



Holderness Recreation Department

Fall 2011 Programs

Holderness Recreation Department, P.O. Box 203, Holderness, NH 03245
 Holdrec@roadrunner.com, www.holderness-nh.gov 968-3700



Halloween Concert

2011 Grammy Award Nominee
Judy Pancoast!

Clever original tunes such as "The Goodtimes Goosebumps Motel," "Superman Can," and "Once Upon a Time" are perfect for an evening of fun and fantasy. Her rollicking concerts have caused a ruckus from Maine to California and beyond. Her Halloween concert is so popular that she has been booked every year for the past 12 years by the Bedford Recreation Department.

Friday, October 21st 6:30pm

at the Holderness Town Hall.

Suggested donation of \$3 / per person.

Proceeds to go to the Recreation Scholarship fund.

Children, families and everyone else.

For Extra Fun be sure to come in costume.....

Sponsored by Holderness Recreation Department and the Holderness Free Library

Babysitter's Training

Learn what you need to know to become a responsible babysitter. The Babysitter's Training course can help you—

- Supervise and play with children of all ages.
- Hold, feed, bathe and dress infants and toddlers.
- Be a responsible role model.
- Make good decisions and solve problems.
- Handle emergencies such as injuries and household accidents.
- Write resumes & prepare for an interview.
- Receive your Babysitting Certificate after the course.

When: Thursday, Dec. 29th

Time: 9am—3:30 pm

Who: Ages 11—15 yrs

Cost: \$95

Register by Dec. 15th, 2011.

This could make a great gift for the aspiring babysitter:-)



Scrap Booking Anyone?

How many pictures did you take this summer?

Where did you go on vacation and what did you collect?

Are you interested in getting together with others that want to organize their memories and share techniques?

If so then come to the Holderness Free Library on September 30th at 4pm.

Bring your photos and other memorabilia and chat with others about how to organize these precious memories.

If people want to continue meeting, this will be the time to set a schedule.

Please R.S.V.P to the Library 968-7066 or Recreation Department 968-3700 so we know who might be coming.



Adult Yoga—all levels

Lori Card has been teaching yoga in Holderness for almost a year now. She has a wonderful personality and truly enjoys sharing yoga with us. She is currently offering adult Yoga for all levels on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9—10:15. Classes are on going. A punch card for 6 classes is \$60 or \$12 drop in.



Children & Family Yoga:

Lori would also like to offer children's or Family yoga on Wednesday afternoons.

Come together in a lighthearted environment for individual, partner and family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship.

If you are interested please call or email the recreation office so we can determine how many there will be. The cost for this class is \$8 / class

Adult Volleyball:

Tuesday and Thursday nights from 7:00–9:00PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 18 and up. No pre registration is necessary, just show up ready to play at the Holderness Central School Gym. A registration form will be available at the program.



Early Bird Exercise:

What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. Fall Class schedule will be Mon. Wed., & Fri. from 5:30–6:30AM. We are currently in session, so come on down and give it a try! Please call the Holderness Recreation Office for more information 968-3700



Cost: \$50 (12-week session)

Instructor: Anne Packard

ZUMBA GOLD

Beginning Sat. Sept. 24:

9:30-10:30, Holderness Town Hall

Dance/fitness to Latin music like salsa, meringue, cumbia and reggae tone in easy to follow steps.

This class will be taught with modified moves and pacing to meet the needs of those looking for a gentler tempo, either because of physical constraints or those new to zumba.

Please note: Those looking for a more energetic exercise are also welcome. You just have to "pump it up" in double time!!



Archery Classes

Fall is here and we are gearing up for another great season. You can join us at the Pemigewasset Fish and Game Club to fine tune your archery skills or start from scratch.

Where: Pemi Fish & Game Club

When: Mon's. Oct. 17 & 24, Nov. 7 & 14

Time: Beg. / Families 5 - 6PM (7yrs +)
Advanced from 6-7PM

Cost: \$65 first person (\$60/ Family member)

Please register by Oct. 10th.

classes are open to adults & children



Plymouth Area Walking Program

The 2011 program will begin on the 18th of September at 3 pm in Room 001, Boyd Hall. The theme is "A Walk in the Whites" and at the first session Dr. Marcia Blaine of the History Department at PSU will give a talk on the Weeks Act and its relationship to the establishment of the White Mountain National Forest. Visit www.walkingishealthy.org for further information.



NH Children in Nature Conference

Where the Children Play: Discovering, Creating & Using Outdoor Spaces
October 5, 2011 · Cody Outdoor Center, Freedom, NH. For more info: www.NHChildrenInNature.org/events

Explore ways teachers, city planners, environmental educators, artists, park and recreation professionals, business owners, health practitioners, and community members can reconnect children, youth & families with nature. Discover ways to use backyards, parks and existing outdoor spaces; create new outdoor spaces in schoolyards & neighborhoods; or conserve land and access to outdoor spaces.

Holderness Recreation Department's

Fall 2011 Programs

A registration form is required for most programs

Holderness Recreation
PO Box 203
Holderness, NH 03245
968-3700

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Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at www.holderness-nh.gov. **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director