



Welcome to the Stow Recreation Department



February 2021 Newsletter

Well, Hello There!

Ah, February! What does that mean?

- It's freezing! Even if there is a warm day, don't get too comfortable. It won't last!
- We say things like "January went by so quickly"!
- We have written 2020 instead of 2021 a million times.
- Our icy hearts are warmed by Valentine's Day ... for a day.
- Super Bowl ... sorry that I mentioned that.

There is good news! The days are already getting longer and we have Winter Break to look forward to!

Keep an eye on our Newsletters. Spring and summer programs are now being scheduled.

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?

Happy Valentine's Day!!!!

Contact us:

1. **Email!** Laura: recreation@stow-ma.gov
2. **Phone!** Call us at 978-637-2984
3. **Visit!** Pompo Community Center at 509 Great Road. Our office hours vary due to the pandemic so please call to make an appointment.
4. **Website!** www.stow-ma.gov > Government > Recreation
Make an account and future sign-ups will be a snap

Stay Cool,
Laura Greenough

**"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
Chess Wizards	Zoom	Tues. & Thurs. Starting Feb 16	4:15-5:15pm	K-6 th grades	\$104
Babysitters Training	Zoom	Thursday, Feb 18	10am-12pm	11 years +	\$50
Home Alone Safety Training	Zoom	Thursday March 4	3:30pm-5pm	11 years +	\$50

BLAST! Babysitter Lessons and Safety Training

Instructor: Juanita Allen Kingsley

This workshop includes:

- * What to consider before you take a job
- * Communication - with parents, children and your parents
- * House safety
- * Activities for different ages
- * Choking prevention and relief
- * How and when to call for help; how to call 911
- * How to build your babysitting business

Ages 11+

Date: Thursday, February 18

Time: 10:00 – 12:00 p.m.

Fee: \$50

Home Alone Safety Online Class!!!!

As parents, we all reach a point where we wonder, can I run out for a gallon of milk? Would my child know what to do in an emergency? These days, we are spending sooo much time at home (Thanks, Covid)! Home Alone Safety is a great way to take the first steps towards independence!

In this course, we'll teach children the basics of being safe when home alone for short periods of time. We'll talk about how to call 911, how to prevent and relieve choking, discuss internet safety, learn about accident prevention and fire safety protection, and we'll cover simple first aid techniques. We'll also talk about how to use our time wisely!

When: Thursday, March 4

Time: 3:30-5PM

Where: ONLINE

Chess Wizards

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards online is the place for you!

Day: Tuesday & Thursday

Dates: 2/16, 2/18, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11 (8 classes)

Time: 4:15-5:15pm

Price: \$104 per child

Location: Online

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

CAMP STOW 2021

Summer will be here at some point! I promise! Now is the time to plan. **Camp Stow** registration will open on our website **March 1st** 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! **Some activities maybe canceled due to Covid-19 restrictions.**

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! Last year we sold out many weeks!



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)

Lifeguards
Swim Instructors
Beach Pass Checkers

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



All My Relations is an open-submission art show hosted by the Nashoba Area Social Justice Alliance. This is a phrase used by Indigenous people to describe their holistic world view of interconnection and oneness that deserves attention during these challenging times. It describes how to be connected to the community, ancestors, and descendants, but also the land, plants, animals, and spiritual creatures. It means to be conscious of the overlapping relationship one has with all that exists and allows you to exist. We require submissions to be original artwork inline with the theme and family rated. Artists of all ages and career levels are welcome.

Spring Juried Exhibition

SUBMISSION DEADLINE: MARCH 31, 2021

HOW TO APPLY
More details coming soon. Stay tuned!

**HOSTED BY
NASJA**

ADULT PROGRAMS

VIRTUAL FITNESS CLASSES

Lead by Gina Manganiello and her staff, these virtual classes will be sure to help keep you in shape! All classes will be taught by certified and experienced instructors virtually through the Zoom platform. *Zoom links will be emailed to registered participants prior to their class.* <https://fitnessdeliveredtoyou.com>

Guidelines for all classes:

- Dress as if you were attending an in-person class
- Mute your sound to defend background issues
- Inappropriate behavior and/or language will not be tolerated
- Enjoy the social experience!

VIRTUAL FITNESS: GENERAL CLASSES

Try a new class from the comfort and security of your new home! Pick the amount of classes you would like to attend a week and then choose your classes! Class options to choose from include Total Body Conditioning, Full Body Muscle, Tabata, HIIT (low impact options) Barre, Pilates, Myofascial Restorative Bodywork, Yoga, Resistance Band, Core Workout, and 30 Minutes Express Classes. All classes other than the express classes are roughly (1) hour long. For a full list of class options and their descriptions, please below.

