

# PREVIEW

STOW PARKS & RECREATION



**Fall/Winter  
2018-2019**

*Catalog of Programs, Events and Facilities*

FREE  
EVENT!

The City of Stow  
Presents

# Summer SUNSET BLAST

End the Summer with Fun!!

Sat. & Sun. September 1 & 2 (3-10pm)

Stow Silver Springs Park - 5238 Young Rd.

Parking available at event site - Young Rd. On Sunday night, this lot WILL fill up by 8pm due to the Fireworks show.

Parking also available on Stow Rd. side of Silver Springs Park. A short walk gets you to the event site.

This walking route will close for fireworks at 8:45pm. Ride your Bike!! Car Pool!! Ride Share!!

## FOOD

- Festival Favorites
- Kid-Friendly Eats
- Healthy Snacks
- Cultural Variety
- Delicious Sweets
- Beer

## FUN

- Inflatables
- Rock Wall
- Photo Booth
- Bubble Soccer
- Carnival Games

## EVENTS

### Saturday

Party Night with  
Live Performances,  
Music from  
GRAND AVENUE BAND

### Sunday

Beach Blanket Bash  
with DJ all night!  
"Out of This World" Kids  
Show, Dance Performances,  
Fireworks Grand Finale!

## THANK YOU TO OUR SPONSORS!

**SkyRocket**

**Marhofer Chevrolet, Inc.**

**Sparkler**

**Audio-Technica**

**EnviroScience, Inc.**

**Struktol Co. of America**

**FREE  
EVENT!**

\$2 wristband  
for inflatables &  
rock wall

For more information, contact  
Stow Parks and Recreation  
330.689.5100  
[FunInStow.com](http://FunInStow.com)







### HIGH ADVENTURE INFLATABLES!

\$2 wristband must be purchased  
(each day) to access these rides.

Rock Climbing Wall  
22' Super Slide • Jungle Island Combo Bounce  
Monster Truck Jump • Palm Tree Bounce  
Baseball Sports Arena  
Cameron the Caterpillar  
Wild One Rollercoaster Obstacle

**The City of Stow  
Presents...**



**VENDORS!  
LOCAL ORGANIZATIONS!  
ENTERTAINMENT FOR ALL!  
COMMUNITY PRIDE!**

*End the Summer with Fun!!*

**FREE EVENT!** (\$2 wristband for inflatables & rock wall)

**Sat. & Sun., September 1 & 2 (3pm-10pm) • Stow Silver Springs Park**

Lawn/Grass seating for all performances. Bring blankets and chairs.

## SCHEDULE OF EVENTS



### SATURDAY

#### PARTY NIGHT WITH LIVE MUSIC

3:00 -10:00pm Rock Wall & Inflatables (\$2 Wristband)  
3:30 - 4:30pm Shelby Olive (Local, Indie Folk Musician)  
4:00 - 8:00pm Bubble Soccer  
4:30 - 7:30pm Petting Zoo - Featuring Jimmy Dean!  
5:00 - 7:00pm Kent State A Cappella  
5:00 - 9:00pm Open Air Photo Booth w/Props  
6:00 - 10:00pm Live Music from GRAND AVENUE BAND  
10:00pm Event Closes

### SUNDAY

#### BEACH BLANKET BASH

3:00 - 9:00pm Rock Wall & Inflatables (\$2 Wristband)  
3:30 - 6:30pm Petting Zoo - Featuring Jimmy Dean!  
4:00 - 5:00pm All About Dance! by Kristen  
4:00 - 8:00pm Bubble Soccer  
5:00 - 9:00pm Open Air Photo Booth w/Props  
5:00 - 5:30pm "Out of This World" Kids Show  
5:00 - 10:00pm DJ Rock the House  
5:30 - 7:00pm Galactic Heroes & Villains Meet & Greet!  
7:00 - 7:30pm Zumba by Cleveland Clinic / Akron General LifeStyles  
9:00 - 9:30pm Grand Finale Fireworks Show!  
10:00pm Event Closes

### GREAT VENDOR BOOTHS

Local vendors, community organizations  
and others providing scrumptious food,  
activities, raffles, give-aways!!

### VENDORS

Champion Windows	Kent State Athletics
Chick-Fil-A	Mike Rasor
Choice 1 Restoration	for State Representative
Costco	Playland Amusements
Goldfish Swim School	The Slop Truck
Handels	SummerFest Foods
Henna by Varsha	Swensons
	Teresa's Pizza Stow

### COMMUNITY ORGANIZATIONS

Boy Scout Troop #270 & Boy Scouts of America  
SMF Rotary • SMF Community Foundation  
SMFHS Boosters • Stow Community Church  
SMF Chamber of Commerce • Hudson Jaycees  
Trinity Lutheran Church





## CONNECTING PEOPLE AND FUN THROUGH RECREATION

Our purpose is to provide FUN AND INTERESTING recreational opportunities that enhance your quality of life and that promote your physical health. Enjoy the outdoors in Stow this Fall & Winter!

**Visit us at Stow City Hall to sign up for all your recreation programs!**

Festive events, holiday celebrations, golf, biking, running & races, adult fitness, rental facilities, senior programs, AND MORE!!

We offer online registration for many programs.

Visit our online Registration Portal at

[StowOhio.RecDesk.com](http://StowOhio.RecDesk.com).

We also accept payment by credit card.

## MISSION STATEMENT

THE MISSION OF THE PARKS AND RECREATION DEPARTMENT IS TO IMPROVE THE QUALITY OF LIFE FOR ALL RESIDENTS OF STOW BY PROVIDING OPPORTUNITIES FOR A WIDE VARIETY OF LEISURE, CULTURAL ENRICHMENT AND LEARNING.

## POLICY STATEMENT

OUR POLICY IS TO PROVIDE EQUAL RECREATIONAL OPPORTUNITIES FOR ALL PARTICIPANTS. WE DO NOT DISCRIMINATE (BY RACE, COLOR, NATIONAL ORIGIN, SEX, DISABILITY, PREGNANCY, PARENTAL STATUS, OR ANY OTHER BASIS) IN ADMISSION OR ACCESS TO OUR PROGRAMS OR ACTIVITIES.

## INCLUSION

STOW PARKS & RECREATION WORKS WITH OUR COMMISSION ON INCLUSION AND WITH SUMMIT DD TO CONNECT INDIVIDUALS AND FAMILIES TO RECREATIONAL PROGRAMS, EVENTS, ACTIVITIES AND RESOURCES. PLEASE LET US HELP YOU EXPLORE YOUR OPTIONS AND FIND THE RIGHT FIT FOR YOU AND YOUR FAMILY.

CONTACT: LINDA NAHRSTEDT....330.689.5100

## CITY OF STOW PARKS AND RECREATION DEPARTMENT

Phone.....330-689-5100

Fax.....330-689-2895

Program Cancellation Hotline.....330-689-5105

Email.....[parks@stow.oh.us](mailto:parks@stow.oh.us)

Online Registration.....[StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

## TABLE OF CONTENTS

Page 1	Summer Sunset Blast
Page 2	Who we are
Page 3	Upcoming Events
Page 4-5	Special Events
Page 6	Stow Players
Page 7-14	Youth Sports
Page 15-16	High School, Adult Sports/Fitness
Page 17-19	Senior 55+ Recreation
Page 20-23	Parks & Facilities



## “LIKE” US ON FACEBOOK

Search:

**FUN IN STOW**

and “LIKE” us for updates and events!

## PARKS AND RECREATION BOARD

Mario Fiocca, Chair.....	330-212-2048
Sindi Harrison.....	330-283-2308
Houston Morgan.....	330-688-4108
Julie Root, Vice Chair.....	330-703-8203
Bob Pontius.....	330-612-6940

## DEPARTMENT STAFF

Linda Nahrstedt.....	Director
Anne E. Baranek.....	Recreation Supervisor
Kathy McConnell.....	Recreation Supervisor
Monica Dunton.....	Office Administrator
Deanna Mihalus.....	Customer Service Administrator
Tracie McNutt.....	Customer Service Administrator
Chris Sheridan.....	Recreation Assistant
Ken Barnhart.....	Park Attendant

# UPCOMING EVENTS

For a complete list of fun Stow events, visit...[www.FunInStow.com](http://www.FunInStow.com)

## Stow Summer Sunset Blast

Saturday & Sunday

September 1 & 2, 2018, 3:00-10:00pm

Silver Springs Park, 5238 Young Road  
Food, beer, music, characters, petting zoo,  
Fireworks. Visit [FunInStow.com](http://FunInStow.com) for more details



## 5th Annual Craft Beer Fest

Stow-Munroe Falls Community Foundation

Friday, October 5, 2018, 6:00-9:00pm

Heritage Barn, Silver Springs Park  
Six local breweries, food, raffles, music  
Visit [smfcommunity.org](http://smfcommunity.org)



## 3rd Annual Holy Family Panther 5K and Fun Run

Saturday, September 8, 2018, 8:30 am

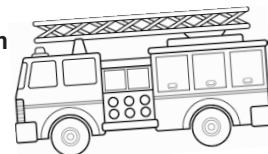
Holy Family Parish School - 3163 Kent Road, Stow  
Race Information at [holyfamilystow.org](http://holyfamilystow.org)



## Safety Forces Open House

Tues. October, 9, 2018, 4:00pm-8:00pm

Tour the Safety Building and vehicles,  
booths, food, K-9 demonstration,  
vehicle extrication.



