

# TOWN OF STOW RECREATION DEPARTMENT

"Providing recreational, educational, social and leisure-time activities for the Residents of Stow"



## SPRING & SUMMER 2018

STOW RECREATION DEPARTMENT

509 Great Road • Stow, MA 01775

Phone: 978-637-2984 • Fax: 978-897-0486

[recreation@stow-ma.gov](mailto:recreation@stow-ma.gov) • [www.stow-ma.gov](http://www.stow-ma.gov)



WELCOME BACK

# Spring & Summer!

## WE MISSED YOU!!

### What's new with Stow Recreation? Lots of things!

We have new registration software that will make signing up and paying for programs online a walk in the park! Follow these steps: [www.stow-ma.gov](http://www.stow-ma.gov) > **Government** > **Recreation Department** > **New Account** > then follow the steps to open an account. The account will be for your whole family and will make it easy when you want to sign up for a program.

**Pine Bluff Recreation Area** has been in the midst of a re-beautification project that will wrap up this Spring. If you have not seen it, stop by to check it out – it looks great! Play a game of volleyball, bocce or horseshoes! Thank you to the Community Preservation Committee for their ongoing support.

**Summer Employment!** Last summer we employed almost 50 teens and young adults. Keep an eye on our website ([www.stow-ma.gov](http://www.stow-ma.gov) > Government > Recreation Department) and our Facebook Page for details.

**FEEDBACK!** Stow, we are here for you!! Our Recreation Department is always changing and striving to improve. That's where you come in. We want ideas on new programs, classes for kids, teens and adults. Think outside the box!

**Moms:** have time when the kids are in school? You and some friends want to learn to knit? Let's chat!


**High Schoolers:** Want Yoga? Pilates? Learn ukulele? Let me know, I will relentlessly search for a teacher.

**BRING ON THE IDEAS!!**

#### How to contact us:

- 1. Email!** Laura: [recreation@stow-ma.gov](mailto:recreation@stow-ma.gov); or Maureen: [recreation2@stow-ma.gov](mailto:recreation2@stow-ma.gov)
- 2. Phone!** Call us at 978-637-2984
- 3. Visit!** Our new office is at the Pompo Community Center at 509 Great Road.  
Our office hours are 10-3 Monday through Friday.
- 4. Website!** Check out the new Town of Stow website at [www.stow-ma.gov](http://www.stow-ma.gov) and while you're there, subscribe to **E-Alerts!** It's a great way to keep up on what's new with us and any other department you choose!
- 5. Facebook!** Like us on Facebook, like us on Facebook, and did I mention, like us on Facebook!!!  
Maureen is still a little afraid of **Instagram** but vows to step up her game!

Warmest Regards,

& Laura Greenough, Director 

Maureen Hogan, Assistant

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

**DON'T DELAY!! REGISTER NOW AND TELL YOUR FRIENDS!!**

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

The Stow Recreation Department reserves the right to cancel a class or program due to low enrollment.

We look at enrollment numbers one week before the program start date.

If your class or program is cancelled, you will be notified by email



# FREE GIRLS RUNNING CLUB

## SUNDAY RUNS WITH THE SLOTHS!

Build confidence, make friends, learn how to motivate yourself and others! Find enjoyment in running and playing running games. Learn that being a good teammate & leader does not mean coming in first, running the farthest, or being the fastest. We welcome all levels of athleticism!

**When: Sundays** (weather permitting): **MAR 18 & 25, APR 8, 22\*, 29, MAY 6, 13, 20\*\***

\* April 22nd is the last day of April Vacation week. We will run if parents/coaches are available.

**Time: Sun. 8:30-9:30AM** **Where: Location: Pine Bluff Playground** **Ages: 5 & up- Parents welcome too!**

**\*\*Optional Race: Stow Run for the Woods on May 20th!** (girls are responsible for registration & fees for this event).

