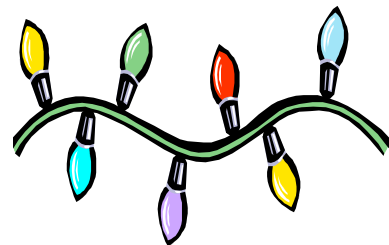


# Holderness Recreation Department Winter 2006/2007 Programs



## From the Director's Desk

It has been a busy season here at Holderness Recreation. This fall we hosted Pee Wee Soccer, Little Cookers, Kids Crafts, Early Bird Exercise, Volleyball, the 2nd Annual Harvest Festival and more.

Our Early Bird class has reached record numbers this year and our instructor Ann Packard noted to me that "New Hampshire came in as the third healthiest state in the country, MN was first and VT was second. This was based on smoking, preventable diseases, staying in school, among other factors". And I am sure that physical fitness is another one. Go New Hampshire!

As we turn to the New Year I hope you will read through our winter brochure and note the amount of new classes being offered as well as our featured special event. I hope you will join us on Friday, February 9th from 6:30—8:30 for our 1st Annual Parent Child Valentines Dance. This is sure to be one of the most special evenings in the New Year, with a DJ, dancing, party favors and friends. See page 3 for more information and how to register.

Also this winter we will be offering a number of Kindermusik classes and Beginner Sewing for Kids. We have Little Tykes Soccer during the school vacation week, as well as, our popular Family Swimming day at PSU.

On Wednesday, February 28th we will be entertained by the talented and highly energetic Vick and Sticks and the Storytime band. This is surely a show not to be missed.

One last note, if you are interested in teaching a Kids Cooking or Pee Wee Sports Class, please give me a call.

Wishing you Happy Holidays and a Joyous New Year!

*Wendy Werner*

Recreation Director

## Adult Programs

### Beginner Swing Lessons

This class will provide an introduction to proper position and basic steps for 6-count swing. A modest repertoire of swing moves will be presented and practiced to get you grooving on the dance floor. Come alone or come with a partner. All are welcome.

**Who:** Adults

**When:** Tuesday Nights starting January 9th for 6-weeks

**Where:** Holderness Fire Safety Building

**Time:** 6-7:15PM

**Cost:** \$60 / 6-weeks per person or \$100 / 6-weeks per couple. **Instructor:**



Byron Ricker

Please Register by January 5th

### 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 14 and up at all levels. No pre registration is necessary, just show up ready to play.

### Adult Dodgeball

Anyone interested? Thought we might give it a try.

The plan is to have one night a week that we, as adults, can let off a little steam by playing dodgeball, using soft rubber balls of course and legitimate rules and really burn off some energy like we used to as kids. Why should they have all of the fun? The first night will be on Wednesday, January 17th at 7:30PM at the Holderness Central School Gym. I will be there and hope you will too. If you can, call ahead of time so I know approx. how many to expect. \$5 for the season

A registration form is required and can be completed at the school on Jan. 17th.

Who: Ages 18 + if playing alone, 14+ if coming with an adult.

When: Wed, Jan. 17—Feb. 21st

Time: 7:30—9:30 PM

Where: Holderness Central School

### Ukrainian Egg Craft

This class is for Adults or Adults with children. Join Wendy Huff as she walks you through the art of making a Ukrainian egg for an ornament, gift or Easter. These are gorgeous! Class will be held on Tuesday, March 20th from 4:30—6:30PM at Holderness Town Hall. Grab a friend and come on down. **Cost:** \$5

### 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 12/12/05—3/3/06. Cost is \$50 for a 10-week session.

Instructor: Anne Packard

### Holiday Gift Idea

#### 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



# Children's 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.

**Who:** Ages 3-8

**Where:** Holderness Fire Station Kitchen

**When:** Wednesdays two times to choose from 12:45—1:45 or 3:45—4:45

**Dates:** Jan, 17, 24, 31, Feb 7, 14, 21

**Cost:** \$8 per class or \$40 all 6

You do not need to sign up for all of the classes. However you must pre-register and pay to reserve a spot.

## Kids Crafts:

Kids will make crafts themselves for their rooms, houses or even as a gift. Weekly themes will be introduced. Drinks and snacks will be provided. Come get messy with us.

