

PREVIEW

STOW PARKS & RECREATION



**Catalog of Programs,
Events and Facilities
Fall 2017 & Winter 2018**

The City of Stow Presents...



End the Summer with Fun!!

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

Sat. & Sun. September 2 & 3, 3-10pm

Stow Silver Springs Park - 5238 Young Road

Food

*Festival Favorites • Kid-Friendly eats
Cultural Variety • Healthy Snacks
Delicious Sweets • Beer*

Fun

*Petting Zoo • Inflatables
Rock Wall • Photo Booth
Bubble Soccer*

Events

*Party Night with Live Band (Sat.)
Island Luau Bash with DJ (Sun.)
Princess Luau Party • Fireworks Grand Finale*

PARKING - PLAN AHEAD

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!

**THANK YOU TO OUR
CORPORATE SPONSORS**

SkyRocket

Wayside Furniture

Firecracker

Marhofer Chevrolet, Inc.
Highpoint Lawn Service

Sparkler

NMG Aerospace
Akron Children's Hospital
McDonald's (Willjen Corp)
Darrow Street Grange
Audio-Technica U.S., Inc.
Premier Printing & Signs

**THANK YOU TO OUR
RESIDENT SPONSORS**

Beverly Martin
Don & Ellen Coughlin
Michael Teutsch
Brian D'Antonio
Mike Kahook
Ted Root
Katie Geiner
Patricia Combs
Jackie Smigel

For more information, contact
Stow Parks and Recreation

330.689.5100

FunInStow.com





HIGH ADVENTURE INFLATABLES!

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

Rock Climbing Wall - 25 FT High!
Basketball Hoop Zone
Obstacle Course - 30 FT!
Bounce House
Racing Fun Bounce
15 Foot Slide!
Seaweed the Sea Monster!

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



PRINCESS LUAU PARTY!



Featuring
Polynesian Princess
The Little Mermaid
La Princesa Latina
Arabian Princess & Prince
Sleeping Beauty & Rapunzel!!

End the Summer with Fun!!

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

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

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

SCHEDULE OF EVENTS



SATURDAY – PARTY NIGHT!

Wear your party fun hats, BIG sunglasses, sequins, feather boas, bling!

| | |
|------------------|---|
| 3:00pm - 10:00pm | Rock Wall & Inflatables (\$2 Wristband) |
| 3:00pm - 9:00pm | Ga Ga Ball Games |
| 3:30pm - 6:30pm | Petting Zoo - Featuring Jimmy Dean! |
| 4:00pm - 8:00pm | Bubble Soccer |
| 5:00pm - 5:45pm | SMFHS Marching Band |
| 5:00pm - 9:00pm | Open Air Photo Booth w/Props! |
| 6:00pm - 10:00pm | Live Performance - Grand Avenue Band!! |
| 10:00pm | Event Closes |

SUNDAY – ISLAND LUAU BASH!

Wear your grass skirt, Hawaiian shirt, flowers in your hair! We will provide the lei!

| | |
|------------------|---|
| 3:00pm - 9:00pm | Rock Wall & Inflatables (\$2 Wristband) |
| 4:00pm - 9:00pm | Parachute Games |
| 3:30pm - 6:30pm | Petting Zoo - Featuring Jimmy Dean! |
| 4:00pm - 8:00pm | Bubble Soccer |
| 5:00pm - 10:00pm | Island Luau Bash w/ DJ - All Night! |
| 5:00pm - 9:00pm | Open Air Photo Booth W/ Props |
| 5:00pm - 5:30pm | Princess Luau Party! |
| 5:30pm - 7:00pm | Prince & Princesses Meet & Greet |
| 9:00pm - 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!!

LOCAL VENDORS

Zeppe's • Handels • Teresa's Pizza
Stow Chiropractic Health Center
CrossFit Cadre • Cafe O'Play • LuLaRoe
Cleveland Clinic/Akron General Lifestyles
Peace, Love & Little Donuts
Chick-Fil-A • Young's Screenprinting

COMMUNITY ORGANIZATIONS

Boy Scout Troop #270 • SMF Rotary
SMF Community Foundation • SMFHS Boosters
Stow Community Church • Hudson Jaycees
Trinity Lutheran Church • Stow City Council

OTHER VENDORS

Smooth Rider • Northcoast Catering
SummerFest Foods • Kids Chef
Playland Amusements





**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!**

Camps & camping, fishing, golf, biking, running & races,
adult fitness, rental facilities, senior programs, AND MORE!!

