

PREVIEW

STOW PARKS & RECREATION



Spring &
Summer 2019



*Catalog of
Programs,
Events and
Facilities*

Stow Community EASTER EGG HUNT!



Rotary Club of
Stow-Munroe Falls



**SATURDAY, APRIL 13
10:30AM**

**FREE AND OPEN TO CHILDREN 10 AND UNDER
ENJOY AN EGG HUNT, LIGHT BREAKFAST
REFRESHMENTS, AND**

MEET THE EASTER BUNNY!

**Stadium at Stow-Munroe Falls High School
3772 Graham Road, Stow**



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 Spring & Summer!

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

Camps & camping, fishing, 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.

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

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“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
Julie Root, Vice Chair.....	330-703-8203
Houston Morgan.....	330-688-4108
Bob Pontius.....	330-612-6940
Christie Sheets.....	765-730-9757

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

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
 Online Registration.....StowOhio.RecDesk.com

Hours.....Monday-Friday 8:00am - 4:30pm
 Address.....3760 Darrow Rd., Stow, OH 44224

Offices closed for Memorial Day, 4th of July, Labor Day Holidays

Visit us at www.FunInStow.com

Facebook: [Fun in Stow](#)

UPCOMING EVENTS

For a complete list of fun Stow events, visit...www.FunInStow.com

Stow Community Easter Egg Hunt

Saturday, April 13, 2019, 10:30am

Fun in Stow & Rotary Club of

Stow-Munroe Falls

at Stow-Munroe Falls High School Stadium
FREE!!

Children Ages 10 and under will hunt for special eggs, candy and chocolates! Visit with the Easter Bunny and enjoy a light breakfast.



Stow Tree Festival

Saturday, April 27, 2019, 10:00am-12:00pm

(Tree Planting at 12pm)

Stow Urban Forestry Commission

Co-sponsored by the Stow-Munroe Falls
Public Library

3512 Darrow Road, Stow

Visit StowOhio.org for more info.



Fishcreek 5K Raccoon Run & 1-Mile Fun Run

Sunday, April 28, 2019, 8:00am

Fishcreek Elementary School PTA

Start/Finish at Silver Springs Park

Register at www.FishcreekRaccoonRun.com



Annual Stow Fishing Derby

SPONSORED BY SUMMIT SPORTSMAN ASSOC.
& OHIO DEPT. OF NATURAL RESOURCES

Saturday, May 4, 2019, 9:00am-12:00pm

Fun in Stow (Parks and Recreation)

FREE! Registration at 8:00am

Heritage Lake at Silver Springs Park (Young Road)

Bring pole, bait provided. Rain or shine. PRIZES!



Park-it Market (Yard Sale)

Saturday, May 4, 2019, 9:00am-1:00pm

Sponsored by Stow Youth Commission

at Stow City Center Complex

Get your spot to sell your wares!

\$15 donation/spot.

Register at StowOhio.RecDesk.com.

Benefits Haven of Rest, Stow families in

need. Contact StowYC@gmail.com



4th Annual Holy Family Panther 5K and Fun Run

Saturday, May 18, 2019, 8:30am

Holy Family Parish School

3163 Kent Road, Stow

Race Information at holyfamilystow.org



Stow Memorial Day Ceremony

Monday, May 27, 2019, 10:00-11:00am

Stow Cemetery - 3162 Kent Road, Stow

The City of Stow and Acker-Moore

Memorial Post (VFW) will observe the

Memorial Day Holiday.



Stow-Munroe Falls / Hudson Relay for Life American Cancer Society

Saturday, June 8, 2019, 10:00am-10:00pm

At Stow-Glen Retirement Village

12 hours of walking, fun, food, celebrating,
remembering and fighting back!



Pride Golf Outing - Fox Den Golf Course

Friday, June 21, 2019, Shotgun start - 9:30am

Stow-Munroe Falls Chamber of Commerce

18 holes with cart, lunch, beverages, dinner!

Register - 330.688.1579, www.smfcc.com



Pride Community Breakfast

Wednesday, June 26, 2019, 7:30am

Stow-Munroe Falls Chamber of Commerce

Acker-Moore VFW, 3733 Fishcreek Rd.

Community recognition & awards.

Reservations a must, 330.688.1579 or

register online www.smfcc.com



Stow Firecracker Run

3K Fun Run & 4-mile Race!!

Thursday, July 4, 2019, 7:30am

Fun in Stow (Parks and Recreation)

Begins at Holy Family School.

T-Shirt for first 500 registrants!

Register online: StowOhio.Recdesk.com



Stow Fourth of July Parade

Thursday, July 4, 2019, 10:00am step off

Fun in Stow (Parks and Recreation) & Kiwanis Club

THEME: *FREEDOM IS...*

Register online: StowOhio.Recdesk.com

Deadline: May 30, 2019



Stow National Night Out

Tuesday, August 6, 2019, 6-8pm FREE!

City of Stow Police Department

Activities & information, food and FUN!

For Stow residents only.



Stow Summer Sunset Blast

Saturday & Sunday, 5:00-11:00pm

August 31 & September 1, 2019

Silver Springs Park, 5238 Young Road

Food, beer, music, ninja warrior obstacle

course, Journey Tribute band, video gaming

truck, petting zoo, fireworks and more.

Visit FunInStow.com for more details.



Paw Fest

Stow-Munroe Falls Lions Club

Supported by City of Stow Parks & Recreation.

Sunday, September 15, 2019, 11:00am-4:00pm

Bow Wow Beach, 5027 Stow Road.

Tail Waggin' fun, pet-related vendors, contests

and more! Contact DUHSTOY2@aol.com



SPECIAL EVENTS

STOW TREE FESTIVAL

Stow Urban Forestry Commission
Co-Sponsored by the
Stow-Munroe Falls Public Library

Saturday, April 27, 2019
10:00am-12:00pm
(Tree planting at 12pm)
Storytelling & Crafts!

