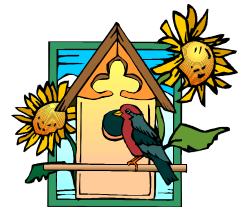


Holderness Recreation Department

Spring 2008 Programs



From the Director's Desk

I overheard someone in Town Hall the other day say that it has been an old fashioned winter and I really agree. I can't remember the last time we had so much snow. However, when your snowmobile engine goes after the first "great" day of riding, it really puts a damper on that part of winter recreation.

This was a blessing in disguise since it gave me the opportunity to further pursue other outdoor self propelled recreation opportunities such as snowboarding, snow shoeing and making snow angels. I had a blast this winter and I hope you did too.

Well with most of the primaries out of the way now we can focus on enjoying the next two seasons and that starts with spring, which, by the calendar anyway is right around the corner.

How will you choose to recreate this season? Will you go walking, biking, hiking, running, fishing, reading or perhaps skydiving? Whatever you choose to do, I hope you will consider recreating with us in one of the many programs that are offered in this brochure.

New for this season you will see Sammie Haynes, children's music writer and performer, who will be here in April and I for

one am very excited. You will also see a couple of new nature based programs geared toward getting us outside and active in nature.

Lastly, I would like to take a minute to mention that Holderness Recreation is a proud member and supporter of the New Hampshire Recreation and Park Association (www.nhrpa.com), as well as, the National Recreation and Park Association (www.nrpa.org). If you have a minute stop by their websites and check them out.

Yours in Recreation.

Wendy Werner

Recreation Director

Award-winning children's music writer/performer



Sammie Haynes

Sammie Haynes has been singing for as long as she can remember. Born in New England, her earliest memories are of performing for her grandmother's sewing circle (with Nana on piano) and practicing hard on harmonies with a neighborhood friend while working out on the swing set in the backyard.

Most of the songs Sammie performs are original but she also includes some traditional, those of friends, fellow Children's Music Network members, and beloved troubadour, Woody Guthrie. Generally, they are written from a child's point of view reflecting the child's feelings about his/her world, themselves, nature and living compatibly with one another. She always includes plenty of playfulness and invites her listeners to actively participate.

You can check her website out at www.sammihaynes.com

When: Wednesday, April 23, 2008

Who: Preschool, early elementary kids, parents and any one else who wishes to attend.

Where: Holderness Central School Cafeteria

Time: 10AM sharp

Cost: \$5 for kids 2 and up. Parents & infants free.

April 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. Reg. By 4/17.

Who: 3 & 4 yrs

When: April 22, 24 & 25

Where: HCS Gym

Time: Session I 10–10:45

Session II 11–11:45

Cost: \$25



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. However, you may pay at the door.

Who: Families \$5 pp

When: Friday, April 25, 2008

Where: Plymouth State University

Time: 1:30-3:30PM



Water Country—Discount tickets will be available this summer at the Recreation Office.

More Programs

Recreation Board Members

Tom Stepp, Chairperson
George 'Biff' Sutcliffe, Secretary
Jay Fogarty
Janis Messier
Fawn Ouellette
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 once per month at Town Hall. 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.

Spring Lacrosse Clinic

White Mountain Lacrosse is hosting this spring clinic for kids in grades K-6 for all abilities. Clinic dates are Sat. 3/29, 4/12, 4/26, & 5/10 at New Hampton Prep Husky Field on Smith Bridge Rd.

Time: 9-10:30AM

Cost: \$20 includes clinics & T-shirt

For more info call Michele Sirles at 536-4422 or email Odetails1@verizon.net



Introduction to Tai Chi & Dao Yin

Tai Chi is a Chinese martial art of self defense, now done in a modified style mainly as a health practice. Its forms combine relaxed, fluid slow movements with a calm and alert mental state. By practicing tai chi movements, one can build endurance and enhance flexibility, balance and coordination.

