Stow Recreation Department Newsletter November, 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 November and visit our website to register!

https://stowma.myrec.com

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:
Pompositticutt
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!

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 enviroment for children

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



Instructor:
Debbie La Flemme

Archery with *On the Mark*!

Archery for All!



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**

Winter 2027 Session I – Grades 4 to Adult

Five Weeks – January 8 – February 5, 2027

6:15 – 7:15 pm Fridays

Cost: $205.00 **Fairbank Community Center, Sudbury, MA**

https://stowma.myrec.com

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!

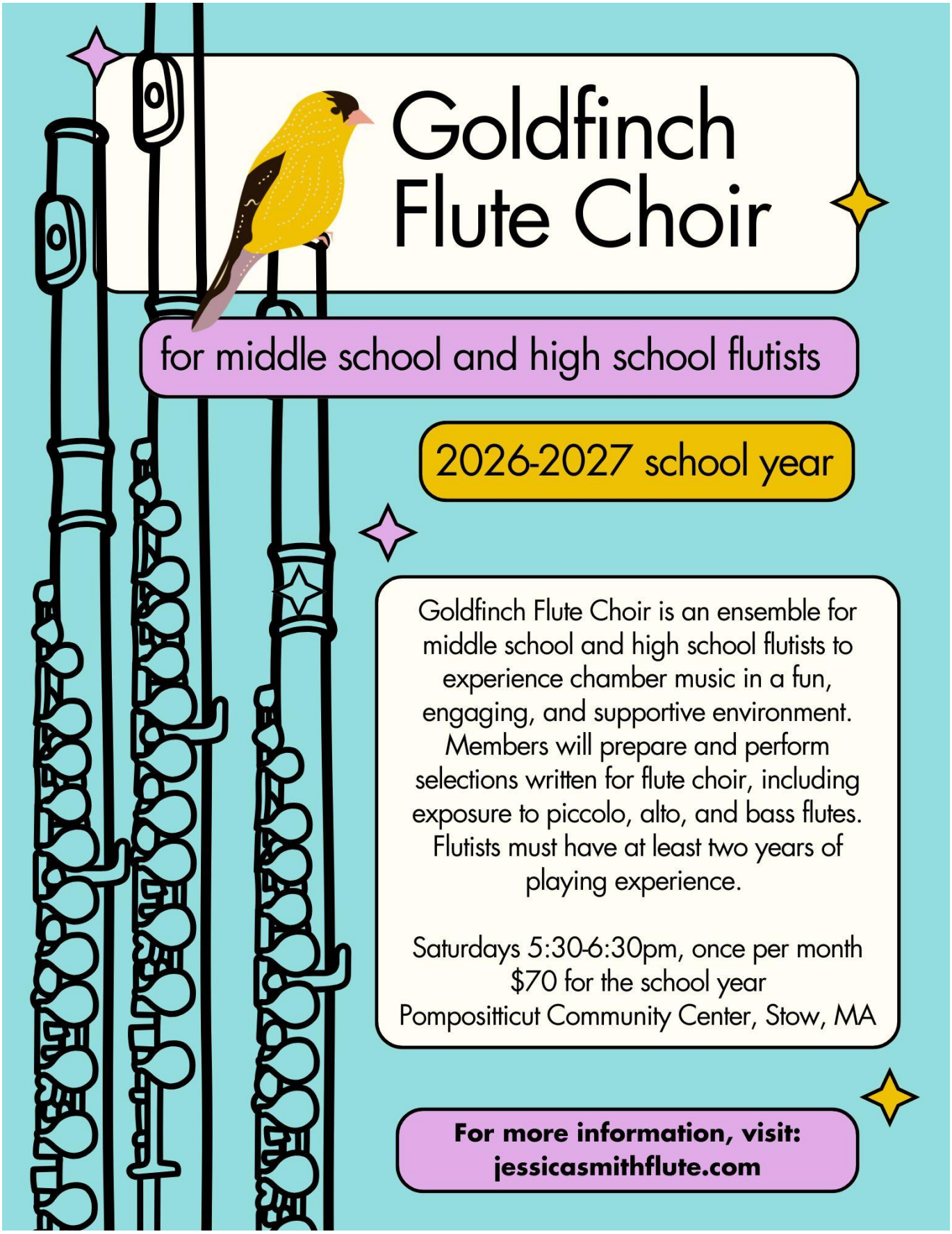
GET OUT.
THROW FAR.
HAVE FUN!

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


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!

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!

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.**



NEW! **Multi Week Snow Tubing Option at Nashoba Valley Tubing Park**

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

Wednesday & Thursday	Friday - Sunday
6 Wk - $170.00/pp	6 Wk - $240.00/pp
5 Wk - $150.00/pp	5 Wk - $210.00/pp
4 Wk - $130.00/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



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.

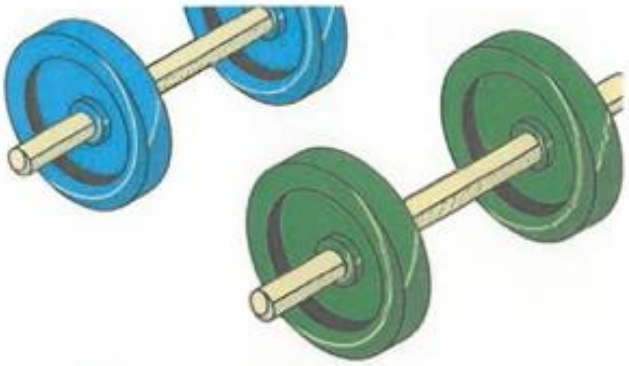
WHERE: Pompo Community Center, 509 Great Road
WHEN: First Saturday of every month; play begins promptly at 7PM

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

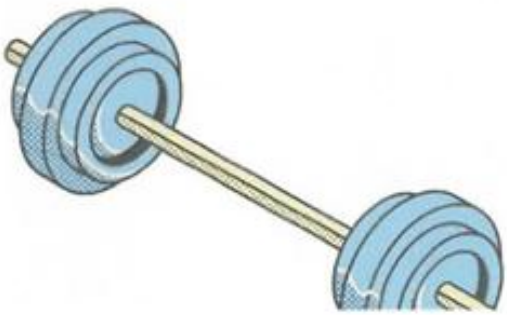
8:30 am - 5:00 pm

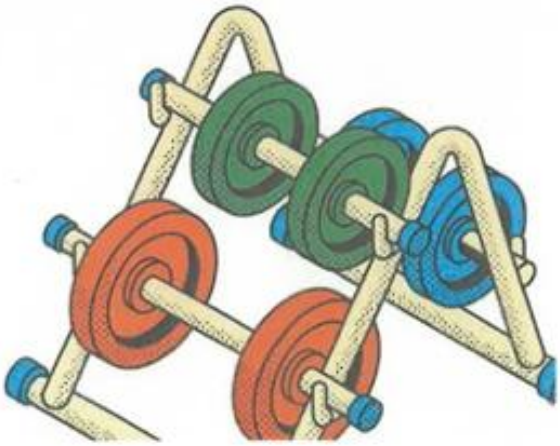
Monday through Friday





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