

WINTER 2010 / 2011

Holderness Recreation



Seasons greetings,

I hope this newsletter finds you and your family healthy and happy. New for this winter we have Adult Floor Hockey, Zumba and a Fly Tying series with Rick Forge. On March 2nd, we have Grammy Nominated Judy Pancoast coming for a family show. This is a show not to be missed. Also inside you will see your old favorites like volleyball and dodgeball, but I encourage to embrace the season and give something new a try.

We are not offering our family skating on Sunday's this winter due to the abundance of public skating options at the new PSU Arena. If you have not been in there already, then you should put it on your list. Not only is the facility beautiful, but the ice surface is great. Take a look at the PSU Athletics website for public skating schedules and game schedules.

Also, for the teen population, check out

the Teen Skate nights on Fridays.

Lastly and as usual, please do not hesitate to drop me a note, phone call or email with your comments and suggestions. I am always looking for new programs to bring to you the residents and taxpayers of Holderness. Enjoy the winter.

Yours in Recreation,

Wendy Werner

Recreation Director

Adult Pick Up Hockey:

Saturday mornings at the Holderness School Rink from 8:30 - 9:30 AM. Ages 16+ with a helmet & registration form. Goalies needed.

When: 8:30 - 9:30 AM

Dates: Dec. 4th-Mar. 6th.

Cost: \$6



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. The first night will be Wed., **December 15th**. \$10 for the season.

Who: Ages 18 + / 14 + if coming with an adult.

When: Wed, Dec. 15th—Jan. 19th

Time: 7:30—9:30 PM

Where: Holderness Central School Gym

Enter through the tennis court side of the gym.

Adult Floor Hockey:

Simple as that, hope you can join us! Registering ahead of time is helpful for a head count. \$10 for the season.

Who: Ages 18+

When: Wed.'s Jan. 26th—Mar. 2nd

Time: 7:30—9:00 PM

Where: Holderness Central School



Ditch the Workout. Join the Party!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate you. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Come with water and a good attitude! Wear comfortable clothing and supportive sneakers.

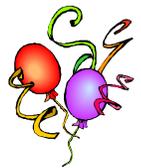
When: Saturday Mornings 9—10 AM

Dates: 1/8 - 2/12

Where: Holderness Town Hall

Cost: \$60 for 6-weeks or \$12 / drop in

Instructor: Carole Ann Morrison - from Ninth State Studio



Adult Volleyball:

Get off the couch and join us on Tuesday and Thursday nights from 7:30—9:30PM 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. Enter through the tennis court side of the gym.



Adult Programs

Early Bird Exercise:

Enough Said! Our workout will incorporate hi/lo impact workouts, step aerobics, free weights and stability balls.



Classes meet Mon. Wed., & Fri. from 5:30—6:30AM. Classes are ongoing at the Holderness Central School Gym. Please call Holderness Recreation for more info. 968-3700

Cost: \$50 (12-week session)

Instructor: Anne Packard

Indoor Track:

Too cold to go outside for your morning walk? Bring a friend or come on alone to the indoor track at the PSU Field House. The track is available Monday, Wednesday and Friday from 8—9:15am for indoor walking or light jogging. No registration is needed and it is free.



Fly Tying Workshop

Join flyfishing guide Rick Forge and Holderness's Jim Hall for an introductory workshop on Fly Tying. Come and see what it takes to get involved with this ever-popular activity. Watch as Rick and Jim introduce you to the art of tying. If you like what you see then sign up for the 6-week fly-tying series.



The follow up 6-week program will prepare you to tie streamer, dry and wet flies. Each of the 6-week courses will give you a lesson in entomology and a chance to tie flies to "match the hatch". This course is an introductory to intermediate level class with an emphasis on patterns that are native to New Hampshire. Equipment will be supplied.

Workshop Date: Jan, 22nd 10—11am

Where: Holderness Fire Station

Cost: \$5/wk directly to the instructor for supplies

6-wk course Dates: To be determined beginning in February

Yoga—All Levels

Have you ever wanted to try Yoga for your health and wellness? Here's your chance, this 6-wk program teaches you the basics of yoga postures, breathing & alignment, builds your endurance, develops flexibility, strength & balance, helping you to manage stress more effectively. Come experience first hand the extraordinary benefits that yoga has to offer. Mats are available. Wear stretchy clothes, bring a water bottle. **Instructor:** Lori Card of The Practice Room



Cost: \$60 / 6-wks 1 day per wk or \$12 drop in, 1st Intro Class FREE!

When: Tues. & Thurs 10—11:15 AM
Wednesday 5:30—6:45 pm

Dates: Tues. class Jan. 11—Feb. 23
Wed class Jan. 12—Feb. 25
Thurs. class Jan. 13—Feb 26

Where: Holderness Town Hall

Youth Programs

Feb. 3rd

Early Release



Join Holderness

Recreation, ACE and Squam Lake Association for a fun afternoon of Snow Adventures.



Activities Include:

- Snowshoeing,
- Magnified snow experience
- Snow Volleyball & more

Sign up through the Rec. Dept or ACE. You do not have to be an ACE student to participate.