200 tree seedlings available on a first-come, first-serve basis for those that bring small tubes of toothpaste to donate to Bulldog Bags.



Stow-Munroe Falls Public Library
3512 Darrow Road

Visit StowOhio.org for more info.

FISHCREEK RACCOON RUN



5K RACE & 1-Mile FUN RUN!

Sponsored by
Fishcreek Elementary PTA
Sunday, April 28, 2019, 8:00am

Start/Finish at Stow Silver Springs Park,
Heritage Barn, Young Road Entrance.
Course includes hike & bike trail.

REGISTER AT
www.FishcreekRaccoonRun.com

30th ANNUAL STOW FISHING DERBY

SPONSORED BY SUMMIT SPORTSMAN ASSOCIATION

Saturday, May 4, 2019, 9:00am-12:00pm
FREE! Registration at 8:00am

Heritage Lake at Silver Springs Park (Young Road)
Bring pole, bait provided. Rain or shine. PRIZES!

Kids, parents, grandparents, and friends join the fun as the City of Stow, in collaboration with Summit Sportsman Association and support from the Ohio Department of Natural Resources, hosts the 30th Annual Children's Fishing Derby.

Children are invited to bring their rods and reels (bait will be provided) and try their hand at fishing. Heritage Lake will be stocked with plenty of trout and bluegill. This event is open to children ages 3 to 15 from Stow and the surrounding communities.

Bait Provided
Prizes Awarded
Free T-Shirt
Food
Beverages
FUN and FREE!



PARK-IT MARKET (Yard Sale)

Saturday, May 4, 2019
9:00am-1:00pm

Sponsored by Stow Youth Commission
at Stow City Center Complex

Get your spot to sell your wares!
\$15 donation/spot.

Register at StowOhio.RecDesk.com.

Benefits Haven of Rest, Stow families in need.
Contact StowYC@gmail.com



SPECIAL EVENTS

STOW-MUNROE FALLS / HUDSON RELAY FOR LIFE

Stow-Munroe Falls / Hudson RELAY FOR LIFE AMERICAN CANCER SOCIETY

Saturday, June 8, 2019
10:00am - 10:00pm
Stow-Glen Retirement Village
4285 Kent Rd., Stow, OH 44224

Walking, fun, food, celebrating, remembering
and fighting back!



For more details
visit

http://main.acsevents.org/site/TR/RelayForLife/RFLCY19NCR?pg=entry&fr_id=92181

PRIDE GOLF OUTING

Stow-Munroe Falls
Chamber of Commerce

FRIDAY, JUNE 21, 2019

Fox Den Golf Course
9:30am Shot-gun Start

18 holes with cart, lunch, beverages, dinner!
Register - 330-688-1579 or www.smfcc.com



PRIDE COMMUNITY BREAKFAST

WEDNESDAY, JUNE 26, 2019



Acker-Moore VFW
3733 Fishcreek Rd., Stow
7:30-9:00am

This will be the 46th year the Stow-Munroe Falls Chamber of Commerce has hosted the Pride Community Breakfast. Over 200 people attend this popular event and many wonderful door prizes are given away, compliments of local merchants, organizations and community-minded individuals.

Award Winners will be announced for Business Person of the Year, Small Business of the Year, and Volunteer & Friend of the Community.

Register - 330-688-1579 or www.smfcc.com

STOW NATIONAL NIGHT OUT

City of Stow Police Department

National Night Out Against Crime!



Tuesday, August 6, 2019
6:00-8:00pm
FREE!

Outside - Stow Safety Building
3800 Darrow Rd., Stow

NNO is designed to heighten crime and drug prevention awareness and to provide an opportunity to promote and celebrate police-community partnerships.

Residents of the City of Stow are invited to meet their neighbors and their police dept., featuring activities, information, food and FUN!



PAW FEST

TAIL WAGGIN' FUN AND MORE!

SUNDAY, SEPTEMBER 15, 2019

11:00am - 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

DUHSTOY2@aol.com

PARK-IT MARKET

YARD SALE

Saturday, May 4, 2019

Stow City Center Complex

(3760 Darrow Road, Stow)

9am-1pm

**Get your spot to sell your wares!
\$15/donation/spot
Sponsored by the Stow Youth Commission**



To Benefit



Register for your
spot at:

StowOhio.RecDesk.com

CHILDREN'S FISHING DERBY

30th Annual Stow Fishing Derby



Saturday, May 4, 2019
9:00 AM - 12:00 PM

(registration on site beginning at 8:00 AM)

Heritage Lake, Silver Springs Park
5238 Young Rd. Stow

Event Sponsor

SUMMIT SPORTSMAN ASSOCIATION

- **Bait Provided**
- **Prizes Awarded**
- **Free T-Shirt**
- **Food**
- **Beverages**
- **FUN and FREE!!!**



**Prize drawing times
broken down by age.**

6 & under drawing at 10:00 AM

Ages 7-10 drawing at 11:00 AM

Ages 11-15 drawing at 12:00 PM

(All ages may fish during
the entire derby)

Kids, parents, grandparents, and friends join the fun for the 30th Annual Children's Fishing Derby. Children are invited to bring their rods and reels (bait will be provided) and try their hand at fishing. Heritage Lake will be stocked with plenty of trout and bluegill!

This event is open to children ages 3 to 15 from Stow and the surrounding communities.

This event is brought to you FREE by Fun in Stow (Stow Parks and Recreation) in collaboration with



Summit Sportsman Association and support from the Ohio Department of Natural Resources. Support for this event also provided by Mogadore Bait and Tackle, Kaness Printing and Young's Screenprinting.

FOR MORE INFORMATION call 330-689-5100



**REGISTRATION
BEGINS AT
8:00 AM**



FIRECRACKER RUN

Thursday, July 4, 2019 / 7:30am
 Holy Family Church-3179 Kent Rd., Stow

4-Mile \$35 pre-registration; \$40 day of race
 3K Fun Run \$25 pre-registration; \$30 day of race

For more information & registration, visit
StowOhio.RecDesk.com
 (330)689-5100 / fax: (330)689-2894

Pre-registration and race packet pick-up
 Wednesday, July 3, 4-8pm at Holy Family Church Hall.
 Race day registration and packet pick-up starts at 6am.
 Chip timing, refreshments, more!