**Contact: Deb, Riley & Brenna Seith • 617-584-7275 • seithdeb@gmail.com**

**Register thru the Stow Recreation online program • www.stow-ma.gov/recreation-commission**



# BEST SOCCER

**In this weeklong program, kids can learn the sport of soccer or improve on the skills that they already possess**

**AGES 5 & 6:** *Players learn the importance of a good warm up through fun games and activities. Coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN!!*

**AGES 7 AND ABOVE:** *As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game. The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp week.*

**LOOKING FOR SOCCER FOR KIDS UNDER 5?** *We are offering First Kix soccer, shorter programs for ages 3-5.*

<b>First KIX</b>	<b>July 9 – July 13</b>	<b>9AM - 10AM</b>	<b>Stow Community Park</b>	<b>Ages: 3-5</b>	<b>\$90</b>
<b>Half Day</b>	<b>July 9 – July 13</b>	<b>9AM - 12PM</b>	<b>Stow Community Park</b>	<b>Ages: 5+</b>	<b>\$150</b>
<b>Full Day</b>	<b>July 9 – July 13</b>	<b>9AM - 3PM</b>	<b>Stow Community Park</b>	<b>Ages: 7+</b>	<b>\$250</b>
<b>Contact: Dan Taylor Danielbestfc@gmail.com</b>			<b>978-793-6199</b>	<b>www.bestsoccer.org</b>	

**What's Needed:** Plenty of Water • Shin Guards • Sneakers or Cleats

1 Snack for half day campers, 2 snacks and a lunch for full day campers sunscreen as needed

**Fee Includes:** Soccer ball and t-shirt




# SKYHAWKS YOUTH SPORTS

## SKILL-BASED PROGRAMS

### SUMMER 2018

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

COURSE	DATES	DAYS	TIME	AGES	FEE	LOCATION
<b>MINI-HAWK® (SOCCER, BASEBALL, BASKETBALL &amp; FLAG FOOTBALL)</b> 						
SSA101635	7/16 - 7/20	M-F	9am - 12pm	4-7	\$155	Stow Community Park
SSA102724	8/06 - 8/10	M-F	9am. - 12pm	4-7	\$155	Stow Community Park

This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

## BASKETBALL

SSA101634	7/23 - 7/27	M-F	9am - 12pm	6-12	\$155	Stow Community Park
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This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

## SKYHAWKS GREEN BALL TENNIS

SSA101636	7/30 - 8/03	M-F	9am - 12pm	7-12	\$155	Stow Community Park
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This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.

## SKYHAWKS RED BALL TENNIS

SSA101639	7/30 - 8/03	M-F	9am - 10:30am	4-6	\$95	Stow Community Park
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This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. In addition to expanding tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination, and movement development.

**PLEASE NOTE: ALONG WITH EVERY REGISTRATION FORM, EACH PARTICIPANT MUST PROVIDE A RECORD OF THEIR MOST RECENT PHYSICAL AND IMMUNIZATION DATED WITHIN THE PAST 2 YEARS.**

105 CMR 430.000: These camps must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local Board of Health. Skyhawks' first concern is the safety of the children who participate in our programs. Copies of background checks, health care and discipline policies as well as procedures for filing grievances are available upon request.

**SPACE IS LIMITED!  
REGISTER TODAY**

**SKYHAWKS CAMPS NEED A MINIMUM OF 8  
PARTICIPANTS TO RUN. SIGN UP NOW!!**

ONLINE: [www.stow-ma.gov/pages/StowMA\\_Recreation/index](http://www.stow-ma.gov/pages/StowMA_Recreation/index)



# 12TH ANNUAL YOUTH TRACK AND FIELD CLINIC

**Does your child like to run? to race? Is he or she fast?  
 Enjoy this lifetime activity and learn about this Olympic sport!!  
 Running, Jumping, Throwing, and a 4 x 100 Relay**

Come to this informal and fun track and field clinic designed to familiarize participants with this universal, Olympic sport. The emphasis is on participating, learning, improving, and doing the best one can.

Track events include the 100, 200, and 400 meters, the 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the four older grades. Field events include the softball throw for distance, the standing broad jump for 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders. There is also the 4 x 100 meter relay race. Come with your relay team together, or we will create and put you on one.

The events are contested by grade - - 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together - - based on the current ('17-'18) school year.

