



Welcome to the Stow Recreation Department



March 2020 Newsletter

March! The wildcard of winter/spring! Could be warm – could have a blizzard!

What's the buzz in the world of Stow Recreation? Spring is coming and so is the beginning of daylight savings (March 8)!!! More daylight = more time to be outside!

Time to plan for summer! Sign up now for Babysitting Course, Home Alone Safety, Camp Stow, etc.!

Help Wanted: Waterfront Director, Camp Counselors, Life Guards and Pass Checkers!

ZUMBA!! Check out our new adult fitness class.

Grrrrr! Let's talk about our parks for a moment.

- There have been a few instances of vandalism at Pine Bluff. If you see something, say something! Let's try and keep our parks beautiful. Above all, we don't want anyone getting hurt.
- **Reminder:** All the parks in Stow are "carry in and carry out". Please don't leave trash at any of our parks. Also, we have been finding dog waste bags at multiple parks. Dogs are not permitted at Stow Community Park and Town Center Park.

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?

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

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.

**"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
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
Creative Dance	Old Town Hall	16 weeks starting Feb 6	More information: 978-433-8349 or information@creative-dance.com		
Horse Power – March Session	Century Mills Stable	Saturdays, Mar. 7, 14, 21, 28	3-3:50pm	Gr. 6-12	\$170.00
Pony Power – March Session	Century Mills Stable	Saturdays, Mar. 7, 14, 21, 28	2-2:50pm	Gr. 2-6	\$140.00
Horse Power – May Session	Century Mills Stable	Saturdays, May 2, 9, 16, 23	3-3:50pm	Gr. 6-12	\$170.00
Pony Power – May Session	Century Mills Stable	Saturdays, May 2, 9, 16, 23	2-2:50pm	Gr. 2-6	\$140.00
HUMOOR!!	Pompo	12 weeks - March 16-June 1	3:15-4:30pm 5-6:15pm	6-8 th grade 9-12 th grade	FREE!!
Babysitters Training	Pompo	Sunday March 29	9am-1pm	11 years +	\$50
Home Alone Safety Training	Pompo	Saturday May 16	9am-1pm	11 years +	\$50
Skyhawks Preschool Tennis	Stow Community Park	Wednesdays, April 1-May 13	3-3:45pm	3-4 year old	\$85
Skyhawks Basketball	Stow Community Park	Fridays, April 3-May 15	6-7pm	7-14 years	\$90
Skyhawks Multi-Sport Camp	Stow Community Park	July 13-17 (M-F)	9am-12pm	4-6 years	\$160
Skyhawks Multi-Sport Camp	Stow Community Park	July 13-17 (M-F)	9am-12pm	7-12 years	\$160
Skyhawks Tennis Camp	Stow Community Park	July 13-17 (M-F)	9am-12pm	4-6 years	\$160
Skyhawks Tennis Camp	Stow Community Park	July 13-17 (M-F)	9am-12pm	7-12 years	\$160
Skyhawks Basketball Camp	Stow Community Park	July 20-24 (M-F)	9am-12pm	6-12 years	\$160

Camp Stow and Art & Swim Sign up is Open!!!

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

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, Athletic Specialists and/or Archery Specialist) Waterfront Director	Lifeguards Swim Instructors Beach Pass Checkers
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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

CAMP STOW 2020

Summer will be here at some point! I promise! Now is the time to plan. **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: Kayaking, Field Games, Arts & Crafts, Swim Lessons, Fishing, Archery, Group Challenges, Field Trips, and much more!

Too old for camp?
Ready for more responsibility?
Camp Stow's CIT Program!
For ages 13-15 - they will still have fun and gain valuable resume experience for the future!!

Space is limited so please sign up early!

Last year we sold out many weeks!



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 24 - August 28

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>

Babysitter Training Course

BABYSITTERS TRAINING
WILL BETTER
PREPARE YOUNG TEENS
TO BE A MORE
RESPONSIBLE,
TRUSTWORTHY
BABYSITTER
FOR FAMILY AND
FRIENDS.

