

BOW PARKS & RECREATION

2011 Late Spring / Early Summer Programs



You're invited!

join us for

MOTHER'S DAY TEA

In honor of all you wonderful Mom's out there.
Come with your child, by yourself, or with a friend.

Friday, May 6th

Eleven Thirty to Twelve Forty-Five

The Bow Community Center

+RSVP 228-2222

Registration Begins Friday, April 15th!

~ How to register ~

To register payment and a waiver must be turned into the recreation office.
On-line registration is not an option. All programs will take place on a first-come first-served basis! Be sure to register early and avoid disappointment! Space is limited in most programs and they do fill up fast. There is a point when we need to decide if a program must be cancelled or modified due to insufficient registration. So don't miss out by waiting until the last minute to sign up!

Regarding waivers.. please notify our office of any address or phone number changes!

Located at the Bow Community Building

Phone: (603) 228-2222 Fax: (603) 228-2230 website: www.bowrecrenh.com



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BOSTON RED SOX



VS



Sun., June 5, 2011 1:35 PM

\$75 per person ~ Bow Res.

**Non Bow Res. may purchase tickets
after May 1st for \$80 per person**

Tickets are non-refundable

Coach bus leaves the Community Building at
10:30 am. Bus returns to the Community
Building immediately following the game.

Time is subject to change per Boston Red Sox.
In the case of rainout, ticket holders will be
responsible for exchanging their own tickets for
another game and bus transportation
will not be provided nor refunded.

Don't Forget...

Field Clean-Up Day



**Saturday, April 16th
8:00am at Sargent's & Hanson Parks**

We welcome and need community involvement!
Whether you are an individual or family wishing to
make a difference, please come and get involved.
Bring gloves and rakes.

Children under 16 must come with an adult.



Questions call our
office at 228-2222

Scrapbooking- All Day Event

with Kimberlie Berrigan

At the Old Town Hall, Bow Center Rd.
June 5 - 9:00 am—5:00 pm
Cost \$35 (non-Bow \$40)



Come spend the day scrapbooking with your friends!
Make some headway on those album projects at this
fun event. Music, games, raffles, prizes, and a
delicious lunch. Also an optional technique workshop.

Food and beverages included in the price.

Reserve your spot today!

Summer Camp

Summer Camp Flyer
available April 19th!

Sign-up day May 12th,
2:45-5:30 pm!

Morning Duplicate Bridge Club

At the Bow Community Building



Adults—On-going throughout the year.
Tuesdays — 11:00 am—3:00 pm
Cost \$4 per game

No need to pre-register, but knowledge of contract
bridge is necessary.

Coffee is served; bring your lunch.

Questions? Call Joan Cook at 225-6976.

REFUND/CANCELLATION POLICY

Program instructors need to order supplies
and plan classes ahead of time. Therefore, a
refund will be given only if a cancellation is
made at least two weeks before the start of
the program or if a wait-listed person can fill
in your open spot. All refunds will be less a
\$10 administrative fee. If Bow Recreation
cancels a program, a full refund will be given.
Returned checks will be charged \$25.



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ZUMBA® FITNESS

At Bow High School

Thursdays, 3:00-4:00 pm
May 5, 12, 19, 26 June 2, 9
Grades 9-12
Cost \$30 (\$35 non-Bow)



This exciting new program for high school students. No dance experience required. Come enjoy a Latin inspired dance experience!

Instructed by Tracey Beaulieu

Zumbatomic® for kids

At Bow Elementary School

NEW SESSION / NEW TIME
Tuesdays - 2:30-3:15 pm
May 10, 17, 24, 31 June 7, 14
Grades 1-4
Cost \$30 (\$35 non-Bow)



This crazy-cool dance-fitness workout for kids set to Hip-hop, Salsa, Reggaeton, and more. Sure to get you moving while having a blast!

