

PARKS & RECREATION

2017

Fall Brochure

Bow Registration Day **08/08/17**

Open Registration Day **08/10/17**

50 PLUS FITNESS

ARCHERY

ART LESSONS

BASKETBALL

BODY BLAST

BOOTCAMP IN BOW

BRIDGE CLUB

CELEBRATING CHILDREN

DOG OBEDIENCE TRAINING

K9 NOSEWORK

FLOOR HOCKEY

GIRLS ON THE RUN ®

GYM TIME

MEDITATION

POUND™

RISING STARS TAP & JAZZ

SAFESITTER®

STEP & BALL FITNESS

TENNIS

TIP TAP TOE DANCE

VOLLEYBALL

YOGA

ZUMBA®

PARKS & RECREATION

Monday-Friday 8am-4pm

3 Bow Center Road (physical)

10 Grandview Road (mailing)

Bow, NH 03304

Website: www.bownh.gov

Phone: 603-228-2222

Fax: 603-228-2230



Here at the Bow Parks and Recreation Department we take great pride in offering a well-rounded recreation program for all ages, toddlers through senior citizens. Our activities range from sports to crafts, fitness to dance, special events, trips and more. We enjoy seeing our regular customers and we enjoy welcoming new people to our programs. Stop by and visit us!



Cindy Rose, Director

Malinda Blakey, Office Manager

Anne-Marie Guertin, Program Coordinator

Dan Freeman, Grounds Keeper



TO REGISTER FOR A BOW RECREATION PROGRAM

REMEMBER THESE 3 EASY WAYS TO REGISTER!



IN-PERSON / WALK-IN

Visit us at the Recreation Office located at the Bow Community Center to fill out your registration. Office hours are M-F, 8 am to 4 pm

DROP BOX

An after hour drop box is provided. The box is located at the front entrance of the Community Center.

MAIL TO:

Bow Parks & Recreation
10 Grandview Road
Bow, NH 03304

BOW REGISTRATION DAY

- Registration is ONLY open to those in the Town of Bow
- Bow Residents enrolled in current Adult Fitness Program may register for the fitness program they are currently in, prior to the Bow Registration Day.
- Registration is on a first come, first serve basis.
- Registrations will NOT be taken prior to registration day*
- Any registrations dropped in the secured drop box may not be processed until the end of the day and does not guarantee a spot in the program.
- Registration will stay open until a program is full.
- Once a program is full, participants will be wait listed.

OPEN REGISTRATION DAY

- *Registration is open to anyone residing in Bow or Non-Bow.*
- *Non-Bow Residents pay an additional Non-Resident Fee.*

INCLEMENT WEATHER / CANCELLATIONS

- Programs may be cancelled due to inclement weather.
- A decision regarding a cancellation will be made up to one hour up to the start of a program.
- Cancellations are sent via EMAIL
- *Morning Fitness Classes:* If Bow School is cancelled then AM classes are cancelled.
If Bow School is delayed, then the 8:15/8:30 am classes are cancelled.
- *Evening Fitness Classes:* Instructor will determine based on current weather conditions.

PHOTO POLICY

- We may take photographs and/or video for marketing purposes only.
- If you/child do NOT wish to be photographed please note this on your registration form.

REFUND / CANCELLATION POLICY

- Refunds are issued only if a registered participant cancels at least one week prior to the start date; less a \$10 admin fee or the participant enrolled in the program has a note from a physician stating they are not able to participate in the program because of a medical condition.
- If Bow Recreation cancels a program, a full refund will be given.

CHECK POLICY

- Returned checks will be charged a \$25 fee.

REMINDERS

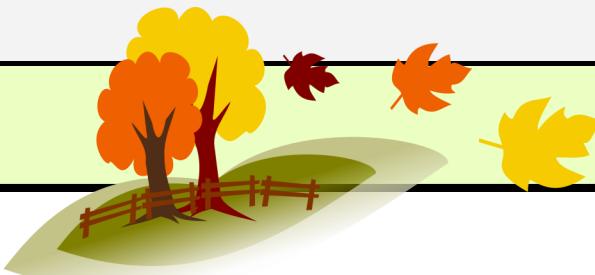
- Please notify office staff of ANY changes with CONTACT / MEDICAL info.
- Be sure to include your E-MAIL when registering. Communications will be sent via e-mail.





