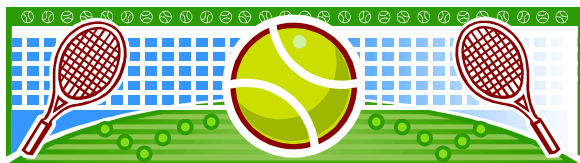


Bow Parks & Recreation

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



Tennis Camp

Instructed by Jordan Card

Tuesdays and Wednesdays
At Bow High School Tennis Courts

Session I: June 28, 29 July 5, 6, 12, 13

Session II July 19, 20, 26, 27 August 2, 3

\$60 (\$65 non-Bow) per session or
\$110 (\$120 non-Bow) for both!

You must bring your own tennis racket, a water bottle, non-marking sneakers, hat, sunscreen, and athletic attire. Classes may be adjusted according to skill levels.

Youth Camps

Beginners up to age 10 will learn the game through a variety of *new* techniques, including the USTA's Quickstart Tennis Program in which smaller courts and slower balls are used. Sign up for these wicked cool tennis lessons.

9:15 am — 10:30am, Beginners ages 6 to 9

For young children or those new to the sport

10:30 am — 11:45 am, Advance Beginners ages 8 to 10

For children with no or limited experience

11:45 am — 1:00 pm, Intermediates ages 10 to 14

For older children with no or limited experience.

Hand-eye coordination exercises, games, grip, ground-stroke's, individual drills, volleys, and serves will be taught. Depending on participants' skill levels, a round-robin, mini-tournament may be possible.

Teen/Adult Camps

These adult classes may be split into groups based on ability, depending on sign-ups. All levels of ability welcome. Drills will be individually-focused.

Ages 13 to adult

Beginners 5:30 pm—6:30 pm or

Adv. Beginners/Intermediates 6:30 pm—
7:30 pm



Co-Ed Basketball Leagues

with Mark Stewart

Tuesday & Thursdays at Bow Memorial School

June 28, 30 July 5, 6, 12, 14, 19, 21

League #1: Grades 6, 7, 8 (Fall 2011) 6pm—7pm

League #2: Grades 9, 10, 11, 12 (Fall 2011) 7pm—8pm

Cost \$55 per player (\$60 non-Bow)

Games twice a week on Tuesdays & Thursdays. Games will start at 6pm and run on the hour. Bring your own ball for skills sessions. Players will compete in a semi pick-up basketball format. Teams of 12 will be established by random selection and will be coached by the kids themselves under the supervision of Coach/Referee Stewart. (No adult/parent input; parents are welcome to watch.) Don't worry about vacation; it is not necessary to play all the games. Leagues are co-ed and will be determined by sign-ups. Please sign up early as shirts need to be ordered. Indicate shirt size when signing up.

Questions? Contact Mark at 774-4994 or
email him at stewy1959@hotmail.com.