## "We Remember" 9/11 Memorial Ceremony

Tuesday, September 11, 2018, 4:30pm

Please join us at Stow City Hall at the  
9/11 Memorial Garden. The Memorial was  
erected to provide a lasting and meaningful place  
to honor those who lost their lives on  
September 11, 2001. On this 17th anniversary,  
we will come together to remember.



## Mummy Run

Sunday, October 21, 2018, 8:00am-10:00am

Starts at the High School, costumes are  
encouraged!!! FREE t-shirt for pre-registered  
runners, awards given in all age groups.  
Register at Eventbrite.com



## Family Movie Night

Saturday, September 15, 2018,

8:00-10:00pm - Stow City Center Complex

FREE! Hosted by Stow-Munroe Falls  
Community Foundation and Sponsored by  
the following Stow-Munroe Falls  
Organizations: Lions, Rotary, Kiwanis  
Bring blankets & chairs. Refreshments available.



## Trick-or-Treat Street at Stow City Hall

Friday, October 26, 2018, 2:30-4:00pm

Stow City Hall - 3760 Darrow Road

Come on down to City Hall in your  
Halloween Costume. Enjoy fun games,  
sidewalk chalk, treats, & More!  
[FunInStow.com](http://FunInStow.com), 330.689.5100



## Trick-or-Treat Night in Stow

Saturday, October 27, 2018, 5:30-7:30pm

Turn on your porch light to participate  
in handing out treats. BE SAFE!  
Dress up & have fun! RAIN or SHINE!

## Stow-Munroe Falls Library Touch-A-Truck

September 15, 2018, 10:00am-12:00pm

At Stow-Munroe Falls Library.  
City police cruisers, construction vehicles,  
fire trucks, snow plow trucks, face painting,  
balloon animals and more!



## Paw Fest

Stow-Munroe Falls Lions Club

Supported by City of Stow Parks & Recreation.

Sunday, September, 16, 2018, 10:00am-4:00pm

Bow Wow Beach, 5027 Stow Road.  
Tail Waggin' fun, pet-related vendors, contests  
and more! Contact [smflions.com/pawfest\\_2018](http://smflions.com/pawfest_2018)



## Santa's Mailbox

November 21- December 20, 2018

City of Stow Parks and Recreation.  
Children may drop their wish list letter into the  
mailbox located outside at Stow City Hall.  
Include self-addressed, stamped envelope to  
hear back from Santa! [FunInStow.com](http://FunInStow.com),  
330-689-5100



## Kandy Kane Express Holiday Festival

Sunday, December 9, 2018, 1:00-5:00pm

Stow City Hall - 3760 Darrow Road  
Santa & More!



## Stow Harvest Festival

Saturday & Sunday

September 29 & 30, 2018, 11:00am-4:00pm

Heritage Barn at Silver Springs Park,  
5238 Young Road. Food, crafts, kid's  
activities, tour historical homes  
For event/vendor info, call 330-689-2852 or  
[stowhistory.org](http://stowhistory.org)



## Pizza Palooza

Stow-Munroe Falls Community Foundation

Sunday, January 27, 2019, 12-3pm

Stow-Munroe Falls High School  
3227 Graham Road  
Pizza, inflatables, community booths  
& more, visit [smfcommunity.org](http://smfcommunity.org)

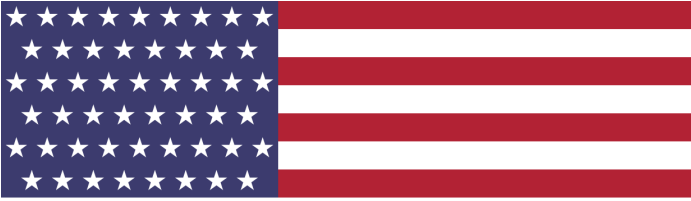




# SPECIAL EVENTS

## 9/11 MEMORIAL CEREMONY

### "WE REMEMBER"



**Tuesday, September 11, 2018, 4:30pm**

Please join us at Stow City Hall at the 9/11 Memorial Garden. The Memorial was erected to provide a lasting and meaningful place to honor those who lost their lives on September 11, 2001. On this 17th anniversary, we will come together to remember.

## FAMILY MOVIE NIGHT

**Saturday  
Sept. 15, 2018**



7:00 pm - Kids Activities  
8:00 pm - Movie Time  
Location: Stow City  
Center Complex

Hosted by Stow-Munroe Falls  
Community Foundation

and

Sponsored by the following  
Stow-Munroe Falls Organizations:  
Lions, Rotary, Kiwanis

**FREE!**

**Bring Blankets and Chairs**  
**Refreshments & Kettle Corn Available**

## PAW FEST

### TAIL WAGGIN' FUN AND MORE!



**SUNDAY, SEPTEMBER 16, 2018**

**10:00am - 4:00pm**

Bow Wow Beach at

Silver Springs Park (5027 Stow Road)

Pet-related vendors, dog contests, food, fun.



This is a **FREE**  
event brought  
to you by  
Stow-Munroe Falls  
Lions Club in  
cooperation with  
Stow Parks  
& Recreation  
[smflions.com](http://smflions.com)

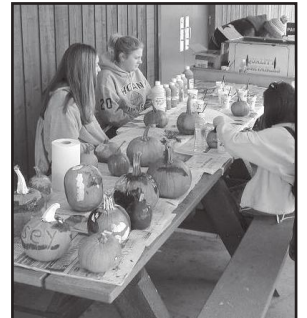
## STOW HARVEST FESTIVAL

**SATURDAY and SUNDAY**

**Sept. 29th & 30th**

**11:00am - 4:00pm**

Heritage Reserve Area,  
Silver Springs Park  
(5238 Young Road)



Apple butter, tour historical  
homes, food, kids activities, pumpkin painting & more.



This is a **FREE**  
event brought  
to you by  
Stow Historical  
Society in  
cooperation with  
Stow Parks  
& Recreation  
[stowhistory.org](http://stowhistory.org)

## SPECIAL EVENTS

### SAFETY FORCES OPEN HOUSE



## City of Stow Safety Forces Open House

Tuesday, October 9, 2018  
5:00 - 8:00 pm  
3800 Darrow Road

**Tours of the  
Police and Fire  
Departments,  
Booths and Food**

**6:00 K-9 Demonstration  
7:00 Vehicle Extrication**



### 5th ANNUAL MUMMY DASH

*Benefitting  
Stow-Munroe  
Falls Swim  
& Dive Team*



5K Mummy Run and Trick or Treat  
1-mile Fun Run

**SUNDAY, OCTOBER 21, 2018**  
**COSTUMES ENCOURAGED!!**

Place: SMF High School Stadium • 3227 E. Graham Road  
Time: 8:00 am • Registration & Packet Pickup

Registration fee includes T-shirt and ticket for pancake breakfast.

Online registration [www.eventbrite.com](http://www.eventbrite.com) event name  
"5k Mummy Run and 1 Mile Fun Run"

Awards are given to Top Runners Male & Female  
and Top Three in each age category.

### TRICK-OR-TREAT STREET

## Trick-or-Treat Street at Stow City Hall

Friday, October 26, 2018  
2:30pm - 4:00pm

Kids - Come on down to City Hall  
in your Halloween costume.  
Have fun with games,  
sidewalk chalk, treats, & More!



**Dress up  
&  
have fun!**

[FunInStow.com](http://FunInStow.com)  
330.689.5100



### HOLIDAY FESTIVAL



## Kandy Kane Express Holiday Festival

**Sunday, December 9, 2018**  
**1pm – 5pm at Stow City Hall**

**Holiday Games, Visit Santa & Friends,  
Cookie Decorating, Storytelling,  
the Elves Shoppe & more . . .**

**To Benefit the Dane Foundation**  
[thedanefoundation.org](http://thedanefoundation.org)



Stow**Pl**ayers

# STOW PLAYERS

## Performing at Stow Heritage Barn

5238 Young Rd., Stow, Oh 44224 • Call (234) 206-0128 for reservations

Purchase tickets at [Stowplayers.net](http://Stowplayers.net)



### Youth Theatre Workshop FEE: \$60.00

Consecutive Saturdays from  
Sept. 22, 2018 - Oct. 27, 2018, 11:30 am - 1:00 pm  
Oregon Trail Meeting Facility, 2913 Graham Road

Young Adults can participate in a six-week workshop to learn all about theatre; from production needs to staging, props, costumes and stage direction. Participants will learn all aspects of theatre and will help determine whether participant prefers to be on stage or off. Participation can lead to a part in Haphazardly Ever After (see below). Register through Stow Parks & Recreation in the office or online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com).