Instructed by Tracey Beaulieu

Dare to Write ~ Creative Writing

At the Community Building

Thursdays ~ 6:00-7:30 pm
May 12, 19, 26, June 9, 16, 23
Ages 12 and up
Cost \$75 (\$80 non-Bow)



Are you looking for a fun activity that combines laughter, taking a class with friends, and using your creativity? Then Dare to Write is just the course for you! Anne Kelsey, owner of Dare to Write, will be teaching a creative writing class. No experience is necessary. Anne Kelsey has a "no red pens allowed" philosophy and participants learn unique group exercises which they do together during class. Who knew writing was as easy as making a list, 'mashing ideas' and reading the classifieds?

Kelsey's classes are innovative, instructional, and most of all, fun for everyone. Call a friend and sign up today!

Dog Obedience with Emily St. Hilaire at the Community Building

Mondays - May 2, 9, 16, 23 June 6, 13
Beginner Obedience ~ 7:00 - 8:00 pm
\$110.00 Bow, \$115 Non Bow
Drop-In ~ 8:00—9:00 pm
\$10.00 Bow, \$12 Non Bow



Children may train dog if a parent is present and the child is old enough and capable of handling the dog. 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 to class. Bring a copy of the current rabies certificate when registering.

New England School of Archery

at the Bow Community Building

Sundays—
Session 5: May 1, 8, 15, 22

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.

Questions? Call Lucy Morris or Marcia Wyman at 224-5768





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Hershey's Track & Field Games

June 13, 15, 17 (M, W & F) - 3:30 to 5pm
June 18 (Sat.) 9:00 to 10:30am
June 20, 21, 22, 23, 24, (M-F) 3:30 to 5pm
June 25 (Sat) 9:00 to 10:30am
June 27, 28, 29, July 1 (M, T, W) - 9 to 10:30am.
July 5 (Tues) 3:30 to 5pm
At Bow High School's Track
Parents must provide transportation
Ages 9 to 14 (Boys or Girls with birth years: 1997 to 2002)
\$35 (Bow residents only.)

Hershey Track is a national program for young athletes between the ages of 9 and 14 that allows them to learn the basics of Track & Field and to compete at local and state meets. Athletes who excel at the state meet may have the opportunity to compete in regional and national competitions. Athletes will learn relay team handoffs, jumping, racing, and throwing. Events include: 50m dash, 100m dash, 4x100m relay, 400m dash, 800m run, 1600m run, standing long jump, and softball throw. The program will be coached by Dyrace Maxfield, Bow High School's Track & Field Coach, with assistance from current and alumni members of Bow High's Track & Field Teams. Coach Maxfield is USA Track & Field Level I Certified and has worked at the Dick Fosbury Simplot Games Track Camp.

This year the Regional Meet will be held on Wednesday, July 6th at Lebanon High School, Lebanon NH. Parade begins at 9:30 am. Regional meets usually finish by 3:00 pm.



The State Finals will be held at Clem Lemire/Chabot McDonough Memorial Field in Manchester on July 8th at 4:30 pm. The State Finals are a class act which only last a few spectacular hours.

Parents must provide transportation to all meets.
Please bring snack and drink.

Trail Maps are available at the Community Building

- Nottingcook Forest
- Knox Road Town Forest and School Forest Recreational Trails
- Bow Pioneer Snowmobile Maps (\$3)



Community News

Bow Young at Heart Club Open House

Wednesday, April 27th 11:30 am
Any Bow resident over 55 years of age is welcome. The members will furnish a potluck luncheon. Business meeting begins at 1 pm Door Prizes. Come see what we're all about. At the Community Building
Questions? Call Candy at 228-1662

Community Trail Clean Up Day

Saturday, May 7th at 8:30 am. Meet at the Fire Station. Bring gloves, water and snacks, small saws, and loppers. Questions? Call Bob Dawkins at 225-3678 or Hilary Warner 226-4894

Fishing Derby ~ Cub Scout Pack 75

Saturday, May 14th 8:00am to 12:00 pm
Cub Scouts will once again be holding their annual fishing derby for children under 12 years of age at the Bow Community Pond.
Questions? Contact Ed King at 731-6347 or email ed6886@comcast.net

