

Stow Recreation Department December 2024 Newsletter



Dear Recreation Friends and Family,

December is a quiet month for the Rec. Department. With all the celebrations and holiday preparations, many find it hard to commit to programs this month.

It's a great time to start planning events and programs for the coming year. We would love to hear your suggestions! What program could we offer to help you get out of the house on the colder winter days? What would you look forward to each week?

We wish you a warm and wonderful holiday season

Laura & Geoff
Stow Recreation Dept.

Stow Tennis & Pickleball

*Nets at Stow Community Park will be
taken down later this month*



We have added lines for two pickleball courts
on the existing tennis courts.



Do you have program suggestions? Please contact us:

Email Laura Greenough: recreation@stow-ma.gov
Geoff Beharrell: 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)

Creative Dance

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

Winter/Spring Session begins January 2025. Please see individual classes for details. Join in the fun!
For more information or to register please call Jennifer McGowan at 978-433-8349 or e-mail info@creative-dance.com

Creative Dance for Preschool Ages 3-5, Thursdays, 2:15-2:55 pm (NEW CLASS)

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, 2024, and be ready to be in a class on their own.
(Mini 6-week Winter Session begins January 9.)

Family Dance for Ages 2-4 with Adult, Thursdays, 3:00 – 3:40 pm (NEW CLASS)

Enjoy singing and dancing and playing together! Parachute play, dancing with scarves, instruments, and much more! Movement is an essential part of learning. Dance activities emphasize the fun and excitement of discovering the world through movement. Learn movement activities and yoga poses that can be explored at home. A parent/caregiver participates in the class with the child.
(Mini 6-week Winter Session begins January 9.)

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

(Fall/Winter Session of Dance is currently in session. New students are welcome to join mid-session and tuition will be pro-rated. Spring Session will begin January 30, 2025 for a 15 week session)

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

(Fall Session of Dance is currently in session. New students are welcome to join mid-session and tuition will be pro-rated. Winter/Spring Session will begin January 30, 2025 for a 15 week session)

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.

(Fall Session of Dance is currently in session. New students are welcome to join mid-session and tuition will be pro-rated. Winter/Spring Session will begin January 30, 2025 for a 15 week session)

Dancers Workshop Performing Group Ages 8+, Rehearsals held on Thursdays, 5:45-6:40 pm

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. In addition to weekly rehearsals, dancers must attend a creative modern class for their age level. Please inquire for details about this special group.

End-of-year performance will be held May 17, 2025, at the Hale Middle School Auditorium. All dancers pre-school and older are invited to be a part of this informal presentation.

Jennifer McGowan's Creative Dance Center

978-433-8349

www.creative-dance.com

Dedicated to providing quality dance education for children of all ages.
Dance is for everyone! Everyone can dance!

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

YOGA

with Maureen

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.

WHERE: Hale Middle School

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

Saturday mornings 8:00-10:30am

COST: \$45/year

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

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.

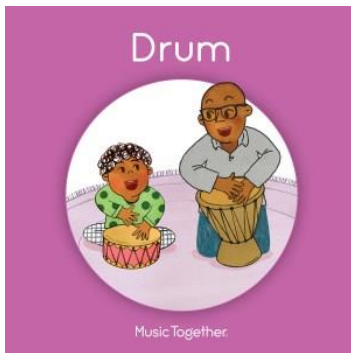
WHERE: Pompo Community Center, 509 Great Road

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

Music Together of Assabet Valley



Registration Now Open for Winter

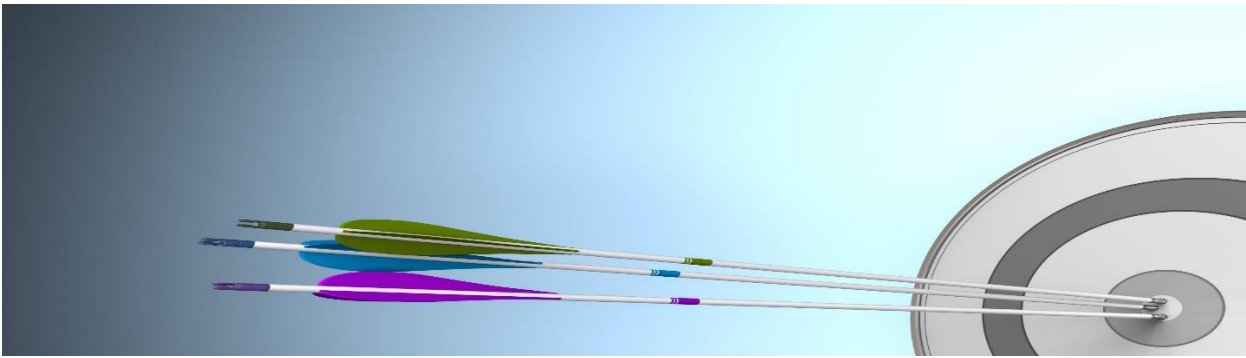
Hello Everybody! It's time to register for WINTER classes!

