

PARKS & RECREATION

2019

APRIL | MAY | JUNE BROCHURE

BOW REGISTRATION DAY **February 19**
OPEN REGISTRATION DAY **February 21**

**CELEBRATING CHILDREN
PRESCHOOL**

EASTER EGG HUNT

GUIDED HIKES

50 PLUS FITNESS

ART CLASS

BASKETBALL FOR ADULTS

BODY BLAST

BOOTCAMP

BRIDGE CLUB

CARDIO FUSION

CHILDREN'S DANCE

FLOOR HOCKEY

GENTLE YOGA

GRANITE STATE TRACK & FIELD

K9 NOSE WORK

LACROSSE

LINE DANCING

MEDITATION, MINDFULNESS

PHOTOGRAPHY CLASS

PILATES MAT CLASS

PRESCHOOL OPEN GYM

SAFE @ HOME |SAFE SITTER®

SPORTS CLASS - KINDERGARTEN

STRING LESSONS

T-BALL

TGIF YOGA

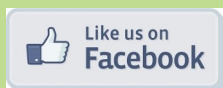
TRACK & TRAIN SERIES

VOLLEYBALL FOR ADULTS

YOGA FOR FITNESS

YOGA FOR TEENS

ZUMBA®



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

[WELCOME!](#) Tyler Aborn, New Grounds Keeper

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

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 prior 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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REGISTER
Early!



Did you know? We have
RECREATIONAL TRAIL MAPS
HIKING | SNOWSHOE | SNOWMOBILE

Questions call the Recreation Office
M-F 8am to 4pm 603.223.3920



BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

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



INSTRUCTED BY

Jessica Croft-Desrochers & Dan Attorri
w/ assistance from BHS Track & Field athletes

PRACTICE SCHEDULE:

MONDAY THURSDAY FRIDAY
June 3, 6, 7, 10, 13, 14
and those who qualify for STATES
THURSDAY June 20 & 27

TIME: 3:30-5:00 pm

COST: \$70 Resident / \$75 Non-Resident
Which Includes Bow Rec Shirt

LOCATION: Track Facility
Bow Memorial School 22 Bow Center Rd, or
Bow High School 55 Falcon Way, Bow NH

Join Bow's dynamic Track Team! GSTF is a program for young athletes that allow them to learn the basics of Track & Field and to compete at local and state meets. Athletes will learn relay team handoffs, jumping, racing, and throwing.

Open to youth ages 8-14, participants **MUST** be at least 8 years of age by start of the program. Those ages 9-14 as of December 31, 2019 may compete in Granite State Track & Field District Meet where they can attempt to qualify for the NH State Meet.

DISTRICT MEET: June 15, 2019 @ 9:30 AM

LOCATION: Lebanon High School

STATE MEET: June 28, 2019 @ 4:00 PM

LOCATION: Winnisquam High School

Athlete Participation:

9 & 10, 11 & 12 and 13 & 14 may participate in one (1) field event and two (2) running events and the relay, or two (2) field events and one (1) running event and the relay for a total of four events at the district/regional meet, athletes may qualify for the State Final Meet. The state final participants will be in the top four finishers in each event for each age group and gender.

EVENTS UPDATE for 2019

- 13 & 14 year old running long jump instead of standing long jump
- 13 & 14 year old added 400M to events

Space is limited!
Early registration is recommended

Bow Recreation



Lacrosse is a team sport, originally played by the Native American Indians, using a small rubber ball and a long-shafted stick called a crosse or lacrosse stick. In this lacrosse program players will be instructed basic rules of lacrosse and skills on how to use the lacrosse stick to catch, carry, and pass the ball. At the end of the skill session players will break off into teams for scrimmages. Scrimmages will have stick contact and prohibits body contact, requiring little protective equipment required in Lacrosse.

Required Equipment:

Required Equipment:

- *ALL YOUTH SPORTS PARTICIPANTS are required to wear a Bow Rec Sports T-Shirt, COST: \$10*
- *Sneakers*
- *Mouth Guard*
- *Eye Protection & Sticks are provided by Bow Recreation.*



NEW YOUTH SPORTS INSTRUCTORS:

Alicia Mondello &
Sarah Mann



4-5 YEARS COST: \$50/\$55

Min/Max: 10/18

Day: TUESDAYS

Date: April 30, May 7, 14, 21, 28
(makeup if needed June 4)

Time: 12:15-1:00 pm

Location: Gosling Field,
1st entrance of the Hanson Park
Complex off of Albin Rd

*Parents are responsible for transporting their children to/from games and during game times.

