

PARKS & RECREATION

2018

50 PLUS FITNESS
ARCHERY LESSONS
ART CLASS
BASKETBALL FOR ADULTS
BODY BLAST
BOOTCAMP
BRIDGE CLUB
CARDIO FUSION
DOG OBEDIENCE TRAINING
FLOOR HOCKEY
GENTLE YOGA
HALLOWEEN PARTY
K9 NOSE WORK
LINE DANCING
MEDITATION, MINDFULNESS
PILATES MAT CLASS
PHOTOGRAPHY CLASS
PRESCHOOL OPEN GYM
POUND™, Rockout, Workout
RISING STARS TAP & JAZZ
SAFE SITTER®
STRING LESSONS
TGIF YOGA
VOLLEYBALL FOR ADULTS
YOGA FOR FITNESS
ZUMBA ®

PARKS & RECREATION
Monday-Friday 8am-4pm
3 Bow Center Road (physical)
10 Grandview Road (mailing)
Bow, NH 03304
Website: www.bownh.gov
Phone: 603-223-3920
Fax: 603-228-2230

FALL BROCHURE

BOW REGISTRATION DAY **Wed., August 8**
OPEN REGISTRATION DAY **Wed., August 15**



Fall is Here!

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

Grounds Keeper Chip Craig

Like us on
facebook



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 residents are charged a higher fee because the Bow residents indirectly fund Bow Recreation through their real estate taxes..

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

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.

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HALLOWEEN PARTY			
SCARECROW OF BOW.....			
			

BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

Phone: (603) 223-3920 Website: www.bownh.gov

ART CLASS

We will be learning hands-on techniques and exploring various media. Projects could include watercolor techniques, oil pastels, printing, and 3D art with clay; while introducing children to famous artist's techniques and works.

DAY/TIME: TUESDAY, *see below*

SESSION 1: September 11, 18, 25,
October 2, 9, 16

GRADE: 1 to 4 **TIME:** 2:30-3:30 PM

- ◆ **COST:** \$70 Bow Res | \$75 Non Res
- ◆ **SUPPLY FEE:** \$5 payable to Elsa Chern

NEW **GRADE: 5 to 8**

TIME: 3:30-4:30 PM

- ◆ **COST:** \$70 Bow Res | \$75 Non Res
- ◆ **SUPPLY FEE:** \$5 payable to Elsa Chern

LOCATION: Bow Community Center
Bus Transportation is available from BES or BMS to the Community Center.

INSTRCUTOR: Elsa Chern



MUSIC MATTERS



STRING LESSONS

It's never too early to get a taste of music! This one-half-hour of violin, viola, and/or cello lessons will be held on Tuesdays at BES.

Lessons will be held on-going so your child may continue non-stop if desired. This program is designed to fit students of all ages, it will give them the opportunity to gain a better appreciation and knowledge of sting instruments.

Open to Boys or Girls Grade 1-4.

NO prior musical knowledge is necessary!

DAY: TUESDAY

DATE: September 11, 18, 25
October 2, 9, 16, 23, 30

TIME: 3:45 PM or 4:20 PM

TBD based on enrollment

COST:

Group Lesson \$145 Bow Res / \$150 Non Res OR
private lessons \$180/\$185

LOCATION: Bow Elementary School

INSTRCUTOR: Muriel Orcutt

Instrument Inquiries contact

Muriel at 603-225-8067

BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road
Phone: (603) 223-3920 Website: www.bownh.gov

NEW

Rising Stars

Grade 2-9

TAP & JAZZ

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.

