



# BOW PARKS & RECREATION



## 2010 LATE FALL/HALLOWEEN PROGRAMS

Registration Begins Friday, October 8th!

Check out our website at [www.bowrecrenh.com](http://www.bowrecrenh.com)  
You will find our current programs, flyer, events, and waivers.

### Did you know...

Waivers do need to be completed annually.  
Our current waivers are valid from September to Summer 2011

### Don't forget...

- ◆ Children will need a bus note sent to school if they are taking any after school programs at BES, BMS, or the Community Building.
- ◆ Please notify our office of any address, email, or phone changes!

Located at the Bow Community Building  
Phone: (603) 228-2222 website: [www.bowrecrenh.com](http://www.bowrecrenh.com)



**American Red Cross**  
**Babysitting Course**

At the Bow Middle School Room 5  
 Thursdays, Oct. 21, 28, Nov. 4  
 3:30 to 5:45  
 Ages 11 to 15  
 \$52 (\$57 non-Bow)



Our babysitting training will provide those who are planning to baby sit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe and help children behave.

**American Red Cross**  
**Safe On My Own Course**

At the Bow Middle School Room 5  
 Thursday, October 14  
 3:30 to 5:30 pm  
 Ages 8 to 11  
 \$24 (\$29 non-Bow)



Our "Safe On My Own" course will provide your child with the knowledge and ability to safely stay at home alone and what to do in emergency situations. This training will help with personal safety, sibling care, family communications, internet safety, and basic emergency care.

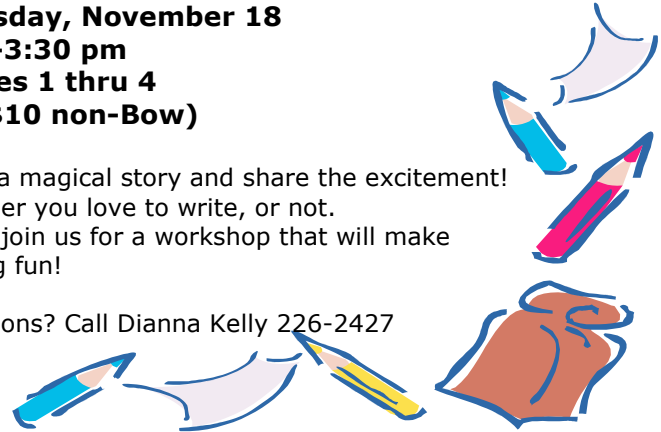
**Mystery Story Bag**

At the Bow Elementary School

**Thursday, November 18**  
**2:30-3:30 pm**  
**Grades 1 thru 4**  
**\$8 (\$10 non-Bow)**

Write a magical story and share the excitement! Whether you love to write, or not. Come join us for a workshop that will make writing fun!

Questions? Call Dianna Kelly 226-2427



**Dog Obedience Classes**

Mondays, at the Community Building

Nov. 15, 22, 29 Dec. 6, 13, 20

Dog Obedience 7:00 to 8:00 pm; \$110 (\$115 non-Bow)

Drop-In Rally-O 8:00 to 9:00 pm; \$10 (\$12 non-Bow) each class

A copy of rabies certificate is required at the first class. Bring a six foot, non-retractable cotton, leather, or nylon leash (no chain leads) with training collar, and supplies to clean up after your dog both inside and outside. Children may train the dog if a parent is present and child is old enough and capable of handling the dog.

Questions? Call Emily at 529-2458



**Bow Police Department**  
**"Be A Tree Program"**

At the Community Building

**Saturday, November 20**

**10:00-12:00 pm**

**Ages 10 and under**

(If under 5 years parent/guardian must accompany them)

FREE Program! Sign up early at the Community Building as it is limited to the first 20 participants.



**FREE**

The "Be A Tree" program was developed to help teach kids safety around dogs, whether they are household pets or strange dogs that they meet elsewhere. *Helen Nicholls*, certified behavior consultant and trainer will show your children the right way to pet a dog, what to do when approached by a strange dog, and what games are appropriate to play with the family dog. They will enjoy becoming dog detectives and learning about all the ways dogs communicate to us.



Helen will bring her dogs for the program. Please do not bring your pets to this program.





