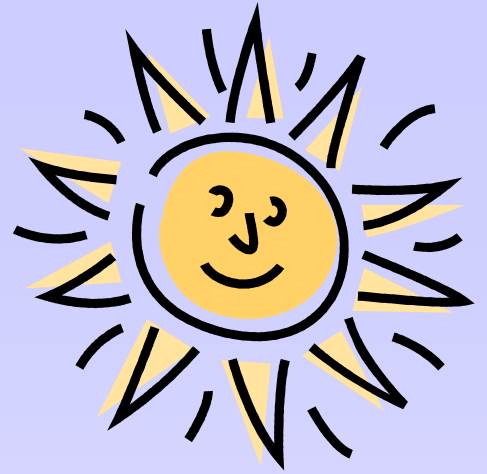


BOW RECREATION SUMMER CAMPS 2013



Registration for:

- Summer Day Camp
- Camp Trips
- CIT Program
- Teen Trips

pages 3 & 4

Thursday, May 2nd
2:45-5:30 pm

Registration for:

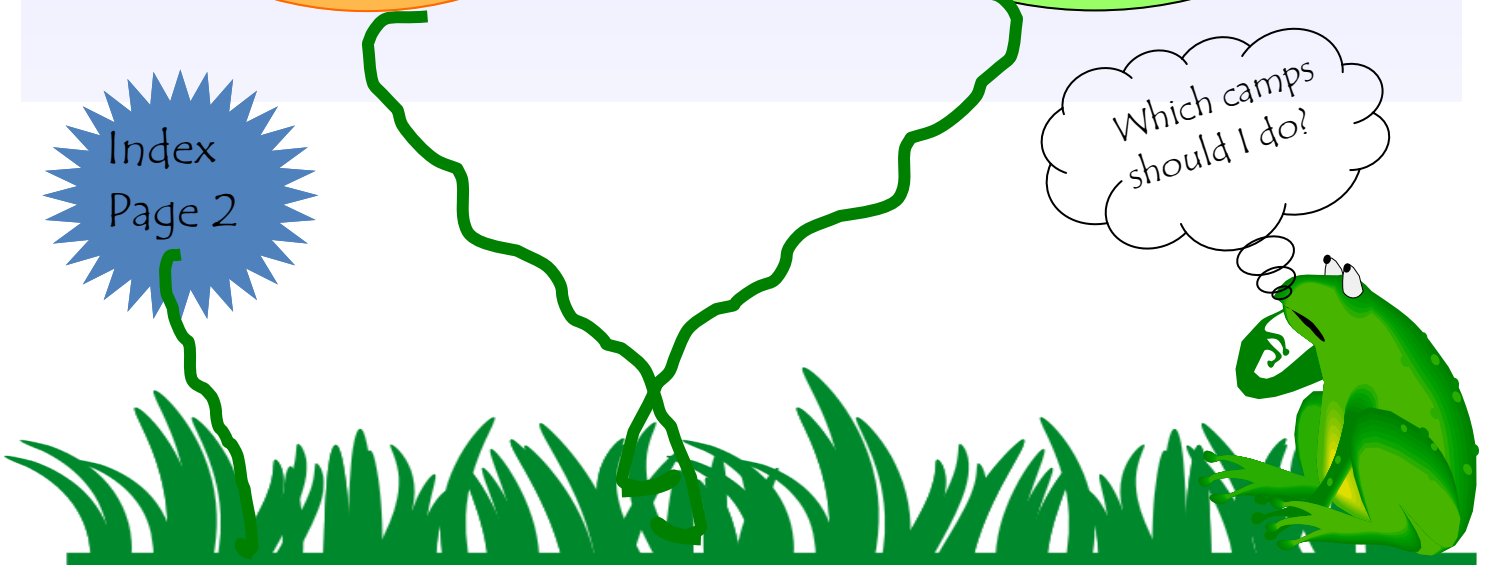
Recreational Camps &
Programs

pages 5 through 9

Begins Wednesday,
April 17th 8:00 am

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Page 2

Which camps
should I do?



