



# BOW PARKS & RECREATION

## 2012 WINTER BREAK & EARLY SPRING PROGRAMS



Registration Begins Friday, **FEBRUARY 3rd!**

This past "*June-uary*" was a little warmer and a lot less snowier than any of us expected. Lets hope for all of us to enjoy some winter fun this February!

Public **Skating** at the Town Pond & **Sledding** at the Gazebo are open weather permitted. Please don't forget to follow posted rules on the sign located at the Town Pond. We will post if it is open or closed for skating.



Located at the Bow Community Building  
Phone: (603) 228-2222 Fax: (603) 228-2230 website: [www.bowrecnh.com](http://www.bowrecnh.com)

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## Winter Vacation Week

### CHILDRENS SCRAPBOOKING CAMP

By Kimberlie Berrigan

Monday, Feb 27,  
Tuesday, Feb 28, and  
Wednesday, Feb 29

At the Bow Rescue Building  
2:30-4:30 pm Ages 7 to 12  
Cost \$30.00 (\$35 non-Bow)  
supplies included



Kimberlie will help you create your own personal scrapbook. Materials included will be decorative papers, assorted stickers, stencils, and an array of ornamental features to make your book both fun and attractive. This scrapbook will be "WINTER" themed so don't forget to bring your pictures, tickets, or memorabilia.

Bring a snack and drink.

### 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)



Red Cross 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.

### 2nd Annual Boys & Girls Floor Hockey Tournament At the Community Building

Thursday, March 1  
9:00-1:00 pm  
Grades 4 to 7  
\$20 per player (\$25 non-Bow)



Double elimination tournament to include 8 teams of 4 players per team. Create your own team of 4 and sign up! Each team must include 1 player that has played at least one session of our regular *Floor Hockey for Boys & Girls Program* within the past 2011/2012 Season! Pizza will be included at the end of the tournament.

Mouth guards will be required! Eye Protection and Floor Hockey Sticks will be provided by Parks & Recreation.

Instructed by Coach Don Graham & Coach Laura Beaudette

### 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.

### CHILDRENS ART WORKSHOP At the Community Building

Friday, March 2  
1:00-2:00pm  
Grades 1-4  
Cost \$6  
(\$8 non-Bow)



In this art workshop children will use media (acrylic paint, color pencils, oil pastels, etc) and techniques to complete a fun and simple *winter* art project to take home.

Instructed by Elsa Chern



## REMINDER

### Bonus Days for Learn to Ski & Ride Program at Pats Peak:

Each student of the program is awarded 3 bonus days! 1 bonus day at Pats Peak, 1 bonus day at Cranmore and 1 bonus day at Gunstock - a \$155.00 Value!!

### Valid February 27<sup>th</sup> to the end of each mountain's 2012 season.

**Pats Peak:** Students must bring their program tag to the Snowsports School Office to have program tag validated and to receive their full mountain/all day lift ticket. Valid anytime except **NO SATURDAY NIGHT POP**. If the student rented during the program, they can get rentals at no charge. They must rent the same type of equipment they rented during the program. (No lessons.) If the student does not have his/her tag with them, there is a \$10.00 fee to replace. Bonus days are not transferable and are only valid the current season

**Cranmore/Gunstock:** Valid for students only! Student **MUST** bring their Pats Peak program tag AND applicable voucher to any ticket window. Does not include lessons or rentals. If you or your family do **NOT** present your Pats Peak program tag, they will not be able to obtain a free all mountain/junior lift ticket!

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## CHILDREN'S ART

Tuesdays, March 6, 13, 27, April 3, 10  
Grades 1-4

At the Baker Free Library  
3:30-4:30 PM

Cost \$50 (\$55 non-Bow)  
additional supply fee \$5 made payable to Elsa.



In this five week *Children's Art* session we will be learning hands-on techniques and exploring different materials to create creative art pieces such as drip & finger painting, watercolor, crayon abstract art, paper flower collages & sceneries, and more.