**Fab-BOO-lous FREE CLASS**  
**ZUMBA<sup>®</sup>atomic FOR KIDS**

Tuesday, October 26 4:30-5:15 pm  
 at the Community Building  
 Ages 6 to 12

**FREE**

Tracey Beaulieu will get the kids howling at the moon with fun physical movement and Halloween music. Come dressed in comfortable Orange & Black clothing & shoes.

This program is great for boys & girls

New Session Begins Tuesdays, 4:30-5:15 pm  
 Nov 9, 16, 30 Dec. 7, 14, 21  
 \$36 (\$41 non-Bow)



**Gingerbread House Workshop**

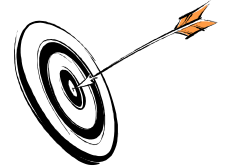
At the Bow Community Building

Saturday, November 13 or Saturday, December 4  
 Ages 5 to 9 (with a parent).....12:15 to 2:15 pm  
 Ages 9 to 12..... 2:30 to 4:30 pm  
 Ages 13 and up..... 9:00 to Noon  
 \$27 (\$30 non-Bow) all supplies included



**New England School of Archery**

Sundays- At The Bandstand (inside the Bow Community Building if weather is inclement)  
 Session 2: November 7, 14, 21, Dec. 5 (additional sessions to follow)



**Beginner/Family**  
 4 to 5 PM  
 Ages 7 through Adults

**Intermediate/Family**  
 5 to 6 PM  
 Ages 7 through Adults

**Fees:**  
 \$50 (\$55 non-Bow)  
*Additional Family members less \$5.00*

**Beginner/Family**-Introduction to Olympic Archery—This class is for children and adults who are new to archery and competition. Form and safety will be emphasized. Participants will enjoy fun games, learn about scoring and have fun with balloons. No experience required.

**Intermediate/Family**-Intermediate Olympic Archery—A challenging class for the children and adults who have completed the introduction to archery. Students will work at their own level of excellence with an emphasis on learning the mental aspect of the art of shooting an arrow. Youth and adults will be encouraged to compete in local competitions. Participants will enjoy fun games and have fun with balloons. Form and safety will be emphasized.

Equipment is provided or bring your own (for approval by instructor).

**UPCOMING COMMUNITY EVENTS**

- ◆ October 16, Girl Scout Troop 22571 Zumbathon® Fundraiser at the Community Building 9:30-11:30 am \$15 for pre-registrations or \$18 to register at the door (if space exists)
- ◆ October 23, Bow Ski & Skate Sale at the Community Building 9:00-12:00
- ◆ October 29, Bow Community Halloween Party at the Bow High School 4:00-7:30 pm
- ◆ November 2, Election Day, at the Community Building polls open at 7:00 am
- ◆ November 6, Bow Rotary Auction at the Community Building 5:30-9:00 pm admission \$10

# Bow Parks & Recreation

Located at the Bow Community Building  
Phone: (603) 228-2222 website: [www.bowrecnh.com](http://www.bowrecnh.com)



## Lunch & Play Bunch

At Celebrating Children  
Bow Municipal Building



Ages 3, 4, 5 (Preschool/Kindergarten)

Session 1:

Mon., Nov. 1, 8, 15, 22, 29

12:00—2:00 pm: \$50 (\$55 non-Bow) &/or

Wed., Nov. 3, 10, 17; \$30 (\$35 non-Bow)

12:00—2:00 pm

Our "Lunch & Play Bunch" Program offers a lunch date and play date with friends as well as special story & craft. Pack your Lunchbox, bring your sneakers & get ready to PLAY!!!

Instructors:

Mary Beth Vozzella

Andrea Roy



## Mad Kinder-Science...

At Celebrating Children Bow Municipal Bldg.

Ages 5 & 6 (Kindergarten)

Session 2:

Tues., Nov. 30, Dec. 7, 14, 21

9:00-11:00 am or 12-2 pm

\$40 (\$45 non-Bow)



Come join Miss Julie & Mr. Bill for some fun-filled adventures! Our "Mad Kinder-Science" program is hands-on activities where Kindergarteners explore their world through Science! Children will learn to predict *What? When? Where? & How?* Each session will focus on a different theme.

"If your Child is curious, this is the program for them!"