Garden Club Plant Sale

Saturday, May 28

Memorial Day Parade

Monday, May 30th 5:30 pm
Bow Men's Club is looking for parade participants in their annual parade. Please consider joining the procession this year. It is a great way to honor the memory of all fallen soldiers.
Contact Charlie Griswold at 228-9621

Boy Scout Yard Sale

Saturday, June 4 8:00 am—1:00 pm
Annual yard sale at the Bow Community Building. They will pick up donated items at your home or you can drop them off at the Community Building on Tuesdays between 7-9pm from May 3rd to May 31st. To arrange pick up email Beverly Nappen at bzybee05@comcast.net

Garden Club "Art in the Park"

Wednesday, June 22

Fisher Cat Night

Friday, June 24 7:05 pm
Tickets are \$10 each. To reserve tickets email Bow Little League at fundraising@bowlittleleague.com

Baker Free Library Summer Kick-Off

Friday, June 24 4:00 to 7:00 pm

Rotary Club Concert Series

Beginning Sunday, July 10

National Night Out

Tuesday, August 2



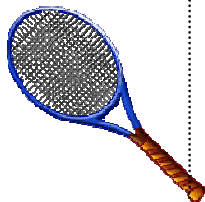
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TENNIS LESSONS

Sundays: May 1, 8, 15, 22
Make-up, if needed, will be 6/5th
\$45.00 Bow, \$50.00 Non Bow



Beginner—Ages 6 to 10
2:00- 3:00 pm

Adv. Beg/Intermed.—Ages 9 to 12
3:00- 4:00 pm

Ages 13 to Adults
4:00- 5:00 pm

Our tennis lessons will once again be instructed by Mathew Card at Bow High's tennis courts for beginners, intermediates & more advanced players. Drills will be individually-oriented to focus on each player's level with participants grouped by ability and age. Bring your own appropriately-sized tennis racket, water bottle, non-marking sneakers, sun protection as needed, and athletic attire.

GOLF LESSONS

For Ages 13 to Adults

Tuesdays - 6:30 to 7:30 pm
May 17, 24, 31 June 7, 14
\$70.00 Bow, \$80.00 Non Bow



For Ages 7 to 15, Junior Golf Lessons

Parents are responsible for transportation to and from lessons.

Tues. & Thur. - 3:45—4:45 pm
May 17, 19, 24, 26, 31
\$70.00 Bow, \$80 Non Bow

For Ages 4 to 6 with a parent, Pre-K/Kinder Golf

Parents are required to assist their child during lessons for safety.

Wednesdays - 11:45 a.m. to 12:30 pm
May 18, 25, June 1, 8, 15
\$30.00 Bow, \$40.00 Non Bow

Professional golf instruction at **Loudon Country Club**. Located on Route 106, Loudon, NH. Players are encouraged to bring their own clubs; practice clubs will be provided for golfers without clubs.

Questions regarding weather cancelations call the Loudon CC at 783-3372.

PRE-K/KINDER T-BALL

at Sargents Park



Wednesdays

May 4, 11, 18, 25, June 1

9:45-10:30	Ages 4-6	\$35/\$40
11:15-12:00	Ages 4-6	\$35/\$40
12:15-12:45	3 Years	\$30/\$35
1:00-1:45	Ages 4-6	\$35/\$40

Thursdays

May 5, 12, 19, 26, June 2

9:00-9:30	3 Years	\$30/\$35
9:45-10:30	Ages 4-6	class FULL \$35/\$40
11:00-11:45	Ages 4-6	\$35/\$40
12:30-1:15	Ages 4-6	class FULL \$35/\$40

Required Equipment for Pre-K/Kinder T-Ball

- Sneakers
- Water bottle

LACROSSE

at Gosling Field



Thursdays **CLASS FULL**

May 5, 12, 19, 26, June 2

3:00-4:00 pm (Girls Grades 1-4) \$45/\$50

Fridays

May 6, 13, 20, 27, June 3

10:00-10:45	Ages 4-6	\$40/\$45
1:00-1:45	Ages 4-6	\$40/\$45
3:00-4:00	Grades 1-4	\$45/\$50
4:00-5:00	Grades 5-6	\$45/\$50

