

Welcome to the Stow Recreation Department



July Newsletter

Happy Birthday America!!

We hope you are all having a wonderful summer!!! Let's get right down to it!

The 411:

323 Great Road will be beautiful – planting has begun!! There has been a slight delay due to the frequent rain but construction should be done in mid-August.

Pine Bluff Recreation Area: Camp Stow/Pine Bluff Beach is in full effect!! We have an awesome crew of directors, counselors, lifeguards and pass checkers! A few things to remember:

- **Non-Resident Day Passes are back!!** In the past few years non-residents could only get a season pass but it has been decided to allow them again with stricter parameters.
- **Pavilion Party Permits:** Any group of 6 or more people is required to secure a permit from the Recreation Department (978)637-2984.
- **Pine Bluff Rules Reminder:**
 - No smoking or vaping
 - Trash is carry in/carry out. The dumpster is for Camp Stow use only
 - No Alcohol and/or drugs
 - No loud music – no music with explicit lyrics
 - If you see any violations of these rules, please notify one of the staff. Let's keep our parks clean and safe for all!

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; or Maureen: recreation2@stow-ma.gov
2. **Phone!** Call us at 978-637-2984
3. **Visit!** Pompo Community Center at 509 Great Road. Our office hours are 10-3 Monday through Friday.
4. **Website!** www.stow-ma.gov > Government > Recreation

Make an account and future sign-ups will be a snap

Warmest Regards,

Laura Greenough & Maureen Hogan

Massachusetts Department of Conservation & Recreation (DCR) Parking Pass

The Massachusetts DCR has provided the **Stow Recreation Department** with a **2019 Parking Pass** to lend to Stow Residents!

The DCR ParksPass is your passport to adventure! Explore mountain tops, inland and coastal beaches and scenic areas across the Commonwealth by using the ParksPass to obtain free parking at DCR facilities that charge a parking fee. (The pass is not valid at Quabbin Reservoir, Squantum Point, North Point, or Draw Seven Commuter Lots; or for camping.) Check out www.mass.gov/dcr for a full listing of DCR locations.

For information, call 978-637-2984 or email recreation@stow-ma.gov or recreation2@stow-ma.gov

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

Quick Reference of Youth Programs- Sorted by start date

Program Name	Location	Date	Time	Ages	Cost
Music Together of Assabet Valley	Pompo	Returning Sept	9:15 class 10:15 class	5 and under	See: www.mistervic.com
Camp Stow	Pine Bluff	8 wks starting 6/24	9-4pm	5-12 yr	\$230.00/wk
Camp Stow/CIT	Pine Bluff	8 wks starting 6/24	9-4pm	13-15yr	\$70.00/wk
Horse Power-July Session	Century Mills Stable	07/06- 07/27	Sat. 3:00 PM - 3:50 PM	Gr. 6-12	\$170.00
Pony Power - July Session	Century Mills Stable	07/06- 07/27	Sat. 2:00 PM - 2:50 PM	Gr. 2-6	\$140.00
Swim Lessons Session 1	Lake Boon Beach	7/08/2019 - 7/18 M-Th	8:00 AM - 9:30 AM	4-12 yrs	\$70.00
Introduction to the Water/Session 1	Lake Boon Beach	7/08-7/17 Tues and Thurs	9:30 AM - 10:00 AM	3-6 yrs	\$35.00
Beyond Basics - Track & Field	Lincoln Sudbury Regional High School	7/08-7/12	8:30 AM - 2:30 PM	Gr. 3 - 9	\$330.00
Summer Archery/On the Mark	Field behind Pompo	Tuesdays 7/9-8/6	6:15-7:15 PM	Age 10 and up	\$120.00
Mini Hawks Session 1	Stow Community Park	7/15-7/19	9:00 AM - 12:00 PM	4-7 yrs	\$159.00
Swim Lessons Session 2	Lake Boon Beach	7/22-8/1 M-Thurs	8:00 AM - 10:30 AM	4-12 yrs	\$70.00
Introduction to the Water/Session 2	Lake Boon Beach	7/22-8/1 Tues and Thurs	9:30 AM - 10:00 AM	3-6 yrs	\$35.00
Green Ball Tennis	Stow Community Park Tennis Court	7/29-8/01	9:00 AM - 12:00 PM	7-12 yrs	\$149.00
Red Ball Tennis	Stow Community Park Tennis Court	7/29-8/01	9:00 AM - 10:30 AM	4-6 yrs	\$90.00
Horse Power-August Session	Century Mills Stable	08/03- 08/24	Sat. 3:00 PM - 3:50 PM	Gr. 6-12	\$170.00
Pony Power – August Session	Century Mills Stable	08/03-08/24	Sat. 2:00 PM - 2:50 PM	Gr. 2-6	\$140.00
Mini Hawks Session 2	Stow Community Park	8/05-8/09	9:00 AM - 12:00 PM	4-7 yrs	\$159.00
Strikers Field Hockey Camp	Pine Bluff	8/12-8/16	9:00 AM - 1:00 PM	Gr. K-9	\$285.00
Art & Swim	Pine Bluff	8/19-8/23	9:00 AM - 1:00 PM	5-12 yrs	\$100.00