Visit our online Registration Portal at **StowOhio.RecDesk.com**.
We also now 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
Fax330-689-2705
Program Cancellation Hotline330-689-5105
Email parks@stow.oh.us
Online RegistrationStowOhio.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 - 13 | Youth Sports |
| Page 14 - 15 | High School, Adult Sports/Fitness |
| Page 16 - 18 | Seniors 55+ Recreation |
| Page 19 - 21 | Parks & Facilities |



“LIKE” US ON FACEBOOK

Search:
FUN IN STOW
and “LIKE” us for updates and events!

PARKS AND RECREATION BOARD

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

DEPARTMENT STAFF

| | |
|-----------------------|-----------------------------|
| Linda Nahrstedt | Director |
| Anne E. Baranek | Recreation Supervisor |
| Kathy McConnell | Recreation Supervisor |
| Deanna Mihalus..... | Customer Service Specialist |
| Monica Dunton | Office Administrator |
| Laura Sutphin | Recreation Assistant |
| Chris Sheridan..... | Recreation Assistant |
| Ken Barnhart | Park Attendant |

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

Address 3760 Darrow Rd., Stow, OH 44224

*Offices closed for Labor Day, Thanksgiving,
Christmas & New Years Holidays*

Visit us on the web @ www.FunInStow.com

Facebook: Fun in Stow

UPCOMING EVENTS

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

Stow Summer Sunset Blast

September 2 & 3, 2017 3:00-10:00 pm
Silver Springs Park, 5238 Young Road
Food, beer, music, characters, petting zoo,
Fireworks Visit FunInStow.com for more details.



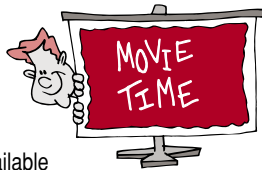
Kent State University Aeronautics Fair

Kent State University Airport, Stow
September 9, 2017, 7:00 am - 5:00 pm
Hot air balloon launch, COSI, Food, Fun, Pancake
Breakfast, aircraft to enjoy. Chamber of Commerce Gift
Basket Raffle. <http://www.kent.edu/AeroFair>



Movie Night - Moana

September 9, 2017, 8:00 pm
Sponsored by SMF Organizations:
Community Foundation, Rotary Club, Lions Club
Stow City Center Complex, by SKIP
FREE! Bring blankets & chairs Refreshments available



"We Remember" 9/11 Memorial Ceremony

September 11, 2017, 4:00 pm
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.



Stow-Munroe Falls Library Touch-A-Truck

Saturday, September 16 from 10 a.m. to 12 p.m.
At Stow-Munroe Falls Library
City police cruisers, construction vehicles,
fire trucks, snow plow trucks, face painting, balloon animals
and more!



Paw Fest • 11th Year

Stow-Munroe Falls Lions Club
Supported by City of Stow Parks & Recreation
September 17, 2017, 10:00 am - 4:00 pm
Bow Wow Beach, 5027 Stow Road. Tail Waggin' fun,
pet-related vendors, contests and more!
Contact: pawfest@aol.com



Stow Harvest Festival

Stow Historical Society
September 30 & Oct 1, 2017, 11:00 am - 4:00 pm
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
email SHS@stow.oh.us



Angel Cake Race

Sunday, Oct 1, 2017, 7 am
5K and 1 mile cake walk. Silver Springs Park.
Grab your bling and cupcake at the finish line!
www.inspire-within.com



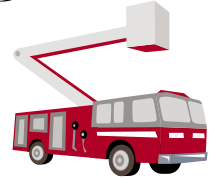
5th Annual Craft Beer Fest

Stow-Munroe Falls Community Foundation
Friday, October 6, 2017 6 pm - 9 pm
Heritage Barn, Silver Springs Park
Visit SMFCommunity.org



Safety Forces Open House

October 12, 2017, 5:00 pm-8:00 pm
Tour the Safety Building and vehicles, booths, food, K-9
demonstration, vehicle extrication.



Trick-or-Treat Street at Stow City Hall

City of Stow - October 27, 2017, 2:30 pm - 4:00 pm
Come on down to City Hall in your Halloween costume. Enjoy
sidewalk chalk, treats, meet & greet with Cinderella,
Snow White & More! FunInStow.com, 330.689.5100

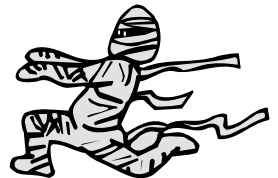


Trick-or-Treat Night in Stow

City of Stow - October 28, 2017, 5:30 pm - 7:30 pm
Turn on your porch light to participate in handing out treats. BE SAFE!
Dress up & have fun! RAIN or SHINE!

