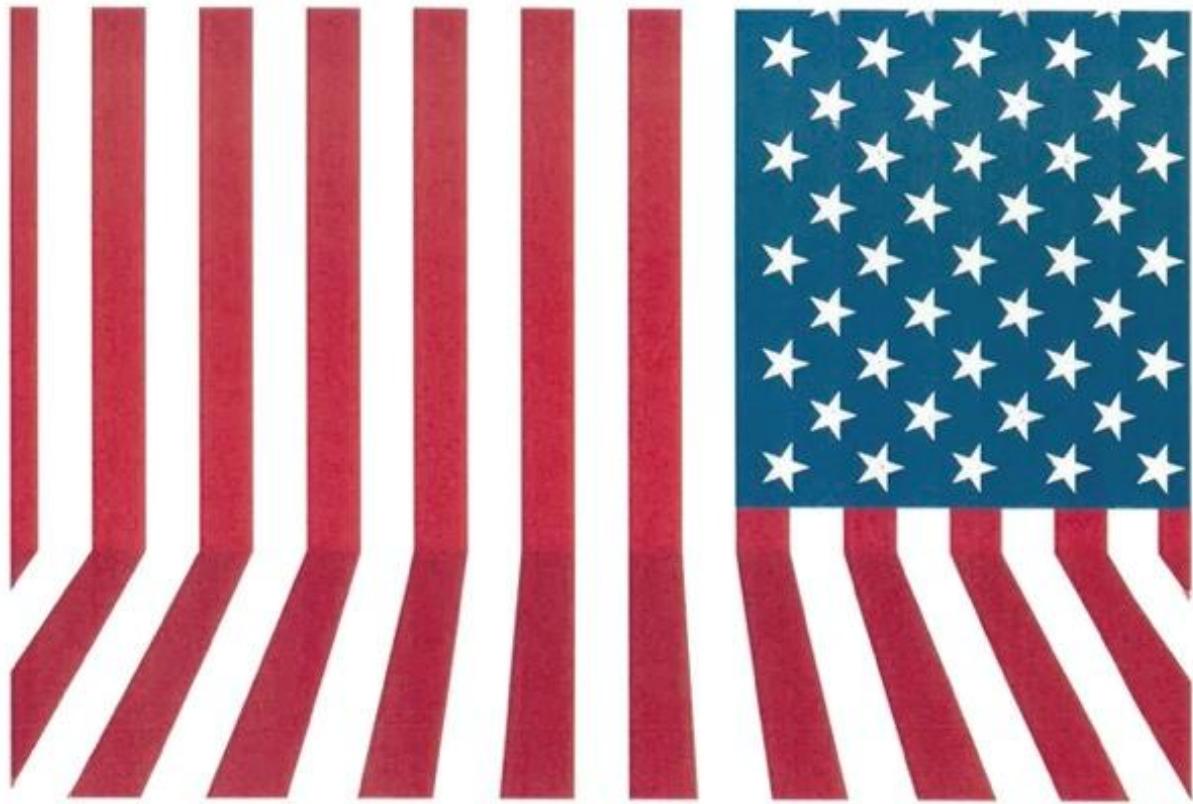


# Stow Recreation Department

## Newsletter

### February, 2026





# PRESIDENT'S DAY

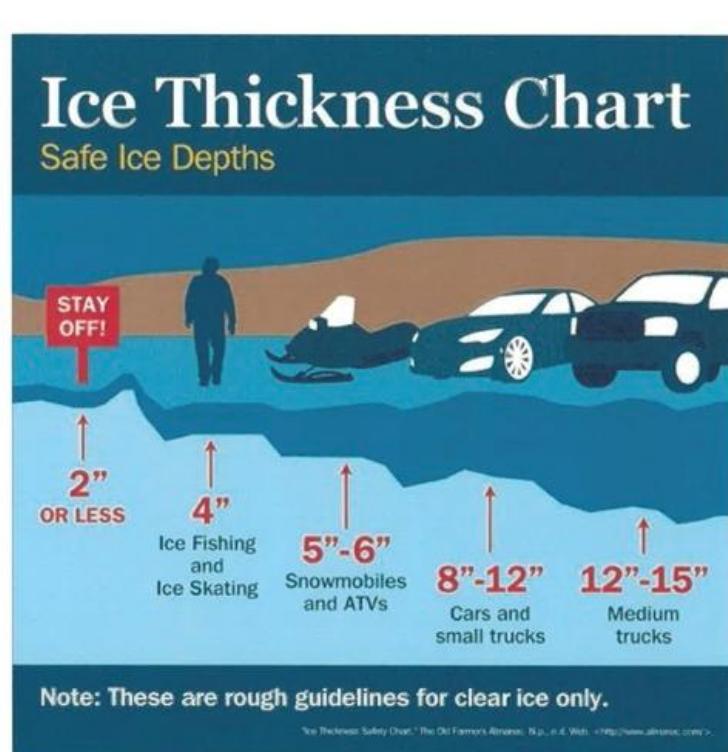
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Stow Recreation Department will be  
CLOSED  
On Monday, February 16<sup>th</sup>



# Planning to go Out on the Ice?

## Here are important safety tips:



# Music Together of Assabet Valley

Hello Everybody! Winter is now upon us, and it's time to turn our sights to music classes!

