



Holderness Recreation Department Spring 2011 Programs



From the Director's Desk

I certainly enjoyed my winter and I hope you did too. From playing in the 2nd annual New England Pond Hockey Classic to attending the multiple fishing derby weekends there was little time for boredom.

It was also an exciting winter for the recreation department. There was a new Zumba class, Yoga for children and adults, another Babysitter Training course with 12 graduates and continued success for the Saturday pick up Adult Hockey.

Sometimes it is hard to say goodbye to

winter, but now the gears are turning and I am looking forward to spring. New this season you will see a live performance of TWO, a high energy juggling and physical comedy show. They are a nationally recognized group that is not to be missed.

We are also offering an April vacation soccer clinic with Goals Galore and a Triathlon 101 program to get people excited about the Circle Triathlon happening at the end of the summer.

This year also marks the 250th celebration for the Town of Holderness, which will be celebrated August 5th-8th. Keep your

eyes open for updated information on the events planned for this special occasion.

Also please feel free to call or email any time with suggestions for programs or to have your questions answered. A lot of new program ideas come right from you, our residents, so don't be shy.

Thank you and enjoy this season of renewal, get outside and explore.

Wendy Werner
Recreation Director

April Vacation Week

TWO

A High Energy Juggling & Physical Comedy Show

This fresh, funny and innovative show features everything from high-tech juggling to physical comedy, audience participation and full body contortion! All of this choreographed to, cutting edge, up-beat, original music! TWO has amazed audiences across the country and abroad with such highlights as The Atlantis Resort in the Bahamas, the International Juggler's Festival and even The White House in DC...THREE TIMES! They have also been featured on the national television shows CBS Sunday Morning & Inside Edition.



- When:** April 27th
Where: Holderness Central School
Time: 11AM
Cost: \$5 per person

Library Information

The Library has a newly renovated ceiling and is currently open, however there will be several other short term closings to finish painting. Give them a call to check their schedule.

Spring Story Time will begin on Wednesday, **March 23 @ 10am** for 8-weeks.

ALL ARE WELCOME for stories, songs and a craft!



April Vacation Soccer Clinic

April 25, 26, 28 & 29

Shake off those winter cobwebs with Goals Galore Soccer. We are teaming up to offer 4 days of fun while getting a head start on your soccer skills.

Introduction to soccer...children will enjoy an introduction to soccer that will focus on developing movement, balance, agility, and hand-eye coordination skills, as well as soccer skills through fun soccer games and activities.

Three groups to choose from

- Minnie Mites 3 & 4 yrs 9-10am
- Mighty Mites 5 & 6 yrs 10:10-11:10am
- Major Mites 7 & 8 yrs 11:20-12:20pm

Clinic will be held at Holderness Central School Gym. The cost is \$25 per child. Participants will be receiving 4 hours of instruction from Rob Wright, Goals Galore Soccer. Parents are asked to watch from the hallway to cut down on distractions however, we may need a parent or two to assist with this class.

Please use the registration form on the inside of the next page and register prior to April 20, 2011.

Questions? Contact Rob Wright at 603-348-7624, goals_galore@yahoo.com or Wendy at 968-3700, holdrec@roadrunner.com

Spread the word and sign up soon!



ZUMBA

- When:** Saturday's 9-10 AM
Dates: 4/2-5/7
Where: Holderness Town Hall
Cost: \$60 for 6-weeks or \$12 / drop in
Please Call to Confirm this Class.



**Vacation Week
Soccer Clinic Registration Only**

Please detach and mail the completed form to:
**Goals Galore Soccer, PO Box 771, Campton,
NH 03223**

Checks should be made payable to 'Goals Galore Soccer' with vacation clinic in the 'memo' section

Childs Name: _____ M/F: _____ D.O.B: _____
Childs Name: _____ M/F: _____ D.O.B: _____
Childs Name: _____ M/F: _____ D.O.B: _____

Parent/Guardian names: _____
Home phone: _____ Cell: _____
Mailing Address: _____
Email Address: _____
Emerg Contact: Tel: _____

Circle the session.