Mummy Dash

5k Race & Trick or Treat 1-mile Fun Run
Stow-Munroe Falls H.S. Swim/Dive Team
October 22, 2017, 8:00 am
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



Santa's Mailbox

City of Stow Parks and Recreation
November 10 - December 15, 2017
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, 220.689.5100



Shop with Santa

Echo Hills PTA **Sat. November 18, 2017, 1 to 4 pm**
Shop local crafters/vendors, photos with Santa!
Echo Hills Elementary Gym



Kandy Kane Express Holiday Festival

Sunday, December 3, 2017 1 pm - 5 pm,
Stow City Hall • Santa & More!

Pizza Palooza

Stow-Munroe Falls Community Foundation
Sunday January 28, 2018 12 noon - 3 pm
Pizza, inflatables, community booths & more, visit



Stow-Munroe Falls Community Showcase

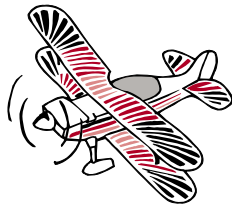
April 7-8, 2018 Stow-Munroe Falls High School
The 16th Bi-Annual event presented by the
Stow-Munroe Falls Chamber of Commerce,
City of Stow, Stow-Munroe Falls City School District and
City of Munroe Falls



SPECIAL EVENTS

AERONAUTICS FAIR

KENT STATE UNIVERSITY AERONAUTICS FAIR



SUNDAY, SEPTEMBER 9, 2017
7:00 am - 5:00 pm

Kent State University Airport, Stow
Hot air balloon launch, COSI,
Food, Fun, and Pancake Breakfast.

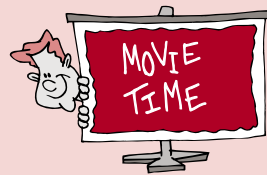


Gift Basket



Silent Auction

MOVIE NIGHT



FREE
Sept. 9, 2017

Sponsored
by SMF
Organizations

Community
Foundation,
Rotary Club,
and
Lions Club



7:00 pm - Kids Activities

8:00 pm - Movie Time

Location: Stow City Center
Complex, by SKIP

Bring Blankets and Chairs
Refreshments Available

PAWFEST

TAIL WAGGIN' FUN AND MORE!



SUNDAY, SEPTEMBER 17, 2017
10:00 am - 4:00 pm

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

STOW HARVEST FESTIVAL

SATURDAY AND SUNDAY,
SEPT. 30TH AND OCT. 1ST
11:00 AM - 4:00 PM

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

SPECIAL EVENTS

SAFETY FORCES OPEN HOUSE



City of Stow Safety Forces Open House

**October 12, 2017
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**



4TH ANNUAL MUMMY RUN

*Benefitting
Stow-Munroe Falls
Swim & Dive Team
and The Make a
Splash Foundation*



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

SUNDAY, OCTOBER 22, 2017

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 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

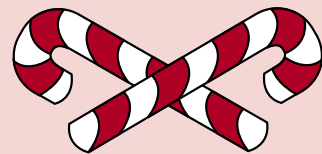
October 27, 2017, 2:30 pm - 4:00 pm
Kids - Come on down to City Hall in your
Halloween costume. sidewalk chalk, treats,
meet & greet with **Snow Queen,**
Princess Beauty & More!



***Dress up
&
have fun!***

***FunInStow.com
330.689.5100***

HOLIDAY FESTIVAL



Kandy Kane Express Holiday Festival

***Sunday, December 3, 2017
1pm - 5pm at Stow City Hall***

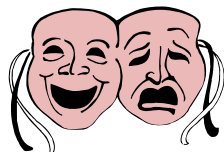
***Holiday Games, Visit Santa & Friends,
Cookie Decorating, Storytelling,
the Elves Shoppe & more . . .***

***To Benefit the Dane Foundation
thedanefoundation.org***



STOW PLAYERS

Performing at Stow Heritage Barn,
5238 Young Rd., Stow, Oh 44224 • Call (234) 206-0128 for reservations
Purchase tickets at Stowplayers.net



Youth Theatre Workshop

FEE: \$60.00

Consecutive Saturdays from
Oct. 7, 2017 - Nov. 11, 2017, 11:00 am - 1:30 pm
Heritage Barn & Oregon Trail Meeting Facility

This six-week workshop presented by Stow Players is for young adults and children. This workshop provides an opportunity to learn all about theatre, from production needs to staging, props, costumes and stage direction. Participants will learn what it takes to get a show up. Every aspect of theatre will be covered. This will help determine whether participants prefer to be on stage or off stage. Participants will be instructed by the directors of *Babes in Toyland*, and participation in the workshop may lead to a part in the play this December. (See Below) Register through Stow Parks & Recreation in the office or online at StowOhio.RecDesk.com.