For more information, give us a call @ 228-2222,
visit our website @ www.bow-nh.gov or stop by our office @ 3 Bow Center Road

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TO REGISTER FOR A PROGRAM

You must complete a registration form and submit with cash or check made payable to the Town of Bow.

REMEMBER THESE 3 EASY WAYS TO REGISTER!



In-person/walk-in
Visit us at the Recreation Office located at the Bow Community Bldg. to fill out your registration. Office hours are M-F, 8am—4 pm



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



Mail to:
Bow Parks & Recreation
10 Grandview Road,
Bow, NH 03304



It's going to be so much fun with Bow Recreation this summer!



REFUND/CANCELATION POLICY

Program Instructors need to order supplies and plan classes ahead of time. A refund will ONLY be given if a cancellation is made at least one week before the start of the program; less a \$10 administrative fee. If Bow Recreation cancels a program, a full refund will be given. Returned checks will be charged a \$25 fee.

Summer Day Camp

Age 6 to Grade 7 (as of Fall 2013)

Bow residents only!

Date: Mondays, Wednesdays and Fridays

June 24 to August 2

Tuesdays and Thursdays are trip days, and you must sign-up and pay additional trip fees to go on trips.

*NOTE: There will be NO camp on Tuesdays & Thursdays

Time: 9 am to 3:30 pm

Where: Bow High School Gymnasium

Cost: \$160 for first child, \$150 for each addt'l child

Early drop-off is available from 7:45 to 9 a.m. for an addt'l \$2 per day charge.

- After June 1st, there are no refunds for camp cancellations. refunds prior to June 1st will be less a \$10.00 administrative fee.
- Weekly Calendar available for pick up the Friday before each week.
- If registering after May 2nd, you must have a completed registration form with payment and place name in our sign up book.
- If program is full please place name & phone number in sign up book to be wait listed.
- Information needed for registration form will be: health concerns, list of current medications, if they carry an inhaler or Epi-Pen, date of tetanus shot, doctors name & phone number, and emergency numbers.
- If there are any changes through out the summer, please inform us.

Teen Trips

For Grades 7 to 12 (as of Fall 2013)

Bow residents only!

Date: Tuesdays & Thursdays

June 25 to August 1

Time: 9 am to 3:30 pm

Where: See page 4 for listing

Cost: \$25 plus individual trip fees.
(Cost includes Camp Trip T-Shirt)

Tuesdays and Thursdays are trip days, and you must sign-up and pay additional trip fees to go on trips.



Typical Day At Camp

7:45-9:00 Early Care
9:00-9:30 Check In/Free Play
9:30-10:15 Activities
10:15-10:35 Snack Time
10:35-11:10 Activities
11:10-Noon Activities
12:00-12:30 Lunch
12:30-1:00 Free Play
1:00-2:00 / 2:00-3:00 Activities
3:00-3:30 Free Play/Notices/Check-Out

Trip Information: Trips are available to children registered in the Summer Day Camp/Teen Trip Program. Each trip has a "trip fee" which is due upon registration. Please note that each trip also has an age group. Payment is due with registration for field trips. There are no refund for trips, unless we are able to fill your child's spot (less \$10 administrative fee).

CIT Program **Ages: Grades 9-12** (as of Fall 2013)

Bow residents only!

Date: June 25-August 3

Mondays, Wednesdays, and Fridays

Time: 8:45 a.m. to 3:30 p.m.

Cost: \$50.00

CIT registration begins May 2rd.

We will be offering a limited number of Counselor-in-Training (CIT) positions at our full-day Summer Camp. This will be open to students entering grades 9 and up. CIT positions require a three-week minimum commitment during our Summer Camp. The CITs will assist the counselors during a variety of activities and special events on Mon., Wed. and Fri. from 8:45 a.m. to 3:30 p.m. There will be required training before the camp begins. Interested students must fill out an application & summer registration form to be considered for the position. They will be called to set up an interview with the camp director and assistant director. Once selected, the fee of \$50 will be due.