STOW FIRECRACKER RUN 2019

In consideration of your accepting this entry, I hereby, for myself, heirs, executors and administrators, waive and release any and all rights and claims for any damages I have against the sponsors and officials of the Stow Parks and Recreation Department's 4-mile and 3K runs to be held on July 4, 2019. I attest and verify that I am physically fit and have trained sufficiently for this race. I hereby further attest and certify that I am familiar with the hazards of warm weather running including heat prostration and exhaustion. I am voluntarily entering this race with full knowledge of all the potential hazards of road racing, and this waiver and release is predicated upon a full understanding of said hazards and a willingness of voluntarily assuming any risks in connection thereto.

REGISTER ME FOR: (CIRCLE ONE) **3K FUN RUN (\$25)** **4-MILE RACE (\$35)**
Day of Race (\$30) Day of Race (\$40)

NAME (PRINTED) _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

ADDRESS _____ **CITY/STATE** _____ **ZIP** _____

EMAIL ADDRESS _____ **DAYTIME PHONE** _____

PLEASE CIRCLE T-SHIRT SIZE: YTH-M YTH-L ADLT-S ADLT-M ADLT-L ADLT-XL ADLT-XXL

SIGNATURE _____ **DATE** _____

(PARTICIPANT SIGNATURE REQUIRED and/or PARENT SIGNATURE FOR PARTICIPANTS UNDER 18)

Mail Form:
 City of Stow / 3760 Darrow Rd. / Stow, OH 44224
 Checks payable to *City of Stow*

For more information & online registration, visit:
StowOhio.RecDesk.com
 Phone: 330-689-5100
 Fax: 330-689-2895



2019 Summer Sunset Blast Sponsorships

THE BIGGEST SHOW IN TOWN!

See Page 9
For more details

Fireworks
\$1500

Headliner Band
\$1500

Ninja Extreme Course
\$1000

Inflatables
\$750

Mobile Video Gaming Truck
\$500

Rock Wall
\$250

Petting Zoo
\$100



Event to be held
Saturday, August 31 &
Sunday, September 1
5-11pm

For more information, visit
www.stowohio.org



2019 Firecracker Run Sponsorships

Gold: \$150

- Sponsorship recognition in all promotions for event
- Name printed on t-shirts
- Display Booth at event (provided by sponsor)

Silver: \$100

- Sponsorship recognition in all promotions for event
- Name printed on t-shirts

Bronze: \$50

- Sponsorship recognition in all promotions for event

Event to be held
Thursday, July 4, 2019
7:30am - Start Time
4-Mile
3K Fun Run



2019 Fourth of July Parade Sponsorships

Red: \$300

- Name in all parade publicity, on parade banner and seating at reviewing stand

White: \$200

- Name in all parade publicity, on parade banner

Blue: \$100

- Name in all parade publicity

For more information, visit
www.stowohio.org

When you or your organization/business partner with Stow Parks and Recreation you are showing your commitment to support and promote our community! THANK YOU!

Sponsorship Packages



30th Annual Stow Fishing Derby

SPONSORED BY
SUMMIT SPORTSMAN ASSOCIATION

Sponsorship: \$100
Your company name will be featured prominently on the event banner and in all promotional materials

Event to be held
Saturday, May 4, 2019

This program is sponsored by Stow Parks and Recreation, in collaboration with Summit Sportsman's Association & Ohio Department of Natural Resources

Funds from sponsorships are used to keep this a FREE program for all who participate.

For more information, visit
www.stowohio.org



STOW'S Bow Wow Beach Sign Sponsorships

Sponsorship: \$300
(one season term)

Mid-March through
December 1

\$50 additional fee if artwork needs to be created

Sign Size & Material:
4'x8' 13oz. vinyl with full color and logo

For more information, visit
www.stowohio.org

#1 DOG PARK TO VISIT
voted by Dogster Magazine

#1 DOG PARK DOG WALKING SPOT
voted Beacon's Best

BEST DOG PARK
voted honorable mention in
NE Ohio Parent Magazine

STOW SUMMER SUNSET BLAST (Sponsorships)

Saturday
August 31, 2019
&
Sunday
September 1, 2019
5:00pm-11:00pm



Stow
Silver Springs
Park

5238 Young Rd.
Stow, OH 44224

Sponsorship Opportunities!

SOMETHING FOR EVERYONE

- **FIREWORKS (1 avail.)**
 \$1,500
 Company Logo on inside front cover of the Preview Catalog
 Name in all advertising and publicity for event
 Name on event Website/Facebook Page
 Your OWN SPONSOR SIGN at the event
 Name announced hourly on main stage during event
 Complimentary Vendor Booth Space (upon request)
- **HEADLINER BAND (1 avail.)**
 \$1,500
 Company Logo on inside front cover of the Preview Catalog
 Name in all advertising and publicity for event
 Name on event Website/Facebook Page
 Your OWN SPONSOR SIGN at the event
 Name announced hourly on main stage during event
 Complimentary Vendor Booth Space (upon request)
- **NINJA EXTREME COURSE**
 \$1,000
 Name on inside front cover of Preview Catalog
 Name in all advertising and publicity for event
 Company name on event Website/Facebook Page
 Your OWN SPONSOR SIGN at the event
 Name announced on main stage during event
- **INFLATABLES**
 \$750
 Name on inside front cover of Preview Catalog
 Name in all advertising and publicity for event
 Name on event Website/Facebook Page
 Name announced on main stage during event
- **MOBILE VIDEO GAMING TRUCK**
 \$500
 Name in all advertising and publicity for event
 Name on event Website/Facebook Page
 Name announced on main stage during event
- **ROCK WALL**
 \$250
 Name in all advertising and publicity for event
 Name announced on main stage during event
- **PETTING ZOO**
 \$100
 Name announced on main stage throughout event



Sponsor Details are also on the website
www.FunInStow.com
 or call 330.689.5100 with questions.

