



TOWN OF
BOW
NEW HAMPSHIRE

Bow Parks & Recreation

2026



Winter 2026 Brochure

Bow Registration Day – December 16, 2025
Open Registration Day – December 19, 2025



Bow Parks & Recreation
3 Bow Center Road (physical)
10 Grandview Road (mailing)
Bow, NH 03304
www.bownh.gov
Phone: (603) 223-3920

Hours of operation:
Monday - Friday
8:00 - 4:00pm

Online Registration website:
Bownh.myrec.com



Parks and Recreation Director - Darcy Little

Assistant Parks and Recreation Director –Shannon Camara

Office Manager - Malinda Blakey

Program Coordinator - Jennifer Kulesza

Table of Contents

<u>Preschool Programs</u>	<u>PAGE</u>	<u>Adult Fitness Programs</u>	
Basketball (Pre-K).....	3	Body Blast.....	6
Dance Lessons.....	5	Cardio Hula Hoop.....	6
Sports Day (Pre-K).....	4	Cardio Jam.....	6
Youth Programs		Gentle Yoga.....	6
Archery.....	13	Joyful Yoga and Meditation.....	7
Artful Explorers.....	4	Morning Power Hour.....	7
Ballroom Dance (Age 13+).....	13	Strong and Fit for Life.....	8
Basketball (Kindergarten).....	3	Tai Chi.....	8
Basketball (Grade 1-2).....	3	Qigong.....	7
Crochet Critters- (Middle School).....	5	Strong & Fit.....	8
Dance Lessons (Age 5-7).....	5	Yoga Fitness.....	8
Krav Maga (Age 13+).....	15	Zumba.....	8
Scrapbooking.....	5, 13	Bow Clubs and Organizations	
Sports Day (Grade 1-4).....	4	<u>Bow Athletic Club</u>	www.bowathleticclub.com
Volleyball (Ages 8-11).....	3	Baseball Basketball Field Hockey	
Adult Programs		Lacrosse Soccer Softball	
Archery	13	<u>Bow Community Men's Club</u>	www.bowmensclub.org
Ballroom Dance.....	13	<u>Bow Garden Club</u>	www.bowgardenclub.org
Basketball.....	16	<u>Bow Heritage Commission</u>	www.bownh.gov
Crochet Lessons.....	9	<u>Bow Open Spaces</u>	www.bowopenspaces.com
Hiking Club.....	15	<u>Bow Pioneer Snowmobile Club</u>	www.bowpioneers.org
Improv Made Easy.....	10	<u>Bow PTO</u>	www.bowpto.digitalpto.com
Intro to Canine Nose work.....	11, 12	<u>Bow Soccer Club</u>	www.bowsoccerclub.com
Krav Maga.....	15	<u>Bow Youth Football</u>	www.bowyouthfootball.org
Line Dancing.....	9	<u>Bow Youth Lacrosse</u>	www.bowlacrosse.com
Pickleball.....	15, 17	<u>Scout Troop 75</u>	www.bowscouts.org
Senior Shenanigans.....	17	<u>Cub Scout Pack 75</u>	www.pack75bow.org
Volleyball.....	16	<u>Bow Recycling & Solid Waste</u>	www.bownh.gov
		<u>Rotary Club of Bow</u>	www.bowrotary.org

Youth Programs

Winter Session: 1

Kindergarten Basketball

Register for the day of your choice

Location: Bow Elementary School-Gym

Mondays - 2:30 pm- 3:15 pm

Dates: January 5, 12, 26, February 2, 9 (Make-up 2/16)
No basketball 1/19

Tuesdays - 2:30 pm- 3:15 pm

Dates: January 6, 13, 20, 27 ,February 3 (Make-up 2/10)

Wednesdays—2:30 pm-3:15 pm

Dates: January 7, 14, 21, 28 , February 4 (Make-up 2/11)- FULL

Grades 1-2 Basketball

Thursday Location: Bow Elementary School - Gym

Thursdays 2:30 pm- 3:15 pm

Dates: January 8, 15, 22, 29, February 5 (Make-up 2/12)

Saturday Location: Bow Community Building

Saturdays: 8:15 am- 9:00 am

Dates: January 10, 17, 24, 31, February 7 (Make-up 2/14)

Pre-K Basketball:

Location: Bow Community Building

Saturdays 9:15 am—10:00 am - Age 3-4

Saturdays 10:15 am—11:00 am - Age 4-5

Saturdays 11:15 AM—12:00 pm - Age 4-5

Dates: January 10, 17, 24, 31, February 7 (Make-up 2/14)

Cost: \$65.00 Bow Residents / \$70.00 Non-Residents

Required Equipment: Bow Rec Sports T-Shirt with name on front , Sneakers , Water Bottle. Kee Pads Recommended T-Shirts are available for purchase at the Bow Parks and Rec office for \$15

Winter Session: 2

Kindergarten Basketball

Register for the day of your choice

Location: Bow Elementary School-Gym

Tuesdays - 2:30 pm- 3:15 pm

Dates: March 3, 24, 31, April 7, 14 (Make-up 4/21) **No B-ball:** 3/10, 3/17

Wednesdays—2:30 pm-3:15 pm

Dates: March 4, 11, 18, 25, April 1 (Make-up 4/8)