AND THE WINNER IS . . .



By Mitch Albom
Directed By Lorena Goold

The comic story of Tyler Johnes, a self-obsessed movie star known for the "Chippendale dancers by day, Cops by night." Tyler is finally nominated for an Oscar, then dies the night before the awards. Determined to know if he wins (even though he's dead), he bargains with a heavenly gatekeeper to return to earth for the big night.

Auditions: Sept. 10 & 11

Performance Dates: 11/10, 11/11, 11/17, 11/18, 11/24, 11/25
at 8:00 pm

Matinees: 11/19 & 11/26 at 2:30 pm

BABES IN TOYLAND



By Rebecca Ryland
Directed by Samantha Gates
& Pat Robertell-Hudson

Visit Mother Goose Land where Mistress Mary Quite Contrary had her heart set on marrying the heroic Alan, but Alan's villainous Uncle Barnaby is set on marrying her himself. Mary escapes to Toyland bringing all the characters from Mother Goose Land with her. This wonderful family dramedy will challenge all actors and keep all ages entertained.

Auditions: Oct. 29 & 30

Performance Dates: 12/8, 12/9, 12/15, 12/16 at 7:30 pm

Matinees: 12/10 & 12/17 at 2:30 pm

THE SPITFIRE GRILL



Music and Book by James Valcq
Lyrics and Book by Fred Alley
Based on the Film by Lee David Zlotoff
Directed by Brian Westerley

This musical, based on the film by Lee David Zlotoff, depicts the journey of a young woman, Percy, just released from prison who decides to start her life anew in a rural Wisconsin town. The Spitfire Grill won the Richard Rodgers Production Award, administered by The American Academy of Arts and Letters.

Auditions: Nov. 19 & 20

Performance Dates: 1/26, 1/27, 2/2, 2/3, 2/9, 2/10 at 8:00 pm

Matinees: 2/4 & 2/11 at 2:30 pm

RIPCORD



By David Lindsay-Abair
Directed by
Michael Cranston

A sunny room on an upper floor is prime real estate in the Bristol Place Assisted Living Facility, so when the cantankerous Abby is forced to share her quarters with new-arrival Marilyn she has no choice but to get rid of the infuriatingly chipper woman by any means possible. A seemingly harmless bet between the old women quickly escalates into a dangerous game.

Auditions: Jan. 7 & 8

Performance Dates: 3/9, 3/10, 3/16, 3/17, 3/23, 3/24 at 8:00 pm

Matinees: 3/18 & 3/25 at 2:30 pm

BOYS & GIRLS FLAG FOOTBALL PROGRAM

Grades 3 - 6

This program is for boys and girls in grades 3 through 6 that are Stow-Munroe Falls residents 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 weather.

REGISTRATION:

Registration fee is \$78.00 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 or during in-school registration.

REGISTRATION ENDS: Friday, SEPTEMBER 8th.



Registration will be held at the elementary schools from 8:45 to 9:00 AM as follows:

***LAKEVIEW
ECHO HILLS
WOODLAND
INDIAN TRAIL**

Tuesday, August 29* (8:00 – 8:10 AM this school only)

Wednesday, August 30

Thursday, August 31

Friday, September 1

FISHCREEK

Wednesday, August 30,

HIGHLAND

Thursday, August 31

RIVERVIEW

Friday, September 1

PRACTICE TIMES:

The first practice is scheduled to begin on **Thursday, September 14, 2017**. Two practices will be held each week on Tuesdays and Thursdays from 5:30 to 7:00 PM. Games will be played on Saturday mornings at Lakeview Stadium beginning in late September through early November. (Will not conflict with Elementary Basketball Program)

GAMES TIMES:

9:00 AM, 10:00 AM, 11:00 AM, and 12:00 Noon (if necessary). Schedules may vary depending on the number of sign-ups.

