



Welcome to the Stow Recreation Department

October 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

Home Alone Safety Online Class!!!!

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!

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

Grades: 3-6

Date: 10/20/21

Time: 4 – 5:30 p.m.

Fee: \$50

Where: Online

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

2021-22 Bombers Basketball



1st and 2nd Graders!

- Learn the fundamentals of basketball – while having fun!!
- Saturday mornings for 1 hour at the Center School Gym.
- Cost is \$130 for 11 weeks - each additional child is \$115.
- Register by October 25th at www.stowhoops.org.

Session Dates

Nov 13	Dec 11	Jan 15	Feb 5
Nov 20	Dec 18	Jan 22	Feb 12
Dec 4	Jan 8	Jan 29	

- **REGISTER by October 25th** to guarantee your child a spot on a team.
- **AFTER October 25th**, child will be wait-listed and pay a \$20 late fee.
- **BOMBERS T-SHIRT & BASKETBALL** for each child registered. You will be notified by email with your team and schedule.
- **COACHES:** We need volunteer coaches to run this program! Parents interested in coaching will be CORI'd by SYBA and need to attend the 2021 Coaches Clinic. An email notification will be sent with the date/time/place for the clinic.
- **SCHOLARSHIPS:** Available upon request and will be kept confidential. Contact mifratto@hotmail.com
- **QUESTIONS?** Please contact *Mike Fratto, Bombers Director* at mifratto@hotmail.com



Stow Recreation Basketball



2021/2022 Season

No tryouts - all skill levels welcome!

Learn to love the game of basketball and take it to the HOOP!!

Who	Grades 3 rd -8 th (Boys and Girls)
Dates	November 2021-February 2022
Practices	One per week- determined by your coach
Games	One per week- Saturday or Sunday
Cost	\$130 first child/ \$115 each additional child
Register At	www.stowhoops.org

- **REGISTER:** Before **October 25th, 2021**, to guarantee your child a spot on a team, *otherwise*, child will be wait listed and you will incur a \$20 late fee.
- **EVALUATION NIGHT:** Notifications will be sent out to all who register with date/time/place for Evaluation Night 2021. This is required so we may balance all teams to the best of our ability.
- **SCHOLARSHIPS:** Available upon request and will be kept confidential. Contact mifratto@hotmail.com
- **COACHING OPPORTUNITIES:** ***We need volunteer coaches in order to run this program!*** Parents interested in coaching can sign up at the website when registering your child. All volunteer coaches will be required to complete a CORI form and attend the 2021 Coaches Clinic.

Nashoba Valley Ski and Snowboard 2022

**Tis' the season for snow sports!! Well, almost.
It could happen at any minute!!!!**

Where: Nashoba Valley Ski Area

Who: Grades 3-8

When: January 7, 2022

Duration: 6 weeks Jan7 –Feb 11

Registration: Download the ski packet and registration form on-line at www.stow-ma.gov and mail it into the Stow Recreation Department. **Please indicate on your form if you are willing to chaperone.**

Renting Equipment: to rent equipment from Nashoba Valley Ski Area, you will need to go to the rental shop for a fitting. The shop will be staffed beginning on **November 4, 2022**. Call before to make sure there is staff to help you (978-692-3033).

The shop will have a full crew beginning **December 1, Mon-Fri from 9am-5pm and 10am-2pm on the weekends.**

*******Make sure to let them know you are with Stow Recreation*******

Pricing Information	
6-week Lift Ticket with Lessons	\$380.00
6-week Lift Ticket No Lessons	\$280.00
Equipment Rentals (6 week rental)	\$180.00
Helmets can be purchased thru the Nashoba Valley Rental Shop for– ask at your fitting.	\$ 80.00
Bus Fee	\$ 90.00
Financial aid is available – Please contact Laura at 978-637-2984	



ADULT PROGRAMS

(The time for "me time" is now)



Offered to all (16 years or older)

Mondays (except for Legal Holidays)

5:00-6:00 pm

Pavilion at Snow Field, 50 Old Bolton Road, Stow, MA

(When weather turns cold, class will move indoors to)
Pompo Community Center, 509 Great Road, Stow, MA

Instructor: Maureen McKeon

\$8 drop-in (suggested donation)

All fitness levels and abilities welcome!

This will be taught as a gentle, Kripalu-style class.

Some yoga mats & blocks will be available

For additional information contact Maureen via email

mtrunfio@mac.com

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



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!



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