Minnie Mites 3& 4 yrs 9—10am

Mighty Mites 5 & 6 yrs 10:10—11:10am

Major Mites 7 & 8 yrs 11:20—12:20pm

Total Cost: _____ Check No: _____

YOUR DEPOSITED CHECK IS YOUR ONLY CONFIRMATION

Please list below any medical conditions that the staff should be aware of (Asthma / Food Allergies, etc):

GOALS GALORE SOCCER RELEASE STATEMENT
I certify that the child / children named above are in good health and may participate in physical activities. If my child becomes ill or injured I give permission for the staff to provide and arrange appropriate medical care, at my expense. If my child is disruptive or frequently disobeys rules, I understand that he / she may be asked to leave with no refund of fees. I understand that my child may be photographed during the week and that these photos may be used for promotion

By the signature below, I release Goals Galore Soccer, RobWright, and all staff /sponsors connected with the clinic from any and all liabilities due to injury and illness incurred from all Goals Galore Soccer activities, including any other sport or non-sports activities from the time of drop-off to collection.

Parent / Guardian Signature: _____ Date: _____



Goals Galore Soccer Camp

Rob Wright and his crew will be returning again this June to offer their ever popular soccer camp. The camp will tentatively be from 6/20—6/24.

A separate registration will be sent through school in April.

Free Family Camping on Moon Island



Squam Lakes Association is offering the use of their canoes and a Moon Island campsite on Saturday, June 11th to Holderness Residents. The campsite has a maximum capacity of 12 people. A responsible adult must accompany children. Participants are responsible for their own camp supplies & meal planning. Firewood should be purchased at SLA on your way to the campsite for \$6/bundle. There are no Dogs allowed on Moon Island. Sign up by June 1st.

Thank You SLA!



2011 Lakes & Mountains

Summer Jr. Team Tennis League

Once again we are working with USTA New England to develop more tennis programs in our area. Last year we introduced a 4-match league with weekly practices and travel to 4 different locations for match play. We had 16 players from Holderness and over 90 total in the program.

This year we are forming a league closer to home with Sandwich, Moultonborough, Meredith, Holderness & Waterville Valley. However, if you are from another town, you can still join in.

If you are interested in tennis and willing to play, then join in! Play is based on the 10 and Under Tennis and QuickStart program with competition available through U14 ages.

Season Details & Benefits:

- The season will run from approx. 6/27—8/12.
- Matches will be held during the weeks of 7/12, 7/19, 8/3 after 5:00 PM
- Players will play multiple matches each match day to reduce days of travel.
- Registration includes a Subscription to "Smash" Tennis Magazine, and USTA Membership

To register contact the Holderness Recreation Department.

Back Yard

Poultry Planning & Flock Management:



Are you thinking about raising chickens for the first time? Are you trying to figure out where you can make improvements to your current operation? Come to this workshop to find out what you need to know before you get started, or join us to polish-up some of your current practices. Q & A time is built in to the class so bring your questions.

- **When:** Wednesday, April 27th
- **Time:** 6:45—8:15
- **Where:** Holderness Town Hall
- **Cost:** Free

This program is brought to you by UNH Cooperative Extension—Grafton County and Holderness Recreation.

Attracting Native Pollinators?



This workshop will go over choices available to gardeners who would like to attract native pollinators to their gardens and orchards

- **When:** Wednesday, May 4th
- **Time:** 6:45—7:45pm
- **Where:** Holderness Town Hall
- **Cost:** Free

This program is brought to you by UNH Cooperative Extension—Grafton County and Holderness Recreation.

StoryWalk™

The StoryWalk Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg-Hubbard Library.

Holderness Library, Holderness Recreation Dept. and the Squam Lakes Natural Science Center are joining forces again in collaboration with MSVB to bring you Storywalk.