ONLINE SPONSOR FORM
StowOhio.RecDesk.com

Food Fun

Events

Yes, please include me as a sponsor for the Stow Summer Sunset Blast!!!

Business or Resident Name _____
 Contact Person _____ Phone _____
 Address _____
 Email _____ Sponsorship Level _____

Please make your commitment by returning this form by April 30, 2019.
 Checks made payable to City of Stow
 Parks and Recreation Department, 3760 Darrow Road, Stow, OH 44224
 Questions: 330.689.5100
Sponsor Online at StowOhio.RecDesk.com

Silver Springs DAY CAMP
Heritage Barn

SUMMER
2019

CAMP



WEEK **Fiesta!**
1 June 10-14: Break out the sombreros and maracas as we smash some pinatas!
Activity: Moe's Southwest Grill & Jungle Terry

WEEK **Party in the USA**
4 July 1-3: Better put your hands up, 'cause we'll be partying all week long!
Activity: Cook-Out

WEEK **Candy Craze**
7 July 22-26: Tour a chocolate factory and work off the sugary goodness!
Field Trip: Harry London Chocolate Factory & Boettler Park

WEEK **Where the Wild Things Are**
2 June 17-21: Join us as we discover the animal world!
Field Trip: Cleveland Zoo

WEEK **Strike! Split! Gutter Ball!**
5 July 8-12: Enjoy some bowling fun!
Field Trip: Sto-Kent Family Entertainment

WEEK **Mad Science!**
8 July 29-Aug 2: Get your Frankenstein on as you discover the fun of science!
Field Trip: Great Lakes Science Center

WEEK **Ninja Warrior**
3 June 24-28: Enjoy physical activity the ninja way! Obstacle Courses & Ninja Zone
Field Trip: Functions of Life Gym

WEEK **Lights, Camera, Action!**
6 July 15-19: Get ready it's your time to shine in our talent show!
Field Trip: Movie Theater

WEEK **Zipity Do-Dah**
9 Aug 5-9: Zip and bounce til your heart's content! Olympics: Let the games begin and go for the GOLD!
Field Trip: Zip City
Activity: Camp Olympics

SCHEDULE

DAILY

9:00am	Campers Arrive
9:05am	Opening Ceremonies
9:20-11:20am	Rotations (1 of 3 options) 1) Sports, Craft, & Counselor Time 2) Archery, & Group Games 3) Fishing, Cooking, & Canoeing
11:45-12:30pm	Lunch
12:30pm	Travel to Swim!
1:00-3:00pm	Swimming at LifeCenter Plus (outdoor pool)
3:00pm	Travel to Camp
3:30-4:00pm	Snack & Camper of the Day
4:00pm	Campers Leave

For more information and how to register, please visit:

StowOhio.RecDesk.com

Stow Parks and Recreation 3760 Darrow Rd., Stow, OH 44224
Phone: (330) 689-5100; Fax: (330) 689-2895



SUMMER CAMP PARENT INFORMATION

Ages

For children going into 1st grade through 6th grade. Children **MUST** be at least 6 years of age to attend. **NO exceptions will be made.**

Camp Fees

Resident

First Child: \$175.00

Second Child: \$155.00

Field Trips Included in Fee

Non-Resident

First Child: \$180.00

Second Child: \$160.00

Field Trips Included in Fee

*Week 4 Only
July 1-3
(No camp 7/4-7/5)

RESIDENT RATES

First Child: \$105*

Second Child: \$93*

NON-RESIDENT

RATES

First Child: \$108*

Second Child: \$96*

Camp fees do not include extended care

Extended Care Fees/Week:

AM -OR- PM Care: \$20.00

AM -AND- PM Care: \$25.00

Dates To Remember

First Day of Camp: June 10

Last Day of Camp: August 9

Open House: Thursday, June 6, 2019
6:00-7:30pm
Heritage Barn in Silver Springs Park

What To Bring

Tennis Shoes ONLY - Required

Play Clothes

Swim Suit & Towel

Lunch & Snack (no fridge)

Water Bottle

Sunscreen

Insect Repellent

Camp Times

Before Camp*: 7:05am-9:00am

Camp: 9:00am-4:00pm

After Camp*: 4:00pm-5:45pm

*Additional fees apply

How To Register

Online - StowOhio.RecDesk.com

Pay by credit card

In-person - Stow City Hall

Credit card, cash, or check made payable to City of Stow

By Mail - Check made payable to City of Stow

Stow Parks and Recreation, 3760 Darrow Rd.,
Stow, OH 44224

Installment Plan

You may pay for all weeks you are registered for or use the below Installment Plan.

INSTALLMENT PLAN IS NOT AVAILABLE ONLINE

Payment #1

Weeks 1-3, Due at registration

Week 1 (June 10-14)

Week 2 (June 17-21)

Week 3 (June 24-28)

Payment #2

Weeks 4-6, Due on June 24

*Week 4 (July 1-3)

Week 5 (July 8-12)

Week 6 (July 15-19)

Payment #3

Weeks 7-9, Due July 15

Week 7 (July 22-26)

Week 8 (July 29-Aug. 2)

Week 9 (Aug. 5-9)

Who To Contact

Stow Parks and Recreation Department

3760 Darrow Rd., Stow, OH 44224

Phone: (330) 689-5100

Fax: (330) 689-2895

SUMMER ART CAMPS



Each camp runs Monday - Friday, 10 am - Noon. Cost: \$90 each camp, includes all supplies



Art classes are taught by Andrea Schepis, Art Teacher in Stow for over 33 years. Her art has been featured in various juried shows all over the area.

Art in Children's Books

Ages 5 - 9 • M-F, June 10-14
Oregon Trail Lodge

Young artists will use various children's books as their inspiration to create art in a variety of media and techniques including collage, painting, printmaking, scratchboard and more.

