

Stow Recreation Department

June 2022 Newsletter



It takes no compromise
to give people their
rights ... it takes no
money to respect the
individual. It takes no
political deal to give
people freedom.
It takes no survey to
remove repression.

HARVEY MILK



Pride Month is celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. The last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts. LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS.

The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual, and transgender individuals have had on history locally, nationally, and internationally.

~ from the Library of Congress (<https://www.loc.gov/lgbt-pride-month/about/>)

The Stow Recreation Department is proud to provide inclusive and diverse programs, and a safe environment, for all in the community.



Stow Tennis & now Pickleball!

New to the Stow Community Park tennis courts - Pickleball!

We have added two pickleball courts to the existing tennis courts.

Reserve both courts in the same way you reserved tennis courts in the past.

Please use the following link: <https://scptennis.skedda.com/register?key=02e4ee0>



Beach Passes for Pine Bluff Beach

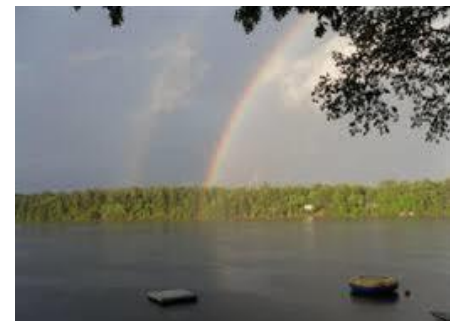
Season Passes:

	Family	Individual
Resident	\$70	\$50
Senior (65+)	\$30	\$20
Non-Resident	\$115	\$75

Day Passes:

Resident	\$8	\$5
Resident Senior (65+)	\$2	\$1

Non-Resident *We do not issue Non-Resident Day Passes – Season Passes Only!*



Get your beach pass at stowma.myrec.com, top right of the main page.

Providing Recreational, Educational, Social and Leisure-Time Activities for the Residents of Stow

Do you have program suggestions?

Contact us:

Email Laura Greenough: recreation@stow-ma.gov;

Laura Dow: recreation2@stow-ma.gov

Phone 978-637-2984

Visit Pompo Community Center

509 Great Road

Monday – Friday, 10am – 3pm

Website www.stow-ma.gov > Government >

Recreation Department

Or stowma.myrec.com

Create an account and future sign-ups will be a snap!

Facebook! [Stow Recreation Department](https://www.facebook.com/Stow-Recreation-Department)

Summer Employment Opportunities at Pine Bluff!!

Looking for:
Archery Specialists, Lifeguards,
& Swim Instructors



Job descriptions, requirements and application instructions are at stowma.myrec.com under General Info > Dept Info > Forms.

SUMMER YOUTH PROGRAMS AT A GLANCE

DATES	PROGRAM	AGES	LOCATION	Times	Cost
JUNE 20-JULY 1	Summer at SquashWest	9-14 years	SquashWest 29 Knox Trail, Acton	9am – 12pm	\$120/day; \$450/5-day; \$800/10-day
JUNE 27 – JULY 1	Skyhawks Beginning Golf	5-8 years	Stow Community Park	9am – 1pm	\$165
JULY 11-15	Skyhawks Mini-Hawks (Baseball, Basketball & Soccer)	4-6 years	Stow Community Park	9am – 12pm	\$165
	Skyhawks Multi-Sport (Baseball, Basketball & Soccer)	7-12 years	Stow Community Park	9am – 12pm	\$165
JULY 18 - 22	Skyhawks Basketball	6-12 years	Stow Community Park	9am – 12pm	\$165
	Creative Dance, Arts & Yoga (Monday – Thursday)	5-11 years	Pompo Community Center	9:30am – 12pm	\$120
	Creative Dance, Arts & Yoga (Monday – Thursday)	5-11 years	Pompo Community Center	12:30 - 3pm	\$120
JULY 25 – 29	Skyhawks Tennis (Monday – Thursday)	4-6 years	Stow Community Park	9am – 11am	\$115
		7-12 years	Stow Community Park	9am – 12pm	\$150
	Creative Ballet Workshop (Monday – Thursday)	5-8 years	Pompo Community Center	9:30am – 12pm	\$120
	Discover Dance & Art Workshop (Monday – Thursday)	8-12 years	Pompo Community Center	12:30 - 3pm	\$120
AUGUST 1-5	FC Academy: Filmmaking	9-14 years	Pompo Community Center	9am – 3pm	\$340
August 1-12	Summer at SquashWest	9-14 years	SquashWest 29 Knox Trail, Acton	9am – 12 pm	\$120/day; \$450/5-day; \$800/10-day
AUGUST 8-12	Little Pumas Soccer Camp	5-7 years	Stow Community Park	9am – 1pm	\$150
	FC Pumas Soccer Camp	7-14 years	Stow Community Park	9am – 3pm	\$285
AUGUST 22-26	Summer Art and Swim	5-12 years	Pine Bluff	9am – 1pm	\$120

