

# Stow Recreation Department February 2022 Newsletter



In honor of Black History Month, the Recreation Department would like to share some of the story of Willie O'Ree, the first Black player in the National Hockey League.

On January 18, 1958, Willie O'Ree, who was hiding the fact that he was blind in his right eye due to an injury 2 years earlier, took the ice with the Boston Bruins hockey team to become the first Black hockey player in the NHL. He played 2 games that season, and 43 games in the 1960-61 season. There would not be another Black player in the NHL until 1974.



O'Ree played 18 more years in the minors and retired from hockey in 1979 at the age of 43. His playing career was impressive, but since his retirement he has continued to have a profound impact in the league and the hockey community. O'Ree has worked with kids across North America, not just teaching the game of hockey, but the important lessons the sport can offer about winning and losing, overcoming challenges, being a good teammate, and learning to share. In 1998 he became the NHL's Diversity Ambassador, where he worked to improve diversity and inclusion in the league and its youth development programs.

Willie O'Ree was inducted into the Hockey Hall of Fame in 2018. Also in 2018, the NHL instituted the annual *Willie O'Ree Community Hero Award* in his honor. This award is to "recognize the individual who has worked to make a positive impact on his community, culture or society to make people better through hockey." On January 18, 2022, the Bruins retired O'Ree's jersey, 64 years after he broke the NHL color barrier. O'Ree's influence will continue to be felt for generations. His No. 22 in the rafters at TD Garden will add to the generational impact of the work he has done, and the work that is ongoing, to make hockey more inclusive for all.



Do you have program 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, 10am – 3pm

**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/StowRecreationDepartment)

## 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)!

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

# PROGRAMS AT A GLANCE

YOUTH PROGRAMS					
<i>Program</i>	<i>Location</i>	<i>Start Date</i>	<i>Times</i>	<i>Cost</i>	<i>How to Register</i>
CAMP STOW	Pine Bluff	<b>Registration Opens Monday, February 7th</b>			<a href="http://stowma.myrec.com">stowma.myrec.com</a>
ARCHERY	Fairbank CC Sudbury	Grade 4+ Thursdays	5:30-6:30 PM	\$238/6 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
		Grade 7+ Thursdays	6:40-7:40 PM	\$238/6 week	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
BABYSITTER TRAINING	Pompo CC	Saturday March 12	2-6 PM	\$50	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
CREATIVE DANCE	Old Town Hall	Thursdays	Various Times	Pro-rated	978-433-8349 or <a href="mailto:info@creative-dance.com">info@creative-dance.com</a>
MUSIC TOGETHER	Pompo CC	Saturdays	9:15 AM 10:15 AM	\$220/9 weeks	<a href="http://www.mistervic.com">www.mistervic.com</a> or 978-897-0874
SQUASH	SquashWest 29 Knox Trail, Acton	Thursdays	4:10 -5:00 PM	\$110/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
		February Break Clinic Tues - Fri	9am-12pm	\$130/day \$400/4 days	<a href="http://stowma.myrec.com">stowma.myrec.com</a>

ADULT PROGRAMS					
<i>Program</i>	<i>Location</i>	<i>Day</i>	<i>Times</i>	<i>Cost</i>	<i>How to Register</i>
ARCHERY	Fairbank CC Sudbury	Thursdays	6:40-7:40 PM	\$238	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
BALLROOM DANCING	Pompo CC	Mondays	6 -7 PM 7 -8 PM	\$12/class \$40/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
MEN'S BASKETBALL	Hale	Tuesdays	6:30-8:30 PM	\$45/year	Drop In
		Saturdays	8 – 10:30 AM		
BELLY FAT BLASTER	Zoom	Tuesdays	9:30 AM and On Demand	\$63/7 classes \$126/14 classes \$140 Unlimited	<a href="mailto:marie.e.omalley@gmail.com">marie.e.omalley@gmail.com</a> or text 508-450-2581
		Fridays	9:30 AM and On Demand		
BRIDGE CLUB	Pompo CC	First Saturday of the month	7 PM	\$5 per pair	<a href="mailto:ernstonebraker@gmail.com">ernstonebraker@gmail.com</a> or 978-568-1596
WOMEN'S SQUASH CLINICS	SquashWest 29 Knox Trail, Acton	Beginner - Tuesdays	10-11 AM	\$110/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
		Intermediate - Wednesdays	10-11 AM	\$110/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
ADULT SQUASH CLINICS	SquashWest 29 Knox Trail, Acton	Tuesdays	7:30-8:30 AM	\$110/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
		Thursdays	8-9 PM	\$110/4 weeks	<a href="http://stowma.myrec.com">stowma.myrec.com</a>
YOGA	Pompo CC	Mondays	5-6 PM	\$8 per class	Drop In

