

# PARKS & RECREATION

# 2021

## SPRING BROCHURE

Bow Registration Day Monday, March 1  
Open Registration Day Monday, March 8

### PARKS & RECREATION

Monday-Friday 8am-4pm

3 Bow Center Road (physical)

10 Grandview Road (mailing)

Bow, NH 03304

[www.bownh.gov](http://www.bownh.gov)

Phone: 603-223-3920

Fax: 603-228-2230



Like us on  
Facebook



Please see page 20 for  
important information  
regarding our  
COVID 19 guidelines.

Here at the Bow Parks and Recreation Department we take great pride in offering a well-rounded recreation program for all ages, toddlers through senior citizens. Our activities range from sports to crafts, fitness to dance, special events, trips and more. We enjoy seeing our regular customers and we enjoy welcoming new people to our programs. Stop by and visit us!

Darcy Little, Parks and Recreation Director

Malinda Blakey, Office Manager

Laura Beaudette, Recreation Assistant

Tyler Aborn, Grounds Keeper

If the Town of Bow Parks and Recreation Department has to postpone or cancel a program due to COVID-19 restrictions refunds will be issued.

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## BOW CLUBS/ORGANIZATIONS

Bow Athletic Club [www.bowathleticclub.com](http://www.bowathleticclub.com)

Baseball | Basketball | Field Hockey

Lacrosse | Soccer | Softball

Bow Community Men's Club [www.bowmensclub.org](http://www.bowmensclub.org)

Bow Garden Club [www.bowgardenclub.org](http://www.bowgardenclub.org)

Bow Heritage Commission [www.bownh.gov](http://www.bownh.gov)

Bow Open Spaces [www.bowopenspaces.com](http://www.bowopenspaces.com)

Bow Pioneer Snowmobile Club [www.bowpioneers.org](http://www.bowpioneers.org)

Bow PTO [www.bowpto.digitalpto.com](http://www.bowpto.digitalpto.com)

Bow Soccer Club [www.bowsoccerclub.com](http://www.bowsoccerclub.com)

Bow Youth Football [www.bowyouthfootball.org](http://www.bowyouthfootball.org)

Bow Youth Lacrosse [www.bowlacrosse.com](http://www.bowlacrosse.com)

Boy Scout Troop 75 [www.bowscouts.org](http://www.bowscouts.org)

Cub Scout Pack 75 [www.pack75bow.org](http://www.pack75bow.org)

Bow Recycling & Solid Waste [www.bownh.gov](http://www.bownh.gov)

Rotary Club of Bow [www.bowrotary.org](http://www.bowrotary.org)

### Bow Young at Heart Club

[www.bownh.gov](http://www.bownh.gov)

ALL Seniors 55 years and over are welcome!

Dues are \$15 per year.

Meetings held at the  
Bow Community Center, 3 Bow Center Rd,  
unless otherwise noted.

Bow Young at Heart will be welcoming  
returning and new members when they  
feel it is safe to hold in-person meetings  
again.

For more information call:  
**Kendra Ricard at 603-228-1662**



# SENIOR TAKE-OUT TUESDAYS

## WHEN

**Tuesdays  
10am-11am**

## WHERE

**Bow Parks and Rec**

**3 Bow Center Road, Bow, NH 03304**

## WHAT

**Seniors age 60+ who live in Bow are eligible to order nutritious frozen or shelf-stable meals. Seniors must stop in to the Bow Community Center to pick up their meals on Tuesdays each week.**



## HOW TO APPLY

Individuals need to complete an application which is available from Bow Parks and Rec.

## PLACE YOUR ORDER

To order enough meals for the week, just fill out a weekly order form and submit in person or email to Bow Parks and Rec no later than 4:00 PM on Tuesdays for the following week.

## FOR INFORMATION

Contact Bow Parks and Rec at (603) 223-3920 or [parksandrec@bownh.gov](mailto:parksandrec@bownh.gov)

## COST

\$2.00 donation per meal is appreciated to support the program.

## Sponsored By

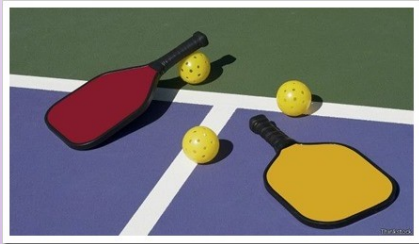


# Free Programs

## Do you play Pickle Ball?

Bow Parks and Recreation will have the gym open for “drop in” Pickle Ball games. Please wear a mask, bring your own paddle and balls, we will have a net set up. Please stop by the office and fill out a participation waiver to keep on file. This is a free program for Bow residents.

Bow residents may bring a non-resident guest for \$5 per player.



Pickle Ball times may vary by month. Please call Bow Parks and Rec for days and times.

Call Bow Parks and Rec for more information.  
223-3920

## Come inside for a walk!

Bow Parks and Recreation is open for you to come walk in our Gym.

Stop by the office to fill out a participation waiver.

Walkers must wear a mask at all times  
and remain 6 feet away from others groups.

This is a free program!

Walking times may vary by month. Please call Bow Parks and Rec for days and times.



