

# Stow Recreation Department

## Newsletter: May, 2025

### Get Ready for Summer!



Beach Pass information, Ongoing Classes, and Summer Programs

# 2025 Pine Bluff Beach Pass

Now Available on Stow Recreation MyRec System

## **Resident Season Passes:**

**Family** \$80.00

**Individual** \$60.00

**Senior Family** \$30.00

**Individual Senior** \$20.00

## **Day Passes:**

**Family** \$10.00

**Senior Family/Individual** \$3.00/\$2.00

Beach Passes cover:

June 14, 2025 to August 24, 2025

## **Non-Resident Season Passes:**

**Family** \$125.00

**Individual** \$80.00

(Stow does not issue non-resident day passes)

[https://stowma.myrec.com/info/activities/program\\_details.aspx?ProgramID=29862](https://stowma.myrec.com/info/activities/program_details.aspx?ProgramID=29862)



## June - July - August Programs

### **Skyhawks Beginning Golf: Ages 5 - 9**



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. Specially designed, age-appropriate golf equipment is provided. Participants **MAY NOT** bring their own equipment.

**Dates:** June 16 - 20, 2025

**Tuition:** \$155

**Time:** 9:00 AM - 12:00 PM

**Register:**

**Location:** Stow Community Park

<https://stowma.myrec.com/info/default.aspx>

### **FC Film Academy: Summer Filmmaking Program for Ages 10-14**



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. **All films made in this class will be submitted to the Boston International Kids Film Festival for a chance to be selected and screened at the festival in November 2025**

**Dates:** June 23 - 27, 2025

**Tuition:** \$420

**Time:** 9:00 AM - 3:00 PM

**Register:**

**Location:** Pompositticut Community Center

<https://stowma.myrec.com/info/default.aspx>

## Skyhawks Mini Hawk: Ages 5 - 8



This multi-sport program was developed to give children a positive first step into athletics. Sports 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.

Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks T-shirt. Please note all participants must provide a copy of up-to-date immunization records & a physical within the last 18 months per MA camp licensing requirements.

**Dates:** July 7 - 11, 2025

**Tuition:** \$175

**Time:** 9:00 AM - 12:00 PM

**Register:**

**Location:** Stow Community Park

<https://stowma.myrec.com/info/default.aspx>

## Skyhawks Multi-Sport: Ages 7 - 12



Multisport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion, and teamwork.

Participants should bring a water bottle, two snacks, lunch, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks T-shirt. Please note that all participants must provide a copy of up-to-date immunization records and a physical within the last 18 months per MA camp licensing requirements.

**Session 1 Dates:** July 7 - 11, 2025

**Tuition:** \$245

**Session 2 Dates:** August 11 - 15, 2015

**Register:**

**Time:** 9:00 AM - 3:00 PM

<https://stowma.myrec.com/info/default.aspx>

**Location:** Stow Community Park

## Wicked Cool for Kids - VET SCHOOL: Ages 7-12



Are you dreaming of becoming a superstar veterinarian? Grab your lab coat, animal adventurers, and prepare to meet your (stuffed) animal patient. Learn to recognize vital signs and emergencies in animals. Delve into dog digestion and investigate animal intestines from our favorite vertebrates: birds, mammals,

reptiles, amphibians and fish. Cap off the week by using your knowledge of vertebrates to create your own new animal! Full day kids will get their own Veterinarian Starter Kit Kiwi Crate to explore animal x-rays to find animal bone fractures and dig deeper into animal anatomy. Next, kids can engage in free-choice STEAM activities related to all things from the wide world of animals? including animal arts and crafts as well as engineering activities.

**Dates:** July 7 - 11, 2025

**Tuition:** \$420

**Time:** 8:30 AM - 3:00 PM

**Register:**

**Location:** Pompositticut Community Center

<https://stowma.myrec.com/info/default.aspx>

## Skyhawks Capture the Flag, Dodgeball, Kickball:

Ages 7 - 12



Get ready for lots of fast-paced, action-packed fun! In this program, children will learn the rules and strategies of various versions of these popular cooperative team games. Soft coated foam dodgeballs are used to ensure games remain safe and fun for all. Students should bring water bottles, a snack, and wear athletic clothing.