SUMMER CAMPS & YOUTH PROGRAMS

CAMP STOW 2019

We are up and running with awesome campers and great counselors!! Most weeks are filled – some spots open in Week 7 and 8. **Camp Stow** registration is open on our website at <https://www.stow-ma.gov/recreation-department/pages/recreation>. Camp Stow serves children from ages 5-12 from Stow and the surrounding communities. It offers 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!

What about the kids that are too old for day camp but not old enough to get a job? Sign them up for our **CIT (counselor in training) program** for kids 13-15. They will still have fun and gain valuable resume experience for the future!!

Space is limited so please sign up early!

ATTENTION!! DON'T DELAY

Many weeks are already filled up – still a few spots in Weeks 7 and 8



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.

Come and have fun while exploring the wonders of art.
Space is limited so please sign up early.

Dates: August 20 - August 24

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)

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

Summer Swim Lessons

The Lake Boon Swim Lessons at the Town Beach are taught by WSI certified lifeguards. The students are assessed and placed in Level 1-5 according to their skills.

Session 1: July 8-18 ***		Session 2: 7/22-8/1
Level 1-5 \$70 per person per session Mon-Thurs (No class Fridays) 45 minute class		Introduction to Water (Must be at least 3 years old) \$35 per child per session 2 days/week Tuesdays and Thursdays 30 minute class
8:00 – 8:45AM Levels 3, 4, 5	8:45 – 9:30AM Levels 1, 2	9:30 – 10:00 AM Introduction to Water (Tues. & Thurs.)
No make-up classes if lessons are cancelled on account of bad weather***No beach pass is required to participate in this program		

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





ARCHERY FOR BEGINNERS & INTERMEDIATES

Learn the exciting Zen like 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**

When: Summer Session: Tuesdays, July 9 through August 6, 6:15 – 7:15 pm;

Cost: \$120

Who: Youths and Adults (grades 4 & up)

Where: Pompositticut Community Center, 509 Great Road (Back Field)

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

Jennifer McGowan's Creative Dance Center

Presents

A Summer Day Workshop of Dance, Art, and Yoga

If you love to dance, create art, and do yoga, then this is the program for you. Summer Day workshop invites you to explore dance, art, yoga, music, drama, and more. 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. Our program concludes with yoga and relaxation. At the end of the week, family is invited to watch a show created and presented by the dancers. Join in the fun and discover the magic!

When: July 15-July 19 (M-F), 9:00am-12:00pm

Who: Children ages 5-10

Where: Pompositticut Community Center, Stow MA

Cost: \$180 (tuition includes cost of all materials and a snack)

For more information or to register: 978-433-8349 or information@creative-dance.com

Early registration is recommended.

Camp will be held with a minimum of eight students

DANCE is for Everyone!
Everyone Can DANCE!

