

PREVIEW

STOW PARKS & RECREATION



**Catalog of Programs,
Events and Facilities
Spring & Summer 2016**



Fun in 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 now offer online registration for many programs, and will continue to offer more in the future. 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.

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

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

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

Visit us on the web @ www.FunInStow.com

Facebook: Fun in Stow

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“LIKE” US ON FACEBOOK

Search:

FUN IN STOW

and “LIKE” us for updates and events!

PARKS AND RECREATION BOARD

Sindi Harrison, Chair	330-686-6466
Mario Fiocca, Vice Chair	330-212-2048
Houston Morgan	330-688-4108
Jennifer Taylor	330-715-4254
Julie McLain.....	330-812-4670

DEPARTMENT STAFF

Linda Nahrstedt	Director
Anne E. Baranek	Recreation Supervisor
Kathy McConnell	Recreation Supervisor
Debbie Repko.....	Customer Service Specialist
Monica Dunton	Customer Service Specialist
Ken Barnhart	Park Attendant

UPCOMING EVENTS

For a complete list of fun Stow events, visit FUNINSTOW.COM

Silver Springs Campground Open House & 40th Anniversary Party

At Heritage Barn (Adjacent to the campground)

Saturday April 9, 2016 Noon – 4:00 pm

Come out and visit the campground!

FREE give-aways, door prizes, marshmallow roast!

Jungle TERRY & Friends Live Animal & Reptile Show

2:00 pm – 2:45 pm FREE!



Bark For Life

Canine Event to Fight Cancer, American Cancer Society

At Bow Wow Beach Dog Park

Saturday, April 16, 2016 10 am – 2 pm

\$15 Donation For information call 330-719-8806



Fishcreek 5K Raccoon Run & 1-mile Fun Run

Fishcreek Elementary School PTA

Sunday, April 24, 2016, 8:00 am

Start/Finish at Silver Springs Park,

Register at www.FishcreekRaccoonRun.com



27th Annual Trout Fishing Derby

Fun in Stow (Parks and Recreation)

Saturday, May 7, 2016, 9:00 am -12:00 pm

Registration 8:30 AM **FREE!**

Heritage Lake at Silver Springs Park (Young Road)

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



Stow Junior Firefighter Obstacle Course

City of Stow Safety Forces for Relay for Life

Saturday, May 14, 2016, 10:00 am -1:00 pm

Stow Fire Station #3 - 4238 Fishcreek Rd.

\$10 Donation Includes activities & lunch

Interactive obstacle course for kids under 10 years,

and other FUN activities. Register at StowOhio.recdesk.com



Pride Golf Outing - Fox Den Golf Course

Stow-Munroe Falls Chamber of Commerce

Friday, June 24, 2016, Shotgun start - 9:30 am

18 holes with cart, lunch, beverages, steak dinner!

Register - 330.688.1579, www.smfcc.com



Stow-Munroe Falls Relay for Life American Cancer Society

Saturday, June 25, 2016 10 am - 10 pm

At Stow-Glen Retirement Village

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

Relayforlife.org/stowmunroefalls 330-719-8806



Pride Community Breakfast

Stow-Munroe Falls Chamber of Commerce

Wednesday, June 29, 2016, 7:30 am

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!!

Fun in Stow (Parks and Recreation)

Monday, July 4, 2016, 7:30 am

Begins at Holy Family School. Tech tee for first 500

registrants! Register online: StowOhio.recdesk.com



Stow Fourth of July Parade

Fun in Stow (Parks and Rec), & Kiwanis Club

Monday, July 4, 2016, 10:00 am step off

THEME: **Americas Great People**

Register online: StowOhio.recdesk.com

Deadline: June 3, 2016



Stow National Night Out

City of Stow Police Department

August 2, 2016 6:00 pm - 8:00 pm FREE!

Activities & information, DARE vehicle, K9 Officer demos, food and FUN! For Stow residents only.



The Chief Louis A. Dirker, Jr. Memorial 5k & 1 Mile Walk

Sat., August 20, 2016, 9:00 am

Stow City Center, Complex, 3760 Darrow Rd. Stow

Register online at:

theruniversity.com/events/louis-a-dirker-jr-memorial-run/

To Benefit the Leukemia & Lymphoma Society



Stow Summer Sunset Blast

Fun in Stow (Parks and Recreation)

Sat. September 3, 2016, 5:00 pm -10:00 pm

Silver Springs Park, 5238 Young Road. **FREE!**

Food & FIREWORKS!

Visit FunInStow.com for more details



Paw-Fest at Bow Wow Beach!

Stow-Munroe Falls Lions Club

in collaboration with Fun in Stow

Sunday, Sept. 18, 2016, 10:00 am - 4:00 pm

Bow Wow Beach at Silver Springs Park

Tail waggin' fun! Pet-related vendors, contests and more! **FREE!!!** Parking donation.

For more info, visit FunInStow.com



STOW FIRECRACKER RUN

**38th Annual event!!!
3K FUN RUN AND 4-MILE RACE**

IT'S A TRADITION!

Monday, July 4, 2016

4-Mile starts at 7:30 am

3K Fun Run immediately following

Holy Family Church, 3179 Kent Road in Stow

4-Mile - \$30 pre-registration; \$35 day of race

3K Fun Run - \$20 pre-registration; \$25 day of race

FIRST 500 ENTRANTS RECEIVE A COMMEMORATIVE TECH-SHIRT

Pre-registration and race packet pick-up: **Sunday, July 3, 4 - 8 pm Holy Family Lower Church Hall, Kent Rd.**

Race day registration and race packet pick-up will be from 6:00 am - 7:15 am

THREE WAYS TO REGISTER:

(Pay by credit card, cash or check made payable to City of Stow)

ONLINE

StowOhio.recdesk.com

(No family discount given online)

IN PERSON

Stow Parks & Recreation
3760 Darrow Rd, Stow OH 44224

MAIL IN THIS FORM

Stow Parks & Recreation
3760 Darrow Rd, Stow OH 44224
MUST be postmarked by June 25

RULES: No pets allowed to participate with race contestants. Strollers NOT permitted in 4-mile race, but ARE permitted in the 3K Run only.

AWARDS: 3K FUN RUN FOR ALL AGES, WALKERS & RUNNERS. All finishers receive finisher's ribbon. Top male & female receive special award.

