

Welcome to the Stow Recreation Department

2020



January 2020 Newsletter

Happy New Year!!!!

Hope everyone had a wonderful holiday season. Hard to believe it is 2020!! Sounds like something out of the Jetsons! I'm guessing some of you do not know who the Jetsons are – a space age cartoon family!

Keep an eye on our Newsletters. We will be scheduling some spring Skyhawk sports camps and Babysitting Training and more!

Here's hoping that 2020 brings happiness and peace to you all.

ATTENTION: We need your input!! We want to know what the residents of Stow want! Please send us your program ideas (for adults and kids). Do you have a talent or skill you would like to share with others?

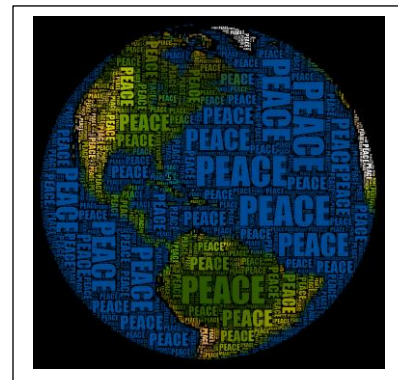
We wish you and yours the happiest of holidays!!!!

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

Stay Cool,

Laura Greenough & Maureen Hogan



"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
Babysitter Training	We will offer this program again in the Spring/Winter				
Music Together of Assabet Valley	Pompo	Starts January 11, 2020. Sign-up is open now!	9:15 class 10:15 class	5 and under	See: www.mistervic.com
Horse Power – January Session	Century Mills Stable	Contact Century Mills at 978-779-2934	Saturdays 3-3:50	Gr. 6-12	\$170.00
Pony Power – January Session	Century Mills Stable	Contact Century Mills at 978-779-2934	Saturdays 2-2:50	Gr. 2-6	\$140.00
Horse Power – March Session	Century Mills Stable	Contact Century Mills at 978-779-2934	Saturdays 3-3:50	Gr. 6-12	\$170.00
Pony Power – March Session	Century Mills Stable	Contact Century Mills at 978-779-2934	Saturdays 2-2:50	Gr. 2-6	\$140.00
Creative Dance	Old Stow Town Hall	16 weeks starting Feb 6	For more information: 978-433-8349 or e-mail information@creative-dance.com		

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 2-6</p> <p>January Session: Saturdays, Jan. 4, 11, 18, 25 March Session: Saturdays, Mar. 7, 14, 21, 28</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.</p> <p>COST: \$140/Student/Session Saturdays from 2-2:50</p>
<p>HORSE POWER Ages 6-12</p> <p>January Session: Saturdays, 4, 11, 18, 25 March Session: Saturdays, Mar. 7, 14, 21, 28</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.</p> <p>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!!



Winter Music Class Registration
Opens in November! Nine-week
session begins the week of **January
11, 2020** in Groton, Hudson,
Maynard, Sudbury & Stow

This winter's collection is "Sticks", the sixth 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 nine-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 makeup classes permitted per session. Children eight months (before January 11) 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: **\$210** for returning families
 \$225 for new families to Music Together of Assabet Valley
 (This includes a one-time family registration fee of \$15);
 \$110 for the first sibling; and \$80 for the third.

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

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!!!**

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.

Creative Dance

Jennifer McGowan's Creative Dance Center

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

Dedicated to providing quality dance education for children of all ages

New students are always welcome!

Dance Classes are currently in session but the more the merrier!! So if your fall sports have ended and you are looking for something fun to do, join in the fun! Class tuition will be prorated for first time students.

Or join us for the Winter/Spring Session of Dance 2020 (16 week session from February 6 – June 11).

Creative Dance and Yoga for Ages 4, K, and Grade 1*

Thursdays, 3:45-4:30pm

Discover new ways of moving as you explore the elements of dance, build a movement vocabulary, and develop basic motor and locomotor skills. Dance skills become more challenging throughout the year and progress with each age level. Through the magic of dance you will enjoy moving to music from around the world, dancing with colorful props, and dancing to stories and poems as you create your own dances. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

Creative Dance and Yoga for Grades 2-6*

Thursdays, 4:30-5:30pm

Modern and ballet dance technique is formally introduced with an emphasis on self-expression, creativity and fun. The class is designed to develop rhythmic, coordination, and creative skills necessary in the art of making dances. Through dance exercises, combinations, and yoga you will develop strength, flexibility, posture, balance, and coordination. Then explore moving to a variety of music as you create your own dances. Develop an understanding of dance appreciation as you dance amongst a group of friends who respect and admire each other's unique ways of moving. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

Creative Dance and Yoga for teens 13+ (younger with permission of instructor)*Thursdays, 6:30-7:30pm

Students continue to learn the craft of choreography as they develop dance vocabulary, original movement, and evaluation techniques to express a wide range of ideas. Explore a variety of dance techniques including modern, jazz, and ballet. Explore moving to rhythmic patterns and learn dance combinations as well as create your own compositions to the various styles of jazz, pop, world, classical, new age, and lyrical music. Explore Yoga flows and relaxation techniques.

