

Holderness Recreation Department

Spring 2009 Programs



From the Director's Desk

Yesterday I started my day, out in the rain & sleet studying trees and learning how to identify them in winter. A fascinating process that I can't wait to share. As part of my own recreation, self employment and passion I enjoy gardening and being in the out of doors. I am constantly trying to learn new skills that I can apply across interests in my life.

That being said, this winter I was re-awakened, as I am each winter, to snow shoeing, snowboarding and the breath taking views that our region has to offer. From the Mt. Washington Hotel, to my own back yard, I am constantly amazed at

the beauty around me. I am awaiting spring with excitement and enthusiasm for the new leaves, flowers, animals and recreational activities.

It is with this renewed energy that I have put together a flyer packed with new and returning programs aimed to get you up and moving. Whether it is the new Pilates for Golf, Nordic Walk or Family Camping on Moon Island, thanks to Squam Lakes Association, I hope you take advantage of what there is to do.

I am also excited to be pairing up with the Holderness Library to bring you Steve Blunt, award-winning children's musician. Steve is coming on July 1st and performing

at Town Hall. Be sure to put it on your calendar.

Another big announcement for the 2009 summer is SummerEscape. This is a 9-week summer program for kids in K-8th grade. Please look inside for details and be sure to call for the complete packet.

Lastly, I am proud to announce that you will be seeing the summer concerts return to the Town Common and I am looking forward to putting together a lively, fun and family friendly series for you to enjoy.

Yours in Recreation.

Wendy Werner

Recreation Director

Pilates for Golf

Cindy Krisanda, Certified Pilates for Golf Instructor, will be conducting 4 classes to help you get ready for the upcoming Golf season. She is the only instructor in NH certified in this speciality, Pilates for Golf, and along with traditional Pilates' movements, she will also use golf-specific exercises to help increase your range of spinal rotation, lower back exercises to help you get stronger allowing you to play longer and balancing exercises to keep you centered and powerful on uneven ground.

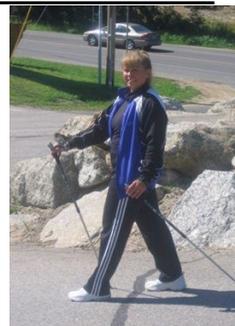


You must bring a golf club (ex: 9 iron), a water bottle and a towel. Mats will be provided. Class will be 45 mins. All levels welcomed and encouraged as Cindy will modify for your individual needs. The sessions will be held on Thursday evenings @5:30pm at Holderness Fire Safty Building. The dates will be as follows: 3/26, 4/2, 4/16 & 4/23/2009, (notice there will NOT be a class on 4/9/09). The price for all four classes is \$50.00 per person.

Reserve your spot by registering and paying by 3/23/09 and get a jump, not only on your game, but on your competition!

Nordic Walk

Can't wait for spring and to be able to walk outside? Neither can Cindy Krisanda, Certified Nordic Walk Instructor. Cindy will be holding Nordic Walk sessions on Wednesdays at 12 Noon for 4-weeks. Get out for a beautiful lunch time walk for about 45 mins. The class will meet at the Town Hall @11:45am and promptly begin at noon! Bring a water bottle, sunglasses, sunscreen (Yes! suncreen), clothes that can be layered and a good pair of sneakers (running or walking).



Classes will be held on the following dates: 4/1, 4/8, 4/15, & 4/22. Any rain days will be made up on 4/29. Please registered and pay by 3/25/09. The cost is \$60.00, which includes poles.

Let's take in some great Vitamin D after a long cold winter and enjoy what Holderness has to offer all the time getting a great workout. By Joining Cindy this April, for Nordic Walk you will be, burning about 25% more fat than walking without poles. If you missed the class in the fall, now is the time to join the fun and exercise.



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.

Safe on My Own

This program, taught by a Red Cross Instructor will provide youth with the knowledge and ability to safely stay at home alone. It will also teach what to do in any different types of emergency situations.



American Red Cross
Granite Chapter

Who: Ages 8-11
When: Thurs. April 30th from 12:30- 3 pm
Where: Holderness Central School
Cost: \$32

Please Register by April 16th.

