

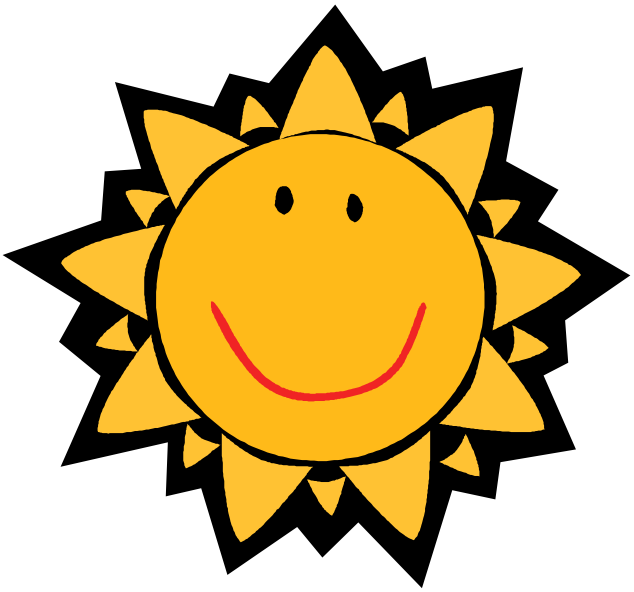
Games will be 10 minutes. Players are guaranteed at least 2 games We will work players into games throughout the play-time.

**Cost: $10.00/player**

**We will have concessions for sale**

For more information contact the Recreation Department at recreation@sterling-ma.gov or 978-422-3041

# FUN IN THE SUN!




## Sterling Recreation Department

**31 Main Street, Sterling  MA 01564**

**978-422-3041**

**recreation@sterling-ma.gov**