KINDERGARTEN COST: \$60/\$65 Min/Max: 10/18

Day: MONDAYS

Date: April 29, May 6, 13, 20, June 3

Time: Afterschool - Pickup 3:15 pm

*Please notify Bow Rec who will be responsible to pick up your player at pick-up time

Location: BES/BMS Track

*In case of inclement weather practice will be held inside the BES Gymnasium

GRADES 1-2 COST: \$60/\$65 Min/Max: 10/18

Day: TUESDAYS

Date: April 30, May 7, 14, 21, 28
(makeup if needed June 4)

Time: Afterschool / Pickup 3:15 pm

*Please notify Bow Rec who will be responsible to pick up your player at pick-up time

Location: BES/BMS Track

*In case of inclement weather practice will be held inside the BES Gymnasium



Bow Recreation



NEW YOUTH SPORTS INSTRUCTORS:

Alicia Mondello &
Sarah Mann



T-BALL | 3-5 YEARS



Come learn the fundamentals of T-Ball with skill stations and games!

Required Equipment:

- ALL YOUTH SPORTS PARTICIPANTS are required to wear a Bow Rec Sports T-Shirt, COST: \$10
- Sneakers
- Water bottle

3-4 YEARS COST: \$50/\$55 | Min/Max: 6/12

Day: THURSDAYS

Date: May 2, 9, 16, 23, 30
(makeup if needed June 6)

Time: 10:00– 10:45am

Day: FRIDAYS

Date: May 3, 10, 17, 24, 31
(makeup if needed June 7)

Time: 12:00-12:45 pm

4-5 YEARS COST: \$50/\$55 | Min/Max: 6/12

Day: THURSDAYS

Date: May 2, 9, 16, 23, 30
(makeup if needed June 6)

1) **Time:** 11:00-11:45 am

2) **Time:** 12:15-1:00 pm

Day: FRIDAYS

Date: May 3, 10, 17, 24, 31
(makeup if needed June 7)

Time: 1:00-1:45 pm

LOCATION: Sargent's Park,
10 Grandview Rd
Bow, NH

T-BALL | KINDERGARTEN



Our Kindergarten T-Ball Program will instruct players on the FUNdamentals of the game. You will be notified of practice day and game schedule once teams are assigned. Rotating games will start with the National Anthem followed by a fun-competitive game.

Parent participation is encouraged on game days!

.... "Let's Play Ball!"

Required Equipment:

- Baseball Glove
- Sneakers (*cleats may ONLY be worn on game days*)

COST: \$75/\$80 (*T-Shirt and Hat*)

Min/Max: N/A / 36

Practice Day: WEDNESDAYS or THURSDAYS

Wed. Dates: May 1, 8, 15, 22, 29

Thu. Dates: May 2, 9, 16, 23, 30

Practice Time: Afterschool - Pickup 3:15 pm

*Please notify Bow Rec who will be responsible to pickup your player at pickup time

Practice Location: BES Ball Field,
22 Bow Center Rd, Bow

*In case of inclement weather practice will be held inside the BES Gymnasium

Game Day: SATURDAY

Game Dates: May 11, 18, 25, June 1
(makeup if needed June 8)

Game Time: 9:00 am OR 10:30 am

Game Location: Sargent Field
2nd entrance to the Hanson Park
Complex off of Albin Rd, Bow.

*Parents are responsible for transporting their children to/from games and during game times.



BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

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

NEW

SAFE@HOME

by SAFESITTER

GRADE 4—6

INSTRUCTED BY:

Kate England and Anne-Marie Guertin

Prepare Your Preteen With Safe@Home! This program by Safe Sitter® is offered to those currently in Grade 4-6. The one-day class offers safety and first aid skills all while guiding them on how to keep themselves safe in and/or outdoors, online, and with others. What to do in an emergency, including who to call. How to keep from getting hurt and what they should do if they do get hurt or sick.

