

# Stow Recreation Department Newsletter

## April 2024

### NEW! Adult Arts & Crafts Club

Tuesdays, 5pm-9pm  
Pompo Community Center



Walk-ins welcome, no registration required.

## YOGA

with Maureen

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

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

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](mailto:mtrunfio@mac.com)



### New Tennis/Pickleball Reservation System

How to reserve a tennis or pickleball court:

Go to the Stow Recreation Department website\*  
Stow Recreation Department: Online Registration by MyRec.com Recreation Management Software

\*If you don't have an account set up, you will need to do so at this time.

Next, click on the facilities tab near the top of the screen. A drop-down menu will appear, click on facility list. Scroll down the page until you see Stow Community Park. Once there you will choose what court you would like to use and click on the reserve button. Once you have chosen the court you would like to use follow the instruction and choose the date and time you would like to use the courts. When you hit submit you are done. The request will come to the Recreation Department, if there are any issues, we will contact you. Otherwise, you will receive an e-mail confirmation that you can print out and bring with you to your reserved time slot.

Please contact the recreation department if you have any questions at [recreation@stow-ma.gov](mailto:recreation@stow-ma.gov)

### Adult Pickleball Clinics

instructor, Jim Acton



**Beginner Clinic – Learn the fundamentals.**

Thursday, April 25, 5:30 – 7:30pm

**Improver Clinic – Continue skill development.**

Tuesday, April 30, 5:30 -7:30pm

**\$60 each**

Stow Community Park, 50 Old Bolton Road

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

# WOMEN'S BASIC SELF DEFENSE PROGRAM

OFFERED BY THE STOW POLICE DEPARTMENT  
AND STOW RECREATION DEPARTMENT



## ABOUT:

R.A.D. for women is a 12-hour Basic Self Defense program for any woman over 13 years old. This class includes educational components consisting of lectures, discussions and physical defense strategies. All of which are facilitated by certified R.A.D. instructors



## LOCATION AND TIME:

- Pompositicut Community Center
- 509 Great Road, Stow MA
- Tuesdays from 6-9pm
- 5/14, 5/21, 5/28 and 6/4
- No fee/charge

## YOU WILL LEARN:

- Self Defense against the most common attacks
- Methods to disable your attacker by utilizing your strength

# R.A.D.

# RAPE AGGRESSION DEFENSE SYSTEMS

## CONTACT:

To register for the course, please go to [stowma.myrec.com](http://stowma.myrec.com)

- For questions or additional info contact:  
**LAURA DOW:** [recreation2@stow-ma.gov](mailto:recreation2@stow-ma.gov)  
**THERESA REARDON:** [theresareardonlaw@gmail.com](mailto:theresareardonlaw@gmail.com)



## MEN'S BASKETBALL

Want to get back in the game?

Just show up at Hale Middle School!

**WHERE:** Hale Middle School

**WHEN:** Tuesday evenings 6:30 –8:30pm  
and/or

Saturday mornings 8:00-10:30am

**COST:** \$45/year

Debbie LaFlamme's

## Babysitters Training Course

Teaching young teens to be more responsible, trustworthy babysitters for family & friends.



**Saturday, May 18<sup>th</sup>**

**9am – 1pm**

**for ages 11+**

**Cost is \$50**

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

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.

## 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 each month  
Play begins at 7:00 PM.  
Please arrive at 6:45pm  
To help set up tables  
and shuffle cards.