An experienced (on school team) 7th or 8th grader may participant in only the local meet for \$15.  
**However, pre-registration is still required.**

For:	Boys and Girls, grades 3 - 8 (grade for '17-'18 school year)		
When:	Sun.	May 20	5:30 – 7:15 at TBD
	Mon.	May 28	4:00 – 5:45 at AB HS track
	Wed.	May 30	4:00 – 5:45 scrimmage in Harvard
	Mon.	June 4	4:00 – 5:45 at Maynard HS track
	Mon.	June 11	4:00 – 5:45 at Maynard HS track
Local Meet:	Sat.	June 16	6:00 - 9:00 in Burlington (rain date of Sun. June 17)
Cost:	\$94		

**Questions? Call or E-mail David Bell 978-505-0675 davidkbell@hotmail.com**

Sign up on-line (preferred) at the Recreation Department's website or in person at its office.

Retain top for your information and return the registration below to:

Recreation Department, Town of Stow, Pompositticut Community Center, 509 Great Rd. Stow, MA 01775-2127

**Please make checks payable to Town of Stow**

Name: \_\_\_\_\_ Current Grade: \_\_\_\_\_ Age as of 12/31/18: \_\_\_\_\_

Address: \_\_\_\_\_ Tel#: \_\_\_\_\_ Emerg. Tel#: \_\_\_\_\_

School: \_\_\_\_\_ Email address: \_\_\_\_\_

# STRIKERS



# FIELD HOCKEY



**FOR STUDENTS ENTERING 1st -9th GRADE!** Learn the fundamentals of the great game of field hockey! This camp is for a beginner or current player. We will cover stick handling, passing, shooting, general rules of the game and game situations. We will have small scrimmage games where players can apply the skills learned.

Players will be placed according to age and experience. Goalies Welcome!

To Register call Laura Greenough at 978-637-2984

or Jen Brown @ 617-899-0530. This program has limited participants.

Please register ASAP for available spots. You can download a form from the Stow Recreation site at [recreation.stow-ma.gov](http://recreation.stow-ma.gov) or register on-line at [www.stow-ma.gov](http://www.stow-ma.gov).

Session 1: Mon-Fri, June 25-29 | Session 2: Mon-Fri, July 9-13

Time: 9am-1pm

Grades: Entering K – 9th

Cost: \$265 per session  
(\$450 for two sessions)

Location: Pine Bluffs Beach, Stow

Director: Jen Brown

Phone: 617-899-0530

E-mail: [jennybro@comcast.net](mailto:jennybro@comcast.net)

**Please note: Players must supply own stick, mouth guard, shin guards and goggles.**



# Horseback Riding



## SPRING 2017 PROGRAMS

### **HORSE POWER:** Saturdays, 3-3:50PM

**\$170**

Have a horse crazy child between the ages of 6 and 12? Horse Power is designed to give both children and their parents a broad-based introduction to horses in a fun, interactive class. Start each session by learning to handle, groom and tack up a horse. End each week with a group riding lesson where kids get to learn the basics in the saddle and parents can learn how to safely help them. Our licensed, upbeat instructors and happy, well-trained horses will make sure you and your child have a positive first horse experience. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

**Session 1: May 5th, 12th, 19th, 26th****Session 2: June 2nd, 9th, 16th, 23rd****Session 3: July 7th, 14th, 21st, 28th****Session 4: August 4th, 11th, 18th, 25th**

### **PONY POWER:** Saturdays, 2-2:50PM

**\$140**

A class made just for children ages 2 - 6! Our wonderfully patient small ponies are ready to teach your child the basics of horsemanship. Children will learn how to handle, groom, and tack up the pony, and will spend time in the saddle as well, working on basic control and position. Parents are encouraged to actively participate in the learning experience, and will be taught how to work safely around the animals and how to help their child have a safe and positive experience with the ponies. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

**Session 1: May 5th, 12th, 19th, 26th****Session 2: June 2nd, 9th, 16th, 23rd****Session 3: July 7th, 14th, 21st, 28th****Session 4: August 4th, 11th, 18th, 25th**



# REMINDER: CLASSES FILL UP FAST!

Sign up NOW before it's too late! We decide a week before the start date whether or not to run classes with low enrollment.

**YOUR REGISTRATION COULD MAKE THE DIFFERENCE!**



## ON THE MARK ARCHERY

### ARCHERY FOR BEGINNERS & INTERMEDIATES

Learn the exciting Zenlike sport of traditional recurve archery outdoors this spring and summer! This timeless activity is one that can be enjoyed at any age regardless of athletic ability or skill and it is quickly becoming a favorite sport across Massachusetts. Our certified instructors will teach the fundamentals of shooting and challenge individuals with fun and exciting games designed to improve aim and accuracy. All equipment is provided. Program hosted by On the Mark Archery.