YOUTH PROGRAMS



Squash is simple to learn, there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court.

Squash programs provided by SquashWest, 29 Knox Trail, Acton

Register at stowma.myrec.com

Youth Squash (Ages 9-14) with Belkys Hazzard

Start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent. All equipment is provided! Please wear sneakers and comfortable clothing.

Belkys Hazzard is an Acton resident and a former World Squash Tour pro. A native of Ecuador, she is a certified Level 1 US Squash Coach. She was Head Coach of the Tufts University women's team and has also held positions at Northeastern University, Newton Country Day School, and the Andover Youth Squash Association.

Monthly Clinics:

Thursdays 4:10pm-5:00pm.

Grades 3-5 group & Grades 6-8 group.

June Session: June 9 - 30

\$110 for the 4-pack session

COMBINED AGES PROGRAM



ON THE MARK ARCHERY

Thursdays

June 16 – July 21

6:40 – 7:40 PM

Haskell Fields in Sudbury

Recurve archery is one of the oldest forms of martial arts that involves patience, focus, discipline, and perseverance to achieve a goal. This fun and engaging class keeps students challenged while integrating key concepts of shooting a traditional recurve bow.

All equipment is provided, and students are trained by teams of certified USA Archery instructors. Prizes awarded to the top ace!

Register at stowma.myrec.com

For more information, contact Mark at info@onthemarkarchery.com

Spring II Session: 6 weeks – June 16, 23, 30; July 7, 14, 21.

Cost: \$238

SUMMER YOUTH PROGRAMS



FC ACADEMY FILMMAKING CLASS

In this class, students will bring creativity to life in a fun, collaborative, and exciting environment. They will learn skills in scriptwriting, storyboard sketching, character development, improvisation, and camera skills. Together, the group will write, shoot, and edit a film in a genre of their choosing. Students will also learn to edit their films using professional edit software like Adobe Premiere.



DATES: AUGUST 1-5

TIME: 9AM-3PM

AGES: 9-14

COST: \$340 PER STUDENT

REGISTER AT

STOWMA.MYREC.COM



FC Academy is an educational program created by Filmmakers Collaborative that teaches students how to make short films. We break down the filmmaking process into a step-by-step hands-on learning approach.

Filmmakers Collaborative will provide all necessary equipment for the class to run.

****All films are eligible for submission to the 10th annual Boston International Kids Film Festival that will take place the weekend of November 18, 2022****

DON'T DELAY!! REGISTER!!

Programs can fill up fast, so sign up now before it's too late.

TELL YOUR FRIENDS – CREATE A BUZZ!

We reserve the right to cancel a class due to low enrollment.

Typically, we look at the class numbers one week before the start date to decide.

If your class is cancelled due to low enrollment, you will be notified by email.

Be sure you provide us with an updated email address.

SUMMER YOUTH PROGRAMS



Skyhawks Sports Academy

Skyhawks Sports Academy's traditional offerings includes 12 different program types. Serving ages 4 to 14, these programs feature skill-based sports instruction with a focus on teaching life skills through sports.



Beginning Golf, June 27 - July1 at Stow Community Park from 9:00am – 12:00pm for 5-8 yrs. old. \$165

Participants will learn the fundamental of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

Mini-Hawks, July 11 – 15 at Stow Community Park from 9:00am – 12:00pm for 4-6 yrs. old. \$165

This multi-sport program was developed to give children a positive first step into athletics. Baseball, Basketball and Soccer are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Multi-Sport, July 11-15 at Stow Community Park from 9:00am – 12:00pm for 7-12 yrs. old. \$165

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skill of Baseball, Basketball and Soccer, along with vital life lessons such as sportsmanship and teamwork.