DAY: Wednesday

DATE: March 27

TIME: 5:30-7:00 pm

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

LOCATION: Bow Memorial School Rm 5



BECOME A SAFE SITTER® INSTRUCTOR

- Must be at least 18 years old with a high school diploma or equivalent
- Enjoy teaching young teens and being a role model
- Commit to teaching at least one class per year
- Complete Safe Sitter® Instructor Training
- First Aid CPR AED Certified

Inquiries contact:

Anne-Marie Guertin at aguertin@bownh.gov



SAFESITTER

GRADE 6-8

INSTRUCTED BY:

Kate England and Anne-Marie Guertin

Older Preteens who wish to further assert their independence and take on more responsibility. Come and join our two-day class of Safe Sitter® Essentials. A program designed for those students currently in Grade 6-8 that can give them safety skills, first aid, and rescue training, child care skills, and life and business skills to prepare them for babysitting.

DAY: Wednesday

DATE: March 6 & 20

TIME: 3:30-6:00 pm

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

LOCATION: Bow Memorial School Rm 5



BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road
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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.

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

DAY: TUESDAY

- 2. Mar 5, 19, 26, Apr 2, 9, 16
Make up day if needed Apr 30
- 3. May 7, 14, 21, 28, June 4, 11

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

COST per session:

\$70 Bow Res | \$75 Non Res along with

SUPPLY FEE: \$5 payable to Elsa Chern



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

COST per session:

\$70 Bow Res | \$75 Non Res along with

SUPPLY FEE: \$5 payable to Elsa Chern

INSTRUCTOR: Elsa Chern

MUSIC MATTERS



STRING LESSONS

It's never too early to get a taste of music! This half-hour of VIOLIN, VIOLA, and/or CELLO lesson is designed to fit students in Grades 1-4 and give them the abilities and opportunity to gain a better appreciation and knowledge of string instruments.
NO prior musical knowledge is necessary!

LOCATION: Bow Elementary School

DAY: TUESDAY

- 2. Mar 5, 19, 26, Apr 2, 9, 16
Make up day if needed April 30
- 3. May 7, 14, 21, 28, June 4, 11

TIME: 3:45 **PM** or 4:20 **PM**

TBD based on enrollment

COST per session:

Group Lesson \$125 Bow Res / \$130 Non Res OR
Private Lessons \$155 Bow Res / \$160 Non Res

INSTRUCTOR: 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



Children's Dance

Welcome **NEW INSTRUCTORS**

Carolyn Coskren & Meghan Demers
of Dance Inspirations

Save
the
Date

Annual Dance Recital
Sunday, May 19

AGES 3 – 5 BALLET & TAP

DAY: FRIDAY

TIME 10:00-10:45 AM

Session 2 April 5, 12, 19, May 3, 10, 17

No Class April 26

May 17 Dress Rehearsal, Time TBD

COST: \$61 Bow Res / \$66 Non Res
along with Costume Balance

This class is a fun and lively class that enhances coordination, musicality, and creativity. Children will learn the basic concepts of dance, hone weight transfers and balance, and cultivate their improvisation and cooperation skills within a group. Children will learn through games, routines, and repetitive movement. These classes help instill the proper etiquette, love, and appreciation for the art of dance.

GRADES K – 1 BALLET & TAP

DAY: WEDNESDAY

TIME 2:30-3:30 PM

Session 2 April 3, 10, 17, May 1, 8, 15, 17

No Class April 24

May 17 Dress Rehearsal, Time TBD

COST: \$68 Bow Res / \$73 Non Res
along with Costume Balance

This class is an extension of our 3-5 year old program. Children will continue to learn more ballet and tap vocabulary while implementing more advanced and complex dance combinations. These classes continue to emphasize a fun and relaxed atmosphere.

* Bus Transportation available from BES to the Community Center

GRADES 2 - 4 TAP & JAZZ

DAY: WEDNESDAY

TIME 3:30-4:30 PM

Session 2 April 3, 10, 17, May 1, 8, 15, 17

No Class April 24

May 17 Dress Rehearsal, Time TBD

COST: \$68 Bow Res / \$73 Non Res
along with Costume Balance

This class gives the student the opportunity to explore a tap/jazz combination class for 1 hour weekly. Students will work on technique with a focus on basic positions and vocabulary of jazz and tap. This class will help the students improve their flexibility, sense of rhythm and coordination, while encouraging self-esteem and working in a group.

Registration closed
to new participants



BOW PARKS & RECREATION

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3 to 5 YEARS

Come have fun in the gym! Each week we will have fun gym activities planned to keep kids moving during this winter season.

LOCATION: Bow Community Center

THURSDAY, 1:15-2:00 PM

SESSION 2: Mar 7, 14, 21, 28, Apr 4

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

SATURDAY, 9:00-9:45 am

SESSION 2: Mar 9, 16, 30, Apr 6, 13

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

KINDERGARTEN Sports Class



This class is an extension of our 3-5 year old Open Gym. Each week we will have FUN sport activities planned to keep kids moving during this winter season.