PROGRAMS:	PAGE	BOW CLUBS/ORGANIZATIONS:	PAGE
50 Plus Fitness	12	<u>Bow Athletic Club</u> www.bowathleticclub.com	
Archery Lessons	10	Baseball Basketball Field Hockey	
Art Lessons	4	Soccer Softball Wrestling	
Basketball for Adults	11	<u>Bow Community Men's Club</u> www.bowmensclub.org	
Body Blast	12	• Lobster Feast	18
Bootcamp in Bow	13	<u>Bow Garden Club</u> www.bowgardenclub.org	
Bridge Club	5	<u>Bow Heritage Commission</u> www.bownh.gov	
Celebrating Children Preschool	17	• Fall Heritage Day	18
Dog Obedience Training	5	<u>Bow Open Spaces</u> www.bowopenspaces.com	
Floor Hockey	7	<u>Bow Pioneer Snowmobile Club</u> www.bowpioneers.org	
Flu Clinic	5	• Annual Mum Sale	18
Gentle Yoga	15	<u>Bow PTO</u> www.bowpto.digitalpto.com	
Girls On The Run®	9	• Ski & Skate Sale	18
Gym Time	4	<u>Bow Recycling & Solid Waste</u> www.bownh.gov	
K9 Nose Work	6	• Household Hazardous Waste Day.....	18
Meditation	13	<u>Bow Soccer Club</u> www.bowsoccerclub.com	
Pound™	16	<u>Bow Youth Football</u> www.bowyouthfootball.org	
Rising Stars Tap & Jazz	9	• Registration is NOW open for Fall 2017	
Safe Sitter®	5	<u>Bow Youth Lacrosse</u> www.bowyouthlacrosse.com	
Step It Up & Having A Ball	14	<u>Boy Scout Troop 75</u> www.bowscouts.org	
Soccer (Fall 2017) 3 Yrs to Kindergarten.....	6	<u>Cub Scout Pack 75</u> www.pack75bow.org	
Tennis Lessons	10	<u>Rotary Club of Bow</u> www.bowrotary.org	
TGIF Yoga	14	• Annual Bow Rotary Auction.....	18
Tip Tap Toe Dance	8	<u>Bow Young at Heart Club</u> www.bownh.gov	
Volleyball for Adults	11	• Club Info & Trips	16
Yoga Fitness	15	 <u>SAVE THE DATE</u>	
Zumba	16	Bow Halloween Party	18
		Flu Shot Clinic	18

REGISTER
Early!





ART LESSONS

Grades 1-4

INSTRUCTED BY: Elsa Chern

Elsasilva@comcast.net

In this six week program we will be learning hands-on techniques and exploring various media to complete art projects including watercolor techniques, oil pastels, printing, and 3D art with clay, along with introducing students to famous artist' techniques and works.

DAY: WEDNESDAYS

TIME: 2:30-3:30 pm

Session 1: Sept 6, 13, 20, 27, Oct 4, 11

COST: \$70 Bow Res | \$75 Non Res and

SUPPLY FEE: \$5 made payable to Instructor and
MUST be paid at the time of registration

LOCATION: Bow Community Center

- Bus Transportation is available **TO** the Community Center **FROM** BES
- Transportation is **NOT** available at the end of the program



GYM TIME

3-4 Years

INSTRUCTED BY:

Coach Laura Beaudette, Coach Michelle Lover,
and Coach Jenn Konstantakos

Come have fun in the gym. Each week we will introduce fun group games and basic sporting activities planned to keep kids moving and interacting with children their age.

DAY: THURSDAYS

TIME: 12:30-1:00 pm

SESSION 1: Oct 19, 26, Nov 2, 16, 30

- No Class Nov 9 & 23

COST: \$40 Bow Res | \$45 Non Res

Bow Rec Gym Time REQUIRED ATTIRE:

- Bow Rec T-Shirt (Cost: \$10)
- Water Bottle
- Sneakers

GYM TIME QUESTIONS?

call Bow Recreation 603-228-2222

or E-Mail Coach Beaudette at
bowlaura07@hotmail.com





Dog Obedience Training

INSTRUCTED BY: Emily St. Hilaire
leashlady1@aol.com

LOCATION: Bow Community Center,
 3 Bow Center Road

Come join this training program for behavior or training issues your dog or puppy may be having! A copy of rabies certificate is required at first class and a 6-foot non-retractable cotton, leather, or nylon leash with training collar. No chain leads. Please bring supplies to clean up after your dog for both inside and outside.

- * Adults and children 8 years or older accompanied with an adult who can step in and help with the dog.

MONDAYS

TIME: 7:00-8:00 pm

DATES: Sept 18, 25, Oct 2, 16, 23, 30
 NO Class Oct 9

COST: \$115 Bow Res | \$120 Non Res

K9 Nose Work

K9 Nose Work for dogs learning how to search for a specific odor or odors and find the source.