**Please register by January 9th.**

**Who:** Kids ages 3—5 years old

**When:** Tues. 2—3pm Jan. 16, 23, & 30

**Where:** Holderness Town Hall

**Cost:** \$24.00

**Instructor:** Wendy Werner

## Kindermusik Classes



Cynthia Day, of Holderness, will be joining us for a winter of joyful experiences with music and movement. For complete class descriptions you may visit the website [www.kindermusik.com](http://www.kindermusik.com) or call 968-3700. Classes start Thursday, January 18th and run

for 14-weeks. First come first serve.

### "Our Time"

1 & 1/2 yrs—3 9:00—9:45 (with parent)

A 45-min. class to enjoy singing, moving, listening, interacting socially, and playing simple instruments. **Cost** is \$149

### "Imagine That!"

3—5 yrs 10:00—10:45 (drop off)

3—5 yrs 12:30—1:15 (drop off)

Singing becomes a focus for enhancing the preschooler's vocal development as his/her expressive language is just beginning to emerge. Parents are invited to participate in the last 15 min. for Sharing Time of the 45-min. class. **Cost** is \$160

### "Young Child"

5-7 yrs 1:30—2:30 (drop off)

A class for children ages 5 through 7 years. Class meets once a week for an hour. Students explore many facets of the musical experience-speaking, singing, moving, dancing, listening, creating and playing instruments, as well as learning about reading and writing music. Parents are invited to participate in the last 15 min. for Sharing Time. **Cost** is \$185

## **Family Scrapbooking**

### **Get Together...**

**Join us on Wednesday, Feb. 7th or Saturday Feb. 10th 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 conduct a hands-on workshop teaching her passion for organizing, documenting and preserving memories along with your photographs. In just a short period of time, you and your family will have a beginner lesson and receive materials and instruction on all you need to know to create your very own Short Story Card (all materials are provided to you).

**Who:** Families, Adults, Children (age 10+)

**When:** Wednesday, Feb 7th from 6:30—8PM  
Saturday, Feb 10th from 9-10:30AM

**Where:** Holderness Town Hall,

**Cost:** \$10.00

Scrapbooking is rapidly becoming popular among the Youth market and is a fantastic way for families to spend time together. When scrapbooking, children:

- Increase their writing skills
- Encourage story telling
- Develop a strong, healthy self esteem
- Have the freedom to express themselves and their art in a creative and inventive way
- Learn about photo and memory preservation

Please bring 4-6 photos to use for your card (duplicates are recommended).

## **Indoor Walking 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. The track is available Monday through Friday from 8—9AM for indoor walking or light jogging. No registration is needed and it is free.

## **Beginning Sewing for Kids:**

Ever thought about having your kids learn to sew the way you did? Terry Corringham is a master seamstress with over 40 years experience, and is extensively trained in the art of heirloom sewing. Her creations have been sought after by folks from coast to coast as well as Canada.

[www.ladyslippersewing.com](http://www.ladyslippersewing.com)

**LITTLE LADY SLIPPERS** This 8-week course will introduce the students to simple hand sewing techniques, basic sewing machine sewing - straight and curved, attaching buttons, gathering, and applying trim.

**Who:** Ages 5—7

**When:** Tues. 3:30—4:45 Jan. 23—Mar. 20

**Where:** Holderness Town Hall

**Cost:** \$125 for the 8-wk class

parents are encouraged to attend

**KIDS BEGINNERS** This 10-week course will involve making an exclusive Lady Slipper Design called "My Secret Pocket Quilt. Students will be doing simple ribbon embroidery, crazy patch, appliqué, pleating, gathering, rick rack flowers, buttons - both flat and shank, curved and straight sewing, lace application, hand stitching, hemming, and simple buttonholes. They will also learn how to assemble and hand tie the quilt.

**Who:** Ages 8-11

**When:** Tues. 5:00—6:30 Jan. 23—Apr. 3

**Where:** Holderness Town Hall

**Cost:** \$205 for the 10-week course .

### **Tot-Time Playgroup**

We have now been having our playgroup for a solid year and have had many faces come and go. As we start the New Year, we will be incorporating more structured activities on our mornings together. Please call to confirm.