Program is from 1—3 PM.

If you need extended care, you can join ACE for the day too! The activity is free, but there may be a cost for the ACE program.

Youth Programs

Children's Yoga:

Lori Card is also interested in offering a children's yoga class if there is enough interest. If you are interested please call or email the recreation office and once we have a list, we will decide on a day and time.

Babysitter's Training

Because You Care...Prepare

Learn what you need to know to become a responsible babysitter. Designed for 11 to 15 year olds, the Babysitter's Training course can help you—



- Supervise and play with children of all ages.
- Hold, feed, bathe & dress Infants & toddlers.
- Keep yourself and the children you baby-sit safe.
- Handle emergencies such as injuries, illnesses and household accidents.
- Taught by Certified Red Cross Instructors.

When: Tuesday, December 28th

Time: 9—3:30pm

Who: Ages 11—15 yrs

Cost: \$60

Register by Dec. 21st please.

Holderness Library News



Ongoing Events at the Library:

Saturday Stitch & Chat 10:00am

Wednesday Seasonal Story Time 10:00am

Wednesday Bridge Group 1:30pm

Friday Mahjongg 10:00am

For more information visit:
www.holdernesslibrary.org

February Vacation Activities



Family Dodgeball:

You're not allowed to throw things in the house, not to mention at each other, so here's your chance.

When: Tuesday, March 1, 2011 10–12pm

Where: Holderness Central Gym

Cost: \$8 per family Best for ages 7+



Judy Pancoast!

Grammy Nominated for Best Children's Album.

Judy's high-octane performances have created a ruckus from Boston to Los Angeles and Minneapolis to New Orleans at fairs, festivals and wherever children and families gather. Totally terrific tunes with timeless lyrics about childhood experiences that resonate across the generations



Totally terrific tunes with timeless lyrics about childhood experiences that resonate across the generations

Wednesday, March 2, 2011 at 10:30 AM

Holderness Central School

\$3 per person

Children, families and everyone else.

Family Floor Hockey

Slopes will be busy during vacation week, so join us instead for a game of family floor hockey.

When: Thursday March 3, 10am–12pm

Where: Holderness Central Gym

Cost: \$8 per family, best for ages 7+



Snow Science!

The outdoors that we become so familiar with throughout the summer become completely different worlds once the snow flies! Learn why ice floats and imagine what our world would look like if it didn't. See how snow really acts like a blanket, keeping the ground warm and cozy beneath it. Join scientists with the Squam Lakes Association to learn more about how our environment changes in the winter season.

Who: Grades 3–5

When: Thursday, March 3, 2011

Where: Holderness Central School

Time: 12–3 PM, weather dependent

Cost: FREE

Please register by Feb. 25th

Dress for the outdoors

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. You may however pay at the door.

Who: Families

When: Friday, March 4, 2011

Where: Plymouth State University

Time: 1-3 pm

Cost: \$3 per person



SLA Winter Fest

Saturday, January 15th, 2011

12 - 3pm

Free for the general public.

Activities include:

Ice Skating - oval and hockey rinks on Squam Lake
Winter Golf

Nordic Skate Demos
Cross Country Skiing
Snowshoe Demos

Ice Fishing Demonstration
Free Hot Chocolate!!



Chili Competition - buy a mug for \$5 and vote for your favorite Chili

Activities are weather dependent.

Visit www.squam lakes.org for more information.



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 and Inside Edition.

Coming April 27th at 11am.



Holderness Recreation Winter 2010 / 2011

Transfer Station:

In case you have not been to the Transfer Station lately, it is open again an receiving all of your household trash.



We are using a single stream Recycling program and guidelines for this can be found on the Town website. There is a great flyer, which clearly outlines what can and cannot be recycled.

Holderness 250th



Plans are underway for a vintage boat parade and re-run of the old mail boat route via steamboat. The fire dept. will host a pancake breakfast. Sid Lovett will conduct a special church service. Representatives of NH's Abenaki Nation will be participating to recall history before 1761. Longhaul Farm will host a "I can remember when..." night. Holderness (prep) School students have developed a *Holderness250 website...and on and on!*

Contributions are needed: c/o Holderness250, Box 319, Holderness 03245
Interested in volunteering? Call 968-3846

Archery Classes

Mike Bolduc of Archery in Motion will join us again in March to offer this popular class. Classes will be on Tuesdays, March 7, 14, 21 & 28 at the Pemi Fish & Game Club on Beede Rd. Classes are for ages 7 +.

Please register by

March 3rd.

5-6 pm Beginner

6-7 pm Intermediate

Cost: \$65 first family member \$60 second



Community Resources

Squam Lake Natural Science Center
968-7194 nhnature.org
Squam Lakes Association 968-7336
squamlakes.org
Squam Area Chamber of Commerce 968-4494
Squamlakeschamber.com
Squam Lakes Conservation Society 968-

Holderness Recreation Board

Members:

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

The board meets once per month at Town Hall to provide input on the recreation and beach budgets, policy and procedure, and review programs.

New members are always welcome. If you would like to take an active role in your recreation department, call the office today.

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

Holderness Recreation Department's Winter 2010 / 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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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.