## **SAFESITTER**

CLASSES FOR KIDS  
ENTERING GRADES 4-8  
TO PREPARE THEM TO  
BE SAFE WHEN THEY'RE  
HOME ALONE, WATCHING  
YOUNGER SIBLINGS,  
OR BABYSITTING.



**SAFE@HOME**

Look for SAFE@HOME to return in the summer!

### **SAFE SITTER® ESSENTIALS**

Designed for students entering grades 6-8, to be safe when they're home alone, watching younger siblings or babysitting. Students learn life-saving skills such how to rescue someone who's choking and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue.

**\$75 Bow Resident / \$80 Non-Resident**

### **REGISTRATION INFORMATION**

When:

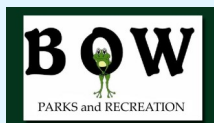
Monday, April 12, & Wednesday, April 14 @ 4:00 - 7:00 pm

Location:

Town of Bow Municipal Building  
10 Grandview Rd Bow NH

To register:

Stop by Bow Parks and Recreation  
Register early as classes fill quickly!



Please bring a snack or small dinner to eat during break.

Please wear a mask.

Instructed by Melissa Valence



Chess is a fun game that incorporates many aspects of learning. This chess club is meant to foster a child's intellectual growth while having fun!

For Grades 3 –8  
At the Bow Community Building  
Tuesdays  
4:15 –5:15 pm

Session II  
March 2, 16, 23, 30,  
April 6, 13,  
Make up if needed April 20

\$53 Bow Residents per session  
\$58 Non-residents per session

Instructed by Melissa Valence

Each week players will be taught new chess skills and practice chess moves followed up by chess matches.

Please wear masks into the building and while playing chess. All chess pieces and boards will be cleaned after use.

**NO EXPERIENCE NECESSARY.  
NEW CHESS PLAYERS ARE WELCOME!**



Transportation to all programs is the responsibility of parent or guardian.



# Archery

Archery is a great activity for families. We encourage parents to sign up with their children.

## **Archery Family Beginner** Ages 8 and up to 99

This course is for those that took our intro class in the fall or if you are brand new. Expect to learn and or sharpen your skills, as you experience the magic sound of hitting the target. It's time to let go of the string and stress for an hour as you experience this ancient sport. Form and safety will be emphasized.

## **Archery Family Advanced Beginner/Intermediate** Archery Ages 8 and up to 99

This course is for those that took our intro class or intermediate class in the fall. Refine your skills, learn the mental aspect of archery as you use a variety of targets, such as balloons, rope as well as the bull's eye. Form and safety will be emphasized.

Outcomes include, increased archery skills, feeling of self-empowerment, focus, and fun with family and friends.

All equipment provided. Any personal equipment **MUST** be approved by the coach.

All our "Return to Bow" archery classes went so well that  
Archery is now an 8 week session!

Dates: Sunday

April 11, 18, 25,

May 2, 9, 23,

June 6, 20

Make-up if needed June 27

Time: Beginner 1:00 - 2:00 pm

Intermediate 2:30 - 3:30 pm

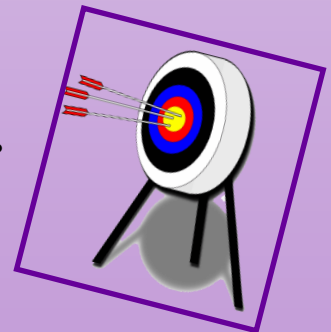
Intermediate 4:00 - 5:00 pm

Location: Bow Gazebo

Cost: \$115 Bow Resident, \$120 Non-Resident



**Archery is held outdoors but in the event of inclement weather it may be moved indoors.**  
Supplies fees have been waived by instructor for this session.



**Instructed by: Lucy Morris**

**Level 4 NT\$ Archery Coach, Health & Performance Coach, Public Speaking Coach and Podcast Host.**

**Check out, TheFlyingArcher.com, Facebook at #NewEnglandSchoolofArchery**

# Scrapbooking Events in Bow

## **Scrapbooking for Teens**

Did you come to scrapbook camp when you were younger and fall in love with scrapbooking? Come spend a fun night designed for teens! There will be music, snacks, and soda! Beginners are welcome too! Gather up your friends and create a new album using the latest tools. Bring 20 photos of a theme (friends, vacation, sports, etc.). You will receive an 8x8 album of your choice, pages, protectors, and a tape runner.

Date: Friday, March 19

Time: 7:00 - 9:00 pm

Location: Bow Community Building

Event Fee: \$25 Bow Resident/\$30 Non-Resident

Supply Fee: \$50 made payable to Kimberlie Berrigan



## **Scrapbooking Fast to Fabulous**

Are you looking to complete a beautiful scrapbook but AREN'T crafty? Do you want all the pages to look handmade and you just add the pictures? This is the workshop for you! Come see the Fast to Fabulous way to create an heirloom! Bring all the pictures you need to complete one album. (Roughly 20-30 about one topic., vacation, school days, pets etc.) Albums available for purchase.

Date: Friday, April 16

Time: 7:00 - 9:00 pm

Location: Bow Community Building

Event Fee: \$25 Bow Resident/\$30 Non-Resident

All scrapbooking classes  
instructed by  
Kimberlie Berrigan

## **Scrap -A- Lot Saturday for adults and teens**

Come spend the whole day scrapbooking with friends! A catered lunch and breakfast are included. Enjoy a day filled with new ideas, use of all scrapbooking tools, music, and raffle prizes! Register early socially distanced space is limited! Bring your album projects, Albums, adhesives, and paper available for purchase. Bonus: If you sign up for the Beginners and Beyond scrapbooking for Friday May 14th, you can leave your supplies out and return the next day for more fun!