### HAPHAZARDLY EVER AFTER



By Jeff Fluharty  
Directed by LeAnn Covey &  
Pat Robertell-Hudson

Workshop 9/22/2018-10/27/2018  
Show 11/09/2018 -11/18/2018  
Auditions Sept 29 & 30

This fractured fairy tale farce follows a King and Queen with four bratty children. The Royals try everything to bring happiness and harmony to their family. But nothing works until they cast a do-it-yourself spell. Follow the family through Royal chaos. Fun for the whole family!

#### Performance Dates

11/9, 11/10, 11/16, 11/17 7:30 PM \* Matinees 11/11 & 11/18 at 2:30 PM

### DON'T HUG ME CHRISTMAS CAROL



By Phil Olson and Paul Olson  
Directed by Dave Stebbins

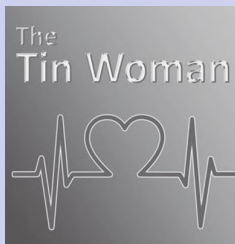
#### Performance Dates

Nov 30, Dec 1, 2, 7, 8, 14, 15 at 8:00 PM  
Matinees: 12/9 & 12/16 at 2:30 PM

*You won't want to miss this hilarious holiday musical!*

This spoof of Charles Dicken's A Christmas Carol takes place on Christmas Eve in Bunyan Bay, Minnesota, where cantankerous bar owner Gunner Johnson gets into an argument with his wife Clara, tells her he's skipping Christmas and storms out. Featuring 17 original songs that will make you laugh like no other Christmas songs you've heard before.

### THE TIN WOMAN



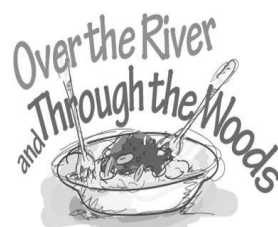
By Sean Grennan  
Directed by William Morgan

#### Performance Dates

Jan 25, 26, Feb 1, 2, 8 & 9 at 8:00 PM  
Matinee: Feb 3 at 2:30 PM

Instead of relishing life after her heart transplant, Joy enters a downward spiral, unsure whether she truly deserves a second chance. Meanwhile, Alice and Hank mourn the loss of their son, Jack, whose heart was used to save Joy. At a friend's urging, Joy tracks down Jack's family to find closure. But are Alice, Hank, and their daughter Sammy ready to accept Jack's death? Based on a true story. Don't miss this heart-warming play.

### OVER THE RIVER AND THROUGH THE WOODS



By Jo Dipietro  
Directed by Brian Westerly

#### Performance Dates

March 1, 2, 8, 9, 15 & 16 at 8:00 PM  
Matinee: March 10th at 2:30 PM

Nick, a single Italian-American living in New Jersey, routinely eats dinner with his maternal and paternal grandparents every Sunday. When he is offered the job of his dreams in Seattle, his lovable, loud grandparents will do almost anything to keep Nick from moving away. Come watch their crazy scheming, as we learn about family, faith and food with the Cristiano and the Gianelli families.



# BOYS & GIRLS FLAG FOOTBALL PROGRAM

## Grades 3-6

This program is for boys and girls in grades 3 through 6 that are residents of Stow-Munroe Falls only. This is a 7-on-7 league, with smaller rosters and more playing time. Children are eligible to play only on the team representing the area in which they live. Generally, but not always, all children attending a Stow elementary school will play on the team at that school site.

All children playing Flag Football are required to wear mouth guards at all times! Football, baseball, or soccer cleats (one piece rubber molded) and/or tennis shoes are to be worn. No metal or steel cleats permitted. Children should dress for the weather.



### REGISTRATION:

Registration fee is \$80.00 per child, which includes a t-shirt (does not include insurance.)

Please register your child early to ensure they will be on their own school's team.

Register online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com) or during in-school registration.

### REGISTRATION ENDS:

**Wednesday, September 5th.**

### PRACTICE TIMES:

The first practice is scheduled to begin on **Tuesday, September 11, 2018.**

Two practices will be held each week on Tuesdays and Thursdays from 5:30-7:00pm. Games will be played at Lakeview Stadium beginning in late September through early November. (Will not conflict with Elementary Basketball Program.)

### GAME TIMES

Saturday Mornings 9:00am, 10:30am, 12:00pm, and some evening games.

Schedules may vary depending on the number of sign-ups.

**Registration will be held at the elementary schools from 8:45-9am as follows:**

<b>*LAKEVIEW</b>	Tuesday, Aug. 28* (8-8:10am this school only)		
<b>ECHO HILLS</b>	Wednesday, Aug. 29	<b>FISHCREEK</b>	Wednesday, Aug. 29
<b>WOODLAND</b>	Thursday, Aug. 30	<b>HIGHLAND</b>	Thursday, Aug. 30
<b>INDIAN TRAIL</b>	Friday, Aug. 31	<b>RIVERVIEW</b>	Friday, Aug. 31

[CUT HERE](#)

## BOYS AND GIRLS FLAG FOOTBALL REGISTRATION FORM

Registrant's Name \_\_\_\_\_ Boy ☐ Girl ☐  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Parent Email Address \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

T-Shirt Size:(Circle)    Youth Large    Adult Small    Adult Med    Adult Large    Adult XL

We, the undersigned, do hereby consent to our child's participation in the Flag Football Program in consideration of services to be performed by the Stow Parks and Recreation Department. We do further release its agents and employees from any and all claim or liability to us for any damage or injuries which may be sustained by said child in connection therewith.

Parent's Signature \_\_\_\_\_

Would you like to be a head coach? Name \_\_\_\_\_ Phone \_\_\_\_\_

An EMERGENCY MEDICAL FORM must be signed and on file with the Parks and Recreation office prior to the first day of the league. The form can be found online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

# BOYS INSTRUCTIONAL VOLLEYBALL LEAGUE



**For Boys in Grades 5-8**  
**Sundays - Sept. 9 to Oct. 14**  
**6:30-8:00pm**



## WHAT IS THE BIVL?

The BIVL, Boys Instructional Volleyball League, is an opportunity for your son to learn the game of volleyball while also having some fun! The league teaches boys how to play volleyball through group activities, short sided games, and group competitions.

## HOW IS IT ORGANIZED?

The League is run by High School Varsity Head Coach Matt Snyder and his assistant coaches. High school players will be assisting with the drills and working with players to help them learn the game and ensure they have fun.

Each session will focus on learning a different set of skills and end with game play. The last week of the league will group players into teams of 6 where they will compete against each other.

## OUR GOALS FOR THE LEAGUE

- Teach the fundamentals of volleyball
- Create opportunities for players to compete
- Encourage positive work habits
- Allow the players to learn by doing
- Have fun!

## REGISTRATION

- 1) Register online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)
- 2) Register at Stow City Hall (M-F, 8am-4:30pm)
- 3) Register in school at Lakeview on Wednesday, September 5 from 8:00-8:10am (checks payable to City of Stow)

## COST

\$52 player - Make checks payable to City of Stow

## WHERE

**Kimpton Middle School**

## IMPORTANT NOTES

- Water! Each player needs to bring their own water bottle
- Kneepads are optional
- Please be prompt to pick your son up

## YOUR SON WILL

- Receive a league t-shirt
- Participate in group instruction
- Learn the fundamentals of volleyball
- Play short sided games (1 v 1, 2 v 2)
- Learn team play

## FOR MORE INFORMATION

Contact Coach Matt at  
[coach@bulldogsvolleyball.com](mailto:coach@bulldogsvolleyball.com)



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## 5th thru 8th Grade Boys Instructional Volleyball League 2018

Registrant's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent Email Address \_\_\_\_\_ Grade (please circle) 5th 6th 7th 8th

T-Shirt Size:(Circle) Youth Large Adult Small Adult Med Adult Large Adult XL

We, the undersigned, do hereby consent to our child's participation in the Boys Instructional Volleyball League in consideration of services to be performed by the Stow Parks and Recreation Department. We do further release its agents and employees from any and all claim or liability to us for any damage or injuries which may be sustained by said child in connection therewith. We are aware that the registration fee for this volleyball program does not include insurance.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

An EMERGENCY MEDICAL FORM must be signed and on file with the Parks and Recreation office prior to the first day of the league. The form can be found online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

# YOUTH SPORTS - GIRLS VOLLEYBALL



## Stow-Munroe Falls Girls Volleyball Instructional Volleyball League In partnership with Stow Parks and Recreation



### WHO

5th & 6th Grade Girls  
Lakeview students only

### WHERE

**Kimpton Middle School**

### WHEN

Sundays 4:45-6:15pm  
September 9 thru October 14

### COST

\$52.00 per player

### REQUIRED ITEMS

Tennis Shoes  
Knee Pads (optional)  
Water Bottle

### IMPORTANT NOTES

Each player will receive a t-shirt.  
Please be prompt to pick-up your daughter.