### SPRING

4 Weeks | April 27 - May 18 | Fridays 5:30-6:30PM | Grades: 4 & Up & Adults | Cost: \$96

### SUMMER

5 Weeks | July 10 - August 7 | Tuesdays 6:15-7:15PM | Grades: 4 & Up & Adults | Cost: \$120

**LOCATION: POMPOSITTICUT COMMUNITY CENTER, 509 GREAT RD. (BACK FIELD)**



# KICK-OFF PARTY!

**3:30 - 5:00** FRIDAY, JUNE 15TH

## PINE BLUFFS

310 Sudbury Rd., Stow MA

More info @

<https://www.stow-ma.gov/randall-library>

(978)-897-8572

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

## FOSSIL DIG -

mine for MINERALS

-and much MORE!



This program is supported in part by the Randall Library Friends Association, grants from the Stow Community Chest, a grant from the Stow Cultural Council (a local agency) which is supported by the Massachusetts Cultural Council (a state agency), and DCU for Kids.



# FC PUMA SOCCER ACADEMY SUMMER CAMP 2018



**AUGUST 6TH - 10TH | STOW COMMUNITY PARK | 60 OLD BOLTON ROAD, STOW, MA**

## LITTLE PUMAS

**AGES | 5-7 YEAR OLDS**

**TIME | 9:00AM-1:00PM**

**PRICE | \$135**

a fun introductory soccer experience

## YOUTH CAMP

**AGES | 8-14 YEAR OLDS**

**TIME | 9:00AM-3:00PM**

**PRICE | \$265**

an emphasis on skill development

**CONTACT | FCPUMA23@GMAIL.COM**

**REGISTER | WWW.FCPUMASOCCERACADEMY.COM**

# SPRING PRE-K TIGGER SOCCER PROGRAM

## F.C. Tigers Soccer Academy Announces the 2018 Spring Pre-K Tigger Soccer Program!

This is a basic skills soccer program for kids ages 2.5 - 5 years old • Group limited to 20 players  
**\$110** fee per player includes: Shirt and soccer ball.

Starting on **April 8th** the program runs 6 weeks. (weather permitting)

**We play on Sunday mornings 10:00 to 11:00AM at Pompositticut Field, 509 Great Road Stow, Ma.**

Contact: For more information please contact Geoff at [gbeh@aol.com](mailto:gbeh@aol.com)







Join Music Together of Assabet Valley for world-renowned classes offered in music, movement and instrument play for children—newborn through age four—with the grownups who love them

**Registration Now Open!**

Classes begin the week of **SATURDAY, MARCH 31**  
in Stow, Maynard, Hudson, Sudbury & Groton

Cost of the eight-week program includes two new professional cd's (one for the car and one for home); a beautifully illustrated songbook; family newsletter and access to an informative website via theFamily Music Zone. All new families to Music Together also receive a musical growth chart and complimentary dvd titled, "Music Together at Home: Helping Your Child Grow Musically".

Tuition is \$198 for returning families; \$213 for new families to Music Together of Assabet Valley (this includes a \$15 one time registration fee); \$90 for first sibling; \$50 for third. Children eight months and under attend "free" when registered with an older sibling.

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 forever.



For more info or to register check the website at [www.mistervic.com](http://www.mistervic.com) or call Pat or Vic Lalli at 978-897-0874.

*Concerts at the Park*

**Watch for our Stow Community Park Concerts!**

Check our website, our Facebook page and the Calendar section in The Stow Independent for the dates and times!!!!

# Wicked Cool for Kids Programs

## LEGO ENGINEERING

June 25-29, 12PM-3PM

**\$190**

We've expanded our LEGO Engineering program to include STEM-based challenges and free-building: two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids will love rising to the LEGO challenge and taking home a new minifigure.

**Grades: Entering 1-5****Location: Pompositticut Community Center, 509 Great Rd. Stow**

## GADGETS & CONTRACTIONS

July 9 - 13, 9AM-12PM

**\$190**

Design, build, and experiment with classic moving gadgets and investigate how they work. Tinker with tops and construct zany ziplines. Create cars that move with magnets. Conquer kinetic energy with wind-ups and rubber bandpowered playthings. Build an awesome motorized doodling robot friend.