Date: Saturday, May 15

Time: 8:00 am - 4:00 pm

Location: Bow Community Building

Event Fee: \$55 Bow Resident/\$60 Non-Resident

Food Fee: \$30 payable to Kimberlie Berrigan  
(Optional or bring your own food.)



## **Scrapbooking Club**

Please wear a mask to all scrapbooking events.

## **Scrapbooking for Beginners and Beyond**

Come spend some time relaxing while creating something for your family. All tools provided, including Cricut machine use. Bring your own paper and embellishments (some available for purchase at workshop.) Typically 15-20 photos needed about a similar topic (vacation, baby, pets, etc). Albums available for purchase if needed.

### **Still accepting registrations!**

Dates: Second Friday of each month.

March 12, April 9, May 14

Time: 7:00—10:00 pm

Location: Bow Community Building

Cost: per class: \$20 Bow Resident, \$25 Non-Resident





# Children's Dance Classes

Instructed by Meghan Demers  
of Dance Inspirations LLC

## **Session II**

March 3, 10, 17, 24, 31,  
April 7, 14  
Make up if needed April 21

## **Wednesdays**

**Held at  
Bow Community Building**

## **Session III**

May 5, 12, 19, 26  
Make up if needed June 2

## **Age: 3 – 5 Ballet & Tap**

**Wednesday 1:30-2:00 PM**

This class is a fun and lively class that enhances coordination, musicality, and creativity. Children will learn the basic concepts of dance, hone weight transfers and balance, and cultivate their improvisation and cooperation skills within a group. Children will learn through games, routines, and repetitive movement.

These classes help instill the proper etiquette, love, and appreciation for the art of dance.



### **Cost for Session II**

\$61 Bow Resident

\$66 Non-Resident

### **Cost for Session III**

\$37 Bow Resident

\$42 Non-Resident

## **Grade: K—1 Ballet & Tap**

**Wednesday 2:30—3:15**

This class is an extension of our 3-5 year old program. Children will continue to learn more ballet and tap vocabulary while implementing more advanced and complex dance combinations.

These classes continue to emphasize a fun and relaxed atmosphere.

### **Cost for Session II**

\$68 Bow Resident

\$73 Non-Resident

### **Cost for Session III**

\$41 Bow Resident

\$46 Non-Resident



## **Grade: 2 –4 Jazz & Tap**

**Wednesday 3:45—4:30**

This class gives the student the opportunity to explore a tap/jazz combination class. Students will work on technique with a focus on basic positions and vocabulary of jazz and tap. This class will help the students

improve their flexibility, sense of rhythm and coordination, while encouraging self-esteem and working in a group.

### **Cost for Session II**

\$68 Bow Resident

\$73 Non-Resident

### **Cost for Session III**

\$41 Bow Resident

\$46 Non-Resident

**Dancers have the option of participating in a dance recital held at Dance Inspirations in June at their studio in Concord NH. More recital information will be available soon!**

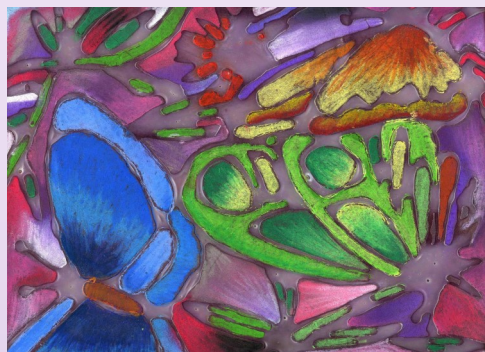
Participants must wear a mask when it is not possible to maintain 6 foot distance from others.

Transportation to all programs is the responsibility of parent or guardian.

Parents of participants in K—1 may contact BES to see if Bus 10 is available to bring their dancer to the Community Building.

Spectators will be asked to stay in designated areas and will be responsible for sanitizing the area with supplies made available to you.

Instructed by Elsa Chern  
Please wear a mask.



**New art projects every session!**

## **Art**

**For Grades 1—4**

We will be learning hands-on techniques and exploring various media. Projects could include watercolor techniques, oil pastels, printing, and 3D art with clay; while introducing children to famous artist's techniques and works.

**Location:**

Bow Community Building

**When:**

Tuesdays  
2:30—3:30 pm

Session II

March 2, 16, 23, 30,  
April 6, 13  
Make up if needed April 20

Session III

May 4, 11, 18, 25,  
June 1, 15  
(no class 6/8)

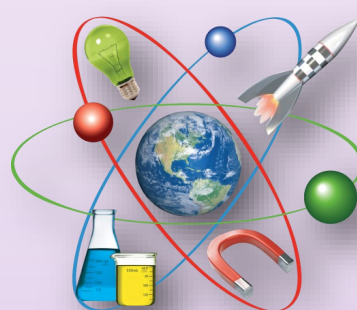
(There is no available make-up date, a refund will be issued if we need to cancel.)