### REGISTRATION

- 1) Register online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)
- 2) Register at Stow City Hall (M-F, 8am-4:30pm)
- 3) Register in school at Lakeview on  
Wednesday, September 5 from 8:00-8:10am  
(Checks payable to City of Stow)

Your daughter will be working with the coaches from the boys high school volleyball program to learn the fundamentals of volleyball, practice each skill, compete in individual and team games, and have fun!  
For more information, please contact Coach Matt at [coach@bulldogsvolleyball.com](mailto:coach@bulldogsvolleyball.com).

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## 5th thru 6th Grade Girls Instructional Volleyball League 2018

Registrant's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent Email Address \_\_\_\_\_ Grade (please circle) 5th 6th

T-Shirt Size:(Circle)

Youth Large

Adult Small

Adult Med

Adult Large

Adult XL

We, the undersigned, do hereby consent to our child's participation in the Girls Instructional Volleyball League in consideration of services to be performed by the Stow Parks and Recreation Department. We do further release its agents and employees from any and all claim or liability to us for any damage or injuries which may be sustained by said child in connection therewith. We are aware that the registration fee for this volleyball program does not include insurance.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

An EMERGENCY MEDICAL FORM must be signed and on file with the Parks and Recreation office prior to the first day of the league. The form can be found online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)



# ELEMENTARY BASKETBALL LEAGUE - GRADES K-6



This program is for Stow-Munroe Falls residents or those who attend Holy Family School. No experience is necessary for a child to participate. Each child will be taught the fundamentals of basketball

and be given an opportunity to play in games to gain experience, confidence, and to have fun. All players play at least half of the game.

## TRAINING DIVISION - K, 1 & 2 Grade

Boys and Girls will learn and practice basic skills in a group setting, and play games at the end of each session. No parent coaches for this league.

## BOYS DIVISION - 3, 4, 5 & 6 Grade

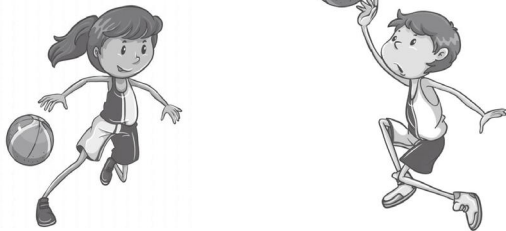
Placed on teams according to grade. Enrollment will determine the division of boys' teams.

## GIRLS DIVISION - 3, 4, 5 & 6 Grade

Placed on teams according to grade. Enrollment will determine the division of girls' teams.

## FEE

\$97 PER CHILD (includes a \$25 non-refundable processing fee) Each player will receive a t-shirt.



## REGISTRATION

**8:45-9:00am held at Elementary schools**

ECHO HILLS	Tuesday, Sept. 11	FISHCREEK	Tuesday, Sept. 11
HIGHLAND	Wednesday, Sept. 12	WOODLAND	Wednesday, Sept. 12
INDIAN TRAIL	Thursday, Sept. 13	RIVERVIEW	Thursday, Sept. 13
LAKEVIEW	Friday, Sept. 14 (8-8:10am)		

**Special Registration at Stow Parks and Recreation Office on Thursday, September 20, 2018 from 5-7pm.**

**Registration closes Monday, September 24 at 4:30pm.**

**LATE FEE \$10** - Late Registrations Not Guaranteed!

Register ONLINE at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com) or have your child bring this filled-out form along with payment, to in-school registration. It is not necessary for the parent to attend school registration.

## PRACTICES and GAMES

**Training Division (Grades K-2):** Boys and girls will attend weekly skills development sessions that include skill sets and games. Weekly sessions beginning October 27 through December 22 on Saturday mornings. No session on November 24. Location TBA.

**Boys and Girls Divisions (Grades 3-6):** Practices begin the week of October 29 and will go through January/Feb. 2019. One practice will be held each week for one hour. Practice schedules vary for each school and will be assigned once registration is complete. Each child will be informed by their coach of his/her practice schedule by October 23.

Games are on Saturdays beginning December 1 at Kimpton and Lakeview.

Times and location subject to change due to volume of registration.

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## BOYS AND GIRLS ELEMENTARY BASKETBALL REGISTRATION FORM

Registrant's Name \_\_\_\_\_ Circle: Boy Girl

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

T-Shirt Size (Circle one) 6-8 10-12 14-16 Adult Small Adult Medium Adult Large Adult XL

DAY CHILD CANNOT PRACTICE M T W TH F (circle no more than 1 day)

We, the undersigned, do hereby consent to our child's participation in the Elementary Basketball Program in consideration of services to be performed by the Stow Parks and Recreation Department. We do further release its agents and employees from any and all claim or liability to us for any damage or injuries which may be sustained by said child in connection therewith.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Would you like to be a head coach? Name \_\_\_\_\_ Phone \_\_\_\_\_

An EMERGENCY MEDICAL FORM must be signed and on file with the Parks and Recreation office prior to the first day of the league. The form can be found online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

# STOW YOUTH TRAVEL BASKETBALL

The Stow Travel Basketball organization will once again be the entity that provides the 2018-2019 Stow Youth Travel Basketball program.



## Stow Youth Recreational Basketball

Provided by Stow Parks & Recreation

## Stow Youth Travel Basketball

Provided by Stow Travel Basketball

## Stow Youth Classic Basketball Tournament

Provided by Stow Travel Basketball

## All basketball programs have the same goals for the youth of our community.

Provide basketball opportunities for all Stow and Munroe Falls youth that wish to participate.

Develop player's character, ability, fitness, team building skills, and citizenship through participation in youth basketball.

Design a youth program that lends itself to an easy transition, as well as a feeder system, from youth basketball programs to middle school and high school programs.

Stow Parks and Recreation will work hand in hand with Stow Travel Basketball as they implement the youth travel basketball program for our community, to ensure that the program fits appropriately into the bigger youth basketball picture.

Stow Travel Basketball will be offered to youth in grades 3 through 6. Players must be registered and play in Stow Parks & Recreation to try out and be selected to participate on a travel basketball team. Once selected, the player will then register for the Travel program. Tryout dates will be set, and information about this will be distributed through the schools. Please check back with Stow Parks & Rec or Stow Travel Basketball if you do not receive information through the schools.

Stow Recreational Basketball is offered for boys and girls in grades K through 6, who are Stow-Munroe Falls residents or attend Holy Family. No experience is necessary for a child to participate in the recreational league. The fundamentals of basketball will be taught and each participant will be given the opportunity to play in games to gain experience, confidence, and to have fun. All players play at least half the game. To register for the recreational league, see the flier on the opposite page, or visit us at

[StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

Please note that Travel basketball coaches will be selected by the Stow Travel Basketball organization. Stow Parks and Recreation is always looking for coaches for the recreational league.

## STOW TRAVEL BASKETBALL PROGRAM STRUCTURE

GRADE	GIRLS - # OF TRAVEL TEAMS	BOYS - # OF TRAVEL TEAMS
3	1 Team	1 Team
4	1 Team	2 Teams
5	1 Team	2 Teams
6	1 Team	2 Teams

(Composition & number of teams may be affected by the number of students that try out for travel basketball.)

### The STOW TRAVEL BASKETBALL organization will provide details about the following:

• Tryout dates	• Costs associated with being on a travel team
• Tryout selection process	• Expectations for playing in the rec league if you are selected for a travel team
• Selection of coaches for travel teams	• Determination of which league travel teams will play in

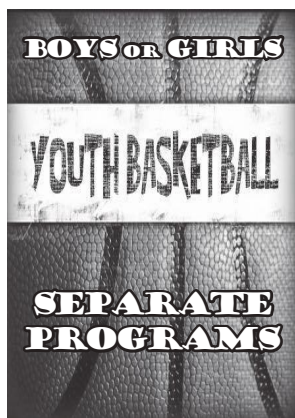
Stow Parks and Recreation is pleased to work in partnership with the STOW TRAVEL BASKETBALL organization to bring forward the best youth program we can provide to the community.

