



## EXETER BOWLING LANES SENIOR FALL BOWLING PROGRAM



**PROGRAM OBJECTIVE:** Drop the Wii and get off that couch! Come participate in one of the country's oldest pastimes enjoyed by generations. Bowling is an aerobic type of physical exercise, similar to walking with free weights. Bowling helps in burning calories and works muscle groups not usually exercised. The flexing and stretching in bowling works tendons, joints, ligaments, and muscles in the arms and promotes weight loss. Apart from the physical benefits, it also has psychosocial benefits, strengthening friendships or creating new ones in groups. Exeter Bowling Lane has been hosting bowling since 1946 and has become a place for family, friends & co-workers to interact and have fun.

**INSTRUCTOR:** Rob Ficara Sr., 30 year owner of Exeter Lanes, former pro bowler & NH State champ.

**REGISTRATION:** Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registration accepted at the Recreation Office during our business hours, on-line, mail or fax. Payment must be paid at the time of registration and a medical release form must be completed.

**LOCATION:** Exeter Bowling Lanes, 6 Columbus Ave, Exeter, NH 03833

**EQUIPMENT:** All equipment is provided.

**FEE:** Please make your check payable to E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check.

### Wednesday, October 28<sup>th</sup> – December 16<sup>th</sup>, 2015

Classes	Time	Fee on or before 10/21	Fee after 10/21	Class Code
Senior	1:30 pm-3:00 pm	\$80.00pp	\$90.00 pp	424600-3A

**DEADLINE:** The deadline to register for this program is **Wednesday, October 21<sup>st</sup> at 4:15pm**. Late Registration is on a first-come, first-served basis pending availability.

**PIZZA DEAL:** Sign up for one of these programs and get a discount on a pizza deal for the entire family.

EXETER PARKS AND RECREATION DEPARTMENT  
32 Court Street, Exeter, NH 03833  
Phone: 773-6151, Fax: 773-6152  
Website: <http://town.exeter.nh.us/rec>  
Business Hours: Monday – Friday, 8:15am - 4:15pm