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 grownups 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 started the week of January 6, 2026!**

This session features the "Sticks" song collection where your child will love going for a musical ride with "Ridin' in the Car" and "Trot to Grandma's House." Plus, you'll dance with "Don Alfredo Baila," march and scamper with "The Tailor and the Mouse," and go "Pop!" with that good ol' classic weasel. And those are just a few of the twenty-five songs you'll learn. 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. Weekly classes run 45 minutes. Makeup classes are available. Visit us at [www.mistervic.com](http://www.mistervic.com) for more information and to register.

**If Stow families enter the code “SAFN” they get \$10 off.**



# Creative Dance

Winter/Spring 2026 Sessions

begin January 22, 2026



## Creative Dance for Preschool Ages 3-5, Thursdays, 2:15-2:55 pm

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, 2025, and be ready to be in a class on their own.

## 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. Students create beautiful improvisational dances as they learn and explore the tools of dance- technique, design, rhythm, flow, and creativity. In addition, students will develop music appreciation as they 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.

## Creative Modern Dance for Grades 3-6, Thursdays, 4:45-5:40pm

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, students will develop strength, flexibility, posture, balance, and coordination. They will explore moving to a variety of music types as they create their own dances and develop an understanding of dance appreciation through dancing 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.

## Creative Modern Dance for Grades 7+, Thursdays, 6:45-7:40 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, exploring a variety of dance techniques including modern, jazz, and ballet. Students explore rhythmic patterns and learn dance combinations as well as creating their own compositions to the various styles of classical, jazz, pop, world, new age, and lyrical music. Yoga flows and relaxation techniques included. Beginners welcome.

\*\*End-of-year performances will be held on May 16 at the Hale Middle School Auditorium.

For more information or to register contact Jennifer McGowan at 978-433-8349 or [info@creative-dance.com](mailto:info@creative-dance.com)



## 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



# Archery with *On the Mark!*

Archery for All!



**Winter II Program – Five Weeks - Grades 4 to Adult**

**Class Fee: \$156 per participant**

**6:10 - 7:15 pm Fridays, February 27, March 6, 13, 20, and April 3, no class March 27.**

**Location: Fairbank Community Center, Sudbury, MA**

**To register:**

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

# Babysitting Essentials

## with Debbie

**Fun & learning for  
Middle School Age Children**  
**Babysitting**  
**First Aid**  
**CPR and more!**

**Get certified by retired teacher and  
daycare provider of over 35+ years  
and start your babysitting journey  
now!**

**March 7, 2024**

**Reach out to your local Recreation  
Department to sign up today!**



# NASHOBA BOYS AND GIRLS SPRING YOUTH LACROSSE



## REGISTRATION NOW OPEN

**Boys Registration:**

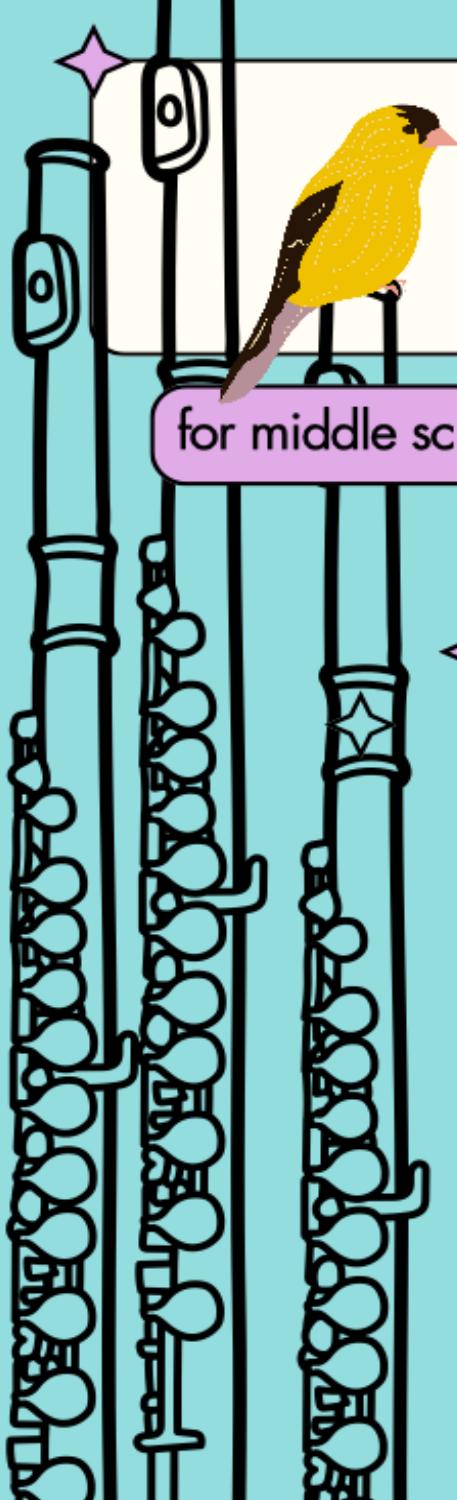
<https://www.nashobalacrosse.org/register>



