



Welcome to the Stow Recreation Department



March 2021 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 14)!!! 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!

YOGA!! 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
2. **Phone!** Call us at 978-637-2984
3. **Visit!** Pompo Community Center at 509 Great Road.
4. **Website!** www.stow-ma.gov > Government > Recreation

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

Stay Cool,
Laura Greenough

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	Online	Starts March 29, 2021. Sign-up is open now!	9:15 class 10:15 class	5 and under	See: www.mistervic.com
Creative Dance	Field behind Pompo	10 weeks starting March 25	More information: 978-433-8349 or information@creative-dance.com		
Babysitters Training	Online	Monday May 3	3:30pm-5:30pm	11 years +	\$50
Home Alone Safety Training	Online	Tuesday April 27	3:30pm-5:30pm	11 years +	\$50
Skyhawks Beginner Golf	Stow Community Park	June 21-25 (M-F)	9am-12pm	5-8 years	\$165
Mini Hawks-Sport Camp	Stow Community Park	July 12-16 (M-F)	9am-12pm	4-6 years	\$165
Skyhawks Multi-Sport Camp	Stow Community Park	July 12-16 (M-F)	9am-12pm	7-12 years	\$165
Skyhawks Tennis Camp	Stow Community Park	July 26-29 (M-Th)	9am-11am	4-6 years	\$115
Skyhawks Tennis Camp	Stow Community Park	July 26-29 (M-Th)	9am-12pm	7-12 years	\$150
Skyhawks Basketball Camp	Stow Community Park	July 19-23 (M-F)	9am-12pm	6-12 years	\$165

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

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

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

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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!

Ages 11+

Date: Tuesday, April 27

Time: 3:30-5:30PM

Fee: \$50

Where: ONLINE

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: Monday, May 3

Time: 3:30 – 5:30 p.m.

Fee: \$50

Where: ONLINE

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 23 - August 27

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>

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

This spring join us for an outdoor 10 week session of dance! Classes will be held at the field behind the Pompositticut Community Center in Stow beginning March 25, 2021. Any rain/spring snow dates will be made up at the end of the session or on zoom. Class size is limited so register early.

Class Descriptions:

*Creative Dance for Grades K-3, Thursdays, 3:45-4:25pm

Dance skills and vocabulary are taught with an emphasis on body awareness and confidence in movement. Create beautiful improvisational dances as you learn and explore the tools of dance – technique, design, rhythm, flow, and creativity. In addition, you will develop music appreciation as you dance to the many musical rhythms, learn problem-solving skills, and create solo and group dances expressing the uniqueness of each dancer. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit. \$130/10 weeks plus a \$10 materials fee for new students

*Creative Dance for Grades 4-6, Fridays, 3:45-4:25pm

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. \$130/10 weeks plus a \$10 materials fee for new students

*Creative Dance for Teens/Tweens Grades 7+, Thursdays, 4:30-5:30pm

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. \$140/10 weeks plus a \$10 materials fee for new students

*Dancers Workshop for Ages 9+ (with permission of instructor), Fridays, 4:30-5:30pm

Please contact me for details.

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!

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 9-week SPRING Online Music Classes start Monday, March 29, 2021, and will be held from the comfort of your own home using ZOOM!

This **spring's** collection is "**Triangle**," the **eleventh** 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." **Classes will run for 30 to 40 minutes each week. You will also have access to a private Facebook group. Unlimited makeup classes are available.**

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: Tuition: \$210 for the whole family – sibling rates have been waived for online classes.
Add \$5 one-time registration fee for new families to the program.

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

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 may be 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!





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 are ongoing

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/rec>

STOW TENNIS

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