Grades 1-2 Basketball

Monday Location: Bow Elementary School - Gym

Mondays 2:30 pm- 3:15 pm

Dates: March 2, 9, 23, 30, April 6 (Make-up 4/13) **No B-ball:** 3/16

Saturday Location: Bow Community Building

Saturdays: 8:15 am- 9:00 am

Dates: March 7, 28, April 4, 11, 18 (No B-ball: 3/14. 3/21)

Pre-K Basketball:

Location: Bow Community Building

Saturdays 9:15 am—10:00 am - Age 3-4

Saturdays 10:15 am—11:00 am - Age 4-5

Saturdays 11:15 AM—12:00 pm - Age 4-5

Dates: March 7, 28, April 4, 11, 18 (No B-ball: 3/14, 3/21)

Cost: \$65.00 Bow Residents / \$70.00 Non-Residents

Coaches: Sarah Cutter and Ethan Pelland



Middle School Volleyball

Location: Bow Community Building

Day/Time: Thursdays 3:30 pm—4:30 pm

Dates: March 5, 12, 19, 26, April 2 (Make-up 4/9)



Bus available from BMS
to Community Building

Cost: \$65.00 Bow Residents/ \$70.00 Non- Residents

Coaches: Sarah Cutter and Ethan Pelland



Required Equipment:

Sneakers, Water Bottle, Knee pads recommended

Youth Programs

Bus available from

BES



Pre-K Sports Day

Ages 3-4

Coaches: Sarah Cutter and Ethan Pelland

Pre-K sports day is a fantastic way for children to stay active in the colder months! Kids will play a variety of indoor sports and games that are fun, silly and help build self-confidence, coordination and meet new friends!

Required equipment:

Players are required to wear a Bow Recreation sport T-shirt with their name on the front. Cost: \$15

Water bottle

Please wear sneakers.

Shin guards recommended for floor hockey

Eye protection is required during floor hockey scrimmages. (provided if needed)

Thursdays 12:30pm -1:15 pm

Session 1: January 8, 15, 22, 29, February 5, Make-up 2/12

Session 2: March 5, 12, 19, 26, April 2 (make-up April 9)

Location: Bow Community Building

Cost:

\$65.00 Bow Residents / \$70 Non-Residents



T-Shirts are available for purchase at the Bow Parks & Rec office for \$15

Grade 1-4 Sports Day

Coaches: Sarah Cutter and Ethan Pelland

Sports Day is a fantastic way for children to stay active in the colder months! Kids will play a variety of indoor sports and games that are fun, silly and help build self-confidence, coordination and meet new friends!

Required equipment:

- Bow Rec sport T-shirt with their name on the front
- Water bottle
- Please wear sneakers.
- Shin guards recommended
- Eye protection is required during floor hockey scrimmages (provided if needed).

Thursdays, 2:30 pm (afterschool)- 3:15 pm

Dates: March 5, 12, 19, 26, April 2

Make up April 9

Location: Bow Community Building

Cost:

\$65.00 Bow Residents/\$70 Non-Residents

Artful Explorers

Grades 1-4

Instructor: Angela Proodian



Bus available from BES

Spark your child's creativity in our playful, hands-on afterschool art class for 1st through 4th graders! This two-hour session invites young makers to explore, experiment, and create using recycled and natural materials in imaginative, open-ended projects. From nature inspired suncatchers to wind chimes made of found objects, each class blends art with rich sensory experiences—children will touch, sort, layer, and build with textured, tactile materials that engage the senses and spark curiosity. Rooted in a child-led, process-based approach, this class celebrates creativity over perfection, encourages self-expression, and fosters a deeper connection to both art and the natural world—all through joyful, meaningful making.

Day/Time: Fridays 2:30-4:30

Location: Bow Community Building, 3 Bow Center Road

Winter Session 1: January 9, 16, 23, 30, Feb 6, Make-up February 13. Cost: \$93.00 Bow Residents/ \$98.00 Non-Residents plus a \$20 Supply Fee paid directly to Angela Proodian.

Winter Session 2: February 20, March 6, 13, 20, make-up March 27. Cost: \$75.00 Bow Residents / \$80.00 Non-Residents plus a \$40 Supply Fee paid directly to Angela Proodian.



Youth Programs

Crochet Critters

Middle School (Grades 5-8)

Instructor: Kristen Lewis

In this class, students will learn the basics of crochet to make amigurumi (stuffed animals). These new skills will be used to make a little stuffed animal. All supplies included.

Location: Bow Memorial School

Day and Times: Mondays: 3:30 pm-4:30 pm.

Dates: January 5, 12, 26, Feb 2 Make-up Feb 9

Cost: \$45.00 Bow Residents/ \$50.00 Non- Residents



Youth Tap, Ballet and Jazz Dance Lessons

Ages 3-5

Instructor: Concord Dance Academy

This 45-minute class is our way of introducing the basic elements of dance to this age group. We start with tap where your child will learn basic steps and rhythms. In the ballet segment, we focus on body placement and the correct terminology and also physical fitness along with Jazz movements.

Dress code :

Black leotard (any style) & pink tights

Black tap shoes Pink ballet shoes

Male dancers wear all black attire, as well as black shoes.

Day and Times: Wednesdays: 3:30-4:15 pm

Dates: January 7, 14, 21, 28, February 4, 11, 18, 25

March 4, 11, 18 (make-up March 25)

Location: Bow Community Building

Cost: \$115.00 Bow Residents

\$120.00 Non/ Residents

Photo Friends Scrap

Instructor: Kimberlie Berrigan



This scrapbook event is for children ages 7-14. They will work on creating an album project about friends, family, pets, etc. Children should bring 20 photos about one topic to the event. They will also need to bring a snack, lunch, and water bottle each day.