DAY: WEDNESDAY

SESSION 1: September 5, 12, 19, 26
October 3, 10, 17, 24, 31

Tap/Jazz Gr 2-4 **TIME:** 4:00-5:00 PM

♦ **COST:** \$86 Bow Res | \$91 Non Res

Tap/Jazz Gr 5-7 **TIME:** 5:00-6:30 PM

♦ **COST:** \$131 Bow Res | \$136 Non Res

Tap Gr 6-9 **TIME:** 6:30-8:00 PM

♦ **COST:** \$86 Bow Res | \$91 Non Res

Jazz Gr 6-9 **TIME:** 7:30-8:30 PM

♦ **COST:** \$86 Bow Res | \$91 Non Res

Tap/Jazz Gr 6-9 **TIME:** 6:30-8:30 PM

♦ **COST:** \$131 Bow Res | \$136 Non Res

INSTRUTOR: Karen Krause

Are you interested in being a

SAFE SITTER

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.

One-Day Session

DAY: TUESDAY

DATE: November 6

TIME: 9:00 AM to 2:00 PM

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

AGE: Must be 11 to 14 Years

LOCATION: Bow Municipal Building
10 Grandview Road, Bow



BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

Phone: (603) 223-3920 Website: www.bownh.gov



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 games.

REQUIRED EQUIPMENT:

- Bow Rec T-Shirt (Additional Cost \$10)
- Water bottle
- Shin guards
- Sneakers

KINDERGARTEN

DAY/TIME: WEDNESDAY, 2:15-3:15 PM

DATE: Oct 31, Nov 7, 14, 28, Dec 5

NO Class Nov 21

(Make up if needed Dec 12)

LOCATION: Bow Elementary School

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

GRADE 1-4

DAY/TIME: THURSDAY, 2:30-3:30 PM

*Bus transportation available

DATES: Nov 1, 8, 15, 29, Dec 6

NO Class Nov 22

(Make up if needed Dec 13)

LOCATION: Bow Community Center

COST: \$60 Bow Res / \$65 Bow Res

DAY/TIME: SATURDAY, 10:00-11:00 AM

DATES: Nov 3, 10, 17, Dec 1, 8

NO Class Nov 24

(Make up if needed Dec 15)

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



3 to 5 Year Olds At the Bow Community Center

Come have fun in the gym. Each week we will have fun sporting activities planned to keep kids moving during these Fall/Early Winter season.

3-4-5 YEAR OLD

DAY/TIME: THURSDAY, 1:15-2:00 PM

DATES: November 1, 8, 15, 29, December 6

NO Class Nov 22

(Make up if needed Dec 13)

COST: \$55 Bow Res /\$60 Non Res

DAY/TIME: SATURDAY, 9:00-9:45 am

DATES November 3, 10, 17, Dec 1, 8

NO Class Nov 24

(Make up if needed Dec 15)

COST: \$55 Bow Res /\$60 Non Res



ALL YOUTH SPORTS PARTICIPANTS

Are required to wear a Bow Rec

Sports T-

Shirt,
\$10

COST:





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 Six-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.

DAY/TIME: MONDAY, 7:00-8:00 PM
DATE: Oct 29, Nov 5, 12, 19, 26, Dec 3
NO Class Oct 8
LOCATION: Community Center
COST: \$115 Bow Res / \$120 Non Res



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.

DAY/TIME: MONDAY, 8:00-9:00 PM
DATE: On-going beginning 09/17/18
LOCATION: Community Center
COST: \$10 Bow Res / \$12 Non Res

Happy 15th Anniversary!
INSTRUCTOR: Emily St. Hilaire



PHOTOGRAPHY CLASS

BEYOND THE BASICS

Know how to use your camera but want to take your photos to the next level? Go beyond the basics in this next level class. Learn with hands-on guided training of composition techniques, selective focus, varied lighting, and white balance.

Must have a DSLR camera and a solid understanding of manual mode. Completion of the beginner class "Snap Happy," is strongly recommended but not required.

DAY/TIME: THURSDAY, 10:00-11:30 AM
DATE: September 20 & 27
LOCATION: Municipal Building
COST: Two-Day Session
\$55 Bow Res / \$60 Non Res

INSTRUCTOR: Mary Noce



ARCHERY LESSONS

Adult or Child 7yrs and Older

DAY/TIME: SUNDAY, *see below*

SESSION 1: Sept 16, 23, 30, Oct 7

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

LOCATION: Bow Bandstand

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.

