



Welcome to the Stow Recreation Department

May Newsletter



Ahoy,

You know what they say: April showers bring May flowers! If this is true, Stow should be completely blanketed in flowers in a week or two. That is, if the sun ever shows itself. But I am not bitter.

The 411: • Town Center Park natural play area is complete and ready for your children to enjoy!! • Pine Bluff Recreation Area: Beach passes are now available!!

<https://www.stow-ma.gov/recreation-department/pages/recreation> We need your suggestions and opinions! Let us know what YOUR Recreation Department can do for you!! Contact us: 1. Email! Laura: recreation@stow-ma.gov; 2. Phone! Call us at 978-637-2984 3. Visit our Website! www.stow-ma.gov > Government > Recreation Make an account and future sign-ups will be a snap 4. Facebook! Like us on Facebook, like us on Facebook, and did I mention, like us on Facebook!!! Warmest Regards, Laura Greenough

1. **Email!** Laura: recreation@stow-ma.gov
2. **Phone!** Call us at 978-637-2984
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Warmest Regards,
Laura Greenough

DON'T DELAY!! REGISTER!! Programs can fill up fast so sign up now before it is too late! Also, 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. **SO, TELL YOUR FRIENDS – CREATE A BUZZ!!!**

If your class is cancelled due to low enrollment, you will be notified by email. Please make sure you provide us with an up-to-date email address.

Pickleball Anyone???

The Stow Recreation Department is looking for your help. Pickleball is one of the fastest growing sports and Stow should be a part of it. The Recreation Department is seeking CPC funds to build a Pickleball court at Town Center Park. We are sure this will be a nice addition to the park and used a ton by our community. Please come out and vote at our next annual town meeting and support our project!



Find us on
Facebook

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

YOUTH PROGRAMS

Quick Reference of Youth Programs					
Program Name	Location	Date	Time	Ages	Cost
Skyhawks Beginner Golf	Stow Community Park	June 21-25 (M-F)	9am-12pm	5-8 years	\$165
Mini Hawks-Sport Camp	Stow Community Park	July 12-16 (M-F)	9am-12pm	4-6 years	\$165
Skyhawks Multi-Sport Camp	Stow Community Park	July 12-16 (M-F)	9am-12pm	7-12 years	\$165
Skyhawks Tennis Camp	Stow Community Park	July 26-29 (M-Th)	9am-11am	4-6 years	\$115
Skyhawks Tennis Camp	Stow Community Park	July 26-29 (M-Th)	9am-12pm	7-12 years	\$150
Skyhawks Basketball Camp	Stow Community Park	July 19-23 (M-F)	9am-12pm	6-12 years	\$165
Art & Swim Camp	Pine Bluff Pavilion	August 23-27 (M-F)	9am-1pm	5-12 years	\$100
Summer Archery	Pompo Community center field	Summer Session 1 June 15, 22, 29, July 6, 13 and 20	5:15 – 6:15 pm 6:30 – 7:30 pm	Grades 4 – 6 Grades 7 – 12 & Adult	6-week session \$240
Summer Archery	Pompo Community center field	Summer Session 2 July 27, August 3, 10, 17, 24 and 31	5:15 – 6:15 pm 6:30 – 7:30 pm	Grades 4 – 6 Grades 7 – 12 & Adult	6-week session \$240
Dancing and Decorating T-shirts!	Pompo Community center field	Monday, July 19 (Tuesday, July 20, Rain date)	9:00am-10:15am	Ages 4-6	All workshops are \$25
Bubbles and Balls!	Pompo Community center field	Monday, July 26	9:00am-10:15am	Ages 4-6	All workshops are \$25
Dancing and Decorating T-shirts!	Pompo Community center field	Monday, July 19	10:30am-11:45am	Ages 7-12	All workshops are \$25
Hula Hooping Fun!	Pompo Community center field	Monday, July 26	10:30am-11:45am	Ages 7-12	All workshops are \$25
Teens: Dancing and Decorating T-shirts!	Pompo Community center field	Wednesday, July 21	9:30am-11:00am	Teens	All workshops are \$25
Hula Hooping Fun!	Pompo Community center field	Wednesday, July 28	9:30-11:00am	Teens	All workshops are \$25
Family Dance	Pompo Community center field	Monday, August 9	9:00am-10:00am	All ages welcome!	All workshops are \$25

Summer Art and Swim Program

The Stow Recreation Department Art & Swim program combines two of children's favorite activities. The Art portion will teach children to express themselves in new and creative ways. They will be introduced to a variety of mediums like drawing, painting, and clay. Then they will have a chance to cool off and burn some energy in the lake before going home. Counselors and Lifeguard will be always on duty during swim time.