**Grades: 1-5****Location: Pompositticut Community Center, 509 Great Rd. Stow**

## ROCKET SCIENCE

July 30-Aug. 3, 12PM-3PM **\$190**

Rocket Science '18 features our favorite rocket, the customizable E2X, perfect for the young aerospace engineer. Keep a Commander's Log as you investigate the solar system, design a satellite, and build a space base for an astronaut. Go on an out-ofthis world adventure making galactic slime and glittering galaxies. Blast off with a solid fuel high-flying rocket launch at the end of the week, weather permitting.

**Grades: Entering 1-5****Location: Pompositticut Community Center, 509 Great Rd. Stow**

## WICKED COOL SCIENCE

Aug. 6-10, 9AM-12PM

**\$190**

These kid-approved top-10 STEAM experiments are sure to be a hit with any junior scientist. Grow giant glowing cubes, create crazy chemical reactions, make glow sticks glow brighter and delight your friends with magic fish. Make a DNA necklace with real DNA and harness the power of the sun. Kids get a lab coat and safety glasses to wear all week and take home, too!

**Grades: Entering K-5****Location: Pompositticut Community Center, 509 Great Rd. Stow**

# SIGN UP NOW!!!

Classes need a minimum of 10 participants by one week ahead of the start date - your registration could make the difference!

# Swim Lessons SUMMER

The Lake Boon Swim Lessons at the Town Beach will be held in the mornings Monday-Thursday, Friday's off. Each class will run for 45 minutes. The cost will be \$70.00 per person per session. A two-day a week "Introduction to the Water" course will be available for pre-school children who are at least three years old. Each class will run for 30 minutes. The cost will be \$35.00 per child per session.

\*No make-up classes if lessons are cancelled on account of bad weather. No beach pass is required to participate in this program.



**8:00 – 8:45AM**      **8:45 – 9:30AM**      **9:30 – 10:00 AM**

Level 5	Level 2	(Tues. & Thurs.)
Level 4	Level 1	Pre-school lessons
Level 3		

Session 1: July 9-19 • Session 2: July 23-Aug 2

# 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 on duty at all times during swim time. The program runs Monday through Friday from 9:00a.m. – 1:00p.m. Come and have fun while exploring the wonders of art. Space is limited so please sign up early.

Dates: August 20 - August 24w      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)



# Aquacize

at Lake Boon Summer 2018  
taught by Yvonne Grenon Benelli

This Water Fitness class 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, with the forgiving, softer lake bottom. Water exercise naturally supplies cushioning & support; a safe, therapeutic, massaging effect as it stimulates circulation.

Improve your cardiopulmonary system (heart and lungs); muscular strength and endurance; as well as flexibility and Range of Motion. While focusing on good body alignment, you will improve posture, core strength and decrease back tightness. Modify exercise & intensity to suit your needs. You will Pace yourself to be safe, yet challenging! You will leave class feeling great, stronger, more balanced, refreshed and re-energized! Decrease body aches and stress, while clearing your mind and having fun! Come join the summer Water Workout! Noodles (supplied) will be used for additional resistance and variety. - No Beach Pass Required!

Yvonne Benelli has been a Fitness Instructor throughout New England and abroad since the late 1970's. She works with all ages and fitness levels. Yvonne has an M.S. in Clinical Exercise Physiology and a B.S. in Physical Education. She is Stott Pilates Trained as well as ZUMBA and ZUMBA GOLD certified; ZIN Network and has been an America Red Cross CPR Instructor for over 30 years.

### 8 WEEK SESSIONS:

Tuesdays 6:00 - 7:00PM June 12 – July 31  
Thursdays 10:00 - 11:00AM June 14 – Aug. 2

Please note: dates subject to change due to lake temperature/weather, make-ups as well as group interest in additional classes in August!