4-MILE RUN—OUT AND BACK COURSE ON RT 59 (Parade route). Overall awards for top three males and females; overall master male and female winner; awards also given to top three males and females in the follow age divisions: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64 and 65 & over.

Cut Here

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, 2016. 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 THE: (CIRCLE ONE)

3K FUN RUN

4-MILE RUN

NAME (PRINTED) _____ BIRTHDATE _____ AGE _____ SEX _____

ADDRESS _____ CITY/STATE _____ ZIP _____

EMAIL ADDRESS _____ DAYTIME PHONE _____

PLEASE CIRCLE T-SHIRT SIZE:

YTH-M YTH-L

SIGNATURE _____ DATE _____

ADLT-S ADLT-M ADLT-L ADLT-XL ADLT-XXL

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

SPECIAL EVENTS

SILVER SPRINGS CAMPGROUND

Open House and 40th Anniversary Party



At Heritage Barn
(Adjacent to the campground)
Saturday April 9, 2016
Noon – 4:00pm

Come out and visit the campground!
Information, FREE give-aways, door prizes,
marshmallow roast, and more!

Jungle
TERRY & Friends
Live Animal
&
Reptile Show
2:00pm – 2:45pm



RACCOON RUN



**5K
RACE
&
1-Mile
Fun
Run!**

Sponsored by Fishcreek Elementary PTA
Sunday, April 24, 2016, 8:00 am

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

Register at
www.FishcreekRaccoonRun.com

TROUT FISHING DERBY

Saturday, May 7, 2016

Heritage Lake, Silver Springs Park
(5238 Young Rd. Entrance)

Come out to Stow's own lake that has been stocked with trout
and give the sport of fishing a try! Ages 3 to 15 years.

Schedule

8:30 am - Registration. (There is NO pre-registration)

9:00 am - 11:45 am – fishing for ALL ages!

Noon - Prizes awarded.

Bring your own rod and reel. Bait is provided.
Rain or Shine!

This program is brought to
you **FREE** by Fun in Stow
(Stow Parks & Recreation)
in collaboration with Summit
Sportsmans Association &
Ohio Department
of Natural Resources.



STOW JUNIOR FIREFIGHTER OBSTACLE COURSE



Sponsored by City of Stow
Safety Forces for Relay for Life
Saturday, May 14, 2016

10:00 am - 1:00 pm
Stow Fire Station #3
4238 Fishcreek Rd.

Interactive obstacle course
for kids under 10 years,
other FUN activities.

Donation: \$10.00 includes activities & lunch,
(100% goes to Relay for Life) Pre-register at StowOhio.RecDesk.com



SPECIAL EVENTS

STOW FOURTH OF JULY PARADE



**Sponsored by Fun in Stow
(Parks and Recreation), &
Stow-Munroe Falls Kiwanis Club**

Monday, July 4, 2016, 10:00 am step off

THEME: America's Great People

Deadline to register is June 3!!

Register Online: StowOhio.recdesk.com

STOW NATIONAL NIGHT OUT

City of Stow Police Department



FREE! August 2, 2016 • 6:00 pm - 8:00 pm

Outside at Stow Safety Building, 3800 Darrow Road
National Night Out 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 department, featuring activities & information, DARE vehicle, K9 Officer demos, food and FUN!

THE CHIEF LOUIS A. DIRKER, JR MEMORIAL 5K & 1-MILE WALK



**Saturday,
August 20, 2016, 9:00 am**

Stow City Center Complex,
3760 Darrow Rd. Stow

Benefiting the



Register online:

theruniversity.com/events/louis-a-dirker-jr-memorial-run/



STOW SUMMER SUNSET BLAST

Sponsored by Fun in Stow (Parks and Recreation)

Saturday, September 3, 2016, 5:00 -10:00 pm

Silver Springs Park, 5238 Young Road.

**FREE!
FOOD & FIREWORKS!
FAMILY PICNIC**



Visit www.FunInStow.com for more details

CAMPGROUND

Silver Springs Campground

5238 Young Road, Stow Ohio 44224

Open Through October 31

**Providing outdoor recreation
for four decades!**

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!



**The year 2016 is
the 40th Anniversary for
Silver Springs Campground!**

In celebration of this achievement, the Stow Parks and Recreation Department will be offering a special discount on campsite & firewood fees during the 2016 campground season . . .

A five-night stay will only cost \$40.00,

whether you're a resident or non-resident camper. All other rules apply (5-night rule, 15-night rule, etc.).

This reduced fee must be paid on the first night of each five-night stay.

All other registrations will be at the normal site fees of \$10/night for residents and \$12/night for non-residents.

Also, a 40-piece bundle of firewood will only cost \$15.00.

All other firewood sales will be at the current rate of 10 pieces/\$5.00.

***We will also be giving away 40 FREE weekends of camping and for one lucky camper, 40 FREE nights of camping. Visit our website for details.**

We hope you'll join us as we celebrate our 40th Anniversary!



**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

STOW COMMUNITY GARDEN PROGRAM

Come Grow With Us!

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

Open Garden Registration - New Gardeners 2016

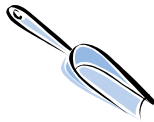
New Garden Sign-up begins

Saturday, May 7th • 9:00 am - 10:30 am

Silver Springs Lodge, 5027 Stow Road



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



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

Returning 2015 Gardners - Must Return pre Registration Forms by April 21, 2016 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 Wed. April 27th 9:30 am - 11:00 am or 5:30 pm - 7:00 pm at Stow City Hall 3760 Darrow Road.

Sponsored by: Fun in Stow (Stow Parks & Recreation) and The Stow Community Garden Assoc.

DOG PARK

**Paw Fest
Sept. 18, 2016**



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 Everydog 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.**

SILVER SPRINGS DAY CAMP 2016

Fun In Stow!



Ages: For children going into 1st grade through 6th grade. Children MUST be at least 6 years old to attend. No exceptions will be made.

Where: Oak Tree Shelter at the Silver Springs Park picnic area, 5027 Stow Road.

When: *(No camp 7/4, 7/5)

Week 1:	June 13 - June 17	Week 6:	July 18 - July 22
Week 2:	June 20 - June 24	Week 7:	July 25 - July 29
Week 3:	June 27 - July 1	Week 8:	Aug 1 - Aug 5
*Week 4:	July 6 - July 8	Week 9:	Aug 8 - Aug 12
Week 5:	July 11 - July 15		

Trips: There will be field trips scheduled for Weeks 2, 3, 5, 7, and 8.
*There will be an additional fee for field trips.