**Dates:** July 14 - 18, 2025

**Tuition:** \$175

**Time:** 9:00 AM - 12:00 PM

**Register:**

**Location:** Stow Community Park

<https://stowma.myrec.com/info/default.aspx>

## FC Film Academy Stop-Motion Animation \* :

Ages 8-12



In 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 (available for iPods, iPhones, iPads, Androids, etc.). **All films made in this class will be submitted to the Boston International Kids Film Festival for a chance to be selected and screened at the festival in November 2025!**

**Dates:** July 21 - 25, 2025

**Tuition:** \$420

**Time:** 9:00 AM - 3:00 PM

**Register:**

**Location:** Pompositticut Community Center

<https://stowma.myrec.com/info/default.aspx>

## Skyhawks Tennis: Ages 6 - 12



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. Participants should bring a racquet, water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks T-shirt.

**Dates:** July 21 - 25, 2025

**Tuition:** \$155

**Time:** 9:00 AM - 12:00 PM

**Register:**

**Location:** Stow Community Park

<https://stowma.myrec.com/info/default.aspx>

## Creative Dance, Arts & Yoga Workshop: Ages 6-10

In this class, children are free to express themselves through movement. Students explore dancing with 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, story time, music for dancers, or free art. At the end of each day we will close our program with yoga and relaxation. Full day option is available. (Please send nut-free lunch if attending both sessions).

**Dates:** July 28 - August 1, 2025

**Tuition:** \$180/5 days morning or afternoon session

**Time:** AM Session - 9:30 AM - 12:00 PM

PM Session - 12:30 PM - 3:00 PM

\$350/5 days morning & afternoon sessions

**Location:** Pompositticut Community Center

**Info/Register:**

[info@creative-dance.com](mailto:info@creative-dance.com) or 978-433-2349

## Skyhawks Pickleball: Ages 5 - 8



Designed for new and intermediate players, Skyhawks Pickleball is a fun and skill-building entry into the fastest-growing paddle sport in the country! Skyhawks staff will teach core fundamentals and techniques across groundstrokes, volleys and serves. Participants will come away with a love for the game, increased confidence and exposure to critical life skills such as teamwork, sportsmanship and respect. Students should bring water and snacks.

**Dates:** July 28 - August 1, 2025

**Tuition:** \$175

**Time:** 9:00 AM - 12:00 PM

**Register:**

**Location:** Stow Community Park

<https://stowma.myrec.com/info/default.aspx>



## Mini Dance, Art & Yoga Workshop:

Ages 4-6

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

*Jennifer McGowan's Creative Dance Center* provides quality dance education for children of all ages. Dance is for everyone! Everyone can dance!

**Dates: Session 1:** July 28- August 1, 2025

**Tuition:** \$110

**Time:** 3:30 PM - 5:00 PM

**Location:** Pompositticut Community Center

**Dates: Session 2:** August 11 - 15, 2025

**Info/Register:**

**Time:** 9:30 AM - 11:00 AM

[info@creative-dance.com](mailto:info@creative-dance.com) or 978-433-2349





# FC Puma Soccer Academy:

Little Pumas Ages 5 - 7

Youth Camp Ages 7 - 14



FC Puma Soccer

Academy is committed to the development of youth players, ensuring them a solid technical foundation and understanding of the game in a non-pressured, fun learning environment. Please join us this summer for a unique learning experience. It promises to be an enjoyable and rewarding summer camp experience for everyone involved.

We're thrilled to announce an exciting opportunity to take your game to the next level this summer. FC Puma Soccer Academy is hosting a series of dynamic and fun-filled soccer camps in the area, and we'd love for you to join us at our Stow Camp from August 4 - 8 at the Stow Community Park.

This year, we're celebrating 25 years of providing top-tier soccer training and development, and we couldn't be more excited to share this milestone with you! Led by Christian F. Battaglia, USSF "A" Licensed Coach and Direction of Coaching at NEFC, our camps focus on technical development, game understanding, and personal growth - all in a positive and supportive environment.

Whether you're looking to refine your technique, take your skills to the next level, or simply have fun on the field, our Stow Camp has something for everyone. We welcome players of all levels - from beginners to elite athletes - and aim to challenge and inspire each player to unlock their full potential.

Don't miss out on this special opportunity to train with FC Puma Soccer Academy and be part of our 25<sup>th</sup> anniversary celebration

[Spaces are limited, so be sure to reserve your spot today.](#)

**Dates:** August 4 -8, 2025

**Little Pumas Time:** 9:00 AM - 1:00 PM

**Youth Camp Time:** 9:00 AM - 3:00 PM

**Location:** Stow Community Park

**Tuition:** Little Pumas - \$175

Youth Camp - \$315

**Register:**

<https://stowma.myrec.com>

# Dance Choreography Workshop: Ages 7 -13

Each session begins with a dance class where students will learn dance steps and combinations to a variety of music styles and dance techniques, including modern, ballet, jazz, and world dance. Then they will work together to create a piece of choreography based on the style of dance. After, students will have the opportunity to explore other areas of dance performance including costume and set design, dance history, theatre, music, and visual art. Building on the belief that all children are artists, students will be able to explore a wide variety of media including drawing, painting, collage, and sculpture. Dancers will conclude the day with relaxation and yoga. All levels are welcome. There will be a short performance for parents on Friday at the conclusion of the program. (please bring a nut-free snack and lunch)

*Jennifer McGowan's Creative Dance Center* provides quality dance education for children of all ages. Dance is for everyone!