### FEE OPTIONS:

- BEST DISCOUNT OPTION:** All Classes, All Tuesdays and Thursdays for entire 8-week session: \$154
- All Tuesdays **OR** All Thursdays: \$87
- Drop-in: \$15

Note: These rates Include beach fees for the day! Everyone is welcome! Water Noodles provided or bring your own

## PINE BLUFF BEACH

The Pine Bluff Town Beach area will open Sunday, June 10th weekends only. The beach will open daily starting June 25th. The town beach has lifeguard supervision from 10AM – 6PM. Every person or family must obtain a beach pass before using the town beach.

### The beach pass cost is as follows:

<b>Family Season Pass:</b>		<b>Individual Season Pass:</b>	
Resident:	\$70.00	Resident:	\$50.00
Seniors:	\$30.00	Senior:	\$20.00
Non - Resident:	\$115.00	Non - Resident:	\$75.00
<b>Family Day Pass:</b>		<b>Individual Day Pass:</b>	
Resident:	\$8.00	Resident:	\$5.00
Seniors:	\$2.00	Senior:	\$1.00

To register for a beach pass go to <https://www.stow-ma.gov/recreation-department/pages/recreation> or a pass can be purchased at the town beach after June 10th. For more information contact the Recreation office at (978) 637-2984.

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

The "Beach Clean-up Day" is Saturday, June 9th from 9:00a.m. – 1:00p.m. Anyone interested in helping out, please feel free to stop by with a rake, shovel or wheelbarrow. Discounts on season passes will be given to those who volunteer a couple hours of their time.

# STOW RECREATION DEPARTMENT SUMMER 2018 BEACH PASS REGISTRATION

Register for beach pass either in person, at the Stow Town Hall or by mail. Upon receipt of registration a pass will be sent to you. Please fill out the registration form completely, incomplete forms will not be processed. For more information contact the Recreation office at (978) 637-2984.

Mail registration form to:

Stow Recreation Department, 509 Great Rd, Stow MA 01775

Please make check payable to "Town of Stow".

## SUMMER BEACH PASS – 2018

(Please Print)

Family Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (H) \_\_\_\_\_ E-Mail \_\_\_\_\_

Write type of membership: \_\_\_\_\_

For family passes please list all immediate members and ages below:

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

I agree to hold harmless the Town of Stow and/or employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

SIGNATURE: (Parent/Guardian if under 18) \_\_\_\_\_

DATE: \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

# SUNDAY NIGHT Ballroom

## WITH ED BURCH



Ed Burch, a lifelong dancer, gymnast, actor, singer, and performer, started Ed Burch Dance right out of college as he began teaching his popular Saturday Night Dancing for Fun classes. Ed is proud to have been a part of the faculty at Jo Ann Warren Studio in Worcester since 1995. Since 2013, He has been the Resident Artist in Dance for the First-Year Arts program for Harvard University as well as the director for his own dance company in the Central Massachusetts area. You can learn more about him at [www.edburchdance.com](http://www.edburchdance.com).

**Pompo Community Center • Sunday Evenings beginning March 18, 2018**  
**\$25/couple walk-in price – no registration needed**

### Level 1 Fundamental/Novice 5:30 - 6:30PM

With our Level 1 class, you will be introduced to basic moves in a number of ballroom styles in a fun and comfortable atmosphere. We work on dances like Foxtrot, Waltz, Rumba, Swing as well as many others. The class flows with the students and we will work on the dances that the class enjoy the most. Join us on Sunday nights and get your week started off right.

### Level 2 Intermediate/Advanced 6:30 - 7:30PM

With our Level 2 class, we will work on all your favorite ballroom styles. The goal is to give you a place to learn and work on new moves to all of our favorite dances. This class also works on dances based upon students' preferences and will change each week to keep life interesting. Join us on Sunday nights and get your week started off right.



# DUPLICATE BRIDGE CLUB

The Stow Duplicate Bridge Club meets on the first Saturday of every month, year round. We are 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, which we will be happy to teach you in a few minutes.

This group formerly met in the Union Church of Stow, but now meets in the Pompositticut Community Center, 509 Great Road, Stow, MA 01775-1054 where there is ample parking. The cost is \$5 per pair, and goodies are provided on a volunteer basis. We ask you to arrive around 6:45 PM to help set up tables and shuffle the cards. Play begins promptly at 7 PM.

If interested please notify Stow residents Ernie and Sherry Stonebraker by email ([ernstonebraker@gmail.com](mailto: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.



