

BOW PARKS & RECREATION

2011 WINTER BREAK & EARLY SPRING PROGRAMS



Photos by Eric Anderson

Registration Begins Friday, February 4th!



Did you know...

You can enjoy public *skating & sledding* at the Town Pond and at the Gazebo area. The Pond will be posted daily to indicate if it is open or closed for skating. Please don't forget to follow posted rules on the sign located at the Pond.

Don't forget...

- Winter Fest will be held Saturday, February 5th, 8 am at the Bow Community Building
- February 21, President's Day; Town Holiday; Early Release for Bow School District
 - Winter Break will begin the week of February 28th

Located at the Bow Community Building

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



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Winter Vacation Week

BUS TRIP TO GUNSTOCK

Tuesday, March 1st

SIGN UP EARLY, space limited,
Sign ups will CLOSE Wednesday,
February 23rd. Ages 13 and under
must be accompanied by an Adult.

BUS FEE

\$5 per person



GROUP LIFT TICKET RATES

ADULT (18-64)	\$38
TEEN (13-17)	\$32
CHILD (6-12)	\$26
SENIORS (65+)	\$26

(must meet a min. of 20 participants)

For those in the Pat's Peak Ski program, it would be a great chance to use your **FREE** ski pass to the mountain. For those **NOT** in the Pat's Ski program we will try to get a group discount if we get enough registrations to qualify. Bus will leave the Community Center at 8:30 am and return by 4:30 pm.

Bonus Day Reminder

For those in the Pat's Peak Ski program don't forget to use your bonus day ski passes! These ski passes are valid February 28th through the end of each mountains respective season.

- **Pats Peak, Henniker, NH**

What you need:

PATS PEAK Learn to Ski & Ride program tag
Validate at Snowsports School desk



Receive ONE FREE JUNIOR/ALL MOUNTAIN lift ticket. NOT valid for lessons or SATURDAY NIGHT POP 3:00 pm to 10:00 pm.

- **Gunstock Mountain Resort, Gilford, NH or**
• **Cranmore Mountain Resort, North Conway, NH**

What you need:

PATS PEAK Learn to Ski & Ride program tag
For Cranmore; Purple Voucher
For Gunstock; Orange Voucher

Receive ONE FREE JUNIOR/ALL MOUNTAIN lift ticket. NOT valid for rentals, lessons, or chaperones.

CHILDRENS SCRAPBOOKING CAMP

By Kimberlie Berrigan

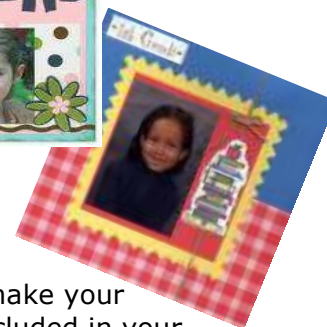
Monday, February 28th ~ Wednesday, March 2nd ~ Friday, March 4th

1:00 to 3:30 pm

Ages 7 to 12

At the Community Building

Cost \$50.00 (\$55 non-Bow)



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. There are many items around the home that could be included in your scrapbook that you should bring with you (pictures, tickets, memorabilia etc.) You can theme your book on school, friends, a special trip, or include favorite items about yourself. Bring a snack and drink.



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Winter Vacation Week continued

1st ANNUAL RECREATIONAL FLOOR HOCKEY TOURNAMENT

With Coach Graham & Coach Beaudette

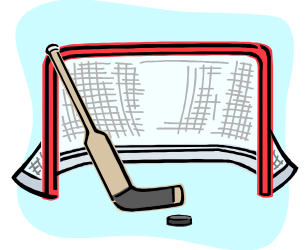
Thursday, March 3rd

9:00 am to 1:00 pm

Grades 4 to 6

At the Community Building

Cost \$15 per player (\$20 non-Bow)



Double elimination tournament to include 8 teams of 4 players per team. Each team must include 1 player that has played recreational floor hockey through Parks & Recreation within the past 2 years. Create your own team of 4 and sign up! Pizza will be included at the end of the tournament!

