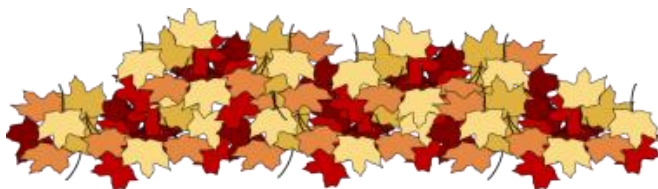


Stow Recreation Department Newsletter October, 2026



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>



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

Help us fundraise to save
endangered animals!

**5KM
SUN, 4 OCT**

50 Old
Bolton Rd,
Stow
9:00am

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



**REGISTER
TODAY!**

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

\$10 adults

\$5 children

JOIN OUR
**FUN
RUN**

FOOD AND
PRIZES!

Sponsored by:
Stow
Recreation
Department

Race
Organizer:
Azul Roberts



For more info call: (978) 618-2853

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

Electric Ice Works

2026 Fall Session

Sept 9-Nov 11

10 week session: 8 structured classes with 2 “FUN” class weeks.
Classes will follow the structure set by ISI skating

Electric Sprite: Tot Class: \$130

Wednesday 11:10am & 11:35am

Electric Sparks: Learn to Skate \$160

Wednesday 11:10am & 11:35am

Electric Connection: Parent/Child \$150

Wednesday 11am

Electric Motion: Adult LTS \$130

Wednesday 11am

****Class descriptions, Curriculum and registration can be found on our website.***

****Classes held at***

***The New England Sports Center
121 Donald Lynch Blvd.
Marlboro, MA 01752***

Skater Must Have's

Your own skates (no double blades)

Helmet

Warm Layers

Gloves/Mittens

No: knee pads

October 7th, 2026 - Bring a friend day

**Bring 1 friend to skate with you in class.*

**Waiver's will be handed out and must be signed and returned before the friend skates.*

October 28th, 2026

**Wear your halloween costume to class!*

November 11th, 2026 - Family skate

Each skater enrolled in the session may bring a max of 2 people to skate with them. Skaters can just skate around or take part in the games place around the rink.

Rec Dept. Registration costs

Tot & Adult class \$105

Parent/Child class \$125

Learn to Skate class \$130

For more information visit us at:

www.teamsatcenterskating.com

Electric Ice Works

2026 Fall 2 Session

Nov 6-Jan 8

10 week session: 8 structured classes with 2 “FUN” class weeks.
Classes will follow the structure set by ISI skating

Electric Sprite: Tot Class: \$130

Friday 6:20pm & 6:45pm

Electric Sparks: Learn to Skate \$160

Friday 6:20pm

Electric Connection: Parent/Child \$150

Friday 6:20pm

Electric Motion: Adult LTS \$130

Friday 6:20pm

Electric Pulse: Adaptive Skater \$130

Friday 6:20pm

****Class descriptions, Curriculum and registration can be found on our website.***

****Classes held at***

The New England Sports Center

121 Donald Lynch Blvd.

Marlboro, MA 01752

Skater Must Have's

Your own skates (no double blades)

Helmet

Warm Layers

Gloves/Mittens

No: knee pads

Decemcer 4th, 2026 - Bring a friend day

***Bring 1 friend to skate with you in class.**

***Waiver's will be handed out and must be signed and returned before the friend skates.**

January 1st. 2027 - Family skate

Each skater enrolled in the session may bring a max of 2 people to skate with them. Skaters can just skate around or take part in the games place around the rink.

***Skaters in our program have the option and access to Skating competitions, exhibitions and shows**

Rec Dept. Registration costs

Tot, Pulse & Adult class \$105

Parent/Child class \$125

Learn to Skate class \$130

For more information visit us at:

www.teamsatcenterskating.com

Nashoba Hoops



Registration for Stow Rec basketball is officially open!!

Please see details below and links to register.

Please Note! Volunteers are needed to make this program available to the community. If you have interest in coaching, assisting, or serving as a team manager, please indicate via the online registration. No experience necessary.

Grades 1 & 2 **Cost: \$95 for 10 sessions, includes ball and t-shirt**

- Saturday mornings beginning early – mid November for 10 weeks
- Youth program designed to learn the game, develop skills, and have fun
- Skills, drills, and scrimmaging, no formal games are played
- Registration will close 10/31 or sooner based on capacity

Link to register: <https://nashobahoops.sportngin.com/register/form/372053252>

Grades 3 - 8 **Cost: \$125 for season, includes game jersey**

- Registration will close 10/15
- Player evaluations for Grades 3 – 8th will take place mid to late October; final dates will be communicated soon. The goal is to create balanced teams across every age group (no cuts). Rec is an equal playing time league. Teams are separated by grade and gender.

Link to register: <https://nashobahoops.sportngin.com/register/form/649636930>

Additional Grades 3 – 8 Details by Grade:

Grades 3 – 4

- Games on Sunday with 1 practice during the week determined by the coach
- Play 9 games starting early December, No standings, No playoffs

Grades 5 – 8

- Games on Saturday with 1 practice during the week determined by the coach
- Play 9 games starting early December; playoffs in February prior to school vacation week

And lastly.....

