

# Holderness Recreation Department Summer 2008 Programs



## 2008 Summer Day Camp

### Where will you be this summer?

We still have room in our day camp. Camp is open to campers ages 5 to 12 years old. We play two days a week at the Town Beach and two days at the Holderness Central School. We also go on one field trip per week.

**When:** Day Camp hours are **Monday through Friday, 8:00 AM to 3:30 PM.**

**Session #1** June 30 to July 11  
(no camp July 4<sup>th</sup>)

**Session #2** July 14 to July 25

**Session #3** July 28 to August 8

**Registration Fees:** Resident tuition is \$175 plus a \$35 activity fee per two-week session (tuition for a sibling during the same session is \$135). Non-Resident tuition is \$185 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 field-trips and events.

## Livermore Town Beach

Beach passes and copies of the beach rules are now available at the Town Clerk's Office at the Holderness Town Hall. Beach passes are \$15 this season 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.



## Adult Mixed Sports:

What a great alternative workout. Come and join us, to let off a little steam by playing Ultimate Frisbee, Whiffle Ball and Kickball. We will decide the game for the evening once everyone has arrived. Come alone or come with friends. Cost \$10.



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

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

**When:** Wednesday's July 9th—August 6th

**Time:** 6:00—8:00 PM

**Where:** Holderness Central School Fields

## Nordic Walking:

Nordic Walking with Cindy Krisanda coming this fall. 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 30-45 minutes. Then, we will do a quick 10 minute standing Pilates 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 if \$50 per person for 4 weeks, including pole rental (usage?)

**Who:** Adults 18+

**Where:** Holderness Fire Safety Building.

**Dates:** To Be Announced

**Cost:** \$50 4-week class + a \$2.50 pole rental / class if needed.

## Archery Clinics:

You can join us at the Pemi Fish and Game Club to fine tune your archery skills or start from scratch.



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

**When:** August 12th 10am—Noon \$30  
August 19th 6pm—7:30pm \$25

**Instructor:** Marcia E. Wyman - Dir. 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.

Don't miss this opportunity to learn from one of the best!

## Come one, come all to see

### **MR. PHIL AND COMPANY**



## Right here in Holderness

Mr. Phil's own special brand of magical mayhem, filled with laughter, audience participation, and unexpected successes. Mr. Phil is a comedy magician, when you watch his act, you can see his clown "roots" but now he is bigger than life as Mr. Phil, without the make-up. Lots of "yolks" and yuks - you won't want to miss it!

**When:**

Tuesday, July 22nd at 1:30PM

**Where:**

Holderness Central School

**Cost:**

\$5 pp for 45 minutes of magical

## 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 or visit [www.littlechurchtheater.org](http://www.littlechurchtheater.org)

# Programs / Classes / Special Events

## Swimming Lessons

Swimming for kids will be offered for two-weeks Monday - Thursday through the Holderness Recreation Department. Wk 1 will be July 21<sup>st</sup> -24<sup>th</sup> and Wk 2 will be July 28<sup>th</sup>-July 31<sup>st</sup>. 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. Classes start at 12 PM and run on the 1/2 hour. You can download a registration form from the town website or call the office for more information.

**Instructor:** Joyce Warburton



## 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.



## Squam Lakes Natural Science Center presents Garden Tai Chi in Kirkwood Garden

Friday's, June 11—August 15th  
8:00 AM - 9:30 AM

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. Join us in lovely Kirkwood Gardens.

Reservations and advance payment required unless otherwise stated. Programs may be cancelled if minimum enrollment is not met.

Adults: Cost for eight weeks: \$36/member; \$48/non-member Advanced reservations and payment required. Sign up through Squam Lakes Natural Science Center 968-7194 or info@nhnature.org



## 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.



Anne's workout incorporates hi/lo impact workouts, step aerobics, free weights, and stability balls. Classes are ongoing at the Holderness Central School. Please call the office for more information.

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

**Instructor:** Anne Packard

## Fall Walking Program

This walking program will begin on September 7th and end with a celebration breakfast on November 16th. (ten weeks). The theme for the program will be "Tromping in the White Mountain National Forest".

Weekly noon or morning walks are planned around Plymouth and weekend hikes using some of the local trails in the WMNF. There will be both a competitive and non-competitive division. We are also planning to have a family challenge component. The program will emphasize using walking and other forms of exercise to maintain a healthy life style. For more information contact Larry Spencer at 536-4315 or at lts@plymouth.edu. You can also visit the website at [www.walkingishealthy.info](http://www.walkingishealthy.info)



# Holderness Recreation Department's Summer 2008 Programs

**A registration form is required for most programs**

**See our website for more programs and details at [www.holderness-nh.gov](http://www.holderness-nh.gov).**

Holderness Recreation  
PO Box 203  
Holderness, NH 03245  
968-3700  
holdrec@roadrunner.com  
[www.holderness-nh.gov](http://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](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@roadrunner.com. Office hours are held at the Town Hall on a varying schedule.

**Call Holderness Recreation at 968-3700 for more information!**