Everyone can dance!

**Dates:** August 11 - 15, 2025

**Tuition:** \$285

**Time:** 11:30 AM - 3:30 PM

**Info/Register:**

**Location:** Pompositticut Community Center

[info@creative-dance.com](mailto:info@creative-dance.com) or 978-433-2349

# Skyhawks Ultimate Sports: Ages 5 - 8



Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this program, our patient and knowledgeable staff play a variety of fast paced, cooperative team games focused on hand eye coordination. Proper throwing and catching techniques are taught and practiced while learning the games of Ultimate Frisbee, Ultimate Handball, Ultimate Football, and various versions of Capture the Flag.

Participants should bring multiple water bottles, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and *Skyhawks* t-shirt.

**Dates:** August 11 - 15, 2025

**Time:** 9:00 AM - 12:00 PM

**Location:** Stow Community Park

**Tuition:** Ages 5 - 8, \$175

**Register:**

<https://stowma.myrec.com/info/default.aspx>

## Wicked Cool for Kids – Rocket Science: Ages 7-12

Join us for New England's ultimate Rocket Science experience and launch into the world of space exploration! Our Rocket Science morning session features the thrilling customizable E2X model rocket. Keep a captain's log and explore the wonders of the solar system. Chart distant constellations, create dazzling moon rocks, and whip up some galaxy slime. Feel the adrenaline at the high-flying solid fuel rocket launch at the week's end (weather permitting). Who's ready to blast off?

Each rocket scientist will receive an Astronaut Starter Kit Kiwi Crate. To make a mini spinning solar system and an air powered shuttle launcher. In the afternoon, explorers will also enjoy free-choice educational space activities including crafting space models, creative spacey art projects, and solar science experiments for an out-of-this-world experience.

**Dates:** August 18 - 22, 2025

**Tuition:** \$420

**Time:** 8:30 AM - 3:30 PM

**Register:**

**Location:** Pompositticut Community Center

<https://stowma.myrec.com/info/default.aspx>



# "Summer Thing" for Ages 6 - 12

(formerly known as Art and Swim)



**Dates:** August 18<sup>th</sup> to 22<sup>nd</sup> (M-F)

**Time:** 9:00am - 1:00pm

**Cost:** \$182.00

**Place:** Pine Bluff Recreation Area

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

**Register:** at

<https://stowma.myrec.com/info/default.aspx>

The Stow Rec's *Summer Thing* program combines children's favorite activities. Art projects will help children express themselves in new and creative ways. 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. Children can come and have fun while exploring the wonders of art and shared fun.

# Ongoing Stow Recreation 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



## 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](mailto:mtrunfio@mac.com)

# Reservation of Tennis/Pickleball Courts

For those using these courts through reservation with Stow Recreation Department:

**Please note the following rules attendant upon using these sports courts:**

- Court use opens April 1<sup>st</sup> and closes November 30<sup>th</sup>, weather permitting. Nets will be up and out.
- Recreation sponsored/run programs take priority over public reservations. We will do our best to have those dates booked before the April 1<sup>st</sup> opening date. We reserve the right to adjust reservations as needed.
- All reservations need to be made through MyRec, our recreation software, and you'll need to make an account if you don't have one.
- Reservations will be limited to only 1 month in advance from your first monthly reservation date and for 1.5 hours per day only, either tennis or pickleball use.

We reserve the right to adjust the rules as issues arise, but please be aware we are trying to address issues that arose last summer. We've polled multiple towns around us to see their regulations and modeled ours with a collection of points from those plus what we noted from last year.

## Do you have program suggestions?

**Please contact us with your ideas!**

**Email** Laura Greenough: [recreation@stow-ma.gov](mailto:recreation@stow-ma.gov)

Geoff Beharrell: [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** [stowma.myrec.com](http://stowma.myrec.com)

**Or** [www.stow-ma.gov](http://www.stow-ma.gov) > Government > Recreation Department

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

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