Transportation: All children who wish to be transported can be dropped off and picked up at the Parks and Recreation Bus located at Stow City Hall parking lot. Transportation is included in the registration fee.

Time for Drop-Off
8:30 am

Time for Pick-Up
4:15 pm

Parents who wish to transport their children to camp can drop them off at 9:00 am and pick them up promptly at 4:00 pm at Oak Tree Shelter at Silver Springs Park.

Extended Hours: There will be extended Day Camp hours with supervised free play activity. In the morning, parents can drop off their children between **7:05 - 8:15 am** at Stow City Hall in the Boards & Commissions room. (The Parks and Recreation bus will take them to Silver Springs Day Camp). In the evening, the Parks and Recreation bus will bring your child back to Stow City Hall where they will be supervised between **4:15 - 5:45 pm**. **NO LATER!!!** The additional fees for extended hours are on the registration form.

Staff: Our Day Camp will have an experienced staff returning this summer. Our Camp Director and counselors are all certified in CPR and First Aid in addition to being trained as camp counselors. All staff are college graduates or college students. Average staff to camper ratio is 1:8.

Please Note: Children may register for one or more weeks. Only full time registration will be accepted on a weekly basis. Registration is limited. Campers are accepted on a first-come, first-served basis.

Typical Daily Schedule: 9:00 am - 4:00 pm

9:00 am	Children Arrive
9:00-9:15 am	Opening Ceremonies
9:15-12:00 pm	Fishing, Cooking, Crafts - OR - Archery, Canoeing, Court Games - OR - Group Games, Crafts, Hiking
12:00-12:45 pm	Lunch
12:45-1:00 pm	Clean - Up
1:00-3:00 pm	Swimming at LifeCenter Plus (pool)
3:00-3:30 pm	Clean - Up & Change
3:30-4:00 pm	Snack & Camper of the Day
4:00 pm	Children Leave

We also have daily and weekly special events and visitors. Our weekly schedules differ to ensure a variety of activities for those attending multiple weeks.

In case of poor weather, children are taken indoors.

Meals: Campers need to bring a sack lunch, beverage and snack. Throughout the summer, there will be special lunches/parties. All campers will be provided a snack at the end of every day.

First Day and Every Day: Wear tennis shoes and play clothes (NO SANDALS PLEASE)! Bring swim suit, towel, lunch, water bottle, snack, sunscreen and insect repellent. Dress for weather (sweatshirt, pants, jacket, etc.)!

Open House: Thursday, June 9, 6:00 - 7:30 pm at Oak Tree Shelter in Silver Springs Park. Bring your children, our staff will be on hand to answer questions. Parents and campers are strongly encouraged to attend the Open House.

Registration & Payment

Three ways to register and three ways to pay:
Pay by credit card, cash or check made payable to City of Stow

Online - Stowohio.recdesk.com

Pay by credit card (Installment Payment plan is NOT available online)

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 & Recreation, 3760 Darrow Road, Stow OH 44224

This form must be filled out completely, or register online at stowohio.recdesk.com. Payment is due at time of registration. Registration is only taken for full weeks, no prorated fees. NO REFUNDS, NO EXCEPTIONS. Registration is limited, and camp fills up fast. Campers are accepted on a first-come, first-served basis.

Installment Payment Plan

If you are registering for camp full-time (9 weeks), all summer, you may pay in 3 installments:

Payment #1 - For weeks 1, 2, 3 due at time of registration, plus deposit of 1 week. (Used for your last week of camp and or week #9)

Payment #2 - For weeks 4, 5, 6 due on June 24

Payment #3 - for weeks 7, 8, due July 15

REGISTRATION FORM SILVER SPRINGS DAY CAMP

We, the undersigned, do hereby consent to our child's participation in the SILVER SPRINGS DAY CAMP 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 for the camp does not include insurance.

Please Print:

CAMPER'S NAME _____

ADDRESS _____

HOME PHONE _____

MOM WORK _____ DAD WORK _____

MOM CELL _____ DAD CELL _____

EMAIL _____

EMERG. CONTACT NAME/NO. _____

BIRTH DATE _____ AGE _____ GRADE NEXT FALL _____

ALLERGIES _____

Please circle T-Shirt size: YTH-M YTH-L YTH-XL ADLT-S ADLT-M ADLT-L ADLT-XL

An **EMERGENCY MEDICAL FORM** must be signed and on file with the Parks & Recreation office prior to the first day of camp. The form can be found online.

Camp Fees Per Week

Resident:

First child \$150.00 (\$90*)

Second child \$130.00 (\$70*)

*Week #4

Non-Resident:

First child \$155.00 (\$95*)

Second child \$135.00 (\$75*)

*Week #4

Camp fees do not include field trips or extended care

Extended Care Fees Per Week

Both AM & PM Care: \$20

Am Care Only: \$15

Pm Care Only: \$15

Pay by credit card, cash or check made payable to City of Stow

*(No camp 7/4, 7/5)

PARENT/GUARDIAN SIGNATURE REQUIRED

Below, please X each camp session child is signed up for, as well as extended care. Also delineate how your child will be transported to the day camp site at Silver Springs. Circle either "bus" or "parent".

Session	Camp	Extended AM Care	Extended PM Care	AM Transport	PM Transport	Costs
	Mark with X	Mark with X	Mark with X	Circle one	Circle one	
Week 1				Bus or parent	Bus or parent	
Week 2				Bus or parent	Bus or parent	
Week 3				Bus or parent	Bus or parent	
Week 4*				Bus or parent	Bus or parent	
Week 5				Bus or parent	Bus or parent	
Week 6				Bus or parent	Bus or parent	
Week 7				Bus or parent	Bus or parent	
Week 8				Bus or parent	Bus or parent	
Week 9				Bus or parent	Bus or parent	
Amount Paid						
Amount Owed						

FAMILY LEISURE



Astronomy Nights

Wonders of the Night Sky

Friday Night Lights!

with

Astronomer Dave Jessie

Join amateur astronomers on Friday evenings to view the moon, visible planets and other deep sky objects through an exclusive computer-controlled telescope! This program is free and open to the public, 10 years and older on a drop in basis.