Nashoba Travel League



.....if your player is interested in additional training on top of the above Recreation Department program, Nashoba runs a travel league (combined Stow, Bolton, Lancaster) for grades 4 - 8. Players must go through a tryout process and it's not an equal playing time league. Travel is an additional game + practice per week on top of the Rec league. The only exception is 4th grade, where schedules conflict. If a 4th grader makes a travel team, they can't play 4th grade Rec.

To reserve a spot in the October Travel tryouts (dates tbd) register here:
<https://nashobahoops.sportngin.com/register/form/121706395>

Thank you,
Stow Youth Basketball Association, "SYBA"



MEN'S BASKETBALL

The Stow Recreation Department is sponsoring
Men's Basketball

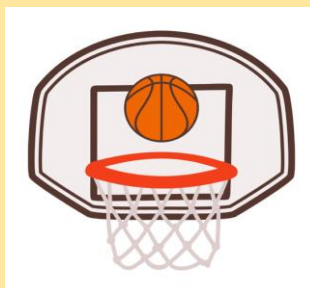
Want to get back in the game?

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

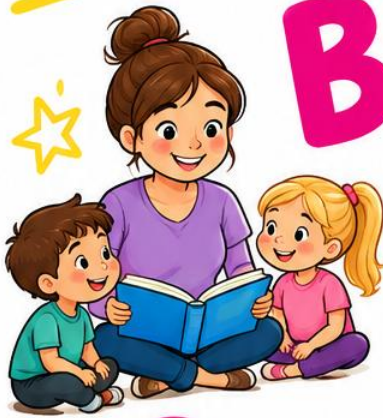
WHERE: Hale Middle School

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

COST: \$50/year



STOW RECREATION DEPARTMENT



BABYSITTER TRAINING

For Ages 11-18



Date:
Saturday,
November 21, 2026



Time:
9:00 AM –
1:00 PM



Cost:
\$55.00



Location:
Pompositticut Community Center

REGISTER TODAY!



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

Babysitting is a job that requires skills in creativity, adventure, and play.

It can be a fun and rewarding position. But those skills are no help if you don't know what to do when a child has a tumble on the playground, or you're not prepared for the realities of a 2-year-old's temper. As a Babysitter, you must also be patient, stay alert to hazards that may occur, and maintain a sense of professionalism when dealing with the families who employ you. And don't forget, babysitting can be fun and rewarding, in many ways!

*Babysitting can be fun
and rewarding in many ways—
and being prepared makes
all the difference!*



**This training will help
future babysitters learn how to:**

- ♥ Stay patient and alert
- ♥ Recognize and respond to potential hazards
- ♥ Handle common childcare challenges
- ♥ Maintain professionalism with families
- ♥ Create a safe, fun, and positive environment for children

Instructor:

Debbie La Flemme

Archery with *On the Mark!*

Archery for All!



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**

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!**



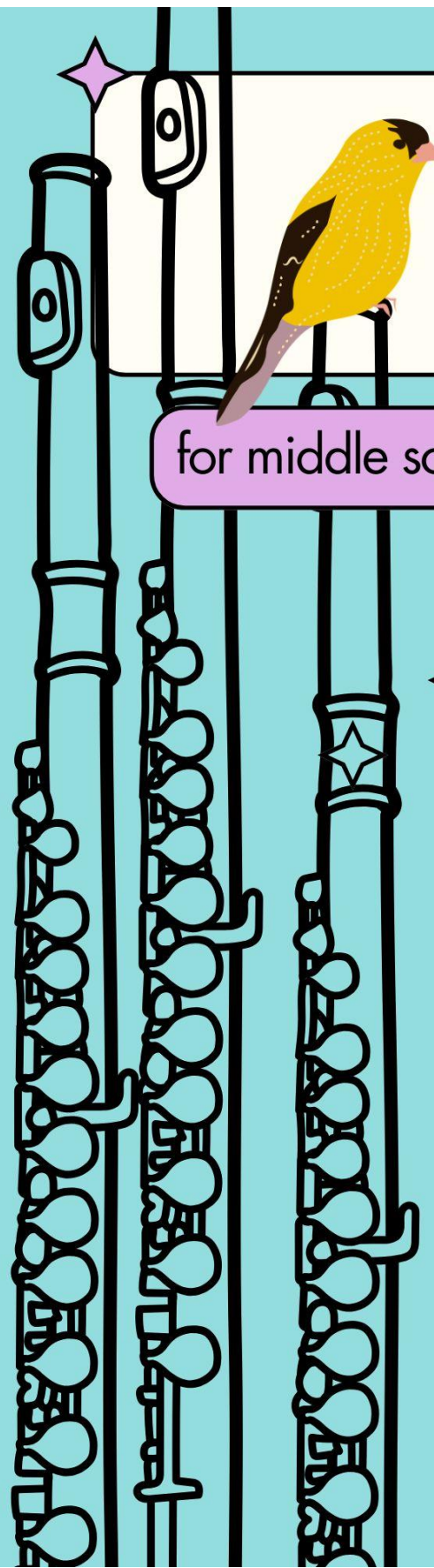
LOCATED AT:
99 RANDALL RD.
STOW, MA 01775



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

An illustration on the left side of the poster shows three flutes (piccolo, alto, and bass) arranged vertically. A yellow goldfinch with black wings and tail is perched on the middle flute. The background is a solid light blue color with decorative stars and a white banner for the title.

