



BOW PARKS & RECREATION

2011 SPECIAL EVENT & EARLY WINTER PROGRAMS



Registration Begins Friday, December 9th!



Located at the Bow Community Building
Phone: (603) 228-2222 Fax: (603) 228-2230 website: www.bowreclnh.com



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Holiday Vacation Week



SKI and SNOWBOARD TRIP

Tuesday, December 27th

Bus will depart from the Comm. Bldg at 8:30 AM and return at 4:30 PM

Children 13 and under must be accompanied with an adult.

Lift Ticket: **Lift & Rental:**

Adult \$60	Adult \$72
YA/SR \$50	YA/SR \$64
JR/SS \$35	JR/SS \$44
	Helmet \$9

AGES: Adult (19-64), Young Adults YA (13-18), Juniors JR (6-12), Seniors SR (65-69), Super Senior SS (70+) Children 5 and under Ski FREE!

Bus Cost: \$10 per person or \$20 per family

Non-Bow residents add'l \$5 will be added

Laughter, It's a Hoot Workshop

Wednesday, December 28th

At the Bow Community Building 2:00-3:00 pm or 6:00-7:00 pm

You will laugh at this...
Cost is just 50 cents or Families only a \$1.00!

Looking for some Holiday Vacation Cheer! Come with the little ones or young or old and learn the joy of "Laughter" through a unique session of *LAUGHTER YOGA*. No mats needed. This "yoga" involves deep breathing and relaxation: no poses. It's the use of Pranayama (breathing with mental focus).

Laughter yoga has been tested as to its physical and mental health benefits and has passed all the tests for making us feel good. Besides improving the immune system, Laughter kicks in the feel good hormones plus it gives you a good night sleep!

WOODSWALK/SNOWSHOE

Thursday, December 29th

Meet us at the NH Audubon McLane Center, 84 Silk Farm Rd Woodswalk will begin at 1pm Hot Cocoa will be served at 2pm

Join us this holiday break for a winter walk/snowshoe through several trails at the Audubon Center. The Center has exhibits, live animals (including a bald eagle, a red-tailed hawk, a peregrine falcon, two screech owls, and a barred owl), and a nature store.

We will provide Hot Cocoa.

Register at the Community Building during regular office hours.



PUBLIC SKATING & SLEDDING At the Town Pond & Gazebo

We are all doing the snow dance here at Parks & Recreation so we can enjoy some winter fun. As a reminder we will post "Open or Closed" at the Town Pond for Public Skating as we do require 8" of ice! If you have any questions please do not hesitate to call our office. *Let it Snow! Let it Snow! Let it Snow!*





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No School ~ Holiday Vacation

Reminder

JOIN US ...



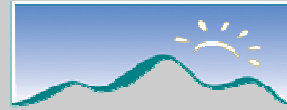
**Friday, December 23rd
at 3:00 PM
\$12 per person
(space limited!)**

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.



**PATS
PEAK**

2012 Ski/Snowboard Program at Pats Peak

Great news! Our ski bus is now full! For those already registered for lessons starting Jan. 4th, 2012 through Feb. 1st, your child will receive his/her ski badge before Christmas vacation along with final program information from their teacher at school the week of Dec. 19th. In families with two or more children skiing, the badges for all children in the same family will be given out in one envelope to the oldest (non-High School) child. Badges will be mailed for high school students with no siblings in the lower schools.



Early Release

American Red Cross

Safe On My Own Course

At Bow Rescue Building

**Monday, February 20th
2:00-4:00 pm
Ages 8 to 11
\$24 (\$29 non-Bow)**



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

Please pack a snack and drink.

No School ~ February Vacation

American Red Cross

Babysitting Course

At Bow Memorial School Room 11

**Monday, February 27th
9:00-3:30 pm
Ages 11 to 15
\$87 (\$92 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.

Please pack a lunch, snack and drink



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Dog Obedience Classes

at the Community Building

Mondays,

Jan 16, 23, 30 Feb 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.