DAY/DATES: Monday, February 23rd 9:00 AM- 2:00 PM

AND Tuesday February 24th 9:00 AM- 2:00 PM

AGES/GRADES: Ages 7-14

Location: Bow Old Town Hall

Cost: \$35.00 Bow Residents / \$40.00 Non-Residents plus a \$40.00 supply fee made payable to Kimberlie Berrigan.



Youth Tap, Ballet and Jazz Dance Lessons

Ages 3-5

Instructor: Concord Dance Academy

This 45-minute class is our way of introducing the basic elements of dance to this age group. We start with tap where your child will learn basic steps and rhythms. In the ballet segment, we focus on body placement and the correct terminology and also physical fitness along with Jazz movements.

Dress code :

Black leotard (any style) & pink tights

Black tap shoes Pink ballet shoes

Male dancers wear all black attire, as well as black shoes.

Day and Times: Wednesdays: 3:30-4:15 pm

Dates: January 7, 14, 21, 28, February 4, 11, 18, 25

March 4, 11, 18 (make-up March 25)

Location: Bow Community Building

Cost: \$115.00 Bow Residents

\$120.00 Non/ Residents

Youth Tap, Ballet and Jazz Dance Lessons

Ages 5-7



Instructor: Concord Dance Academy

Students continue working on their basic skills of dance in tap, ballet and jazz. Class time consists of a warm up, across the floor exercises and center floor combinations.

Dress code :

Black leotard (any style) & pink tights

Black tap shoes Pink ballet shoes

Male dancers wear all black attire, as well as black shoes.

Day and Times: Wednesdays - 2:30-3:15 pm

January 7, 14, 21, 28, February 4, 11, 18, 25

Cost: \$115.00 Bow Residents

\$120.00 Non/ Residents

Location: Bow Community Building



Bus available from BES

Fitness Programs

Body Blast

Instructor: Michele Vecchione

Build your bones, strengthen your muscles in this 60-minute strength training program. Whether you are a beginner or more advanced, this class is right for you as modifications are always provided. We use various types of equipment: bands, stability balls, tubing, steps, foam rollers, dumbbells, etc. Chairs are available to use for balancing and for some exercises. Bring a mat, small hand towel or kitchen towel, water and a pair of exercise bands. Available for purchase at \$5/pair. If purchasing, please state novice, beginner, intermediate or advanced level. Anyone 60+ older with a health risk will need a doctor's note to participate.

Mondays 8:30-9:30

January 5, 12, 26, February 2, 9, March 2, 9, 16, 23,
Make-up March 30.

Cost: \$59.00 Bow Residents \$64.00 Non-Residents
\$5.00 bands if needed.

Location: Bow Community Building
3 Bow Center Road



Cardio Jam

Instructor: Tracey Beaulieu

A mix of dance, kickboxing, and fitness variations all to your favorite songs under club lights. Multiple fitness levels will be shown to be sure you get the workout best for you. A class designed to rid you of the stresses life can bring while discovering the joy of dance. No dance or kickboxing experience required. Join the fitness party!

Thursdays 5:45-6:45 pm

Dates: January 8, 15, 22, 29, February 5, 12, 19, 26, March 5, 12, 19 (Make-up March 26)

Cost: \$82.00 Bow Residents / \$87.00 Non-Residents

Location: Bow Community Building, 3 Bow Center Road



Cardio Hula Hooping

Instructor: April Johnson

Ready to shake up your workout routine? Join us for this high energy cardio Hula Hoop class that is as fun as it is effective! This isn't the playground Hula-Hooping that you remember- this is a full-body, calorie-burning workout that will: Strengthen your core and improve your balance, Boost your cardio endurance, Tone arms, legs and abs, Relieve stress and make you smile while you sweat! No experience needed! We will start with easy-to-follow moves, then turn up the music and keep you moving. Grab a friend and bring your energy and let's hoop our way to a stronger, healthier you!

Thursdays- 7:00-8:00 pm

Dates: January 8, 15, 22, 29, February 5, 12, 19, March 5, 12, 19, (Make-up March 26)

Cost: 105.00 Bow Residents/ \$110.00 Non-Residents
Plus a \$15 Hula Hoop Supply fee payable to April Johnson for all new registrants



Location: Bow Community Building
3 Bow Center Road

Gentle Yoga

Instructor: James Readey

Our Gentle Yoga class offers seated, standing, and reclining postural movement that encourage limberness and strength. Further, students practice mindfulness techniques for healing, relaxation, and immune support. Chair options are also covered. We'll incorporate pranayama (breathing practices) for its calming and invigorating benefits, and to unlock our bodies for maximum wellness and ease of movement. Extremely relaxing, and all are welcome!

Mondays 12:00-1:00 pm

January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23
Make-up 3/30

Cost: \$113.00 Bow Residents / \$118.00 Non-Residents



Location: Bow Community Building
3 Bow Center Road

Fitness Programs

Joyful Yoga and Meditation

Instructor: Lucia Cote

Lucia comes to you with great enthusiasm and knowledge both in Kripalu Yoga and Mindfulness Meditation. Together you will explore gentle stretches and creative authentic movement, and a variety of guided, stress reducing meditations. All levels of practice are welcome! Come join us, leaving with more ease and joy in your body, mind and Spirit!!

January 8, 15, 22, 29, February 5, 12, 19, 26, March 5, 12, 19, Make-up March 26.