Dao Yin Yang Sheng Gong combines traditional Chinese healing knowledge with modern medical theory as a comprehensive system of exercises characterized by harmonizing gentle fluid movement of the body with systematic breathing. It also involves stimulation of key acupressure points in the body and enhances mental awareness. Clinical studies have proven this system to be effective in improving health, preventing, and healing many medical ailments without any side effects.

When: Wednesday's 4/2-5/7 & 5/14-6/18

Where: Holderness Town Hall

Time: 6-7:30PM

Cost: \$50 for 6-weeks

Instructor: Susan MacLeod

Plymouth Regional Huskies Football & Cheerleading

Boys and girls ages: 7-15
Contact: Lisa Chute at 344-3112 or prhuskies@gmail.com

Look out for upcoming registration information coming soon!



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.

Where: Pemi Fish and Game, Beede Rd 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. Minimum of 8 needed for each class.



Pilote Property Bird Walk

May 30, 7- 9:30AM

You are invited to explore one of the Holderness' hidden treasures, the Pilote Property. We will join Iain MacLeod from the Squam Lakes Natural Science Center for an early morning walk focusing on songbirds such as warblers, orioles, tanager, vireos and more. Iain joined SLNSC in 2006 after an eighteen year career with NH Audubon. Iain has led hundreds of classes, lectures, field trips, and workshops on bird identification and ecology. He has also led numerous eco-travel trips to such diverse locations as Scotland and New Mexico. He is chairman of the Board of the Hawk Migration Association of North America, and was the founder of the Pack Monadnock Raptor Migration Observatory.

We are lucky to have such a knowledgeable resource like Iain in our community and hope you will join us. Please call if you are interested so we know how many to expect.

Conservation Commission information

Pilote and Town Forest open house (weather permitting) Saturday, March 15th from 10 am to 2 pm. We will supply hot chocolate and cookies. People should be able to snowshoe or possibly cross country ski on either of the properties.

April 12th we will be having a Vernal Pools Workshop at the SLNCC. That will be open to all, but with a slight charge.

April 3rd, we are co-sponsoring an evening presentation on what the new shoreline protection act entails at 7 pm at SLA. Visit www.holdernessconservationcommission.org. Info. coming soon.

15th Annual Conference for Parents

April 5, 8:30-12:30 Plymouth High School
www.conferenceforparents.org
536-9793



Bugs, Blades, Bubbles and Birds

Preschool age class designed to explore our outdoor environment. We will meet at the Holderness Town Hall and head to the Pilote property on Beede Rd. From there we will take a walk in nature along a babbling brook and discover small bugs, blades of grass and birds. We will end the day with a round of bubble blowing and a snack. Bring your own snack and register by May 29th.

Cost: \$10

When: Monday, June 2nd

Time: 10AM (meet at 9:45 at Town Hall)

Instructor: Stephanie LaClair

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.

Art Club

We are looking for people who are interested in sharing their art ideas and talents in a casual environment. A local art enthusiast has been advocating for this and we would like this to be the kick off season. Our time together may include:

- Painting/sketching outdoors- sometimes in convenient locations, sometimes in less convenient/ up a mountain, etc.
- Possibly drawing/painting/sculpting from live models
- Opportunities where members might donate a portion of their art sales to local organizations
- Opportunities to share with each other and learn from our talents.

This is a work in progress, but we would love to hear from you if you are interested. We will host an organizational get together at 6PM, April 22nd, at Holderness Town Hall.

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 spot for you to spread out and let your child explore. We have a train table, toys, books and puzzles available, but feel free to bring your own toys. Parental supervision is required. This is an ongoing offering, but please ***Call to confirm***. Town Hall

Who: infants-5 w /parent

When: Thurs. 9:30-11:30

Family Dodgeball:



It's muddy out, so come join us on Sunday, April 20th & 27th from 10:30—12:30PM for 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.

Swimming Lessons

Swimming for kids will be offered for two-weeks Monday - Thursday. Wk 1 will be July 21st - 24th and Wk 2 will be July 28th - 31st. Lessons are offered for children ages 4 years and up. Classes run for ½ hour each day. The first day is a skill test day for the instructor to determine which level your child should be in. The cost for the two-week program is \$47 for residents and \$57 for non-residents.