April - October

Location: Fishcreek Elementary School
5080 Fishcreek Road - Field at back of school

Visit the astronomy website at:
www.stowastronomy.org
for more information
and
weather updates,
events and more.



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.

2016 Registration Information

(Students need only sign up for ONE class)

Session 1: June 13 - June 17

AM Class: 8:30 - 11:00 am

PM Class: 12:00 - 2:30 pm

Session 2: June 20 - June 24

AM Class: 8:30 - 11:00 am

PM Class: 12:00 - 2:30 pm

COST: \$40 per student per class

Location: Stow Safety Center

Deadline to register is May 13, 2016



Visit **StowOhio.RecDesk.com** for information and to register online. Or, print off the forms and mail in registration. Mail-in address is on forms. You may also stop in City Hall and register in person in the Parks & Recreation office. You may pay by credit card, cash or check, made payable to City of Stow.

Once your child is registered, you will receive confirmation. An informational session for parents to discuss what your child will learn in Safety Town, will be held on June 7th from 6-7 pm at the Stow Police Department in the Community Room. For additional information contact Stow Youth Services at **330-689-5860** or tcarter@stow.oh.us.

NEW PROGRAMS

SUMMIT METRO PARKS AND STOW PARKS AND RECREATION PARTNER PROGRAMS

Stow Parks & Recreation and Summit Metro Parks are now in partnership to bring a greater array of programs to Stow residents! Check out our initial offerings, and if you find something of interest, give it a try!

BATS!! CREATURES OF THE NIGHT

Join Biologists from Summit Metro Parks to learn about our world's only flying mammals, BATS! Learn about bats, how we study them, and why they are so important! We will be capturing bats for you to see up close. This is an outdoor evening program. Bring a flashlight and wear bug spray. For more specific information about this program, call Summit Metro Parks at 330-865-8065.

DATE: Wednesday, August 3

TIME: 8:30 pm – 10:00 pm

LOCATION: Adell Durbin Park - meet in the parking lot.

FEE: FREE!

Registration required.

Limited to 50 people. Call Stow Parks and Recreation to sign up, or sign up online at StowOhio.RecDesk.com.



MOTH ATTRACTION



In celebration of National Moth Week, which is later in July, join a Summit Metro Parks naturalist for a preview of the beautiful colors, shapes and patterns of these amazing creatures. Salute the beauty, life cycles, and habitats of moths. This is an outdoor evening program. Dress for the weather, and bring a flashlight and camera. For more specific information about this program, call Summit Metro Parks at 330-865-8065.

DATE: Saturday, July 9

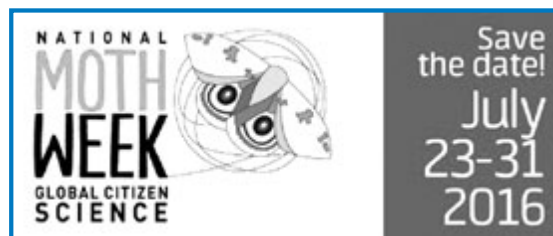
TIME: 9:00 pm – 11:30 pm

LOCATION: Adell Durbin Park - meet in the parking lot

FEE: FREE!

Registration required.

Limited to 50 people. Call Stow Parks and Recreation to sign up, or sign up online at StowOhio.RecDesk.com.



METRO PARKS TOUCH-A-TRUCK EVENT

DATE: Saturday, August 6, 10 a.m. - 2 p.m.

LOCATION: Munroe Falls Metro Park / Lake Area, 521 S. River Rd., Munroe Falls

FEE: FREE!

Stow's Touch a Truck Event will not take place in 2016, but will return in 2017.

Take this opportunity to attend this event put on by Summit Metro Parks, and it is still close-by! All ages can touch and sit in more than 12 different Summit Metro Parks vehicles.

Includes a special appearance by Air Bear from Akron Children's Hospital! For information, call 330-865-8065.





Book your Tee Time Online! Visit our website at www.foxdengc.com

Stop by and check out our renovations to the clubhouse!
WE now have a great atmosphere for socializing
 AFTER your game, league or lesson.

2770 Call Road • Stow, Ohio 44224 • 330-673-3443 • 1-888-231-4693

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!

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



WE ARE ON FACEBOOK!

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

2016 GOLF CLINICS

Learn how to golf this summer!

Fox Den Golf Course presents its annual Golf Clinics for all ages.

Each golfer will learn the basics of golf including: swinging, chipping, putting, and some basic golf etiquette rules. The unique part of this program is that each individual has the opportunity to be instructed at his or her own pace.

Cost includes: prizes, range tokens, instruction, and golf balls.

Little Linksters • Ages 5 - 9

Session I	May 7th - May 28th	Saturdays 11:00 am - 11:45 am \$70.00 resident \$75.00 nonresident Limit of 10, Save your space today!
Session II	July 9th - July 30th	
Session III	Aug. 27th - Oct. 1st	

**Please register directly through
 Fox Den Golf Course Website
www.foxdengc.com**

330.673.3443
Fox Den Golf Course
2770 Call Rd. Stow, OH 44224

Junior Clinic • Ages 10 - 15

Session I	May 2nd - May 16th	Monday & Wednesday 5:00 pm - 6:00 pm	\$125.00 resident \$130.00 nonresident Limit of 14 Save your space today!
Session II	July 11th - July 25th	Monday & Wednesday 5:00 pm - 6:00 pm	
Session III	August 15th - August 29th	Monday & Wednesday 5:00 pm - 6:00 pm	



Fox Den Junior Golf League

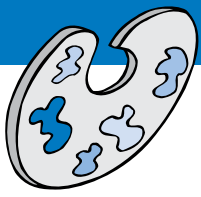
\$150.00 per resident \$155.00 non resident Ages: 8 & up
 June 14th - July 26th
 Tuesdays @ 1:15 pm - 5:15 pm

Instructors



Joe Vojtko, PGA Professional
Rick Zivsak, PGA Apprentice
Connor McCaulley, PGA Apprentice





SUMMER ART CAMPS

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

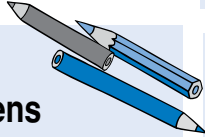


Art classes are taught by
Andrea Schepis,
Art Teacher in Stow
for over 30 years.
Her art has been featured in
various juried shows
all over the area.

