

Welcome to the Stow Recreation Department



May 2020 Newsletter



Greetings!

I hope this Newsletter finds you well. I am sure many of you have questions about the summer – Camp Stow, Pine Bluff Beach, swim lessons, sport camps, summer employment, etc. Understandably, parents and kids are anxious to plan their summer. I truly wish we had more answers at this time. However, it would be irresponsible for us to speculate about what the future holds. We are waiting for the Commonwealth of Massachusetts to issue guidelines specific to these types of activities. When we have new information, we will post it on our website, on our Facebook page and in this newsletter. Until then, hang in there. If you have any questions, please don't hesitate to contact us. Our contact information is listed below – right now, email is the best way as we are not in the office.

Parks are Open: The parking areas are open, however, **the playgrounds and basketball courts will remain closed until at least May 18.** Please respect the caution tape. As you know, recommendations are changing every day. We will do our best to keep our homepage and Facebook page updated.

Tennis Courts: Our new tennis nets have arrived! At this time, **we are being asked to keep the nets down.** We will put them up as soon as we are able. Remember to sign up on Skedda to reserve a court. To join our Skedda account, use this link: <https://scptennis.skedda.com/register?key=02e4ee0>

Help Wanted: Waterfront Director (seasonal full time), Camp Counselors, Life Guards and Pass Checkers! **Please note: we are accepting applications in the hope that all of our summer activities will proceed. Everything is subject to change!**

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.

These are crazy times! Do the best that you can - that is all we can ask of ourselves! Please stay safe and healthy!!

Contact us with any concerns or questions:

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

Be Kind,

Laura Greenough & Maureen Hogan

"Nobody told me there'd be days like these. Strange days indeed - most peculiar, Mama!"

-John Lennon-

**"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
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
Creative Dance Summer Day Workshop	Pompo	July 20-24 (M-F)	9am-12pm 12:30-3:30pm	4-10 years 10-17 years	\$180
Strikers Field Hockey Camp *	TBA	July 27-30	9am-1pm	Grade 1-9	\$285
Art & Swim	Pine Bluff Rec. Area	August 24-28	9am-1pm	5-12 years	\$100

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

***See attached Skyhawks flyer – please note that Preschool Tennis and Spring Basketball have been cancelled.**

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>

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

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



Our **10-week Spring Online Music Classes** starts the week of **April 6, 2020** and will be held from the comfort of your own home!

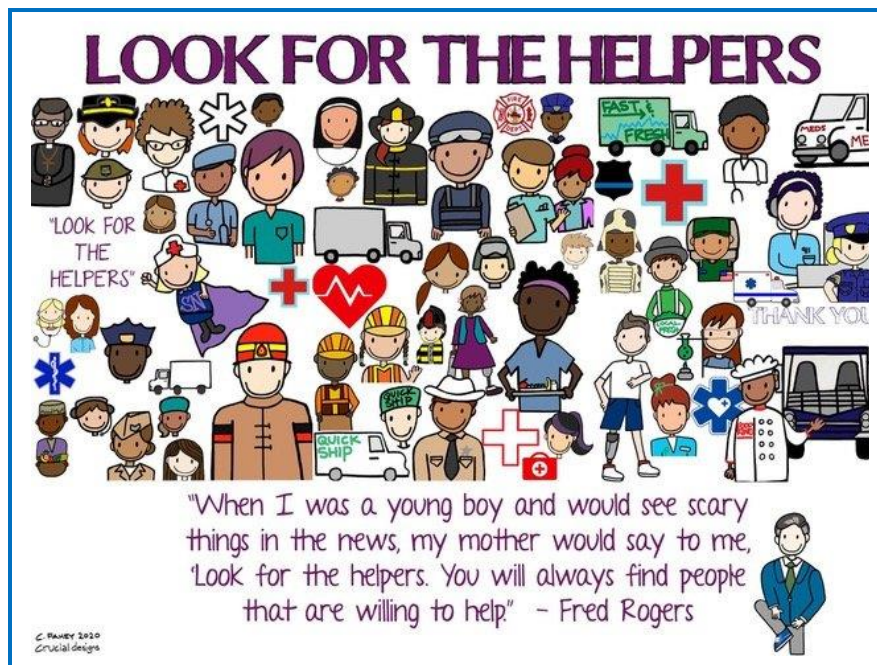
This spring's collection is "Maracas", the seventh of fifteen, newly reimagined family songbooks! The redesigned songbook collection will feature artwork by Jaime Kim and Gerald Kelley as well as a more family-friendly approach to the Music Together home experience. Cost of the ten-week program includes 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." In order to lessen screen time and create consistency each week, you will be asked to register for two 20-30 minute classes (A and B). You will attend these same two classes each week. You will also have access to a private Facebook group that will offer an "instrument of the week" and music fun with Mister Vic and Miss Pat.