- ◆ All breeds and dogs welcome
- ◆ Relaxed environment

It's a great sport to burn off energy in an active dog, bring up confidence in a shy dog, keep an older dog sharp, and, most importantly, deepen the relationship between dog and owner.

MONDAYS | ongoing drop-in beginning Sept 18

TIME: 8:00-9:00 pm

COST: \$10 Bow Res | \$12 Non Res per class

Are you interested in being a

SAFE SITTER



INSTRUCTED BY: Anne-Marie Guertin,
 Kate England, and Shannon Szumierz

Safe Sitter® is a program for 11-14 year olds where you will learn child care skills and safety skills to help you be safe if you're home alone or watching younger children.

DAY: FRIDAY

DATE: October 6

TIME: 9:00 am– 3:30 pm

COST: \$75 Bow Res | \$80 Non Res

LOCATION: Bow Municipal Building,
 10 Grandview Rd, Bow
 Meeting Room C

SAFE SITTER® QUESTIONS?

Call Bow Rec 603-228-2222 or
 Email aguertin@bownh.gov





S O C C E R

3 Years to Grade 4

INSTRUCTED BY:

Coach Laura Beaudette, Coach Michelle Lover, and Coach Jenn Konstantakos

Come and play Soccer! No matter what your skill level. We will instruct on skills, drills, field positions, and games.

SOCCER EQUIPMENT:

- Bow Rec T-Shirt (Cost: \$10) REQUIRED
- Water Bottle RECOMMENDED
- Sneakers REQUIRED
- Shin Guards RECOMMENDED

SOCCER QUESTIONS?

call Bow Recreation 603-228-2222 or E-Mail Coach Beaudette at bowlaura07@hotmail.com

- ◊ Don't delay, register today!
- ◊ Soccer registrations began May 2017.
- ◊ Space is limited.



AGE: 3 Years Must be 3 Years by Sept 30

LOCATION: Sargent's Park, 10 Grandview Rd Bow
The last scheduled week of soccer will be held at Field House Sports located at 12 Tallwood Drive, Bow.

FRIDAYS

DATE: Sept 8, 15, 22, 29, Oct 6
(Make-up if needed October 13)

TIME: 12:30-1:00 pm

COST: \$45 Bow Res | \$50 Non-Res

SUNDAYS

DATE: Sept 10, 17, 24, Oct 1, 8
(Make-up if needed October 15)

TIME: 11:00-11:30 am

COST: \$55 Bow Res | \$60 Non-Res

AGE: 4-5 Years

LOCATION: Sargent's Park, 10 Grandview Rd Bow
The last scheduled week of soccer will be held at Field House Sports, 12 Tallwood Drive, Bow

FRIDAYS

DATE: Sept 8, 15, 22, 29, Oct 6
(Make-up if needed October 13)

TIME: 1:15-2:00 pm

COST: \$50 Bow Res | \$55 Non Res

SUNDAYS

DATE: Sept 10, 17, 24, Oct 1, 8
(Make-up if needed October 15)

TIME: 11:45-12:30 pm

COST: \$60 Bow Res | \$65 Non Res

KINDERGARTEN

LOCATION: Bow Elementary School
22 Bow Center Road, Bow

You may register for ONE of the following days...

TUESDAYS, or

DATES: September 5, 12, 19, 26

WEDNESDAYS, or

DATES: September 6, 13, 20, 27

THURSDAYS

DATES: September 7, 14, 21, 28

TIME: After school pick-up 3:15 pm

COST: \$60 Bow Res | \$65 Non Res per day



FLOOR HOCKEY

4 Years to Grade 4

INSTRUCTED BY:

Coach Laura Beaudette, Coach Michelle Lover, and Coach Jenn Konstantakos

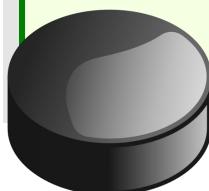
No matter what your skill level, come join our floor hockey program. We will work on stick handling skills, shooting, passing, and play mini games. Older groups play actual games.