**Cost:**

\$77 Bow Resident per session  
\$82 Non-Resident per session

**Supply Fee:**

\$5 payable to Elsa Chern



**New science explorations every session!**

## **Science**

**For Grades 1—4**

Exciting hands on science discovery class! We will explore electricity, projectiles, geology, magnetism, buoyancy and chemical reactions in a safe and fun way! Some live animals may also make an appearance for some biology exploration!

**Location:**

Bow Community Center

**When:**

Fridays  
2:30—3:30 pm

Session II

March 5, 12, 19, 26,  
April 2, 9  
Make up if needed April 16

Session III

May 7, 14, 21, 28, June 4, 11

(There is no available make-up date, a refund will be issued if we need to cancel.)

**Cost:**

\$77 Bow Resident per session  
\$82 Non-Resident per session

**Supply Fee:**

\$7 payable to Elsa Chern

Transportation to all programs is the responsibility of parent or guardian. Parent may contact the school to see if Bus 10 is available to bring their child to the Community Building.

If your child is taking the bus, please send something for them to do at their table until class begins at 2:30.

# Music Lessons



A 30 minute private music lesson taught by TMA instructors.

## Piano

Kristy Hall ~ Kaitlyn Rush

## Flute

Leah Bergquist

## Guitar

Ethan Bult

Lessons will be offered virtually if in-person classes need to be suspended due to COVID.

Location:  
Trinity Music Academy  
80 Clinton St  
Concord, NH

(or virtually with instructor approval)

Ages:  
Kindergarten and older

**24 Hour Notice needed for all cancellations.**

### Monday - Friday

Day and time of lessons will be based on enrollment and will be set up with teachers.

#### Session II

March 1 - April 23 8 lessons  
\$285 Bow Resident  
\$290 Non-Resident

#### Session III

May 3 - June 18 6 lessons  
\$215 Bow Resident  
\$220 Non-Resident

## String Lessons

It's never too early to get a taste of music! This half-hour lesson of violin, viola and/or cello is designed to fit students in grades 1 -8. This lesson will give them the ability and opportunity to gain a better appreciation and knowledge of string instruments. No prior musical knowledge is necessary.

Location:  
Bow Municipal Building  
10 Grandview Rd Bow, NH

Ages:  
Grades 1 -8

Instructed by  
Muriel Orcutt

Students should have their own instruments.  
Contact Bow Parks and Rec if rental information is needed.



## Violin, Viola & Cello

Tuesday

Starting at 3:45

Time will be based on enrollment.

#### Session II

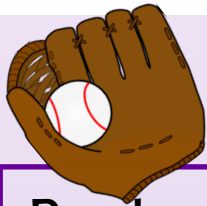
March 2, 16, 23, 30, April 6, 13  
Make up if needed April 20

#### Session III

May 4, 11, 18, 25, June 1, 8  
Make up if needed June 15  
Cost:

All lessons are private.  
\$155 Bow Resident per session  
\$160 Non-Resident per session

Transportation to and from all programs is the responsibility of the parent or guardian.  
Please wear a mask.



# Bow Rec T-ball



## Preschool T-ball

Fun games and activities will help young players learn the basics of throwing, catching base running and hitting.

### Required equipment:

- Players are required to wear any Bow Recreation Sport T-shirt with their name.  
Cost: \$12
- Hats can be purchased for \$10.
- Water bottle
- Please wear sneakers.

### Location:

Sargent Field  
10 Grandview Rd ,Bow

### Thursday

May 6, 13, 20, 27, June 3 (Make up June 10)

12:00 - 12:45 pm ages 3 - 4

1:00 - 1:45 pm ages 4 - 5

OR

### Friday

May 7, 14, 21, 28, June 4 (Make up June 11)

10:00 - 10:45 am ages 3- 4

11:00 - 11:45 am ages 4 - 5

OR

### Saturday

May 8, 15, 22, 29, June 5 (Make up June 12)

12:00 - 12:45 pm ages 4-5

### Cost:

\$55 Bow Resident

\$60 Non-Resident

### Instructed by

Coach Sarah Mann &  
Coach Tracey Beaulieu

T Ball will be played in light rain or showers. In the event of a heavy rain cancellation T Ball may be moved indoors if possible . Participants will be notified by email that day.

## Kindergarten T - ball

Teams will have one practice and one game a week for five weeks. Practice will consist of fun activities that reinforce the skills of base running, fielding, throwing and hitting. Games will be held on Saturdays with a rotating schedule for fun competitive play.

### Equipment:

- Baseball glove
- Water bottle
- Proper footwear (Sneakers or cleats may be worn.)
- T shirts will be handed out at the first practice and are included in the cost. Must be worn to all practices and games please.
- Hats can be purchased for \$10.

### Practice and Game Location:

Sargent Field  
10 Grandview Rd, Bow

## Practice Information

You will be notified of practice day and game schedule once teams are assigned.

### Practice Dates:

### Wednesday

May 5, 12, 19, 26, June 2

Make up if needed June 9

OR

### Thursday

May 6, 13, 20, 27, June 3

Make up if needed June 10

### Practice Time:

3:00 - 3:45 pm

## Game Day Information

### Game Dates:

### Saturday

May 8, 15, 22, 29, June 5

Make up if needed June 12

### Game Time:

9:00am OR 10:30 am

Games are played for 60 minutes OR 4 innings.