Recreational League Basketball Questions....Contact Stow Parks & Recreation at 330.689.5100

Stow Travel Basketball Questions....Contact Stow Travel Basketball at 330.608.8577 or [kdkbasketball@gmail.com](mailto:kdkbasketball@gmail.com)

# 7TH & 8TH BOYS OR GIRLS BASKETBALL LEAGUE

**BOYS** in the 7th and 8th grade who are residents of Stow and Munroe Falls are eligible for this program. Any student currently participating on any school team is not eligible for this league. The League games will begin in Dec/Jan. All games will be played on Saturdays and/or Sundays at Kimpton and Lakeview Schools, in the afternoon and early evening. Coaches are needed (21 years or over) for each team. If interested in coaching (parent, teacher, friend, etc.) please indicate when registering.



**GIRLS** in the 7th and 8th grade who are residents of Stow and Munroe Falls are eligible for this program. Any student currently participating on any school team is not eligible for this league. The League games will begin in Dec/Jan. All games will be played on Saturdays and/or Sundays at Kimpton and Lakeview Schools, in the afternoon and early evening. Coaches are needed (21 years or over) for each team. If interested in coaching (parent, teacher, friend, etc.) please indicate when registering.

## REGISTRATION

Registration begins **Monday, November 5, 2018** and ends **Monday, November 26**. Only individual registration. There is no team registration. Teams will be formed after registration. Use the form on this page or register online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)

## PRACTICES

Each team will be assigned 2-3 practice session prior to league play. Once the season starts, there will be limited practices.

## REGISTRATION FEE

\$98.00 - includes t-shirt (does not include insurance)



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## 7th and 8th GRADE BOYS OR GIRLS BASKETBALL REGISTRATION FORM

Registrant's Name \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Parent Email \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

### This area must be filled out:

How many years have you played organized basketball? \_\_\_\_\_ Height \_\_\_\_\_

T-Shirt Size (Circle one)    Adult Small    Adult Medium    Adult Large    Adult XL    Adult XXL

We, the undersigned, do hereby consent to our child's participation in the 7th and 8th GRADE BOYS OR GIRLS BASKETBALL PROGRAM in consideration of services to be performed by the Stow Parks and Recreation Department. We do further release its agents and employees from any and all claim or liability to us for any damage or injuries which may be sustained by said child in connection therewith. We are aware that the registration fee does NOT include insurance for practices or games participated in this 7th and 8th GRADE BOYS OR GIRLS BASKETBALL PROGRAM.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Would you like to be a head coach? Name \_\_\_\_\_ Phone \_\_\_\_\_

An EMERGENCY MEDICAL FORM must be signed and on file with the Parks and Recreation office prior to the first day of the league. The form can be found online at [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)



# GIRLS YOUTH LACROSSE

## LOCATION

Kimpton Middle School

## GRADES

Girls Grades 5-8

## DATES - THURSDAYS

October 25; November 1, 8, 15

December 6, 13, 20; January 10, 17, 24, 31

February 7, 14, 21

## TIME

7:30-8:30pm

## FEE

FREE

## QUESTIONS

Email: [stowlacrosse2015@gmail.com](mailto:stowlacrosse2015@gmail.com)

Mail form to: Mike Sheehan

4671 Sugar Lane Trail, Stow, Ohio 44224



## GIRLS YOUTH PRESEASON LACROSSE OPEN SKILL SESSIONS

Stow Girls' Lacrosse is excited to offer this pre-season opportunity! Sessions will be led by Stow's High School and Middle School Coaches, along with High School players. This program offers new and experienced youth players the opportunity to learn and practice stick skills, and develop knowledge of this fast-paced game. Sticks and goggles are available to borrow on a first-come, first-served basis. Please wear running shoes. All players must have a mouth guard!

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## GIRLS LACROSSE REGISTRATION FORM - Open Skills Session Only

Players Name \_\_\_\_\_ Need to borrow equipment? (circle) Stick Goggles Both

Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Mother \_\_\_\_\_ Father \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

List any known allergies, illness or current medications \_\_\_\_\_

Emergency Notification Contact \_\_\_\_\_

Physician (Name and Number) \_\_\_\_\_

We, the undersigned, do hereby consent to our child's participation in the Stow Girls Youth Lacrosse Camp in consideration of services to be performed by the Stow High School Coaches, Players, and Stow Girls Middle School Lacrosse Staff. We do further release and hold harmless Stow High School - associated staff and agents, Stow Munroe Falls School District and associated agents and employees, Stow Girls Middle School Lacrosse Staff and Volunteers, City of Stow and its agents, Stow Park and Recreation and its agents, Stow High School Lacrosse Coaching Staff and participating players from any and all claims or liability to us for any damage or injuries which may be sustained by said child in connection therewith participating in the above outlined activities.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

## 2019 STOW-MUNROE FALLS YOUTH GIRLS' LACROSSE TEAM UPCOMING INFORMATION

**WHO:** 5th & 6th Grade Girls

**FEE:** \$125 payable to City of Stow

Registrations will  
start in January or  
February.

**WHAT:** A competitive and fun team that is perfect for both the beginner and returning middle school player. Program includes several practices per week and 7-10 games.

**WHEN:** March-May 2019

**WHERE:** All practices held at SMF Schools and home games played at the SMF High School

REGISTRATIONS WILL BE ONLINE AT [StowOhio.RecDesk.com](http://StowOhio.RecDesk.com)  
QUESTIONS, PLEASE CONTACT MIKE SHEEHAN AT [STOWLACROSSE2015@GMAIL.COM](mailto:STOWLACROSSE2015@GMAIL.COM)

# YOUTH SPORTS

All Karate classes taught at Hickey Karate Center, 4540 Stow Road, Stow OH 44224  
[www.hickeykaratecenter.com](http://www.hickeykaratecenter.com) • 330-686-4540 • Email: [Hanshi@HickeyKarateCenter.com](mailto:Hanshi@HickeyKarateCenter.com)

## BEGINNING KARATE FOR KIDS

### Ages 7-14

Why spend the evenings sitting in front of a computer? Get active and try something new! Take a month and experience the pleasure and challenge of martial arts. (Adult classes also available, ages 15 & up). Call or email Hickey's Karate Center with questions.

#### Mondays/Thursdays

You pick start dates.  
 Schedule is flexible.  
 Just give us a call.

**Time: 6:30 - 7:30pm**  
**Price: \$50.00**

## DRAGON CLUB

### Ages 5-7

Curious about learning the benefits of karate practice? Improve listening skills, self-control, concentration and focus while developing fitness and agility in this fun class.

#### Mondays & Thursdays

(you pick start dates)  
 Schedule is flexible. Just give us a call.

**Time: 6:00 - 6:30 pm**  
**Price: \$50.00**

## MARTIAL FIGHT & FITNESS

### Pick a Month (3 x weekly) Ages 16 and up

Adult fitness program with cardio training, boxing, self defense, flexibility.

**Monday/Thursday**  
**Time: 6:45-8:00 pm**

**Saturdays**  
**Time: 10:15-11:30 am**

**Price:**  
**One month \$50.00**



## FALL TENNIS INSTRUCTION

### Ages 7-10

This class introduces students to all the basic strokes including forehand, backhand, serve, volley and overhead. Beginning tennis footwork will also be taught as part of this active curriculum.

**Fall Session: September 10- September 26**  
**Days:** Mondays and Wednesdays  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Adell Durbin Tennis Courts  
**Price:** \$57 resident \$62 Non-resident



### Ages 11-15

This class continues work on basic tennis strokes and introduces some point playing and rallying drills.

**Fall Session: September 10- September 26**  
**Days:** Mondays and Wednesdays  
**Time:** 7:00 p.m. - 8:00 pm  
**Location:** Adell Durbin Tennis Courts  
**Price:** \$57 resident \$62 non-resident



**Instruction provided by LaTuchie Tennis Center**

## STOW SOCCER CLUB

### INDOOR SOCCER

(Fall/Winter 2018-2019)  
 Travel soccer programs and recreational skill development programs are available. For more details: [stowsoccerclub.com](http://stowsoccerclub.com)



### YOUTH RECREATIONAL SOCCER (Fall 2018)

Outdoor soccer for 4 through 14 year olds. The Program meets on Saturday mornings at Oregon Trail Park (2913 Graham Rd., Stow, OH) for small-sided games and once during the week for skill development. This program is a development program leading to our travel soccer program OR for those that desire a recreational level of play. This program is available in the spring and fall seasons. [stowsoccerclub.com](http://stowsoccerclub.com)

### TRAVEL SOCCER (Fall 2018)

For children 8 years old and up. Competitive soccer in the greater Akron and/or Cleveland area (8-10 games total, normally 4 games in Stow). Focus is on foot skills, learning, teamwork and fun. Practices twice a week with 1 game per week. This program is available in the spring and fall seasons. For more information: [stowsoccerclub.com](http://stowsoccerclub.com)

## HIGH SCHOOL BASKETBALL

Boys in High School who are residents of Stow and Munroe Falls are eligible for this program if NOT currently participating on a school team.