Basketball, July 18-22 at Stow Community Park from 9:00am – 12:00pm for 6-12 yrs. old. \$165

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player – teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Tennis, July 25-28 at Stow Community Park from 9:00am – 11:00pm for 4-6 yrs. old. \$115

Tennis, July 25-28 at Stow Community Park from 9:00am – 12:00pm for 7-12 yrs. old. \$150

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well rounded tennis players.

Register at stowma.myrec.com



TELL YOUR FRIENDS – CREATE A BUZZ!!! MAKE IT HAPPEN!

We reserve the right to cancel a class due to low enrollment. Typically, we look at the class numbers one week before the start date to decide. If your class is cancelled due to low enrollment, you will be notified by email. So, please, ***make sure you provide us with an updated email address.***

SUMMER YOUTH PROGRAMS



Little Pumas Camp **August 8-12 at Stow Community Park** **9:00AM - 1:00PM** **Ages 5-7** **\$150**

The Little Pumas program is an introductory soccer experience designed to teach 5–7-year-olds the fundamentals of soccer in a fun learning environment. Through exciting, soccer-related activities and age-appropriate challenges, players learn basic soccer techniques, and develop their core movement and motor skills such as balance, agility, running and kicking all of which are vital for individual development.

Our experienced coaches know how to balance both teaching and motivating, to help young players begin developing a love for soccer. Activities and games are catered to our Little Pumas, with a shorter camp day to keep them focused and engaged. Plenty of skills, laughs (and prizes) to be had by all!

Pumas FC Youth Camp **August 8-12 at Stow Community Park** **9:00AM - 3:00PM** **Ages 7-14** **\$285**

Our Youth Camp offers a non-pressured, fun environment with an emphasis on skill development and small-sided games. The goal is to become comfortable and confident with the ball while learning specific skills and executing the required skill or technique with precision. Our Day Camp will provide players with numerous activities to build and showcase their skills.

Players are divided into small groups throughout the camp day to allow for more individualized attention from our experienced staff. All players will receive the highest level of coaching in a more relaxed environment. Our curriculum is built for players at all levels – those new to the game or looking to just have some fun, as well as those who play throughout the year and are looking to advance their skills.

Register at stowma.myrec.com or <https://fcpumasocceracademy.com/summer-camps>



Summer at SquashWest

Simple to learn, and can be played for a lifetime, give squash a try.

Squash programs provided by SquashWest, 29 Knox Trail, Acton

Register at stowma.myrec.com

Session 1:	June 20th – July 1st	9 am - 12 pm
Session 2:	August 1 st – August 12 th	9 am - 12 pm

Fee: \$120 per day / \$450 for a 5-day program / \$800 for a 10-day program

SUMMER YOUTH PROGRAMS

Creative Dance, Arts & Yoga Workshop

July 18 – 21 (Monday – Thursday) for ages 5-11

Time: 9:30am-12:00pm and/or 12:30-3:00pm

Tuition: \$120/4 days morning or afternoon session; \$240/4 days morning and afternoon session

The day begins with a creative dance class where children express themselves through movement. Students explore dancing to a variety of music and dance styles while developing age-appropriate skills and learning ballet and modern dance vocabulary. Dance class is followed by an art project integrating art and movement concepts. Each day will encompass a different theme. A special activity will follow, which may include drama and theatre games, dance history, yoga games, sing-alongs, story time, music for dancers, outdoor play, or costume designing. At the end of each day, we will close our program with yoga and relaxation. (Please bring nut-free lunch if attending both sessions)



Creative Ballet Workshop

July 25 – 28 (Monday – Thursday) for ages 5-8

Time: 9:30am-12:00pm

Tuition: \$120/4 days

The morning begins with an imaginative ballet class where children will be able to explore their own creativity in dance while learning the fundamentals of ballet including French vocabulary. Each day will encompass a different ballet story. Dance class is followed by an art project based on the ballet story of the day, and a special activity which will include history of ballet, costume designing, theatre in dance, outdoor play, music for dancers, or yoga.

Discover Dance and Art Workshop

July 25 – 28 (Monday – Thursday) for ages 8-12

Time: 12:30-3:00pm Tuition: \$120/4 days

Each morning begins with a dance class where students will learn dance steps and combinations to a variety of music styles and dance techniques, including modern, ballet, jazz, and world dance. Then they will work together to create a piece of choreography based on the style of dance. After, students will have the opportunity to explore other areas of dance performance including costume and set designing, dance history, theatre, and music, and doing an art project. Building on the belief that all children are artists, students will explore a wide variety of media including drawing, painting, collage, and sculpture. Dancers will conclude the day with relaxation and yoga. All levels welcome.



