

Welcome to the Stow Recreation Department

April Newsletter



HOWDY,

April is the month when we can be relatively sure that there will be no more snow (at least not accumulating snow). Rest assured that no matter what type of winter we had, warm or cold, wet or dry, we will have a bad tick and mosquito season. Protect yourself and your pets!

Anything happening? Of course there is!

- **Town Center Park playground is ready to go and just awaiting your children!**
- **Pine Bluff Recreation Area:** There will be some changes at the entrance that will improve the line of sight for oncoming traffic. **WANTED: Waterfront Director!** We are looking to hire a responsible adult to run the beach! Also, we are looking for Camp Stow counselors, Lake Boon lifeguards and pass checkers.
- **SWIM PASSES:** are now available!! <https://www.stow-ma.gov/recreation-department/pages/recreation>

Thank you to all who have signed up to receive our monthly newsletter. Please spread the word. Just let us know you would like to be added to the list by emailing or calling Laura with your email address.

Do you know of a program that others would enjoy? Do you have questions about what the Recreation Department does? Do you have an opinion on how the Recreation Department can better serve the community? Please contact Laura or Maureen. Maybe your question or idea will be published right here!! 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
5. **Facebook!** Like us on Facebook, like us on Facebook, and did I mention, like us on Facebook!!!

Warmest Regards,
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.

Pickleball Anyone???

The Stow Recreation Department is looking for your help. Pickleball is one of the fastest growing sports and Stow should be a part of it. The Recreation Department is seeking CPC funds to build a Pickleball court at Town Center Park. We are sure this will be a nice addition to the park and used a ton by our community. Please come out and vote at our next annual town meeting and support our project!



YOUTH PROGRAMS

Quick Reference of Youth Programs

Program Name	Location	Date	Time	Ages	Cost
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
Art & Swim Camp	Pine Bluff Pavilion	August 23-27 (M-F)	9am-1pm	5-12 years	\$100
Spring Archery	Pompo Community center field	April 27 – June 1	5:15 – 6:15 pm 6:30 – 7:30 pm	Grades 4 – 6 Grades 7 – 12 & Adult	6-week session \$240
Summer Archery	Pompo Community center field	Summer Session 1 June 15, 22, 29, July 6, 13 and 20	5:15 – 6:15 pm 6:30 – 7:30 pm	Grades 4 – 6 Grades 7 – 12 & Adult	6-week session \$240
Summer Archery	Pompo Community center field	Summer Session 2 July 27, August 3, 10, 17, 24 and 31	5:15 – 6:15 pm 6:30 – 7:30 pm	Grades 4 – 6 Grades 7 – 12 & Adult	6-week session \$240

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 and Athletic Specialists)	Waterfront Director
Beach Pass Checkers	Lifeguards
	Swim Instructors

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

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 always on duty during swim time.

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



ARCHERY FOR BEGINNERS & INTERMEDIATES

Learn the *perfect* social distancing sport of recurve archery this spring and summer! Enjoy the fresh air and sound of arrows striking the target as our certified USA Archery Instructors cover safety, skill technique and teach friendly competitive games that inspire students to become better. All equipment provided and no prior experience needed. The program is hosted outdoors at the Fairbank Community Center (basketball court field, 35 Fairbank Road, Sudbury, MA 01776, USA)

Spring

Tuesdays, April 27 – June 1

5:15 – 6:15 pm (Grades 4 – 6)

6:30 – 7:30 pm (Grades 7 – 12 AND Adult)

Cost for 6-week session \$240

Summer

Session 1: Tuesdays, June 15, 22, 29, July 6, 13 and 20

5:15 – 6:15 pm (Grades 4 – 6)

6:30 – 7:30 pm (Grades 7 – 12 AND Adult)

Session 2: Tuesdays, July 27, August 3, 10, 17, 24 and 31

5:15 – 6:15 pm (Grades 4 – 6)

6:30 – 7:30 pm (Grades 7 – 12 AND Adult)

Cost for 6-week session \$240

Register: Online at <https://www.stow-ma.gov/recreation-department/pages/recreation>



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

Ages 11+

Date: Monday, May 3

Time: 3:30 – 5:30 p.m.

Fee: \$50

Where: ONLINE

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 will also talk about how to use our time wisely!