Drawing Skills for Teens and Pre-Teens

Ages 10 - Teens • June 27 - July 1
Oregon Trail Lodge

This camp is for artists who want to hone their drawing and shading skills. We will work on drawing people including sports, fashion design, cartoons, superheroes, mythological creatures, anime & more, in a variety of mediums.



Pint-Sized Picassos

Ages 5 - 9 • June 20 - 24

Oregon Trail Lodge

Young artists will use children's books as their inspiration. This camp offers students the opportunity to explore a variety of mediums including collage, paints, print making and drawing materials.

Mini Monets

Ages 5 - 9 • July 11 - 15

Oregon Trail Lodge

Children will create various works of art in a variety of mediums, both 2 & 3 dimensional based on animals, fish, insects, reptiles and amphibians, inspired by cultures from around the world.

Pre-Teen & Teen Perspective

Ages 10 - Teens • July 18 - 22

Oregon Trail Lodge

This week will be all about developing an understanding of the use of one and two point linear perspective and aerial perspective in a variety of mediums.

Painting Camp

Ages 10 - Adult • August 1 - 5

Oregon Trail Lodge

Acrylic and watercolor painting techniques will be the focus of this camp. We will go outdoors and create some Impressionist-style plein air paintings.



Information at FunInStow.com or e-mail Andrea at andreaschepis@msn.com
with questions. Register online at StowOhio.recdesk.com



YOUTH SPORTS - STOW SOCCER CLUB

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

"STREET" SOCCER

Street soccer is played in the summer. Street soccer is just soccer with no coaching. The kids show up, divide up and play. They officiate their own games and keep score themselves. Street soccer is supervised by adults to help the kids organize, and then they are just allowed to play.

The best part is - it's free!

Check the Stow Soccer Club website in May for more details.

YOUTH RECREATIONAL ACADEMY SOCCER (Fall 2016)

Outdoor soccer for Pre-K through 8th grade. The Academy meets on Saturday mornings at Oregon Trail Park (2913 Graham Rd., Stow, Ohio). This academy focuses on developing soccer foot skills and a basic understanding of the game in a fun and active environment using learning games and small-sided scrimmages. Eight sessions on Saturday mornings.

Check the Stow Soccer Club website in June for more details.

TRAVEL SOCCER (Fall 2016)

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. Fall games start in August. Check our website in June for more details.

INDOOR SOCCER (Fall/Winter 2016)

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



YOUTH SPORTS - BASKETBALL & VOLLEYBALL

OUTDOOR BASKETBALL LEAGUE

BOYS & GIRLS OUTDOOR BASKETBALL LEAGUE (GRADES 4 - 9)

This program is for boys and girls entering grades 4 through 9 (September 2016) who are residents of Stow or Munroe Falls

Registration: Now through June 3rd.

There is no team registration. Teams will be formed.

Games: League games begin Tuesday, June 14. Games will be played at Silver Springs lit basketball courts.

Dates: Tuesdays

June 14 - July 19

Time: 6:00 - 9:00 pm

Price: \$49.00 (Includes a T-shirt)

*July 26 (rainout date)



** Registration forms can be found online at FunInStow.com, or at the Parks & Recreation offices.

VOLLEYBALL LEAGUE

BOYS AND GIRLS ELEMENTARY INSTRUCTIONAL VOLLEYBALL LEAGUE (GRADES 5-6)

Coaches will instruct participants on the basics of volleyball.

Teams will be formed and games will be played at Lakeview school.

Dates: Mondays & Thursdays,

April 11 - May 16

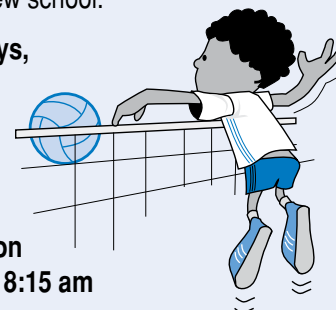
Time: 2:45 pm - 5:15 pm

Price: \$50.00

Lakeview School - Gym

Special in-school registration

Thursday, April 7, 8:00 am - 8:15 am



A registration flier will be available at the Parks & Recreation office and at www.FunInStow.com

YOUTH SPORTS - KARATE

All Karate classes taught at Hickey Karate Center

4540 Stow Road, Stow, Ohio 44224 • www.hickeykaratecenter.com • 330-686-4540

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.

Classes available year-round except August



Day: Mondays

Time: 6:50 - 7:30 pm

Price: \$65.00

BEGINNING KARATE FOR KIDS

Ages 7 - 14

Why spend the evenings sitting in front of a computer? Get active and try something new! Pick 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. Pick any month:

Day: Mondays & Thursdays

Time: 6:30 - 7:30 pm

Price: \$65.00 per month



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. Try it out for one month!

You pick start dates. Schedule is flexible

Mondays & Thursdays Time: 6:00 - 6:30 pm

Price: \$68.00

BRAZILIAN JIJITSU

Ages 8 - 15

"Teaching Skills from the Ground Up."

Learn authentic Brazilian Jujitsu

Day: Saturdays

Time: 9:00 - 10:00 am

Price: 2 months \$59.00

4 months \$99.00

YOUTH SPORTS - TENNIS

SPRING JR. TENNIS INSTRUCTION

Ages 7 - 10

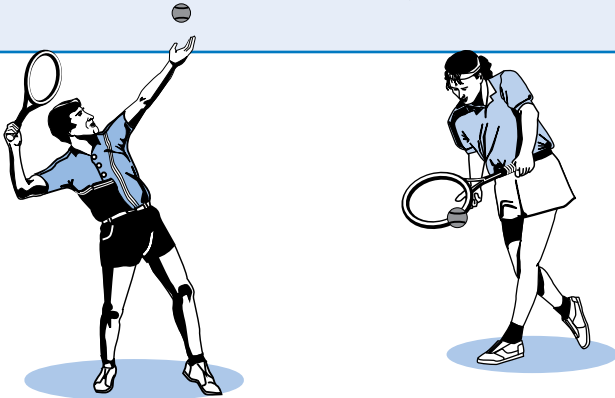
This class introduces students to all the basic strokes including forehand, backhand, serve, volley, and overhead. Beginning tennis footwork will also be taught as part of this active curriculum.

Spring Session: *May 12 - May 31
Days: Tuesdays and Thursdays
**1st class begins on Thursday*
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.