Thursdays 10:30 AM– 11:30 AM

Cost: \$82.00.00 Bow Residents
\$87.00 Non-Residents

Location: Bow Community Building , 3 Bow Center Road



Morning Power Hour

Instructor: Chris Proctor



Morning Power Hour is a complete lifting class aimed at building strength, balance, & improving overall health. We do 2 full-body strengthening classes each week focused on resistance training with weights, core strengthening & we touch on some nutrition topics as well. Participants can expect to learn, & build functional strength which will help to improve your health as well as overall quality of life.

January 6, 8, 13, 15, 20, 22, 27, 29, February 3, 5, 10, 12, 17, 19, March 3, 5, 10, 12, 17, 19, 24, 26 make-up March 31.

Tuesdays and Thursdays 5:30 AM– 6:30 AM

Cost: \$192.00 Bow Residents/ \$197.00 Non-Residents
Location: Bow Community Building , 3 Bow Center Road

QiGong

Instructor: Carol Ellis

This movement class will focus on nourishing, restoring and nurturing the body, breath, and spirit thru the flowing and fluid movements of qigong. Qigong is the ancient Chinese art and science of becoming aware of our life energy (qi) through a flowing choreography of postures, movement, respiratory technique, and meditations. You will gain better health, increased vitality, and leave class with an awakened and peaceful well-being!

Tuesdays 12:30 pm -1:30 pm at the Bow Community Building

January 6, 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24, Make-up March 31

Cost: \$149.00 Bow Residents /\$154.00 Non-Residents



Fitness Programs

Tai Chi

Instructor: Rich Ellis

Tai Chi employs breathing techniques, postures, movement and meditation to strengthen and increase the flow of blood and vital life force (Chi) throughout the body. This ancient Tai Chi short form is a slow, meditation in motion workout; graceful and yet powerful. Good for beginners and experienced practitioners. Benefits include: – Integration of mind, body and spirit – Stretches and tones all muscles, connective tissue and increase musculoskeletal health – Slims the body and improves stamina – Counteracts the effects of aging – leads to stress management and relaxation and an overall feeling of wellbeing.



Mondays: 1:30 pm- 2:30 pm

January 5, 12, 19, 26, February 2, 9, 23, March 2, 9, 16, 23, Make-Up March 30.

Cost: \$137.00 Bow Residents / \$142.00 Non-Residents

Location: Bow Community Building
3 Bow Center Road

Yoga Fitness

Instructor: James Readey

Our yoga practice meets you where you are, and we'll explore beginning to more experienced modifications from Kripalu Yoga. Expect mindfulness practices for healing and boosting immunity. We will stretch, strengthen, and balance our bodies with additional focus on mindful breathing, relaxation and meditative presence -- bringing you to ease of movement, and a sense of deep peace.

Mondays– 5:45 pm– 6:45 pm January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23 Make-up 3/30 Cost: \$113.00 Bow Residents / \$118.00 Non-Residents

Wednesday 5:45 pm-6:45 pm January 7, 14, 21, 28, February 4, 11, 18, 25, March 4, 11, 18, Make-up March 25

Cost: \$104.00 Bow Residents / \$109.00 Non-Residents

Location: Bow Community Building
3 Bow Center Road



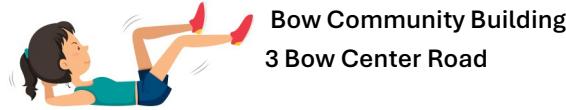
Strong and Fit For Life

Instructor: Michele Vecchione

Do you want to be stronger, have better balance and more aerobic capacity? Then this class is for you! Although designed with adults 50+ in mind, this class is great for everyone. Modifications are given for intensity and skill level. You do not need to be fit already! Class consists of cardio conditioning (low impact, intervals, circuit, and sometimes step with floor options), strength and balance training, stretching and some neuroplasticity drills, all with the goal of helping you become stronger and fit for living life to the fullest. Bring a small face/kitchen towel, a mat, a water bottle and two bands. (Available for purchase. \$5/pair. If buying, please state , novice, beginner, intermediate or advanced level.) Anyone 60 or older or with a health risk will need a doctor's note to participate.

Wednesdays -8:30-9:30 am January 7, 14, 21, 28, February 4, 11, 25, March 4, 11, 18, 25 (Make-Up April 1)

Cost: \$71.00 Bow Residents/ \$76.00 Non- Residents



Bow Community Building
3 Bow Center Road

Zumba

Instructor: Tracey Beaulieu

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.

Tuesday 5:45 pm -6:45 pm

January 6, 13, 27, February 3, 10, 17, 24, March 3, 10, 17, 24 (Make-up 3/31)

Cost: \$82.00 Bow Residents
\$87.00 Non-Residents

Location:

Bow Community Building



Adult Programs

Beginner Line Dancing



Instructor: Michele Vecchione

Whether you are an experienced or first-time line dancer, join us and you'll soon be doing jazz boxes, mambos, shuffles and more to various types of music from artists like Ed Sheeran, Camila Cabello, Garth Brooks, Keith Urban, Teddy Swims and many more. We have a great time dancing, messing up and laughing. Take a break when you like. Bring a snack if you wish and water; wear comfortable clothing and bring dry, smooth-soled shoes. For sneakers, bring a pair of old athletic socks that can be cut up and worn over the ball of your foot to make turns easier. (Bring your dance shoes with you and change out of your street shoes once inside.) Come join the fun! Anyone with a serious health risk will need a doctor's note to participate.