INSTRUCTOR: Lucy Morris

Meditation, Mindfulness, Natural Movement



THURSDAY, 10:30-11:30 AM

SESSION 1: September 27 ,

October 4, 11, 18, 25

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

LOCATION: Bow Community Center

AGES: Adults

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.

EQUIPMENT REQUIREMENTS:

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

INSTRUCTOR: Lucia Cote, RYT



BODY BLAST

MONDAY, 8:30 to 9:30 AM

SESSION 1: September 17, 24

October 1, 22, 29

NO Class 10/8, 10/15

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

LOCATION: Community Center

AGES: Adults

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 for those who arrive early. You won't want to miss it! Bring a mat, small hand towel or kitchen towel, and a water bottle. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

EQUIPMENT REQUIREMENTS:

- Wear comfortable clothing/Sneakers
- Small face or hand towel
- Plenty of Water

Happy 30th Anniversary!

INSTRUCTOR: Michele Vecchione



LINE DANCING

MONDAY, 9:35 to 10:55 AM

SESSION 1: September 17, 24

October 1, 22, 29

NO Class 10/8, 10/15

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

LOCATION: Community Center

AGES: Teen / Adult

Never line danced? Just a beginner? This class is perfect for you. Join us and you'll be doing sailors, twinkles, shuffle and rocks and more before you know it. It's a fun way to add movement into your routine. NO experience necessary.

EQUIPMENT REQUIREMENT:

Bring a pair of old athletic socks that can be cut up, water, and a snack if you'd like.

Happy 30th Anniversary!

INSTRUCTOR: Michele Vecchione



50 PLUS FITNESS

MONDAY, 11:00 to 11:35 **AM**

SESSION 1: September 17, 24

October 1, 22, 29

NO Class 10/8, 10/15

COST: \$25 Bow Res / \$27 Non Res

LOCATION: Community Center

AGES: The emphasis is on the needs of the exercising older adult, but anyone is welcome. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

Join Michele, our Over 50 Brains & Balance specialist, along with friends to discover that fitness is a lot of fun! This 35-minute class will focus on strength training and balance for older adults. Modifications are provided with options against a wall, using a chair, or lying on the floor. Bring a water bottle; and, if you wish to do exercises lying on the floor (optional), bring a mat and a small hand towel or kitchen towel.

Happy 30th Anniversary!

INSTRUCTOR: Michele Vecchione



Bootcamp

TUES & THURS, 6:00-7:00 **AM**

SESSION 1: Sept 4 - Oct 30

COST: \$141 Bow Res | \$146 Non Res

LOCATION: Bow Community Center

When weather permits classes will be held outside at town fields.

AGES: Teen / Adult

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.

EQUIPMENT REQUIREMENT:

- Bring plenty of water
- When outside dress in appropriate layers
- Towel
- Exercise mat



NEW INSTRUCTOR: Tara Green



CARDIO FUSION

WEDNESDAY, 8:30 to 9:30 AM

SESSION 1: September 5, 19, 26
October 3, 10, 17, 24, 31
NO Class 09/12
COST: \$53 Bow Res / \$58 Non Res
LOCATION: Community Center
AGES: Adults

Each week we will rotate between step aerobics, low impact, and strength training. This program, for the advanced beginner/intermediate exerciser, emphasizes cardio and strength conditioning as well as balance training. Bring a mat, water, and a small hand towel or kitchen towel. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

EQUIPMENT REQUIREMENTS:

- Yoga mat
- Towel
- Plenty of water

Happy 30th Anniversary!