Spring Session: *May 12 - May 31
Days: Tuesdays and Thursdays
**1st class begins on Thursday*
Time: 7:00 p.m. - 8:00 p.m.
Location: Adell Durbin Tennis Courts
Price: \$57 resident, \$62 non-resident



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: Monday through Thursday
July 25 - July 28
Times: 12:00 - 3:00 pm
Location: LaTuchie Tennis Center
(Call 330-688-6085 to register)

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 14 - June 30
Session II: July 12 - July 28
Days: Tuesdays and Thursdays
Time: 9:00 a.m. - 9:45 a.m.
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 14 - June 30
Session II: July 12 - July 28
Days: Tuesdays and Thursdays
Time: 9:45 a.m. - 11:00 a.m.
Location: Adell Durbin Tennis Courts
Price: \$70 resident, \$75 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 14 - June 30
Session II: July 12 - July 28
Days: Tuesdays and Thursdays
Time: 11:00 a.m. - 12:15 p.m.
Location: Adell Durbin Tennis Courts
Price: \$70 resident, \$75 non-resident

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!

Monday	9:00 am
Tuesdays	5:45 pm
Wednesdays	9:00 am
Thursdays	5:45 pm
Fridays	9:00 am (low Impact)

(No classes 5/30; 7/4; 9/5)

Location: Silver Springs Lodge, 5027 Stow Road

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

Other pass options available. Start anytime; class registration is continuous.

Register at first class. Stow Jazzercise members are also welcome to attend classes in Hudson and Aurora.

For more information go to www.jazzercise.com or contact Joan Tomko at 216-337-2207 or jazzaurora@windstream.net

BODY SCULPTING

A one-hour cardiovascular strength training exercise 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. Workout at your own pace.

Eight, one-hour classes in each term.

Dates: Mondays & Wednesdays

Please indicate session (No classes 5/30; 7/4; 9/5)

- Session 1: April 13 - May 9**
- Session 2: May 11 - June 8**
- Session 3: June 13 - July 11**
- Session 4: July 13 - August 8**
- Session 5: August 15 - September 12**

Times: 6:00-7:00 pm or 7:15 - 8:15 pm

Price: \$55.00 resident; \$60.00 non-resident

Location: Oregon Trail Lodge

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, improve sleep, improve concentration and re-energize the mind and body.

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 5/30; 7/4; 9/5)



PICKLEBALL

Adults/Active Senior Adults
May-October



Pickleball is a fun court sport played on a badminton-sized court with lowered nets. It is played with a plastic whiffle ball and an oversized ping-pong type paddle similar to tennis.

It is easy to learn and appropriate for seniors and adults. 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. You may then purchase your own paddle if you continue the sport.

\$5 Ball Fee
For Season Play

Outdoor Play begins

May 3 through October 27,

Tues. & Thurs. 6:00 pm - 8:00 pm,

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.



ADULT RECREATION

BALLROOM DANCE LESSONS

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 and emphasis will be placed on lead/follow, patterns, and FUN! Remember: NO ONE REALLY HAS TWO LEFT FEET!!!

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). Further instruction in lead/follow and amalgamating patterns. Have fun and learn new and exciting steps!

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.

Dates: Wednesdays

Price: \$85.00 per couple

(Payable to instructor at the first class)

Location: Silver Springs Lodge

Session 1: April 20 - June 1

Session 2: June 15 - July 20

Session 3: August 3 - September 7

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. Tennis shoes have a tendency to stick to the floor and we want you to be able to move around the floor!

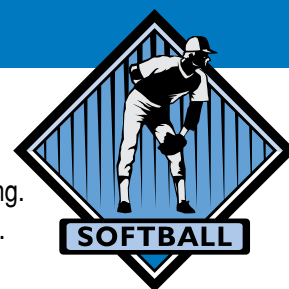


Partners are a must for these classes!

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 15 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 29 & JULY 3, 2016, Games begin at 6:00 pm, 7:00 pm, 8:00 pm, 9:00 pm.**



REGISTRATION FEES:

STOW TEAMS

\$250.00 (\$20.00 of this total amount is a refundable forfeit fee.)

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. The registration fee is \$30.00.

OUT OF TOWN TEAMS

\$275.00 (\$20.00 of this total amount is a refundable forfeit fee.)

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 4/22; 5/30.

CO-ED VOLLEYBALL

Open gym volleyball for adults, ages 18 and over.

Dates: Mondays, beginning April 4th.

Location: Echo Hills Elementary School

Time: 7:00 - 8:30 pm



WOMEN'S VOLLEYBALL

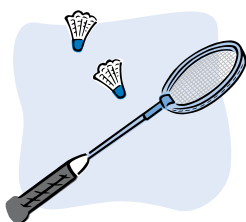
Open gym volleyball for women, ages 18 and over.

Dates: Mondays, beginning April 4th.

Location: Fishcreek Elementary School

Time: 7:30 - 9:30 pm

**NO COST FOR
OPEN GYM
PROGRAMS**



BADMINTON

Open gym badminton for adults, ages 18 & over.

Dates: Fridays, beginning April 1st.

Location: Echo Hills Elementary School

Time: 6:00 - 8:00 pm

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!



Program / Refund Policy: Stow Parks & Recreation Department

- Bus Trips are open to all ages
- Pre-registration is required & full payment is due upon registration. No Holds
- **No credits or refunds** are issued within 7 days of a program or trip due to change in personal schedule, illness or conflict.
- Refund requests may be granted if made in writing at least seven days prior to a trip or program and no expenses have occurred.
- Tickets are often purchased weeks in advance of a scheduled trip – No refunds are given if a ticket has been purchased for you.
- A \$5 processing fee is applied to all refunds made seven days prior to program.
- Individuals may always find a replacement for their reservation if unable to attend - Please inform the office of name change.
- A full refund is given if the Stow Parks & Recreation Department must cancel a trip due to low enrollment.
- Special Assistance: Please let us know at registration if wheelchair seating is required.
- Bus departs - Stow City Hall 3760 Darrow Road unless otherwise noted.
- Return times are approximate, please allow for additional time.
- Trips include transportation and admissions (meals not included unless noted).

SENIOR ADULT ACTIVITIES

Upcoming Senior Events . . . Look for the following special senior events

Jewelry Making Workshops **SPRING FLING DANCE** *Price is Right Luncheon*
Campfire Cookout **Wheel of Fortune Luncheon**
Coffee & Conversation History Talks *The Not So New Newlywed Game*
And Much More!