Dates: August 23 - August 27

Time: M-F 9:00am–1:00pm

Cost: \$100.00 per child

Place: Pine Bluff Recreation Area

(In cases of bad weather, the program will be moved to the Stow Community Center)



ARCHERY FOR BEGINNERS & INTERMEDIATES

Learn the *perfect* social distancing sport of recurve archery this spring and summer! Enjoy the fresh air and sound of arrows striking the target as our certified USA Archery Instructors cover safety, skill technique and teach friendly competitive games that inspire students to become better. All equipment provided and no prior experience needed. The program is hosted outdoors at the Fairbank Community Center (basketball court field, 35 Fairbank Road, Sudbury, MA 01776, USA)

Summer

Session 1: Tuesdays, June 15, 22, 29, July 6, 13 and 20

5:15 – 6:15 pm (Grades 4 – 6)

6:30 – 7:30 pm (Grades 7 – 12 AND Adult)

Session 2: Tuesdays, July 27, August 3, 10, 17, 24 and 31

5:15 – 6:15 pm (Grades 4 – 6)

6:30 – 7:30 pm (Grades 7 – 12 AND Adult)

Cost for 6-week session \$240



Register: Online at <https://www.stow-ma.gov/recreation-department/pages/recreation>

Beyond Basics track

Beyond Basics track and field is once again running a weeklong program at Stow Community Park. Every participant will learn about the multitude of options track and field provides. Event areas include sprinting, distance, high jump, long jump, shot put, javelin, hurdling and baton passing/receiving. The week also provides students with a chance to learn how to warm up and prepare mentally for competition. The weeklong program culminates with an inter quad track meet. The program includes many experienced high school kids who lend their expertise as coaches. New this year is extended hours 8:30-3:30pm, a change of philosophy with elements of fitness and game play incorporated into the sport of track and field. Your kids will train, learn about track, and field event areas and play fun games (which is more fitness in disguise).

What to bring: · Athletic Clothing · Towel/extra clothing · Sneakers
· Lunch/water · Water Bottle · Sun Block/Purell

When: July 19-23

Time: 8:30-3:30pm

Ages: 8-13 years old

Cost: \$330 per week



The whole family is invited to join us Outdoors, Indoors, and ONLINE for informal, education-based in music, movement, and instrument play for children-newborn through five with the grown-ups who love them!!

Our 6-week SUMMER Music Class programs starts the week of June 21, 2021!

This summer's collection is "Harmonica," the twelfth of fifteen, newly reimagined family songbooks! The redesigned songbook collection will feature artwork by Jaime Kim and Gerald Kelley as well as a more family-friendly approach to the Music Together home experience. Cost of the six-week program includes a professional cd; a new and beautifully illustrated songbook; family e-newsletter; and access to the Family Music Zone, which offers ideas and information to support music learning at home. New families will also receive an informative booklet titled "Music and Your Child: A Guide for Parents and Caregivers." Classes will run 45 minutes each week. Makeup classes are available.

Nurture your child's natural enthusiasm for music and movement and remember that giving your child the gift of music is a gift that will last a lifetime.

Tuition: \$150 (per family) for online classes; \$150 for first child; \$70 second child for in-person and outdoor classes; third child and children under 8 months come free when registered with a paid sibling. Add \$15 one-time registration fee for new families to the program.

Register at www.mistervic.com or call 978-897-0874 for more information.

Remember: Get your BEACH PASS: now available!!

<https://www.stow-ma.gov/recreation-department/pages/recreation>

The Pine Bluff Town Beach area will open Monday, June 14th. The town beach has lifeguard supervision from 10:00 am – 7:00 pm daily. Every person or family must obtain a beach pass before using the town beach. The beach pass cost is as follows:

Season Pass:

Family

Resident: \$ 70.00
Seniors: \$30.00
Non - Resident: \$115.00

Individual

Resident: \$50.00
Senior: \$20.00
Non - Resident: \$75.00

Non-resident's day passes will not be sold. Non-Residents will have to purchase a season pass to use Pine Bluff Recreational Area. Groups of 6 or more people require a special permit, through the Stow Recreation Department

See you there!

**Jennifer McGowan's Creative Dance Center
Presents
A Summer Day Workshop of Dance, Art, and Yoga**

Ages 4-6:

Dancing and Decorating T-shirts!

Decorate your own t-shirt to take home.

Monday, July 19, 9:00am-10:15am (Tuesday, July 20, Rain date)

Bubbles and Balls!

All things round. Bubbles, marble painting, and more.

Monday, July 26, 9:00am-10:15am (Tuesday, July 27, Rain date)

Ages 7-12:

Dancing and Decorating T-shirts!

Fun with tie dye.

Monday, July 19, 10:30am-11:45am (Tuesday, July 20 Rain date)

Hula Hooping Fun!