INSTRUCTOR: Michele Vecchione



50 PLUS FITNESS

WEDNESDAY, 9:45 to 10:40 AM

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

NO Class 09/12

COST: \$37 Bow Res / \$39 Non Res
LOCATION: Community Center
AGES: The emphasis is on the needs of the exercising older adult, but anyone is welcome. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

This 55-minute class offers strength training, cardio, balance training, and more. The emphasis is on the needs of the exercising older adult, but anyone is welcome. Modifications are provided with options against a wall, using a chair, or lying on the floor. Bring a water bottle; and, if you wish to do exercises lying on the floor (optional), bring a mat and a small hand towel or kitchen towel. Chairs are available for resting and/or balancing.

Happy 30th Anniversary!

INSTRUCTOR: Michele Vecchione

NEW



PILATES MAT CLASS

THURSDAY, 8:30-9:30 AM

SESSION 1: September 6, 13, 20, 27

October 4, 11, 18, 25

COST: \$53 Bow Res | \$58 Non Res

LOCATION: Bow Community Center

AGES: Adults

This NEW PILATES program increases core strength, facilitates better breathing, uniformly develops muscles, build physical and mental stamina, increases flexibility and improves posture. In this class you will learn the classical pilates mat repertoire assisted props such as balls, rollers, and hand weights. Come join us Thursday mornings and leave feeling revitalized and full of energy for the day!

EQUIPMENT REQUIREMENTS:

- Yoga Mat
- Plenty of water



NEW INSTRUCTOR:
Natalie Hunter



FRIDAY, 8:30-9:30 AM

SESSION 1: September 14, 21, 28

October 5, 12, 19, 26

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

LOCATION: Bow Community Center

AGE: Teen / Adult

TGIF YOGA is for everyone. Poses include strengthening, balancing, and stretching with options for varying abilities, as well as relaxation for stress reduction.

EQUIPMENT REQUIREMENTS:

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

INSTRUCTOR: Becca Cleary



GENTLE YOGA

MONDAY, 12:00-1:00 PM

SESSION 1: September 10, 17, 24,
October 1, 8, 29

NO Class 10/15, 10/22

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

LOCATION: Bow Community Center

AGE: Teen / Adult

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.

EQUIPEMENT REQUIREMENTS:

- Wear comfortable clothing
- Water Bottle

INSTRUCTOR: Kristina Lucas, RYT



YOGA FITNESS

MONDAY, 5:45-6:45 PM

SESSION 1: Sept 10, 17, 24, Oct 1, 8, 29

NO Class 10/15, 10/22

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

LOCATION: Bow Community Center

AGE: Teen / Adult

THURSDAY, 7:00-8:00 PM

DATES: Sept 6, 20, 27, Oct 4, 18, 25

NO Class 9/13, 10/11

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

LOCATION: Bow Community Center

AGE: Teen / Adult

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.

EQUIPEMENT REQUIREMENTS:

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

INSTRUCTOR: Kristina Lucas, RYT

BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

Phone: (603) 223-3920 Website: www.bownh.gov



TUESDAY, 5:45-6:45 PM

SESSION 1: September 4, 11, 18, 25
October 2, 9, 16, 23, 30

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

LOCATION: Community Center

AGES: Teen/Adult

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.



INSTRUCTOR: Tracey Beaulieu



THURSDAY, 5:45-6:45 PM

SESSION 1: September 6, 20, 27
October 4, 18, 25

NO Class Sept 13 or Oct 11

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

LOCATION: Community Center

AGES: Teen/Adult

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 Ripstix.



INSTRUCTOR: Tracey Beaulieu



Duplicate Bridge Club

TUESDAYS @ 9:50 AM – 1:50 PM

Open game \$9 per player

This is an ACBL-certified (∞ /1500/500)

Open game played at the Community Center.
Bring lunch | Coffee, Tea and snacks supplied



Bow Young At Heart Club

ALL Seniors 55 years and over are welcome!
Dues are \$15 per year. Meetings held at the
Bow Community Center, 3 Bow Center Rd
unless otherwise noted.