Watercolor Painting Workshop

at the Community Building

Wednesday, January 18th

1:00—3:00 pm

Cost \$60 with supplies included

For Adults and Teens

In this two hour workshop you will learn watercolor techniques such as masking, brush handling, wet into wet, dry brush, glazing and layering. Discover new ways to create interesting color and texture.

No experience necessary.

Instructed by Bow Resident Mary Crump

Moonlight Hike and Snowshoe

Saturday, January 7, 2012



A 2-3 hour snowshoe hike through Bow's Nottingcook Forest guided by Bob Dawkins. Meet at the trailhead at 6:00 pm. You will enjoy winter's beauty and the full moon, along with beautiful views of surrounding mountains. Suggested for Adults, Teens, or Families with children 8 years and older.

To register and more information please contact Bob Dawkins at 225-3678 or bobdawkins@hotmail.com.



Archery for ages 7 to Adult

At the Community Building

Sundays

Session I ~ Jan 8, 15, 22 Feb 5 (make-up if needed 2/12 ~ no class 1/29)

Session II ~ Feb 19, 26 Mar 4, 11 (make-up if needed 3/18)

Session III ~ Mar 25, Apr 1, 8, 15

Session IV ~ Apr 22, May 13, 20, 27

Cost per session: \$55 (\$60 non-Bow) *Additional Family members less \$5.00*

Beginner/Family will be held 4-5 pm

Intro to Olympic Archery—This class is for children & adults who are new to archery & competition. Form & safety will be emphasized. Participants will enjoy fun games, learn about scoring & have fun with balloons. No experience required.

Intermediate/Family will be held 5-6 pm

Intermediate Olympic Archery—A challenging class for children & adults who have completed the intro 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 & have fun with balloons. Form and safety will be emphasized.

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

Check out NESA website at www.nearchery.com



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Dance Classes for Children

At the Bow Community Building

Mondays

Jan. 16, 23, 30, Feb. 6, 13, 20,

Mar. 5, 19, 26 (no class 3/12)

12:15-12:45 pm Ages 3-4 Tap/Ballet

12:45-1:15 pm Ages 4-6 Tap/Ballet

Cost: \$63 (\$68 non-Bow)

2:30-3:30 pm Ages 6-9 Tap/Jazz

3:30-4:30 pm Ages 9-12 Inter/Adv Tap/Jazz

4:30-5:30 pm Ages 7-10 Beg/Inter Tap/Jazz

Cost: \$72 (\$77 non-Bow)



Our dance program will introduce children to tap, jazz, and ballet in a fun and positive environment. No experience necessary. Add'l sessions will follow in winter & spring, and students have the option of participating in our Annual Spring Dance Recital held at Bow High School.

Questions? Call our instructor Karen Krause at 224-0499.

New



Talls & Smalls Creative Movement

At the Bow Community Building

Mondays, Jan. 16, 23, 30, Feb. 6, 13

Ages 2-5 (with an adult)..... 11:15-12:00

Cost: \$35 (\$40 non-Bow) or

\$50 (\$55) for two children attending w/ the same adult.

Dance. Sing. Imagine. Play. A fun program for Boys & Girls designed to inspire creativity and imagination while developing rhythm, coordination, strength and balance.

Questions? Call our instructor Karen Krause at 224-0499.



Mad Kinder-Science...

At Celebrating Children/Bow Municipal Bldg.



Ages 5 & 6 (Kindergarten Only)

Fridays: Jan. 13, 20, 27, Feb. 3, 10, 17

9:00-11:00 am

Cost: \$60 (\$65 non-Bow)

Come and join Miss Julie & Miss Marybeth for some fun-filled adventures! Our program is hands-on activities where Kindergarteners explore their world through Science! "If your Child is curious, this is the program for them!"