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 the whole family – sibling rates have been waived

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

Please contact instructor directly with any questions regarding any rescheduling of classes due to Covid-19



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 20-July 24 (M-F)

Who: **New this Year, 2 sessions!** Ages 5-10 from 9-12pm
 Ages 10-16 from 12:30-3:30pm

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!



Summer Field Hockey Program

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!**

Dates: July 27-30, Monday – Friday

Time: 9am-1pm

Grades: 1-9th

Location: TBA

Cost: \$285



All Levels 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>

ADULT PROGRAMS

Adult Programs Quick Reference				
Program Name	Location	Date	Time	Cost
Evening Yoga mini session	Pompo	Wed, 5/27-6/24	7:30-8:30pm	\$60
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 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
Aquacize	Pine Bluff Beach	Tues July 7 Thurs July 9	6pm 10am	See ad Page 8

Evening Yoga with Terry Kessel Myers Coney, RYT - Mini -Session

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.

5 week spring mini-session: May 29-June 24, 2020

COST: \$60 for 5 weeks

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

WHERE: Pompo Community Center

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

All town buildings are closed until May 18. Please contact instructor directly with any questions regarding any rescheduling of classes due to Covid-19

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)

Class will resume when Pompo Community Center reopens

Coming Soon! On Stow TV and YouTube!

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

Program will resume when Pompo Community Center reopens

Virtual Pilates with Sabrina
From the comfort of your own home!
Tuesday Nights at 7pm and
Wednesday mornings at 8:30 a.m.



You will need: Your laptop or ipad, a thick Pilates mat and a ball or band if you have one and a yoga strap! Water as well! Dial in to zoom.us and Plug in:
Meeting ID 640-436-3147
\$15 Venmo before or after class

Until Pompo reopens, try Sabrina's Virtual Pilates!!!

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

Program will resume when Pompo reopens!!

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:

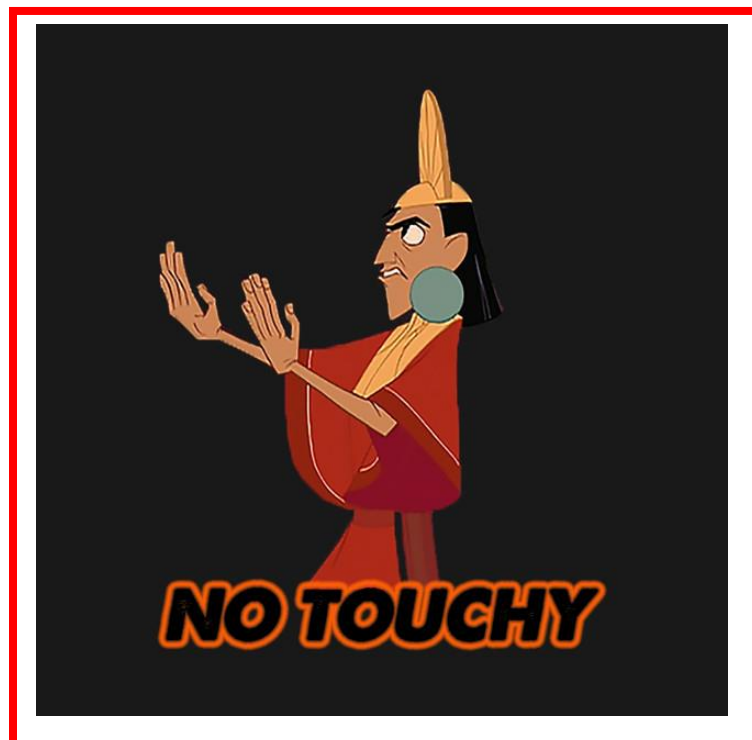
1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays and Thursdays for entire 6-week session: \$120
2. All Tuesdays OR All Thursdays: \$75
3. Daily Drop-in: \$15

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



Program will resume when Pompo Community Center reopens

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

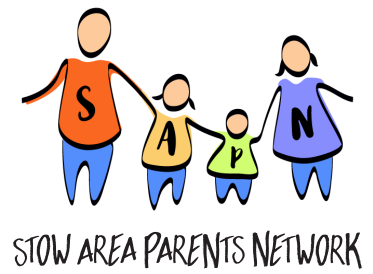
COST: \$45/year

Program will resume when town buildings re-open



CHECK OUT SAPN!

The Stow Area Parents Network (SAPN) is a volunteer-run parent organization for new parents and families with children ages five and under in Stow, MA and the surrounding towns. We are a community of parents, dedicated to strengthening our children and the community around us.



PLAYGROUPS

We provide weekly playgroups for the following ages:

- Newborn to 2-years-old
- 2-to-5/6-years old

FAMILY EVENTS

- Monthly Activities & Outings
- Pre-K Playgroups & Events
- Walking Group
- Holiday Parties

JUST FOR MOMS

- Meals for Moms
- Book Club
- Moms' Nights Out



Find us online: www.thesapn.org | www.tinyhood.com/sapn

Find us on Facebook: <http://www.facebook.com/TheSAPN>

E-mail us at: sapn.member@gmail.com

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