2018 MEETING DATES:

SEPTEMBER 12

SEPTEMBER 26—GAME DAY

OCTOBER 10

OCTOBER 24

MEETING TIME: 11:30 AM

QUESTIONS: Call Club Member,
Ray Johnson at 603-228-8149



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
- Inquiries contact Rob Jobel at
r_jobel@hotmail.com



Men's Basketball

- **MONDAY | WEDNESDAY**
- **TIME: 7:00-9:00 PM**

- On-going throughout the school year
- Held at Bow Memorial School,
20 Bow Center Rd, Bow
- Bow Residents have priority over non-Residents
- Inquiries contact Erik Pike at
erikpike@comcast.net



Adult Volleyball

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

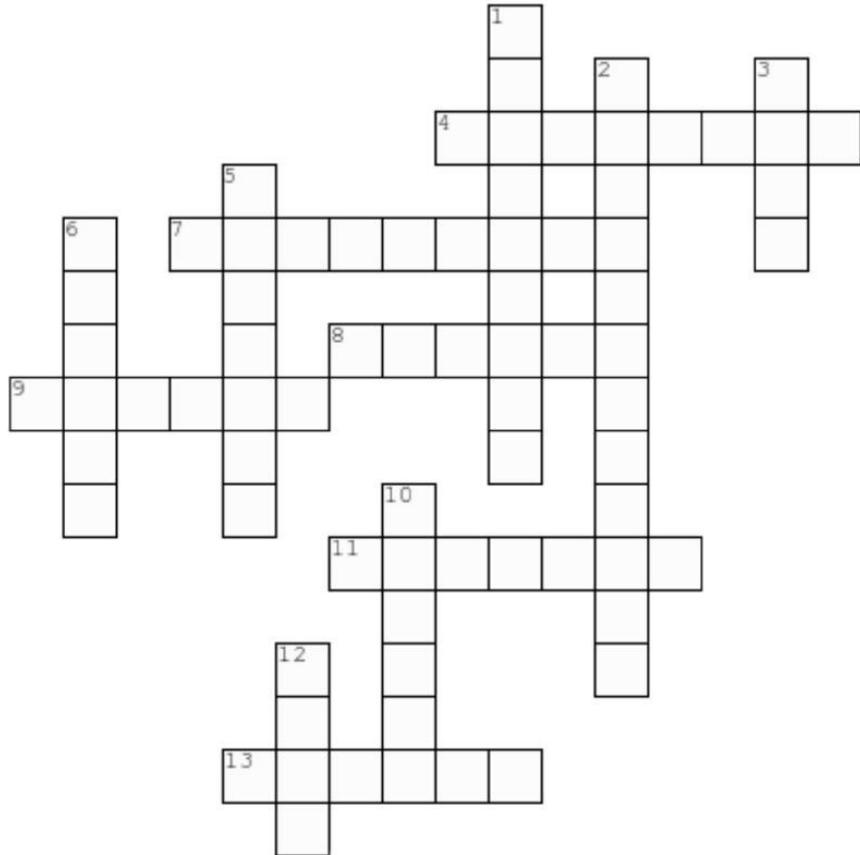
Competitive adult co-ed volleyball. This is an intermediate-level pickup game, with teams formed based on who shows up. Come once or every week. Previous volleyball experience highly recommended.

- 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](mailto:volleyball@mitchellnh.com)



Fall Crossword



Across

- 4. Jewish Holiday, Rosh _____
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks

SCARECROWS HAVE COME TO BOW!



Calling ALL Residents,
Businesses,
& Organizations
to FALL into a
Festive Autumn Spirit

Come to
Parks & Recreation
beginning the week of
September 17th to purchase a
scarecrow head for \$5
for you to create and display a
family friendly Scarecrow

Display your Scarecrow
For all to see
October 1 to November 1



SAVE THE DATE



Presented by BOW PARKS & RECREATION



**Witches, ghosts, and goblins
Calling each and every one!
Wear your favorite costume
& join us for some **FUN****

**Friday, October 26
Beginning at 4:30 pm
Bow High School**