Floor Hockey for Boys & Girls

At the Community Building



**Don't forget your bus notes ~
Bus #11 BES and Bus # 1 BMS!**

Thursdays

Jan. 5, 12, 19, 26, Feb. 2, 9 (2/16 make-up if needed)

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)

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

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

Fridays

Jan. 6, 13, 20, 27, Feb. 3, 10 (2/17 make-up if needed)

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

It's pretty tough to find a game that is more fun than floor hockey, in large part because it's a fast-paced, exciting sport that can be played by individuals of all ages and skill sets.

Please bring a water bottle. Non-Black sole sneakers should be worn (No Boots). Goggles will be provided and required for play. Mouth and shin guards are strongly recommended.

Questions? Call Coach Graham 223-6670 or email Coach Beaudette at bowlaura07@hotmail.com.

2nd Annual Floor Hockey Tournament

Will be held Thursday, March 1st



Reminder... To be eligible to sign-up, one team player must have played at least one session of our regular Floor Hockey for Boys & Girls Program within the past 2011 & 2012 Season!



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Fun Family Fit Night



Friday, December 16

6 pm - 6:45 pm

At the Community Building

Join Tracey Beaulieu for a night of family Zumba®. Just come and have fun moving to Latin dance while getting fit.

No experience necessary. Space is limited!

Cost \$4 per person or \$10 Family max
Additional \$5 for non-Bow residents

Zumbatomic® for kids

Instructed by Tracey Beaulieu
At Bow Community Building

Wednesdays,

Jan. 4, 11, 25 Feb. 1, 8, 15

Grades 1-2 2:30-3:15 pm

Grades 3-6 3:30-4:15 pm

Cost: \$30 (\$35 non-Bow)



This crazy-cool dance-fitness workout for kids set to hip-hop, salsa, reggae ton, and more. Sure to get you moving while having a blast!

**Bus transportation available for Grades 1-2 ~
Indicate Bus #11 on your bus note!**



CELEBRATING CHILDREN



Playing...Learning...Growing

Celebrating Children is a unique program offering a hands-on approach to developing the whole child. We currently have limited openings still available for the 2011-2012 school year, September through May.

This is a 3-5 year old Preschool Program held on Mon., Wed. & Thur. with **NEW** hours from 9:00 am to Noon and it includes a 45 min. Sport Day on Tues. at Field House Sports.

Questions or to register please contact Celebrating Children at 228-2214 or email: celebchildren@bow-nh.gov

Sports Day At Fieldhouse Sports



Tuesdays: Now to May 17

(Following the Bow School calendar)

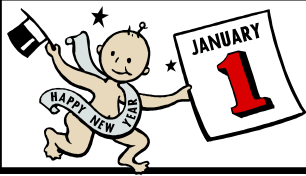
Super Beginnings: 9:30 to 10:15 a.m. Ages 3 & 4

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

Even though the session has begun you may join any-time and we will pro-rate the fee!

Bring a water bottle; wear sneakers and come dressed to run. This fun program will offer games, activities and sport-related skills. Instructored by Laura Beaudette & Bill Hyslop.

To reserve your spot contact Laura at bowlaura07@hotmail.com or celebchildren@bow-nh.gov



Bow Parks & Recreation 2012 January/February Fitness Programs

Bow Recreation offers some great fitness classes at the Bow Community Building for Adults/Teens.

- If you miss a class for which you paid, you can make it up at any other am or pm class that is appropriate for you. This does not apply to the Tues. evening Zumba program.
- Non-Bow residents are welcome with non-Bow fees in parentheses.