Instructors: Julie Guerrette & Bill Hyslop

## Floor Hockey for Boys & Girls

At the Community Building

### Thursdays

Nov 4, 11, 18 Dec 2, 9, 16

3 Years 9:00-9:30 \$30 (non-Bow \$35)

4-6 Yrs 9:45-10:30 \$40 (non-Bow \$45)

3 Years 12:45-1:15 \$30 (non-Bow \$35)

4-6 Yrs 1:30-2:15 \$40 (non-Bow \$45)

**CLASS CURRENTLY FULL**

Gr 1-4 2:30-3:30 \$40 (non-Bow \$45)

**CLASS CURRENTLY FULL**

Gr 4-7 **3:30-4:30** \$40 (non-Bow \$45)

**TIME ADJUSTMENT**



### Fridays

Oct 29, Nov 5, 12, 19 Dec 10, 17

Gr 1-4 2:30-3:30 \$40 (non-Bow \$45)

Coaches require participants to wear a Rec T-Shirt for the Floor Hockey program. They are available at the Recreation Office for \$8.00 each. Please bring a water bottle. Sneakers should be worn. Goggles will be provided and required for play. Mouth and shin guards are strongly recommended.

**After school Bus transportation is available, Bus #11 for BES and Bus #20 for BMS**

Questions? Call Coach Graham 223-6670 or email Coach Beaudette at [bowlaura07@hotmail.com](mailto:bowlaura07@hotmail.com).

## Sports Day

At Fieldhouse Sports



Tuesdays: October 5 to May 17

(Following the Bow School calendar)

Super Beginnings: 9:30 to 10:15 a.m. Ages 3 & 4

Sport Kids: 10:30 to 11:15 a.m.; Ages 4 and 5

Even though session has begun you may join anytime and we will pro-rate the \$260 (\$270 non-Bow) yearly fee.

Bring a water bottle; wear sneakers and come dressed to run. This fun program will offer games, activities and sport-related skills.

Instructors: Laura Beaudette, Julie Biehl & Julie Boone.









Questions? Email Laura at: [bowlaura07@hotmail.com](mailto:bowlaura07@hotmail.com) or [celebchildren@bow-nh.gov](mailto:celebchildren@bow-nh.gov)





# It's Time for Fitness

## At the Bow Community Building

Brrr... Weather is getting cooler. Warm up with some great fitness classes.  
It's never too late to sign-up so come by today!

Morning Programs				
<i>If you miss an AM class you can make it up during another AM class!</i>				
Mondays 9:05 to 9:55	 <b>Step, Low-Impact &amp; Strength</b>	\$30 (\$35) (just \$3.75/class)	Nov. 1, 8, 15, 22, 29 Dec. 6, 13, 20	Step and low-impact or a combo of same & strength. Can be done without a step. No step experience needed.
Tuesdays 9:05 to 10	 <b>ZUMBA gold</b>	\$26.25 (\$31.25) (just \$3.75/class)	Nov. 9, 16, 23, 30 Dec. 7, 14, 21	This Latin-inspired dance-exercise class is for <i>everyone</i> including beginners and older adults. Join the fun!
Wednesdays 8:30 to 9:00	 <b>Strength Training</b>	<b>FREE!</b> With food donations for the needy.	Nov. 3, 10, 17, 24 Dec. 1, 8, 15, 22	Get stronger and build your bones while helping out the needy. Bring a couple of canned goods to first class.
Wednesdays 9:05 to 9:50	 <b>ZUMBA fitness</b>	\$32 (\$37) (just \$4.00 class)	Nov. 3, 10, 17, 24 Dec. 1, 8, 15, 22	Latin-inspired dance-exercise - no experience needed. Come join the fun!
Fridays 8:30 to 9:30	 <b>Yoga Fitness</b>	\$30 (\$35) (just \$5/class)	Nov. 5, 12, 19 Dec. 3, 10, 17	For <i>everyone</i> at any level. Bring a yoga mat and a towel.

50-Plus Fitness Morning Program with Michele				
Mondays 10 to 10:55	Aerobics, Strength & Balance Training	November 1— December 22 <i>(No Class Nov. 25 &amp; 26)</i> 3 days/wk.: \$71.50 (\$73.50) (\$3.25/class) 2 days/wk.: \$56 (\$58) (\$3.50/class) 1 day/wk.: \$30 (\$32) (\$3.75/class) <i>(Also, see above for Zumba Gold®.)</i>	These classes are especially designed for older adults. Participants are given options to make the workouts appropriate for them. Everyone over 50 needs a doctor's note.	
Wednesdays 10 to 10:55	Aerobics, Strength & Balance Training			
Fridays 9:45 to 10:40	Strength & Balance Training			