Spring Lacrosse Clinic



White Mountain Lacrosse is hosting this spring clinic for kids in grades K-6 for all abilities. Clinic dates are Sat. April 11 & 18 (at New Hampton Prep) and May 2 & 9 (at Husky Field in Plymouth). **Time:** 9-10:30AM **Cost:** \$20 includes clinics & T-shirt For more info call Michele Sirles at 536-4422 or email details1@myfairpoint.net

Early release day, great for kids to attend while parents are in conferences.

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. Reg. By 4/15.

Who: 3-5 yrs

When: April 20, 22 & 24

Where: HCS Gym

Time: 9:30-10:15

Cost: \$25



Family

Dodgeball:

What a great idea! Our adult dodgeball has been quite fun and successful. So here we go with the family.

On **Monday, April 20th from 1-2:30 pm** we will play our hearts out in a round of family dodgeball. \$10 per family.



quickstart
tennis



Quickstart Sampler

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels-- ages 8 and under and ages 10 and under. To learn more about the national program go to www.quickstarttennis.com

Who: **Ages 4-6 years** 10:30-11:30
Ages 7 & 8 years 11:30-12:30

When: 4/20, 4/22 & 4/24

Where: Holderness Central School

Cost: \$25

Garden Art

Create art that grows! Use all kinds of natural and found materials to design and build sculptures for your yard, garden, or windowsill.

Who: Grades 1-3 April 21st
Grades 4-6 April 23rd.

Time: 10-11 am

Cost: \$15 (min of 4 students)



Swimming at PSU Pool

Children must be accompanied by a responsible adult in the pool. Please call ahead so we know you are coming

When: Friday, April 24th.

Time: 1:15-3:15 pm

Cost: \$3 per person



Art From Scrap

Think green and make fun items you can wear! Explore your creativity making jewelry, clothing, and more from recycled materials.

Who: Grades 3-6

When: May 11 & 18

Time: 3-4:30 pm

Cost: \$45 (min of 4 students)



Archery Clinic

Marcia Wyman of New England School of Archery will join us again on Monday, July 20th for a quick clinic. This is a great way for kids to get a glimpse of what archery looks like.

Where: Holderness Central School

Time: Ages 7+ from 9:30-10:30

Cost: \$15



Free Family Camping on Moon

Island

Squam Lakes Association is offering the use of their canoes and a Moon Island campsite, Saturday, June 13th to Holderness Residents at no cost. 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. Please register by June 1st. Firewood is available at SLA for \$6 a bundle. **Thanks SLA!**



Swimming Lessons

At the time of print, our long time swimming instructor, Joyce Warburton has decided to fill her summer with family (a well understood decision) and therefore will not be with us this year. Thank you Joyce for teaching so many kids in our area the life skill of swimming.

We are actively looking for someone to take over the swimming program, but cannot guarantee the schedule for the program at this time.

Please feel free to contact the office for more information or if you know of someone who might be interested in teaching.



Did you know April is National Garden Month?



Start planning now for your plot this summer and you will enjoy the fruits of your labor later in the season and fall.

Mom & Me Herb Planters

Join Wendy for a fun evening of planting an early Herb Planter that will stay with you for the whole season.

- Bring your own pot or choose from those available
- Choose herbs from seed and seedling
- Arrange herbs by tastes you know or want to try
- Go away with a completed herb planter for your deck, patio or garden's edge

Learn about the wonderful world of herbs. You will learn about tasty annual herbs as well as their perennial counterparts. You will create your own herb patio planter using a 12" pot and the herbs of your choice.

Who: Adults, or Adults w Kids

When: Monday, May 18, 2009

Where: Holderness Town Hall

Time: 6:00-7:00PM

Cost: \$20 per planter or \$35 for two



Bugs, Blades, Bubbles & 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 June 1st. Cost is \$7

When: Monday, June 8th

Time: 10AM (Meet at the Conservation lot in front of the Town Garage)

Instructor: Wendy Werner



R.A.D. Class

The Rape Aggression Defense (RAD) System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

We are working with the Holderness Police Dept. to put a class together this spring. Keep your eyes open for our next flyer with more information. If you are interested in this course, feel free to call Wendy to talk about the schedule. When we hear from enough people we will be able to schedule this popular and worthwhile class.