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

BOYS INSTRUCTIONAL VOLLEYBALL LEAGUE



For Boys in Grades 5 -8.
Sundays
September 10th to October 15th
6:30 pm - 8:00 pm



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 the 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!

School Registration

Lakeview, Wednesday, Sept. 6 from 8:00 am - 8:10 pm

Cost \$50 per player. Make checks payable to **City of Stow**

Facilities

All practices and games will be held at Lakeview

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



5th thru 8th Grade Boys Instructional Volleyball League 2017

Registrant's Name _____ Date of Birth _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail _____ Grade: (Please Circle) 5th 6th 7th 8th

T-Shirt Size: (Please Circle) Youth Large Adult Small Adult Medium 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 liability to us for any damages 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 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*

YOUTH SPORTS - GIRLS VOLLEYBALL



Stow-Munroe Falls Girls Volleyball

In partnership with Stow Parks and Recreation



Instructional Volleyball League

Who: 5th & 6th Grade Girls - Lakeview students only

Where: Lakeview Intermediate School - Gym

When: Sundays 4:45 pm - 6:15 pm

Cost: \$50.00 per player

Dates: Sundays, September 10th - October 15th

Required items:

- Tennis shoes
- Knee pads (optional)
- Water
- Snack

Important notes:

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

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.

To register, please complete the registration form below or register online at StowOhioRecDesk.com

School registration (@Lakeview) will be on Wednesday, September 6th from 8:00 am - 8:10 am.

Checks made payable to the City of Stow

5th & 6th Grade Girls Instructional Volleyball League 2017

Participant's Name _____ Date of Birth _____

Address _____ City _____ Zip _____

Parent Email Address _____ Circle Grade: 5th 6th

Phone Cell _____ Work _____ Home _____

Please circle T - shirt size: Youth-L Adult-S Adult-M Adult-L 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 liability to us for any damages 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/Guardian 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

ELEMENTARY BASKETBALL LEAGUE - GRADES 2 - 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.



DIVISIONS

BOYS: Training 2nd and 3rd Grade League
Jr. Varsity 4th and 5th Grade League
Varsity 6th Grade League

GIRLS: Will be placed on teams according to grade. Enrollment will determine the division of girls' teams

PRACTICE TIMES:

Practices begin the week of October 30 and will go through February/March of 2018. 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. IF YOU ARE NOT NOTIFIED BY OCTOBER 30, CALL THE PARKS AND RECREATION OFFICE. PLEASE DO NOT CALL EARLIER THAN OCTOBER 30!

GAMES AND TIMES:

Games are on Saturdays beginning December 2 at Kimpton and Lakeview.

Training League, Boys and Girls, 9 am – 2 pm.
JV and Varsity Leagues, Boys and Girls, 9 am – 5 pm.

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

Registration will be held at the elementary schools from 8:45 am to 9:00 am as follows:

ECHO HILLS September 26, Tuesday
FISHCREEK September 26, Tuesday
HIGHLAND September 27, Wednesday

WOODLAND September 27, Wednesday
INDIAN TRAIL September 28, Thursday
RIVERVIEW September 28, Thursday

LAKEVIEW* September 29, Friday
* 8:00 am – 8:10 am

Fee is \$95.00 PER CHILD (of which \$25.00 is a non-refundable processing fee) includes a t-shirt. Register online at 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.



*Special registration will be held at the Stow Parks and Recreation Office on **Thursday, October 5, 2017 from 5 pm - 7 pm. Registration closes MONDAY, OCTOBER 9th at 4:30 pm. No late registrations!**

*Students are eligible to play only in their own grade. *Lakeview students will play with other Lakeview students.

All children must be registered in the Elementary Basketball Program to be eligible to try out for our Travel Teams (Grades 4 - 6). Travel Team information and tryout dates are listed on the next page.

CUT HERE

BOYS AND GIRLS ELEMENTARY BASKETBALL REGISTRATION FORM

Registrant's Name _____ Please circle: Boy Girl
Address _____ City _____ Zip _____
Home Phone _____ Work Phone _____ Cell Phone _____
Parent Email Address _____
Date of Birth _____ Grade _____ School _____
T-Shirt Size: (Please Circle) 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 _____

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

STOW YOUTH TRAVEL BASKETBALL

For the 2017-2018 Basketball season, the Stow Travel Basketball organization will once again be the entity that provides the 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 of the above 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 try out and be selected to participate in 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 2 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.