*Instructed by Elsa Chern*

## Talls & Smalls Creative Movement

Mondays, Mar 5, 19, 26 Apr 2, 9  
Ages 2-5 (with an adult)

At the Bow Community Building  
11:15-12:00 pm

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



Wednesdays, Mar 7, 14, 21, 28, Apr 4, 11  
Ages 6 to 12

At the Bow Community Building  
3:30-4:30 pm

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

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

*Instructed by Tracey Beaulieu*



## INTRODUCTION TO FRENCH

Tuesdays, March 6, 13, 27, April 3, 10  
Grades 1-4

At the Baker Free Library  
4:45-5:45 PM

Cost \$50 (\$55 non-Bow)

Learn basic introductions and common French vocabulary including simple greetings, numbers, colors, common animals, foods and more through songs and activities.

*Instructed by Elsa Chern*

## Laughter for Fun & Relaxation

Fridays, Mar 2, 9, 16, 23

At the Bow Community Building  
4:00-4:45 pm

4 week adult program  
for just \$20 (\$25 non-Bow)

How do you keep the spirit joyful? By laughing. Studies have shown that laughter decreases stress, improves immune system, kicks in the happy hormones (endorphins) and gives you a good night sleep.

By participating in laughter exercises and laughter meditation, you will find yourself refreshed and full of energy. Learn how to make this a part of your "everyday" life.

*Instructor by Marcia Wyman, certified Laughter Teacher*



## Dog Obedience Classes

at the Community Building

Mondays,  
Feb 27, Mar 5, 19, 26, Apr 2, 9

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 current rabies cert. is req'd at the 1st class. Bring a 6 foot, non-retractable cotton, leather, or nylon leash (no chain leads) with training collar, and supplies to clean up after your dog both inside & outside. Children may train the dog if a parent is present & child is old enough & capable of handling the dog.

Questions? Call Emily at 529-2458



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At the Community Building

**Thursdays:** Mar 8, 15, 22, 29 Apr 5, 12  
(4/19 make-up is 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	3:30-4:30	\$40 (non-Bow \$45)

**Fridays:** Mar 9, 16, 23, 30, Apr 6, 13  
(4/20 make-up if needed)

Gr 1-4	2:30-3:30	\$40 (non-Bow \$45)
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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](mailto:bowlaura07@hotmail.com).

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



## Red Sox Tickets

**ROYALS at RED SOX  
SUNDAY, 8/26/12 1:35PM  
\$75 per person for Bow Residents**

Non-Bow Residents available after May 1st \$80 per person

Join Parks & Recreation this year for their annual trip to Fenway Park. As the Red Sox celebrate Fenway's 100 Years! Pricing includes Coach Bus and ticket. Bus leaves the Community Building at 10:30 am & returns to the Community Building immediately following the game. Game Time is subject to change per 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.

## Archery for ages 7 to Adult

At the Bow Community Building

### Sundays

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

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

**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](http://www.nearchery.com)



## BRITISH SOCCER CAMP

July 16th—July 20th  
At Bow Memorial Field



Tot Soccer ~ Ages under 3	9:00-9:45	\$62
First Kicks ~ Ages 3-4	10:00-11:00	\$82
Mini Soccer ~ Ages 4-6	9:00-10:30	\$96

Sign up online before **JUNE 1ST** to receive a free jersey

Register on-line @ [www.challengersports.com](http://www.challengersports.com)  
Or send Check payable to: Challenger Sports  
Mail to: Danielle Richards, 94A Jefferson Blvd,  
Warwick, RI 02888



# Bow Parks & Recreation 2012 SPRING SPORTS

Non-Bow Residents may register as of March 9th

## 6 YEAR OLD T-BALL

- Born May 1, 2005 through April 30, 2006 \*
- Cost: \$55 Bow or \$60 non-Bow

Tuesday Night Practices  
At Sargent's Park  
**May 1, 8, 15, 22, 29**

Sunday Morning Games  
At Gergler Field  
**May 6, 13, 20, 27, June 3**



Required Equipment for T-Ball for 6 Year Olds

- Batting Helmet
- Baseball Glove
- Cleats/Sneakers

Parent participation is encouraged!