Drawing Skills

Ages 10 - Teens • M-F, June 24-28
Oregon Trail Lodge

This is an ideal camp for those who want to hone their skills at drawing, shading, perspective and more, using a variety of media and subject matter.

Creatures from Around the World

Ages 5 - 9 • M-F, July 8-12
Oregon Trail Lodge

Artists will create paintings, drawings, sculptures, collages, prints and more, of animals, reptiles, and other creatures inspired by art from around the world.

Let's Just Have Fun!

Ages 10 - Teens • M-F, July 22-26
Oregon Trail Lodge

For the artist who just want to explore various media and techniques including printmaking, papier mache', collage, painting, drawing and more.

Painting Outdoors

Ages 10 - adult • M-F, August 5-9
Lakeview Shelter @
Silver Springs Park

For the artists who want to create acrylic and watercolor paintings inspired by the beauty of nature. Painting in the style of the great Impressionists like Monet and Renoir will be the focus this week!

Information at FunInStow.com or Register online at StowOhio.Recdesk.com

City of Stow Memorial Tree Planting Program

A tree is a beautiful and lasting way to honor a friend or memorialize a loved one. The City of Stow offers a Legacy Program wherein you may purchase a tree and have it planted in one of our designated parks or other areas. You will not only be giving a perfect gift for a birthday, graduation, wedding, or retirement, but you will also be giving a gift to your community.

PLANT A TREE GROW A LEGACY

All tree plantings (size, variety and location) will be in accordance with the advice and recommendation of Stow's Landscape Arborist. Typical tree plantings are 1 1/2 to 2 inch caliber. **The cost of each tree is \$200** minimally and includes the tree, mulch for planting, watering bag and labor of City employees to plant the tree. Memorial tree plantings may be recognized with a small, ground-mounted plaque, the additional cost of which will be paid by the Applicant.

You may contact our landscape arborist at 330-689-5121 or smottl@stow.oh.us

VISIT StowOhio.RecDesk.com for more information



GIRLS YOUTH LACROSSE CAMP



CHICKS with STICKS!

Stow Girls Lacrosse CAMP
Grades 3rd-6th and 7th-9th (as of Fall 2019)

June 17-21 ~ 6:00-7:30pm ~ Cost: \$50

LEARN TO PLAY!

NO EXPERIENCE REQUIRED!

The Stow High School Girls' Lacrosse coaches and current players will be conducting a fun and challenging camp ~ Basic stick skills and game concepts will be taught through fun drills and scrimmages. The camp will be held in the Stow-Munroe Falls High School Stadium. Each player is required to **bring a stick and goggles***, water bottle, mouth guard, running shoes and enthusiasm for learning this amazing, fast paced sport!



Mail completed registration form with \$50 check payable to:

Mike Sheehan
4671 Sugar Lane Trail
Stow, OH 44224

Questions, or if you would like to *reserve a girls' stick and/or goggles (first-come, first served bases) please email: stowlacrosse2015@gmail.com

CUT HERE -----

Name: _____

Address: _____

City: _____ Zip: _____

Parent/Guardian: _____

Parent Email: _____

Home Phone: _____

Emergency Phone: _____

Grade (Fall 2019): _____

T-Shirt Size (please circle)

Adult: XS S M L

Chicks with Sticks Camp instructors/organizers, sponsors and the host institutions where the camp is being conducted, do not assume liability for any injuries incurred while at camp or on the way to or from camp. Parents should contact their own insurance carrier to get additional insurance for the camper, if necessary. As a condition of enrollment, the following Disclaimer of Liability must be signed and dated by the camper's parent or legal guardian, in consideration of acceptance of the camper to the Chicks with Sticks Camp, the camper, by and through her parent or legal guardian, hereby acknowledges and understands that the camper will be involved in some intense training and competition and that injuries can and do sometimes occur during competition and other activities of the camp. The undersigned, on behalf of themselves and their child or ward, agree to hold harmless instructors/organizers of the camp, its sponsors, coaches and host institution where the camp is conducted from and against injuries incurred by the camper. The camper and her parents or legal guardian assume full responsibility for any damages or injuries which may occur to the camper during the camp session and so hereby fully releases, waives, and discharges instructors/organizers of the camp, its sponsors, coaches and host institution where the camp is conducted from and against all claims, injuries, demands, actions, or causes of action arising out of the camper participation in the camp session and in the use of the host institution's facility.

Parent Signature _____

Date _____

YOUTH SPORTS

LADY BULLDOG BASKETBALL CAMP

GIRLS BASKETBALL CAMP 2019 ENTERING GRADES 2-9

Registration: Now through May 31
For more information, contact Bob Podges
robertbpodges@hotmail.com
330-524-7228

Registration form can be found at
StowOhioRecDesk.com



Dates: June 3-5
Time: 9:00am-noon
Location:
Stow-Munroe Falls High School
Price: \$80

OUTDOOR BASKETBALL LEAGUE

BOYS & GIRLS OUTDOOR BASKETBALL LEAGUE GRADES 4-9

This program is for boys and girls entering grades 4 through 9 (September 2019) who are residents of Stow or Munroe Falls

Registration: Now through May 31
There is no team registration. Teams will be formed.

Games: League games begin Tuesday, June 11
Games will be played at Silver Springs lit basketball courts.



Dates: Tuesdays
June 11-July 23
(July 30 - make up day for rain)
Time: 6-9pm
Price \$50 (includes t-shirt)
Registration forms can be found online at StowOhio.RecDesk.com, or at the Parks & Recreation Offices

KARATE

All Karate classes taught at Hickey Karate Center, 4540 Stow Road, Stow OH 44224
www.hickeykaratecenter.com • 330-686-4540 • Email: Hanshi@HickeyKarateCenter.com

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: \$35.00

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: \$35.00

MARTIAL FIGHT & FITNESS

Ages 16 and up

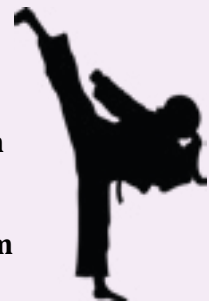
Adult fitness program with cardio training, boxing, self defense, flexibility.