Evening Programs for Adults & Teens				
Mondays 5:45 to 6:45	 <b>Yoga Fitness</b>	\$35 (\$40) (just \$5/class)	Nov. 8, 15, 22, 29 Dec. 6, 13, 20	For <i>everyone</i> at any level. Bring a yoga mat and a towel.
Tuesdays 5:30 to 6:30	 <b>ZUMBA fitness</b>	\$36 (\$41)	Nov. 9, 16, 30 Dec. 7, 14, 21	Latin-inspired dance-exercise with Tracey. No dance experience needed.
Wednesdays 5:30 to 6:00	 <b>Strength Training</b>	<b>FREE!</b> With food donations for the needy.	Nov. 3, 10, 17 Dec. 1, 8, 15, 22	Get stronger and build your bones while helping out the needy. Bring a couple of canned goods to first class.
Wednesdays 6:00 to 6:45	 <b>ZUMBA fitness</b>	\$28 (\$33) (just \$4/class)	Nov. 3, 10, 17 Dec. 1, 8, 15, 22	Latin-inspired dance-exercise with Michele. No dance experience needed.
Thursdays 5:45 to 6:45	<b>So You Think you Can't Dance Or Just Love To?</b>	\$35 (\$40)	Nov. 11, 18 Dec. 9, 16, 23	Learn how to fit in or "Wow" them on the dance floor. Learn current line dances and steps, Latin dance, Bollywood & more.

Anyone with a health risk, pregnant, or 50 years or better will need a doctor's note to participate.  
For more information, call Bow Recreation at 228-2222. You must pre-register. Don't miss out...sign up today!

# BOW COMMUNITY HALLOWEEN PARTY

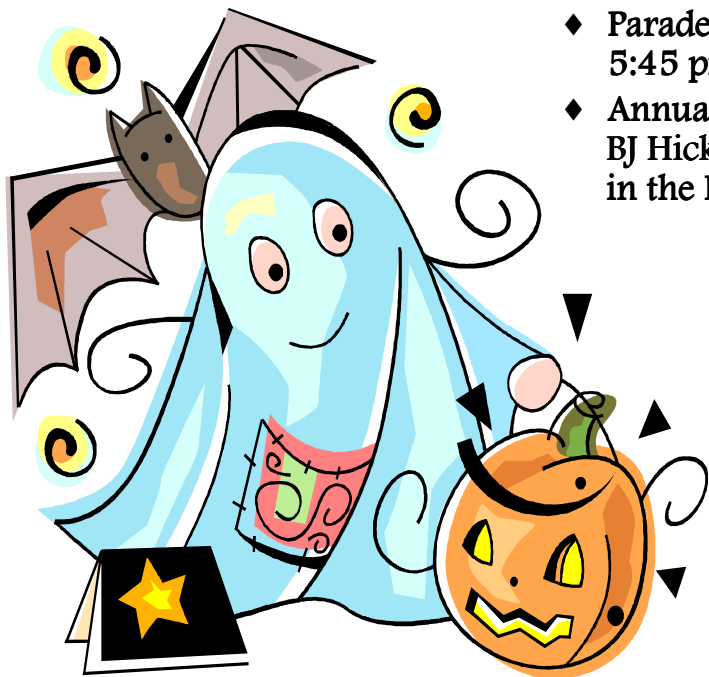


Friday, October 29th  
4:00 PM—7:30 PM  
at Bow High School

Join the Bow Police Department & Recreation Department in an evening of Halloween fun! The evening will be filled with events for **ALL** ages with activities from various Community Departments including:

## EVENING EVENTS

- ◆ Trick-or-Treating from 4:00-6:00 pm
- ◆ Horse Drawn Hayrides 4:00-6:00 pm
- ◆ Donuts & Cider will be served in the Cafeteria from 4:00-6:00 pm
- ◆ Haunted House from 5:00-7:30 pm
- ◆ Canine Demonstration (weather permitting) 4:30pm
- ◆ Costume Parade will begin at 5:15 pm
- ◆ BYODP “Bring Your Own Decorated Pumpkin” between 4:00-5:30 pm and include your name on index card to be entered in our “Best” Pumpkin Contest.
- ◆ Parade & Pumpkin Contest winners announced at 5:45 pm
- ◆ Annual Bow Recreation Magic Show with BJ Hickman will begin at 6:00 pm for **ALL** ages in the High School Auditorium.



Grab your family and come  
enjoy the festivities