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

Began 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!

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.

STOW RECREATION DEPARTMENT

NASHOBA VALLEY

Ski, Snowboard & Snow Tubing

2027 PROGRAM INFORMATION



DAY:
Friday
(6-week program)



LESSON TIME:
4:30



START DATE:
January 7, 2027



LIFT PASS ONLY

6-week Lift Pass: \$330.00
(All participants need a Lift Pass)



6-WEEK LESSON OPTION

Group Lesson (Ski): \$460.00
(Never skied, beginner & intermediate)
Snowboard lessons will be available for purchase at skinashoba.com only.



6-WEEK RENTAL OPTIONS

Rental Equipment	\$200.00
Helmet Rental	\$50.00
Daily Helmet Rental	\$10.00
Helmet Purchase	\$70.00
Goggle Purchase	\$50.00



LESSON DESCRIPTION

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.

*Hit the slopes
with Stow Recreation!*



NEW!

Multi Week Snow Tubing Option at Nashoba Valley Tubing Park

Multi Week Tubing Programs
(Programs begin January 5, 2027)

Wednesday & Thursday

6 Wk - \$170.00/pp
5 Wk - \$150.00/pp
4 Wk - \$130.00/pp

Friday - Sunday

6 Wk - \$240.00/pp
5 Wk - \$210.00/pp
4 Wk - \$180.00/pp

Daily Tubing Group Rates

(Not Valid Holidays or Holiday Weeks)

Wednesday & Thursday - \$33.00/pp
Friday - Sunday - \$45.00/pp



SPECIAL OFFERINGS

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 9, 2027. 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



SNACK BAR GIFT CARDS

Participants can purchase snack bar gift cards at the time of purchasing their ski program. For every \$25 purchased in snack bar gift cards you will receive FIVE promotional dollars FREE. We can provide separate gift cards for each week of the program if requested, and cards can be reloaded by calling the Ski School and Info desk.



THE OUTLOOK RESTAURANT GIFT CARDS

Parents / Chaperones / Program Managers, etc. can purchase gift cards to the Outlook Restaurant. For every \$50 purchased in Outlook gift cards you will receive TEN promotional dollars FREE.



To register go to Stow Recreation Department:
Online Registration by MyRec.com Recreation Management Software



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

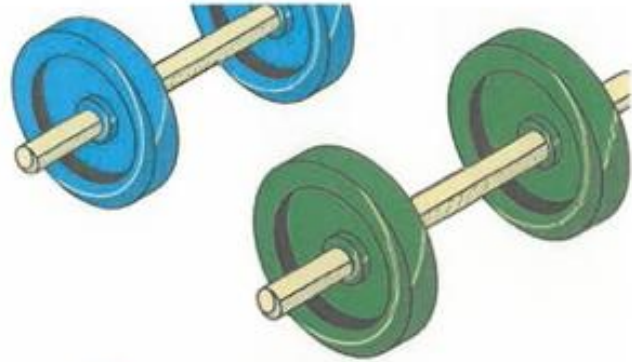
\$8 drop-in (suggested donation)

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



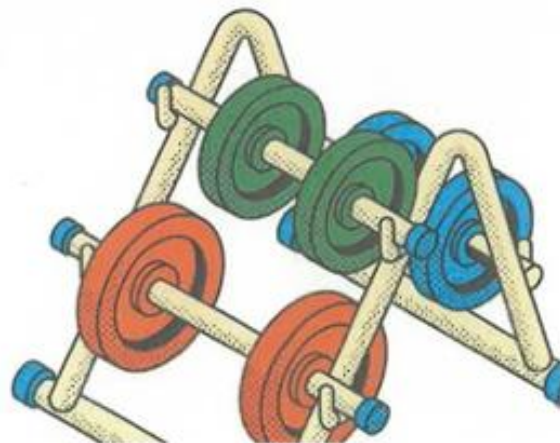
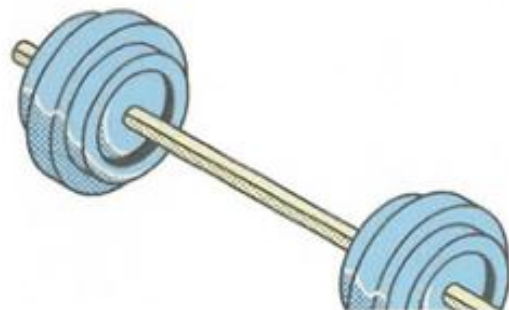
August 27 - June 12
8:30 am - 5:00 pm



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)