



# BOW PARKS & RECREATION

## 2010 SPECIAL EVENT & EARLY WINTER PROGRAMS



Photo by: Michele Vecchione

Registration Begins Friday, November 5th!

Check out our website at [www.bowreclnh.com](http://www.bowreclnh.com)  
For all our current programs, flyer, events, and waivers.

**Did you know...**

Waivers do need to be completed annually.  
Our current waivers are valid from September 2010 to Summer 2011

**Don't forget...**

- ◆ Children will need a 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.bowreclnh.com](http://www.bowreclnh.com)



## *Annual Tree Lighting & Santa Visit*



***Don't forget your camera and charge your batteries!***

**Friday, December 3rd  
 Santa Visits from 5 to 6:30 p.m.  
 Tree Lighting 6:30 p.m.**

Please join us at the Bow Community Building to celebrate the holiday season with our Annual Santa visit and Tree Lighting Ceremony. Activities will be led by the Girl Scouts. Refreshments will be served by the Boy Scouts. Crossroads Community Church Choir will lead us in Christmas Carols. Santa will join us in lighting the holiday tree outside at 6:30 pm. This program is free!

***Cookie donations are welcome!***

In case of cancellation, Santa and Tree Lighting will be on Sat., Dec. 4th, same time.

### **Charmingfare Farm Sleigh Ride**

At Charmingfare Farm, Candia NH



**Thursday, December 23rd at 3:00 PM  
 \$12 per person (space limited!)**

We have reserved two wagons at Charmingfare Farm for a 1.5 hour Traditional Hay or Sleigh Ride. Please arrive 15 minutes early so that we will be ready for our prompt scheduled departure.

Hot Cocoa & Marshmallows will be provided for the camp fire. However you are welcome to bring your own refreshments, Smore's tend to be a favorite of passengers.

This is an outdoor event, be sure to dress accordingly; blankets are welcome and even encouraged.

All payments are non-refundable. The only exception to this is in the case of severe weather, which creates hazardous road conditions for traveling. All passengers 2 years old and over are required to pay.

## **LETTERS FROM THE NORTH POLE!**

**Bow Recreation is fortunate enough to have connections with the North Pole! We can arrange to have your child receive a personalized letter from Santa. All you have to do is come to the Bow Community Building to fill out a request form and drop it off to us with your payment of just \$1.**



The program is for Bow children of any age. All requests must be in to Bow Recreation no later than December 3rd!



**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



**Abrakadoodle Art Class**

At the Community Building

**Wednesday, December 15th  
 2:30 to 5:00 pm  
 Grades 1 thru 4  
 \$20 (\$25 non-Bow)**

Come join us after school for a holiday themed art class. We will be doing two projects that will be completed so you can bring them home that day. Our art class will be sure to engage your child's mind, inspire their creativity and develop new skills.

Bus transportation from BES to the Community Building is available. Your child will need a bus note sent to school stating they will need to take Bus 11 to the Community Building.



**2011 Ski/Snowboard Program at Pats Peak**

Bus transportation cost is \$50 per student.  
 Grades 5 to 12



Bus Registration deadline Nov. 12!  
 This is separate from Pat's Peak Registration. Register at the Community Building. If we have not met our minimum for busing by this date, we will not be able to offer the bus and everyone will need to transport their child (bus refunds will be given).



For online Ski/Snowboard Registration to [www.patspeak.com](http://www.patspeak.com). Online registration deadline is Dec. 10th. Registrations dropped off at the Community Building for Pats Peak need to be done by Nov. 12th (after this date, you must bring the form to Pat's Peak).

***Music Adventures for  
 Early Childhood & Preschoolers***

At the Bow Rescue Building

**Fridays, Nov 19th, Dec. 3rd & 10th**



11:00-11:45 am

Tots N Music  
 18 mos to 3 yrs (with parent)  
 \$24 (\$29 non-Bow)

12:00-12:45 pm

Kids N Music  
 Ages 4 to 6 yrs  
 \$24 (\$29 non-Bow)

The Music Workshop of Concord has come to Bow! Focus on learning the joy of music in a fun filled social atmosphere of singing, playing instruments, creative movement, dancing, and dramatic play.

Questions? Call our Instructor:  
 Cheryl Laughlin at 226-0690 or  
 Email: [cherylmlaughlin@gmail.com](mailto:cherylmlaughlin@gmail.com)



# Bow Parks & Recreation

Located at the Bow Community Building  
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## 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



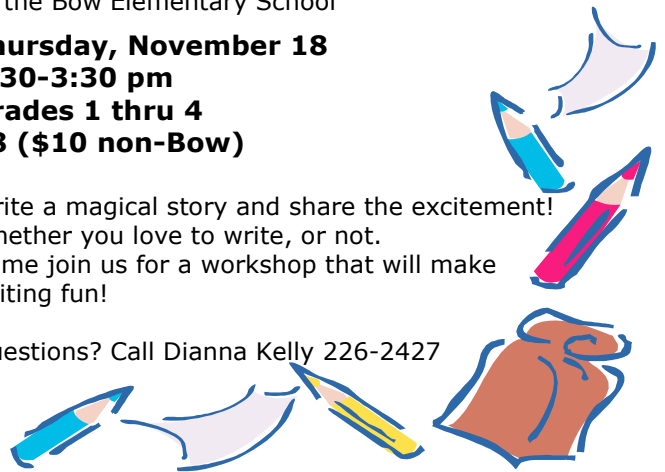
## Mystery Story Bag

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



## 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.

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.

FREE

## New England School of Archery

Sundays- at the Bow Community Building  
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

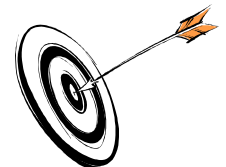
### **Fees:**

\$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).





**ZUMBA<sup>®</sup> atomic<sup>®</sup> FOR KIDS**

at the Community Building

**Tuesdays, 4:30-5:15 pm**  
**Nov 9, 16, 30 Dec. 7, 14, 21**  
**Ages 6 to 12 \$36 (\$41 non-Bow)**  
**Instructed by Tracey Beaulieu**



**Lunch & Play Bunch**

At Celebrating Children  
 Bow Municipal Building



Ages 3, 4, 5 (Preschool/Kindergarten)

Session 1:

Mon. Nov 29, Dec 6, 13, 20

12:00—2:00 pm; \$40 (\$45 non-Bow) &/or

Wed., Dec 1, 8, 15, 22; \$40 (\$45 non-Bow)

12:00—2:00 pm

Our "Lunch & Play Bunch" Program has organized time for Play & Lunch, as well as, a Special Story & Craft each day! With the holidays fast approaching, maybe this extra time can be helpful for getting your Holiday shopping done. Pack your Lunchbox, bring your sneakers & get ready to PLAY!!!

Instructors:

Mary Beth Vozzella & Andrea Roy

**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)
	<b>CLASS CURRENTLY FULL</b>	
Gr 1-4	2:30-3:30	\$40 (non-Bow \$45)
	<b>CLASS CURRENTLY FULL</b>	
Gr 4-7	<b>3:30-4:30</b>	\$40 (non-Bow \$45)
	<b>TIME ADJUSTMENT</b>	



**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

**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






# 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

*If you miss an AM class you can make it up during another AM class!*





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 (No Class Nov. 25 & 26) 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) (Also, see above for Zumba Gold®.)	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.