**COST:** \$5 per pair



# SUMMER YOUTH PROGRAMS

<b>DATES</b>	<b>PROGRAM</b>	<b>AGES</b>	<b>LOCATION</b>	<b>Times</b>	<b>Cost</b>
<b>JUNE 17-21</b>	Skyhawks Beginning Golf <i>No program June 19</i>	5-9 years	Stow Community Park	9am – 12pm	\$150
<b>JUNE 24-28</b>	FC Academy: Filmmaking 101	10-14 years	Pompo Community Center	9am – 3pm	\$375/\$400
<b>JULY 8-12</b>	Skyhawks Mini Hawk <i>Half Day</i>	5-8 years	Stow Community Park	9am – 12pm	\$165
	Skyhawks Multi-Sport <i>Full Day</i>	7-12 years	Stow Community Park	9am – 3pm	\$235
<b>JULY 15-19</b>	Creative Dance, Arts & Yoga <i>Morning Session</i>	7-12 years	Pompo Community Center  Please register through Jennifer McGowan: 978-433-8349 (home) <a href="mailto:info@creative-dance.com">info@creative-dance.com</a>	9:30am – 12pm	\$150
	Creative Dance, Arts & Yoga <i>Afternoon Session</i>	7-12 years		12:30 - 3pm	\$150
	Creative Dance, Arts & Yoga <i>Full Day</i>	7-12 years		9:30am – 3pm	\$300
	Mini Dance, Arts, & Yoga Workshop	4-6 years		3:30 – 5pm	\$100
	Skyhawks Basketball <i>Half Day</i>	5-8 years	Stow Community Park	9am – 12pm	\$165
	Skyhawks Basketball <i>Full Day</i>	8-12 years	Stow Community Park	9am – 3pm	\$235
<b>JULY 22 - 26</b>	FC Academy: Stop Motion Animation	10-14 years	Pompo Community Center	9am – 3pm	\$375/\$400
	Skyhawks Tennis <i>(Monday – Thursday)</i>	6-12 years	Stow Community Park	9am – 12pm	\$150
<b>JULY 29 – AUGUST 2</b>	Skyhawks Field Hockey	8-14 years	Stow Community Park	9am – 12pm	\$175
<b>AUGUST 5-9</b>	Little Pumas Soccer Camp <i>Half Day</i>	5-7 years	Stow Community Park	9am – 1pm	\$175
	FC Pumas Soccer Camp <i>Full Day</i>	7-14 years	Stow Community Park	9am – 3pm	\$315
<b>AUGUST 12-16</b>	Skyhawks Ultimate Sports <i>Half Day</i>	5-7 years	Stow Community Park	9am – 12pm	\$165
	Skyhawks Multi-Sport <i>Full Day</i>	7-12 years	Stow Community Park	9am – 3pm	\$235
<b>AUGUST 19-23</b>	Stow Rec's Summer Thing <i>(Formerly Art and Swim)</i>	5-12 years	Pine Bluff	9am – 1pm	\$182

**REGISTER EARLY!!** 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.*

## ~~ Beach Passes for Pine Bluff Beach Available Now ~~

<b>Season Passes:</b>	<b>Family</b>	<b>Individual</b>
Resident	\$80	\$60
Senior (65+)	\$30	\$20
Non-Resident	\$125	\$80
<b>Day Passes:</b>		
Resident	\$10	\$5
Resident Senior (65+)	\$3	\$2
Non-Resident	<i>We do not issue Non-Resident Day Passes – Season Passes Only!</i>	



Get your beach pass at [stowma.myrec.com](http://stowma.myrec.com), top right of the main page.



**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](http://stowma.myrec.com) or <https://fcpumasocceracademy.com/summer-camps>

# SUMMER YOUTH PROGRAMS

## *Creative Dance, Arts, & Yoga Workshop*

July 15-19 for ages 7-12

Time: 9:30am-12:00pm and/or 12:30-3:00pm

Tuition: \$150 for morning or afternoon session; \$300 for full day session

The day begins with a creative dance class where children express themselves through movement. Students explore dancing to a variety of music and dance styles while developing age-appropriate skills and learning ballet and modern dance vocabulary. Dance class is followed by an art project integrating art and movement concepts. Each day will encompass a different theme. Then, we will enjoy a nut-free snack brought from home. A special activity will follow, which may include drama and theatre games, dance history, yoga games, sing-alongs, story time, music for dancers, outdoor play, or costume design. At the end of each day, we will close our program with yoga and relaxation. A full day option is available, please bring a nut-free lunch if attending full day.

## *Mini Dance, Arts, & Yoga Workshop*

July 15-19 for ages 4-6

Time: 3:30-5:00pm

Tuition: \$100

A special dance camp designed for younger dancers. The session begins with a creative dance class where children can express themselves through movement. Dancers will explore yoga shapes, musical instruments, parachute play, dancing with colorful props, obstacle courses, and more. Dance class will be followed by a special art project. After a healthy snack brought from home, we will join together for songs and a story to end our day.



