

Stow Recreation Department

Newsletter

December, 2025



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)



Archery with *On the Mark!*

Archery for All!

Fall III Program – Four Weeks

\$156 per participant (On the Mark Archery fee)

6:10 - 7:15 pm Fridays, December 05, 12 and 19, 2025

Location: Fairbank Community Center, Sudbury, MA

Winter I Program – Five Weeks - Grades 4 to Adult

\$156 per participant (On the Mark Archery fee)

6:00 - 7:00 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

\$156 per participant (On the Mark Archery fee)

6:10 - 7:15 pm Fridays, November 21, December 05, 12 and 19, 2025

Location: Fairbank Community Center, Sudbury, MA

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



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



- ❖ The Ski & Snowboard program is for grades 3-8 for all skill levels.
- ❖ The program will run for 6 weeks on Fridays starting January 9, 2026, but the end date may move if poor conditions cause a cancellation during the season.
- ❖ Registration options are:
 - Ski & Snowboard NO LESSONS for \$310.
 - Ski WITH LESSONS for \$440
 - If you choose WITH LESSONS, let us know what level:
 - Never Skied, Beginner, or Intermediate.
 - Snowboarding lessons are not available currently.
- ❖ **TRANSPORTATION:** there will be no transportation from Stow Recreation, we just don't have the staff.
- ❖ **RENTALS:** To rent equipment from Nashoba Valley Ski Area, you will need to go to the rental shop for a fitting before December 15th. **Fittings are by appointment only.** Call Nashoba (978-692-3033) to make an appointment! The cost for participants of our program is \$200 for skis/board and boots. Helmet rental is \$50. Be sure to let them know you are with Stow recreation to get the discounted pricing
- ❖ **More info on Registering will be in the November Newsletter.**

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

11:00am - 2:00pm

Location: Pompo Community Center

Cost: \$210



Music Together of Assabet Valley

The whole family is invited to join us for informal, education-based in music, movement and instrument play for children--newborn through age 5--with grown-ups who love them! Classes are offered Tuesday through Saturday and are held in Groton, Hudson, Maynard, Stow and Sudbury.

**Our 9-week Winter Music Class Program starts the week
of January 6, 2026!**

This Winter's collection is "Sticks". Cost of the 9-week program includes a professional cd; a beautiful illustrated songbook; family e-newsletter; and access to the Family Music Zone, which offers ideas and information to support music learning at home. New families will also receive an informative booklet titled "Music and Your Child": A Guide for Parents and Caregivers" and musical growth chart. Weekly classes run 45 minutes. Makeup classes are available. Visit us at www.mistervic.com for more information and to register.

If Stow families enter the code "SAFN" they get \$10 off.



Gym Soccer

WINTER

FC Tigers Soccer Academy

Winter Skills& Drills

Two Separate Age Groups, 1), ages 3 to 5, 9:15 to 10am/ 2), ages 6 to 13.

Sunday Mornings, Jan. 11th & 25th/Feb.8th & 22nd/March 8th & 22nd

Center School Gym, 403 Great Road, Stow, Ma.

Skills & Drills helps you train smarter, react faster, take your performance to the next level. Challenge your speed, agility, power and reaction time this winter while having fun with friends new and old. Contact Geoff, Gbehe AOL.com for more info.



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:

**STOW RECREATION
DEPARTMENT OFFICE
WILL BE CLOSED ON
DECEMBER 25TH & 26TH,
HALF DAY ON THE 24TH.
WE HOPE YOU ALL
HAVE A WONDERFUL
HOLIDAY SEASON**



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

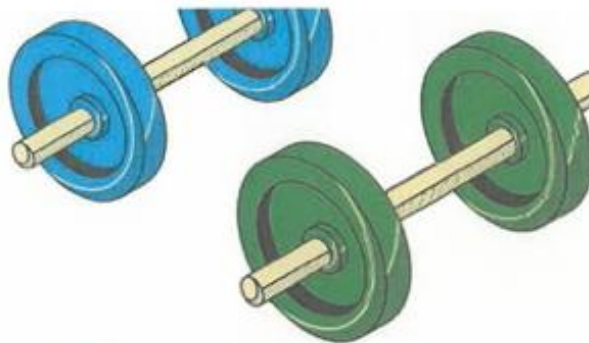
\$8 drop-in (suggested donation)

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.