### Cost:

\$85 Bow Resident

\$90 Non-Resident

Until further notice all participants and spectators must wear a mask.  
Transportation to and from all programs is the responsibility of the parent or guardian.

# Bow Rec Lacrosse

Players will learn the basic fundamentals of lacrosse including stick handling, cradling, passing, and shooting, all in a fun non-checking environment. Bow Rec Lacrosse is a co-ed program.

Required equipment:

- Players are required to wear any Bow Recreation Sport T-shirt with their name.  
Cost: \$12
- Water bottle
- Please wear proper footwear.
- Eye protection and sticks are provided by Bow Parks and Recreation or you can bring your own.

## Preschool Lacrosse

Location:  
Gosling Field  
1st entrance of Hanson Park  
Albin Rd, Bow

Tuesday  
May 4, 11, 18, 25, June 1  
Make up if needed June 8  
12:15 - 1:00 pm ages 4 - 5

Cost:  
\$55 Bow Resident  
\$60 Non-Resident



Instructed by  
Coach Sarah Mann &  
Coach Tracey Beaulieu

Lacrosse will be played in light rain or showers. In the event of a heavy rain cancellation Lacrosse may be moved indoors if possible. Participants will be notified by email that day.

## Kindergarten Lacrosse

Location:  
Gosling Field  
1st entrance of Hanson Park  
Albin Rd, Bow

Monday  
May 3, 10, 17, 24, June 7  
Make up if needed June 14  
3:00 - 3:45 pm

Cost:  
\$60 Bow Resident  
\$65 Non-Resident

## Grade 1 & 2 Lacrosse

Location:  
Gosling Field  
1st entrance of Hanson  
Park off Albin Rd, Bow

Tuesday  
May 4, 11, 18, 25, June 1  
Make up if needed June 8  
3:00 - 3:45 pm

Cost:  
\$60 Bow Resident  
\$65 Non-Resident

Until further notice all players and spectators must wear a mask.  
Transportation to and from all programs is the responsibility of the parent or guardian.



# Bow Rec Sports



## Preschool Basketball

Bow Community Building

Thursday 1:00—1:45 pm

### Session II

March 11, 18, 25, April 1, 8  
Make up if needed April 15

\$55 Bow Resident per session  
\$60 Non-Resident per session

## Kindergarten Basketball

Bow Community Building

Monday afterschool/2:30—3:15

### Session II

March 15, 22, 29, April 5, 12

\$60 Bow Resident per session  
\$65 Non-Resident per session

All youth sports participants are required to wear any  
Bow Rec Sports T-Shirt. The cost is \$12.  
Please bring a water bottle.

## Preschool Indoor Sports Class 3-5 Year Olds

*Come have FUN in the gym.  
Each week we will have fun sporting  
activities planned to keep kids moving.*

Bow Community Building

Thursday 12:00—12:30 pm

### Session II

March 11, 18, 25, April 1, 8  
Make up if needed April 15

\$45 Bow Resident per session  
\$50 Non-Resident per session



## Grades 1-4 Floor Hockey

No matter what your skill level, come join our  
floor hockey program. We will work on stick  
handling skills, shooting, passing, and play mini  
games. Older groups play games.

Bow Community Building

Thursday 2:30—3:30 pm

### Session II

March 11, 18, 25, April 1, 8  
Make up if needed April 15

\$60 Bow Resident per session  
\$65 Non-Resident per session

### YOUTH SPORTS INSTRUCTORS:

Sarah Mann  
Tracey Beaulieu

Until further notice all participants must wear a mask.

Transportation to all programs is the responsibility of parent or guardian.

Parent may contact the school to see if Bus 10 is available to bring their child to the Community Building.





## Girls on the Run – Spring 2021

*In anticipation of continued COVID related safety guidance, GOTR program delivery has been modified to accommodate a variety of scenarios. We know from our experience during the Fall 2020 season that the modifications create a safe, flexible and accessible team environment.*

### About Girls on the Run

At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Each session is led by trained volunteer coaches who guide and mentor the girls through dynamic discussions, activities and running games. Lessons are fun and engaging and teach specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict. Girls can then use these strategies at home, at school and with friends. The program culminates with all participants walking or running a celebratory 5K event, which gives them a tangible sense of accomplishment, as well as a framework for setting and achieving life goals.

The 8 week program is for girls of all fitness abilities.

#### Grades 3 & 4

Practice Times:  
Monday & Thursday 3:30-5:00 pm  
Start Date:  
Week of April 5th  
Location:  
Bow Elementary School  
(In-Person Meetings)  
Coached by Sarah Tanner & Ginny Hast

#### Grades 5

Practice Times:  
Wednesday & Friday 3:30-5:00 pm  
Start Date:  
Week of April 5th  
Location:  
Bow Memorial School  
(In-Person Meetings)  
Coached by Heather Goodwin & Diane Pais

### 5K Celebration Event : June 12th

All sites will host a local small-scale celebration on this day.  
To learn more about Girls on the Run, registration or financial assistance,  
please visit our website:

<https://www.girlsontherunnh.org/>

Registration will open on February 26th at 6am. (first come, first served)  
No girl is ever turned away for financial reasons.

