

Holderness Recreation Department

Winter 2007/2008 Programs



From the Director's Desk

Winter is upon us a little earlier than usual it seems this year and I for one am happy to see it. I wish for lots of snow and great skiing and outdoor recreation weather. I wish for lots of visitors this season to our great mountains for skiing and lakes for ice fishing.

I recently attended an event called "New Hampshire Leave No Child Inside Forum" a Community Conversation about Connecting Children to Nature. One of the guest speakers and panelist was Richard Louv, author of "Last Child in the Woods" Saving our Children from Nature Deficit Disorder. The short of the discussion was that

kids across the country are not going out into nature and experiencing it the way we did as kids. There are many barriers out there today that were not factors in the past. We are worried about EEE and West Nile diseases, we are inundated with media stories about child abductions creating an incredible fear of stranger danger. We are fearful that we will be ridiculed for not knowing where our children are every second of the day. Stores are saturated with video games that keep our kids more interested in the TV / Computer than trees, birds and bugs.

In the field of recreation we are blessed with the challenge of offering lots of

different programs for our residents. We are charged to keep kids busy throughout the summer often times in an outdoor environment and I am thankful for that. After attending this forum, I was happy to feel validated that we as professionals, are doing our part to keep kids and nature in touch. However, I was startled to listen to some of the discussions about why kids are struggling with obesity and parents are steering away from taking kids out into nature. I would like to do my part in spreading the word about this issue by inviting you to read Richard Louv's book and visit sites such as NH Fish and Game, as well as, the Children & Nature Network to learn about this and resolve to keep your kids connected to nature. Perhaps start by remembering the experience in your young life that first connected you to the outdoors. Lets work to bring back the discovery, joy and wonder of the outdoors.

Well enough about my wishes, I would like to know what your wishes are. Inside you will find a short survey inquiring about what you would like to see offered from your Recreation Department. It is a time for you to provide feedback on our current offerings and also provide ideas on what else you would like to see offered.

Yours in Recreation.

Wendy Werner

Recreation Director

You can also find the survey at www.holderness-nh.gov on the recreation department webpage.

Rec. Skate:

Recreational skating will again be available for families and little ones on Sunday's from 9:00 - 10:00AM at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a tradition of winter activities. **(Holderness Residents Only)**

Who: Skaters of all levels

When: 9:00 - 10:00AM

Dates: Dec. 9th - March 2nd (No Skating 12/23, 12/30, or 2/24)

Cost: \$6 pp (\$6 pp or \$15 / family of 4 or more



Pick up Hockey:

It's time to go to the attic and dust off those skates. Holderness Recreation has the ice at the Holderness School Rink on Saturday's from 8:30 - 9:30AM for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required! No skate on 2/9

Who: Players ages 18 and up

When: 8:30 - 9:30AM

Dates: Dec 8th - March 8th

Cost: \$6 pp

(Holderness Residents Only)



Adult Dodgeball

We are in full swing for the season. What a great alternative workout. Come and join us, to let off a little steam by playing dodgeball, using soft rubber balls and legitimate rules Lets burn off some energy like we used to as kids. New players are welcome and we do have new faces each week. Come alone or come with friends. \$5 for the season

A registration form needs to be completed when you come to play.

Who: Ages 18+ or, 14 w / adult.

When: Wednesday nights 11/28-1/30/08

Time: 7:30-9:00 PM

Where: Holderness Central School



Give the Gift of Recreation

to someone less fortunate by giving to our **scholarship fund**. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account. Last year we sent three children to our summer day camp with this scholarship money.



Kids Crafting with Nature:

Kids will make crafts for their rooms, friends or even as a gift. Crafts include Wooden Wind Chimes, Tree Slice necklace Pine Place Holders and more. Drinks and snacks will be provided. Come get messy with me. Register by Feb. 4th. **Cost:** \$24.00

Who: Kids ages 3-5 years old

When: Thurs. 2:30-3:30 Feb. 7, 14, & 21
Tues. 3:30-4:30 Mar. 4, 11, & 18

Where: Holderness Town Hall



Did you Know?