Coming this summer...to a Little Church Theater near you!

A Community Night of Improv

A chance for the locals to participate or watch as the evening releases the inner actors in our community.

Tuesday night, July 29th from 7-9PM

call the office for more information.

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!



Krafty Kids:

A 4-wk Session of Spring Arts & Crafts for kids. Each week we will have a different project to make from pinwheels 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

Who: Ages 3 - 5

When: May 1, 8, 15 and 22

Where: Holderness Town Hall

Time: 10-11 AM

Cost: \$28 per child

Instructor: Stephanie LaClair

Please register by April 24th



Day Camp 2008



Holderness Recreation Day Camp is designed to get back to the basics of summer time fun for kids. One of our goals is to provide outdoor fun in a relaxed, safe and caring environment while allowing children to be children and learn through play.

Our day camp plays two days a week at the Town Beach, two days a week on site and one day a week on a field trip. This summer we are looking forward to returning to the Holderness Central School as our home base. At time of print, there is a lot of snow so camp start dates may change due to snow days. Whether we are on site or at the beach, we offer arts and crafts, new and traditional games, sports, relays, etc.

Our Day Camp is open to campers ages 5 to 12 years old. We have set enrollment maximums to ensure an adequate staff to camper ratio. Day Camp hours are **Monday through Friday, 8:00 AM to 3:30 PM.**

Two Week Sessions

Session #1 July 7—July 18

Session #2 July 21 - August 1

Session #3 August 4—August 15



Registration Fees: Before May 1st, 2008, the Resident tuition is \$165 plus a \$35 activity fee per two-week session (tuition for a sibling during the same session is \$135). Non-Resident tuition is \$175 plus a \$35 activity fee per two-week session. A non-refundable deposit of \$75 is required for each two-week session your child wishes to attend. This will hold a space for him/her on our roster. A registration form and the non-refundable \$75 deposit for each session your child will be attending must be received to reserve your spot. **Activity Fee:** The activity fee covers all entry costs or tickets for fieldtrips and events.

Late Registration: After May 1st, 2007 the Resident fee is \$175 per two-week session plus the \$35 activity fee. The Non-Resident fee is \$185 per two-week session.

Scholarships: Resident scholarships are available and can be requested through Wendy in the office. If you or anyone you know needs financial assistance, please do not hesitate to let us know.

Before and After Care: After surveying both parents and staff and due to low enrollment in the afternoon portion of this program, we have eliminated the extra half hour at the end of the day. However we have expanded our core program hours to start at 8AM and end at 3:30PM.

Attending For One Week: Although our activities start and culminate on the above two-week session schedule, it is possible to attend camp for only one week. **Tuition is \$95 for residents \$105 for non-residents per week plus a \$20 activity fee.** If you choose to split a session by going two weeks in different sessions, you will still pay the weekly fee plus the \$20 activity fee. A non-refundable deposit of \$50 is required for each individual week that a camper is planning to attend.

We request that your balance be paid two weeks prior to the start of each session. If you need to make other arrangements for payment please speak to Wendy in the office. Registrations are accepted on a first- come first-serve basis.

Parent Packets: You may pick up your parent packet at Town Hall or ask that one be mailed to you. This packet includes information on policies, procedures, things your child should bring etc.



Holderness Recreation Spring 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 aerobic workouts, 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. The next session runs 3/5/08—4/30/08. Cost is \$50 for a 8-week session.

Instructor: Anne Packard

Volleyball

Tried and true, this program is a keeper. Come to the Holderness Central School 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 at all levels. Just show up ready to play and complete a registration form.



Livermore Town Beach

Beach passes and copies of the beach rules are now available at the Town Clerk's office in Town Hall. Beach passes are \$15 and are issued to Holderness residents and taxpayers. Passes must be purchased, and shown to the Beach Attendant on duty, in order to use the beach. Please read your copy of the beach rules and abide by them.

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.



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.rhnature.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 Spring 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.