We will be decorating our own hula hoops to take home.

Monday, July 26, 10:30am-11:45am (Tuesday, July 27, Rain date)

Teens:

Dancing and Decorating T-shirts!

Fun with tie dye.

Wednesday, July 21, 9:30am-11:00am (Thursday, July 22 Rain date)

Hula Hooping Fun!

We will be decorating our own hula hoops to take home.

Wednesday, July 28, 9:30-11:00am (Thursday, July 29, Rain date)

Family Dance:

Join us for a fun creative dance and yoga class on the field! We will play movement games, explore yoga poses, and laugh together. All ages welcome. Please indicate number of family members attending.

Monday, August 9, 9:00am-10:00am (Wednesday, August 11, Rain date)

All workshops are \$25 (payable to Jennifer McGowan)

Classes will be held on the Pompositticut Community Center Field (By the Stow Fire Station)

For more information or to register please contact Jennifer McGowan at information@creative-dance.com or 978-433-8349

www.creative-dance.com

**Seasonal Employment Opportunities for Teens and Adults at
Pine Bluff Recreation Area**

The Stow Recreation Department offers several ways for teens, adults, and seniors (Hello teachers and college students) to make some summer moolaa/coinage/bucks! We are looking for:

Camp Counselors (including Arts & Craft and Athletic Specialists) Beach Pass Checkers	Waterfront Director Lifeguards Swim Instructors
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Job requirements, descriptions and application information are on our website: <https://www.stow-ma.gov/recreation-department/pages/recreation>

If you have any questions, please call us at: 978-637-2984

ADULT PROGRAMS

(The time for "me time" is now)

VIRTUAL FITNESS CLASSES

Lead by Gina Manganiello and her staff, these virtual classes will be sure to help keep you in shape! All classes will be taught by certified and experienced instructors virtually through the Zoom platform. Zoom links will be emailed to registered participants prior to their class. <https://fitnessdeliveredtoyou.com>

Guidelines for all classes:

- Dress as if you were attending an in-person class
- Mute your sound to defend background issues
- Inappropriate behavior and/or language will not be tolerated
- Enjoy the social experience!

VIRTUAL FITNESS: GENERAL CLASSES

Try a new class from the comfort and security of your new home! Pick the number of classes you would like to attend a week and then choose your classes! Class options to choose from include Total Body Conditioning, Full Body Muscle, Tabata, HIIT (low impact options) Barre, Pilates, Myofascial Restorative Bodywork, Yoga, Resistance Band, Core Workout, and 30 Minutes Express Classes. All classes other than the express classes are roughly (1) hour long. For a full list of class options and their descriptions, please below.

Class Descriptions

Full Body Muscle – This Full Body class relies on creative movements and is form focused. This class will challenge your body in an effective, safe, and creative format. Each circuit is choreographed to work specific muscles building on strength to become stronger and more powerful. Light to medium weights. Can also use just body weight.

Total Body Conditioning: - This full body fun workout is designed to increase strength, mobility, stability, and endurance delivering total body conditioning, core challenges, and mental training that will leave you feeling like a champion and happy. Light weights or household items can be used.

Lets' Lift – Full on strength exercises using your bodyweight, dumbbells, and other fun fitness toys, you will sweat and smile and leave feeling more amazing than ever.

HIIT – Low Impact Express – HIIT Cardio is excellent for burning fat, boosting endurance, and even building lean muscle. The moves we use are great for increasing coordination, metabolism, and improve cardiac function, produce faster gains in endurance levels than steady state cardio training. Some lights may be used. Short on time, but you want a quick effective workout!

Slow Flow Deep Stretch Yoga- An active stretching class that targets primary muscle groups surrounding the hips, hamstrings, and upper back. This class begins with warm-up movements to build heat and prepare the muscles for stretching. Most poses are done on the floor and held for 1-2 minutes. Slow flow classes can also use a combination of Vinyasa Flow and Hatha yoga.

Tabata – High-intensity interval training, a cardiovascular exercise strategy alternation short periods of intense anaerobic exercises with less intense recovery periods.

You push yourself as hard as you can for 20 seconds and rest for 10 seconds

HIIT and Low Impact Full Body Circuit – 20 Minutes of Low Impact HIIT and then all the of the muscles- lower, upper and core will be at least lightly worked throughout this routine, but the butt and thighs are what take the brunt of the punishment. You maybe cursing your instructor, but you will love the burn and the results.

Barre — Attention to functional alignment, small precise movements and focus on one set of muscle groups at a time make it the most efficient and resulted oriented workout. Using repetitive, small movements that will bring your muscles to their edge and allow them to tone and strengthen. The class also has elements of cardio and stretching so you will feel full body fit. Some light weights, bands and balls can be used.