SummerEscape 2009

For kids in grades K—8

Early Bird Discount!!!
From 3/1/09 – 3/30/09, 10% off program fee
Recruit a friend and get a hat!!!

New Things are happening this summer at Holderness Recreation

Holderness Recreation Summer Escape 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.

What's New for 2009 Nine weeks of fun for your children that's what's new. We have decided to offer our program from the time school is out until August 21st. The three additional weeks will have a specialty focus and may require an additional fee.

Our six core weeks of the program will offer swimming lessons weekly, arts & crafts, sports, group and individual activities as well as time for kids to develop their own play structure.

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

Swimming Lessons every week with Kierin

SummerEscape welcomes campers age 5 to grade 8. There will be opportunities for age appropriate activities, individual challenges,

team challenges and whole program challenges. New this year, grades 3—8 will have opportunities to go on different field trips than the younger ones. Program hours are **Monday to Friday, 8:00 AM to 4:30 PM.**

Extra Care: If your family requires extra care in the morning or afternoon, please call Wendy in the office to discuss options. If enough people need extra hours of care, we make every effort to offer the service.

Optional Play to Learn Tennis: For a nominal fee your child will have the opportunity to learn to play tennis.



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

- 6/22 Week 1 - **Soccer Week** with Goals Galore
Soccer + day camp 
- 6/29 Week 2 - **Independence & Grow it on Your Own** starts
Bring your Lego's
Steve Blunt & Swimming at a beach
- 7/6 Week 3 - **Wet N Wild Week**
Whales Tale grades 4—8 
Hobo Hills / Train grades K—3
Water Ballons, Sponge toss and more
- 7/13 Week 4 - **Nature Week**
What's in our Back Yard? Bugs, plants, trees, streams etc.
- 7/20 Week 5 - **Sport Week**
Remote Control Sports
Archery Clinic 
Fisher Cats - Splash Day for Grades 3 to 8th
- 7/27 Week 6 - **Animal Week**
Wellington State Park - beach and hiking on the Elwell trail to Goose Pond 
Trip to NHSPCA & pet food drive
- 8/3 Week 7 - **American Idol / Who's got Talent**
Enfield Roller Skating for 4th to 8th w/ Ashland FunSpot bowling for K - 3rd grade with Ashland Last week of regular camp 
- 8/10 Week 8 - **SciencSational Week & Grow It On Your Own**
SciencSational "Robotics" or "Make & Take"
Make our own meal
- 8/17 Week 9 - **Ecology In Our Community**
Squam Lakes Association
Friday at HCS Last day of camp season

Schedule is subject to change pending approval, grant outcomes and participation numbers

SciencSational Workshops come to Holderness:

Make and Take it Home - In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. . Make silly putty—glowing goo—green flubber and other cool projects. By the way...we will make ice cream in our own amazing, different, SciencSational way!

The Rockit Robot - Hyper Peppy Robotics

It's sound activated. Use the clap of your hands or the sound of your voice to get it moving. It has a very sensitive touch/sound sensor. When it comes in contact with an object it will automatically go into reverse, and then turn left before embarking on a new course. It's fast!!! You will see, first-hand, the many gears, circuit board, microphone, and it's easy to assemble mechanical drive system. You will also get to build other robots as a part of a small group. Be a part of robotic technology.



Holderness Recreation Spring 2009



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 3/16/09—5/11/09. 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.



Steve Blunt Award-Winning Kids' Music

Wednesday,
July 1st 10 am
Holderness
Town Hall

Co-Sponsored by Friends of the Holderness Library & Holderness Recreation

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. Last year we sent three children to our summer day camp with this scholarship account.

Useful Phone Numbers

www.holdernesslibrary.org	968-7066
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

Thank you to Squam Lakes Association for the use of their campsite. Don't forget to check out www.squamlakes.org for all of their spring & summer activities.



Visit the chamber to see what is going on in your community this winter.

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 \$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.



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

Holderness Recreation Department's Spring 2009 Programs

A registration form is required for most programs
See our website for more programs and details at www.holderness-nh.gov.

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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.