The American Academy of Pediatrics (AAP) says free and unstructured play is healthy and essential to development as it contributes to the cognitive, physical, social, and emotional well-being of children and youth..... Hmmmmm

More Programs

Little Cookers:

Come join Recreation Director Wendy Werner for an afternoon of cooking fun. This will be a hands on cooking class where kids learn to measure, stir and cook kid friendly recipes. Kids will make their own creation to taste and take home. Please register by Jan. 17th.

Who: Ages 3-8

Where: Holderness Fire Station Kitchen

When: **SI** Tues. Jan. 22, 29, Feb 5, 12

SII Thurs. Mar. 6, 13, 20

Times: 12:45-1:45 or 3:45-4:45

Cost: **SI** \$40

SII \$30



Scrapbooking Get Together

Join us on as we delve into the art of preserving memories with the time honored practice of Scrapbooking.



A Creative Memories Scrapbooking Consultant (Jodie Breen of Ashland) will share her passion of organizing, documenting and preserving memories along with your photographs. In just a short period of time, you will have learned and seen many options available for preserving memories as well as have an opportunity to try some of the tools out for yourself! This event is a great opportunity to see if scrapbooking is a craft you wish to pursue! Also, this is a great way for children to get started!

It is not necessary to bring anything to this class. There is also no fee to attend. An RSVP would be helpful for this program for planning purposes only. Please call 968-3700 by Jan. 28th to RSVP for either class.

Two days to choose from

Thursday, January 31st from 6:30-8PM or Saturday February 2nd from 9:30-11AM.

Walk & Talk at PSU:

Too cold to go outside for your morning walk? Looking for a warm dry place to get some exercise in? Bring a friend or come on alone to the indoor Track at the PSU Field House. Start a conversation about your first experience outdoors. The track is available Monday - Friday from 8-9AM for indoor walking or light jogging. No registration is needed and it is free. Sign out a pedometer for \$5 to use from 1/1-2/8.



Wiggly & Giggly Playgroup:

Our playgroup offers a way for parents and young children to have social interaction with other children and their parents. We offer a location for you to spread out, sit back and watch your child explore. We have a some toys, books and puzzles available, but feel free to bring your own as well. This is a place to get the willies and sillies out inside and away from the elements. Parental Supervision is required. This is an ongoing offering, but please ***Call to confirm***.

Who: infants-5 w/parent

When: Thurs. 9:30-11:30

Where: Town Hall up stairs



Check this out MapsOnline

The Holderness Selectmen have announced it's new MapsOnline web link at www.mapsonline.net/holdernessnh. It is a town-wide mapping system offering access to a number of mapping layers specific to Holderness, including buildings, roads water bodies and much more. The Selectmen are encouraging the public's use of this web link and are looking forward to receiving comments from users about this valuable information system.

Snowshoe in the Pilote Property and Town Forest

Join Wendy for a morning of snow shoeing on the trails of our town properties.

When: Thursday, January 24, 2008

Thursday, February 21, 2008

Thursday, March 13, 2008

Please call if you are planning on coming so that I know how many to expect. We will meet at Town Hall at 10AM and follow each other to the trail head.



Having a Birthday Party?

Lacking the equipment to make it a really fun time? Maybe we can help. For a nominal fee, you can borrow our parachute, game balls and other equipment to make that an extra special day. We can also give you an activity pack with games for you to share during the party. For \$10 you can rent a party pack for your little one's special day. A security deposit of \$30 will be required in case of damage. Call today so we can reserve your date on the calendar!



Holderness Recreation

Board Members:

Tom Stepp, Chairperson

George 'Biff' Sutcliffe, Secretary

Jay Fogarty

Janis Messier

Fawn Ouellette

Bob Stark

Holderness Recreation relies heavily on it's volunteer board members for oversight of the department budget, program review and the Town Beach. The committee meets once per month at Town Hall to provide input on the recreation and beach budgets, policy and procedure, and review programs.