LOCATION: Bow Elementary School

WEDNESDAY, 2:15-3:15 PM

DATES: March 6, 13, 20, 27, April 3

Make up day if needed Apr 10

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



GRADES 1 TO 4

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.

LOCATION: Bow Community Center

THURSDAY, 2:30-3:30 PM

*Bus transportation available

SESSION 2: Mar 7, 14, 21, 28, Apr 4

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

SATURDAY, 10:00-11:00 AM

SESSION 1: Mar 9, 16, 30, Apr 6, 13

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



ALL YOUTH SPORTS PARTICIPANTS

Are required to wear a Bow Rec Sports T-Shirt, COST: \$10



NEW YOUTH SPORTS INSTRUCTORS:

Alicia Mondello &
Sarah Mann

BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road
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NEW

YOGA

FOR TEENS

Give your teen the gift of yoga for a more balanced life. This program will offer guided postures and breathing techniques to strengthen and balance the body, mind and spirit. All in an environment that is free of judgement and competition. Come with an open mind and full heart.

PRETEEN 10-14 YEARS MONDAY, 3:30-4:30 PM

DATE: March 4, 11, 18, 25, April 1, 8

TEEN 14-18 YEARS FRIDAY, 4:00-5:00 PM

DATE: March 8, 22, 29, April 5, 12

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

LOCATION: Community Center

INSTRUCTOR: Alethea Kehas



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 friendly environment

DAY/TIME: MONDAY, 8:00-9:00 PM

DATE: On-going beginning 03/04/19

COST: \$10 Bow Res / \$12 Non Res

LOCATION: Community Center

Happy 15th Anniversary!

INSTRUCTOR: Emily St. Hilaire



PHOTOGRAPHY CLASSES

LEVEL I - SNAP HAPPY



How to get your DSLR off auto and on to better pictures...

In this two-day class session you will learn the *What, How, and Why* behind your camera settings, as well as tips and tricks for making better pictures.

DAY/DATE: TUESDAY, March 5 & 12

DAY/DATE: TUESDAY, May 7 & 14

TIME: 7:00-8:30 PM

At the Town Municipal Building

\$55 Bow Resident | \$60 Non Resident

LEVEL II - BEYOND THE BASICS

Know how to use your camera but want to take your photos to the next level? If you understand how to operate your camera in manual mode then lets 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.