Above Programs will be held at the Pompo Community Center

Provided by:

Jennifer McGowan's Creative Dance Center

www.creative-dance.com 978-433-8349

Register at stowma.myrec.com

Disclaimer: Participating in recreational activities may cause high levels of laughter and fun. It may also result in unforgettable experiences and friendships. Recreation may be habit forming!



ADULT PROGRAMS AT A GLANCE

Program	Location	Day	Time	Cost	How to Register
ARCHERY (Grades 4+)	Lower Haskell Field, Sudbury	Thursdays Starts June 16	6:40-7:40 PM	\$238/6 weeks	stowma.myrec.com
AQUACIZE	Pine Bluff Beach	Tuesdays Starts June 21	4:30-5:30 PM	\$150/16 classes \$80/8 classes \$15/class	yvonnebenelli@gmail.com or 617-543-8113
		Thursdays Starts June 23	6:00-7:00 PM		
MEN'S BASKETBALL	Hale	Tuesdays	6:30-8:30 PM	\$45/year	Drop In
		Saturdays	8-10:30 AM		
BELLY FAT BLASTER	Zoom	Tuesdays & Fridays	9:30 AM & On Demand	\$63/7 classes \$126/14 classes \$140 Unlimited	marie.e.omalley@gmail.com or text 508-450-2581
BALLROOM DANCE	Pompo CC	Tuesdays Started May 24	Swing & Waltz 6:30-7:30 PM	\$12/class \$50/5-weeks	stowma.myrec.com
BRIDGE CLUB	Pompo CC	First Saturday of the month	7 PM	\$5 per pair	ernstonebraker@gmail.com or 978-568-1596
ADULT SQUASH CLINICS	SquashWest 29 Knox Trail, Acton	WOMENS ONLY Tuesdays Starts June 7	10-11 AM	\$110/4 weeks	stowma.myrec.com
		SQUASH & SOCIAL Thursdays Starts June 16	8-9 PM	\$110/4 weeks	stowma.myrec.com
YOGA	Pompo CC	Mondays	5-6 PM	\$8 per class	Drop In



Ballroom Bonanza: Tuesday Evenings – 5-week session – Starting May 24

6-7pm Beginners I – Cha-Cha & Rumba:

This class is for new or “rusty” dancers. No partner necessary and comfortable shoes suggested.

7-8pm Beginners II – Swing & Waltz:

This class is for people who have some dance experience. Partners suggested but not necessary.

Instructor: Carole-Ann Baer

Carole-Ann has been in the ballroom dance track for many years. She danced with the world champion BYU formation ballroom dance team, is a champion ballroom dancer and currently is a theater troupe choreographer and teaches dance at Brandeis University.

Cost: \$12 per person/class or \$50 per person/5 weeks

ADULT PROGRAMS

YOGA with Maureen



Offered to all 16+, All fitness levels and abilities welcome! This will be taught as a gentle, Kripalu-style class.

Mondays (except for Legal Holidays) 5:00-6:00 pm

Instructor: Maureen McKeon

\$8 drop-in (suggested donation) at Pompo Community Center

Some yoga mats & blocks will be available

For additional information contact Maureen via email mtrunfio@mac.com

MEN'S BASKETBALL

The Stow Recreation Department is sponsoring Men's Basketball.
Want to get back in the game?
Just show up at Hale Middle School during the times below.
Masks required.

WHERE: Hale Middle School

WHEN: Tuesday evenings 6:30 –8:30pm
and/or

Saturday mornings 8:00-10:30am

COST: \$45/year



STOW DUPLICATE BRIDGE CLUB

This is a very friendly group open to all skill levels, and regardless of where you live. If you play Rubber Bridge, there is very little to learn to play duplicate bridge. We will be happy to teach you in a few minutes. Goodies are provided on a volunteer basis.

If interested, please notify Stow residents Ernie and Sherry Stonebraker by email (ernstonebraker@gmail.com) or phone (978-568-1596) before the preceding Friday at 5 PM so we can plan the goodies.

Unfortunately, we cannot provide partners for single players, so please come with a partner.