Mondays - 9:45-11:10am January 5, 12, 26, February 2, 9, March 2, 9, 16, 23 (Make-up 3/30)

Cost: \$72.50 Bow Residents / \$77.50 Non-Residents

Location: Bow Community Building , 3 Bow Center Road

Improver Line Dancing

Instructor: Michele Vecchione

Are you an experienced beginner line dancer who's thought about trying dances that are a bit more challenging? If so, join us! This class is taught on all the walls like the beginner class but offers a bit more challenge and a whole lot of fun. Bring water and a snack if you like; wear comfortable clothing and bring clean, dry, smooth-soled shoes. For sneakers, bring a pair of old athletic socks that can be cut up and worn over the ball of your foot to make turns easier. (Bring your dance shoes with you and change out of your street shoes once inside.) Can't wait to see you! Anyone with a serious health risk will need a doctor's permission note to participate.

Wednesdays 9:45-11:10,

January 7 14, 21, 28, February 4, 11, 25, March 4, 11, 18, 25

Make-up April 1

Cost: \$87.50 Bow Residents
\$92.50 Non-Residents



Location: Bow Community Building

Beginner Crochet

Instructor: Kristen Lewis

Do you want to learn how to crochet? This beginner class will teach you the basic stitches: single, half double & double crochet. At the end of the program, you will have made either a scarf or a hat. materials for the first two classes will be provided. The instructor will then let you know what type of yard to buy for your hat or scarf.

Tuesdays 6:00 pm-7:00 pm

Winter session 1: January 6, 13, 20, 27, Feb. 3 (Make-up 2/10)

Winter Session 2: February 17, 24, March 3, 10, 17 (Make up 3/24)

Cost: \$55.00 Bow Residents \$60.00 Non-Residents

Location: Bow Rec Center, 21 Bow Center Road



Intermediate Crochet

Instructor: Kristen Lewis

Bump your crochet skills to the next level with an intermediate class. In this class we will be making an intermediate project of your choice.

Tuesdays 7:00 pm-8:00 pm

Winter session 1: January 6, 13, 20, 27, Feb. 3 (Make-up 2/10)

Winter Session 2: February 17, 24, March 3, 10, 17

Make up 3/24

Cost: \$55.00 Bow Residents \$60.00 Non-Residents

Location: Bow Recreation Center, 21 Bow Center Road



Adult Programs

Improv Made Easy

Instructor: James Readey

Improvising is just being creative. Many people think it's hard to be "spontaneous on command", or that it requires a quick wit or an abundance of cleverness. It does not. Actually, the secret to creating new and wonderful things on the spot is learning to relax. To breathe and ease into the moment. When we slow down, and are present, we begin to notice subtleties we were overlooking. We see and feel connections we otherwise would have missed. So, if you want...

- more creativity in your life
- a calmer mind
- to laugh from your belly in a way that would release decades of tension
- to feel a greater sense of steadiness and confidence in otherwise challenging situations
- to experience a deeper connection with yourself and others

Then you want to join us. Using an assortment of games and exercises borrowed from both the improv and mindfulness worlds, we will take a gentle, light-hearted, and user-friendly approach that will bring these delightful gifts – and likely much more.

Jim Readey has been teaching yoga, meditation, and conscious communication for over 30 years - and mindful improvisation for the past 12. He brings his heart-centered and humorous approach to each of these powerful practices to ensure they are accessible to all.

Winter Session 1: Fridays 6:00 PM– 8:00 PM

January 2, 9, 16, 23, 30, February 6, Make-up 2/13

Cost: \$125.00 Bow Residents/ \$130.00 Non-Residents

Winter Session 2: Fridays 6:00 PM– 8:00 PM

February 20, 27, March 6, 13, 20 Make-up March 27

Cost: \$105.00 Bow Residents/ \$110.00 Non-Residents

Location: Baker Free Library

509 South Street, Bow NH



Adult Programs

Intro to Canine Nose Work

Instructor: John Rumson

Canine Nose Work is a scenting activity and dog sport that uses a dog's natural desire to hunt to find a specific odor. Inspired by professional detection dogs, the sport was created for companion dogs of all breeds, ages, and temperaments, including those who are reactive or shy.

How it works-

Training for K9 Nose Work begins by teaching the dog to find a hidden, high value treat paired with a target odor in a variety of boxes. As the dog becomes more confident in its scent-detection abilities, trainers increase the difficulty of the searches. It's a great hide and seek-type game to play with your dog.

Who can join us?-

Classes are open to adults (over 18 yrs.) with a well-behaved dog over 10 months of age that has successfully completed at least a Beginners or Introductory Dog Obedience or Manners course.

Class work-

The handler and dogs take turns working one at a time so the dogs can concentrate on what they are learning without distraction from other dogs. When your dog is not working, they must remain in your car, or, if well behaved, you can bring a portable crate and crate your dog on our stage in the building. Dogs that can't settle or constantly bark causing distractions for the other teams must remain in their vehicle. It is highly recommended that handlers observe other teams working and learning, as this is incredibly helpful to the learning process. We will have chairs set up in an area where handlers can observe the other teams working.