This upcoming session features the "DRUM" collection. Your little ones will love jumping and hiding in "John the Rabbit" and "Sneak and Peek." You'll be mesmerized by the beautiful lullaby, "Aroró, mi niño" and enjoy the catchy rhythms of "Jim Jam Drummer." In addition to nine weekly classes, tuition includes audio recordings to play at home and on the go, a colorful illustrated family songbook, and resources with bonus music-making ideas to try at home. Families new to our program also receive a guide to Music and Your Child and a musical growth chart to track your child's music development. Classes are offered in Groton, Hudson, Maynard, Stow and Sudbury. Sibling discounts and makeup classes are available.

Also, the holidays are coming, and music classes make great gifts!

[About Our Classes](#)

[Register Today](#)



ON THE MARK ARCHERY

Learn archery indoors this winter and enjoy a fun and engaging introduction to one of the world's oldest sports! On the Mark Archery and our team of instructors will teach this unique martial art to students using beautiful wooden recurve bows and encourage participants to make proper form the measuring point of success. Improved hand eye coordination, attention span and discipline are only a few of the many benefits that come with practicing on the range. Coaches develop lesson plans that integrate skill building drills with creative games and challenges that include prizes to keep students excited about coming to class each week! All equipment provided and session is led by certified USA Archery instructors.

For more information, contact Mark at info@onthemarkarchery.com



[Sweater Class: For Beginners Who Know How To Knit and Purl](#)

[And Intermediate Knitters, being held at Pompositticut Community Center, 509 Great Road](#)

[Instructor: Dee Cohen](#)

[Email: Deezineartstudio@gmail.com](mailto:Deezineartstudio@gmail.com)

[Cell: \(978\)621-3999 Cost: \\$265.00, no drop in's](#)

[This is a 10 week class, 2 Hours a session, begins Saturday, January 11th, 10am to 12pm.](#)

[If you fear knitting sweaters or never seem to be able to get your knitted sweaters to fit, then this is the class for you. You will learn to put your fears behind you and learn techniques and finishes to end up with a polished result. There will be sweater patterns to choose from or you may bring one of your own. There will be printed handouts for you to keep for further reference. This is the class where you will become proficient in many things!](#)



Stow Recreation Department

PARENTS NIGHT OUT

WE'LL TAKE CARE YOUR KIDS
WHILE YOU ENJOY YOUR
NIGHT OUT

Friday, December 13, 2024

6:00 to 8:00 pm @ Pomocitticut Comm. Ctr.

Last day to register is Wednesday, December 11th, 4pm.

\$10.00, Pre-Registration required, no walk in's. Ages 5 to 12,
min.10/Max.20, Register on line at Stow Rec's MyRec system.

BLAZE PERFORMANCE

Looking to help get your middle or high school students to that next step in athletics? Stow Rec is partnering with Blaze Performance, LLC to help them reach their athletic potential. Blaze Performance was founded by Stow resident, Isaiah French, who has a bachelor's degree in Exercise and Sports Science from Fitchburg State University, along with experience coaching lacrosse at the High School and Collegiate level, sports performance internships and is currently the Lead Coach at Fit Factory in Berlin! This introductory clinic will last for 90 minutes and will help your athlete learn how to move more efficiently, safely and confidently with nothing but their body! To do this we help the nervous system learn how to turn muscles on and off faster and show their bodies how to use energy that would normally be wasted with suboptimal techniques. They will be taught fundamental movement patterns along with linear and multidirectional speed. Athletes of all skill levels are invited and welcome to join! The first session will be Sunday, December 22nd at 10:00am – 11:30 am and will be at Hale Middle School. Registration is \$20 per child and can be done on the Stow Rec website, or \$25 on site the day of the clinic. For any questions, please email Blaze.performance495@gmail.com



TOYS FOR TOTS

U.S.MARINE CORPS RESERVE

Collection Box located at Stow Police Department,
305 Great Road, collecting till December 13,2024.



Stow Recreation's Exercise Equipment Room

EXPANDED HOURS
MONDAY THRU FRIDAY
8:30 AM TO 5:30 PM*

POMPOSITTICUT Community Center
509 Great Road

Free use of the exercise equipment

*Subject to change, closed on Holidays and weekends

Mission Statement:

To provide a wide variety of year round programming, both indoors and outdoors, which are both social and recreational in nature for children, teens, adults and seniors as determined by the needs and desires of the community. To provide cost efficient services within the reach of the overall community base while maintaining the highest level of participant satisfaction. To provide safe and well maintained facilities for all to enjoy.