Required Equipment for Lacrosse

- Bow Recreation T-Shirt
- Eye Protection (supplied by Bow Recreation)
- Helmet
- Mouth guard

Bow T-Ball for 6 Year Olds

* Born May 1, 2004 through April 30, 2005 *

PROGRAM FULL





Wednesday practices at Sargent's Park
Sunday games at Gergler Field


Bow Recreation 2011 Fitness Programs

Bow Recreation offers some GREAT healthy fitness classes for Adults and Teens. Get in shape, have fun, and relax! All classes are located at the Community Building. Non-Bow residents are welcome with non-Bow fees noted in parentheses. You must pre-register ~ a waiver and payment must be turned in at the Recreation office to join. Anyone with a health risk, pregnant, or 50 years or better will need a doctor's note to participate. For more information, call the Recreation office at 228-2222.

If you miss a class taught by Michele for which you paid don't worry, you can make it up at any other am/pm class that is appropriate for you. Except for Tuesdays evening class with Tracey.

Don't miss out...sign up today!

Morning Programs with Michele (774-6160)				
Mondays 8:30 to 9:20	 Zoomer Aerobics Low-Impact, Kickboxing, Step, Boot Camp, Intervals & More	\$32 (\$37) (just \$4/class)	May 2, 9, 16, 23 June 6, 13, 20, 27	This class is for everyone, especially "Zoomers" (active baby boomers ages 40s to 60s). We'll mix it up & have fun. You won't be bored!
Tuesdays 8:30 to 9:20	 ZUMBA[®] gold	\$19 (\$24) (just \$3.75/class)	May 3, 10, 17, 24, 31 Last session until September 2011!	This Latin-inspired dance-exercise class is for <i>everyone</i> including beginners and older adults. Join the fun!
Wednesdays 8:30 to 9:20	 ZUMBA[®] fitness	\$32 (\$37) (just \$4/class)	May 11, 18, 25 June 1, 8, 15, 22, 29	Latin-inspired dance-exercise - no experience needed. Come join the fun!
Fridays 8:30 to 9:30	 Yoga Fitness	\$42 (\$47) (just \$6/class)	May 13, 20, 27 June 3, 10, 17, 24	For <i>everyone</i> at any level. Bring a yoga mat and a towel.

50-Plus Fitness Morning Program with Michele (774-6160)				
Mondays 9:30 to 10:20	Aerobics, Strength & Balance Training	May 2 to June 29 <i>(Doctor's note required to participate.)</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 9:30 to 10:20	Aerobics, Strength & Balance Training	3 days/wk.: \$62 (\$64) (\$3.25/class)		
Fridays 9:45 to 10:35	Strength & Balance Training (no Fridays starting in June)	2 days/wk.: \$60 (\$62) (\$3.50/class) 1 day/wk.: \$34 (\$36) (\$3.75/class) <i>(Also, see above for Zumba Gold®.)</i>		

Evening Programs with Michele (774-6160) & Tracey				
Mondays 5:45 to 6:45	 Yoga Fitness	\$48 (\$53) (just \$6/class)	May 2, 9, 16, 23 June 6, 13, 20, 27	For <i>everyone</i> at any level with Michele. Bring a yoga mat and a towel.
Tuesdays 5:30 to 6:30	 ZUMBA[®] fitness	\$42 (\$47)	May 3, 10, 17, 24, 31 June 7, 14	Latin-inspired dance-exercise with Tracey. No dance experience needed.
Wednesdays 5:30 to 6:00	 Strength Training	FREE! With food donations for the needy—must register for class.	May 4, 11, 18, 25 June 1, 8, 15, 22, 29	Get stronger and build your bones while helping out the needy. Bring a couple of canned goods to first class.
Wednesdays 6:00 to 6:50	 ZUMBA[®] fitness	\$36 (\$41) (just \$4/class)	May 4, 11, 18, 25 June 1, 8, 15, 22, 29	Latin-inspired dance-exercise with Michele. No dance experience needed.