GOTR-NH is a 501© 3 organization. Contact Betsy Cissel: 603-778-1389 or 117 Water Street, Exeter, NH

Until further notice participants must wear a mask.  
Transportation to and from all programs is the responsibility of the parent or guardian.

# Family Fun Jam

JUMP, JAM and JIVE with music related activities for preschoolers to get everyone moving!



**At the Bow Community Building**

**Fridays 10:00—10:45 am**

**Session II**

**March 5, 12, 19, 26, April 2, 9 Make up if needed  
April 16**

**\$41 Bow Resident per session**

**\$46 Non-Residents per session**

**Family Members over the age of 12 dance for free.**

**Come try out a new program at Bow Parks and Recreation.  
Dance in our gym while socially distanced from other families.  
Our dance boxes are marked on the floor. Please wear a mask  
in the building until you arrive at your dance box!  
Designed for preschool age children but other family members  
are welcome.**

**Instructed by Tracey Beaulieu**



# BOW RECREATION FITNESS

## SPRING SESSION 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>BODY BLAST</u></b> 8:20—9:10 am April 5, 12, May 17, 24, June 7, 14, 21 (no class 4/19, 4/26, 5/3, 5/10, 5/31) 7 classes COST: \$47 / \$52 Optional \$5 for bands</p> <p><b><u>BEGINNER LINE</u></b> <b><u>DANCING</u></b> 9:40—11:00 am April 5, 12, May 17, 24, June 7, 14, 21 (no class 4/19, 4/26, 5/3, 5/10, 5/31) 7 classes COST: \$54 / \$59</p> <p><b><u>GENTLE YOGA</u></b> 12:00-1:00 pm April 5, 12, May 3, 10, 17, 24, June 14, 21, 28 (no class 4/19, 4/26, 5/31, 6/7) 9 classes COST: \$59 / \$64</p> <p><b><u>YOGA FITNESS</u></b> 5:45 - 6:45 pm April 5, 12, May 3, 10, 17, 24, June 14, 21, 28 (no class 4/19, 4/26, 5/31, 6/7) 9 classes COST: \$59 / \$64</p>	<p><b><u>ALL LEVELS EM YOGA</u></b> <b><u>Energy Medicine Yoga</u></b> 12:30—1:30 pm April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 15, 22, 29 (no class 6/8) 12 classes COST: \$77 / \$82</p> <p><b><u>ZUMBA®</u></b> 5:45 - 6:45 pm April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 15, 22, 29 (no class 6/8) 12 classes COST: \$89 / \$94</p>	<p><b><u>STEP IT UP!</u></b> 8:30-9:15 am April 7, 14, 21, May 5, 12, 19, 26, June 2, 9, 16, 23 (no class 4/28) 11 classes COST: \$71 / \$76</p> <p><b><u>50 PLUS FITNESS</u></b> 9:45—10:40 am April 7, 14, May 19, 26, June 9, 16, 23 (no class 4/21, 4/28, 5/5, 5/12, 6/2) 7 classes COST: \$33 / \$35</p> <p><b><u>GENTLE YOGA</u></b> 12:00 - 1:00 pm April 7, 14, May 5, 12, 19, 26, June 2, 16, 23, 30 (no class 4/21, 4/28, 6/9) 10 classes COST: \$65 / \$70</p> <p><b><u>YOGA FITNESS</u></b> 5:45 - 6:45 pm April 7, 14, May 5, 12, 19, 26, June 2, 16, 23, 30 (no class 4/21, 4/28, 6/9) 10 classes COST: \$65 / \$70</p>	<p><b><u>MINDFULNESS</u></b> 10:30—11:30 am April 1, 8, 15, 22, 29, May 6, 13, 20, 27, June 3, 10, 17, 24 13 classes COST: \$83/ \$88</p> <p><b><u>ZUMBA®</u></b> 5:45—6:45 pm April 1, 8, 15, 22, 29 May 6, 13, 20, 27, June 3, 17, 24 (no class 6/10) 12 classes COST: \$89 / \$94</p>	<p><b><u>TGIF YOGA</u></b> 8:30-9:30 am April 2, 9, 16, 23, May 7, 14, 21, 28, June 4, 11, 18, 25 (no class 4/29) 12 classes COST: \$77 / \$82</p>

Fitness classes will  
have a limited number  
of participants.  
So please register early.

# BOW RECREATION FITNESS

- \* FITNESS CLASSES are CO-ED for Adults
  - \* Classes held at the Bow Community Center unless otherwise noted.
  - \* Come hydrated, drink water during class and extra water after class!
  - \* The warm-up is a critical part of class. Please make every effort to arrive to class on time so your body is properly prepared.
  - \* Remember to work at your own pace and listen to your body!
  - \* Please Change Your Shoes! We are trying to keep the floor space clear from any debris or water. Wear street shoes to class, enter by the front door and change into workout shoes.
  - \* **Cancellations** may occur, be sure we have your current email on file as notifications will be sent via E-Blast.
- ~Health & Happiness from  
all of us at Bow Rec!*

## COVID Guidelines

- \* For the safety of all, class sizes will be limited in size and participants will exercise 8 –10 feet apart from each other.
  - \* Participants must wear a mask at all times when it is not possible to maintain a distance of 6 feet from others.
  - \* Participants are responsible for sanitizing their own equipment and area after class with the supplies made available for you.
- Individuals should not enter the building if any of the following apply:
- ⇒ If you are exhibiting any symptom of COVID 19.
  - ⇒ If you have a fever of 100.4 °F or higher.
  - ⇒ If you have been in close contact with someone who is suspected or confirmed to have COVID 19 in the past 14 days.
  - ⇒ If you have traveled in the past 14 days either internationally, by cruise ship, or domestically outside of NH, VT, ME on public transportation.

