

Stow Recreation Department September 2023 Newsletter



THANK YOU to all the wonderful campers and CITs for making Camp Stow so much fun this summer!

And sincere gratitude to the amazing counselors that led the fun, kept everyone safe, and made the busy camp season so successful!

The CITs and Campers had such a good time playing games, enjoying the fresh air and mostly sunny days, and a few terrific field trips! Everyone had a great summer thanks to this fantastic group!

Shout out to the lifeguards and beach staff, as well. Thank you so much for your attention and dedication this season!

Happy Labor Day! Farewell to Summer and welcome the unofficial start of Fall. School has begun and we will start ramping up our programs for the fall.

- For kids, **Creative Dance** and **Music Together** will begin soon.
- For the adults, **Yoga** and **Bridge** will continue, **Men's Basketball** will start mid-September and **Ballroom Dance** will start in October.

Keep an eye out for more programs we hope to roll out this fall:

- *Babysitter Training Class*
- *School-aged afternoon program*



Do you have program suggestions? Please contact us:

Email Laura Greenough: recreation@stow-ma.gov

Laura Dow: recreation2@stow-ma.gov

Phone 978-637-2984

Visit Pompo Community Center

509 Great Road

Monday – Friday, 10am – 3pm

Website www.stow-ma.gov > Government > Recreation Department; or stowma.myrec.com

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

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

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



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.***

Stow Tennis & Pickleball!



Stow Community Park has Tennis & Pickleball!
Reserve either type of court through the following link:
<https://scptennis.skedda.com/register?key=02e4ee0>

Courts are reserved on a first come, first served basis.
Each court holds 1 tennis court or 2 pickleball courts.



YOUTH PROGRAMS

Program	Location	Day	Time	Cost	How to Register
CREATIVE DANCE	Old Town Hall	Thursdays Starts Sept. 21	Various Times By Age		978-433-8349 or info@creative-dance.com
MUSIC TOGETHER	Pompo CC	Saturdays Starts Sept. 16	9:15 AM 10:15 AM	\$240/9 weeks	www.mistervic.com or 978-897-0874



The whole family is invited to join us for informal, education – based in music, movement, and instrument play for children ages newborn through five with the grown-ups who love them!

Music Together



Bongos/Fall 2023 Program begins Saturday, Sep 16
9:15am or 10:15am classes 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: \$240 for first child; \$120 for second sibling; \$50 for third sibling
children under 8 months come free when registered with a paid sibling.
Add \$15 one-time registration fee for new families to the program.

Register at www.mistervic.com or call 978-897-0874 for more information.

YOUTH PROGRAMS

Creative Dance

Fall Session of Dance Begins September 21

Join in the fun. All levels of experience welcome.

For more information or to register please call

Jennifer McGowan at 978-433-8349

or e-mail info@creative-dance.com



OPEN HOUSE: Thursday, September 7th, 3:00-4:30pm

Creative Dance for Preschool Ages 3-5, Thursdays, 2:45-3:25pm

(Class times may change to a little earlier or later depending on the needs of families)

Dance activities emphasize the fun and excitement of discovering the world through movement. Explore dancing with scarves, rhythm instruments, parachute play, story dance, yoga and much more! Participants must be age 3 by September 1, 2023, and be ready to be in a class on their own.

Creative Dance for Grades K-2, Thursdays, 4:00-4:40pm

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, 4:45-5:40pm

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, 6:45-7:45pm

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 Ages 8+, Thursdays, 5:45-6:40pm

The Dancers Workshop is a performing dance company of young people who share a love of dance and a desire to bring the art of dance to the community. Dance company members perform at several community events and festivals throughout the year, which may include performances at nursing homes, community centers, local town festivals, and schools, as well as family performances. Please inquire for details about this special group.

**** End-of-year performance will be held in May at the Hale Middle School Auditorium. ****

**** All dancers are invited to be a part of this informal presentation. ****

Jennifer McGowan's Creative Dance Center

www.creative-dance.com 978-433-8349

Dedicated to providing quality dance education for children of all ages.

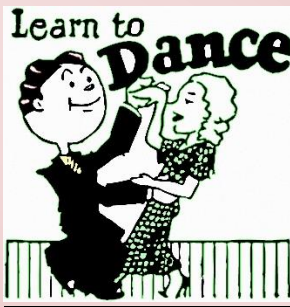
Dance is for everyone! Everyone can dance!

ADULT PROGRAMS

Program	Location	Day	Time	Cost	How to Register
MEN'S BASKETBALL	Hale	Tuesdays	6:30-8:30 PM	\$45/year	Drop In
		Saturdays	8-10:30 AM		
BALLROOM DANCE	Pompo CC	Tuesdays Starts October 3	6:30-7:30 PM	\$12/class \$40/4-weeks	stowma.myrec.com
BRIDGE CLUB	Pompo CC	First Saturday of the month	7 PM	\$5 per pair	ernstonebraker@gmail.com or 978-568-1596
YOGA	Pompo CC	Mondays	5-6 PM	\$8 per class	Drop In

Some of our programs require a minimum enrollment. We reserve the right to cancel a class due to low enrollment. 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.



Ballroom Dancing

Tuesday Evenings, 6:30–7:30pm

4-week Cha-Cha session, Starting October 3

4-week Waltz session, Starting November 7

3-week Fox Trot session, Starting December 5

Pompo Community Center

This class is for all levels. We welcome new or “rusty” dancers.

A dance partner suggested but not required.

Comfortable shoes recommended.

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.

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

Register at stowma.myrec.com

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

ADULT PROGRAMS

YOGA with Maureen



Offered to all 16+, All fitness levels and abilities welcome! This will be taught as a gentle, Kripalu-style class.

Mondays (except for Legal Holidays) 5:00-6:00 pm

Instructor: Maureen McKeon

\$8 drop-in (suggested donation) at Pompo Community Center

Some yoga mats & blocks will be available

For additional information contact Maureen via email mtrunfio@mac.com

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



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; play begins promptly at 7PM

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

COST: \$5 per pair