### Registration

Begins: Monday, November 5th

Ends: Monday, November 26th.

Team registration only. Teams may get their own sponsor, or form their own team. Each team must have at least one parent coach (21 years or older.) Registration will be complete when the following requirements are met:



### Requirements

- A) Typewritten roster of all team members with names, addresses, phone numbers, school they attend, and t-shirt sizes. (Minimum of 8 players, maximum of 12 per team.) Two divisions: 9th & 10th; 11th & 12th. (No 11th & 12th players permitted in 9th & 10th league.)
- B) The coach's name, address, home and business telephone numbers must appear at the top of the roster.
- C) Cost: \$680.00 per team, payable to City of Stow at the time of registration. Stow Parks and Recreation will provide t-shirts for all teams.  
**NO INDIVIDUAL PAYMENTS** - one check, credit card, or cash payment ONLY for the whole team.

### Games

League Play begins late December/January. Games are played on Sundays. There are no scheduled practices for this league.

## MENS BASKETBALL LEAGUE

### TUESDAY or WEDNESDAY LEAGUES

(a team may sign up for only ONE night)

### Registration

Begins: Tuesday, October 2nd for Stow Teams only.

Tuesday, October 9th for all other teams.

*Last date for registration is Friday, Oct 26, 2018 by 4:30 pm, provided there are still openings.*

### Requirements

Team managers can call Stow Parks and Recreation at (330) 689-5100, to have registration information e-mailed, or visit our website at [FunInStow.com](http://FunInStow.com)

### HIGH SCHOOL GRADUATES ONLY

A Stow team is a team of which 75% of its team members are:

- 1) Men who are employed by a company located in Stow.
- 2) Men who live within the Corporation limits of Stow, or
- 3) Any combination of the above.

### Games

Teams will play 8 games each, plus playoffs if they qualify. All games will be played at Kimpton Middle School Gym. The season will begin Tuesday, Nov. 13, or Wednesday, Nov. 14, 2018.



## MENS SOFTBALL



### SPRING MEN'S SUNDAY DOUBLE HEADER SOFTBALL LEAGUE

Men, 18 years of age and older, register your team for Spring slow-pitch softball. Teams will play 18 games each, plus play-offs if they qualify. The season will begin Sunday, May 5, 2019 and run through mid/late July. Weather permitting. Games are played at Silver Springs Park, Stow, Ohio (Entrance off Young Road).

FunInStow.com for more info. No games on May 26, 2019. Games begin at 6:00, 7:00, 8:00, and 9:00pm.

**FEES: Stow Teams \$360.00 / Out of Town Teams \$390.00**

U.S.S.S.A. All teams must register with U.S.S.S.A. at the time of registration. **Please make a separate check (or cash) payable to U.S.S.S.A. Fee is \$30.00.**

UMPIRE FEES All teams are required to pay the umpire at the fields, prior to each game. The price is \$10 per team, given directly to the umpire at the game site.

## FREE OPEN GYM PROGRAMS

Will NOT meet when school is not in session.

(10/12; 11/23; 12/21; 12/24; 12/28; 12/31; 1/21; 2/15; 2/18; 3/25; 3/29)

### NO COST FOR OPEN GYM PROGRAMS



### CO-ED VOLLEYBALL

Open gym volleyball for adults, ages 18 and over.

Dates:  
Mondays, beginning  
September 10th

Location:  
Echo Hills Elementary

Time: 7:00 - 9:00 pm



### BADMINTON

Open gym badminton for adults, ages 18 & over.

Dates:  
Fridays Beginning  
September 14

Location:  
Echo Hills Elementary

Time: 7:00 - 9:00 pm



## ADULT RECREATION

### DANCE MIXX BY JAZZERCISE

Instructor: Joan Tomko, Robin Patton & Associates  
Certified Jazzercise Instructors

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. Dance yourself fit and change the shape of your body today!

**Mon., Wed., Fri. 9:00 am (Fri-low impact)**  
**Tues., Thurs. 5:45 pm**

No classes

(9/3; 11/6; 11/22; 11/23; 12/24; 12/25; 12/31; 1/1; 1/21; 2/18)

Location: Silver Springs Lodge, 5027 Stow Road

Fee: \$45/month EFT, unlimited classes. Day pass \$12.

Start anytime; class registration is continuous.  
For more information, go to [www.jazzercise.com](http://www.jazzercise.com) or  
contact Joan Tomko at 216-337-2207 or  
[jazzaurora@windstream.net](mailto:jazzaurora@windstream.net)

### BALLROOM DANCE LESSONS

Dates:  
Wednesdays

Price:  
\$80.00 per couple  
(Payable to instructor  
at the first class)

Location:  
Silver Springs Lodge

Session 1: Sept. 12 - Oct. 17  
Session 2: Oct. 31 - Dec. 12  
Session 3: Dec. 19 - Jan. 30  
Session 4: Feb. 13 - Mar. 20  
Session 5: Apr. 3 - May 8



Partners are a must  
for these classes!

No classes 11/21 & 12/26

Contact Instructor: Ed Balaj 330-801-2831 or [balaje@aol.com](mailto:balaje@aol.com), to register yourself and a partner and to verify the dates. Due to unforeseen circumstances, the above dates are not "set in stone!" Your clothing should be comfortable and, please, no tennis shoes.

**Beginner Class:** 6:00 - 7:00 pm - For the person with little or no dance instruction. Two dances will be covered in this 6-week session.

**Intermediate/Advanced Class:** 7:00 - 8:00 pm - For the person who has completed a Beginner Session and taken all 6 dances (Foxtrot, Tango, Waltz, Cha-cha, Swing and Rumba).

*Unfortunately, there are no discounts or refunds for missed classes.*

### YOGA

#### FOR EVERYBODY AND EVERYONE

Classes are "Open Level" and beginners are welcome. We work on proper alignment in the poses and yoga breathing techniques. Regular yoga practice will help you develop strength, flexibility, reduce tension and gain tools for relaxation. Come experience the feeling of overall well-being that yoga offers. This class is ongoing, feel free to drop in any-time!

Instructor: Rhonda Kuster  
Days: Mondays, Time: 6:00 - 7:20 pm  
Price: \$10.00  
Location: Silver Springs Lodge

(No classes 9/3; 12/24; 12/31; 1/21; 2/18)



### BODY SCULPTING

A one-hour cardiovascular strength training class that shapes and tones the entire body and helps prevent osteoporosis. No dancing, jumping or jazz...just results! Bring a set of 5-pound (each) dumbbells, a stretch band, and an exercise mat.

**Eight, one-hour classes in each term.**

Dates:	Session 1: Aug. 22 - Sept. 19
Mondays & Wednesdays	Session 2: Sept. 26 - Oct. 24
No classes	Session 3: Oct. 31 - Dec. 3
(9/3; 10/8; 11/12;	Session 4: Dec. 10 - Jan. 14
11/21; 12/24; 12/26;	Session 5: Jan. 16 - Feb. 13
12/31; 1/21)	Session 6: Feb. 25 - Mar. 20
	Session 7: Mar. 25 - Apr. 17

Times: 6:00-7:00 pm or 7:15 - 8:15 pm  
Price: \$55.00 resident; \$60.00 non-resident  
Location: Oregon Trail Lodge

### PICKLEBALL

*Active Seniors - Adults (ages 50+)*

Pickleball is a fun sport played on a 1/2 of a tennis court with lowered nets. It is played with a plastic whiffleball and an oversized paddle similar to tennis. All skill levels will enjoy this great social yet competitive sport.

Seasonal Tues. & Thurs.  
thru Oct. 30

6:00 pm - 8:00 pm  
\$10.00 player fee/season

**2018 SEASON IS FULL!**



Tennis courts at Adell Durbin Park, 3300 Darrow Road, Stow.

# SENIOR RECREATION PROGRAMS

On-Going Programs & Special Events for Senior Adults 55+ • Coordinated by the Stow Parks & Recreation Dept.

## SENIOR BINGO

**Second & Fourth  
Thursdays  
of each month!**



Stow Senior Center  
Games begin at 1:00 pm  
**\$1 / (3 card) packet for all 10 games**  
Money taken in is paid out as prizes

## DOMINOES

Come learn to play  
Mexican Train & enjoy  
good company.