# Town of Stow Recreation Department

# 2022 CAMP STOW

at Pine Bluff Recreational Area, 303 Sudbury Road, Stow, MA

Camp Stow is committed to serving the needs of parents and children by offering a quality program with a rich blend of activities to provide an ideal outdoor environment and a unique opportunity for children to learn valuable skills and make new friends through programs that are challenging, educational, and fun.

A variety of age-appropriate activities are offered each week including:

Boating, Field Games, Arts & Crafts,  
Swim Lessons, Fishing, Archery\*,  
Group Challenges, Campfires, and more.

\*Archery will only be offered to campers ages 7 and up.

Children will be placed in groups according to age with a counselor-to-child ratio of 1:10 (1:5 ratio for ages 5 and 6).



Registration for Stow/Maynard residents opens February 7<sup>th</sup>. If additional space is available, non-residents can register beginning February 28<sup>th</sup>.

Space is limited so please sign up early.  
Please visit our website [www.stow-ma.gov](http://www.stow-ma.gov)

*105 CMR 430.00 - This Camp will comply with regulations of the Massachusetts Department of public health and will be licensed by the Stow Board of Health.*

## SESSION WEEKS

Session I:	June 27-1
Session II:	July 5-8*
Session III:	July 11-15
Session IV:	July 18-22
Session V:	July 25-29
Session VI:	Aug. 1-5
Session VII:	Aug. 8-12
Session VIII:	Aug. 15-19

\*Session II is a 4-day week and will be pro-rated.

## FEES PER SESSION WEEK

### Youth Program: Ages 5-12

#### **Half Day: (9am - 1pm)**

**Cost: \$164** per week/per camper

Each additional child takes \$20 off

Multi-week Half Day Discount:

3 weeks takes \$25 off total

5 weeks takes \$50 off total

8 weeks takes \$100 off total

#### **Full Day: (9am – 4pm)**

**Cost: \$250** per week/per camper

Each additional child takes \$40 off

Multi-week Full Day Discount:

3 weeks takes \$50 off total

5 weeks takes \$100 off total

8 weeks takes \$200 off total

#### **Pre- and Post-Camp Options**

Pre (8-9 am): \$30/week

Post (4-6 pm): \$45/week

Both: \$65/week

#### **Prices Include:**

- Free T-shirt (1 per summer)
- Weekly Field Trip
- FREE 2022-23 Boys & Girls Club Membership.

# YOUTH PROGRAMS

## Babysitters Training Course *with Debbie LaFlamme*

Saturday, March 12<sup>th</sup>

2pm – 6pm

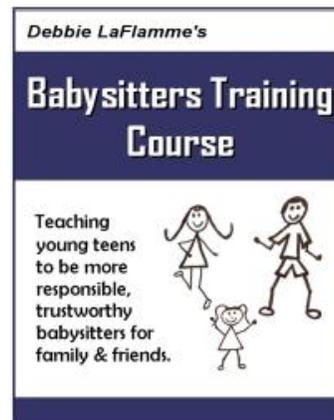
4-Hour Training Course for ages 11 and older

Cost is \$50

The Babysitters Training Course will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends. This class includes techniques in interviewing with parents, infant & toddler care, diapering, feeding, creative reading, activities for young children, appropriate snacks, handling bedtime issues, basic first aid, and tips for a safe babysitting experience.

Instructor Debbie Laflamme has a degree in Early Childhood Education and operated as a licensed daycare provider in Massachusetts caring for children of all ages in her home for over 20 years. Today she is a private care provider.

