

# Stow Recreation Department

## January 2022 Newsletter



### Camp Stow

...Coming soon!!!

We are currently planning the exciting events and required staffing for Camp Stow 2022.

Registration will open late February!



### The Pompo Community Center!

Planning an event or meeting?  
Birthdays, Game Nights,  
Exercise Classes?

The Community Center may be a  
great location for you!

For more information or to request  
a room, go to [stowma.myrec.com](http://stowma.myrec.com)!

### Happy New Year!

We hope you enjoyed the holiday season! Regrettably, the opportunities to gather with loved ones also brought opportunities for COVID-19 to spread. The community and schools are experiencing an increase in cases, which may lead to some program interruptions. Please watch for notifications from the instructors. We wish everyone a happy and *HEALTHY* New Year!

The cold weather has come but we will be seeing a little more sunshine each day! Put on your warmest coat, hats and mittens and try to get outside when you can. The fresh air will do you some good. If you're looking for something different, we have Yoga, Bridge, and the Men's Basketball League for adults. Kids can try Music Together, a Creative Dance class or Archery.

Do you have other suggestions? Contact us:

**Email** Laura Greenough: [recreation@stow-ma.gov](mailto:recreation@stow-ma.gov);  
Laura Dow: [recreation2@stow-ma.gov](mailto:recreation2@stow-ma.gov)

**Phone** 978-637-2984

**Visit** Pompo Community Center - 509 Great Road  
Monday – Friday, 10:00am – 3:00pm

**Website** [www.stow-ma.gov](http://www.stow-ma.gov) > Government >  
Recreation Department or  
[stowma.myrec.com](http://stowma.myrec.com)

Create an account and future sign-ups will be a snap!

**Facebook!** [Stow Recreation Department](https://www.facebook.com/Stow-Recreation-Department)

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

# PROGRAMS AT A GLANCE

Youth Programs					
Program Name	Location	Date	Time	Ages	Cost
Babysitter Training	Coming in March 2022				
Music Together of Assabet Valley	Pompo Community Center	Saturdays January 15 – March 19 (9 classes)	9:15 class 10:15 class	5 and under	\$220 Virtual & In-Person Options
On the Mark Archery	Fairbank Community Center In Sudbury	Thursdays January 6 – February 17	5 – 6pm	Grades 4-6	\$266
			6:10 – 7:10pm	Grades 6+	
Creative Dance	Old Stow Town Hall	Thursdays	For more information: call 978-433-8349 or e-mail <a href="mailto:info@creative-dance.com">info@creative-dance.com</a>		

Adult Programs				
Program Name	Location	Date	Time	Cost
Yoga with Maureen	Pompo Community Center	Mondays	5:00-6:00pm	\$8 drop in
Men's Basketball	Hale Middle School	Tuesdays and Saturdays	Tues: 6:30-8:30pm Sat: 8-10:30am	\$45/year
Ballroom Dance	Pompo Community Center	Mondays beginning February 14	Novice: 6 - 7pm Intermediate/Advance: 7 – 8p	Each class is \$12/person or 4 weeks at \$40/person
On the Mark Archery	Fairbank Community Center in Sudbury	Thursdays January 6 – February 17	6:10 – 7:10pm	\$266
Duplicate Bridge	Pompo Community Center	1 <sup>st</sup> Saturday of every month	6:45pm	\$5/pair

## DON'T DELAY!! REGISTER!!

Programs can fill up fast so sign up now before it's too late!

## TELL YOUR FRIENDS – CREATE A BUZZ!!!

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.

If your class is cancelled due to low enrollment, you will be notified by email.

So, please, ***make sure you provide us with an updated email address.***

# YOUTH PROGRAMS



The whole family is invited to join us  
**INDOORS and ONLINE**  
for informal, education - based in music,  
movement,  
and instrument play for children  
ages newborn through five  
with the grown-ups who love them!!  
Classes are offered in Groton, Hudson,  
Maynard, Stow, and Sudbury.



## Music Together

Our 9-week WINTER Music Class program starts the week of JANUARY 10, 2022!

This Winter's collection is "Drum" the fourteenth 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:**           online - \$220 (per family)  
                          in-person - \$220 for first child; \$110 for second child  
                          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](http://www.mistervic.com) or call 978-897-0874 for more information.

## YOUTH PROGRAMS

# *Creative Dance*

**Jennifer McGowan's Creative Dance Center**

[www.creative-dance.com](http://www.creative-dance.com) 978-433-8349

Dedicated to providing quality dance education for children of all ages

### Winter Session of Dance 2022

Classes are currently in session and new students are welcome to join in the fun. Tuition will be prorated for new students. Students new to the Creative Dance Center may try a class for free during the month of December or January to see if the class is a good fit. Discover the magic of dance!

Please contact Jennifer McGowan at [info@creative-dance.com](mailto:info@creative-dance.com).

**\*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**

For more information or to register please call Jennifer McGowan at 978-433-8349 or e-mail [info@creative-dance.com](mailto:info@creative-dance.com)

## ADULT PROGRAMS



### **Monday Evening Ballroom Dancing:**

Come join in on the fun and relaxation of this Swing & Waltz dance class.

No partner necessary and comfortable shoes suggested.

**6-7pm Beginners I – Cha-Cha & Rumba:** This class is for new or “rusty” dancers. No partner necessary and comfortable shoes suggested.

**7-8pm Beginners II – Swing & Waltz:** This class is for people who have some dance experience. Partners suggested but not necessary.

**Cost: \$12 per person/class or \$40 per person/4 weeks**

**Register at** [stowma.myrec.com](http://stowma.myrec.com)

**Instructor: Carole-Ann Baer**

Carole-Ann has been in the ballroom dance track for many years. She danced with the world champion BYU formation ballroom dance team, is a champion ballroom dancer and currently is a theater troupe choreographer and teaches dance at Brandeis University.

## 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](mailto: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; play begins promptly at 7PM

Please arrive at 6:45pm to help set up tables and shuffle cards

**COST:** \$5 per pair



## ADULT PROGRAMS

### MEN'S BASKETBALL AT HALE MIDDLE SCHOOL

The Stow Recreation Department is sponsoring Men's Basketball. Want to get back in the game? Just show up at Hale Middle School during the times below. Masks required.

**WHEN:** Tuesday evenings 6:30 –8:30pm and/or Saturday mornings 8:00-10:30am



## YOGA with Maureen

Offered to all (16 years or older)

**Mondays (except for Legal Holidays)**

**5:00-6:00 pm**

**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](mailto:mtrunfio@mac.com)



## COMBINED AGES PROGRAM



### On the Mark Archery

Thursdays\*

January 6 – February 17

Grades 4-6: 5 – 6 PM

Grade 6 to adult: 6:10 – 7:10 PM

Cost: \$266

*\*Held at Fairbank Community Center in Sudbury*

Discover the excitement that comes with shooting a bow and arrow and learn a unique martial art that teaches discipline, focus and patience in order to find success. Our coaches will instruct participants in the fundamentals of traditional recurve shooting that can enhance academic and athletic performance, even off the range. All equipment and coaching is provided, no prior experience necessary.

Register at [stowma.myrec.com](http://stowma.myrec.com)

For more information, contact Mark at [info@onthemarkarchery.com](mailto:info@onthemarkarchery.com)

## Camp Stow registrations opening in February...

Use [stowma.myrec.com](http://stowma.myrec.com) to register.  
Be sure to update your account, it will simplify your registrations and help us send you all the information you need.

