

Stow Recreation Department

Newsletter: July, 2025

Summer is Here!



Beach Pass information, Summer Programs, Ongoing Classes

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



Summer Aquacize Classes at Lake Boon!

This wonderful Water Fitness class at Pine Bluff Beach is fun, re-energizing, total body workout for all ages and fitness levels! You can exercise with minimal stress to your joints, while enjoying the beautiful surroundings of spring-fed Lake Boon. We are mainly sitting on a noddle, but all exercises can be modified to suit your needs.

Water shoes are optional.

Where: Pine Bluff Beach Thursdays 5:00-5:50 pm



**Full Session \$104 or
daily drop-in fee: \$18**

Everyone is Welcome!

**To Register: Call or text 617-543-8113 or
email yvonnebenelli@gmail.com**



When: Thursdays July 3, 10, 17, 24, 31, and August 7, 14, 21, dates subject to change due to weather, with possibility to extend the session if interested

*Make-up classes are available on Tue 4:00pm. Wed 6:00pm. and possibly Wed 10:30am. Rates include beach fees for the day. Prorated fees are possible. When registering, include your name, email address, phone, class choice.

Boston Children's Hospital Blood Drive

Tuesday, July 15, 2025
Stow Recreation Dept
10:00AM-4:00PM
509 Great Rd
Stow, MA 01775

To make an appointment, please log onto

bostonchildrens.org/halfpints,

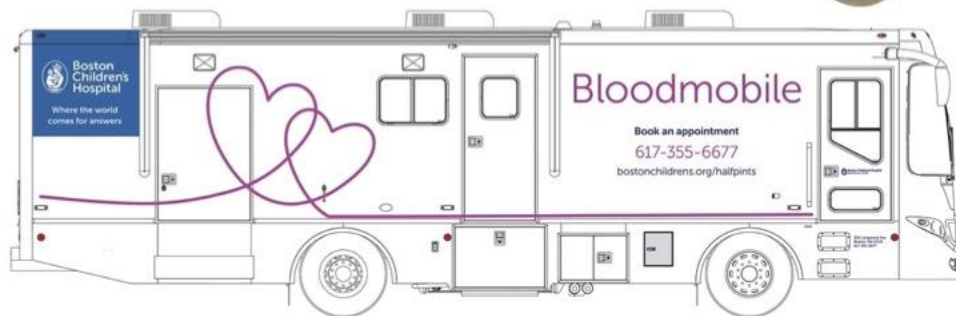
call 617-355-6677 or scan the QR code.

Sponsor code for this drive is: **STOWREC**

For more information, contact

Meredith: meredith.straface@gmail.com

**All presenting donors will receive a branded Boston Children's hat*



Blood Donor Center **617-355-6677**

#GivePintsForHalfPints



Where the world comes for answers

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>

Archery with *On the Mark!*

Get outside this summer and enjoy some evenings together with friends and family on the archery range! Experience a relaxing and fun introduction to one of the world's oldest Olympic sports: recurve archery. Join On the Mark Archery on Fridays to learn the fundamentals of this unique martial art. All equipment is provided, and the session is led by certified USA Archery instructors. Co-sponsored with Stow, Sudbury and Wayland Recreation Departments. The course needs a minimum of 10 total participants to run.

The program will be run at Pompo Community Center Field, 509 Great Road, Stow, Ma. (Field is behind the building, parking behind then walk to the field.)

Session I: 5:30- 6:30 pm Fridays, July 11, 18, 25 and August 1, 2025

Fee: \$186 per participant for the four-week course

Session II: 5:30- 6:30 pm Fridays, August 8, 15, 22 and 29, 2025

Fee: \$186 per participant for the four-week course

*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 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 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 25th 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 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 18th to 22nd (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.

Coming this Fall:

An illustration on the left side of the poster shows three flutes (piccolo, alto, and bass) standing vertically. A yellow goldfinch with a black cap is perched on the middle flute. The background is a light blue gradient with decorative stars.

Goldfinch Flute Choir

for middle school and high school flutists

2025-2026 school year

Goldfinch Flute Choir is an ensemble for middle school and high school flutists to experience chamber music in a fun, engaging, and supportive environment.

Members will prepare and perform selections written for flute choir, including exposure to piccolo, alto, and bass flutes.

Flutists must have at least two years of playing experience.

Saturdays 5:30-6:30pm, once per month
\$70 for the school year

Pompositticut Community Center, Stow, MA

For more information, visit:
jessicasmithflute.com



Ethereal Arts Self Defense
118 Great Road Unit 1 Stow MA 01775
978-897-8585 www.etherealarts-sd.com



Teaching Karate for more than 40 years.
Proudly Serving Stow Since 2010.

After School Karate Program

2025 2026



- Kids ages 5 and up.
- We cover Regular Release School Days Monday through Friday.
- Safe, Fun and Exciting!
- Kids work on goal setting, public speaking and time management skills while learning Griffin Style Kenpo Karate. This in turn leads to the development of self confidence, physical fitness, and self control abilities as well as improve dexterity for any sport.
- We provide shuttle service from Stow's Center and Hale schools to our facility.
- Kids get their own class exclusive to the after school program, as well as a one hour regular group class up to 5 times a week.
- Accelerated learning with two or more days of training leads to leveling up faster.
- Parents can pick up their kids at the more convenient after work time of 6PM or earlier if needed.
- Our program challenges students on both a mental and physical level which will give them a competitive edge in other sports that they may participate in.
- We currently enrolling for the 2025 - 26 school year. Call today!

Please Call 978 897 8585 To Learn More! Enrolling Now For September 2025

The Link to our sign up page is

[After School Program Registration Page Click Here](#)

Or visit www.etherealarts-sd.com

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

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 1st and closes November 30th, 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 1st 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

Geoff Beharrell: recreation2@stow-ma.gov

Phone 978-637-2984

Visit Pompo Community Center
509 Great Road
Monday – Friday, 10am – 3pm

Website stowma.myrec.com

Or www.stow-ma.gov > Government > Recreation Department

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

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