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



## Have you ever tried Squash? *(Not the vegetable!)*

- It values strategy, quick wits and practice.
- It provides a vigorous workout and is played by people of all ages and sizes.

Squash is simple to learn, there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court.

Squash programs provided by SquashWest, 29 Knox Trail, Acton  
Register at [stowma.myrec.com](http://stowma.myrec.com)

## Youth Squash (Ages 9-14) with Belkys Hazzard

We'll start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent. All equipment is provided! Please wear sneakers and comfortable clothing.

*Belkys Hazzard is an Acton resident and a former World Squash Tour pro. A native of Ecuador, she is a certified Level 1 US Squash Coach. She was Head Coach of the Tufts University women's team and has also held positions at Northeastern University, Newton Country Day School and the Andover Youth Squash Association.*

### Monthly Clinic

Thursdays 4:10pm-5:00pm.

Grades 3-5 group & Grades 6-8 group.

1<sup>st</sup> session: Feb 3rd, 10th, 17th, March 3rd.

2<sup>nd</sup> session: March 10th, 17th, 24th, 31st.

\$110 for each session.

### February Break Clinic

Tuesday 22<sup>nd</sup> - Friday 25<sup>th</sup>, 9am-12pm

\$130/day or \$400 for the 4-day program

### April Break Clinic

Tuesday 19<sup>th</sup> - Friday 22<sup>nd</sup>, 9am-12pm

\$130/day or \$400 for the 4-day program

# 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 pro-rated 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)



#### **TELL YOUR FRIENDS – CREATE A BUZZ!!! MAKE IT HAPPEN!**

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.

# ADULT PROGRAMS

## MEN'S BASKETBALL

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.

**WHERE:** Hale Middle School  
**WHEN:** Tuesday evenings 6:30 –8:30pm  
and/or  
Saturday mornings 8:00-10:30am  
**COST:** \$45/year



## 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

**February is Heart Health Month.**

Heart disease is largely preventable.

Learn what you can do to keep your heart healthy.

<https://www.nhlbi.nih.gov/education/american-heart-month>



# ADULT PROGRAMS



## SQUASH

Simple to learn - there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court.

We'll start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent.

All equipment is provided! Please wear sneakers and comfortable clothing.

**Squash programs offered through SquashWest, 29 Knox Trail, Acton**  
Register at [stowma.myrec.com](http://stowma.myrec.com)

## WOMEN'S ONLY SQUASH CLINICS with former PSA Ladies Professional Belky

Do you want to try the sport of Squash in a women's only private clinic? Belkys is a former professional tour player that is offering ladies only clinics for the beginner and intermediate player! She promises to provide you with an active, social, and fun time while enjoying the values of squash that encompasses strategy, quick wits and a vigorous workout. Simple to learn, there are just two strokes, the forehand and the backhand; and players take turns hitting the ball against the front wall of the court. We'll start with the basic strokes and footwork and move onto more advanced strategy and drills. Once you've mastered the techniques, the real fun comes as you build proficiency and find ways to out-think your opponent.

*Belkys Hazzard is an Acton resident and a former World Squash Tour pro. A native of Ecuador, she is a certified Level 1 US Squash Coach. She was Head Coach of the Tufts University women's team and has also held positions at Northeastern University, Newton Country Day School and the Andover Youth Squash Association.*

### Beginner Program

Tuesdays 10am-11am

**1st session:** February 1, 8, 15, and March 1.

**2nd session:** March 8, 15, 22, and 29.

**\$110 for each session.**

### Intermediate Program

Wednesdays 10am-11am

**1st session:** February 2, 9, 16; and March 2.

**2nd session:** March 9, 16, 23, and 30.

**\$110 for each session.**

## ADULT SQUASH CLINICS lead by Head Pro Gary Gargan

SquashWest is offering a great opportunity for adults to experience the game of squash or grow their skills to a new level in a social setting! Gary Gargan, the head pro at SquashWest, is offering morning and evening sessions that suit you.