PROGRAM CANCELLATIONS

Don't delay in registering for a program or trip. Minimum numbers must be met in order to hold an activity. If the Stow Parks & Recreation Department must cancel a program due to low numbers you will receive a full refund of program fees.

If you must cancel your registration due to any reason including illness, appointments or change of plans...

If requested at least 7 days prior to program you will be granted a full credit or a refund less \$5 processing fee or less any ticket fees already purchased.

Any cancellations within 7 days of the activity do not receive credit or refund.

You may always allow someone to take your place in the program.

SENIOR CENTER LOCATION

3968 Darrow Road (330) 686-1325

PROGRAM REGISTRATIONS

Stow Parks & Recreation Department

3760 Darrow Road

(Stow City Hall)

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

Program Info: 330-689-5100

SENIOR ADULT 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.
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
Want to learn - Come & observe
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

Sto-Kent Entertainment Center
Game Play begins 9:30 am

Fee: \$7.00 /3 games, shoes

New Players & Subs
Welcome

League Coordinator:
Jack Garner 330-673-1718



SENIOR CARDS

Wednesdays, 11:00 am - 4:00 pm

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

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



Evening Cards

Fourth Thursday of each month,
6:30-9:30 pm, Stow Senior Center

CHESS GROUP

If you enjoy chess or would like to learn,
you are always welcome to join this social
group with players of all skills.

No Fee - Drop In
Third Tuesday, 12:30 pm - 3:00 pm
Fourth Thursday, 6:30 pm - 9:30 pm
Location: Stow Senior Center



BRAIN GAIN

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 retain-
ing 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

www.FunInStow.com

SENIOR FITNESS CLASSES

All Classes Held at Stow Senior Center

Senior Cardio Circuit

Tuesdays, 9:15 am with Judy Watkins

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 Yoga

Tuesdays 10:15 am
with Judy Watkins

Yoga exercises while
seated in chair, no floor work.
Increase strength and flexibility.



Senior Stretch

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 ADULT RECREATION PROGRAMS

STOW STRIDERS

Hiking Group

Love to walk outdoors but not alone?
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 an easy to moderate trail outing.

Complete at least five hikes and receive a hiking award through Summit MetroParks

Tuesdays Depart: 9:30 am

Spring: May - June

Departs Stow City Hall Parking lot

Fee: \$3/Round trip bus fee

Hike list available at Stow Parks & Recreation Dept. or FunInStow.com

STOW SLOW ROLLERS

Biking Group

A social biking group open to all adult ages.

You may join this relaxed riding group for one or all planned rides. Bike the long or the short route and meet afterwards for lunch at a local restaurant (optional).

May – October Thursdays at 9:00am
Meet at Stow City Hall or trailhead.

Bike a different trail each week (weather permitting)

A ride flyer with trail rides is available at Stow Parks & Recreation Department or online at FunInStow.com



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*



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 for restaurants and info.

Call the Stow Senior Center on Tues or Thurs to Reserve a seat 330-686-1325

HEARTFELT VISITORS

A Friendly Visiting Group who stop in at local Assisted Living facilities once a month to initiate a group conversation on a variety of topics!

New members are always welcome to join this group who share memories and smiles with individuals living in senior assistance facilities.

Third Thursday 1:00 pm

Group Planning Meeting

New Members Always Welcome!

Contact Stow Parks & Rec. for more info.

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

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 10:30am
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.

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 and a recently released movie will be shown while you enjoy dinner.

Fee: \$7.00 includes dinner

Every other month

Call for dates & times

Pre-Registration is required at:
Stow Parks & Recreation Dept.

Stow Senior Programs

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

Pick a program that interests you & jump in!

Call Stow Parks & Recreation Department at: 330-689-5100 to be added to the Stow Senior Newsletter mailing list.

SENIOR ADULT RECREATION 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

Parking available at Cedar Hall & Birch Hall Areas.

Cost: \$8.00 each luncheon. Advance reservations are required

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:
4836 Algonquin Trail, Stow OH 44224

For further information call:
Stow Sunshiner's Treasurer:
Marlene Holderman 330-686-1632

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

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. **Quarterly Meetings: Third Tuesday at 7:00 pm, Feb/May/Aug/Nov.** 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 **Kent Healthcare Center** 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.

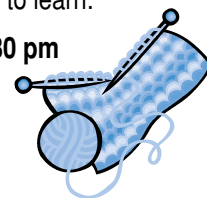
Contact: Amy Arnold 330-678-4912
at Kent Healthcare Center 1290 Fairchild Ave Kent
Call Mon-Fri, 8:00 am - 4:00 pm

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

ADULT WELLNESS / EXERCISE

Who?

Akron General and the City of Stow created a partnership to bring the Akron General Wellness Trails to the Stow community.