## **50 PLUS FITNESS**

*Please see COVID guidelines above.*

This program is specifically designed for those 50 and up or anyone wishing a lighter/more beginner level workout with modifications for various abilities. Class will include cardio, strength training, balance training, as well as some neuroplasticity drills. Some mat work will be offered; however, standing/sitting options are given for those who do not want to get down on the floor. Anyone 60 and older or those with a health risk will need a doctor's note to participate.

~ **INSTRUCTOR:** Michele Vecchione

## **\*\*NEW\*\* ALL LEVELS EMYOGA (Energy Medicine Yoga)**

Break up the day with yoga! New to yoga, or practicing for years, this class will meet you where you're at. Boost your immune system and harmonize your body's energy with EMYoga! Alethea is a certified EMYoga (Energy Medicine Yoga) Foundations Teacher."

~ **INSTRUCTOR:** Alethea Kehas, RYT

## **BODY BLAST**

Build your bones, strengthen and stretch your muscles in this 50-minute strength training program. Whether you are a beginner or more advanced, this class is right for you as modifications are provided for various abilities. You need to bring a mat, small hand towel or kitchen towel, a water bottle, and a cloth face mask which must be worn entering and exiting the building and when not exercising. *Bring 2 exercise bands or purchase a set of two bands to take home for \$5 when registering. Specify beginner, intermediate or advanced level bands when purchasing.* In registering for class, you agree to adhere to the COVID guidelines specified by Bow Parks and Recreation. Eight-foot spaces have been delineated on the floor with two feet between each for social distancing. Please arrive ten minutes early so you can sanitize or wash your hands and tell the instructor what size weights you would like to use (Instructor will get them for you.) You will be required to sanitize your equipment and workout space at the end of class. Anyone 60 and older or those with a health risk will need a doctor's note to participate.

~ **INSTRUCTOR:** Michele Vecchione

## **BOOTCAMP**

*Returning in the Summer!*

In this two-day a week FUN co-ed group exercise class we will combine strength training and cardio work in a variety of ways including drills, circuits, games, and interval training. Participants leave having completed a full-body workout each class.

~ **INSTRUCTOR:** Tara Green

# BOW RECREATION FITNESS

## **GENTLE YOGA**

This class offers mindful stretching, strengthening and relaxing opportunities with chair support for full-body engagement, head & neck to ankles & toes. Whether you're new to yoga, expanding your physical therapy practice, and/or looking for new ways to practice building flexible strength and balance, all are welcome.

~ **INSTRUCTOR:** Kristina Lucas, RYT

## **LINE DANCING—BEGINNER**

Never line danced? Just a beginner? This class is perfect for you. Join us and you'll be doing jazz boxes, twinkles, shuffles, rocks and more before you know it. It's a fun way to add movement into your routine. NO experience necessary. For experienced beginners, class will include dances for you, too. Take a break whenever you want. Bring a cloth facemask, which must be worn when not dancing. Bring a snack if you wish, and have fun dancing with us. Wear smooth-soled shoes; or, if wearing sneakers, bring a pair of old athletic socks that can be cut up and worn over your shoes to make turns easier. In registering for class, you agree to adhere to the COVID guidelines specified by Bow Parks and Recreation. Eight-foot spaces have been delineated on the floor with two feet between each for social distancing. Please sanitize or wash your hands upon arrival. You will be required to sanitize your equipment and workout space at the end of class. If you also signed up for Body Blast which is before this class, you will be allowed to remain in the building with a mask and socially distanced. Come join the fun!

~**INSTRUCTOR:** Michele Vecchione

## **MINDFULNESS, NATURAL MOVEMENT** “A pause for presence”

Lucia comes to you with great enthusiasm and knowledge in the areas of body, mind, and spirit. She will guide you in mindful gentle movement with a step by step instruction for seated and walking meditation, for a full relaxing body scan! Feel better, reduce stress, and enjoy life a little more.

~ **INSTRUCTOR:** Lucia Cote, RYT

## **STEP IT UP!**

Step aerobics has been a popular form of exercise for more than 25 years. Increase your fun and fitness factors while perfecting your stepping skills. The session will start with basic skills and then will progress to increased intensity and complexity. This class is appropriate for all fitness and skill levels. Modifications and alternatives are always offered.

~ **INSTRUCTOR:** Becca Cleary

## **T.G.I.F. YOGA**

All levels welcome! Poses include strengthening, balancing, and stretching with options for varying abilities, as well as relaxation for stress reduction.