The book we have chosen for this year will trigger memories for older generations and introduce many young generations to a classic.



Our book selection for this summer!

Friday, July 1st 10 am

Rain or Shine

Field behind State Boat Launch

Crafts and light refreshments will also be available. This parking area is for boat trailers only, so we ask that you park in the village and walk to join us.



You ask. We listen. Together we solve.

Triathlon Training 101



Thinking about doing the Circle Triathlon this year, but not sure how to get started? Perhaps you have done a triathlon before and want some advice on how to improve your effort. Triathlon's can be a individual, family or team event, so if you are solo, or part of a bigger group this is a program that can benefit you. Perhaps you are looking for that life change, a movement toward wellness, or a new hobby. Join us on **April 29th from 6:30—8pm at the Holderness Town Hall**, for an informational meeting on how to train for / get involved in a triathlon. At this meeting you will also have the opportunity to sign up for a 10—12 week training program taking place in and around Holderness. The program will include educational and skill training, on course biking, running and swimming. Please **R.S.V.P. to Wendy at 968-3700.**

Cost: \$5 for info. Meeting
Instructor: Celeste St. Pierre
Celeste is a Total Immersion™ Teaching Professional, as well as a triathlete with over 13 years of experience in Sprint, Olympic, off-road, half and Ironman races. She is a USA Swimming Level 1 Coach and a USA Triathlon Coach. She lives and trains in the White Mountains of New Hampshire.

Holderness 250th Celebration

August 5th—8th. We are in the planning stages for this wonderful occasion and you can find out about events, volunteering and how to contribute at the event website:

www.holderness250.org





SummerEscape 2011

For kids in grades K—8

Early Bird Discount!!!

From 3/25/11– 4/15/11, 10% off program fee

Holderness Recreation is the place to be this summer!

Holderness Recreation SummerEscape 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.

Staff: We are pleased to announce that all of our staff are returning again this summer and based on the pictures, that means you are going to have another really great summer.

8-weeks this year: This summer our program has been shortened due to Mother Nature. Since school is getting out a little late this year, we will be starting a week later than normal. SummerEscape will be from 6/27—8/19. The program runs out of the Holderness Central School. We are at the school 2 days per week, at the beach for 2 days and on a field trip 1 day. We hope you can join us.

The program will have a similar schedule as last year, but will be enhanced with new field trip offerings, special guests and events. Of particular interest is that this year Holderness is recognizing it's 250th birthday, so we will be incorporating various activities that will highlight this history.

Children may participate weekly or in the designated 2-week sessions. please call for a complete packet.



Swimming Lessons weekly

SummerEscape welcomes campers age 5 to grade 8. There will be opportunities for age appropriate activities, individual challenges, team challenges and whole program challenges. As in the past we will work to offer a couple of trips for specific age groups to give them the opportunity to visit different places. Program hours are **Monday to Friday, 8:00 AM to 4:30 PM.**

Optional Play to Learn Tennis: Once again, tennis will be a part of this program. For a nominal fee, your child can play to learn tennis. Tennis is a lifetime sport, you only need to learn it once and it will be with you your whole life.



Parents With Talents

Do you know how to Geocach? Lead Orienteering, or Identify Bugs? Do you enjoy working in the vegetable garden? If so, we would love to have you as a guest this summer to help enhance our program. We are also looking for reusable items like toilet paper rolls, empty liter bottles and fabric or cloth scraps.

Camp Scholarships

If you or someone you know is having second thoughts about sending a child to our summer program. Call us and let's talk. We have scholarship funds available for residents, but may also have resources outside of our community for non-resident participants.

We would like every child to have the opportunity to go to camp if they would like to.

Multiple children & all summer discounts available.

Please feel free to call with questions regarding the fee schedule or any aspect of the program.