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

Saturdays
Time: 10:15-11:30 am

(you pick a month
3 times a week. Just give us a call.)

Price:
One month \$35.00



YOUTH SPORTS - TENNIS

SPRING JR. 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.



Spring Session: May 8 - May 29 (no classes 5/27)
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.

Spring Session: May 8-May 29 (no classes 5/27)
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

SUMMER JR. TENNIS INSTRUCTION

Li'l Pups (Ages 5 - 7)

The "Li'l Pups" class is designed to be a fun first experience with tennis for kids age 5 to 7. The goals include development of motor skills, hand-eye coordination and beginning stroke formation. Games and other activities are used to keep the atmosphere light and fun.

Session I: June 11 - June 27
Session II: July 9 - July 25
Days: Tuesdays and Thursdays
Time: 9:45 am - 10:30 am
Location: Adell Durbin Tennis Courts
Price: \$43-resident \$48-non-resident

Junior Bulldog Tennis (Ages 8 - 11)

This class introduces students to all the basic strokes of tennis including forehand, backhand, serve, volley, and overhead. Children are taught via a fast-paced and active curriculum utilizing creative games and drills. A great first step toward someday becoming a Stow High Varsity Bulldog!

Session I: June 11 - June 27
Session II: July 9 - July 25
Days: Tuesdays and Thursdays
Time: 10:30 am - 11:45 am
Location: Adell Durbin Tennis Courts
Price: \$72-resident \$77-non-resident

Bulldog Tennis for Teens (Ages 12 - 15)

This class is for beginning to intermediate players ages 12-15. Students will work on all the basic strokes through a variety of drills and games. Point playing, along with the rules and scoring of tennis, will also be emphasized to help prepare players for match play.

Session I: June 11 - June 27
Session II: July 9 - July 25
Days: Tuesdays and Thursdays
Time: 11:45 am - 1:00 pm
Location: Adell Durbin Tennis Courts
Price: \$72-resident \$77-non-resident

Register at

StowOhio.RecDesk.com



GIRLS PRESEASON TENNIS CAMP

Get pumped up for the upcoming varsity or junior varsity high school tennis season! This is a great way for girls to tune up their games just before high school practices begin. The camp will feature stroke work, strategy drills, and competitive match play.

Dates: July 22 - July 25
Days: Monday - Thursday
Time: 1:00-4:00 pm
Location: LaTuchie Tennis Center
Call 330-688-6085 to register

FOX DEN GOLF COURSE



BOOK YOUR TEE TIME ONLINE!

www.foxdengc.com

Fox Den Golf Course

2770 Call Road
Stow, OH 44224
330-673-3443

INSTRUCTORS

Joe Vojtko, PGA Professional
Bill Reilly, PGA Professional
Larry Manski, PGA Professional
Rick Zivsak, USGTF



2019 LEAGUES/CAMPS

PGA Junior League
Ages 8-13 (all skill levels)

Format - Team Scramble
Fox Den will compete against other courses.

Register Directly at
pgajlg.sportngin.com

\$250

Each participant will receive a team jersey, team hat, bag tag, driving range tokens, 10 hours plus instructional practices, 6 nine-hole golf matches against other golf courses.

FOX DEN Junior League
Ages 8-16 (all skill levels)

Tuesdays - 1:15pm-5:15pm
June 11 - July 30

\$150 resident / \$160 non-resident
Age appropriate tees for all registrants

FOX DEN 2-Day Junior Golf Camp
Ages 7-14 (all skill levels)

Thursday, June 27 (10am-12pm)
Friday, June 28 (10am-2pm)
\$90

Includes: tee gift, instruction, range balls, water, and lunch on Friday, followed by a scramble.

Participants will be put into age groups. Focus is on fundamentals of golf, the full swing, short game, putting, chipping and golf course etiquette.

2019 GOLF CLINICS

Little Linksters
Ages 5-9

Session I May 4 - June 1 (no class 5/25)
Session II July 6 - July 27
Session III Aug. 24 - Sept. 21

Saturdays - 11:00am - 11:45am
\$80 resident / \$85 non-resident
Limit of 10

Junior Clinic
Ages 10-15

Session I April 29 - May 13
Session II July 8 - July 22
Session III Aug. 12 - Aug. 26

Monday & Wednesdays - 5:00pm - 6:00pm
\$125 resident / \$130 non-resident
Limit of 14

STOW SAFETY TOWN

Sponsored by Stow Police Department - Stow Youth Services

Dear Parents,

A sad but true fact is that more children die every year from injuries than from all diseases combined. We believe that early education is one of the best and most effective tools to help reduce this troubling statistic. Safety Town is a safety education program for children who will be entering Kindergarten in the fall. Any child who will be five on or before August 1st and lives in the City of Stow is eligible to attend.

The sessions will be held for one week (M-F) for 2.5 hours per day. The curriculum is varied and includes such topics as fire safety, safety belts, pedestrian safety, bike safety, bus safety, stranger awareness, and playground safety. Safety Town employs two full-time certified teachers to plan and lead the daily educational process. They are assisted by the Education Specialists from the Stow Fire and Police Departments, as well as other outside safety experts.



2019 Registration Information

(Students need only sign up for ONE class)

COST: \$40 per student

LOCATION: Stow Safety Center

REGISTRATION BEGINS: Monday, March 18, 2019

REGISTRATION ENDS: Friday, May 3, 2019

WAYS TO REGISTER:

Online at StowOhio.Rec Desk

Visit Stow City Hall (M-F, 8am-4:30pm)

(pay with credit card, cash or check, made payable to City of Stow)

Session 1: June 3-7

AM Class: 8:30-11:00am

PM Class: 12:00-2:30pm

Session 2: June 10-14

AM Class: 8:30-11:00am

PM Class: 12:00-2:30pm



Once your child is registered, you will receive confirmation by

May 17th. An informational session for parents to discuss what your child will learn in Safety Town, will be held on **May 28th from 6-7 pm** at the Stow Police Department in the Community Room. For questions or additional information, please contact the Safety Town Coordinator, Toni Carter, at

330-689-5860 or email
tcarter@stow.oh.us



STOW COMMUNITY GARDEN PROGRAM

Come Grow With Us!

