

Holderness Recreation Department

Fall 2008 Programs



From the Director's Desk

Happy Trails to you, until we meet again for another summer season. It was quite a summer, It started out with great weather and then we were inundated with rain for the last week of our summer day camp. I think people are still ringing out their clothes.

In this flyer you will find several new and exciting activities that we are offering. We have teamed up with Cindy Krisanda to offer a unique program called Nordic Walking. Cynthia Robinson of Eco Art a la cart has several pro-

grams for children and we are teaming up with the Highland Links Golf Course to offer a kids intro to golf, as well as, an adult chipping and putting program.

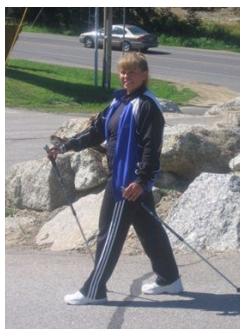
You will still see some of our regular staple programs including Adult Volleyball, Early Bird Exercise and now Adult Dodgeball.

I hope that you will take a minute to read through our offerings and join us in a day or several days of recreating.

Also please remember that school is back in session so keep your eyes on the road and drive safely.

I also would like to mention that if you are interested in having a voice the recreation program, feel free to contact me or one of the board members for more information.

Yours in Recreation,
Wendy Werner
Recreation Director



Nordic Walking With Cindy Krisanda

Learn the hottest walking trend in the fitness industry today. After you walk with poles (yes, they look like ski poles!) you will never want to walk without them again.

The Nordic poles originated from Finland for cross-country skiers to train in the off-season. It is very popular in Europe and now we have a certified Leki Nordic Walk instructor to help you learn the technique right here in Holderness! Walking with poles is great for all levels of fitness ability, from the very fit to the new exerciser. The poles give you a sense of stability, and as you press them into the ground you are being forced to stand up straight, walk a bit faster and burn about 25-30% more calories, all while you are enjoying the beautiful outdoors!

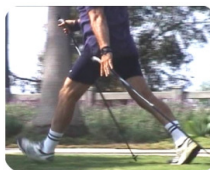
The class will be limited to 8 people 18 years old and older. We will begin at the Holderness Fire Department and follow the paved path (sidewalk) into town and back. The class will be approximately 45 minutes. Then, we will do a quick 10 minute standing Pilate's workout using the poles for balance and added resistance. The two complement each other since Nordic walking helps improve posture as you walk with the poles and Pilates is all about correct posture to improve your core. Class price is \$60 per person for 4 weeks, including poles

Who: Adults 18+

Where: Holderness Fire Safety Building.

Dates: Thursday's, Sept. 25th - Oct. 16th 8:30—9:30

Cost: \$60



Moravian Stars

These stars originated in Herrnhut, Germany and are sometimes called Advent Stars. The many pointed star was manufactured with internal illumination at the Moravian boys school in Niesky, Germany in 1850. This class will teach the participant how to use paper strips to create a beautiful 3D Star.

Cost: \$5

Who: Adults

Where: Holderness Town Hall

Date: Tuesday, Dec. 2nd

Time: 5—6pm



Archery Classes

Fall is just around the corner 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 and Game, Beede Rd

When: October. 28th -Nov. 18th

Time: Beg. & Families 5 - 6PM (7yrs +)
Junior / Senior Olympic Class
from 6-7PM (advanced archers)

Cost: \$60 first person (\$55/ addtl. Family member)

Both classes are open to adults and children

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.

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. This summer we sent three children to our summer day camp with this scholarship money.

Programs / Classes / Special Events

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 16 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:

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. New Class schedule will be Mon. Wed., & Fri. from 5:30—6:30AM. The next session starts 9/17/08 at the Holderness Central School Gym. Please call the Holderness Recreation Office for more information 968-3700



Cost: is \$50 for a 12-week session.

Instructor: Anne Packard

Adult Dodgeball

Take 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? Last year we had a great season with 20 people each night. Hope you will join us again this year. The first night will be Wednesday, December 3rd. I will be there and hope you will too. \$10 for the season



A registration form is required and can be completed at the school on December 3rd.