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 | 2 Teams | 2 Teams |
| 5 | 2 Teams | 2 Teams |
| 6 | 2 Teams | 2 Teams |

(This is the goal. 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 new STOW TRAVEL BASKETBALL organization to bring forward the best youth program we can provide to the community.

For questions about recreational league basketball, please contact Stow Parks & Recreation at 330.689.5100. For questions about the travel basketball program, please contact Stow Travel Basketball at: vach12@hotmail.com or 330.608.8577.

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.

SEPARATE PROGRAMS



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 6, 2017** and ends **Monday November 27**. 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.

PRACTICES:

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

REGISTRATION FEE:

\$96.00, and includes a t-shirt (Does not include insurance)

REGISTRATION:

Registration begins **Monday, November 6, 2017** and ends **Monday November 27**. 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.

PRACTICES:

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

REGISTRATION FEE:

\$96.00, and includes a t-shirt (Does not include insurance)

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

CUT HERE -----

Registrant's Name _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Parent Email Address _____

Date of Birth _____ Grade _____ School _____

THIS AREA MUST BE COMPLETED

HOW MANY YEARS HAVE YOU PLAYED ORGANIZED BASKETBALL? _____

BOY _____ GIRL _____ HEIGHT _____ T-Shirt Size:(Circle) Adult: Small Med. Large XL 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 _____

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

YOUTH - SPORTS

LITTLE TIGER KARATE

Ages 3 1/2 - 5

Enjoy the experience of karate while developing listening skills, coordination, focus, agility and fitness. Have fun while learning from an experienced instructor. Maximum 12 per class. 6 classes



Day: Mondays

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

Time: 6:50 - 7:30 pm Price: \$65.00

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: \$68.00

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 - 7:30 pm Price: \$65.00



MARTIAL FIGHT & FITNESS

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

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

**Days/Times: Monday / Wednesday 6:15-7:30 pm and
Saturdays 10:15-11:30 am**

Cost: One month \$65.00

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

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.

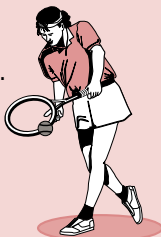


Fall Session: September 12 - September 28
Days: Tuesdays and Thursdays
Time: 6:00 p.m. - 7:00 p.m.
Location: Adell Durbin Tennis Courts
Price: \$57 resident \$62 non-resident

Ages 11 - 15

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

Fall Session: September 12 - September 28
Days: Tuesdays and Thursdays
Time: 7:00 p.m. - 8:00 p.m.
Location: Adell Durbin Tennis Courts
Price: \$57 resident \$62 non-resident



STOW SOCCER CLUB

COME "KICK-IT" WITH US
WWW.STOWSOCCERCLUB.COM



INDOOR SOCCER (Fall/Winter 2017-2018)

Travel soccer programs and recreational skill development programs are available. For more details. www.stowsoccerclub.com

YOUTH RECREATIONAL ACADEMY SOCCER (Spring 2018)

Outdoor soccer for 4 through 14 year olds. The Academy meets on Saturday mornings at Oregon Trail Park (2913 Graham Rd., Stow, Ohio) 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. Check our website for more details. www.stowsoccerclub.com

TRAVEL SOCCER (Spring 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.

Check our website for more details. www.stowsoccerclub.com

HIGH SCHOOL BASKETBALL

Stow or Munroe Falls High School Boys are eligible for this program if NOT currently participating on a school team.

Registration: Begins Monday, November 6th and ends Monday, November 27th. There will be 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:

- A.) Typewritten roster of all team members with names, addresses, phone numbers, 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: \$660.00 per team, payable to City of Stow at the time of registration.
Stow Parks and Recreation will provide t-shirts for all teams.



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

MEN'S 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 May 7 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 & JULY 1, 2018, Games begin at 6:00 PM, 7:00 PM, 8:00 PM, 9:00 PM.**



REGISTRATION 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 on
10/13; 11/24; 12/22; 12/25; 12/29; 1/1; 1/15; 2/16; 2/19



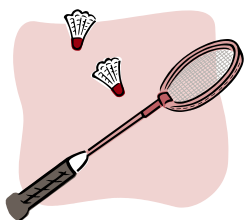
CO-ED VOLLEYBALL

Open gym volleyball for adults, ages 18 and over.

Dates:
Mondays, beginning
September 11th

Location:
Echo Hills Elementary

Time: 7:00 - 9:00 pm



BADMINTON

Open gym badminton for adults, ages 18 & over.