DAY/DATE: TUESDAY, April 2 & 9

DAY/DATE: TUESDAY, June 4 & 11

TIME: 7:00-8:30 PM


At the Town Municipal Building

\$55 Bow Resident / \$60 Non Resident



Bow Recreation Fitness

April / May / June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW TRACK & TRAIN 5:30-6:30 am May 6, 13, 20, 27 Jun 3, 10, 17, 24 <u>COST: \$120 / \$125</u> For Mon Wed Fri	BOOTCAMP 6:00-7:00 am Apr 2, 9, 16, 30 May 7, 14, 28 Jun 4, 11, 18, 25 <u>COST: \$189 / \$194</u> for Tue & Thu	NEW TRACK & TRAIN 5:30-6:30 am May 1, 8, 15, 22, 29 Jun 5, 12, 19, 26 <u>COST: \$120 / \$125</u> For Mon Wed Fri	BOOTCAMP 6:00-7:00 am Apr 4, 11, 18 May 2, 9, 16, 23, 30 Jun 6, 13, 20, 27 <u>COST: \$189 / \$194</u> for Tue & Thu	NEW TRACK & TRAIN 5:30-6:30 am May 3, 10, 17, 24, 31 Jun 7, 14, 21, 28 <u>COST: \$ 120 / \$125</u> For Mon Wed Fri
BODY BLAST 8:30-9:25 am Mar 4, 11, 18, 25 Apr 1, 8, 15, 29 May 6, 13, 20 Jun 3, 10, 17 M/U if needed 6/24 <u>COST: \$89 / \$94</u>	WELCOME BACK ZUMBA®  5:45-6:45 pm <i>Come feel the LOVE</i> FREE class <i>February 19</i>	CARDIO FUSION 8:30-9:30 am Mar 6, 13, 20, 27 Apr 3, 10, 17 May 1, 8, 15, 22, 29 Jun 5, 12 M/U if needed 6/19 <u>COST: \$89 / \$94</u>	PILATES MAT CLASS 8:30-9:30 am Apr 4—Jun 27 <u>COST: \$77 / \$82</u> (based on 12 classes)	TGIF YOGA 8:30-9:30 am Apr 5, 12, 19 May 3, 10, 17, 24, 31 Jun 7, 14, 21, 28 <u>COST: \$77 / \$82</u>
LINE DANCING 9:35-10:55 am Mar 4, 11, 18, 25 Apr 1, 8, 15, 29 May 6, 13, 20 Jun 3, 10, 17 M/U if needed 6/24 <u>COST: \$89 / \$94</u>	SESSION 1 Mar 2, 12, 19, 26 Apr 2, 9, 16 May 7, 14, 21, 28 Jun 4, 11, 18, 25 M/U if need Apr 30 COST: \$95 / \$100	50 PLUS Fitness 9:45-10:40 am Mar 6, 13, 20, 27 Apr 3, 10, 17 May 1, 8, 15, 22, 29 Jun 5, 12 M/U if needed 6/19 <u>COST: \$61 / \$63</u>	MEDITATION 10:30-11:30 am Apr 4, 11, 18 May 2, 16, 23, 30 Jun 6, 13, 20, 27 <u>COST: \$71 / \$76</u>	
50 PLUS Strength & Balance 11:00-11:35 am Mar 4, 11, 18, 25 Apr 1, 8, 15, 29 May 6, 13, 20 Jun 3, 10, 17 M/U if needed 6/24 <u>COST: \$61 / \$63</u>			YOGA FITNESS NEW 6:30-7:30 pm Apr 4, 18 May 2, 16, 23, 30 Jun 6, 27 <u>COST: \$53 / \$58</u>	
GENTLE YOGA 12:00-1:00 pm Apr 1, 8, 15, 29 May 6, 13, 20 Jun 3, 10 <u>COST: \$59 / \$64</u>				
YOGA FITNESS 5:45-6:45 pm Apr 1, 8, 15, 29 May 6, 13, 20 Jun 3, 10 <u>COST: \$59 / \$64</u>				

For a complete description
of these programs
see page 13 and 14



Bow Recreation Fitness

Continued from page 9 & 11

- * FITNESS CLASSES are CO-ED for Adults
- * Classes held at the Bow Community Center
- * Come hydrated, drink water during class and extra water after class!
- * The warmup is a critical part of class. Please make every effort to arrive to class on time so your body is properly prepared.
- * Remember to work at your own pace and listen to your body!
- * **Please Change Your Shoes!** We are trying to keep the floor space clear from any debris or water. Wear street shoes to class, enter by the front door and change into workout shoes.
- * **Weather Cancellations**, may occur be sure we have your current email on file as notices will be sent via E-Blast and posted on our Facebook page.

~Health & Happiness from all of us at Bow Rec!

50 PLUS STRENGTH & BALANCE

Join our Over 50 Brains & Balance specialist, Michele Vecchione on MONDAYS 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.

~ **INSTRUCTOR:** Michele Vecchione, *Happy 30th Anniversary!*

50 PLUS FITNESS

On Wednesdays this program 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.

~ **INSTRUCTOR:** Michele Vecchione, *Happy 30th Anniversary!*

BODY BLAST

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.

~ **INSTRUCTOR:** Michele Vecchione, *Happy 30th Anniversary!*

BOOTCAMP

In this two-day a week FUN co-ed group exercise class we will combine 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.

~ *Welcome* **NEW INSTRUCTOR:** Tara Green

CARDIO FUSION

This program for advanced beginner/intermediate participants alternates between step and low-impact aerobics and includes strength and balance training at each class. Have fun, get strong, and build cardio endurance. 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.

Bow Recreation Fitness

Continued from page 12 & 13

GENTLE YOGA

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.

~ **INSTRUCTOR:** Kristina Lucas, RYT

LINE DANCING

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.

~ **INSTRUCTOR:** Michele Vecchione, *Happy 30th Anniversary!*

MEDITATION, MINDFULNESS, NATURAL MOVEMENT “A pause for presence”

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.

~ **INSTRUCTOR:** Lucia Cote, RYT

PILATES MAT CLASS

This NEW PILATES program increases core strength, facilitates better breathing, uniformly develops muscles, builds 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!

~ *Welcome* **NEW INSTRUCTOR:** Natalie Hunter

T.G.I.F. YOGA

All levels welcome! Poses include strengthening, balancing, and stretching with options for varying abilities, as well as relaxation for stress reduction.