Located on 5070 Stow Road, (opposite Silver Springs Lodge)

Open Garden Registration - New Gardeners 2019

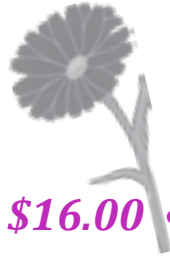
New Gardeners Registration begins

Saturday, May 11th • 9:00 am -10:30 am

at Stow City Hall - Parks & Recreation Department
3760 Darrow Road



**Plots available on
a First-Come,
First-Served Basis**



FULL SIZE PLOT: 20x20 \$16.00 • HALF SIZE PLOT: 10x20 \$8.00

Returning 2018 Gardners - Must Return Pre Registration Forms by May 3th, 2019 to keep same plot as previous year. Past Gardeners who wish to change their plot: First Pre-Register / Pay for your old plot # , then you may shift to an open plot on Sat. May 11th, 9:00 am - 10:30 am at Stow City Hall 3760 Darrow Road.

Sponsored by: Stow Parks & Recreation and The Stow Community Garden Association

ADULT RECREATION

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 27, 2019.

Games begin at 6:00, 7:00, 8:00, & 9:00pm

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

U.S.S.A. All teams must register with U.S.S.A. at the time of registration.

**Please make a separate check (or cash)
payable to U.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 \$25(doubleheader) per team, given directly to the umpire at the game site.

ADULT TENNIS

TENNIS "FUN"damentals at LaTuchie Tennis Center

A class for adults who are starting or restarting the game of tennis



Tuesdays - Outdoor Class

Time: 6-7pm

Dates: May 28; June 4, 11, 18, 25

Cost: \$69 per player per session

Thursdays - Indoor Class

Time: 11am-12pm

Dates: May 30, June 6, 13, 20, 27

Cost: \$69 per player per session

Saturdays - Indoor Class

Time: 9:30-10:30am

Dates: June 1, 8, 1, 22, 29

Cost: \$69 per player per session

Register at

StowOhio.RecDesk.com

FREE OPEN GYM PROGRAMS

NO COST FOR OPEN GYM PROGRAMS

CO-ED VOLLEYBALL

Open gym volleyball
for adults, ages 18 and over.



Dates:
Mondays, beginning April 1

Location:
Echo Hills Elementary

Time:
7:00 - 9:00 pm

BADMINTON

Open gym badminton
for adults, ages 18 & over.

Dates:
Fridays, beginning April 5

Location:
Echo Hills Elementary

Time:
7:00 - 9:00 pm



OPEN GYMS WILL NOT
meet when school is
not in session. (4/19, 4/22, 5/27)

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!

All classes may be done low-impact.

Mon., Wed., Fri. 9:00 am
Tues., Thurs. 5:45 pm

No classes
(5/27, 7/4, 9/2)

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 or
contact Joan Tomko at 216-337-2207 or
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: Apr. 3 - May 8
Session 2: May 22 - June 26
Session 3: July 10 - Aug. 21
Session 4: Sept. 11 - Oct. 16

Partners are a must
for these classes!

Contact Instructor: Ed Balaj 330-801-2831 or
ed@2leftfeet.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

This class is suitable for All Levels and Beginners are welcome. We explore intelligent alignment in the poses along with easeful movements and yoga breathing techniques. Regular yoga practice will help you develop strength and flexibility, keep your joints healthy and supple, reduce tension, and give you tools for greater focus and relaxation...and it's fun! 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 E-RYT 500
Days: Mondays, Time: 6:00 - 7:20 pm
Price: \$10.00
Location: Silver Springs Lodge
(No classes 5/27, 7/4, 9/2)



BODY SCULPTING

A results oriented one-hour cardiovascular strength training class designed to shape and tone the entire body. This class will rev up your metabolism and help prevent osteoporosis. Bring a set of 3-5 lb dumbbells, stretchband, and exercise mat.

Mondays & Wednesdays

6:00-7:00pm
&
7:15-8:15pm

Session 1: Mar. 25 - Apr. 17
Session 2: Apr. 24 - May 20
Session 3: May 22 - June 19
Session 4: June 26 - July 22
Session 5: July 24 - Aug. 19
Session 6: Aug. 26 - Sept. 23

Times: 6:00-7:00 pm or 7:15 - 8:15 pm
Price: \$55 resident & \$60 non-resident
Location: Oregon Trail Lodge

PICKLEBALL *Active Seniors - Adults (ages 55+)*

MAY 2 - OCTOBER 31

Tuesday & Thursday

6:00 pm - 8:00 pm

\$10.00 player fee/season

at Adell Durbin Park, 3300 Darrow Road, Stow.

**Limited Registration - REGISTER EARLY!
REGISTERED PLAYERS ONLY.**

2019 SEASON REGISTRATION TO BEGIN IN APRIL



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: \$8.00
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

Program Sponsors
The Landing of Stow &
Danbury Assisted Living

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
Spring: May • 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

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

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 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



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 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
Jan/Mar/May/July/Sept/Nov
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
(first Monday of Month)**

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 Hall & 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:

4836 Algonquin Tr., Stow OH 44224 c/o Marlene Holderman 330-688-8673

Stow Sunshiner's President: Diane Dias

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
- Rockne's - Stow
- Bellacino's
- Silver Lake Florist
- Café in Stow
- Sto Cone
- Dairy Queen
- 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: Altercare Western Reserve - Stow
234-284-7999
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 handicraft 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, May 21, 2019, 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 • or 330-689-5100

CAMPGROUND / DOG PARK

SILVER SPRINGS CAMPGROUND

5238 Young Road, Stow Ohio 44224
OPEN APRIL 1 THROUGH OCTOBER 31



PROVIDING OUTDOOR RECREATION SINCE 1976!

