

Stow Recreation Department Newsletter July, 2026



Happy 4th of July!

Summer 2026 Stow Recreation

6/22 - 8/14 - **Camp Stow** (5-12) (Pine Bluff Recreation Area) 9 am - 4pm (**filled**)

6/29 - 7/3 - **Skyhawks Multi-Sports Tots** (3 . 5 to 5) (Stow Community Park) 9 am - 9:45 am (pp. 4 - 5)

6/29 - 7/3 - **Skyhawks Mini - Hawk Multi Sports** (5-7) 10 to 1pm (pp. 4 - 5)

7/6-7/10 - **FC Film-Making** (10-14) (Pompo Community Ctr, Rm 127) 9:30 am-3 pm (pg. 6)

7/6 - 7/ 10 - **Skyhawks Tennis** (6-12) (Stow Community Park) 9 - 12 pm (pp. 4 - 5)

7/10-8/28 - **On the Mark Archery**, Wayland (4 and up) 6 am -7 pm (pg. 7)

7/13-7/17 - **Skyhawks Basketball** (7-12) (Stow Community Park) 9 am - 12 pm (pp. 4 - 5)

7/20-7/24 - **Creative Dance** (3-11) (Pompo Community Ctr) 9:30 am - 4 pm (pg. 8)

7/20-7/24 - **Skyhawks Tennis/Pickleball** (6-12) (Stow Community Park) 9am - 12pm (pg. 4 - 5)

7/27-7/31 - **Minds in Motion CSI** (Pompo Community Ctr, room 127) (7-11) 9am - 12pm (pg. 9)

7/27 - 7/31 - **Minds in Motion RE/CO Robot** (Pompo Room 127) (8-12) 1 - 4pm (pg. 9)

8/3-8/6 - **FC Puma Soccer Camp** (5-13) (Stow Community Park) 8 am - 4 pm (pg. 10)

8/10 - 8/14 - **Wicked Cool Med. School** (6-12) (Pompo Community Ctr. room 127) 9 am - 3pm (pg. 11)

8/17-8/21 - **Stow Summer Thing** (5-12) (Stow Public Beach) 9 am -1 pm (pg. 12)

8/17 - 8/21 - **Skyhawks Volleyball** (10-14) (Pine Bluff Recreation Area) - 9 am - 12 pm (pp. 4 - 5)

Ongoing: Yoga with Maureen, Bridge, Exercise Room at Pompo, and contact info (pp. 14 - 15)

Coming this fall: Platypus Society: Community Connections (pg. 13)

To register for most programs noted above:

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



Stow Recreation Summer 2026

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and life lessons, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

SPORT	DATE	DAY	TIME	AGES	LOCATION
Mini-Hawk	6/29 - 7/02	Mon - Thurs	10:00 AM - 1:00 PM	5 - 7	Stow Community Park
Multi-SportTots	6/29 - 7/02	Mon - Thurs	9:00 AM - 9:45 AM	3.5 - 5	Stow Community Park
Tennis	7/06 - 7/10	Mon - Fri	9:00 AM - 12:00 PM	6 - 12	Stow Community Park
Basketball	7/13 - 7/17	Mon - Fri	9:00 AM - 12:00 PM	7 - 12	Stow Community Park
Tennis & Pickleball	7/20 - 7/24	Mon - Fri	9:00 AM - 12:00 PM	6 - 12	Stow Community Park
Volleyball	8/17 - 8/21	Mon - Fri	9:00 AM - 12:00 PM	10 - 14	Pine Bluff Rec Area

*Please Note: Along with every registration form, each participant must provide a record of their most recent physical and immunization dated within the past 18 months. 105 CMR 430.000: These camps must comply with regulations of the Massachusetts Department of Public health and be licensed by the local Board of Health. Skyhawks' first concern is safety of the children who participate in our programs. Copies of background checks, health care and discipline policies as well as procedures for filing grievances are available upon request.