Beyond Basics - Track & Field

Beyond Basics track and field is once again running a week long program at Lincoln-Sudbury Regional High School. 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 week long program culminates with an inter-squad track meet! The program includes many experienced high school kids who lend their expertise as coach.

When: M-F, July 8-12; 8:30am-2:30pm

Who: Grades 3-9

Where: Lincoln Sudbury Regional High School

Cost: \$330.00

Needed: Athletic Clothing • Towel • Sneakers • Lunch • Water Bottle • Sun Block



SUMMER PROGRAM - 2019 FIELD HOCKEY



**K – 9TH GRADE
FIELD HOCKEY PROGRAM
ALL LEVELS WELCOME!**

August 12-16
Days: Monday-Friday
Times: 9am-1pm
Location: Pine Bluffs, Stow
Cost: \$285

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!**

Questions: Jennybro@comcast.net Nationally Ranked Player and All American, **Jen Brown** has been the Director/Coach of Strikers Summer Camp since 2007. She has been playing for 30 years and is a Certified USA Field Hockey Level 1 Coach.

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

Century Mill Stables

978-779-2934

www.centurymillstables.com

Conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather

<p>PONY POWER Ages 2- July Session: Saturdays, July 6, 13, 20, 27 August Session: Saturdays, Aug 3, 10, 17, 24</p>	<p>Pony Power is 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. COST: \$140/Student/Session Saturdays from 2-2:50</p>
<p>HORSE POWER Ages 6-12 July Session: Saturdays, July 6, 13, 20, 27 August Session: Saturdays, Aug 3, 10, 17, 24</p>	<p>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 how 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. COST:\$170/Student/Session Saturdays from 3-3:50</p>

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

Join us for informal, education-based in music, movement and instrument play for children-newborn through five with the grown-ups who love them!!



Registration is Open!

Classes begin the week of **June 25, 2019** in Maynard, Hudson, Sudbury & Groton

This summer's collection is "Banjo", the fourth of fifteen, newly reimagined family songbooks! The redesigned songbook collection will feature artwork by Jaime Kim 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." Two makeups classes permitted per session. 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 a lifetime.

Tuition: \$140 for returning families; \$155 for new families to Music Together of Assabet Valley (This includes a one-time family registration fee of \$15); \$80 for the first sibling; and \$50 for the third.

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

ADULT PROGRAMS

AquaCize at Lake Boon Summer 2019

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: 6- 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 11 – July 23 (no class 7/2); and/or

Thursdays 10:00 - 11:00am; June 13 – July 25 (no class 7/4)

Fee Options:

1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays **and** Thursdays for entire 6-week session: \$120
2. All Tuesdays OR All Thursdays: \$70
3. Drop-in: \$15

Note: These rates include beach fees for the day! Water Noodles provided or bring your own

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



GENTLE YOGA for ALL with Maureen Trunfio

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

Instructor: Maureen Trunfio * Please bring a yoga mat (if you have one)

For additional information contact Maureen Trunfio: mtrunfio@mac.com

WHO: Anyone!!! (Men, you deserve flexibility too)

WHEN: Monday Evenings; 5:30 - 6:30pm (does not meet on Monday Holidays)

WHERE: Pompo Community Center

COST: \$5 drop-in (donation)

Due to popular demand – classes WILL continue throughout the Summer!!

DON'T DELAY!! REGISTER!! Programs can fill up fast so sign up now before it's 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 make a decision. **SO TELL YOUR FRIENDS – CREATE A BUZZ!!!**

Sunday Night Ballroom with Ed Burch

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. You can learn more about him at www.edburchdance.com.

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

With our Level I 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 enjoys the most.

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.\



WHERE: Pompo Community Center

WHEN: Sundays weekly, see above times

COST: \$25 per couple – walk-in price – no registration needed

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; please arrive at 6:45pm to help set up tables and shuffle cards. Play begins promptly at 7PM

COST: \$5 per pair