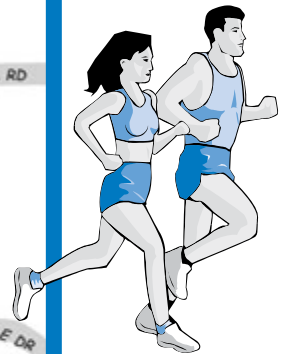
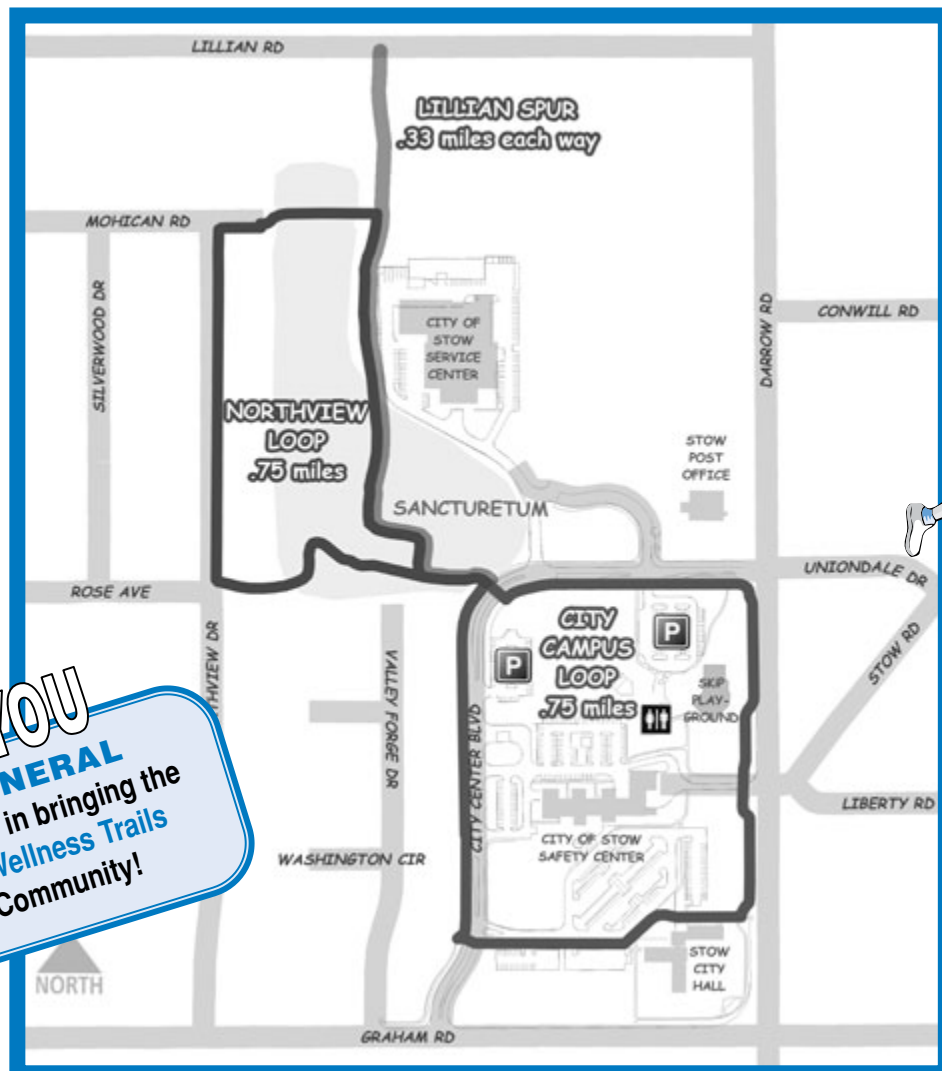
What?

The Akron General Wellness Trails consist of a series of connector trails that provide the community with an avenue for improving health and wellness through exercise and peace of mind. The trails provide connecting routes to area neighborhoods, and also offer pedestrian access to City Center campus.

Where?

















































The Akron General Wellness Trails are nestled within the natural serene surroundings of the Sancturetum and the suburban venue of the Stow City Center campus. Main access is gained from City Center Boulevard. Parking is located nearby. Trail maps and signage are located throughout the trail system.

- *“Fit Tips” signs throughout trail system*
- *Trail maps throughout trail system*
- *Rain garden*
- *Ample parking for easy access to trail*
- *Natural stone trail through Sancturetum*
- *Sidewalks surrounding City Center Campus*
- *Resting benches in wooded habitat*
- *Native & exotic plant life along trails*
- *Observation deck in tranquil setting*
- *Bioswale for natural storm water management*
- *Neighborhood connections at Lillian/Waxwing Rd, Mohican Road and Northview/Rose Avenue.*



THANK YOU
AKRON GENERAL
for your generosity in bringing the
Akron General Wellness Trails
to the Stow Community!

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



Parks & Recreation Department

Stow City Hall • 3760 Darrow Road • Stow, OH 44224 • 330-689-5100

General Program Registration Form

Use a separate registration form if registering different households

Make Checks Payable to the City of Stow

Participant

Name: _____ E mail: _____

Street Address: _____ City _____ Zip _____

Home Phone: _____ Cell: _____ Work Phone: _____

I have given the above - named my permission to participate in the program(s) listed, sponsored by the
Stow Parks & Recreation Department

Parent/Guardian Signature: _____ Print Name _____

Print: Participant Name	Date of Birth If Under 18	Program Name	Activity Date/Session	Fee \$
	/ /			
	/ /			
	/ /			
	/ /			
	/ /			

Office use Only:

Staff: _____ Date: _____ Cash/Chk# _____ Rec # _____ Total Fee Enclosed: \$ _____

Notes:

Registration & Payment

ALL fees must be paid **BEFORE** the first class or program is scheduled to meet, or before you can reserve a facility. You are **NOT** considered registered for a program or booked in to a facility until the **Fee Is Paid in Full**. Credit cards are charged a Convenience Fee of 2.9% + .30¢/transaction.

MAIL IN or WALK IN: Payment/Registration Forms Accepted
Stow Parks & Recreation Department at: Stow City Hall,
3760 Darrow Rd., Monday through Friday 8:00 AM to 4:30 pm.

DROP OFF: After 4:30 pm or weekends, in drop box located outside
Stow City Hall marked: Stow Parks & Recreation.

Pre-registration for classes, trips, or programs is essential, as the decision to run a program is dependent upon minimum registration set by the department, the department reserves the right to cancel due to insufficient enrollment. Programs may also fill to capacity - Register early to ensure your enrollment.

**Parks & Recreation programs will be cancelled
anytime Stow-Munroe Falls Schools are cancelled due
to severe weather conditions.**

PLEASE NOTE:

All "Insufficient Funds" checks will be charged a **\$10.00** returned check charge if check is returned to the City of Stow by depository box.

Refund Request: Recreation Program

Stow Parks and Recreation reserves the right to cancel any class/program that does not meet the minimum required enrollment. A full refund will be issued in this instance. Participants assume the risk of changes in personal affairs, schedules or health issues when registering for a class, trip, or program.

Participants requesting a refund must do so at least seven days in advance of program start date. No refunds if purchases have been made on behalf of program ie, tickets, shirts ordered etc.

A \$5.00 processing fee is held if refund is permitted

Decisions to hold a program are based on initial enrollment numbers. **No refunds will be granted within seven days of program start date** and/or if program materials have been purchased.

Refund Request: Facility Rental

A Request for Refund Application must be completed and received in our office.

Date of request received factors the amount of refund:

- 6 weeks or more notice - 80% refund
- 3 to 6 weeks notice - 60% refund
- Less than 3 weeks notice - No refund

Once a reservation fee has been submitted, a 20% loss of refund is automatic upon date of cancellation.



Beauty in Every Season of the Year!





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