Bow Recreation 2013 Summer Day Camp & Trip Schedule

TRIPS are only available to those enrolled in the Summer Camp or The Teen Trip Program

Monday	Tuesday	Wednesday	Thursday	Friday
June 24 Welcome Campers! <u>Wear sneakers everyday</u> Scavenger Hunt	25 Stone Zoo Grades 1-7 9 am-3:30 pm - \$16 	26 Hands & Feet 	27 Sunapee Beach Grades 3-12 9 am-3:30 pm - \$10 	28 Going Green Bowgie's Birthday Wear green & Celebrate! 
July 1 Camper's Choice Bring your ideas! 	2 Ellacoya Beach Grades 3-12 9 am-3:30 pm - \$10 	3 Celebrate the USA  Wear Red, White & Blue	4 CLOSED! 	5 To The Moon & Back 
8 Game Shows 	9 Clarks Trading Post Grades 1-7 9 am-4:00 pm - \$23 	10 Take Me Out To The Ball Game! Buy lunch today: Hot Dog-\$1.00 Pop Corn-\$1.00 Ice Cream-\$1.00 Proceeds benefit field fund	11 Wellington Beach Grades 3-12 9 am-3:30 pm - \$10 	12 Bow Rec Idol 
15 Olympic Week Begins 	16 Whale's Tale Water Park Grades 1-7 9 am-4 pm \$23 	17 Let the Game's Begin 	18 Sunapee Beach Grades 3-12 9 am-3:30 pm-\$10 	19 Olympics Closing Ceremony 
22 Sign-up for picnic Under The Sea  Bring your bathing suit and towel	23 Sign-up for picnic Canobie Lake Grades 4-12 10 am-5 pm \$30  (no early care)	24 Sign-up for picnic Christmas in July 	25 Sign-up for picnic Ellacoya Beach Grades 3-12 9 am-3:30 pm - \$10 	26 Sign-up for picnic Carnival  Bring your pennies
29 Yee-Haw Showdown 	30 Pawtuckaway Beach Grades 3-12 9 am-3:30 pm - \$10 	31 Annual Picnic Luncheon 	August 1 Water Country Grades 4-12 9 am-4 pm - \$30 	2 Camp Ends Camper's Choice 

*NOTE: There will be NO camp on Tuesday & Thursday as these are trip days



Bow Parks & Recreation

Located at the Bow Community Building
Phone: (603) 228-2222 website: www.bow-nh.com



Kidz Kamp~For Preschoolers

At the Bow Municipal Building in our Preschool Rooms & outside at Sargent's Park
Ages 3 – 6 (must be potty-trained)

Week 1: 9am-12pm **Week 2:** 9am-12pm
June 3, 4, 5 & 6 June 10, 11, 12 & 13

Cost: \$100 per week (\$105 non-Bow) or sign-up for both weeks & pay just \$175 (\$180 non-Bow)!!!

A fun-filled week of Outdoor & Indoor discovery through exciting activities! Arts & Crafts, Science, Music, Physical Activities & Games will be a part of each day. Your child's enthusiasm for learning & exploration will be nurtured through this "*Kidz Kamp*" experience!

*For more info stop by or call...
Celebrating Children 228-2214
Bow Recreation 228-2222

REGISTER through Bow Parks & Recreation Checks made payable to Celebrating Children



Date: practice Mon-Wed-Fri June 3 thru June 21

Regional Meet Sat, June 22

State Meet Fri, June 28

Time: practice 3:30 pm to 5:00 pm

Where: Bow High School Track

Cost: \$35 (Bow Residents Only)

Ages: 9-14 Boys or Girls (birth years: 1999 to 2004)

Parents must provide copy of Birth Certificate at the time of registration and transportation to all meets.