Register for your program:
register.skyhawks.com

Have questions? Give us a call:
(800) 804-3509





Mini-Hawk Ages 5-7 (See previous page for further details) **Cost: \$179**

Embark on an adventure with Skyhawks Mini-Hawk where younger children can explore a variety of sports. Mini-Hawk programs offer a fun, structured learning environment while enhancing balance and coordination. Campers improve athletically while learning sportsmanship and teamwork. Perfect for a playful introduction to athletics!

Multi-Sport Tots Ages 3.5 - 5 (See previous page for further details) **Cost: \$115**

Begin an athletic journey with Multi - Sport Tots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! Parent participation is required with children 3.5 years and younger.

Tennis Ages 6 - 12 (See previous page for further details) **Cost: \$200**

Serve up fun with Skyhawks Tennis! This program elevates tennis skills by focusing on the techniques of forehand, backhand and scoring while utilizing practice sessions and match play to develop consistent, well rounded players. Each session also fosters personal growth, emphasizing sportsmanship and perseverance.

Basketball Ages 7 - 12 (See previous page for further details) **Cost: \$200**

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

Court Sports (Tennis & Pickleball) Ages 6 - 12 (See previous page for further details) **Cost: \$200**

2 sports in 1 program! Serve up fun with Skyhawks Tennis and Pickleball! This program elevates tennis and pickleball skills by focusing on techniques, utilizing practice sessions and match play to develop consistent, well rounded players. Each session also fosters personal growth, emphasizing sportsmanship and perseverance.

Volleyball Ages 10 - 14 (See previous page for further details) **Cost: \$200**

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

Filmmaking Classes

FOR AGES
10-14



presented by the creators of the **BOSTON INTERNATIONAL KIDS FILM FESTIVAL**

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.

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 equipment is provided, all you need to bring is your creativity!

All projects made in the class will be submitted to the Boston International Kids Film Festival for an opportunity to be selected and screened in November of 2026

For further info, please contact:

Natalia Morgan, Project Director, natalia@filmmakerscollab.org



Visit www.bikff.org to learn more about the
Boston International Kids Film Festival.

The program is presented by Filmmakers Collaborative, which encourages and supports the making of great films and media projects by people of all ages and experience levels. FC offers grants management, mentoring and workshops to a diverse and national community that includes award-winning PBS documentarians, first-time producers and directors, and young people just discovering the power and potential of visual media. For more information please go to: www.filmmakerscollab.org.

Dates: 7/6/26 - 7/10/26

Time: 9:30 - 3:00 PM

Location: Pompositticut Community Center (Room 127)

Archery with *On the Mark!* Archery for All!



Summer 2026 Session I – Grades 4 – Adult

Four Weeks - Fridays July 10, 17, 24 and 31, 2026

6:00 – 7:00 pm

Cost: \$176.00

Location: Wayland Town Building Fields

Summer 2026 Session II – Grades 4 – Adult

Four Weeks - Fridays August 7, 14, 21, and 28, 2026

6:00 – 7:00 pm

Cost: \$176.00

Location: Wayland Town Building Fields

Summer Creative Dance Workshops

Ages 3 - 6 and 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 - 4:00 pm

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**

Minds in Motion

RE/CO Robot (Ages 8-12) Cost: \$185.00

Dates/Time: 7/27 - 7/31, 1 pm to 4 pm

Location: Pompositticut Community Center, Room 127.

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. For parents who look to get the most out of their children's time, RE/CO Robot is a great all in one package! It combines assembling with 106 pieces, STEM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control!

CSI: Crime Scene Investigation (Ages 7-11) Cost: \$185.00

Dates/Time: July 27th to 31st - 9 am to 12 pm

Location: Pompositticut Community Center, Room 127

Come join our Minds in Motion Crime Team in this fun and interesting program! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, searching for evidence, and gathering clues and bring home your very own detective kit! Working in groups, you will conduct many science experiments in our crime lab to solve the mysteries at hand. You will learn all about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds in Motion Laboratory!

If you sign up for both programs, the cost would be \$350.00 and the day would run from 9am to 4pm with students needing to bring a lunch.



