

Stow Recreation Department February 2024 Newsletter

On February 1, registration opens for some great summer programs with **Camp Stow**, **FC Pumas Soccer Camp**, and **Stow Rec's Summer Thing!**

We will soon be adding **Creative Dance**, **Skyhawks Sports Academy**, **FC Filmmakers Academy**, and more. Keep checking back for programs to help you make the most of your summer!

Let us know if you have any program requests, we'd love to hear what interests you.

Join the **OPEN HOUSE** on Monday, February 12th to help craft a vision for the Stow Acres property!

We also have some great programs available for the rest of the school year, like **Creative Dance** and the **Platypus Society** for school aged children, and **Music Together** will have more sessions for the younger kids.

WHAT'S IT CALLED?

HELP US NAME THE PLAN TO BEST
DESCRIBE STOW AND THIS PROCESS!



<http://tinyurl.com/stowname>

We're collecting name submissions to help name the comprehensive plan. Submit your idea today!

check the website below for more information.

<https://tinyurl.com/stowCP>

Do you have program suggestions? 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](#)

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!



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
MASSACHUSETTS
Incorporated 1683

COMMUNITY OPEN HOUSE

Your Voice is Important!



PLAY STOW ACRES

JOIN US IN PERSON

WHAT Help Craft the Plan for Recreation and Conservation at Stow Acres

WHEN February 12, 2024
Join us anytime during our **Drop In Sessions**
2:00PM-5:00PM
6:30PM 8:30PM

WHERE Pompositticut Community Center, 509 Great Road in Stow, MA

WHO All Ages Welcome, Bring the Family!



To learn more about Stow Acres visit: <http://tinyurl.com/stowacresplan>

Town of Stow Recreation Department

CAMP STOW 2024

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, fishing, swim lessons, group challenges, and more.

Check here for the Camp Stow 2024 calendar:
[Camp Stow Calendar 2024](#)

Children will be grouped 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 on February 1st. Registration for non-residents begins February 20th.

Space is limited so please sign up early.
Please visit our website 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 24-28
Session II:	July 1-3*
Session III:	July 8-12
Session IV:	July 15-19
Session V:	July 22-26
Session VI:	July 29-Aug 2
Session VII:	Aug 5-9
Session VIII:	Aug 12-16

*Session II is a 3-day week and will be prorated.

FEES PER SESSION WEEK

Youth Program: Ages 5-12

Half Day: (9am - 1pm)

Cost: \$182 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: \$275 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): \$37/week

Post (4-6 pm): \$65/week

Both: \$92/week

Prices Include:

- Free T-shirt (1 per summer)
- Weekly Field Trip
- FREE 2024-25 Boys & Girls Club Membership.

SUMMER PROGRAMS



Little Pumas Camp August 5-9 at Stow Community Park 9:00AM - 1:00PM Ages 5-7 \$175

The Little Pumas program is an introductory soccer experience designed to teach 5–7-year-olds the fundamentals of soccer in a fun learning environment. Through exciting, soccer-related activities and age-appropriate challenges, players learn basic soccer techniques, and develop their core movement and motor skills such as balance, agility, running and kicking all of which are vital for individual development.

Our experienced coaches know how to balance both teaching and motivating, to help young players begin developing a love for soccer. Activities and games are catered to our Little Pumas, with a shorter camp day to keep them focused and engaged. Plenty of skills, laughs (and prizes) to be had by all!

Pumas FC Youth Camp August 5-9 at Stow Community Park 9:00AM - 3:00PM Ages 7-14 \$315

Our Youth Camp offers a non-pressured, fun environment with an emphasis on skill development and small-sided games. The goal is to become comfortable and confident with the ball while learning specific skills and executing the required skill or technique with precision. Our Day Camp will provide players with numerous activities to build and showcase their skills.

Players are divided into small groups throughout the camp day to allow for more individualized attention from our experienced staff. All players will receive the highest level of coaching in a more relaxed environment. Our curriculum is built for players at all levels – those new to the game or looking to just have some fun, as well as those who play throughout the year and are looking to advance their skills.