Class Descriptions

Full Body Muscle – This Full Body class relies on creative movements and is form focused. This class will challenge your body in an effective, safe, and creative format. Each circuit is choreographed to work specific muscles building on strength to become stronger and more powerful. Light to medium weights. Can also use just body weight.

Total Body Conditioning: - This full body fun workout is designed to increase strength, mobility, stability and endurance delivering total body conditioning, core challenges, and mental training that will leave you feeling like a champion and happy. Light weights or household items can be used.

Lets' Lift – Full on strength exercises using your bodyweight, dumbbells and other fun fitness toys, you will sweat and smile and leave feeling more amazing than ever.

HIIT – Low Impact Express – HIIT Cardio is excellent for burning fat, boosting endurance, and even building lean muscle. The moves we use are great for increasing coordination, metabolism, and improve cardiac function, produce faster gains in endurance levels than steady state cardio training. Some lights may be used. Short on time, but you want a quick effective workout!

Slow Flow Deep Stretch Yoga- An active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper back. This class begins with warm-up movements to build heat and prepare the muscles for stretching. Most poses are done on the floor and held for 1-2 minutes. Slow flow classes can also use a combination of Vinyasa Flow and Hatha yoga.

Tabata – High-intensity interval training, a cardiovascular exercise strategy alternation short periods of intense anaerobic exercises with less intense recovery periods. You push yourself as hard as you can for 20 seconds and rest for 10 seconds

HIIT and Low Impact Full Body Circuit – 20 Minutes of Low Impact HIIT and then all the of the muscles- lower, upper and core will be at least lightly worked throughout this routine, but the butt and thighs are what take the brunt of the punishment. You maybe cursing your instructor, but you will love the burn and the results.

Barre — Attention to functional alignment, small precise movements and focus on one set of muscle groups at a time make it the most efficient and resulted oriented workout. Using repetitive, small movements that will bring your muscles to their edge and allow them to tone and strengthen. The class also has elements of cardio and stretching so you will feel full body fit. Some light weights, bands and balls can be used.

Mat Pilates – Done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resistance movement to build core strength, and lengthening. The mat floor exercises may also be combined with weights, bands and balls.

BollyX – Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music for around the world. Its hour cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and smiling.

Myofascial Restorative Bodywork Class- In this class, you will experience how myofascial restorative bodywork can help you release stress and regain vitality. The instructor will familiarize you with the structure of your body called fascia that houses your muscles (myo), and help you to utilize tools to release restrictions in that structure that can cause misalignment, compensation patterns, aches and pains, and loss of range of motion to name a few. This class will help open up space in your structure so the systems within can work as they are meant to. You will leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve aches and pains. As the structure of your body opens up, this will allow you to better enjoy more vigorous classes and activities.

All Classes start the week of February 22

Weekly Schedule for Virtual Fitness: General Classes

Mondays

8:30am - Total Body Conditioning

5:00pm - Myofascial Restorative Bodywork

Tuesdays

9:00am - Full Body Muscle – Stability Ball

5:30pm - Yoga

6:30pm - BollyX

Wednesdays

8:15am- Barre

9:30am – Let's Lift

5:30pm - Tabata/Muscle

Thursdays

8:00am - Express 30 Minutes Low Impact HIIT with Glutes/Abs

9:00am - Pilates with Weights

Fridays

8:30am - Fridays Fusion Core Crusher (30 minutes)

9:00am - Legs and Booty Resistance Band

Saturdays

9:00am - HIIT - Low Impact Full Body Circuit

10:15am - Yoga

Sundays

9:15am - Barre

10:30am - Yoga

Fee Options for Virtual Fitness: General Classes

Choose (2) class options per week: \$55.00 for (8) weeks

Choose (4) class options per week: \$77.00 for (8) weeks

All (14) class options per week: \$110.00 for (8) weeks

All (14) class options per week plus access to On Demand Library: \$132.00 for (8) weeks

*(On Demand Library: Videos of recorded classes that you can watch during your own time)*To register: <https://www.stow-ma.gov/recreation-department/pages/recreation>

STOW TENNIS

Please note: We will keep the nets up as long as possible!!!

To schedule court time for the Stow Community Park tennis courts, please use the following link:

<https://scptennis.skedda.com/register?key=02e4ee0>**Tennis in the Time of Covid-19:** While tennis is considered low risk, it is wise to follow some common sense guidelines. Follow this link for tips and recommendations from the United States Tennis Association (USTA): https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf