

Stow Recreation Department Newsletter September, 2026



Stow Recreation Department

Mission Statement

To provide a wide variety of year-round programming, both indoors and outdoors, which are both social and recreational in nature for children, teens, adults and seniors as determined by the needs and desires of the community. To provide cost efficient services within the reach of the overall community base while maintaining the highest level of participant satisfaction. To provide safe and well-maintained facilities for all to enjoy.

Please enjoy reading about our recreational offerings for September and visit our website to register!

<https://stowma.myrec.com>

Thank You, Camp Stow Staff!

A huge **thank you to our amazing Camp Stow summer staff** for making this summer such a memorable one for our campers! Your enthusiasm, patience, creativity, and dedication made a lasting impact on so many children. You brought energy and heart to Camp every day and helped create countless memories that will last long after summer ends.

A **very special thank you to our Camp Director, Jake Agolia, and Waterfront Director, Cooper Rogers**, for your leadership, dedication, and commitment to making Camp Stow a safe, fun, and welcoming place for everyone. Your hard work—both seen and behind the scenes—did not go unnoticed!

We are so grateful for each member of our Camp Stow team and everything you contributed this summer!

Thank you for an incredible summer!

Stow Recreation Department



Thank you!
Laura Greenough
Stow Recreation Director

Call for Stowcase Vendors!

ATTENTION

STOW BUSINESS OWNERS AND STOW RESIDENTS

We are delighted to invite you to participate in this well-attended town-wide event! STOWcase attracts hundreds of residents, giving you a fantastic opportunity to showcase your business, sell merchandise and connect with residents. There is NO registration fee, however a donation for the raffles is required.



October 22, 2026
6 pm to 8 pm
Center School

STOWcase is an evening open house to showcase some of what Stow has to offer its residents

Don't delay as space is limited

APPLY NOW!

[Click here for the applications](#)

Email stowcase@stow-ma.gov with any questions

STOW RECREATION DEPARTMENT

DISC GOLF COURSE IS OPEN!

COME PLAY. HAVE FUN.
ENJOY THE OUTDOORS!



18 HOLES
FUN FOR ALL SKILL LEVELS



**SCENIC & WELL
MAINTAINED**
BEAUTIFUL NATURAL SETTING



FAMILY & FRIENDLY
GREAT FOR ALL AGES



**BRING YOUR DISCS
AND COME PLAY!**



LOCATED AT:
99 RANDALL RD.
STOW, MA 01775



GRAB A DISC. HEAD OUT. PLAY ON!

★
THANK YOU FOR RESPECTING THE COURSE AND OUR COMMUNITY!

PACK IT IN • PACK IT OUT • RESPECT NATURE • RESPECT OTHERS



All proceeds will go to:
**RAINFOREST
TRUST®**

JOIN OUR
**FUN
RUN**

Help us fundraise to save
endangered animals!

**5KM
SUN, 4 OCT**

50 Old
Bolton Rd,
Stow
9:00am

**REGISTER
TODAY!**

[stowma.myrec.
com/info/
default.aspx](http://stowma.myrec.com/info/default.aspx)

FOOD AND
PRIZES!

\$10 adults

\$5 children

**CAN'T ATTEND?
YOU CAN STILL
CONTRIBUTE!**



Sponsored by:
Stow
Recreation
Department

Race
Organizer:
Azul Roberts



For more info call: (978) 618-2853

COME PLAY MAH JONGG

FALL SESSION

****BRING YOUR 2026 NAML CARD**
and YOUR MAH JONGG SET.**



Unleash your inner strategist and dive into the fast-paced, addictive world of Mah Jongg! Equal parts social hour and brain workout, this vibrant class is your ticket to mastering the mesmerizing game of dynamic tile-matching, tactical planning, and clever hand-building. Whether you've never touched a tile or want to crack the code on this year's National Mah Jongg League card with total confidence, you'll find an inviting, energetic group ready to play. Come for the cheerful clatter of the tiles, stay for the thrill of shouting 'Mah Jongg!' and walk away with a fantastic new hobby and great local friends.

DETAILS

Tuesdays, Sept 29 thru Nov 17 from 7:00pm to 8:30pm

Cost \$40.

Drop ins \$5/evening

REGISTRATION REQUIRED THROUGH THE STOW REC DEPT

| LOCATION: Pompositticut Community Center

MEN'S BASKETBALL

The Stow Recreation Department is sponsoring
Men's Basketball

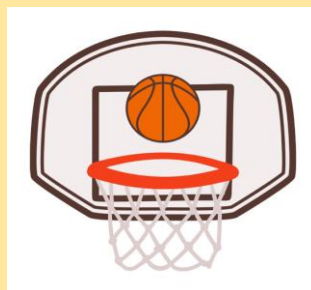
Want to get back in the game?

Just show up at Hale Middle School during the times below.

WHERE: Hale Middle School

WHEN: Tuesday evenings 6:30 –8:30pm
and/or
Saturday mornings 8:00-10:30am

COST: \$50/year



Archery with *On the Mark!*

Archery for All!



FALL 2026 Session I – Grades 4 to Adult

Five Weeks – September 11 – October 9, 2026

6:00 – 7:00 pm Fridays

Cost: \$205.00

Davis Field, 233 North Road, Sudbury

FALL 2026 Session II – Grades 4 to Adult

Five Weeks – October 16 – November 13, 2026

6:00 – 7:00 pm Fridays

Cost: \$205.00

Fairbank Community Center, Sudbury, MA

FALL 2026 Session III – Grades 4 to Adult

Five Weeks – November 20 – December 18, 2026

6:00 – 7:00 pm Fridays

Cost: \$205.00

Fairbank Community Center, Sudbury, MA



Goldfinch Flute Choir

for middle school and high school flutists

2026-2027 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



Register Today!

Join Music Together® of Assabet Valley's music classes for children birth through age 5 with the grownups who love them.

In addition to your nine-weekly 45-minute classes, your registration includes recordings and materials for you to use at home and on the go, including a colorful illustrated songbook and access to the songs through the Music Together app. New families also receive additional materials which help support your child on his/her musical journey. Sibling discounts and makeup classes available.

Classes are offered in
Groton, Hudson, Maynard, Stow and Sudbury
www.mistervic.com

Join us for our nine-week
fall session that begins
Tues., Sept. 15!





Creative Dance

2026 - 2027 Sessions

Begin September 17, 2026

Jennifer McGowan's Creative Dance Center is dedicated to providing quality dance education with the belief that dance is for everyone and everyone can dance! All levels of experience are welcome. Join in the fun!

For more information or to register: call [978-433-8349](tel:978-433-8349) or e-mail info@creative-dance.com
Over 30 years of sharing the love of dance!

Open House: Thursday, September 3, 6:30 - 7:30 pm
at the historic Stow Town Hall

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, 2026, 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. Create beautiful improvisational dances as you learn and explore the tools of dance - technique, design, rhythm, flow, and creativity. In addition, you will develop music appreciation as you dance to the many musical rhythms, learn problem-solving skills and create solo and group dances expressing the uniqueness of each dancer. Learn yoga postures and stories and relaxation techniques.

Creative Modern Dance for Grades 3-6

Thursdays, 4:45 - 5:40 pm

Modern and ballet dance techniques are 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 you will develop strength, flexibility, posture, balance, and coordination. Then explore moving to a variety of music as you create your own dances. Develop an understanding of dance appreciation as you dance 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 Teens 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. Explore a variety of dance techniques including modern, jazz, and ballet. Explore moving to rhythmic patterns and learn dance combinations as well as create your own compositions to the various styles of classical, jazz, pop, world, new age, and lyrical music. Explore Yoga flows and relaxation techniques.

Dancers Workshop Performing Group Ages 8+

Rehearsals Thursdays, 5:45-6:40 pm

The Dancers Workshop is a performing dance company of young people who share a love of dance and a desire to bring the art of dance to the community. Dance company members perform at several community events and festivals throughout the year, which may include performances at nursing homes, community centers, local town festivals, and schools, as well as family performances. In addition to weekly rehearsals, dancers must attend a creative modern class for their age level. Please inquire for details about this special group.

Creative Dance Adults Ages 18+

Thursdays, 1:00-2:00 pm

Explore somatic movement, connecting body and mind, as you gently stretch and strengthen your body through movement sequences inspired by Bartenieff Fundamentals, Feldenkrais, and Yoga, as well as dance technique. Explore movement concepts, develop modern dance skills, improvise, choreograph, and let your creative spirit soar in a safe and friendly atmosphere. All levels of experience are welcome.

End-of-year performance will be held in May. All dancers are invited to be a part of this informal presentation.

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

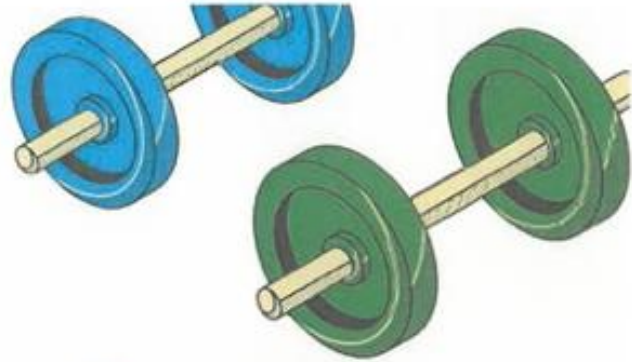
\$8 drop-in (suggested donation)

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



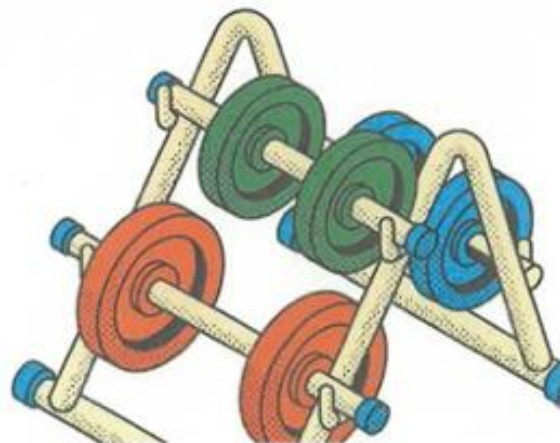
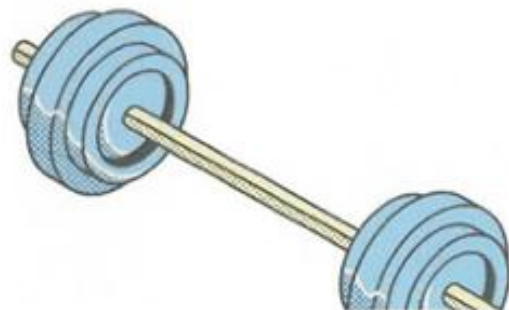
August 27 - June 12
8:30 am - 5:00 pm



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)