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

When: Wed, Dec. 3rd—Feb. 18th
(as long as interest continues)

Time: 7:30—9:30 PM

Where: Holderness Central School Gym

Gardening 101:

Preparing a garden for winter:

The Town Hall Garden was planted and maintained by Erma Rand, who put countless hours of her life into creating this beautiful garden. It is a living representation of the Town of Holderness and all of the beauty that it has. Erma passed away in the spring of 2008, but her garden lives on.



Join Wendy as she walks you through and explains the tasks of cutting back and cleaning out the perennial garden for the winter. You will be able to take home what you have learned and apply it to your own perennial garden and then you will see the benefits of your labor in the spring when you have very little spring clean up to do.



Tools will be available, but feel free to bring your own if you have them. Gloves would be a good idea too. Since this will be outdoors and hands on, dress for the weather.

Who: Anyone interested in gardening

When: Monday, Oct. 6th 12—1:30pm
or Monday, Oct. 13th 10-11:30am

Cost: \$10

Intro to Golf At the Highland Links Golf Course with golf pro

Brian Desilets

Introductory golf program intended to introduce the game of golf to boys and girls age 6-8 years.

Players will learn the basics of the game in a fun environment. Each hour session will have several activities to increase learning and keep players attention. 4-weeks.

Who: kids ages 6—8 years

When: Mondays, Sept. 22nd—Oct. 13th

Time: 4-5pm

Where: Highland Links Golf Course

Cost: \$40 min of 5

Please register by
September 18th



Art of Chipping and Putting

This program is designed for golfers of all abilities and focuses on the art of chipping and putting. The fact is that 60% of a golf score (for a professional) happens on or around the green yet we spend most of our practice time with a driver in our hands at the driving range. If you really want to improve your golf game you will enjoy the different methods and practices you will learn over the 4 weeks.



Who: Adults

When: Fridays, Sept. 26th—Oct. 17th

Time: 4-5pm

Cost: \$40 Min of 5 max of 10

Please register by
September 18th

Little Tykes Hike up

Rattlesnake Trail:

Whether you are new to the area or just looking for some company on your hike, join Wendy for an afternoon hike with lunch at the top. We will start the hike at 11AM and return around 2PM.



When: Monday, Oct. 20th
weather permitting

Where: Rattlesnake Trail Head

Who: Parents and children

Please RSVP by Friday Oct. 3rd

Krafty Kids:

A 3wk session of fall Arts & Crafts for kids. Each week we will have a different project to make from pin-wheels to card holders, kites, place holders, Painting etc. Please send your child with a smock or large shirt so their clothes don't get messy. Min 4 kids



Please register by Oct 13.

Who: Kids ages 3—5 years old

When: Mondays. 10-10:45am
October 27th (Halloween craft),
Nov. 3rd & 10th

Where: Holderness Town Hall

Cost: \$24.00

Eco Art a la cart with Cynthia Robinson

Critter Homes

Build with bark, sticks, moss, and other materials to design cozy houses that our local animals and insects can visit. What kinds of things do creatures need in a home for the winter? We'll be making these artistic structures outside, creating an animal habitat village, and if weather is yucky, we'll create more portable versions inside. (minimum of 5 children)

Who: Kids in Grades 1-4

When: Early Release day Sept. 23rd

Where: Holderness Central School

Time: 12:30-2:30pm

Cost: \$27



Building with Nature

Get ready to go big! Work outside to build with natural materials, creating individual and group structures and sculptures. We'll design and construct, exploring shapes, patterns, balance, cooperation, and energy. As our sculptures will be temporary, we'll also plan and create a how to book filled with photos and drawings of the work to share with friends, family, and other students. (minimum of 5 children)

Who: Kids in Grades 3-6

When: Thursdays, Oct. 9, 16, 23 & 30

Where: Holderness Central School

Time: 3:15-5:15pm

Cost: \$74



Nature Story

Develop your own story about an animal, insect, or plant. Use all kinds of materials, like digital photos, drawings, paintings, natural materials, words, and more to assemble a unique book. (minimum of 5 children)