FLOOR HOCKEY EQUIPMENT:

- Bow Rec T-Shirt (Cost: \$10) REQUIRED
- Sneakers REQUIRED
- Mouth guard/shin guards RECOMMENDED
- Eye Protection & Sticks will be PROVIDED

FLOOR HOCKEY QUESTIONS?

call Bow Recreation 603-228-2222
or E-Mail Coach Beaudette at
bowlaura07@hotmail.com



4-5 Years

LOCATION: Bow Community Center,
3 Bow Center Rd, Bow

DAY: THURSDAYS

SESSION 1: Oct 19, 26, Nov 2, 16, 30
NO Class Nov 9 & 23

TIME: 1:15-2:00 pm

COST: \$50 Bow Res | \$55 Non Res

Kindergarten

LOCATION: Bow Elementary School (BES)
22 Bow Center Road, Bow

DAY: WEDNESDAYS

DATES: October 18, 25, Nov 1, 8

TIME: After school pick-up 3:15 pm

COST: \$60 Bow Res | \$65 Non Res

Grade 1-2

LOCATION: Bow Community Center
3 Bow Center Rd, Bow

BES Parents, bus transportation is available TO the BCC. Transportation NOT available at the end of the program

DAY: TUESDAYS

SESSION 1: Oct 17, 24, 31 Nov 7, 14

TIME: 2:30-3:30 pm

COST: \$60 Bow Res | \$65 Non Res

Grade 3-4

LOCATION: Bow Community Center
3 Bow Center Rd, Bow

BES Parents, bus transportation is available TO the BCC. Transportation NOT available at the end of the program

DAY: THURSDAYS

SESSION 1: Oct 19, 26, Nov 2, 16, 30
NO Class Nov 9 & 23

TIME: 2:30-3:30 pm

COST: \$60 Bow Res | \$65 Non Res



Tip Tap Toe Dance 3 Years to Grade 6

INSTRUCTED BY: Lindsay Kirouac
kirouaclindsay@gmail.com

LOCATION: Bow Community Center

DAY: FRIDAYS

SESSION I | Sept 8, 15, 22, 29, Oct 13, 20, 27

- No Class Oct 6

Bow Rec DANCE ATTIRE REQUIREMENTS:

- Ballet & Tap shoes
- Comfortable Dance Attire



3-5 YEARS | TIME: 11:00-11:45 am

This class is designed for learning the beginning steps of ballet and tap. Our main goal is to focus on beginning positions to build a strong base in dance for future classes.

COST: \$54 Bow Res / \$59 Non Res

GRADE K-3 | TIME: 2:30-3:30 pm

This class is designed to incorporate the beginning steps of ballet and tap with new combinations and more challenging steps. Our main goal is to focus on continuing to build a strong base in dance for future classes.

- ◊ Bus transportation is available to the Community Center from BES
- ◊ Transportation is NOT available at the end of the program
- ◊ Students should bring a healthy snack and water bottle

COST: \$61 Bow Res / \$66 Non Res

GRADE 3-6 | TIME: 3:30-4:30 pm

This class is designed to incorporate the beginning steps of ballet and tap with new combinations along with more challenging steps. This class will be designed using an age appropriate skill level. Through positive reinforcement and fun we will learn the art of dance movement.

- ◊ Bus transportation is available to the Community Center from BMS.
- ◊ Transportation is NOT available at the end of the program
- ◊ Students should bring a healthy snack and water bottle

COST: \$61 Bow Res / \$66 Non Res



Rising Stars Tap & Jazz

Grade 5-8

INSTRUCTED BY: Karen Krause

krausedance@gmail.com

LOCATION: Bow Community Center

This class is for middle school age students with at least three years of dance who are looking to step up their training! During the jazz portion of our class, students will learn classic jazz technique as well as musical theater and hip-hop-inspired dance forms. Jazz classes consist of warm-up, center work, and traveling progressions, which are all designed to increase flexibility, strength, and technique. We will also work on improving overall performance and expression. During tap, we will work on simple and more complex rhythms through technique aimed at achieving good, clear tap sounds. There is an emphasis on terminology, counting and finding individual expression.

NEW TIME: 5:30-7:30 pm

DAY: WEDNESDAYS

SESSION 1: Sept 6, 13, 20, 27, Oct 4, 11, 18, 25

COST: \$117 Bow Res | \$122 Non Res

DANCE ATTIRE REQUIREMENTS:

- Tap & Jazz shoes
- Comfortable Dance Attire



Girls Grade 3-4

INSTRUCTED BY:

Meghan Loring, Carolyn Sprague,
Erin McLaughlin, and Haley Earl

LOCATION: Bow Elementary School

Online lottery begins August 1 through August 14
Simply go to girlsontherunnh.org to register.

Girls on the Run® is a 10 week, curriculum based program that inspires girls to be joyful, healthy, and confident using a fun, experience based curriculum which creatively integrates running. The program culminates with a 5k Celebration event on Saturday, November 18.

All materials for the 10 week/20 lessons are included with a cotton t-shirt, a water bottle, a healthy snack at every lesson, the participation fee for the end of season 5k celebration, a finisher's medal at the 5k and more!