Mat Pilates – Done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resistance movement to build core strength, and lengthening. The mat floor exercises may also be combined with weights, bands, and balls.

BollyX – Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music for around the world. Its hour cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

Myofascial Restorative Bodywork Class- In this class, you will experience how myofascial restorative bodywork can help you release stress and regain vitality. The instructor will familiarize you with the structure of your body called fascia that houses your muscles (myo) and help you to utilize tools to release restrictions in that structure that can cause misalignment, compensation patterns, aches and pains, and loss of range of motion to name a few. This class will help open space in your structure so the systems within can work as they are meant to. You will leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve aches and pains. As the structure of your body opens, this will allow you to better enjoy more vigorous classes and activities.

All Classes are ongoing

Weekly Schedule for Virtual Fitness: General Classes

Mondays

8:30am - Total Body Conditioning

5:00pm - Myofascial Restorative Bodywork

Tuesdays

9:00am - Full Body Muscle – Stability Ball

5:30pm - Yoga

6:30pm - BollyX

Wednesdays

8:15am- Barre

9:30am – Let us Lift

5:30pm - Tabata/Muscle

Thursdays

8:00am - Express 30 Minutes Low Impact HIIT with Glutes/Abs

9:00am - Pilates with Weights



Fridays

8:30am - Fridays Fusion Core Crusher (30 minutes)

9:00am - Legs and Booty Resistance Band

Saturdays

9:00am - HIIT - Low Impact Full Body Circuit

10:15am - Yoga

Sundays

9:15am - Barre

10:30am - Yoga

Fee Options for Virtual Fitness: General Classes

Choose (2) class options per week: \$55.00 for (8) weeks

Choose (4) class options per week: \$77.00 for (8) weeks

All (14) class options per week: \$110.00 for (8) weeks

All (14) class options per week plus access to On Demand Library: \$132.00 for (8) weeks

*(On Demand Library: Videos of recorded classes that you can watch during your own time)*To register: <https://www.stow-ma.gov/recreation-department/pages/rec>

Summer Yoga in the Park Series

Breathe - move - and join this free outdoor yoga practice! Stow Fitness Center is hosting Summer Yoga in the Park Series, beginning June 4th. Join this free community yoga practice every Friday at 9am at Stow Community Park, weather permitting. Registration is recommended for each Friday practice and Walk-ins are welcome. Registration opens 2 days prior to each scheduled class and limited to 20 participants.

Meet at the Pavilion on Fridays 10 minutes prior to the class. Participants are responsible to bring a required mat. Blocks, straps, and blankets are also recommended. Equipment will not be supplied. Class will be canceled due to rain or temperatures below 55-degrees.

All practices are led by a certified Stow Fitness Center yoga teacher. Practices are accessible for all fitness levels. This is a free practice and open to all in the community. Call 978.897.5300 with questions or support. Find details and registration links at stowfitnesscenter.com/yoga-in-the-park.

Stow Tennis

To schedule court time for the Stow Community Park tennis courts, please use the following link:

<https://scptennis.skedda.com/register?key=02e4ee0>

Tennis in the Time of Covid-19: While tennis is considered low risk, it is wise to follow some commonsense guidelines. Follow this link for tips and recommendations from the United States Tennis Association (USTA): https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf

AquaCize at Lake Boon

With Yvonne Grenon Benelli

This wonderful Water Fitness class at Pine Bluffs beach, Lake Boon, Stow, offers a fantastic fun, re-energizing, total body workout for all ages and fitness levels. While enjoying fresh air and the beautiful surroundings of spring-fed Lake Boon, you can exercise with minimal stress to your joints. We are mainly sitting on noodles, so we have very little contact with the lake floor. If you prefer, you can wear water shoes. 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 great, stronger, more balanced, refreshed, and focused! Decrease body aches and stress, while clearing your mind and having fun! Come join the summer Water Workout! Noodles (supplied or bring your own) will be used for additional resistance and variety. - No Beach Pass Required!

Yvonne Grenon Benelli 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), Pilates, NouVon fitness, COA and Personal Training/ Privates. Yvonne 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!

When: 7- Week Sessions (Please note: dates subject to change due to weather, make-ups as well as group interest in additional classes in August!)

Tuesdays 6:00 - 7:00pm; June 15 – July 27

Thursdays 4:30 - 5:30pm; June 17 – July 29

Fee Options:

1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays, **and** Thursdays for entire 7-week session: \$120
2. All Tuesdays OR All Thursdays: \$70
3. Drop-in: \$15

Note: These rates include beach fees for the day!

Who: Everyone is welcome anytime!

Where: Pine Bluff Beach/Lake Boon, Stow MA

Register: Please send an email to Yvonne at yvonnebenelli@gmail.com *Please include name, address, best phone number(s) and email address*