**Stow Residents
\$13/night per site**

**Non-Residents
\$15/night per site**

Visit 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

BOW WOW BEACH

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

BEACH SIGN SPONSOR PROGRAM

**\$300 - One Season Term (March - December)
\$50 - Fee if artwork needs to be created**

Sign Size: 4' x 8' (13 oz Vinyl Banner Hemmed & Grommets)

Checks payable to City of Stow.

Show your support! Gain visibility for your business! Funds generated will be used to maintain Bow Wow Beach.

Visit StowOhio.RecDesk.com for more information.

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 been named the **#1 Dog Park to Visit** by *Dogster Magazine*, honorably mentioned as **Best Dog Park** by *Parent Magazine*, and won **1st Place for Dog Parks/Dog Walking Spots** by *Beacon's Best*.

The features of our FREE, 7.5 acre, fenced-in park are listed below. Visit our website 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

10 STOW PARKS FULL OF FUN!	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
Adell Durbin Park 3300 Darrow Road													
Silver Springs Park 5027 Stow Road			Catch & Release										
Crestdale Park 4570 Timberdale Drive													
Northport Park 3780 N. Santom													
Wetmore Park 3135 Kent Road													
Meadowbrook Lake Park 5069 Hudson Drive			Catch & Keep										
Heather Hills Park 1641 Bobwhite Trail													
Sherwood Acres Park 4344 Forest Hill Road													
Oregon Trail Park 2913 Graham Road													
Partridge Highlands Park 3020 Stockbridge Drive													

Visit 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

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.

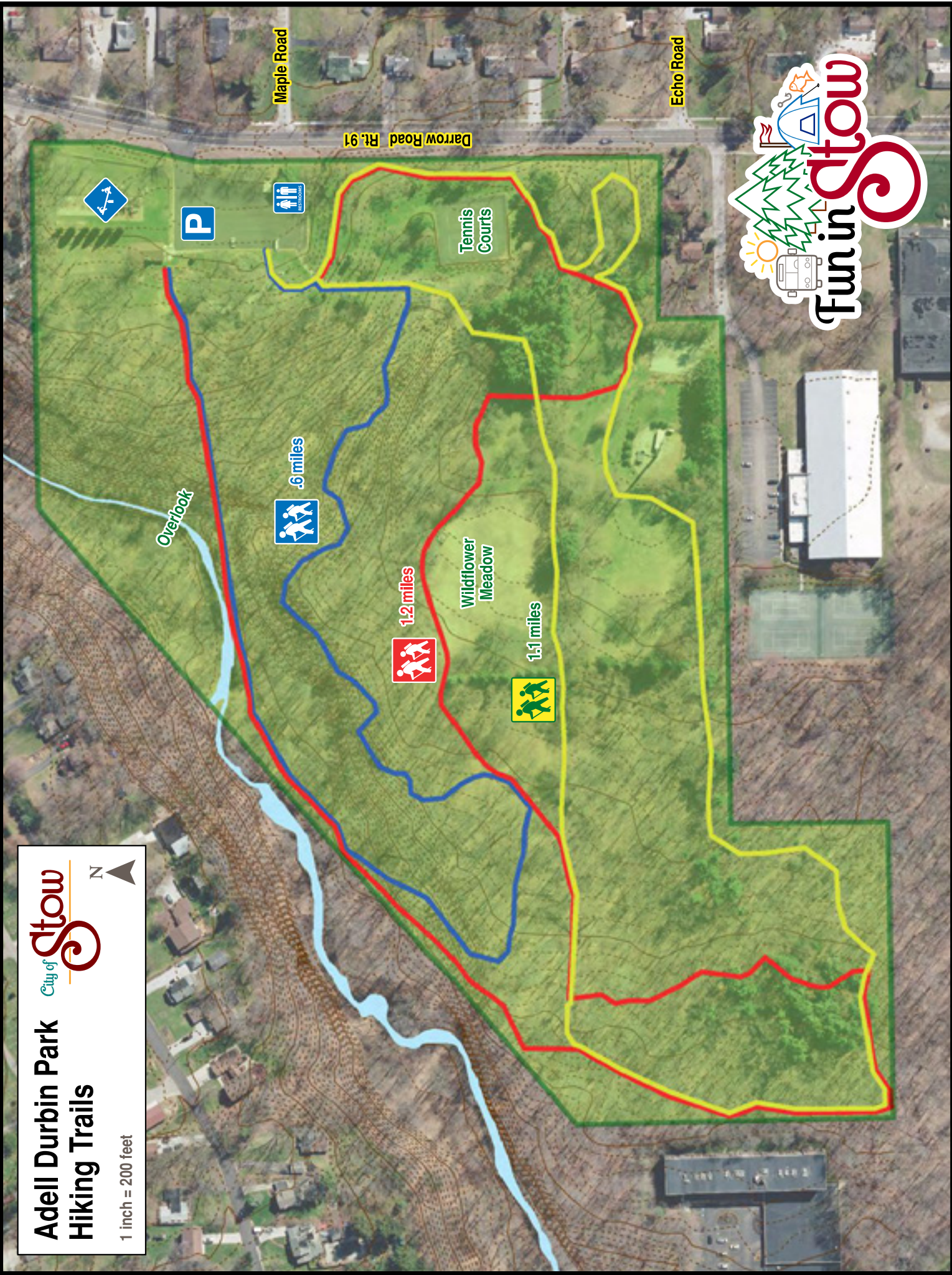
\$60 Resident / \$90 Non-Resident

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

Adell Durbin Park City of Stow Hiking Trails

1 inch = 200 feet





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	330-689-2700
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

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



HERITAGE BARN



SILVER SPRINGS LODGE



OAK TREE PAVILION



LAKEVIEW PAVILION