



Welcome to the Stow Recreation Department September Newsletter



Ahoy,

The 411: Pompo Community center is open for business. If you are planning your next event or meeting, the Community center maybe a great location for you! For more information or to request a room please go to

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

We need your suggestions and opinions! Let us know what YOUR Recreation Department can do for you!! Contact us: 1. Email! Laura: recreation@stow-ma.gov; 2. Phone! Call us at 978-637-2984 3. Visit our Website! www.stow-ma.gov > Government > Recreation Make an account and future sign-ups will be a snap 4. Facebook! Like us on Facebook, like us on Facebook, and did I mention, like us on Facebook!!!

Warmest Regards, Laura Greenough

1. **Email!** Laura: recreation@stow-ma.gov
2. **Phone!** Call us at 978-637-2984
3. **Website!** www.stow-ma.gov > Government > Recreation
Make an account and future sign-ups will be a snap
4. **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 is 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 decide. **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.

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

"Providing Recreational, Educational, Social and Leisure-Time Activities for the Residents of Stow"

YOUTH PROGRAMS



The whole family is invited to join us Outdoors, Indoors, and 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 FALL Music Class programs starts the week of September 13, 2021!

This Fall's collection is "Fiddle" the thirteenth 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 are held in Groton, Hudson, Maynard, Stow, and Sudbury and will run 45 minutes each week. 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: \$220 (per family) for online classes; \$220 for first child; \$110 second child for in-person and outdoor classes; third child and children under 8 months come free when registered with a paid sibling. 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.

BLAST! Babysitter Lessons and CPR 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
- * Basic CPR Training

Ages 11+

Date: 10/18/21

Time: 4 – 7 p.m.

Fee: \$50

Where: Clinton Recreation Department

Disclaimer: Participating in recreational activities may cause high levels of laughter and fun. It may also result in unforgettable experiences and friendships. Recreation may be habit forming!



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

Fall Session of Dance 2021

Dance classes will be held for a 16-week session at the old Stow Town Hall beginning Thursday, September 23, 2021. We will follow current CDC and MA state guidelines regarding COVID. Class size is limited so please register early.

***Creative Dance for Grades K-2, 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.

***Creative Modern Dance for Grades 3-6, Thursdays, 4:30-5:25pm**

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.

***Creative Modern Dance for Teens Grades 7+, Thursdays, 6:30-7:25pm**

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 classical, jazz, pop, world, new age, and lyrical music. Explore Yoga flows and relaxation techniques.

***Dancers Workshop Performing Group for Ages 8+, Thursdays, 5:30-6:25pm (rehearsals begin Thursday, September 2, 2021)**

For more information or to register please call Jennifer McGowan at 978-433-8349 or e-mail information@creative-dance.com

Dance is for everyone! Everyone can dance!

ADULT PROGRAMS

(The time for "me time" is now)

EVENING YOGA with Terry Kessel Myers Coney, RYT

This class is based on Kripalu's introspective approach to yoga, beginning with gentle warmups and breathing techniques, then introducing basic postures (or Asanas) to help release tension and stress, and ending with a deep relaxation. The poses can be adapted to individual needs and students at any level are welcome.

If you have been interested in trying a yoga class and want to see what it is all about, this is a great class for you. Also perfect for those who already have done some yoga and are looking for a group to practice with. This class is easily adaptable to many ability levels, working with breath, focus, and basic postures. The benefits of yoga are numerous. Among those noted by previous students are greater flexibility, strength, and balance, as well as a sense of relaxation, calm and centeredness. Yoga balances body, mind and spirit. You do not need to be super flexible or super fit.

WHERE: Pompo Community Center

WHEN: 7-week sessions

Wednesdays, October 6 – November 17

TIME: 7:30PM-8:30PM

COST: \$84 for 7 weeks

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

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

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