DAY: MONDAYS & THURSDAYS

DATES: September 7 to November 20

No Class Oct 9 or Nov 9

TIME: 2:30-4:00 pm

COST: \$129.00

GOTR QUESTIONS?

Call Bow Rec
603-228-2222 or
Email [aguertin
@bownh.gov](mailto:aguertin@bownh.gov)





Adults and Children 7 yrs and older

INSTRUCTED BY: Lucy Morris

nesainc@yahoo.com

Director of NE School of Archery and Supplies LLC

USA Certified Level 4 NTS Archery Coach

Podcast host of *The Flying Archer*

LOCATION: Weather permitting outdoors @
Town Bandstand or indoors @ Community Ctr

DAY: SUNDAYS

SESSION 1: Sept 10, 17, 24, Oct 1

SESSION 2: Oct 8, 15, 22, 29

COST: \$60 Bow Res | \$65 Non Res per session

BEGINNER **TIME: 3:00-4:00 PM**

Beginner/Family this class is for children and adults who are NEW to archery and competition. This is a target archery class consisting of shooting at a stationary bullseye target. Form & Safety will be emphasized. Participants will enjoy games, learn about scoring and have fun with balloons. No experience needed.

INTERMEDIATE **TIME: 4:00-5:00 PM**

Come as you are, be ready for intense challenge and yet have FUN. Come improve your shooting abilities. Develop the mental aspects of shooting as well as the excitement of learning the art of an age old skill.

EQUIPMENT REQUIREMENTS:

- Traditional bows are provided
- If you have your own bow it MUST be approved by the Instructor.



TENNIS

Grade 3-8

INSTRUCTED BY: Mandy Degelsmith

mandy@taoweightloss.com

LOCATION: Weather permitting outdoors @
BHS Tennis Courts or indoors @ Community Ctr

DAY: MONDAYS

SESSION 1: Sept 11, 18, 25, Oct 2, 9, 16, 23
NO Class Oct 9

GRADE 3-4 **TIME: 2:30-3:15 PM**

GRADE 5-8 **TIME: 3:30-4:15 PM**

COST: \$65 Bow Res | \$70 Non Res per session

Tennis a fun activity and workout! We will work on stroke development and footwork, through drills and playing games.

EQUIPMENT REQUIREMENTS:

- Tennis rackets are provided
- If you have your own racket it MUST be approved by the Instructor.
- Sneakers
- Comfortable athletic attire
- Water bottle
- When outdoors please apply sunscreen and bug spray prior to play.
- When outdoors a hat is recommended





BASKETBALL

For Adults

Co-Ed Ages 35 and older

- **WEDNESDAY | FRIDAY**
- **TIME: 6:00-7:00 am**
- On-going throughout the school year
- Held at Bow High School, 55 Falcon Way
- Bow Residents have priority over non-Residents

Basketball for Men

- **SUNDAY | MONDAY | WEDNESDAY**
- On-going throughout the school year
- **TIME: 7:30-9:30 pm**
- **LOCATION: Bow Memorial School, 20 Bow Center Rd, Bow**
- No Junior or High School Students
- Bow Residents have priority over non-Residents

Inquiries contact Richard Knight @
richarddknightjr@gmail.com



For Adults

- **WEDNESDAY**
- **TIME: 8:00-10:00 pm**

Competitive adult co-ed volleyball. This is an intermediate-level pickup game, with teams formed based on who shows up. Come once or every week. Previous volleyball experience highly recommended.

- On-going throughout the school year
- Held at Bow Elementary School, 22 Bow Center Rd, Bow

Inquiries call Pete Mitchell @ 603-228-5227 or
email volleyball@mitchellnh.com



**Don't forget to give us
your current email.**

**It's an essential for program
communication!**





50 PLUS FITNESS

INSTRUCTED BY: Michele Vecchione

Ph 603.774.6160 or mrvecchi@aim.com
ACE Certified, Group Fitness Instructor;
Myofascial Compression Techniques;
Trigger Point Release; Older Adult Fitness; Yoga;
Step Aerobics; and Brains and Balance Training.