Fridays: 6:00 PM- 7:30 PM

Scent Detection 101: January 2, 9, 16, 23, 30 February 6
(Make-up February 13)

Cost: \$185.00 Bow Residents/ \$190.00 Non- Bow Residents

Location: Bow Community Building



Adult Programs



Intro to Canine Nose Work Scent detection 102

Instructor: John Rumson

This class is the next level class for Teams who have completed an Intro to Nosework Class but are still at the novice level with limited experience. We will expand working on the foundations of scent detection. Teams will progress to more challenging searches and add other search categories such as interior searches (room searches), elevated hides and increasing the amount and types of containers used in our searches. Additional target odors used in competitive events will be introduced also (anise, clove).

Who can join us?-

Teams must be fluent on the initial target odor-birch (Betula Lenta). A previous Intro to NW class or Beginner NW class is a prerequisite.

Class work-

The handler and dogs take turns working one at a time so the dogs can concentrate on what they are learning without distraction from other dogs. When your dog is not working, they must remain in your car, or, if well behaved, you can bring a portable crate and crate your dog on our stage in the building. Dogs that can't settle or constantly bark causing distractions for the other teams must remain in their vehicle. It is highly recommended that handlers observe other teams working and learning, as this is incredibly helpful to the learning process. We will have chairs set up in an area where handlers can observe the other teams working.

Fridays: 6:00 PM– 7:30 PM

Scent Detection 102: February 20, 27, March 6, 13, 27 Make-up 4/3

Cost: \$155.00 Bow Residents / \$160.00 Non-Residents

Bow Community Building

Adult and Youth Programs

Ballroom Dance

Instructor: Jessica Barley

Come learn the art of social Ballroom dance in this class. Ballroom dancing is when a couple dances a set of steps together rhythmically with the style of music being played. We will focus on learning easy and fun routines, as well as teaching how to lead and follow, so you can dance on the spot with any partner. You will not need to sign up with a partner to join this class. Couples and singles are welcome. We will rotate partners frequently in class, so everyone has a chance to learn with different partners. Ballroom shoes will not be required. Dress shoes with a heel (for men and women) are recommended, but not necessary, if you do not have ballroom shoes.

Mondays 7:30 pm-8:30 pm (Adults and age 13+)

West Coast Swing Part 2: January 5, 12, 19, 26, February 2, 9, Make-up 2/16

Cost: \$47.00 Bow Residents \$52.00 Non-Residents



Fox Trot: March 2, 9, 16, 23, 30, Make-up April 6.

Cost: \$40.00 Bow Residents \$45.00 Non-Residents

Intermediate Archery

Instructor: Lucy Morris
Ages 8-Adult

Are you excited to take your archery skills to the next level? Want to have a blast while doing it? In this course, we'll focus on building a strong mindset, improving your scoring, handling distractions, releasing stress, and most importantly, have fun! And guess what? In week 4, we'll wrap up with a fun, tournament-style class to test everything you've learned.

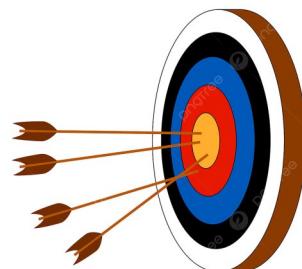
Sundays: 2:15-3:15pm

Winter session 1: January 11, 18, 25, Feb.1, make-up: 2/8

Winter session 2: February 15, March 1, 8, 15 make-up: 3/22

Cost: \$69.00/ Bow Residents
\$74.00 Non-Residents

Location: Gazebo/ Bow Community Building



Epic Family Archery

Instructor: Lucy Morris
Ages 8-Adult

Whether you're coming back to class or trying it out for the very first time, we invite you to enjoy this timeless sport with your family and friends. We'll be shooting at all sorts of targets and keeping score along the way. Come embrace the thrill of releasing a string and watching that balloon pop, hitting a rope, aiming at a target face, and most importantly, having a great time!

Sundays: 1:00 PM– 2:00 PM

Winter session 1: January 11, 18, 25, Feb.1 (make-up: Feb 8)

Winter session 2: February 15, March 1, 8, 15 (make-up: March 22)



Cost Per session: \$69.00/ Bow Residents
\$74.00 Non-Residents

Location: Gazebo/ Bow Community Building

Mom and Me Scrap

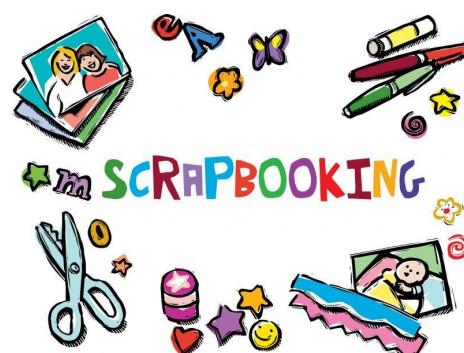
Instructor: Kimberlie Berrigan

Come spend a fun evening with your child working on a photo project together. Cheese pizza included in registration fee. You should bring 20 photos for your album.

Saturday - January 3, 2026 4:00 PM– 6:00 PM

Cost: \$30.00 Bow Residents \$35.00 Non-Residents + \$40.00 Supply fee made payable to Kimberlie Berrigan

Location: Bow Old Town Hall



Adult Programs

Snow Day Borders

Instructor: Kimberlie Berrigan

Join us for a fun evening of scrapbooking and leave this workshop with 10 completed snow themed borders, ready to place on a page!