Who: Grades 1-5

When: Thursday's, Nov. 6, 13 & 20

Where: Holderness Central School

Times: 3:15-5:15pm

Cost: \$60



Fall 2008 Walking Program

www.walkingishealthy.org

Although summer really hasn't ended yet, plans are underway for the Fall Walking Program. The program begins on the 7th of September and lasts for ten weeks. This year's theme will be "Tromping in the White Mountain National Forest". Each week we will feature a different trail or location in the White Mountain National Forest. Associated with the program will be a CROP walk in early November. All fees and monies raised by this program will be donated to the Church World Service. At least 50% of the money raised by the CROP walked will be donated to local agencies.



This year the program will have three divisions, a competitive, a non-competitive and a family. Those in the competitive division will be expected to walk 50,000 steps per week, or 500,000 for the length of the program. Competitive walkers will submit their step totals on a weekly basis to determine weekly and program winners. For the noncompetitive walkers, we are encouraging you to simply exercise at least 30 minutes/day for five days a week. If you wear pedometer, that will be fine, but simply tracking your time will also be ok. The new division is the family division. A family is defined as at least one adult and one minor. Families are expected to exercise together at least four times per week.

Although we call this a walking program, it is really program to encourage you to do some sort of regular exercise, whether that is walking, hiking, swimming, biking or yoga. Although one can exercise under ones own volition, signing up for a program might just give you that little bit of compunction to really exercise rather than to just think about it.

During the course of the program we will have scheduled hikes, walks and talks. We will celebrate the completion of the program with a light breakfast.



The United Campus Ministry at PSU, the Health Ministry Team at PCUCC, and Plymouth State University sponsor the walking-program. Look for more details and information at the program website: <http://www.walkingishealthy.org> For additional information contact Larry Spencer at 536-4315 or Its@plymouth.edu

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!

Who: Residents ages 16 and up

When: 8:30 - 9:30AM

Dates: Tentative dates are Dec 8th - March 8th (Blackout dates to be determined)

Cost: \$5 per person



Recreational Skate:

(note tentative schedule change below)

Recreational skating will again be available for families and little ones this winter starting in December. At the time of print, the dates have not been determined, but feel free to call the office to confirm the start date. The skating takes place at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a longstanding winter tradition.

You will likely see this winter that the skating will be available one time per month instead of every weekend. Please be sure to mark the special dates so you can be sure to join us!

Who: Holderness Residents

When: 9:00 - 10:00AM

Dates: Tentative dates Sunday, Dec. 28, Jan 25, and Feb 22

(Blackout dates to be determined)

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



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.

Other Helpful information:

Plymouth Recreation Dept 536-1397

Ashland Parks & Recreation Dept.

968-9209

Squam Lakes Association 968-7336

New Hampshire Recreation & Park Association - www.nhrpa.org

National Recreation & Park Association
www.nrpa.org



Squam Lakes Natural Science Center and Kirkwood Gardens

Don't forget to check out
www.nhnature.org for all of
the fall and winter activities
or call 968 - 7194.



Visit the chamber to see what is going on in your community for the fall months. Check them out at www.squamlakeschamber.com or call 968-4494

Holderness Free Library

Expanded Hours:

**Monday 9:00 - 6:00, Tuesday
8:00-12:00, Wednesday 9:00-
8:00, Friday 9:00-5:00,
Saturday 8:00 - 12:00**

For more information on library programs, visit www.holdernesslibrary.org

Holderness Recreation

Board Members:

Tom Step, Chairperson

George 'Biff' Sutcliffe, Secretary

Janis Messier

Fawn Ouelette

Jay Fogarty

Bob Stark

Holderness Recreation relies heavily on its volunteer board members for oversight of the department budget, program review and the Town Beach.

The committee meets 2 times per month at Town Hall. Committee members provide input on the recreation and beach budgets, implement 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 call one of the members or Wendy in the office for more information.

Holderness Recreation Department's Fall 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
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www.holderness-nh.gov

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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.