**Second & Fourth  
Tuesdays of each month!**

Stow Senior Center  
12:30 pm Drop In / No Fee

## MAH JONGG

**First & Third Tuesdays  
Game play start: 12:30 pm**

Stow Senior Center  
Drop in play for individuals familiar  
with the game. No Cost.  
Look for upcoming instructional classes

## INDOOR WALKING



Enjoy the healthy benefit  
of walking without the  
worry of weather!

Thank you to our friends at:  
Fishcreek First Church of Nazarene  
4669 Fishcreek Road  
**Monday-Thursday, 9 am -11:30 am**

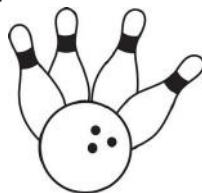
## SENIOR BOWLING LEAGUE

**Thursdays • Games start at 9:30 am**

Sto-Kent Entertainment Center  
3870 Fishcreek Rd.  
330-678-1718

**Fee: \$7.00  
3 games & shoes**

New Players & Subs Welcome  
League Coordinator: Jack Garner



## SENIOR CARDS

**Wednesdays, 11:00 am - 4:00 pm  
Doors Open at 10:30 am**

*Euchre / Crown 5  
500 / Spite & Malice  
Poker / Phase 10  
Pinochle & more!*

Open to all  
Seniors.  
You do not need  
a partner to  
play.



## BRAIN GAMES

### Games & Puzzles

Join this fun and thought-provoking workout to maintain your brain! Those who engage in stimulating mental activities and social interaction benefit in retaining mental cognition plus enjoy a healthy outlook on life!

Work out your brain power with a variety of group games, puzzles, social engagement and more. Emphasis is on Fun!

You don't have to know all the answers, but participating gives your brain a workout!

**First & Third Thursdays 1:00 pm  
Stow Senior Center / Drop In / No Fee**

## STOW STRIDERS HIKING

This active group is open to all adult ages who enjoy the outdoors. Hikers travel by bus to a different Summit Metro Park trail each week for easy to moderate trails.

**Tuesdays 9:30 am • Fall: Sept. - Oct.**  
Group departs from  
Stow City Hall Parking Lot  
Fee: \$3 Round trip

Enjoy one or all scheduled hikes.  
Hikes list available at Stow Parks & Rec Department or online at  
FunInStow.com

## SENIOR FITNESS CLASSES

All Classes Held at Stow Senior Center

### SENIOR CARDIO CIRCUIT

**Tuesdays, 9:15 am,  
with Mya Burroughs**

Aerobic intervals designed to burn fat are alternated with the use of weight/bands in order to sculpt and strengthen.

Classes are designed to fit the beginner to the advanced student.

### SEATED YOGA

**Tuesdays, 10:15 am  
with Mya Burroughs**

Yoga exercises to increase your mobility, strength & balance. Exercise while seated or standing near chair - no floor work.



**SENIOR STRETCH  
Thursdays 9:15 am  
with Jen Caldwell**

Yoga like exercises to increase your mobility, strength and balance. Exercise while seated or standing near chair - no floor work.

**STRENGTH & TONE  
Thursdays 10:15 am  
with Jen Caldwell**

Use of small hand weights & tubing as you work out to music.

Designed to promote muscle strength, increase flexibility, balance & range of motion, both seated or standing.

### Senior Fitness Class Fees

Purchase an Exercise Punch Card  
(\$10 for 8 classes or \$2 per class)



**Current Silver Sneakers  
Members may participate  
at NO COST w/ID**

# SENIOR RECREATION PROGRAMS

Pick a Program that interests you and jump in! • Coordinated by the Stow Parks & Recreation Dept.

## COMMUNITY BUS TRIPS

Look for a current listing of bus trips at Stow Parks & Recreation Department or online at [FunInStow.com](http://FunInStow.com)



*A variety of destinations are offered throughout the year!*

- Open to all ages.
- Pre-registration required
- Trip fee includes transportation and admissions. (Meals not included unless noted)

[www.FunInStow.com](http://www.FunInStow.com) for more information

## HEALTH SCREENINGS

No Appointments Required at Stow Senior Center

No Cost  
2nd Thursday of each month,  
12:00 pm - 1:00 pm



Blood Pressure & Glucose Screens  
No fasting required. Finger stick.

Sponsored by: Our Friends at Stow Glen Retirement Village

## HEARING HEALTH

**Ascent Audiology** - Hearing appointments are held at Stow Senior Center.

**No Fee - Appointment required by calling Ascent Audiology 330-688-1172**

Christopher Witten AuD, CCC-A, a local licensed audiologist, will meet with you individually for questions and screen you for any hearing related concerns. Plus, if needed, removal of wax build up, inspection and cleaning of hearing aids.

## CHAIR MASSAGE

**Sue Petrof,**  
Licensed Massage Therapist

Massage is credited with reducing pain and allowing deep relaxation. A chair massage focuses on the neck, shoulders and back only, while fully clothed. Make an appointment for a 15 minute session. No need to kneel on knees.

**\$15 for a 15 minute chair massage  
Second Friday of Each Month**

**10:30 am - 12:30 pm by Appt.  
at the Stow Senior Center**

For Appointments Call:  
Sue Petrof, LMT 330-414-8882

## BREAKFAST BUDDIES

This senior group visits a local restaurant to enjoy good conversation & a tasty breakfast. Meet the group leader at the restaurant, then order off menu.



**Third Friday of Month, 9:00 am**

**Call Stow Parks & Recreation  
to reserve a seat  
330-689-5100**

## POPCORN MOVIE

**Dinner and a Movie**

Why sit home watching TV when you can view a recent movie plus dinner in the company of friends at the Stow Senior Center?



Dinner is planned & prepared by Stow- Munroe Falls High School Culinary Arts students. A recently released movie will be shown while you enjoy dinner.

**Fee: \$7.00 includes dinner  
Sept. / Nov. / Jan. / Mar.  
4:30 pm - 7:00 pm  
Pre-Registration is required at:  
Stow Parks & Recreation Dept.**

## TRAVEL LUNCH BUNCH

Join us as we travel out of town each month to a new restaurant. Never eat alone, worry about traffic, directions or finding a place to park!

Pay your bus fare at registration. Order & pay off menu day of trip.

Departure Time: 10:30 am  
from Stow City Hall Parking Lot  
Park near center of lot  
Bus Fare: \$10 / trip

**Call for restaurant locations & dates**

Limited Seating. Register Early at Stow Parks & Recreation Dept.

## NOTARY SERVICES

No Appointment Required - No Fee

**Monday - Friday 8:00 am - 4:00 pm  
at Stow City Hall**

Bring all documents and a legal form of identification to have your documents notarized.



## FOOT & NAIL CLINICS

Toe nail trimming, filing and callous reduction performed by a Certified Foot Care Nurse. An assessment of the lower legs and feet will be done, as well. Fee is paid directly to nurse at appointment.

**Stow Senior Center**

Individual foot care appointments at the Stow Senior Center are made by contacting Jen Vanek, RN BSN, CFCN owner/operator of EDNEO, LLC to schedule an appointment.  
(216) 956-0293



## Stow Senior Programs

are coordinated by the Stow Parks & Recreation Department and are open to active Senior Adults 55+.



# SENIOR 55+ PROGRAMS

## STOW SUNSHINERS



**Stow Sunshiners' are an active social group of senior adults who invite you to become a member. Enjoy a monthly luncheon with entertainment and good fellowship!**

**Sunshiners Monthly Luncheons are held on the first Monday of each month (unless holiday - 2nd Monday).**

**Beginning at 12:00 noon at Cedar Hall - Stow Glen Retirement Village • 4285 Kent Rd., Stow  
Cost: \$8.00 each luncheon. Advance reservations are required. Parking at Cedar Hill & Birch Hall areas.**

Membership Information: Must be a resident of Stow or a contiguous city & have attended two luncheons. Annual Membership fee of \$5. Member Fee is used for Monthly Luncheon speakers & entertainment.

Membership requests and luncheon reservations may be sent to:

For further information call:  
Stow Sunshiner's Treasurer:

4046 Stow Road, Stow OH 44224 c/o Marlene Holderman 330-688-8673

Stow Sunshiner's President: Robbie Robinson

Birthday Wishes: If you wish to be eligible for a Birthday gift at the Sunshiner's Monthly Luncheon: Sunshiner Membership dues currently paid. Name placed at the bottom of the previous month's attendance sheet or BEFORE meeting day call:  
John Gretsinger: 330-688-0052

**\*No reservations accepted day of lunch.  
\*Sign Birthday sheet at luncheon.**

Thank You to our Birthday Gift Sponsors:

- 2 Girls' Cafe & Bakery
- Isaly's II
- Baumann's Florist
- Oregon Corners Florist
- Bellacino's
- Rockne's - Stow
- Café in Stow
- Silver Lake Florist
- Dairy Queen
- Sto Cone
- Edible Arrangements
- Stow-Glen Retirement Village

### Sunshine Lady

The SUNSHINERS want to cheer, lend comfort & support to Sunshiner members in need. Ellie Smith 330-688-7938 would like to be informed when a Sunshiner member is ill or has suffered a loss.



