

Town of Sterling Recreation Department

2021 Fall Programs

Children's Programs

Friday Fun Night

Oct 8th - Dec 17th (No program on 10/15, 10/29, 11/26)

Friday 6:30pm-9:00pm

This program is for grades 1-5. Max number of children allowed is 30.

Each night is theme-based. Movies, crafts, games, contests and more along with a healthy snack component will take place at Fun Night. FEE: \$50 for the entire 7 weeks. Sibling discount \$40 pp A schedule of events will be provided on the first night of the program. Pick/up and drop/off will take place at the gymnasium entrance at the Sterling Municipal Building.



Christmas Vacation Camp

Monday, December 27th – Thursday, December 30th

This camp is available to children in grades K thru 8 and is limited to 40 children.

Fee: \$75 pp. Sibling discount \$65 for the entire four days which includes: supervision, all admission fees, (2) trips TBA at a later date, field trip transportation, games, crafts, and more. Children must bring lunches snacks/drinks every day. Camp takes place from 9:00 am to 4:00 p.m. at the Sterling Municipal Building.



Afterschool Activities Program

This is an on-going program held every day afterschool until 6:00pm at the Sterling Municipal Building. The cost is \$50 per week per child. Homework time, crafts, games and organized play in the gymnasium will be part of each day. Snack is included every day.

Adult Classes

"Yoga"

Instructor: Mary Silvestri

Time change: NEW start time 6:45pm beginning September 28th

After a hard day at work, heal your body through gentle movement and relaxation. Classes take place in the gymnasium at the Sterling Municipal building. Mat or pad is required. Yoga is a year round program held in six week intervals. FEE: \$5 per class or \$25 with advance payment for all six weeks. Walk-ins welcome.



"Cardio Dance"

Instructor: Mary Silvestri 5:30pm-6:30pm. Classes begin September 28th

This class is for any level... incorporating all styles of dance and fitness...even if you don't know how to dance. This is a great way to work out and have fun. Aerobic exercise can reduce health risks and help to maintain a healthy weight, strengthen your heart and boost your mood. Classes take place in the gymnasium located in the Sterling Municipal building. Mat or pad is required. Cardio dance is a year round program held in six week intervals. FEE: \$5 per class or \$25 with advance payment for all six weeks. Walk-ins welcome.



Family Events (FREE)

Magic by Scott Jameson (Sponsored by the Sterling Public Library)

Friday, October 29th at 6:30pm

This FREE event will be held in the gymnasium at the Sterling Municipal building. The performance will feature magic, juggling and other bits of mystical entertainment. Scott has performed in numerous venues across the Northeast. Bring your family and enjoy the show.

Halloween Party

Saturday, October 30th 6:00pm sharp -8:00pm at the Sterling Municipal Building. The party is designed for ages 2-10 yrs. Everyone is welcome. The night will be filled with music, games, a Trick or Treat Trail and Sterling's first flashlight egg hunt. There will be treats for everyone! Put on your costume and come enjoy the fun. Children will need to bring a flashlight and candy bag. Registration is not required for this event.



Fall Family Bingo

Friday, November 19th 6:30pm-8:00pm

Join us for the 1st fall family bingo in the Sterling Recreation gymnasium. All ages are welcome. An adult must accompany children. The 1st number will be called at 6:30pm and the last card will begin no later than 8:00pm. This is sure to be a fun filled evening with prizes and refreshments. There are NO cash prizes. Registration is not required for this event.



Cancellations

The Sterling Recreation Dept. has the right to cancel a program due to insufficient registration. Registration begins on Monday, September 20th at the Sterling Recreation Office from 2pm-8pm then continues until programs fill. Registration forms will be available on the town's website after 9/17 and can be delivered in person along with full payment any day between 2:30-6pm or dropped off in our night drop box located outside of the town hall's main office.

For registration and information please call the Recreation Office at 860-564-2136

or email: jlicciardi@sterlingct.us