Ages 11+

Date: Tuesday, April 27

Time: 3:30-5:30PM

Fee: \$50

Where: ONLINE

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Stow Recreation

Youth Track and Field Clinic

Come to this informal and fun track and field clinic designed to familiarize participants with this universal, Olympic sport. The emphasis is on participating, learning, improving, and doing the best one can.

Track events include the 100, 200, and 400 meters for all grades, the 50-meter dash for 3rd and 4th graders, and the 800 meters and one mile for the 5th and 6th graders. Field events include the softball throw for distance and the running long jump. There is also the 4 x 100-meter relay race. Come with your relay team together, or we will create and put you on one.

The events are contested by grade - - 3rd and 4th grades together, and the 5th and 6th grades - - based on the current ('20-'21) school year.

Covid safety protocols will need to be followed.

Because of Covid, there is no easy location to participate this year. One needs to travel either to Concord or Harvard.

For: **Boys and Girls, grades 3 - 6** (grade for '20-'21 school year)

When: Harvard (Mondays) **OR** Concord (Wednesdays)

May 10: 4:30 – 6:00

May 12: 5:00 – 6:15

May 17: 4:30 – 6:00

May 19: 5:00 – 6:15

May 24: 4:30 – 6:00

June 2: 5:00 – 6:15

June 7: 4:30 – 6:00

June 9: 5:00 – 6:15

Tentative Meet: Saturday, June 12 (rain date of Sun. June 1)

Time: 6:30 - 9:00

Cost: \$99

Questions? Call or E-mail David Bell 978-505-0675 davidkbell@hotmail.com

Register: Online at <https://www.stow-ma.gov/recreation-department/pages/recreation>

Beyond Basics track

Beyond Basics track and field is once again running a weeklong program at Stow Community Park. Every participant will learn about the multitude of options track and field provides. Event areas include sprinting, distance, high jump, long jump, shot put, javelin, hurdling and baton passing/receiving. The week also provides students with a chance to learn how to warm up and prepare mentally for competition. The weeklong program culminates with an inter quad track meet. The program includes many experienced high school kids who lend their expertise as coaches. New this year is extended hours 8:30-3:30pm, a change of philosophy with elements of fitness and game play incorporated into the sport of track and field. Your kids will train, learn about track and field event areas and play fun games (which is more fitness in disguise).

What to bring: · Athletic Clothing · Towel/extra clothing · Sneakers
· Lunch/water · Water Bottle · Sun Block/purell

When: July 19-23

Time: 8:30-3:30pm

Ages: 8-13 years old

Cost: \$330 per week

ADULT PROGRAMS

(The time for "me time" is now)

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 number 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 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, 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>

Summer Yoga in the Park Series

Breathe - move - and join this free outdoor yoga practice! Stow Fitness Center is hosting Summer Yoga in the Park Series, beginning June 4th. Join this free community yoga practice every Friday at 9am at Stow Community Park, weather permitting. Registration is recommended for each Friday practice and Walk-ins are welcome. Registration opens 2 days prior to each scheduled class and limited to 20 participants.

Meet at the Pavilion on Fridays 10 minutes prior to the class. Participants are responsible to bring a required mat. Blocks, straps, and blankets are also recommended. Equipment will not be supplied. Class will be canceled due to rain or temperatures below 55-degrees.

All practices are led by a certified Stow Fitness Center yoga teacher. Practices are accessible for all fitness levels. This is a free practice and open to all in the community. Call 978.897.5300 with questions or support. Find details and registration links at stowfitnesscenter.com/yoga-in-the-park.

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 commonsense 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

AquaCize at Lake Boon

With Yvonne Grenon Benelli

This wonderful Water Fitness class at Pine Bluffs beach, 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 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: 7- Week Sessions (Please note: dates subject to change due to weather, make-ups as well as group interest in additional classes in August!)

Tuesdays 6:00 - 7:00pm; June 15 – July 27

Thursdays 4:30 - 5:30pm; June 17 – July 29

Fee Options:

1. **BEST DISCOUNT OPTION:** All Classes, All Tuesdays, **and** Thursdays for entire 7-week session: \$120
2. All Tuesdays OR All Thursdays: \$70
3. Drop-in: \$15

Note: These rates include beach fees for the day!

Who: Everyone is welcome anytime!