THIS WORKSHOP
DISCUSSES:

- Interviewing with parents
- Infant & toddler care diapering & feeding techniques, creative reading, activities for young children, and appropriate snacks
- Handling bedtime issues
- Choosing safe & age-appropriate toys & games
- Basic First Aid choking, cuts, eye injuries, nosebleeds, burns, seizures, poisoning, bites, etc.
- Learn tips for having a safe babysitting experience
- And more

Where: Pompo Community Center

Date: Sunday, March 29, 2020

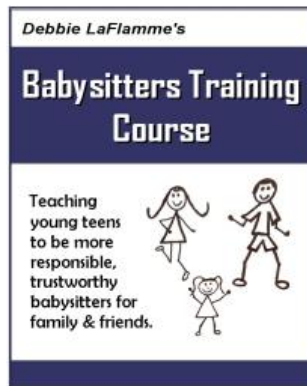
Time: 9am-1pm

Cost: \$50

Ages: 11 years and older

Register: on Stow Recreation Website - <https://www.stow-ma.gov/recreation-department/pages/recreation>

Includes course manuals
Min 5/Max 30 participants



Home Alone Safety

Home Alone Safety focuses on personal safety. The course prepares young adults for the responsibilities that come with being at home alone.

THIS WORKSHOP
DISCUSSES:

- Maintaining an emergency contact list
- Telephone & Internet Safety
- Fire safety & gas leaks
- Arriving home safely
- Keeping your house key safe
- Door safety & strangers
- Home security systems
- When & how to get help
- Being aware of your surroundings
- Basic First Aid
- Are you ready to stay home alone?
- And more

Where: Pompo Community Center

Date: Saturday, May 16, 2020

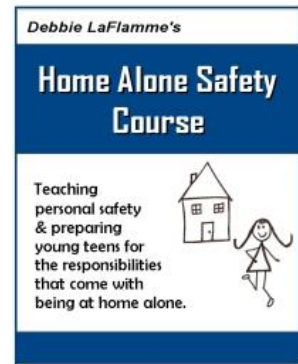
Time: 9am-12pm

Cost: \$50

Ages: 11 years and older

Register: on Stow Recreation Website - <https://www.stow-ma.gov/recreation-department/pages/recreation>

Includes course manuals
Min. 5/Max 30 participants



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>March Session: Saturdays, Mar. 7, 14, 21, 28 May Session: Saturdays, May 2, 9, 16, 23</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>March Session: Saturdays, Mar. 7, 14, 21, 28 May Session: Saturdays, May 2, 9, 16, 23</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!!



**Spring Music Class Registration
Opens in March!** Nine-week session begins the week of **April 4, 2020** in Groton, Hudson, Maynard, Sudbury & Stow

This spring's collection is "Maracas", the seventh 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 April 4) 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.

Calling all Class Clowns!

Think you're funny? Do you find humor in everyday life? Want to make some memes?

Join **HUMOR!!**

Helping Us Make Our Own Riot (you get it, right?)

Humoor is a weekly workshop for middle school or high school age budding comedians to gain experience by, yes, actually performing comedy! We will work with prepared material as well as improvisational comedy and creating memes. Don't worry Mom and Dad, this class is keeping it PG! You will have the option of receiving constructive advice from your peers or the host, who has 4 years of experience in the Boston comedy scene. **Or** you can opt out of the whole "advice" thing! This is a safe place to explore your comedic side. And you can do it for free!

First Topic: "Standardized Tests" – please bring your thoughts and/or jokes on this topic!

When:	12- week session on Wednesdays beginning on January 8 through March 25
Time:	6th-8th grade from 3:00 to 4:30pm 9th-12th grade from 4:45 to 6:15pm
Where	Pompo Community Center – 509 Great Road, Stow
Cost:	FREE!!!!
Sign Up:	You can sign up at www.stow-ma.gov Go to the Government drop-down menu and scroll down to Recreation Department If you have an account, log in! If not, create one by clicking New Account
Questions:	For any questions, contact humoorstow@gmail.com , again that's humor with two o's.

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!

STOW RECREATION



YOUTH SPORTS SKILL-BASED PROGRAMS

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.

SPRING / SUMMER 2020

(course) (dates) (days) (time) (ages) (fee) (location)

PRESCHOOL TENNIS

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. No class 4/22.