Friday - February 6th, 2026 6:00 PM- 8:00 PM

Cost: \$30.00 Bow Residents / \$35.00 Non-Residents

Location: Bow Old Town Hall



Operation Organization

Instructor: Kimberlie Berrigan

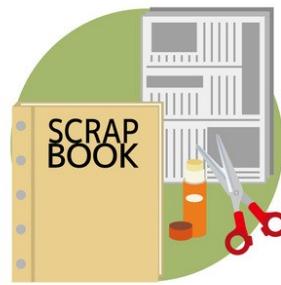
Gather up all the pictures, ticket stubs, and recital programs! The power sort system allows you to organize years' worth of photos and memorabilia (up to 1200 pictures). Each participant will receive a photo safe box and dividers, along with a demonstration. You will need to bring *all* your unorganized pictures to the workshop.

Friday—January 16, 2026 6:00 PM – 8:00 PM

Cost: \$20.00 Bow Residents / \$25.00 Non-Residents

Plus \$30.00 supply fee made payable Kimberlie Berrigan.

Location: Bow Old Town Hall



Snowflakes and Scrapbooking

Instructor: Kimberlie Berrigan

Spend a fun day on your albums, learning a new technique, and earning prizes through games and drawings! Tools will be out for you to use.

Saturday: January 17, 2026 8:00 AM– 7:00 PM

Cost: \$55.00 Bow Residents / \$60.00 Non-Residents

Location: Bow Old Town Hall



Adult Programs

Happy Trails Hiking Club



This Hiking Group is for adults wanting to get out in nature, meet some new like-minded people and have fun doing it. We do some elevation, although we do not do "mountain" hiking. We try to keep it light and relatively easy. We do travel and we encourage carpooling, especially on longer trips. We have done trips everywhere from The Great Hill here in Bow to Andres Institute of Art in Brookline and as far as The Basin near Cannon Mountain. We use TeamReach (an online app) to communicate the "when and where" and times when cancellation is necessary. Last year we hiked from November thru May. We have been known to occasionally stop for lunch after hiking (not a Bow Rec sanctioned activity and optional). This is a social club! Well behaved dogs are permitted but must be kept on leash and you must pick up after them.

PLANNED HIKES: PLANNED HIKES:

- Hooksett to Allenstown from the dog park.
- musquash conservation area, Londonderry
- MORSE PRESERVE IN ALTON
- HAMMOND PRESERVE, Bow
- Tower Hill Pond, Auburn
- Andres Institute of Art, Brookline
- Hammond Preserve, Bow

OTHER HIKES BEING CONSIDERED INCLUDE:

- The Brook Walk in Moultonbor
- Old Hill Village in Hill
- Northwood Meadows
- Joppa Hill to Pulpit Rock
- Saint Paul's Trails
- Shakers Village Trails
- Knox Forest

THESE LOCATIONS ARE SUBJECT TO CHANGE OR CANCELLATION DEPENDING ON ATTENDANCE, WEATHER OR IF THERE ARE NO COORDINATORS AVAILABLE. WE ARE ALWAYS OPEN TO SUGGESTIONS.

Intro To Pickleball

Instructor: Joan Major



This "hands-on" introduction to pickleball class covers safety, pickleball strokes and rules on how to play pickleball. The strokes include serve/return, volley, dinking/kitchen/no volley zone, 3rd shot drop and some strategy concepts. The "mini" pickleball game introduces and gives students the ability to learn and practice scoring. Students finish the class by playing pickleball games.

DATES & TIMES:

Saturday, January 3, 2026 9:00 am – 12:00 pm

Saturday, February 7, 2026 1:00 pm – 4:00 pm

Saturday, March 7, 2026 1:00 pm – 4:00 pm

Cost: \$100.00 Bow Residents \$105.00 Non-Residents

Location: Bow Community Building
3 Bow Center Road

Krav Maga

(13 years and older)

Instructor: Jessica Barley



Krav Maga is a hand-to-hand combat defense system designed to be used by anyone no matter their size or ability. Learn how to defend yourself against a knife whether someone is using it to try and stab and slash, or in a hostage situation. We will learn the basics on how to use a knife in a self-defense course. There is no equipment required for this class.

Mondays: 6:15 pm – 7:15 pm

Winter session 1:

January 5, 12, 19, 26 February 2, 9 Make-up February 16th

Cost: \$65.00/ Bow Residents \$70.00 Non-Residents

Winter session 2:

March 2, 9, 16, 23, 30 Make-up April 6

Cost: \$55.00/ Bow Residents \$60.00 Non-Residents

Location: Bow Rec Center, 21 Bow Center Road

Adult Pick-up Games

Volleyball

Wednesday nights
8:00-10:00 pm
at the BES Gym

Basketball

Sunday nights
7:00-9:00 pm
Wednesday nights
6:00-8:30 pm
at
BMS Gym

Basketball

Tuesday and Friday
mornings
5:45-7:00 am
At BHS Gym



Adult Programs

Senior Shenanigans

BRINGING SENIORS TOGETHER WEEKLY FOR
FUN, LAUGHTER, GAMES AND FRIENDSHIP!

Join us for a casual environment
of fun and laughter:

- coffee and tea
- board games
- puzzles
- conversation
- and more

Let's make new friends!

Tuesdays - 10:30 AM- 12:00 PM

FREE!

Location: Bow Community Building
3 Bow Center Road, Bow, NH



Adult Pickleball Club

Please join the Bow Parks and Recreation Pickleball Club. Participants will need to have a Bow Parks & Recreation Online Account which can be created at bownh.myrec.com. If you have registered for programs with us in the past, you may already have an account. Try logging in with the email address that we might have on file. Also, try resetting your password. Bow residents play for free after paying a \$10.00 annual pickleball club fee. Non-residents must pay \$10.00 per month to play after paying the \$10.00 annual pickleball fee. Bring your own paddle and court shoes. We will have a net set up and will provide game balls. All players must sign-in each time they play.