## LACROSSE

at Gosling Field

Thursdays (Girls Only) May 3, 10, 17, 24, 31  
\$45/50 3:00-4:00 pm

Fridays May 4, 11, 18, 25, June 1  
\$40/45 10:00-10:45 Age 4-6  
\$40/45 1:00-1:45 Age 4-6  
\$45/50 3:00-4:00 Grade 1-4  
\$45/50 4:00-5:00 Grade 5-6

Required Equipment for Lacrosse



- Bow Rec T-Shirt (cost \$8)
- Eye Protection & Sticks (Provided by Bow Rec / bring your own)
- Helmet (bike/hockey/lax helmets work)
- Cleats or sneakers
- Mouth guard

## PRE-K/KINDER T-BALL

at Sargents Park

Wednesdays May 2, 9, 16, 23, 30  
\$35/40 9:45-10:30 Age 4-6  
\$35/40 11:15-12:00 Age 4-6  
\$30/35 12:15-12:45 age 3-4  
\$35/40 1:00-1:45 Age 4-6

Thursdays May 3, 10, 17, 24, 31  
\$30/35 9:00-9:30 Age 3-4  
\$35/40 9:45-10:30 Age 4-6  
\$35/40 11:00-11:45 Age 4-6  
**CURRENTLY FULL->** \$35/40 12:30-1:15 Age 4-6

Required Equipment for Pre-K/Kinder T-Ball

- Bow Recreation T-Shirt (cost \$8)
- Sneakers
- Water bottle



Each of these programs are instructed by Coach Don Graham and Coach Laura Beaudette





Questions please call our office at 228-2222 or email Coach Beaudette at [bowlaura07@hotmail.com](mailto:bowlaura07@hotmail.com)

# Bow Parks & Recreation

## 2012 Early Spring Fitness Programs

At the Bow Community Building

### Morning Programs





Mondays 8:30 to 9:30	 <b>Mixed Cardio &amp; Strength</b>	\$34 (\$39)	March 5, 12, 19, 26, April 2, 9, 16, 23	Join Becca for these heart-pumping aerobics classes which include muscle conditioning. For anyone—modifications will be offered.
Tuesdays 9 to 9:50	 <b>ZUMBA<sup>®</sup> gold</b>	\$30 (\$35)	March 6, (not 13), 20, 27, April 3, 10, 17, 24	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	 <b>ZUMBA<sup>®</sup> &amp; CORE STRENGTH</b>	\$34 (\$39)	March 7, 14, 21, 28, April 4, 11, 18, 25	Latin-inspired dance-exercise with Michele - no experience needed. Core strengthening after Zumba <sup>®</sup> is optional, but we hope you'll stay for it.
Fridays 8:30 to 9:30	 <b>Yoga Fitness</b>	\$42 (\$47) <i>(If you are new &amp; wish to do March 9, add \$6.)</i>	March 16, 23, 30, April 6, 13, 20, 27 <i>(There is also a snow make-up on March 9 for those who were in the January session.)</i>	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	<b>March 5 to April 27</b> 3 days/wk.: \$80 (\$82) (\$3.35/class) 2 days/wk.: \$58 (\$60) (\$3.60/class) 1 day/wk.: \$32 (\$34) (\$4/class) <i>(Also, see above for Zumba Gold<sup>®</sup>.)</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	 <b>Yoga Fitness</b>	\$42 (\$47)	March 5, (not 12), 19, 26, April 2, 9, 16, 23	For <i>everyone</i> at any level. Bring a yoga mat, towel & a strap (like a tie).
Tuesdays 5:45-6:45	 <b>ZUMBA<sup>®</sup> fitness</b>	\$36 (\$41)	March 6, 20, 27 April 3, 10, 17	Join Tracey Beaulieu for Latin-inspired dance-exercise. No dance experience needed!
Wednesdays 5:30 to 6:00	 <b>Strength Training</b>	<b>FREE!</b> With food donations for the needy.	March 7, 14, 21, 28, April 4, 11, 18, 25	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<sup>®</sup> fitness</b>	\$34 (\$39)	March 7, 14, 21, 28, April 4, 11, 18, 25	Latin-inspired dance-exercise with Michele. No dance experience needed.

**Anyone with a health risk, pregnant, or 50 years or better will need a doctor's note to participate.**

**To inquire about any of our fitness programs you may call our office at 228-2222, for Instructor Michele please call 774-6160, or email Instructor Tracey at TPBeaulieu@comcast.net.**