Little Pumas Half Day Camp

Little Pumas is an introductory soccer experience designed to teach 5-7 year olds the basic fundamentals of soccer in a fun learning environment. Through exciting, soccer-related activities and age-appropriate challenges, players learn basic soccer techniques, and develop their core movement and motor skills.

Our experienced coaches know how to balance both teaching and motivating, to help young players begin developing a love for soccer. Activities and games are catered to our Little Pumas, with a shorter camp day to keep them focused and engaged.

A typical camp day includes:

- Technical skills development (e.g., dribbling, agility, speed, coordination)
- Topics of the Day with demonstration and drills
- Camp games — Including Champions League Tournament 4v4
- Snacks, water breaks, and prizes too!

Little Pumas Camp Information:

Camp hours: 9:00AM - 1:00PM

Extended hours: Early drop off available; 7:30AM - 9:00AM

See camp schedule on the back for more information

Youth Day Camp

Youth Camp offers a non-pressured, fun environment with an emphasis on skill development and small-sided games. Our curriculum is built for players at all levels – those new to the game or looking to just have some fun, as well as those who play throughout the year and are looking to advance their skills.

A typical camp week includes:

- Ball Control (First Touch is Everything)
- Dribbling (Ronaldo/Zidane Moves)
- Passing & Receiving
- Ball Striking
- Champions League 4v4 Tournament
- Teamwork, Fun Activities (and prizes too!)
- Agility/Speed/Coordination
- Soccer Tennis
- Skills Competition
- Goalkeeping Training
- Futsal
- Juggling

Youth Day Camp Information:

Camp hours: 9:00AM - 3:00PM

Extended hours: Early drop off: 7:30AM - 9:00AM and extended day: 3:00PM - 4:30PM available

See camp schedule on the back for more information



Dates: 8/3/26 - 8/6/26 **Ages:** 5 - 13

Time: 8:00 AM - 4:00 PM

Location: Pompositicut Community Center (Room 127)

Wicked Cool Med School

AM Only Option: Is there a doctor in the house? Follow the progress of your own "patient" all week as we journey into the inner workings of the human body. Keep medical charts and become an anatomy specialist while learning the body systems. Learn to use a stethoscope, take vitals signs, and investigate digestion! Get into "gross anatomy" as we create a model of a human cell, 3-D eyeballs and slime mucus!

Full Day Option: NEW Full-day doctors continue the learning with the Kiwi Crate Moving With Muscles project. Discover how muscles work by building an athlete that can kick a ball with rubber band "muscles." You'll also flex your arm muscles as we build a bow and arrow for some foam archery practice. End each day with free-choice life science STEAM arts and crafts.



Wicked Cool Med School
August 10th – 14th, Pompositticut
Community Center, Room 127. Half
Day: 9am to 12pm, \$340.00, Full Day:
9am to 3pm, \$425.00. Students will
need to bring a lunch.

"Summer Thing" for Ages 6 - 12

(formerly known as *Art and Swim*)



Dates: August 17 to 21 (M-F)

Time: 9:00am - 1:00pm

Cost: \$200

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!*, formerly known as our *Art & Swim* program combines many of your children's favorite activities. The art portion will teach children to express themselves in new and creative ways. Then they will have a chance to burn some energy with field games, and finally cool off in the lake before going home. Counselors and Lifeguards will be on duty at all times during swim time. Come and have fun while exploring the wonders of art. Space is limited so please sign up early.

Coming This Fall!

Looking For Volunteer Hours?
Develop Leadership and Life Skills?
Make A Difference in the Community?

**Stow Recreation
Program**

Look No Further Than....

COMMUNITY CONNECTIONS



PLATYPUS SOCIETY

STARTING FALL 2026!

Weekly Meetings Saturdays Throughout the School Year from 9 - 10am

Plus a Minimum of 1 Volunteer Trip Per Month

Completely Free, Low Commitment, and Tons of Fun!!!

Grades 6 - 12 Welcome!

Want to Learn More?

Reach out to Jake Agoglia

jake.platypussociety@gmail.com



Located at Pompositticut Community
Center, 509 Great Road, Stow,
Massachusetts, 01775

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.



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!