# Gentle Yoga

## FOR ALL

**Monday Evenings • 5:30 - 6:30PM**

**Pompositicut Community Center, 509 Great Road**

**Class will run through June. No class in July and August**

**Instructor: Maureen Trunfio • \$5 drop-in (donation)**

All fitness levels and abilities welcome! This will be taught as a gentle, restorative style class.

Please bring a yoga mat (if you have one)

For additional information contact Maureen Trunfio • [mtrunfio@mac.com](mailto:mtrunfio@mac.com)

# ADULT Evening Yoga



The benefits of yoga are numerous. Among those noted by previous class members are greater flexibility, strength, and balance, as well as relaxation, calm and centeredness. Yoga is an ancient art, which balances body, mind and spirit. You do not need to be super flexible to do yoga as many may think. This class begins with gentle warm ups and breathing techniques and includes basic postures (or Asanas) to help you release tension and stress, and ends with a relaxation. The poses can be adapted to individual needs and students at any level are welcome from absolute beginner to more experienced.

**Where:** Pompositicut Community Center

**Session 1:** Mondays, March 19-May 21

**Session 2:** Mondays, June 4-25

**Time:** 7:30pm-8:30pm

**Cost:** Session 1: \$120

Session 2: \$48

# Healthy Eating 101

A LIFESTYLE AND EDUCATION BASED  
TELE-COURSE FOR OPTIMAL HEALTH

April 30 - June 18; (no call on May 28) 8 weeks

\$150 (includes weekly tele-class, individual follow up via email/text and a Health Guide and Journal (\$25 value))

MARIE O'MALLEY is a Certified Coach with the TLS (Transitions Lifestyle Systems) Healthy Eating and Weight Management Program and has been working in wellness since 1974.

Contact Marie O'Malley to register at [marie.e.omalley@gmail.com](mailto:marie.e.omalley@gmail.com) or 508-450-2581. Once you have registered you will receive instructions via email. Feel free to contact Marie with questions.

**Are your weight loss efforts slowing down your metabolism??** Learn how to eat right instead of trying to eat less. **Confused about what to eat? Are carbs good or bad?? What about fats???** Learn to keep your body out of fat storage mode

Never feel hungry never feel deprived! (that's why diets don't work). Whether you want to move towards healthier eating or need to lose weight and belly fat, this program is customizable for everyone.

Based on science this program will educate you as to how to identify new healthy favorite foods and create healthy behaviors. The nutrition component emphasizes low glycemic impact eating, which is the healthiest way to eat for better health. You will learn how to keep your energy levels up while losing body fat and holding on to lean muscle tissue. Participants report improved sleep and digestion, less joint pain.

**Average weight loss is 2-3 lbs per week.**

Each week you receive a link via email to view a video online. There will be a conference call "meeting" on MONDAYS at 7:30 pm (recorded) to discuss how to implement that WEEK'S information into your lifestyle. Topics include reading labels, low glycemic impact eating, planning and prepping for long term success, how to deal with boredom, managing stress, creating healthy habits, eating out, improving metabolism, and more!

Thank you for offering TLS Weight Loss Solution. The 21 Day Challenge and coaching support has provided new information and accountability to reframe how I eat, shop, dine out and travel.



I lost 4 inches (from my waist), 4% body fat, and 7lbs! I've maintained my results through summer treats and learned how to eat to support my metabolism.

## 8 Week Spring Transformation!!!

WITH MARIE O'MALLEY

THE BELLY FAT BLASTER CLASS | FLAT ABS WITH PILATES & More

The Safe effective workout for anyone and everyone! • Exercise to support a healthy metabolism

Train your body to burn more calories 24/7!

- Rev up your metabolism with basic weight training for everyday functional strength
- Get stronger while you tighten, tone and sculpt your body
- Core conditioning featuring pilates matwork
- Learn the best moves for better posture, a stronger back, improved balance and flat abs!
- Options for beginners as well as experienced fitness enthusiasts.
- Class includes weekly healthy eating tips
- Everyone will get supplemental home based workouts!
- Bring a set of hand held weights, a mat and water.