**Who:** infants—5 with parent

**When:** Ongoing Thursdays 10—11:30

**Where:** Town Hall up stairs

### **Empowering Parents as Their Children's First Teachers**

**Thursday, Jan. 25, 2007 at 10am**

**Holderness Town Hall, upstairs**

A Free workshop for parents of  
children birth to 5 yrs

**Includes:**

- Suggestions of books to read to your child
- Ideas for making books come alive through songs and games
- A bag of take home activities
- Simple low budget ways for you and your child to play and learn together

Presented by the Pemi-Baker Literacy Task Force and funded by the

TOSA Foundation

## **Special Events**

### **Parent Child Valentines Dance**

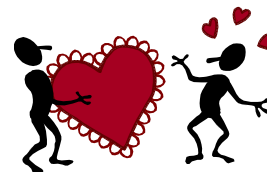
**When:** Friday, February 9, 2007

(snow date is February 16th)

**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.**

## Vic and Sticks

Performing live, right here in Holderness NH.

**When:** Wednesday,  
February 28, 2007  
**Where:** Holderness Central School Gym  
**Time:** 10–10:45  
**Cost:** \$5 per child ages 3 and up.  
Under 2 are free.

Vicki and Rick Ethier are not only husband and wife, but are also "musical storytellers" who take their audience back in time with their "Vic and Sticks" family show. Mixed with old fashioned vaudeville theatrics, this show will surely entertain the young and young at heart.

Group discounts available. Call 968-3700 for more information or visit [www.vickandsticks.com](http://www.vickandsticks.com)

## February Vacation Week

### Little Tykes Soccer

Join Wendy for 3 days of fun. 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.

**Who:** 3 & 4 yrs  
**When:** Feb 26th, 27th and Mar 1st  
**Where:** Holderness Central School Gym  
**Time:** 10–10:45  
**Cost:** \$20

### Swimming at PSU Pool:

We have the pool all to ourselves, so grab a friend and meet us there. Children must be accompanied by a responsible adult. Parents or guardians are required to stay in the pool area with their children. Calling ahead of time will give us a better feel for how many people will be attending. You may however pay at the door. See you then!

**Who:** Families  
**When:** Friday, March 2nd 2007  
**Where:** Plymouth State University  
**Time:** 1:30-3:30PM  
**Cost:** \$3 per child

### Pick up Hockey:

It's almost 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 2/10

**Who:** Players ages 14 and up

**When:** 8:30 - 9:30AM

**Dates:** Dec 9<sup>th</sup> - March 3<sup>rd</sup>

**Cost:** \$5 per person or \$15 per family of 4 or more

### **(Holderness Residents Only)**

#### **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.

**Who:** Skaters of all levels

**When:** 9:00 - 10:00AM

**Dates:** Dec. 10<sup>th</sup> - March 4<sup>th</sup> (No Skating 12/24, 12/31, or 2/18)

**Cost:** \$5/person or \$15/family of 4 or more

### **(Holderness Residents Only)**

If you skate both days it is \$10 per family

#### **Hot Chocolate,**

#### **Music, Mittens and Skates**



A Celebration of late winter with Holderness Recreation and Holderness Residents as we enjoy Hot Chocolate and light music to wrap up our recreational skating season. Join us on March 4, 2007, at the Holderness School Ice Rink for \$5 per person from 9 - 10AM as we say good-bye to the 2007 skating season.



#### **Archery Classes**

Holderness Recreation will once again be offering Archery classes this winter. This season join us at the Pemigewasset Fish and Game Club to fine tune your archery skills or start from scratch.

**Where:** Pemi Fish and Game, Beede Rd

**When:** Thursday's March 8, 15, 22, & April 5th

**Time:** Beg. & Families 4 - 5PM (7yrs & up)

**Cost:** \$55 (\$50/ addtl. Family member)

**Instructor:** Marcia E. Wyman - Director and Founder of the New England School of Archery, Inc. Marcia has been an archer since childhood and has received recognition on the regional and national level. She is a graduate and previous staff member of The World Archery Center.

#### **Spring Preview**

**Sculling Lessons:** Nancy McDonald will be offering sculling lessons through Holderness Recreation. Sculling is a low impact, full range of motion form of exercise that uses every muscle in your body at whatever speed or duration one chooses. The only requirement is enjoyment of being on the water. The cost will be \$55 for private and \$45 per person for semi-private or group lessons. The lessons are ninety minutes long. We will be setting a schedule in February, so feel free to call in advance to reserve a spot.

### **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](http://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@adelphia.net](mailto:holdrec@adelphia.net). Office hours are held at the Town Hall on a varying schedule.