Above Programs will be held at the Pompo Community Center

*Please register through:*

**Jennifer McGowan's Creative Dance Center**

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



Jennifer McGowan is an instructor and director of Creative Dance Center. Her Creative Dance Center is dedicated to providing quality dance education to children of all ages with the philosophy that dance is for everyone, and everyone can dance.

Jennifer has danced since her early childhood years and graduated from Skidmore College with a B.S. degree in Dance and a minor in Early Childhood Education. Jennifer opened the Creative Dance Center in 1995 to share her love of dance with the community. At the Creative Dance Center, we dance from our hearts for the pure joy of it!

**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!



# SUMMER YOUTH PROGRAMS



## FC ACADEMY FILMMAKING 101

**JUNE 24-28**

In this class, students will bring creativity to life in a fun, collaborative and exciting environment. They will learn skills in scriptwriting, storyboard sketching, improvisation, and camera skills. Students who have previously participated in our program will be able to expand on their filmmaking skills. Together they will write, shoot, and edit a film in a genre of their choosing and edit their project together using the professional editing software Adobe Premiere.

**\* Filmmakers Collaborative will provide all necessary equipment for the class to run.**

## FC ACADEMY STOP MOTION ANIMATION

**JULY 22-26**

For our Stop-Motion Animation class, students will learn the principles of Animation and create their own short film using various materials provided by FC Academy and objects found around the house. Students will learn to explore their creativity and storytelling skills while also implementing filmmaking techniques such as editing, camera use, and directing.

**\*This course requires a touch screen device with access to the free app *Stop Motion Studio*.**



**TIME: 9AM-3PM**

**AGES: 10-14**

**COST: \$375 RESIDENT / \$400 NON-RESIDENT**

**REGISTER AT [STOWMA.MYREC.COM](http://STOWMA.MYREC.COM)**

FC Academy is an educational program created by Filmmakers Collaborative that teaches students how to make short films. We break down the filmmaking process into a step-by-step hands-on learning approach. Filmmakers Collaborative will provide all necessary equipment for the class.

**\*\*All films made in these classes will be submitted to the Boston International Kids Film Festival for a chance to be selected and screened at the festival in November 2024!\*\***

# SUMMER YOUTH PROGRAMS



## Skyhawks Sports Academy



**Beginning Golf**    **June 17-21**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 5-9**    **\$150**  
 (No program June 19)

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat.

**Mini-Hawk**    **July 8-12**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 5-8**    **\$165**

This multi-sport program was developed to give children a positive first step into athletics. Baseball, Basketball and Soccer are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

**Multi-Sport**    **July 8-12**    **Stow Community Park**    **9:00am – 3:00pm**    **ages 7-12**    **\$235**  
**August 14-18**    **Stow Community Park**    **9:00am – 3:00pm**    **ages 5-8**    **\$235**

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skill of Baseball, Basketball and Soccer, along with vital life lessons such as sportsmanship and teamwork.

**Basketball**    **July 15-19**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 5-8**    **\$165**  
**July 15-19**    **Stow Community Park**    **9:00am – 3:00pm**    **ages 8-12**    **\$235**

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, we focus on the whole player – teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

**Tennis**    **July 22-25**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 6-12**    **\$150**  
 (No program July 26, this will be used as a rain date if needed)

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well rounded tennis players. Skyhawks staff also instill positive life skills such as respect and sportsmanship.

**Field Hockey**    **July 29-August 2**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 8-14**    **\$175**

Explore the exciting world of Field Hockey with Skyhawks, partnered with USA Field Hockey to bring this global sport to your community. Our program is ideal for beginners, whether familiar with the sport or new to it. Our coaches, using a curriculum developed by USA Field Hockey, create a fun and engaging learning experience. They teach fundamental skills such as stick handling, dribbling, passing, and receiving in a playful and inclusive setting. Field Hockey is a sport for everyone, enjoyed by both boys and girls around the world, and our program celebrates this inclusivity. Join us for games, teamwork, and lots of laughter, as we introduce age-appropriate activities and strategies.

**Ultimate Sports**    **August 12-16**    **Stow Community Park**    **9:00am – 12:00pm**    **ages 5-8**    **\$165**

This multi-sport program was developed to give children a positive first step into athletics. Baseball, Basketball and Soccer are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

**For full details and to register, go to: [stowma.myrec.com](http://stowma.myrec.com)**