

Stow Recreation Department Newsletter November, 2025





Archery with *On the Mark!*

Archery for All!

Fall III Program – Four Weeks

\$215 per participant

6:15 - 7:15 pm Fridays, November 21, December 05, 12 and 19, 2025

Location: Fairbank Community Center, Sudbury, MA

Winter I Program – Five Weeks - Grades 4 to Adult

\$215 per participant

6:15 - 7:15 pm Fridays, January 9, 16, 23, 30 and February 6, 2026

Location: Fairbank Community Center , Sudbury, MA

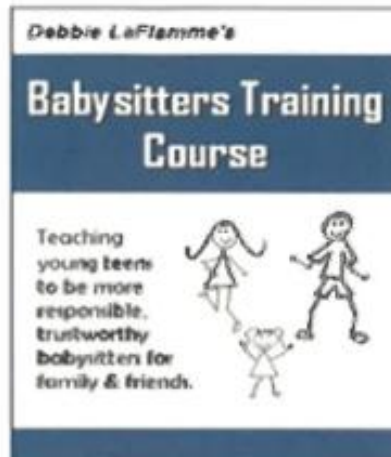
Winter II Program – Five Weeks - Grades 4 to Adult

\$215 per participant

6:15 - 7:15 pm Fridays, February 27, March 6, 13, 20, and April 3, 2025

Location: Fairbank Community Center, Sudbury, MA

To register go to [Stow Recreation Department: Online Registration by MyRec.com Recreation Management Software](#)



Saturday, November 22nd

9am - 1pm

for ages 11+

Cost is \$55

Register

at 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.



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



6 -Week Program Information and Registration Fees

Day: Friday 6-week program

Lesson Time: 4:30

Start Date: January 9, 2026

Lift Pass only 6-week Lift Pass: \$310.00 (All participants need a Lift Pass)

6-week Lesson Option: Group Lesson (Ski): \$440.00 (Never skied, beginner & intermediate)

**Snowboard lessons will be available for purchase through the Nashoba Ski Area website only

6-week Rental Options: Rental Equipment: \$200.00 Helmet Rental: \$50.00 Daily Helmet Rental: \$10.00
Helmet Purchase: \$70.00 Goggle Purchase: \$45.00 Lesson

Descriptions: Group Lesson: Traditional lesson for beginner and intermediate skiers with one instructor teaching to their group of students. Students will be placed in a lesson with students of similar age and ability. The lesson groups will consist of students from other schools, recreation departments and online registrations.

Special Offerings for the 2026 season at Nashoba Valley Ski Area

Saturday Evening Special: Nashoba Valley Ski Area is excited to offer a discounted "No Lesson Badge" for Saturday Evenings 5-9PM. This lift ticket badge is valid from 5-9pm on Saturdays for 4, 5 or 6 consecutive weeks starting Saturday, January 10, 2026. This is a perfect option for those skiers or riders looking for additional time on the slopes. This badge is available to all established multi-week programs and can be purchased through your School, Recreation Dept or program, directly.

Saturday Evening "No Lesson Pass" BADGE (pass valid 5-9pm, non-transferrable)

6 Wk - \$250.00/pp

5 Wk - \$230.00/pp

4 Wk - \$210.00 /pp

To register go to [Stow Recreation Department: Online Registration by MyRec.com Recreation Management Software](#)



Intro to Acrylic Painting

Course Description:

This class is for both beginners and intermediate students who would like to learn or improve basic acrylic painting skills. Students will learn about acrylic painting materials, color mixing, color theory, composition, value, and basic paint application techniques.

Instructor: Joy Buell

Joy Dai Buell received both her BFA and MFA in printmaking from Yale University. She also has a BS in education from Tufts University and a diploma from the School of the Museum of Fine Arts. She is known to offer superb criticism and encouragement. She is honest and constructive in assessing students' strong and weak points and provides insightful instruction to foster further artistic development. Buell maintains a studio in Gloucester, Massachusetts, and takes students to Europe to draw and paint...this August we will travel to northern Holland. She taught at DeCordova's School for over 15 years.

Age range: Adult

Students min/max: 6/20

Duration: 6 classes

Saturdays, January 10 – March 21

1/10, 1/24, 2/7, 2/21, 3/7, 3/21

12:00pm - 3:00pm

Location: Pompo Community Center

Cost: \$210



To register go to [Stow Recreation Department: Online Registration by MyRec.com Recreation Management Software](#)



Closed For

WINTER

Starting December 1, 2025

Gleasondale Park, Stow

December 1, 2025 to April 1, 2026, No Parking

Contact: Stow Recreation Dept. • Call: (978)- 637-2984

• Email:

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

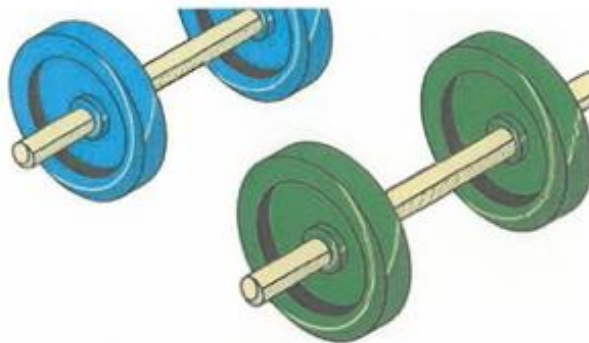
\$8 drop-in (suggested donation)

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



Exercise Room Hours



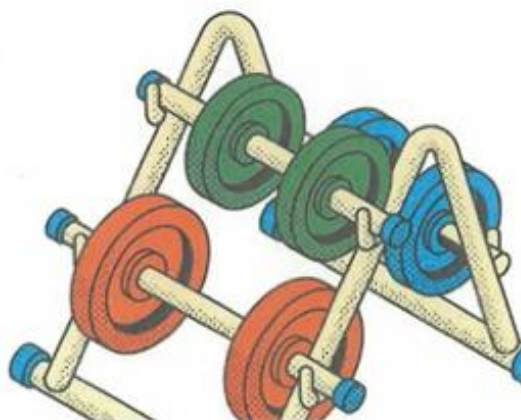
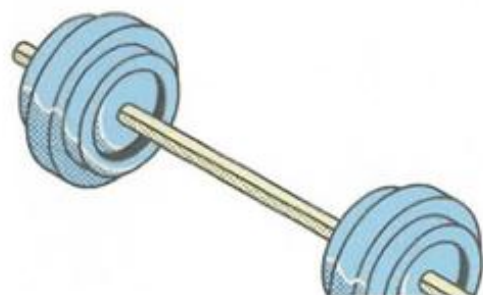
August 27 - June 12
8:30 am - 5:00 pm



Monday through Friday



If Recreation office is close
exercise room will close at
3:30 pm.



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)