Mouth guards will be required. Eye protection is also required. Bring your own or use the ones supplied by Parks & Recreation. Floor Hockey Sticks will be provided by Parks & Recreation.

Snow Sculpture Contest

Celebrate winter's splendor!

Here are the details:

Build any type of snow sculpture you like. Email a photo of your sculpture along with your name, Bow address, and phone number to Bow Recreation at prdir@bow-nh.gov no later than Wednesday, March 9th.

A panel will judge the photos for best snowman and best snow sculpture.

Prizes will be awarded for the best in both categories, and the photos of the winning entries will be displayed at the Community Building.

*Submit photos
of your snow
creations to
Bow Recreation*





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Floor Hockey for Boys & Girls At the Community Building



Thursdays Session III

Mar 10, 17, 24, 31, Apr 7, 14

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 Session III

Mar 11, 18, 25 Apr 1, 8, 15

4-6 Yrs 1:30-2:15	\$40 (non-Bow \$45)
Gr 1-4 2:30-3:30	\$40 (non-Bow \$45)

No experience necessary!

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**

NEW Bow T-Ball for 6 Year Olds At Sargents Park

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



Wednesday night practices Sunday morning games

**Dates and Times to be determined
Cost \$50**

Required Equipment for T-Ball for 6 Year Olds

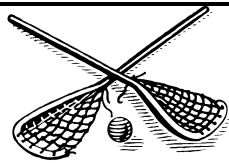
- Batting Helmet
- Baseball Glove
- Cleats/Sneakers



Parent Participation is encouraged!

Questions email Don at grahamsobow@comcast.net or Laura at bowlaura07@hotmail.com

LACROSSE at Gosling Field



Thursdays

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
- Mouthguard

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

Required Equipment for Pre-K/Kinder T-Ball

- Sneakers
- Water bottle



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BOSTON RED SOX TICKETS

Boston Red Sox vs. Oakland's A's

Sunday, June 5th
\$75 per person

Coach bus leaves at 10:30 am from the Community Building.
Game is scheduled for a 1:35 pm start. The time is subject to change per Boston Red Sox.
Bus returns to the Community Building between 6:00-7:00 pm

Save the date!
Registration will begin
Friday, March 25th at 8:00 am



THIRD ANNUAL BOW NIGHT AT NH FISHERCATS

Presented by
Bow Little League Baseball
And
Bow Babe Ruth Softball

Friday, June 24th 2011 @ 7:05 pm
NH Fishercats vs. Portland Seadogs

Email fundraising@bowlittleleague.com to reserve your tickets today

On Sale Now!



Zumbatomic® for kids

At Bow Elementary School

Instructed by Tracey Beaulieu

Tuesdays, 2:30-3:30 pm
March 8, 15, 22, 29, April 5, 12
Grades 1-4
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!

Bow Pioneer Snowmobile Maps
are available for \$3 at the
Bow Community Building



Looking for...

Pre-K/Kinder Basketball
or
Mad Kinder-Science

be sure to look for it in our next flyer!



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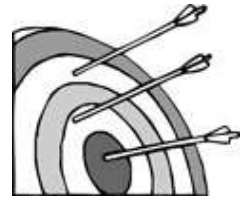


New England School of Archery

Sundays- at the Bow Community Building

Session 5: March 6, 13, 20, 27

Session 6: April 3, 10, 27, 24



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 Marcia Wyman or Lucy Morris at 224-5768

Dog Obedience Classes

Mondays, at the Community Building

Mar 14, 21, 28, Apr 4, 11, 18

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



NEW Adult Co-ed Basketball

At Bow High School

Sunday Evenings

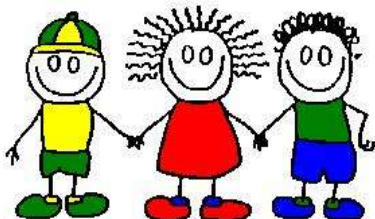
7:00 to 9:00 pm

Ages 18 and over

On-going beginning March 13th

Questions? Contact Richard Knight at 566-9560 or richarddknightjr@gmail.com

To inquire about other adult basketball programs check out our website at www.bowrecrenh.com








**Celebrating Children Preschool is currently accepting registrations for the 2011-2012 school year!
For more info call 228-2214**


2011 Fitness Programs





At the Bow Community Building

Bow Recreation offers some great fitness classes at the Bow Community Bldg. for adults/teens.