## SENIOR ASSISTANCE

### Ask a Social Worker

Many individuals and families struggle with questions about social service needs or concerns due to lifestyle changes as they age. The Stow Senior Center has partnered with Arbors of Stow to provide access to a licensed Social Worker to answer your concerns or direct you to available local or county services.

Questions on: In Home Services / Medicare or Medicaid / Home Delivered Meals / Respite or Hospice Care / Utility Assistance & other topics of your concern.

**Contact: Arbors of Stow / 330-688-1188  
Call Mon-Fri, 8:00 am - 4:00 pm**

## STOW BLANKETEERS

A volunteer group which creates and donates blankets to local charities. Open to all who enjoy knitting, sewing or crocheting and those who would like to learn.

**Oregon Trail Lodge  
1:00 pm - 3:30 pm  
Second & Fourth  
Wednesdays**



Contact: Margrit 330-677-5511

## CARE AND SHARE

A volunteer craft group who assist local organizations through the creation of a variety of handcraft projects. Group will meet:

**Last Monday of the following:  
Jan. thru April • Aug. thru Oct.  
1:00 pm - 3:00 pm  
Stow Senior Center**



## SENIOR CENTER LOCATION

**3968 Darrow Road (330) 686-1325**

## PROGRAM REGISTRATIONS

**Stow Parks & Recreation Dept., 3760 Darrow Road  
(Stow City Hall) Monday-Friday 8:00 am - 4:30 pm**

**Program Info: 330-689-5100**

## STOW SENIOR CITIZEN COMMISSION

Members have been appointed by the mayor, to advise the city administration on concerns or issues that affect the everyday lives of Stow senior citizens. **Next Meeting: Tuesday, November 20, 2018, 7:00 pm Stow Senior Center.** If you have an issue or idea on city policies, practices or infrastructure that you feel would benefit the lives of senior adults - contact the commission at: [seniorcommission@stow.oh.us](mailto:seniorcommission@stow.oh.us) • or 330-689-5100

## CAMPGROUND / DOG PARK

### SILVER SPRINGS CAMPGROUND

5238 Young Road, Stow Ohio 44224  
OPEN THROUGH OCTOBER 31

#### PROVIDING OUTDOOR RECREATION SINCE 1976!

Stow Residents: \$13/night per site  
Non-Residents: \$15/night per site

Visit [www.FunInStow.com](http://www.FunInStow.com)

\* View Parks & Places

Campground is on a first-come, first-serve basis.  
NO RESERVATION NEEDED

For additional information, contact  
Ken Barnhart at [KBARNHART@STOW.OH.US](mailto:KBARNHART@STOW.OH.US)

### BOW WOW BEACH

5027 Stow Road, Stow Ohio 44224  
OPEN MID-MARCH thru DECEMBER 1 (8am-Dusk)

#### *Paw Fest* *Sunday, September 16, 2019*

Stow-Munroe Falls Lions Club  
Supported by City of Stow Parks & Recreation  
10:00am-4:00pm

Tail Waggin' fun, pet-related vendors, contests and more!  
Contact [smflions.com/pawfest\\_2018](http://smflions.com/pawfest_2018)

#### **MAINTENANCE**

THE DOG PARK IS  
CLOSED EVERY THURSDAY,  
8:00-11:00 AM  
FOR CLEANING AND MAINTENANCE.

- Three-acre lake
- Waste deposit stations
- Pen entrance & exit
- Dog washing stations
- Dog agility course
- Separate large/small dog areas
- Sandy beaches
- Grassy knolls



Stow's dog park opened in June of 2007. Bow Wow Beach Dog Park has consistently been rated one of the TOP 10 dog parks in America by Dog Fancy Magazine and was recently rated as one of the Top 10 Must See dog parks in America by Dogster & Northeast Ohio Parent Magazine. The

features of our FREE, 7.5 acre, fenced-in park are listed below. Visit our website [www.FunInStow.com](http://www.FunInStow.com) for more information!

#### *Donations*

Bow Wow Beach is owned and operated by the City of Stow. Donations are gratefully accepted from the secure donation station located in the dog park. The City funds ongoing costs for the dog park including: fencing and fence maintenance, waste bag supply, lake water testing, mowing and weed control, trash collection, beach clean up, utilities, etc.

# PARKS AND RENTAL FACILITY INFO

<b>10 STOW PARKS FULL OF FUN!</b>	BASEBALL/SOFTBALL FIELD	BASKETBALL COURTS LIGHTED UNTIL 10PM	FISHING	HIKING/FITNESS TRAIL	CAMPGROUND	PICNIC SHELTERS	PICNIC TABLES	PLAY EQUIPMENT	RENTAL FACILITIES	RESTROOM FACILITIES	SOCCER FIELD	TENNIS COURTS LIGHTED UNTIL 10PM	DOG PARK
<b>Adell Durbin Park</b> 3300 Darrow Road													
<b>Silver Springs Park</b> 5027 Stow Road													
<b>Crestdale Park</b> 4570 Timberdale Drive													
<b>Northport Park</b> 3780 N. Santom													
<b>Wetmore Park</b> 3135 Kent Road													
<b>Meadowbrook Lake Park</b> 5069 Hudson Drive													
<b>Heather Hills Park</b> 1641 Bobwhite Trail													
<b>Sherwood Acres Park</b> 4344 Forest Hill Road													
<b>Oregon Trail Park</b> 2913 Graham Road													
<b>Partridge Highlands Park</b> 3020 Stockbridge Drive													

Visit [FunInStow.com](http://FunInStow.com) for additional information on pricing, required rental forms and facility amenities. Check the online availability calendar to find open dates for your rental. All rentals require the completed and signed rental form along with full payment of rental fee and security deposit to be considered a reservation. If you would like to view a facility, showings are scheduled each week.

**Please contact Stow Parks and Recreation to sign up for one of our showings.**  
Facilities will not be available unless you call ahead. Call Monday through Friday, 8am - 4:30pm

## LODGES

**Silver Springs Lodge** - 5027 Stow Road (Silver Springs Park) Accommodates up to 160 people. Includes air conditioning and heat. Wood fireplace available upon request.

**Heritage Barn** - 5238 Young Road (Silver Springs Park) Accommodates up to 200 people. Heated. No Air.

### Prices through 12/31/18

MONDAY-THURSDAY \$95 Resident / \$175 Non-Resident  
FRIDAY-SUNDAY \$395 Resident / \$495 Non-Resident

### Prices after 1/1/19

MONDAY-THURSDAY \$110 Resident / \$200 Non-Resident  
FRIDAY-SUNDAY \$450 Resident / \$550 Non-Resident

### Required Security Deposit

\$100 (if NO Alcohol) or \$200 (if Serving Alcohol)

## SHELTERS

**Oak Tree Shelter** - 4995 Stow Road (Silver Springs Park) 21 picnic tables, can accommodate up to 120 people, seated. Electric, grills, and trash containers included. Next to open field & SOAR playground.

**\$60 Resident / \$90 Non-Resident**

**Lakeview Shelter** - 4995 Stow Road (Silver Springs Park) 15 picnic tables, can accommodate up to 90+ people, seated. Electric, grills, and trash containers included. Overlooks park lake & adjacent to SOAR playground.

**\$50 Resident / \$75 Non-Resident**





## OPEN SHELTER & LODGES

Weddings - Receptions - Parties  
Showers - Reunions - Seminars  
Special Events

For Availability & Information, call  
Stow Parks & Recreation Dept.  
330-689-5100

8:00am-4:30pm, Monday - Friday

## QUICK PHONE DIRECTORY

Stow Parks & Recreation.....	330-689-5100
Emergency.....	9-1-1
Police Department.....	330-689-5700
Fire Department.....	330-689-3290
Stow City Hall .....	330-689-2790
Stow Senior Center.....	330-686-1325
Stow Post Office.....	330-688-9288
Stow-Munroe Falls Chamber of Commerce...	330-688-1579
Stow-Munroe Falls Public Library.....	330-688-3295
Stow-Munroe Falls High School.....	330-689-5300
Stow Board of Education.....	330-689-5445

[www.FunInStow.com](http://www.FunInStow.com)

For more  
information visit  
[www.FunInStow.com](http://www.FunInStow.com)!

## HERITAGE BARN



## SILVER SPRINGS LODGE



## OAK TREE PAVILION



## LAKEVIEW PAVILION



Stow Parks & Recreation • 3760 Darrow Road • Stow, Ohio 44224