Dates:
Fridays Beginning
September 8th

Location:
Echo Hills Elementary

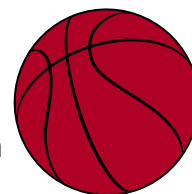
Time: 7:00 - 9:00 pm

NO COST FOR OPEN GYM PROGRAMS

MENS BASKETBALL LEAGUE

Tuesday or Wednesday Leagues

(a team may sign up for only ONE night)
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. 14, or Wednesday, Nov. 15, 2017.



Registration begins Tuesday, Oct. 3rd for Stow Teams only; Tuesday, Oct. 10th for all other teams. Last date for registration is Friday Nov. 3rd, 2017 by 4:30 pm, provided there are still openings.

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

HIGH SCHOOL GRADUATES ONLY

NOTE: 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

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

(9/4; 11/7; 11/23; 11/24; 12/25; 12/26; 1/1; 1/2; 1/15; 2/19)

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: \$85.00 per couple

(Payable to instructor at the first class)

Location: Silver Springs Lodge

Session 1: Aug. 30 - Oct. 4

Session 2: Oct. 18 - Nov. 29

Session 3: Dec. 6 - Jan. 10

Session 4: Jan. 24 - Feb. 28

Session 5: Mar. 14 - Apr. 18



**Partners are a must
for these classes!**

No Classes November 22

Contact Instructor, Pam Burton: 330-576-6194 or pam@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 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).

Advanced Class: 8:00 - 9:00 pm - Devoted to the serious dancer. Must have at least 100 hours of instruction. In-depth on lead/follow and amalgamating very difficult patterns.

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 - 7:30 pm

Price: \$10.00

Location: Silver Springs Lodge

(No classes 9/4; 12/25; 1/1; 1/15; 2/19)



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:

Mondays & Wednesdays

No classes

(9/4; 10/9; 11/22; 12/25;
12/27; 1/1; 1/15)

Session 1: Aug. 30 - Sept. 27

Session 2: Oct. 2 - Oct. 30

Session 3: Nov. 1 - Nov. 29

Session 4: Dec. 6 - Jan. 10

Session 5: Jan. 17 - Feb. 12

Session 6: Feb. 21 - Mar. 19

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

Pickleball is a fun sport played on a badminton-sized court with lowered nets. It is played with a plastic whiffleball and an oversized ping - pong type paddle similar to tennis. All skill levels will enjoy this great social yet competitive sport. No special apparel is needed - just appropriate court type tennis shoes. We will provide the net, balls and beginner's paddle for initial instruction.

Seasonal Tues. & Thurs. thru Oct. 31

6:00 pm - 8:00 pm

\$10.00 player fee/season



Tennis Courts at Silver Springs Park, 5027 Stow Road.

Beginner's are asked to attend Thursdays at 6:00 pm for a quick lesson. No Cost for beginning lesson. You then may purchase your own paddle if you continue the sport.

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 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.



New Time: Evening Cards
First Monday of each month,
6:30 - 9:00 pm, Stow Senior Center
3968 Darrow Road

BRAIN GAMES

Games & Puzzles

Join this fun and thought provoking work
out 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 engage-
ment and more. Emphasis is on Fun!

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

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

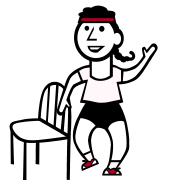
Senior Cardio Circuit

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. This is
a proven combination to sculpt &
strengthen.

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

Seated Stretch

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 Yoga

Thursdays 9:15 am, with
Anne Sarafian

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
Anne Sarafian

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.

Sr. Fitness Class Fees:

Purchase an Exercise Punch Card:
\$10.00 for 8 classes or \$2/class or

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



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 SCREENING

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 Written 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 Senior Center on
Tuesday or Thursday
to reserve a seat 330-686-1325

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 at Joshua's Cafe and 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 callus 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:

- | | |
|-----------------------|--------------------------------|
| • Baumann's Florist | • Oregon Corners Florist |
| • Bellacino's | • Red Lobster |
| • Braidy Jewelers | • Rockne's - Stow |
| • Café in Stow | • Silver Lake Florist |
| • Edible Arrangements | • Stow Cone |
| • Isaly's II | • Stow-Glen Retirement Village |
| • Kent Ridge | • Stow Nut Donut Diner |
| • McDonald's of Stow | |

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.