The Dancers Workshop youth performing dance companies for dancers ages 8+ and for teens and tweens* Thursdays, 5:30-6:30pm

The Dancers Workshop is designed for dedicated dancers who wish to have the opportunity to perform in the community. Students will have the chance to learn pieces of choreography in a variety of dance styles as well as perform their own original works. Dancers have performed at the Children's Dance Festival in Boston, The Stow Springfest, The Children's Day Fair in Bolton, MA, The We For Hope Charity Performance in Andover, MA, as well as several nursing homes in Stow, Groton, Littleton, Ayer, Concord, and Acton, MA. All are welcome to be a part of the Dancers Workshop. Please call for more details about this special performing opportunity.

*ages are according to the school calendar – should be age of class as of 9/1/19

For more information or to register please call 978-433-8349 or e-mail information@creative-dance.com

Dance is for everyone! Everyone can dance!

ADULT PROGRAMS

Adult Programs Quick Reference				
Program Name	Location	Date	Time	Cost
Evening Yoga	Pompo	Wed, 12/4-12/18	7:30-8:30pm class	\$36
		Mon, 1/6-3/9		\$120
Gentle Yoga	Pompo	Mondays	5:30-6:30pm	\$5 drop in
Sabrina's Mat Pilates	Pompo	Wednesdays	8:30-9:30am	\$15/class
Men's Basketball	Hale Middle School	Tuesdays and Saturdays	Tues: 6:30-8:30pm	\$45/yr
			Sat: 8-10:30am	
Ballroom Dance	Pompo	Sundays	Novice: 5:30-6:30pm	\$25/couple
			Intermediate/Advance: 6:30-7:30pm	
Duplicate Bridge	Pompo	1 st Saturday of every month	6:45pm	\$5/pair
Square Dancing	Pompo	Tuesdays	7:15-9:15pm	\$7/person

EVENING YOGA with Terry Kessel Myers Coney, RYT

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 those with more experience.

December Mini-Session: Dec. 4-18	10 week winter session: Jan 6-Mar 9, 2020
COST: \$36 for 3-week session	COST: \$120 for 10 weeks
WHEN: Wednesdays, 7:30PM-8:30PM	WHEN: Mondays, 7:30PM-8:30PM
WHERE: Pompo Community Center	WHERE: Pompo Community Center
Register: Stow Recreation website - https://www.stow-ma.gov/recreation-department/pages/recreation	

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)

Sabrina's Mat Pilates

Mat Pilates is a wonderful discipline that, when practiced with consistency, will improve your flexibility, coordination and balance. This class will also increase your strength and develop a stronger core. Proper breath, alignment and a yoga strap stretch sequence at the final mindful stretch will leave you feeling energized yet relaxed.

All levels are welcome and no previous experience necessary. This practice is executed on a thick yoga mat in bare feet.

WHERE: Pompo Community Center

WHEN: Wednesdays at 8:30am

COST: \$15 cash drop in rate. Sabrina does her class as long as she has a minimum of 4 participants.

Please let us know if you plan to attend by calling 978-637-2984 or emailing recreation2@stow-ma.gov



MEN'S BASKETBALL AT HALE MIDDLE SCHOOL

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

WHEN: Tuesday evenings 6:30 –8:30pm and Saturday mornings 8:00-10:30am – beginning September 14

COST: \$45/year

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



Don's Diamonds Modern Western Square Dancing

It's fun! It's social! It's square dance!!! Join caller **Don Bachelder** and an advanced dance group who workshops Modern Western Square Dance Levels A1 and A2. Anyone who feels comfortable dancing at a Plus level is welcome! Dress casual and comfortable. Spectators are welcome at no cost.

Don Bachelder has been involved in Square Dancing since 1977, and calling dances since 1984 – 35 Years! Calling dances in all of New England, New York, New Jersey and Montreal area. Don is currently Club Caller for Bradford Country Squares, Bradford, NH. 25 years.

WHEN: Tuesdays ongoing

TIME: 7:15-9:15pm

COST: drop-in rate \$7/person

QUESTIONS: Bob Mong 978-897-2552; 5yli-1ehg@spamex.com

WHERE: Pompo Community Center, Room 127



Thank
you!