New members are always welcome, so if you would like to take an active role in your recreation department, please complete a Volunteer Application which you can find at Town Hall.

Family Dodgeball:

What a great idea! Our adult dodgeball has been quite fun and successful. So much so that I have had a request for a family dodgeball session. So here we go.



On Sunday, January 27th and Sunday, February 3rd from 10:30-12:30PM we will play our hearts out in a round of family dodgeball.

Moms, Dads, Aunts, Uncles, brothers & sisters are invited to run, jump, throw, catch and cheer as we play our hearts out. We will make up teams the day of and rotate through so that everyone can play.

We will play with soft plastic balls and we will have easy rules so that everyone can have a good time. Call ahead so I know how many to expect. Probably best for kids ages 7 +Cost \$10 per family.

February Vacation Week

Little Tykes Soccer

You and your child will enjoy 3 classes of soccer as a time to learn a little about the sport in a non-competitive atmosphere using simple skills child friendly games like red light green light and more. Maximum of 8 kids per session We will fill Session I first then move onto Session II.

Who: 3 & 4 yrs

When: Feb 25, 26 & 28

Where: HCS Gym

Time: Session I 10-10:45

Session II 11-11:45

Cost: \$25



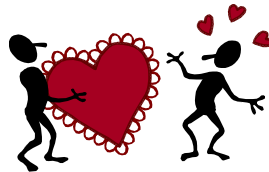
2nd Annual Parent Child Valentine Dance

When: Friday, February 8, 2008

(snow date is February 15th)

Where: Holderness Central School

Time: 6:30—8:30PM



Come spend an evening with someone special. We are inviting any parent, step-parent, uncle, aunt, grandparent, or family friend to escort the children to this special night out and family event.

Enjoy a **live DJ**, a **corsage** for the girls, refreshments, **party favors** and everlasting memories. **Cost** is \$10 per family (prepaid) and \$13 at the door.

Tickets are available at the Recreation Department. We would appreciate donations of goodies or drinks for the event.

This is a great night for a pre-dance tea party or dinner out with the kids. Make it special!



Walk to New York

with me!



Choosing a Healthy Lifestyle

It is no surprise that there is a major problem going on in the United States with heavier weight trends in our children.

Holderness Recreation was the proud recipient of a grant from the HNH Foundation last summer. The funds were used to purchase pedometers and other fitness equipment for activities that promote healthy lifestyle choices for our participants.

Let this winter be the time that you and your children take control of your health by joining me in the challenge of walking to New York City between Feb. 19th and May 19, 2008. Use your pedometer to track how many miles your feet take you in everyday life.

This program is for Parents and children to do together. I only have 14 pedometers to hand out, so be sure to call ahead to see how many people have signed up. Hope you will join me in choosing to up your steps to a healthier you!

Survey of Recreational Programming

- Do you attend or participate in any of the programs / classes that we offer? Yes No
- If not, would you mind telling us why?
- Do your children participate in any of our programs and if so which ones? Yes No
- What type of programs would you like to see offered?
- How do you feel about the cost of our programs / classes?
- Are you a resident of Holderness? Yes No
- Do you know about our Summer Day Camp? Yes No
- Would you participate in any of the following?
 Adult pick-up softball bingo
 Adult pick-up soccer Adult Flag Football
 Parent Child Bingo Tennis Lessons
 Senior's bag lunch bingo Family Movie Nights
 Family Camping on Squam
 Red Cross Babysitting Certification
- Are you interested in joining the Recreation Board? Yes No
- Is there anything else that you would like to share with us to assist us in providing Holderness with optimal recreation opportunities?

Please mail this to Holderness Recreation P.O. Box 203 or drop it off at Town Hall.

Holderness Recreation Intent to Register Form

By completing and sending in this form, we will know that you intend to participate in one or more of our programs. This is helpful in determining class size and whether or not a class will run. You will be required to complete an additional form before the start of a class.