Except for Tues. & Thurs. evening classes with Tracey, if you miss a class for which you paid, you can make it up at any other am or pm class taught by Michele that is appropriate for you. Non-Bow residents are welcome with non-Bow fees in parentheses.

Morning Programs with Michele (774-6160)				
Mondays 9:05 to 9:55	 Zoomer Aerobics Low-Impact, Kickboxing, Step, Boot Camp, Intervals & More	\$24 (\$29) (just \$4/class)	March 21, 28, April 4, 11, 18, 25	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 9:05 to 9:55	 ZUMBA[®] gold	\$26.25 (\$31.25) (just \$3.75/class)	March 15, 22, 29, April 5, 12, 19, 26	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	 Strength Training	FREE! With food donations for the needy—must register for class.	March 23, 30, April 6, 13, 20, 27	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	 ZUMBA[®] fitness	\$24 (\$28) (just \$4/class)	March 23, 30, April 6, 13, 20, 27	Latin-inspired dance-exercise - no experience needed. Come join the fun!
Fridays 8:30 to 9:30	 Yoga Fitness	\$42 (\$47) (just \$6/class)	March 18, 25, April 1, 8, 15, 22, 29	For <i>everyone</i> at any level. Bring a yoga mat and a towel.

50-Plus Fitness Morning Program with Michele (774-6160) 			
Mondays 10 to 10:55	Aerobics, Strength & Balance Training	March 11 to April 29 <i>(Doctor's note required to participate.)</i> 3 days/wk.: \$72 (\$74) (\$3.25/class) 2 days/wk.: \$53 (\$58) (\$3.50/class) 1 day/wk.: \$30 (\$35) (\$3.75/class) <i>(Also, see above for Zumba Gold®.)</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 10 to 10:55	Aerobics, Strength & Balance Training		
Fridays 9:45 to 10:40	Strength & Balance Training		

Evening Programs with Michele (774-6160) & Tracey				
Mondays 5:45 to 6:45	 Yoga Fitness	\$42 (\$47) (just \$6/class)	March 14, 21, 28, April 4, 11, 18, 25	For <i>everyone</i> at any level with Michele. Bring a yoga mat and a towel.
Tuesdays 5:30 to 6:30	 ZUMBA[®] fitness	\$36 (\$41)	Mar 15, 22, 29, Apr 5, 12, 19	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.	March 16, 23, 30, April 6, 13, 20, 27	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[®] fitness	\$28 (\$33) (just \$4/class)	March 16, 23, 30, April 6, 13, 20, 27	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. For more information, call Bow Recreation at 228-2222. You must pre-register. Don't miss out...sign up today!

Save These Dates!

2011 Town of Bow Community Events

Saturday 2/5, 8 a.m. to 4 p.m.	WINTERFEST Bow Community Building
Saturday 4/16, 10 a.m. to 12 noon	EASTER EGG HUNT Bow Memorial School
Friday 6/24, 4 p.m. to 7 p.m.	SUMMER KICK-OFF Baker Free Library
Tuesday 8/2, 4 p.m. to 7 p.m.	NATIONAL NIGHT OUT Bow High School
Friday 10/28, 4 p.m. to 7 p.m.	HALLOWEEN PARTY Bow High School
Sunday 12/4, 4 p.m. to 7 p.m.	ANNUAL TREE LIGHTING & HOLIDAY CELEBRATION Bow Community Building

For more information about any of these upcoming community events,
please contact one of the departments below.



224-7113

bowbakerfreelibrary@comcast.net



228-0511

dscott@bownhpolicedepartment.com



228-2222

prdir@bow-nh.gov



Photos by Eric Anderson