Join Michele, our Over 50 Brains and Balance Specialist, and friends to discover that fitness is a lot of fun! Her program includes strength training, cardio, balance training, and more. The emphasis is on the needs of the exercising older adult, but anyone is welcome. Everyone works at their own pace with modifications provided for various abilities. Chairs are available for resting and/or balancing. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

DAY: MONDAYS

TIME: 9:45-10:35 am

SESSION 1: Sept 18, 25, Oct 2, 16, 23, 30
NO Class Oct 9

COST: \$29 Bow Res | \$34 Non Res

DAY: WEDNESDAYS

TIME: 9:45-10:35 am

SESSION 1: Sept 13, 20, 27, Oct 4, 11, 25
No Class Oct 18

COST: \$29 Bow Res | \$34 Non Res

LOCATION: Community Center

EQUIPEMENT REQUIREMENTS:

- Wear comfortable clothing
- Sneakers
- Water Bottle



BODY BLAST

INSTRUCTED BY: Michele Vecchione

Ph 603.774..6160 or mrvecchi@aim.com
ACE Certified, Group Fitness Instructor;
Myofascial Compression Techniques;
Trigger Point Release; Older Adult Fitness; Yoga;
Step Aerobics; and Brains and Balance Training.

Build your bones, strengthen and stretch your muscles in this 60-minute strength training program. Whether you are a beginner or more advanced, this class is right for you as modifications are provided for various abilities. Instruction in self-myofascial release with a roller will be demonstrated at 8:20 for those who arrive early. You won't want to miss it! Anyone 50 or older, pregnant, or with a health risk will need a doctor's note to participate. All equipment is provided. Bring a water bottle and mat.

DAY: MONDAYS

TIME: 8:30-9:30 am

SESSION 1: Sept 18, 25, Oct 2, 16, 23, 30
NO Class Oct 9

COST: \$41 Bow Res | \$46 Non Res

LOCATION: Community Center

EQUIPEMENT REQUIREMENTS:

- Wear comfortable clothing
- Sneakers
- Water Bottle





Bootcamp In Bow

INSTRUCTED BY: Christine Cook, M. Ed.
Christine@positive-energy.co
POSTITIVE ENERGY fitness + health LLC
Certified Integrative Health Coach and Personal Trainer

A fun co-ed group exercise class that combines strength training and cardio work in a variety of ways including drills, circuits, games, and interval training. Participants leave having completed a full-body workout each class.

TIME: 6:00-7:00 AM
DAY: TUESDAYS and THURSDAYS
SESSION 1: September 5—October 31
COST: \$141 Bow Res | \$146 Non Res

LOCATION: Bow Community Center
When weather permits classes will be held outside at town fields.

EQUIPEMENT REQUIREMENTS:

- Bring plenty of water for class and after
- When outside dress in appropriate layers
- Towel
- Exercise mat



MEDITATION

INSTRUCTED BY: Lucia Cote, RYT
nialucia@gmail.com
Practicum in MBSR, certified Ageless Grace educator, and certified Zen Gevity instructor

Lucia comes to you with great enthusiasm and knowledge in the areas of body, mind, and spirit. She will guide you in mindful gentle movement with a step by step instruction for seated and walking meditation, for a full relaxing body scan! Feel better, reduce stress, and enjoy life a little more.

TIME: 10:00-11:00 AM
DAY: THURSDAYS
SESSION 1: September 21—October 26
COST: \$47 Bow Res | \$52 Non Res

LOCATION: Bow Community Center

EQUIPEMENT REQUIREMENTS:

- Come dressing in comfortable clothing
- Bring a towel, small blanket or wrap





STEP IT UP & HAVING A BALL

INSTRUCTED BY: Becca Cleary
Rebecca-cleary@comcast.net

Becca will rotate each week with *Step It Up*, that will increase your stepping skills and *Having A Ball*, that will pump up your fitness with stability ball-based workouts. This program is for an intermediate level of fitness emphasizing on coordination, balance, and core strength.

TIME: 8:15-9:15 AM

DAY: WEDNESDAYS

SESSION 1: Sept 13, 20, 27, Oct 4, 11, 28, 25

COST: \$47 Bow Res | \$52 Non Res

LOCATION: Bow Community Ctr

EQUIPEMENT REQUIREMENTS:

- Sneakers
- Yoga "Sticky" Mat



TGIF YOGA

INSTRUCTED BY: Becca Cleary
Rebecca-cleary@comcast.net

Thank Goodness Its Friday (TGIF) Yoga is for everyone. Poses include strengthening, balancing, and stretching with options for varying abilities, as well as relaxation for stress reduction.

DAY: FRIDAYS

TIME: 8:30-9:30 am

SESSION 1: Sept 15, 22, 29, Oct 6, 13, 20, 27

COST: \$47 Bow Res | \$52 Non Res

LOCATION: Bow Community Center

EQUIPEMENT REQUIREMENTS:

- Sneakers
- Yoga "Sticky" Mat
- Water Bottle





YOGA FITNESS

INSTRUCTED BY: Kristina Lucas, RYT
krislucas@comcast.net

Come s-t-r-e-t-c-h with us!