New Players: Prior to playing with the club, new members must have taken an introductory pickleball class. After creating a MyRec household account and having paid the required fees, you will be invited to join our Team Reach. This phone app is how the team communicates. It is how you reserve a spot and see/make changes for a session. Each session has a maximum number of spots available. Team Reach is vital to the smooth running of the club program. You can sign up at bownh.myrec.com

Bow Community Building (1 indoor court)

Monday 7:00-9:15 pm All levels

Wednesday 7:00-9:15 pm Intermediate and above

Friday 10:00am—12:30 pm All Levels

Howard Recreation Center

Tuesdays 10:00 am—noon

Thursdays noon—2:00 pm



Parks & Rec Community Building Programs- January- March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>MORNING</u>		<u>MORNING</u>	
<u>BODY BLAST</u> 8:30 - 9:30 am	<u>POWER HOUR</u> 5:30 - 6:30 am	<u>STRONG AND FIT</u> <u>FOR LIFE</u> 8:30 - 9:30 am	<u>POWER HOUR</u> 5:30 - 6:30 am	
<u>BEGINNER LINE DANCING</u> 9:45 - 11:10 am	<u>Celebrating Children Gym Day</u> 9:30 - 10:15 am	<u>Improver Line Dancing</u> 9:45-11:10 am	<u>Joyful Yoga and Meditation</u> 10:30 AM- 11:30 AM	<u>Pickleball</u> 10:00 am—noon
<u>GENTLE YOGA</u> 12:00-1:00PM	<u>Shenanigans</u> 10:30 AM- 12:00 PM		<u>Pre-K Sports Day</u> 12:30-1:15 pm	<u>Artful Explorers</u> 2:30 PM- 4:30 PM
<u>TAI CHI</u> 1:30 PM-2:30 PM	<u>QiGong</u> 12:30 PM- 1:30 PM	<u>Youth Dance</u> Ages: 5-7 2:30 PM- 3:15 PM	<u>Gr. 1-4 Sports Day</u> 2:30-3:15 pm	<u>Dog Scent Training</u> 6:00 PM- 7:30 PM
<u>YOGA FITNESS</u> 5:45-6:45PM		<u>Youth Dance</u> Ages: 3-5 3:30 PM- 4:15 PM	<u>Middle School Volleyball</u> 3:30-4:30 pm	SATURDAY
<u>Pickleball</u> 7:00 PM- 9:00 PM	<u>ZUMBA FITNESS</u> 5:45-6:45	<u>YOGA FITNESS</u> 5:45-6:45PM	<u>CARDIO JAM</u> 5:45-6:45pm	<u>Gr 1-2 Basketball</u> 8:15-9:00 am
		<u>Pickleball</u> 7:00 PM- 9:00 PM	<u>CARDIO HULA HOOP</u> 7:00 PM- 8:00 PM	<u>Pre-K Basketball</u> 9:15-10:00 am 10:15-11:00 am 11:15-12:00 pm
				SUNDAY
				<u>Archery</u> 1:00-2:00 pm 2:15-3:00 pm

THERE ARE 4 EASY WAYS TO REGISTER FOR A BOW PARKS AND RECREATION PROGRAM!

ONLINE REGISTRATION

ONLINE

Bownh.myrec.com



DROP BOX

An after hour drop box is provided. The box is located



MAIL TO:

Bow Parks & Recreation
10 Grandview Road



IN-PERSON / WALK-IN

Visit us at the Recreation Office located at the Bow Community Building

BOW REGISTRATION DAY

Registration is ONLY open to residents of the Town of Bow.

Bow Residents enrolled in current Adult Fitness Programs 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 unless you are currently enrolled in an adult fitness class.

Registration will stay open until a program is full once the minimum number required to run the class is met.

Once a program is full, participants will be wait listed.

We will not hold a spot in any program without a payment and a completed registration form.

OPEN REGISTRATION DAY

Registration is open to anyone.

Non residents are charged an additional \$5.00 fee.

CANCELLATIONS OF PROGRAMS

Classes may be cancelled due to lack of enrollment. A refund will be received if this is the case.

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 display on the Town of Bow website, Bow Parks & Rec Facebook page, bulletin boards and for marketing purposes only.

If you/child do NOT wish to be photographed please note this on your registration form. Or contact the Parks and Recreation office.

REFUND / CANCELLATION POLICY

- There are no refunds for Summer Camp and Field Trip fees. Refunds for other programs are issued only if a registered participant cancels at least one week prior to the start date; less a \$10 admin fee or the participant enrolled in the program provides us with a note from a physician prior to the last class, stating they are not able to participate in the program due to a medical condition.

Bow Parks and Recreation may cancel a program due to inclement weather or unforeseen circumstance.

Cancellations will be sent via EMAIL.

There are no refunds for Summer Camp and Field Trip fees.

If Bow Parks and Recreation cancels a program, and there is no make up date scheduled, a refund will be submitted unless account credit is requested.

CHECK POLICY

Returned checks will be charged a \$25 fee.

REMINDERS

Please update your online household account information if there have been any changes such as: address, phone, MEDICAL etc... at bownh.myrec.com



To avoid class cancellation, be an Early Bird.

Register at least 7 days prior to the start date to avoid class cancellation.

Some classes may be cancelled within 5 days of starting if the minimum is not met.