Hershey Track is a national program for young athletes between the ages of 9 & 14 that allows them to learn the basics of Track & Field and to compete at local & state meets. Athletes who excel at the state meet may have the opportunity to compete in regional and national competitions. Athletes will learn relay team handoffs, jumping, racing, and throwing. Events include: 50m dash, 100m dash, 4x100m relay, 400m dash, 800m run, 1600m run, standing long jump, and softball throw.

Children should bring snack, drink and plenty of water to each practice.

Instructed by Bianca Acebronpeco & Alex Evans

**REGISTER through Bow Parks & Recreation
Checks made payable to Town of Bow**

Alchemists Workshop & Bow Recreation Present a Musical Theatre Camp

Disney's The Little Mermaid JR.

Ages 6 to 21

Date: June 24-June 29; 6 day camp

Time: Mon-Thu 9am to 3pm & Fri-Sat 2pm to 9pm

Where: At Bow High School

Cost: \$225 with a \$10 discount for each additional family member

Children will receive a Alchemists Workshop" T-Shirt

Children should bring snack, drink and lunch daily

Questions or more information call Tom Dunn at

568-5102 or e-mail dunn.t@comcast.net



REGISTER through Bow Parks & Recreation ~ Checks made payable to Alchemists



Bow Parks & Recreation

Located at the Bow Community Building
Phone: (603) 228-2222 website: www.bow-nh.com



Yoga for Kids Camp

Ages 6 to 10

Each day children will explore yoga through breath work, yoga poses, songs, games, and relaxation in a one-hour yoga class. We will enjoy a mid-morning snack (byo snack), and then get creative with a yoga themed art activity (art materials provided). Children should bring a water bottle, and there will be mats available to use or they may bring their own.

Date: July 8 to July 12; 5 day camp

Time: 9:00 am to 11:30 am

Where: At Bow High School

Cost: \$125 (\$130 non-Bow)

Taught by Monique Lamore www.moniquelamoreyoga.blogspot.com

REGISTER through Bow Parks & Recreation

Art for Kids Camp

Grades 1 to 5



Art Camp Week 1:

Children will be learning hands-on techniques and exploring different materials to create creative art pieces such as 3D paper Mache' sculptures, painted paper collages, mixed media water color on self-made canvases

Date: July 22 to July 26; 5 day camp

Time: 9:00 am to 11:30 am

Where: At Bow High School

Cost: \$60 (\$65 non-Bow) made payable to Town of Bow and \$10 Supply Fee payable to Elsa Chern, Instructor

Art Camp Week 2:

Children will explore different media and techniques while studying different artists; such as a paper collage from Matisse or Eric Carle, a pointillism painting like Seurat and paint frescoes (on plaster) "upside down" like Michael Angelo by painting under the table!!!

Date: August 5, 7, 8; 3 day camp

Time: 1:00 pm to 3:30 pm

Where: At the Bow Community Building

Cost: \$40 (\$45 non-Bow) made payable Town of Bow and \$10 Supply Fee payable to Elsa Chern, Instructor

REGISTER through Bow Parks & Recreation



Scrapbooking Camp

Ages 7 to 12

Instructor Kimberlie Berrigan 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.

Date: July 15 to July 19; 5 day camp

Time: 9:00 am to 11:30am

Where: At Bow High School

Cost: \$50 (\$55 non-Bow) materials included

REGISTER through Bow Parks & Recreation

Checks made payable to Town of Bow



Jr. Environmental Explorers

Ages 4 to 6

Discover & explore 3 different ecosystems right here in Bow. Learn about the plants and animals that live here. We'll enjoy exploring the great outdoors, rain or shine so dress appropriately and be prepared to possibly get dirty!