Time: 6:45-7:45 pm

Dates: Thursdays April 26 - June 14

Where: Pompo Community Center, 509 Great Road

Price: 8 weeks for \$120  
6 classes for \$102

Walk in: \$20

Register: Call or email Marie to register or with questions  
508-450-2581 • [marie.e.omalley@gmail.com](mailto:marie.e.omalley@gmail.com)

# STOW RECREATION DEPARTMENT SUMMER 2018 PROGRAMS REGISTRATION

\*Cancellation Policy: You must notify the Stow Recreation Department in writing one week prior to your scheduled session(s) or you will forfeit your payment.

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

E-MAIL \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

PARENT/GUARDIAN NAME (If under eighteen) \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

D.O.B \_\_\_\_\_ SHIRT SIZE (Youth sizes) \_\_\_\_\_

ALLERGIES (PLEASE LIST): \_\_\_\_\_

MEDICATIONS (PLEASE LIST): \_\_\_\_\_

SPECIAL ACCOMMODATIONS (IF ANY): \_\_\_\_\_

DOCTOR TO CALL  
IN CASE OF EMERGENCY: \_\_\_\_\_ PHONE # \_\_\_\_\_

PEOPLE AUTHORIZED TO PICKUP YOUR CHILD FROM PROGRAM. INCLUDE YOURSELF IF APPLICABLE. NO ONE WILL BE ALLOWED TO PICKUP YOUR CHILD UNLESS HIS/HER NAME APPEARS ON THIS LIST. (This list can be updated at Town Hall as needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Program Name: \_\_\_\_\_

Day & Time: \_\_\_\_\_

Starting Date: \_\_\_\_\_

The Town of Stow does not provide insurance. Accordingly, parents are urged to ascertain that their own coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in our programs. As the parent of the above named child, I agree to indemnify the Town of Stow, it's employees and agents against any claims of bodily injury, death, or property damage which may arise in the course of the Rec. Department's performance of the recreational activities described herein not caused by the Town's negligence or that of its employees or agents. As parent or legal guardian of the above named child, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



# TOWN OF STOW RECREATION DEPARTMENT

# 2018 CAMP STOW

## AT PINE BLUFF RECREATIONAL AREA

### 303 SUDBURY RD. STOW, MA



Camp Stow is committed to serve the needs of parents and children by offering a quality program which, offer a rich blend of activities. To provide the ideal outdoor environment and a unique opportunity for children to learn valuable skills and make new friends through programs that are challenging, educational, and fun.

## SESSION WEEKS

Session I: June 25-29    Session II: July 2-6 (closed on July 4th)    Session III: July 9-13    Session IV: July 16-20  
 Session V: July 23-27    Session VI: July 30-Aug. 3    Session VII: Aug. 6-10    Session VIII: Aug. 13-17

### FEES PER SESSION WEEK

#### Youth Program: Ages 5-12

Half Day: \$150 per week per camper  
 (9-1PM) Each additional child takes \$20 OFF  
 Session 2 Cost: \$120

Mult. Weeks Half Day Discount:  
 3/wks \$25 OFF  
 5/wks \$50 OFF  
 8/wks \$100 OFF

Full Day: \$230/week/1st kid  
 Each additional child takes \$40 OFF  
 Session 2 Cost: \$184

Mult. Weeks Full Day Discount:  
 3/wks \$50 OFF  
 5/wks \$100 OFF  
 8/wks \$200 OFF

#### Pre and Post-Camp Options

Pre (8-9AM): \$25 • Post (4-6PM): \$35 • Both: \$50

Prices Include: Free T-shirt (1 per summer), Weekly Field Trip & FREE 2018-19 Boys & Girls Club Membership

### A variety of age-appropriate activities are offered each week including:

Boating, Field Games, Arts & Crafts, Swim Lessons, Fishing, Archery, Group Challenges, Camp Fire, Field Trips, and much more!

Archery will only be offered to campers ages 7 and up.

## SPACE IS LIMITED SO PLEASE SIGN UP EARLY!

Registration will open for Stow/Maynard residents Feb 26. If additional space is available non residents can register on March 12.

To Register please visit our website

## WWW.STOW-MA.GOV

Children will be placed in groups according to age with a counselor-to-child ratio of 1:10 (1:5 ratio for ages 5 and 6).

105 CMR 430.00-This Camp will comply with regulations of the Massachusetts Department of public health and will be licensed by the Stow Board of Health.