Register at stowma.myrec.com or <https://fcpumasocceracademy.com/summer-camps>



Summer Dance, Art & Yoga

at Pompo Community Center
Watch for more details to come!!

Jennifer McGowan's Creative Dance Center
www.creative-dance.com 978-433-8349



Summer Thing

(formerly known as Art and Swim)

Dates: August 19 - August 23

Time: Monday – Friday, 9:00am–1:00pm

Cost: \$182.00 per child

Place: Pine Bluff Recreation Area

(In cases of bad weather, the program will be moved to the Stow Community Center)

Register: stowma.myrec.com

The Stow Rec's Summer Thing program combines children's favorite activities. Art projects will teach children to express themselves in new and creative ways. Then they will burn some energy with field games and fun, followed by a chance to cool off in the lake before going home. Counselors and Lifeguards will always be on duty during swim time.

Come and have fun while exploring the wonders of art.

Space is limited so please sign up early.

YOUTH PROGRAMS

Program	Location	Day	Time	Cost	How to Register
ARCHERY	Maynard Boys & Girls Club	Grade 4+ Thursdays Starts February 16	7:45 - 8:45 PM	\$200/5 weeks	stowma.myrec.com
CREATIVE DANCE	Old Town Hall	Thursdays Starts February 1	Various Times		978-433-8349 or info@creative-dance.com
MUSIC TOGETHER	Pompo CC	Saturdays Jan 13 – March 16	9:15 AM 10:15 AM	\$220/9 weeks	www.mistervic.com or 978-897-0874

Creative Dance

Jennifer McGowan's Creative Dance Center

www.creative-dance.com

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

Dance is for everyone! Everyone can dance!

Spring into Dance 2024! Begins February 1st.

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 information@creative-dance.com

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

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, 4:00-4:40 pm

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 are integrated into the class.

Creative Modern Dance for Grades 3-6, Thursdays, 4:45-5:40 pm

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 relaxation techniques are integrated into the class to connect body, mind, and spirit.

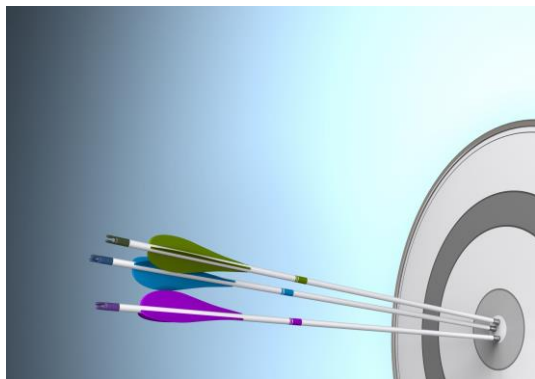
Creative Modern Dance for Teens Grades 7+, Thursdays, 6:45-7:45 pm

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.

**** End of year performance is scheduled for Saturday, May 18, 2024, at Hale Middle School. ****

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

COMBINED AGES PROGRAM



ON THE MARK ARCHERY

Fridays, Feb 16 – March 22 *

Grades 4 and up: 7:45 – 8:45 PM

Cost: \$200 residents
\$210 non-resident

**Held at the Maynard Boys & Girls Club*

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

ADULT PROGRAMS

Program	Location	Day	Time	Cost	How to Register
ARCHERY	Fairbank CC Sudbury	Thursdays Starts March 10	6:40-7:40 PM	\$238	stowma.myrec.com
MEN'S BASKETBALL	Hale	Tuesdays	6:30-8:30 PM	\$45/year	Drop In
		Saturdays	8-10:30 AM		
BRIDGE CLUB	Pompo CC	First Saturday of the month	7 PM	\$5 per pair	ernstonebraker@gmail.com or 978-568-1596
YOGA	Pomp CC	Mondays	5-6 PM	\$8 per class	Drop In

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

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



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

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.