Date: July 9, 10, 11; 3 day camp

Time: 4:00 pm to 5:30 pm

Where: For the first day, we will meet at the parking lot of the Bow Rescue Building on Knox Road

Cost: \$24 (\$29 non-Bow)

Parents, we do not apply sunscreen/bug repellent; so apply these to your child before coming to the program. We will need a couple of parent helpers; so let us know if you can assist one or all days.

Instructed By: Mark Stewart

REGISTER through Bow Parks & Recreation

Checks made payable to Town of Bow



Bow Parks & Recreation

Located at the Bow Community Building
Phone: (603) 228-2222 website: www.bow-nh.com



Let's Go Your Mind

Got LEGO Fever? We Have the Cure!

Date: Aug 12 to Aug 16; 5 day camp
Where: At the Bow Community Building

Crazy Contraptions

Ages: 4 - 5
Time: 9:00 am to 12:00 pm
Cost: \$150.00
Sibling/Multi-Camp Discount \$50



Experience Legos in Action! We'll build Lego contraptions that can launch a Lego mini fig 20', zip him across the room, make him dizzy, and lift him high in the air. Each day we will teach a new science concept using Lego elements. Students then put these concepts into live action through their creations.

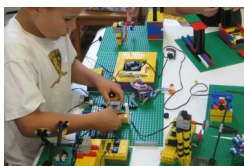
Jedi Padawan—Motorized Spaceship & RCX Robotics

Ages: 6 - 10
Time: 9:00 am to 3:00 pm
Cost: \$295.00
Sibling/Multi-Camp Discount \$50

Build a robotic space vehicle and learn how to program it to navigate through a Stars Wars obstacle course. Throughout the week students will create and program the robotic brain to power a space ship, design rotating satellites and space towers and create extraterrestrial creatures. Our instructors will teach mechanical design, construction, programming & teamwork skills using LEGO building elements and motors.

Jedi Knight—Robotics

Ages: 9 - 13
Time: 9:00 am to 3:00 pm
Cost: \$295.00
Sibling/Multi-Camp Discount \$50



Build a robotic space vehicle and program it to navigate through a Stars Wars obstacle course. Teams will be challenged to take down an AT AT, defeat a Rancor and pod race through the maze. Students will practice construction and programming with the NXT intelligent brick using servomotors and sensors. In the afternoon, students will build their own mini movie set and create an animated movie using LEGO mini figures and other objects created at camp. The students will also learn how to edit their movies and add music and titles using Professional Stop Animation software.

TO REGISTER: go online @ www.letgoyourmind.com

Children will receive a "Letgo Your Mind" T-Shirt
Children should bring snack, drink and lunch daily



Healthy Cooking Camp

Grades 4 to 8

Great eating habits can be learned at a young age. Having fun with food can too! The purpose of this camp is to teach kids about their food choices and hopefully get them to think about what they eat. The children will be educated about the ingredients (bought locally) in each meal as well as assist, hands-on, in the food preparation of each meal.

Date: July 22 to July 26; 5 day camp
Time: 9:00 am to 12:00 pm
Where: At Bow High School
Cost: \$44 (\$49 non-Bow) made payable to Town of Bow
Supply Cost: \$100 (dinner for family of 4 daily) made payable to Brenda Lewis



Menu:

Monday; Black bean, spinach and cheese burritos with fruit yogurt
Tuesday; Spagetti with meatballs
Wednesday; Chicken pasta salad and fruit pizza
Thursday; Tacos with toppings of their choice
Friday; Healthful pizza w/ 1/2 whole wheat 1/2 all purpose flour topped with veggies of their choice
*menu subject to change

Children should bring take home containers and a cooler to transport their meal back home for dinner that night.

Instructed by Brenda Lewis

REGISTER through Bow Parks & Recreation

HAPPY SUMMER!



Bow Parks & Recreation

Located at the Bow Community Building
Phone: (603) 228-2222 website: www.bow-nh.com



Multi-Sports Camp

Ages 5 to 13

Children will learn new British sports and develop new skills with team-building activities that include more than just running, jumping, catching, kicking, and throwing! They will also learn about Respect, Responsibility, Integrity, Sportsmanship and Leadership, while playing hard, having fun and making new friends.