Tentative Theme and Trip Schedule at a glance

6/27 Week 1 – **Getting to Know You**

Who's Who in Holderness
Swimming / Scavenger Hunt



7/5 Week 2 – **Animal Week**

Trip to NHSPCA & pet food drive
Wildlife Encounters and NH State Zoo



7/11 Week 3 – **Nature Week**

What's in our Back Yard? Gardens, plants, trees, bugs
Bee Keeping presentation
Squam Lakes Natural Science Center



7/18 Week 4 – **Wet N Wild Week**

No Camp on July 4th
Whales Tale grades 4—8
Hobo Hills / Train grades K—3
Water Balloons, Sponge toss and more



7/25 Week 5 – **Summer Carnival Week**

Multi Camp Carnival
Archery Clinic

8/1 Week 6 – **Holderness 250 Week**

Enfield Roller Skating for 4th to 8th
FunSpot bowling for K – 3rd grade
Visit from Abenaki Nation
Friday concert at Kirkwood Gardens / Library visit

History

8/8 Week 7 – **Chemical Magic**

Magical Microscopes—Rocks and Minerals
Half Day Trips



8/15 Week 8 – **Variety Week**

Beach, Skating, Swimming, who knows what else.
Friday at HCS Last day of camp season



Schedule is subject to change without notice

Sciensational Workshops

Chemical Magic—Magical Microscopes—Rocks and Minerals

Learn to make batteries from fruits or potatoes. Make a fantastic crystal tree. Work with invisible ink. See the happy and sad balls. Work with our powerful magnets. Look at our prepared slides using our microscopes. Learn about the different types of rocks and minerals from our interesting rock and mineral collection. Make glob from glue. Use paper cromotography to separate colors. Make dirty pennies turn clean and clean ones turn green. Everything will be explained to you so you can go home having learned some interesting science. Hands on science is the best way to learn.. **Ages 6—11**



Cost: \$135 for Sciensational only

Or \$209 for Sciensational & SummerEscape.

This program can either be taken as part of SummerEscape or separate. You do not have to be enrolled in SummerEscape to take this class. There is a separate fee for this class.



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. Class schedule is Mon, Wed., and Fri., from 5:30—6:30AM. 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 16 and up at all levels. Just show up ready to play and complete a registration form.



Swimming Lessons

Mark your calendars for **July 18th — 22nd & July 25th — 29th.** These are the two weeks for swimming lessons this year. The cost is \$47 resident and \$57 non-resident.

Forms will be available on the town website, at the recreation office and will also be sent through the HCS.

Give the Gift of Recreation

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.



Adult Yoga—all levels

Lori Card has been teaching yoga in Holderness since the new year started. She has a wonderful personality and truly enjoys sharing yoga with us. She is currently offering adult Yoga for all levels on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 10:-11:15. Classes are on going. A punch card for 6 classes is \$60 or \$12 drop in.



Children / Family Yoga

Wednesday evenings from 4:15—5:15 Lori is working with children and families who want to learn yoga. You will learn poses such as Tree, Lion, Monkey and more. Work through your poses as you construct a tale of the jungle. Classes are ongoing. Cost is \$8 per class

Recreation Board Members

Tom Stepp, Chairperson
George 'Biff' Sutcliffe, Secretary
Shelly Swanson
Janis Messier
Fawn Ouellette

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. 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.

Livermore Town Beach

Beach passes and copies of the beach rules are now available at the Town Clerk's office in Town Hall.



Passes are issued to Holderness residents and taxpayers for \$15. Passes must be shown to the Beach Attendant on duty, in order to use the beach. Please read the beach rules and abide by them.

Community Beach clean up days. Tasks include raking leaves, picking up branches staining the picnic benches, hanging swings, raking the beach, planting the planters and putting in swim lines. Light refreshments will be provided.

Dates: 5/23 & 6/6 **Time:** 4—6pm. Call to confirm.

Resident Scholarships are available for programs, please call Wendy Werner 968-3700 for more information.

Holderness Recreation Department's Spring 2011 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

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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.