~ **INSTRUCTOR:** Becca Cleary

## **TRACK & TRAIN SERIES—Running**

*More info coming soon!*

~ **INSTRUCTOR:** Julie Guerrette

## **TRACK & TRAIN SERIES—Walking**

*More info coming soon!*

~ **INSTRUCTOR:** Julie Guerrette

## **YOGA FITNESS**

Come **S-T-R-E-T-C-H** with us! Our yoga practice meets you where you are, and we'll explore beginning to more experienced modifications from Kripalu Hatha Yoga, including Yin and Restorative Asanas, as well as Qi Gong healing for boosting immunity. We will stretch, strengthen & balance with a focus on mindful breathing and pranayama practice for stress reduction, relaxation, and equanimity.

~ **INSTRUCTOR:** Kristina Lucas, RYT

## **ZUMBA®**

A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. Grooving to the beats of salsa, flamenco, and meringue music feels more like a dance party than a workout, which is exactly what makes ZUMBA® so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

~ **INSTRUCTOR:** Tracey Beaulieu

# Important COVID 19 Guidelines for Bow Community Building

## COVID 19 Guidelines for Programs

- The Community Building is open for parks and recreation programs with enhanced health measures and physical distancing.
- All individuals age 6 and up must wear masks while in the building and while engaged in our programs if unable to maintain a distance of 6 feet from others.
- Participants in all youth athletic programs will need to have their temperature taken and complete a health screening form upon arrival for each class.
- Children will be strongly encouraged to remain 6 feet from all other children. Children will be encouraged to wash hands frequently and will have access to hand sanitizer under the supervision of the instructor.
- Instructors will wear masks while instructing children at a distance that is closer than 6 feet.
- Spectators will be asked to stay in designated areas and will be responsible for sanitizing the area with the supplies made available to you.
- Adult Fitness class Participants must wear a mask at all times except when exercising in designated areas and maintaining a 6 foot distance from others.
- Participants must maintain a distance of 6 feet away from others.
- Sanitizing spray and hand sanitizer will be provided for adults, but you may also bring your own.
- Adult participants are responsible for sanitizing their own equipment at the end of each class with the supplies made available for you.



For the safety of all please adhere to the following guidelines:

Individuals should not enter the building if any of the following apply:

- ⇒ If you are exhibiting any symptom of COVID 19.
- ⇒ If you have a fever of 100.4 °F or higher.
- ⇒ If you have been in close contact with someone who is suspected or confirmed to have COVID 19 in the past 14 days
- ⇒ If you have traveled in the past 14 days either internationally, by cruise ship, or domestically outside of NH, VT, ME on public transportation.



## THERE ARE 3 EASY WAYS TO REGISTER FOR A BOW PARKS AND RECREATION PROGRAM!



### **IN-PERSON / WALK-IN**

Visit us at the Recreation Office located at the Bow Community Center to fill out your registration.



### **DROP BOX**

An after hour drop box is provided. The box is located at the front entrance of the Community Center.



### **MAIL TO:**

Bow Parks & Recreation  
10 Grandview Road  
Bow, NH 03304

### **PARKS & RECREATION**

3 Bow Center Road (physical)  
10 Grandview Road (mailing)

Bow, NH 03304

Website: [www.bownh.gov](http://www.bownh.gov)  
[parksandrec@bownh.gov](mailto:parksandrec@bownh.gov)

Phone: 603-223-3920

Fax: 603-228-2230

### **BOW REGISTRATION DAY**

- Registration is ONLY open to those in the Town of Bow.
- Bow Residents enrolled in current Adult Fitness Program may register for the fitness program they are currently in, prior to the Bow Registration Day.
- Registration is on a first come, first serve basis.
- Registrations will NOT be taken prior to registration day\*
- Any registrations dropped in the secured drop box may not be processed until the end of the day and does not guarantee a spot in the program.
- Registration will stay open until a program is full.
- Once a program is full, participants will be wait listed.

### **OPEN REGISTRATION DAY**

- *Registration is open to anyone residing in Bow or Non-Bow.*
- *Non residents are charged a higher fee because the Bow residents indirectly fund Bow Recreation through their real estate taxes.*

### **CANCELLATIONS**

- There may be occasions when programs need to be canceled by Bow Parks and Recreation .
- A decision regarding a cancellation will be made prior to the start of a program.
- Cancellations are sent via EMAIL

### **PHOTO POLICY**

- We may take photographs and/or video for marketing purposes only.
- If you/child do NOT wish to be photographed please note this on your registration form.

### **REFUND / CANCELLATION POLICY**

- Credits/Refunds are issued only if a registered participant cancels at least one week prior to the start date of the program; less a \$10 Admn. Fee.
- Once a program has started, credits/refunds are only issued for classes missed because of medical reasons if the participant provides us with a note from a physician prior to the last day of the program; less a \$10 Admn. Fee.
- If Bow Recreation cancels a program, and there is no make up date scheduled, we will issue a refund.

### **CHECK POLICY**

- Returned checks will be charged a \$25 fee.

### **REMINDERS**

- Please notify office staff of ANY changes with CONTACT / MEDICAL info.
- Be sure to include your E-MAIL when registering. Communications will be sent via e-mail.

# Save the dates!

## **Town of Bow Easter Egg Hunt**

**In-person socially distanced egg hunt  
at Hanson Park on Saturday, March 27, 2021.  
More information coming soon.**



## **Bow Parks and Rec Summer Camp**

**Dates: Monday, June 28 - Friday, August 6  
Registration date and more information  
coming soon!**