~ **INSTRUCTOR:** Becca Cleary

NEW TRACK & TRAIN SERIES

Do you want more consistency and accountability to your training or jump start a new one? This is an introductory three-day a week non-competitive program. We will focus on efficient, low-impact interval training and walking at the Bow High School Track.

~ **INSTRUCTOR:** Julie Guerrette

YOGA FITNESS

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 Qi Gong healing for boosting immunity. We will stretch, strengthen & balance with a focus on mindful breathing and pranayama practice for stress reduction, relaxation, and equanimity.

~ **INSTRUCTOR:** Kristina Lucas, RYT

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.

~ **WELCOME BACK 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, Bow
unless otherwise noted.

2019 MEETING DATES:

MARCH 13 & 27

APRIL 10 & 24

MAY 8 & 22

JUNE 12 & 26

MEETING TIME: 11:30 AM

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



ADULT BASKETBALL

Adult Ages 35 and Older Co-Ed AM

WEDNESDAY | FRIDAY

TIME: 6:00-7:00 AM

- On-going throughout the school year
- Held at Bow High School, 55 Falcon Way
- Inquiries contact Rob Jobel at
r_jobel@hotmail.com

Adult Co-Ed PM

MONDAY | THURSDAY

TIME: 7:30-9:30 PM

- On-going throughout the school year
- Held at Bow Elementary School thru March
Held at Bow Memorial School Apr/May/Jun
- Inquiries contact Erik Pike at
erikpike@comcast.net

Bow Residents have priority over non-Residents
NO junior or senior high school players



Adult Volleyball

WEDNESDAY

TIME: 8:00-10:00 PM

Competitive adult co-ed volleyball. This is an
inter-mediate-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
emailvolleyball@mitchellnh.com



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



Limited openings
for the
2019-2020
school year!

**OPEN
HOUSE**

Tuesday
April 16, 2019
6:00-7:30 pm

10 Grandview Rd.
Bow, NH 03304
(603) 228-2214

cgreenwoodyoung@bownh.gov

~For additional information & to place name on a registration list,
please contact us! Preschool runs from September through May.
Registration for the following year begins mid-January.
Enrollment is on a first come basis.

"Come join in the fun!"



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



Guided

FULL MOON WINTER HIKES

Never stop exploring your community! Hike with us ...

Guided by: Bob Dawkins of Bow Open Spaces www.bowopenspaces.com

- **SATURDAY, February 16, 2019**

We will be heading to Mt Kearsarge, Wilmont NH

Leaving the Winslow & Rollins State Park entrance road at 4:30 **pm**

2.8 miles | 2937 ft. elevation | approximately 2-3 hours | Moderate

- **SUNDAY, March 10, 2019**

Come explore Nottingcook Forest right here in Bow, NH.

Meet at the Nottingcook South Bow trailhead for a DAY hike and enjoy LUNCH on Great Hill. More detail to follow.

Some winter snowshoe and hiking experience required. Must have adequate gear, food and water. We will have you speak directly with Bob prior to the hike to be sure these requirements are met.

RSVP with Bow Recreation at 603.223.3920





SKATING & SLEDDING SEASON

Photo by: Harry Hadaway

SKATING at the Town Pond & *SLEDDING* at the Bandstand

OPEN to the public, weather permitted

Please read and obey ALL signs

We will post if the pond is Open/Closed for Skating

Call the Recreation Office at 603-223-3920
M-F 8am-4pm.



EASTER EGG HUNT

SPONSORED BY BOW RECREATION

SATURDAY APRIL 13, 2109



Breakfast Buffet 8:30-9:45 AM

LOCATION: Bow Elementary School Café' 22 Bow Center Road, Bow NH
Provided by Bow Community Men's Club

COST: \$4 (Child 12 and under) \$8 (Adult)

All proceeds raised by the event are returned to the Community

MENU: Scrambled Eggs, Pancakes (blueberry or chocolate chip), Sausage, Bacon, Home Fries, Coffee, Tea, Hot Chocolate, Milk, and Juice.

THE EASTER BUNNY & BOWGIE

Will be visiting during breakfast, remember to bring your camera!

FUN CRAFTS with assistance from Bow High School Interact Club Students

Egg Hunt 10:00 AM

LOCATION: Bow Elementary School Playground

For children currently in Grades 4 and under

Bring Your Own Basket