*Gary comes to SquashWest with years of experience and enthusiasm for growing the game. Check him out: <https://www.squashwhisperer.com/>, <https://ggsquash.com/> or just come on by!*

### Coffee with the Coach

Tuesday mornings 7:30am-8:30am

**1st session:** February 8, 15; March 1, and 8.

**2nd session:** March 15, 22, 29, and April 5.

**\$110 for each session.**

### Squash and Social

Thursday Evenings 8pm-9pm

**1st session:** February 10, 17; March 3, and 10.

**2nd session:** March 17, 24, 31, and April 7.

**\$110 for each session.**

## ADULT PROGRAMS

### THE BELLY FAT BLASTER CLASS - A Transformation Program

Train your body to burn more calories 24/7.  
This is a safe and effective workout for anyone and everyone!  
Class includes Basic Weight Training for everyday functional strength.  
Get stronger as you tighten, tone and sculpt your body.  
The core conditioning segment includes Pilates mat work and the best ANTI AGING moves for better posture, a stronger back and FLAT ABS!!  
Class participants will get weekly healthy eating tips and supplemental home-based workout guidelines.

You'll need a set of hand-held weights, a mat and water.

**Zoom classes are at 9:30 AM or On Demand**

**Tuesdays:** March 8, 15, 22, 29; April 5, 12 and 19.

**Fridays:** March 11, 18, 25; April 1, 8, 15 and 22.

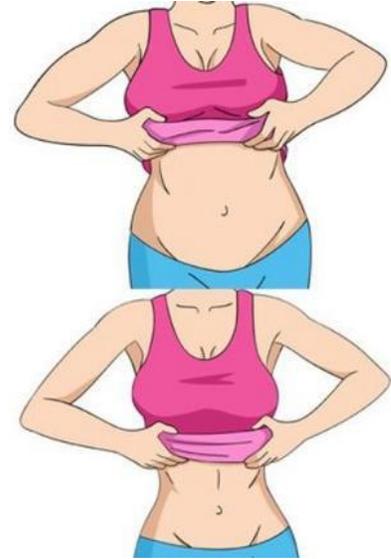
7 weeks of classes

7 classes \$63 (good choice for one class each week)

14 classes \$126 (good choice for two classes each week)

Unlimited classes \$140

To register, contact Marie via email [marie.e.omalley@gmail.com](mailto:marie.e.omalley@gmail.com) or text 508-450-2581



## 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)**

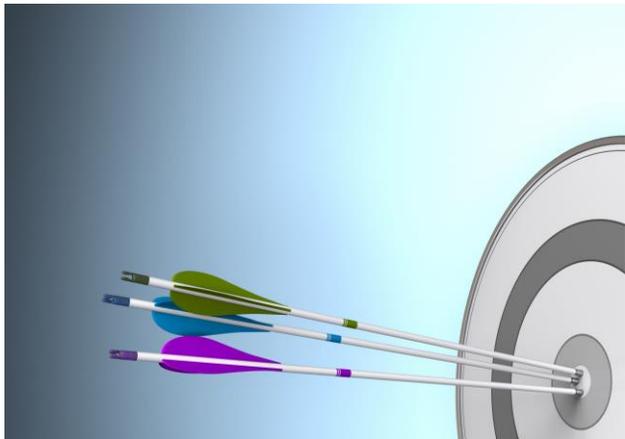
**All fitness levels and abilities welcome!**

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

Some yoga mats & blocks will be available

For additional information contact Maureen via email [mtrunfo@mac.com](mailto:mtrunfo@mac.com)

## COMBINED AGES PROGRAMS



### ON THE MARK ARCHERY

Thursdays\*

Grades 4 and up: 5:30 – 6:30 PM

Grades 7 to adult: 6:40 – 7:40 PM

Cost: \$238

*\*Held at Fairbank Community Center in Sudbury*

Recurve archery is one of the oldest forms of martial arts that involves patience, focus, discipline and perseverance to achieve a goal. This fun and engaging class keeps students challenged while integrating key concepts of shooting a traditional recurve bow.

All equipment is provided and students are trained by teams of certified USA Archery instructors. Prizes awarded to the top ace!

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

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

**Winter II Session: 6 weeks** - March 10, 17, 24, 31; April 7 and 14.

**Spring I Session: 6 weeks** - April 21, 28; May 5, 12, 19 and 26.

**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.

***Be sure you provide us with an updated email address.***