Morning Programs





Mondays 8:30 to 9:30		Mixed Cardio & Strength	\$30 (\$35) (\$4.25/class)	January 9, 16, 23, 30, February 6, 13, 20 (not 27)	Join Becca for these heart-pumping aerobics classes which include muscle conditioning. For anyone—modifications will be offered.
Tuesdays 9 to 9:50		ZUMBA®	\$28 (\$33) (\$4/class)	January 17, 24, 31 February 7, 14, 21, 28	This Latin-inspired dance-exercise class with Michele is for <i>everyone</i> —beginners, older adults, or those wanting a fun, easy-to-follow workout.
Wednesdays 8:30 to 9:30		ZUMBA® & CORE STRENGTH	\$34 (\$39) (\$4.25/class)	January 11, 18, 25, February 1, 8, 15, 22, 29 (<i>Jan. 4 is a free snow make-up for those who were in Nov. session.</i>)	Latin-inspired dance-exercise with Michele - no experience needed. Core strengthening after Zumba® is optional, but we hope you'll stay for it.
Fridays 8:30 to 9:30		Yoga Fitness	\$54 (\$59) (\$6/class)	January 6, 13, 20, 27, February 3, 10, 17, 24, March 2	For <i>everyone</i> with Becca & Michele. Bring a yoga mat, towel & a strap (like a tie).

50-Plus Fitness Morning Program



Mondays 9:45 to 10:40	Aerobics, Strength & Balance Training	January 6 to March 2 <i>(No class February 27th. January 4th is a free snow make-up for those who were in the November session.)</i> 3 days/wk.: \$80 (\$82) (\$3.35/class) 2 days/wk.: \$61 (\$62) (\$3.60/class) 1 day/wk.: \$36 (\$38) (\$4/class) <i>(Also, see above for Zumba Gold®.)</i>	These classes are especially designed for older adults, but anyone is welcome. Participants are given options to make the workouts appropriate for them. Chairs are always available for resting or balancing. Everyone over 50 needs a doctor's note.
Wednesdays 9:45 to 10:40	Aerobics, Strength & Balance Training		
Fridays 9:45 to 10:40	Strength Training & Yoga for Balance, Flexibility, and Inner Peace		

Evening Programs

Mondays 5:45 to 6:45		Yoga Fitness	\$36 (\$41) (\$6/class)	January 16, 23, 30, February 6, 13, 20 (not 27)	For <i>everyone</i> at any level. Bring a yoga mat, towel & a strap (like a tie).
Tuesdays 5:45-6:45		ZUMBA®	\$36 (\$41) (\$6/class)	Jan. 3, 17, 24, 31 Feb. 7, 14 (2/21 make-up if needed)	Join Tracey Beaulieu for Latin-inspired dance-exercise. No dance experience needed!
Wednesdays 5:30 to 6:00		Strength Training	FREE! With food donations for the needy.	January 4, 11, 18, 25, February 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 6:45		ZUMBA®	\$38 (\$43) (\$4.25/class)	January 4, 11, 18, 25, February 1, 8, 15, 22, 29	Latin-inspired dance-exercise with Michele. No dance experience needed.



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COMMUNITY EVENTS

Holiday Fun Workshop

Saturday, December 17 10-1 pm

at the Comm. Bldg

Holiday Crafts, Games & Activities for Boys and Girls Ages 3 to 9. Presented by Cadette Girl Scout Troop 22648. \$10 per child ~ \$5 per additional child in the same family. FREE for children of active military personnel. To reserve your child's spot, contact Karen Krause at 224-0499 or krausdance@gmail.com



Men's Club New Year Breakfast

Sunday, January 1st at Bow Community Building.

Check out their website at bowmensclub.org

R.A.D Systems® Program will be held from 6-9 pm at Bow Memorial School on January 3, 10, 17, 24. For more information and to register please contact Officer Diana Scott at 228-0511.

Winterfest will be held Sunday, January 29th. Save the date and be on the look out for more information to follow on this great event held at the Community Building by the Rotary Club of Bow.



Looking for Trail Maps?

Our office has the
*"Guide to Bow's Knox Road
Town Forest and School Forest
Recreational Trails"* for FREE.

Bow Pioneer Snowmobile Maps
are available for \$3.00.

Stop by our Office
Monday through Friday 8AM—4PM

HAPPY NEW YEAR