

Holderness Recreation Department's

Fall 2010 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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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.

Holderness Recreation Department Fall 2010 Programs



From the Director's Desk

Summer has come and gone and now we can look forward to cool nights and crisp mornings. This past summer we were quite busy with our 9-week SummerEscape program, Soccer camp, Summer Concert Series, Harry Potter Science week and so much more. I would like to thank all of the participants that we had this

summer for making our programs a success. Our summer staff did a great job this year with keeping children and families busy both at the beach and in our programs. I would like to thank the community as well for supporting our 4-week concert series. We dodged the rain for the most part and look forward

to offering a great line up again next summer. As usual, I hope you find a program of interest while perusing this flyer and as always, feel free to call or email with suggestions. Have a great fall.

Yours in Recreation,
Wendy Werner



2010 NH Children in Nature Conference

For community organizations, parents, educators, families and anyone else that is interested.

"Opening Doors to Happier Healthier Lives"

October 7, 2010

8:30 am - 3:45 pm

The Hanover Inn, Hanover, NH

Join us as we continue to encourage communities, organizations and individuals to open their doors to nature as a way of leading happier, healthier lives.

KEYNOTE: *"Get Outside: A Prescription for Health"* - Dr. Tory Rogers, Director of the Kids' CO-OP at the Maine Medical Center and a key figure in motivating children to get up, out and moving, will begin the day as our keynote speaker.

Workshop preview

- **Building Trails, Building Collaboration- A Step in the Right Direction** Join members of the HEAL Coalition, Healthy Heart for Life, of the Greater Franklin Area for a presentation and discussion on trail and park development and community involvement. Learn about the exciting collaborations that have evolved and how we are linking and using our local trails system for physical activity promotion and nature appreciation with both adults and youth.

- **Sprouts: Gardening and Nutrition Experiences for the Young Child** *Sprouts* engages children and their families in the exploration of six target vegetables with the goal of increasing consumption. Join us to experience the Early Sprouts "seed to table" curriculum; gain insights into the formation of food preferences and family involvement; understand how educators, health workers and families can play a key role in assisting children in developing healthy eating habits.

- **Growing Inside Out: School Gardens and Outdoor Classrooms**—School gardens come in all sizes, shapes and forms, from veggie beds to wildlife habitat to seating and gathering places, from wild to tidy. This panel will highlight several successful school garden projects.

- **Safe Routes to School:** Walking and Bicycling Gets Kids Outside

- **Making the Change in Your Space: Creating a Natural Playground for Early Childhood**

- **Outdoor Leadership Experiences: Getting Teens Outside**

- **Upper Valley Trails and Recreation: Transport, Socialize, Exercise**

Please visit www.nhchildreninnature.org to register and find more information. Hope to see you there!



Holderness Recreation

Board Members:

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

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 18 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. Fall Class schedule will be Mon. Wed., & Fri. from 5:30—6:30AM. We are currently in session, so come on down and give it a try! Please call the Holderness Recreation Office for more information 968-3700

Cost: \$50 (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? Hope you will join us again this year. I will be there and hope you will too. \$10 for the season. A registration form is required and can be completed on the first night.

Who: Ages 18 + if playing alone, 15 + if coming with an adult.

When: Wed, Dec. 15th—Jan. 19th

Time: 7:30—9:30 PM

Where: Holderness Central School Gym



Transfer Station Update:

Starting on Monday, October 4th the Transfer Station will be closed for two weeks. During this time you may bring bagged household trash only to the DPW facility located at 62 Beede Rd. The schedule for the temporary drop off at the DPW facility will be limited to Saturdays and Sundays only from 8:00AM to 4:00PM. No recyclables will be accepted at this location. Please call Town Hall 968-2145 for more information



☺Wanted

We are looking for a Zumba instructor, if you teach or know of someone who would be interested, please give the office a call or send an email.

Babysitter's Training

Learn what you need to know to become a responsible babysitter. The Babysitter's Training course can help you—

- Supervise and play with children of all ages.
- Hold, feed, bathe and dress infants and toddlers.
- Be a responsible role model.
- Make good decisions and solve problems.
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes & interview for jobs.
- Receive your Babysitting Certificate upon completion of course.

When: Tuesday, Dec. 28th

Time: 9am—3:30 pm

Who: Ages 11—15 yrs

Cost: \$60

Register by Dec. 14th, 2010.

This could make a great gift for the aspiring babysitter: -)



Congratulations to the Holderness

Library—Recently named NH Library of the Year! Stop by on Sept. 22nd at 10 am for the celebration and to learn about upcoming programs and events!



Archery Classes

Fall is here 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 & Game Club

When: October. 18th—Nov 8th

Time: Beg. / Families 5 - 6PM (7yrs +)

Advanced from 6-7PM

Cost: \$65 first person (\$60/ Family member)

Please register by Oct. 11th. Both classes are open to adults and children



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. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account.

This fund helped many families this summer and it needs replenishing. We greatly appreciate and accept donations of any size.

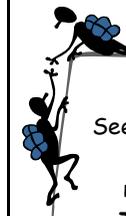


Thank you for your support!

October 2nd & 3rd is Get Out and Play! Weekend

Summer fun in the sun may be over, but we can still think ahead to autumn and another great reason to get the whole family outside: the second annual NH Children in Nature Coalition's "Get Out and Play! Weekend" is coming October 1-3. And everyone is invited!

Across New Hampshire, organizations, groups and individuals will be hosting walks, hikes, bikes, picnics, and paddles for this event! What can you do? Joined a planned program or gather friends, family and neighbors for a visit to a favorite natural place - like a walk on town conservation land, a ramble in one of our great state parks, a bike ride on a rail trail, a nature play hour or a whimsical evening building fairy houses in a local woodland. Together we can take an important step toward developing a strong network of communities and local leaders who value the connection between people and place.



See a list of planned activities at www.nhchildreninnature.org
Try something new!



Plymouth Area Walking Program

begins on Sept. 12, 2010 at 3pm in the small lecture auditorium of Boyd Hall with registration, a short program and a short walk around the Plymouth Community. The intent of the eight week-long program is to get folks to exercise on a regular basis (walking, running, biking, kayaking, yoga, and even gardening). All forms of exercise are converted into step totals and participants are encouraged to do 50,000 steps/week. If you haven't been doing much exercise, then we'll help you set a lower starting goal. It's always easy to exercise if you have someone else to do it with or to compete against.

The theme of this year's program is "Famous Trails of the National Parks". The program maintains a web site, <http://www.walkingishealthy.org>. Each week there will be information concerning a trail in one of the US National Parks. One of the extra aspects this year will be a "pairs contest". There will be three divisions: male-male adults, male-female adults, and adult-child. Prizes will be awarded for the pair who accumulates the largest combined step totals. Participants will use the web site to record weekly step totals.

The cost for this program is minimal: \$10 per person and \$15 for adult/child combinations. Forms for participation are available on the web site or by contacting the coordinator Larry Spencer at (Its@plymouth.edu).



Emergency Preparedness Information - On September 7th the town hosted a program to help community members be prepared in the event of an emergency. If you were unable to attend the program but would like to have access to the information covered visit: www.nh.gov/readynh or www.plymouthpublichealth.com.