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: Nov. 21, 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

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: Tracey Cugini 330-688-1188

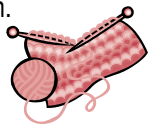
Arbors of Stow

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

CAMPGROUND / DOG PARK

Silver Springs Campground

5238 Young Road, Stow Ohio 44224

Open Through October 31

**Providing outdoor recreation
since 1976!**

STOW RESIDENTS: \$10.00/night per site.

NON-RESIDENTS: \$12.00/night per site.

Visit www.FunInStow.com, Click on ⇨ Parks & Places ⇨ Silver Springs Campground
Click on "Campground Brochure" for map, directions, rules, site layout and more!



**Visit our Website
to view 40 reasons
why you should camp at
Silver Springs
Campground!**



For additional information, contact Ken Barnhart at KBARNHART@STOW.OH.US or visit www.FunInStow.com

**Paw Fest
Sept. 17, 2017**

Bow Wow Beach



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 for more information!

8:00 AM - DUSK

Open Mid-March thru December 1

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

For a complete list of rules and information for Bow Wow Beach, visit: www.FunInStow.com

















































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.

MAINTENANCE

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

PARKS AND RENTAL FACILITY INFO

| 11 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crestdale Park 4570 Timberdale Drive | | | |  | | |  |  | | | | | |
| Northport Park 3780 N. Santom | | | | | |  |  |  | | | | | |
| Wetmore Park 3135 Kent Road | | | | | | |  |  | | | | | |
| Meadowbrook Lake Park 5069 Hudson Drive | |  |  | | | |  |  | | | | | |
| Heather Hills Park 1641 Bobwhite Trail | | | | | | |  |  | | | | | |
| Sherwood Acres 4344 Forest Hill Road | | | | | |  |  |  | | | | | |
| Oregon Trail Park 2913 Graham Road |  | | | | | |  |  | |  |  | | |
| Partridge Highlands 3020 Stockbridge Drive | | | | | | |  |  | | | | | |
| SKiP Playground 3870 Darrow Road | |  | |  | |  |  |  | |  | | | |

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, 8:00 am to 4:30 pm.

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.

Friday-Sunday \$395 Resident / \$495 Non-Resident

*Additional Security Deposit of \$100 required for any rental.

*Liquor Application Deposit of \$200 required (if serving).

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

Monday-Thursday \$95 Resident / \$175 Non-Resident

Friday-Sunday \$395 Resident / \$495 Non-Resident

*Security Deposit of \$100 required for any rental.

*Liquor Application Deposit of \$200 required (if serving).

SHELTERS

Oaktree Shelter - 4995 Stow Road (Silver Springs Park) 18 picnic tables, can accommodate up to 100+ 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

It's Our 50th Anniversary and We're Getting Better Every Year!



OPEN Every Day through Mid-December

Fox Den offers a wide variety of amenities for golfers, from beginners to advanced. In addition to being voted among the top 10 courses in the region twice in the last few years, check out several more reasons to visit Fox Den Golf Course!

- Private course setting open to the public
- Special events throughout the season
- Excellent short game practice areas
- Private and group lessons offered
- Classes and leagues for all ages
- Beautifully manicured greens
- Great deals in the golf shop
- Comparable golfing rates
- 30-Station driving range
- Fox Den Grille

In honor of our anniversary, Fox Den has implemented improvements to the course. The Renovation Project for holes #5 and #6 is complete and has improved play on the course. Schedule a tee time and check it out!



**Hole 6
Par 5**

**Hole 5
Par 3**

2770 Call Road in Stow
Phone (330) 673-3443
1-888-231-4693
www.foxdengc.com

*Book your Tee Times
Online at our website*



Search
FOX DEN GOLF COURSE
and "LIKE" us to see
updates and events!



OPEN SHELTERS & LODGES

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

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

8:00 am - 4:30 pm, Mon. - Fri.

QUICK PHONE DIRECTORY

Stow Parks & Recreation..... 330-689-5100
Emergency 9-1-1
Police Department..... 330-689-5700
Fire Department..... 330-689-3290
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
Stow Youth Baseball.....www.stowyouthbb.org
Stow Suburban Youth Football .. www.stowyouthfootball.com
Stow Soccer Club stowsoccerclub.com
Stow Suburban Cheerleading..... 330-650-1843

www.FunInStow.com

HERITAGE BARN



SILVER SPRINGS LODGE



**For more
information visit
www.FunInStow.com!**

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