Our yoga practice meets you where you are, and we'll explore beginning to more experienced modifications from Kripalu Hatha Yoga, including Yin and Restorative Asanas, as well as Chi Kung healing for boosting immunity. We will stretch, strengthen & balance with a focus on mindful breathing and pranayama practice for stress reduction, relaxation, and equanimity.

DAY: MONDAYS

TIME: 5:45-6:45 pm

SESSION 1: Sept 11, 18, 25, Oct 2, 23, 30
NO Class Oct 9 or Oct 16

COST: \$41 Bow Res | \$46 Non Res

DAY: THURSDAYS

TIME: 7:00-8:00 pm

SESSION 1: Sept 7, 21, 28, Oct 5, 19
NO Class Sept 14 and Oct 12

COST: \$35 Bow Res | \$40 Non Res

LOCATION: Bow Community Center

EQUIPMENT REQUIREMENTS:

- Wear comfortable clothing
- Yoga "Sticky" Mat
- Water Bottle



GENTLE YOGA

INSTRUCTED BY: Kristina Lucas, RYT
krislucas@comcast.net

Our Gentle Yoga class offers stretching and strengthening and relaxing opportunities with chair support for full-body engagement, head & neck to ankles & toes. Whether you're new to yoga, expanding your physical therapy practice, and/or looking for new ways to explore your body, this yoga class will offer practice for building flexible strength, using the chair for seated poses and for balancing poses. All are welcome.

DAY: MONDAYS

TIME: 12:00-1:00 pm

SESSION 1: Sept 11, 18, 25, Oct 2, 23, 30
NO Class Oct 9 or Oct 16

COST: \$41 Bow Res | \$46 Non Res

LOCATION: Bow Community Center

EQUIPMENT REQUIREMENTS:

- Wear comfortable clothing
- Water Bottle





ZUMBA® | POUND™

INSTRUCTED BY: Tracey Beaulieu
tpbeaulieu@comcast.net

DAY: TUESDAYS
ZUMBA ®A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes ZUMBA® so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

TIME: 5:45-6:45 pm

SESSION 1: Sept 5, 12, 19, 26,
Oct 3, 10, 17, 24, 31

COST: \$59 Bow Res | \$64 Non Res

DAY: THURSDAYS
POUND™ Rockout, Workout program is a full-body cardio and conditioning class that gives you the permission to rock using lightly weighted exercise drumsticks known as Riptix.

TIME: 5:45-6:45 pm

SESSION 1: Sept 7, 21, 28, Oct 5, 19, 26
NO Class Sept 14 and Oct 12

COST: \$41 Bow Res | \$46 Non Res

LOCATION: Bow Community Center

EQUIPEMENT REQUIREMENTS:

- Wear comfortable clothing
- Sneakers
- Water Bottle



Bow Young At Heart Club

All Seniors 55 and older are welcome!
Meetings are held the 2nd and 4th Wednesdays of the month at 11:30 am. Bring a brown bag lunch, beverage & dessert are provided.
Meetings begin at 12:30 pm and are always interesting and open to the general public.
Look what's coming August 9!
Norma Boyce, of AARP for a discussion on Medicare Frauds & Scams

The Bow Young at Heart Club along w/ Royal Tours presents...

A Quabbin Reservoir Tour,
Lunch at Salem Cross Inn,
and Breezelands Orchards Trip
Thursday, October 12; \$71 per person

QUESTIONS: Call Club Secretary,
Kendra Ricard at 603.228.1662



- Held at the Bow Community Center,
3 Bow Center Road

Duplicate Bridge, must be able to play bridge.
A bridge partner is available.

TUESDAYS | 10:00 AM - 2:00 PM

Bring lunch | Coffee, Tea and snacks supplied





**CELEBRATING CHILDREN
PRESCHOOL**

3-5 Year Olds 4-Day Program
 Mon., Wed. & Thurs.
 9am-12pm
 Plus Tues.- Sport Day 45 min. session
 at FieldHouse Sports

10 Grandview Rd.
 Bow, NH 03304
 (603) 228-2214
 celebchildren@bow-nh.gov

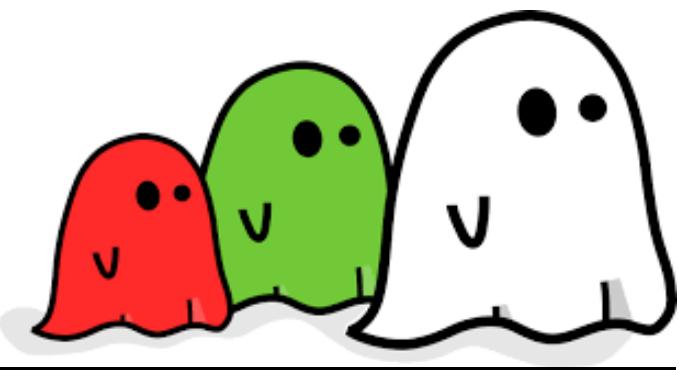
~Registering now for the 2017-2018 School Year...
 Limited openings available for this current school year!