Sign up for:	Price	# of participants
<input type="checkbox"/> Kids Cooking	\$40	
<input type="checkbox"/> Archery	\$60 / 55	
<input type="checkbox"/> Snow shoeing	Free	
<input type="checkbox"/> Early Bird Exercise	\$50	
<input type="checkbox"/> Party Pack reservation	\$30 deposit \$10	
<input type="checkbox"/> Adult Dodgeball	\$5	
<input type="checkbox"/> Kids Crafts	\$24	
<input type="checkbox"/> Family Dodgeball	\$5	
<input type="checkbox"/> Scrapbooking	\$5	
<input type="checkbox"/> Pee Wee Soccer	\$25	
<input type="checkbox"/> Walk & Talk	\$5	
<input type="checkbox"/> Volleyball	\$5	
<input type="checkbox"/> Playgroup	Free	
<input type="checkbox"/> Valentines Dance	10 pre-reg \$13/ door	
	Total: _____	

Participant name _____	Parent of Guardian name _____
Physical Address _____	Additional Class Registration form and waiver will be required
Mailing Address _____	
Phone _____	
Signature _____	

Only checks may be sent through the mail. However you may still send in the intent to register form to hold your space.

Holderness Recreation
PO Box 203
Holderness, NH 03245

Phone: 603-968-3700
Fax: 603-968-9954
Email: holdrec@roadrunner.com

Holderness Recreation Winter 2007 / 2008

Early Bird Exercise

This class is for everyone who has endless excuses about not exercising ... 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, and even utilize hallways and stairs at the school. New Class schedule will be Mon, Wed., and Fri., from 5:30—6:30AM through the second week in January then Mon. and Fri. through the spring. The next session runs 12/12/07—3/3/08. Cost is \$50 for a 10-week session.



Instructor: Anne Packard

Instructors Wanted

Have a talent or skill that you would like to share with your community? Give me a call and we can discuss a program for you. Also if you are interested in learning how to teach a class like cooking or crafts with kids, come on down. I would love to hire some part-time instructors to run these classes:-)

Volleyball

Tried and true, this program is a keeper. Come to the Holderness Central School Tuesday and Thursday nights from 7:30—9:30PM. 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 at all levels. Just show up ready to play and complete a registration form.



Archery Classes

Marcia Wyman of New England School of Archery will join us again in April to offer her much sought after classes. Classes will be on Wednesday's April 30, May 7, 14, & 21. There will be a Beg. & Families class, as well as, a Junior / Senior Olympic Class (advanced archers)



Call today for more information or to register early.

Helpful Phone Numbers

www.holdernessfreelibrary.net
Plymouth Recreation Dept 536-1397
Ashland Parks & Recreation Dept. 968-9209
Squam Lake Natural Science Center 968-7194
Squam Lakes Association 968-7336
Squam Area Chamber of Commerce 968-4494

Squam Lakes Natural Science Center Don't forget to check out www.nhnature.org for all of the fall and winter activities.



Visit the chamber to see what is going on in your community this winter. Or tell your visiting friends that they can plan their activities with ideas from the chamber.



Baseball Hats

Show your support for Holderness Recreation by purchasing one of the Holderness Recreation baseball hats. Hats are available in Adult and youth sizes. Hats are Kaki colored with blue embroidery. All hats are \$12.



Resident Scholarships are available for programs, please call Wendy Werner in the office for more information:-)

Holderness Recreation Department's Winter 2007 / 2008 Programs

**A registration form is required for most programs
See our website for more programs and details at www.holderness-nh.gov.**

Holderness Recreation
PO Box 203
Holderness, NH 03245
968-3700
holdrec@roadrunner.com
www.holderness-nh.gov

Presorted Standard
US Postage Paid
Permit # 4
Holderness, NH 03245

POSTAL CUSTOMER

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 at 968-3700, holdrec@roadrunner.com. Office hours are held at the Town Hall on a varying schedule.