- Tag Rugby
- Cricket
- Soccer
- Rounder's
- Kick Ball
- Netball



Date: July 15-July 19; 5 day camp

Time: 9:00-12:00 pm **Cost:** \$135

Time: 1:00-4:00 pm **Cost:** \$135

Time: 9:00-4:00 pm **Cost:** \$189

Where: Bow Memorial Baseball Field

In case of inclement weather it will be moved into the Bow Memorial Gymnasium.

TO REGISTER: go online @ www.challengersports.com

Register online before May 31st to receive a FREE jersey! A \$10 Late Fee will be added if registration is completed after July 5th.



Kinder-Basketball

Ages 4 & 5

Join Coach Stewart for an introduction to the game of basketball. This children will learn how to dribble, shoot & play the game in a fun atmosphere.

Date: July 25 & 26; 2 day camp

Time: 9:15 to 10:45 am

Where: Bow Community Building

Cost: \$20 (\$25 non-Bow)

Players should wear sneakers, bring water and a snack.

Instructed by: Mark Stewart

REGISTER through Bow Parks & Recreation



Basketball Camp

Grade 1 to 4

Come learn basic basketball skills, hone your present skills, or learn some new maneuvers.

Date: June 24 through June 27; 4 day camp

Time: 9:00 am to 12:00 pm

Where: Bow Elementary School

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

Players should bring their own intermediate sized basketball, water and a snack.

Instructed by: Mark Stewart

REGISTER through Bow Parks & Recreation



Basketball League Co-Ed

Grades 6 to 9

Date: July 9, 11, 16, 18, 23, 25, 30, & Aug 1

Time: 5:30 to 7:00 pm

Where: Bow Memorial Gym

Cost: \$40 (\$45 non-Bow)

Instructed by: Ken Stewart,
Bow Memorial Basketball Coach

Everyone welcome for this pick-up basketball league. Great opportunity to work on your skills through out the summer. Games twice a week on Tuesdays and Thursdays We have a minimum number of participants so register early before it is full!

REGISTER through Bow Parks & Recreation



Bow Parks & Recreation

Located at the Bow Community Building
Phone: (603) 228-2222 website: www.bow-nh.com



Ultimate Lacrosse Camp

Boys & Girls Ages 7-15

The Ultimate Lacrosse Camp goal is to bring together boys and girls from the area and through their passion for the game teach young players the skills and values of lacrosse. As much as they will be keeping the majority of their emphasis on lacrosse, they will also make sure that every camper is having a good time! Camp will focus on stick skills, agility, wall ball, lax IQ, chalk talk, and strategy, positioning, conduct (on and off the field), conditioning / training / nutrition, warm up, sportsmanship, and off season training.

Date: July 29th thru August 1st, 4 day camp

Time: 9:00 am to 3:00 pm

Where: Bow Memorial School

Cost: \$240 Includes: 1 player jersey; Lunch, Freeze Pops, and ice cold refreshments provided daily; Prizes at the end of each day.

The Ultimate Lacrosse Company selects premier players from every position to provide the camp with a well rounded and dynamic coaching staff. Staff Ratio camper/counselor = 7/1. Counselors for both girls and boys will be comprised from both current and former college players representing Div. I, II, & III. These coaches are selected not only based on their ability to perform on the field but their etiquette, devotion, lax IQ, and desire to spread their passion for the game with young players.

Camp Directors:

- Lee Gunst
- Amanda Spadafora
- Harrison Johnson
- Mac Johnson
- Howie Roevers



Boys: Need to supply their own equipment:
Lacrosse stick, helmet, gloves, shoulder pads, arm pads, mouth guard, and cleats.

Girls: Need to supply their own equipment:
Lacrosse stick, goggles, mouth guard, and cleats.