SSA114145	4/01 - 5/13	W	3:00 p.m. - 3:45 p.m.	3-4	\$85	Stow Community Park
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BASKETBALL

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. No class 4/24.

SSA114146	4/03 - 5/15	F	6:00 p.m. - 7:00 p.m.	7-14	\$90	Stow Community Park
SSA115808	7/20 - 7/24	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$160	Stow Community Park

MULTI-SPORT (BASEBALL, BASKETBALL & SOCCER)

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

SSA115809	7/13 - 7/17	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$160	Stow Community Park
SSA115812	7/13 - 7/17	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$160	Stow Community Park

TENNIS

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.

SSA115809	7/13 - 7/17	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$160	Stow Community Park
SSA115812	7/13 - 7/17	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$160	Stow Community Park

PLEASE NOTE: ALONG WITH EVERY REGISTRATION FORM, EACH PARTICIPANT MUST PROVIDE A RECORD OF THEIR MOST RECENT PHYSICAL AND IMMUNIZATIONS DATED WITHIN THE PAST 18 MONTHS.

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 >>

Online:
skyhawks.com
stow-ma.gov/recreation-department/pages/recreation

Phone:
800.804.3509

ADULT PROGRAMS

Adult Programs Quick Reference

Program Name	Location	Date	Time	Cost
Evening Yoga	Pompo	Wed, 12/4-12/18 Mon, 1/6-3/9	7:30-8:30pm class	\$36 \$120
Gentle Yoga	Pompo	Mondays	5:30-6:30pm	\$5 drop in
Sabrina's Mat Pilates	Pompo	Wednesdays	8:30-9:30am	\$15/class
Zumba® Fitness	Pompo	March 14-May 2 Session II: May 9-June 27.	9:30-10:30am	\$64/session \$10 drop-in
Men's Basketball	Hale Middle School	Tuesdays and Saturdays	Tues: 6:30-8:30pm Sat: 8-10:30am	\$45/yr
Ballroom Dance	Pompo	Sundays	Novice: 5:30-6:30pm Int./Advance: 6:30-7:30pm	\$25/couple
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.

10 week spring session: April 13-June 22, 2020

COST: \$120 for 10 weeks

WHEN: Mondays, 7:30PM-8:30PM

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

NEW CLASS!! Zumba® Fitness

Ditch the workout. Join the party! Zumba® is a dance-based fitness program that provides a great cardio workout set to fun, motivating Latin and international music. This one-hour class will mix low-intensity and high-intensity moves to stretch, sculpt, and tone your muscles while efficiently burning calories. This class is appropriate for all fitness levels. Residents and non-residents welcome. Wear sneakers and bring a water bottle. With Zumba®, working out has never been so fun!

WHEN: Saturdays, 9:30-10:30 am, starting March 14

WHERE: Pompo Community Center

COST: \$64 for an 8-week session (\$8/class) **or** just drop-in when you can (\$10).

Session I: March 14-May 2
(8 consecutive Saturdays)

Session II: May 9-June 27.

Instructor **Donna Johnson** is licensed to teach Zumba® fitness classes and is an ACE® certified Group Fitness Instructor. A long-time Stow resident, Donna has led Zumba® classes for a variety of audiences, including a weekly class through the Stow Council on Aging.

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.\



AquaCize at Lake Boon Summer 2020

With Yvonne Grenon Benelli

This wonderful Water Fitness class at Pine Bluff Beach on 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 2 of 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)

Tuesdays: 6:00pm-7:00pm; July 7, 14, 21, 28. August 4, 11 and/or

Thursdays: 10:00am-11:00am: July 9, 16, 23, 30. August 6, 13

Fee Options:

1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays and Thursdays for entire 6-week session: \$120
2. All Tuesdays OR All Thursdays: \$75
3. Daily 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: Call or text 617-543-8113 or email yvonnebenelli@gmail.com

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.

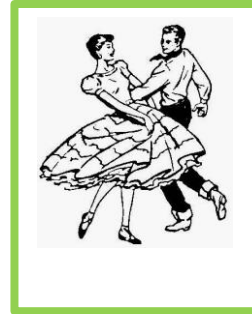
WHEN: Tuesdays ongoing

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!