**Girls Registration:**

<https://nashobagirlslax.org/registration/>





# 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](http://jessicasmithflute.com)

# Summer Creative Dance DAY Workshops:

## Ages 3 - 6 and Ages 7 - 11

Where **DANCE** is for everyone

And everyone can **DANCE!**



### Mini Dance, Arts, & Yoga Workshop (Ages 3-6)

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 explore yoga shapes, musical instruments, parachute play, dancing with colorful props, obstacle courses, and more. Dance class will be followed by a special art project. After a healthy snack brought from home, we will join together for songs and a story to end our day. Participants must be 3 by the start of the program and be ready to be in a class on their own.

**Dates:** July 20 - July 24 (M-F), 1:30-4:00pm

**Tuition:** \$195/5 days (please bring a nut-free snack and water bottle)

**Location:** Pompositticut Community Center, Stow, MA

### Creative Dance, Arts, & Yoga Workshop (Ages 7-11)

The day begins with a creative dance class where children express themselves through movement. Students explore dancing to 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 lunch 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.

**Dates:** July 20 - July 24 (M-F), 9:30-1:00pm

**Tuition:** \$280/5 days (please bring a nut-free snack, water bottle, and lunch.)

**Location:** Pompositticut Community Center, Stow, MA

**For more information or to register** please contact Jennifer McGowan: 978-433-8349 or [info@creative-dance.com](mailto:info@creative-dance.com)

**Register by April 1, 2026 and receive a \$10 discount off your total**

# 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](mailto: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**

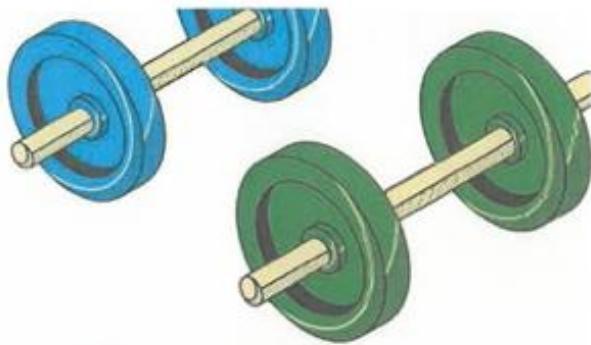
**\$8 drop-in (suggested donation)**

**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)



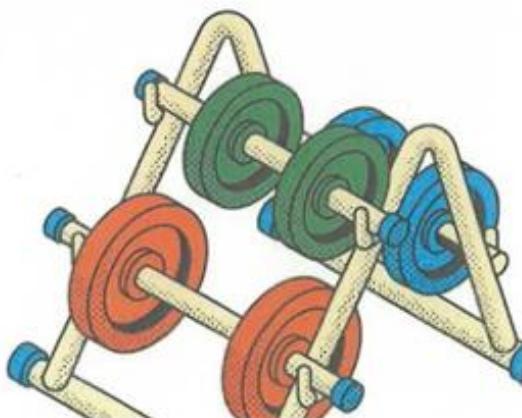
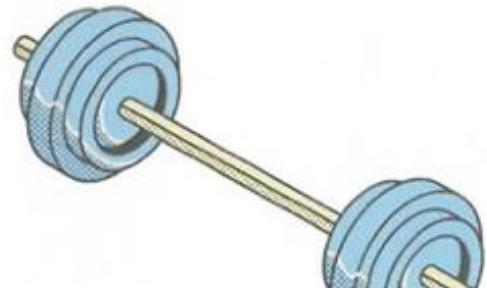
## Exercise Room Hours

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.



# What would you like to see offered?

Do you have program ideas or wishes?

Let us know!!

## 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!*

**Facebook!** [Stow Recreation Department](#)