"Come join in the fun!"



*Celebrating Children is licensed with the State of NH Bureau of ChildCare Licensing and a Bow Parks & Recreation Program

BOW PARKS & RECREATION				REGISTRATION FORM			
RETURN WITH PAYMENT TO:		CONTACT US AT:					
<ul style="list-style-type: none"> Stop in at the Recreation Office located at the Bow Community Center, 3 Bow Center Road, or Drop in our secured Drop Box located at the front entrance of the Bow Community Center, or Mail to 10 Grandview Road, Bow NH 03304. 		Office Phone: 603-228-2222 Fax: 603-228-2230 Website: www.bownh.com					
PARTICIPANT INFO		Participant First & Last Name	Age/Grade	Sex	Date Of Birth	Parent/Guardian Name	
REMINDER: Please notify office staff of ANY changes with contact info or medical updates. Thank you!		Address	City	State	Zip		
		Phone #'s	(Home)	(Work)	(Cell)		
		E-Mail					
		In an emergency, please contact	Relationship	Phone #'s			
PHYSICIAN INFO		Physician's Name	Physician's Phone				
MEDICAL CONDITIONS: YES: <input type="checkbox"/> NO: <input type="checkbox"/> If YES please list							
MEDICATIONS: YES: <input type="checkbox"/> NO: <input type="checkbox"/> If YES please list							
Program/Trip							
<p><i>Looking for our Registration Form? Simply go to our website @ www.bownh.gov</i></p>							
<p>***PLEASE READ AND SIGN THE WAIVER BELOW***</p>							
<p>Participation in this sport/activity may involve risk of injury. As a participant or parent, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims of any kind, known or unknown, in law or in equity, which I may now have or may hereafter have against the Bow Parks & Recreation Department, its officers, agents, employees, and other persons, for any personal injury, damages, fees and other expenses, arising out of or in connection with participation in the activity. In addition, I give my permission for the above participant to be treated by qualified medical personnel in the event that the parent/guardian/emergency contact named above can not be reached at the phone numbers provided.</p>							
<p>give permission to Parks & Recreation to use participants' photo for display or advertisement by the Town of Bow, Parks & Recreation Department.</p>							
<p>REFUND PROCEDURE - Refunds are issued only when a class is cancelled by the Recreation Department or the participant enrolled in the program has a note from a physician's office stating they are not able to participate in the program because of a medical condition.</p>							
<p>SIGNATURE (parent/guardian if participant is under 18 years of age) <input type="text"/> DATE <input type="text"/></p>							



BOW COMMUNITY HALLOWEEN PARTY

Witches, ghosts, and goblins calling each and every one... Wear your favorite costume and join us for some fun!



Friday, October 27

4:30-7:00 pm

Bow High School





SAVE THE DATE



**Bow Pioneer Snowmobile Club
Annual Mum Sale
SEPTEMBER 16 & 17
Town Bandstand
1 Knox Rd, Bow**

Household Hazardous Waste & Electronics Recycling Day

OCTOBER 7

**Bow Community Center
3 Bow Center Rd, Bow**

Toxic. Free. Home.



Inquiries go to the Town of Bow Website at
www.bownh.gov for complete information
BowNH_Manager/hhw

Bow Community Men's Club

LOBSTER FEAST

**OCTOBER 14
5:00-8:00 pm**

**Bow Community Center
3 Bow Center Rd, Bow**



FALL HERITAGE DAY

SEPTEMBER 16

11:00 am to 2:30 pm

**Bow Bog Meeting House
111 Bow Bog Rd, Bow**

- ◊ Entertainment
- ◊ Displays
- ◊ Demonstrations
- ◊ Beef Stew Lunch
- ◊ Memorial Bell Ringing Service
- ◊ Free Home Made Pies

**Inquiries contact Faye Johnson
fjohnson915@myfairpoint.net
or call 603.228.8149**



with Concord Regional VNA

OCTOBER 18

12:00-2:00 pm

**Bow Community Center
3 Bow Center Rd, Bow**



OCTOBER 21

9:00am-12:00pm

**Bow Community Center
3 Bow Center Rd, Bow**



ROTARY ACUTION

OCTOBER 28

**Doors open at 5:30 pm
Bow Community Center**