WHERE: Pompo Community Center, 509 Great Road

WHEN: First Saturday of every month; play begins promptly at 7PM

Please arrive at 6:45pm to help set up tables and shuffle cards

COST: \$5 per pair

ADULT PROGRAMS



SQUASH

Simple to learn - there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court. We'll start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent.

All equipment is provided! Please wear sneakers and comfortable clothing.

Squash programs offered through SquashWest, 29 Knox Trail, Acton
Register at stowma.myrec.com

WOMEN'S ONLY SQUASH CLINICS with former PSA Ladies Professional Belky

Do you want to try the sport of Squash in a women's only private clinic? Belkys is a former professional tour player that is offering ladies only clinics for the beginner and intermediate player! She promises to provide you with an active, social, and fun time while enjoying the values of squash that encompasses strategy, quick wits, and a vigorous workout. Simple to learn, there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court. We'll start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent.

Belkys Hazzard is an Acton resident and a former World Squash Tour pro. A native of Ecuador, she is a certified Level 1 US Squash Coach. She was Head Coach of the Tufts University women's team and has also held positions at Northeastern University, Newton Country Day School and the Andover Youth Squash Association.

Beginner Program
Tuesdays 10am-11am
June 7-28
\$110 for 4-pack session.

Intermediate Program
Wednesdays 10am-11am
June 8-29
\$110 for 4-pack session.

SQUASH & SOCIAL ADULT CLINICS lead by Head Pro Gary Gargan

SquashWest is offering a great opportunity for adults to experience the game of squash or grow their skills to a new level in a social setting! Gary Gargan, the head pro at SquashWest, is offering morning and evening sessions that suit you.

Gary comes to SquashWest with years of experience and enthusiasm for growing the game. Check him out: <https://www.squashwhisperer.com/>, <https://ggsquash.com/> or just come on by!

Squash and Social
Thursday Evenings 8pm-9pm
June 16-July 23
\$110 for 4-pack session.

ADULT PROGRAMS

AquaCize at Lake Boon



This wonderful Water Fitness class at Pine Bluff Beach is a fun, re-energizing, total body workout for all ages and fitness levels. You can exercise with minimal stress to your joints, while enjoying fresh air and the beautiful surroundings of spring-fed Lake Boon. Water exercise naturally supplies cushioning & support; a safe, therapeutic, massaging effect, as it stimulates circulation and connective tissue, too. Improve your cardiopulmonary system (heart and lungs), muscular strength and endurance, as well as flexibility, range of motion, and balance! While focusing on good body alignment, you will improve posture, core strength, and decrease back tightness. Modify exercise & intensity to suit your personal needs. Pace yourself for a safe, yet challenging workout! You will leave class feeling stronger, more balanced, refreshed, and focused! Decrease body aches and stress, while clearing your mind and having fun! We are mainly sitting on a noodle, so we have very little contact with the lake floor. If you prefer, you can wear water shoes.

Come join the summer Water Workout! - No Beach Pass Required!

Who: Everyone is welcome anytime!

Where: Pine Bluff Beach/Lake Boon, Stow MA

When: (Please note - dates subject to change due to weather, etc.)

Tuesdays, 4:30pm – 5:30pm June 21, 28; July 12, 19, 26 (no class July 5); August 2, 9, 16

Thursdays, 6:00pm – 7:00pm June 23, 30; July 7, 14, 21, 28; August 4, 11

Fee Options:

1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays and Thursdays for entire summer session: \$150 (prorated fees available)
2. All Tuesdays OR All Thursdays: \$80 (prorated fees available)
3. Daily Drop-in fee: \$15

Note: Bring your own water noodle or let the instructor know if you need one.

Register: Call or text 617-543-8113 or email yvonnebenelli@gmail.com

Yvonne Grenon Benelli has an M.S. in Clinical Exercise Physiology and a B.S. in Physical Education. She is Stott Pilates Trained and was an American Red Cross CPR Instructor for over 30 years. Yvonne has been a Fitness Instructor, designer and coordinator of many different exercise programs and facilities throughout New England, New York and abroad since the late 1970's. She works with all ages and fitness levels in various exercise classes including current classes in AquaCize (pool and lake), Stott Pilates, NouVonne Total fitness, COA and Personal Training/ Privates.

The Pompo Community Center

Planning an event or meeting?

Birthdays, Game Nights, Exercise Classes?

The Community Center may be a great location for you.

For more information or to request a room, go to stowma.myrec.com