REGISTER through Bow Parks & Recreation
Checks made payable to Ultimate LAX LLC

Intro to Field Hockey

For Girls Entering Grades 3 & 4 Fall 2013

Coach Guerrette & Shaw would like to introduce the FUNDamentals of Field Hockey. This is a great class for those girls who have not yet tried it and would like to give it a shot and see what it is all about.

Date: Friday, May 24th ; 1 day

Time: 2:30 pm to 4:00 pm

Where: Bow Elementary

Cost: FREE



Sticks will be provided. However, if you have your own you are welcome to bring it. Comfortable clothing and running sneakers are required for play.

Children should bring a snack & drink for afterschool and water bottle for water breaks.

Questions? Email Julie at julieguerrette@yahoo.com

REGISTER through Bow Parks & Recreation



ABC Field Hockey Camp

Grade 6 to 8 Fall 2013

This is a three day camp of field hockey fundamentals and conditioning for new or experienced players. Bring a friend for double the fun!

Date: August 20 thru August 22; 3 day camp

Time: 9:00 am to 12:00 pm

Where: Bow Memorial

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

Players should bring a stick, shin guards, eye protection, a colored mouth guard that covers the molars, sneakers or cleats, water and a snack.

Instructed by: Becca Cleary BMS Field Hockey Coach
& Lisa Begley BMS Field Hockey Assistant

REGISTER through Bow Parks & Recreation

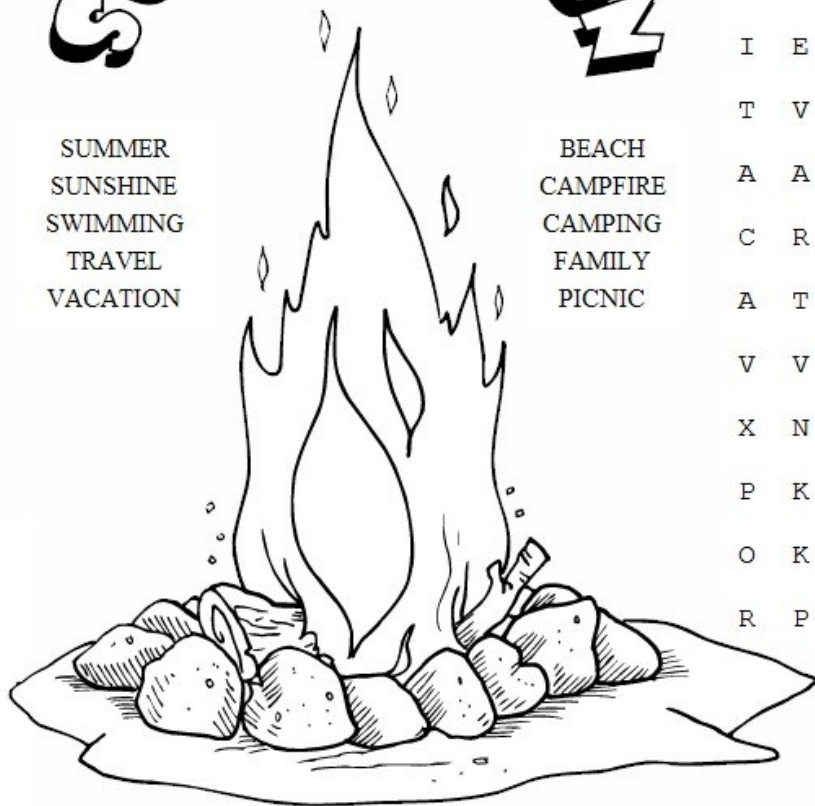
Grab a friend &
hop on over to
play with us.



SUMMER FUN

SUMMER
SUNSHINE
SWIMMING
TRAVEL
VACATION

BEACH
CAMPFIRE
CAMPING
FAMILY
PICNIC



WORD SEARCH

N	K	Z	F	L	T	C	P	L	D	W	L
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