

Holderness Recreation Department

Winter 2009/2010 Programs



From the Director's Desk

This past year was an exciting one. We expanded our SummerEscape program from 6-weeks to 9-weeks and had the best attendance in 5 years. We have sent out survey's both on paper and through surveymonkey.com asking for feedback from participants. Very few responses have been received, so I ask that if your family used this program, to please provide us with your comments so that we can adjust and hopefully improve the program further still.

With the support of you, our residents, we were able to bring back the summer concert series. We had 4 great weeks

of family entertainment at the Curry Place Gazebo. We will be asking for your support again at the March Town Meeting to continue the series next summer.

Looking towards the New Year, we are offering our Wednesday night adult dodgeball again but with an added twist. We are traveling back in time to the days of our own PE class and going to engage in some of the games we used to play. I hope you and your spouse, significant other or best friend will join us for these evenings.

I am happy to announce that we will be offering a Babysitting Training during February vacation week. This is a great

opportunity for 11–15 year olds to gain training to help them pursue babysitting jobs. Please call soon if you are interested, as I am sure the limited spaces will fill quickly.

Lastly, if you are interested in helping to revive the garden at Town Hall, please forward your contact information to the office so that we may coordinate a late winter meeting and spring work party.

In closing I hope you will read through this flyer and find something of interest for you and your family.

Yours in Recreation,
Wendy Werner, Recreation Director



2nd Annual Skate with Frosty & Friends

December 18th



Come and welcome in winter and the Holiday Season by skating with family & friends.

There will be hot chocolate, music and goodies.

Where: Holderness School Rink

Time: 6 - 8 pm

Cost: \$5 per family (or bring two canned goods to be given to a local food bank)

Elves needed, hats provided. Call Holderness Recreation for more information 968-3700



Big Kids Old Games

Join Wendy for a night of laughter, fun and exercise. We will play a variety of sports each night and mix it up with some antics as well. Don't forget to stretch! Floor Hockey, Dodgeball, Kickball and more. It feels like it will be a long winter, so come out and play. I will be there and hope you will too. \$10 per session.



A registration form is required and can be completed at the school on December 3rd.

Who: Ages 18 and up. Couples and significant others make great opponents:-)

When: SI Wed., Dec. 9th–Jan. 6th
S II Wed., Jan. 27th–Feb. 24th.

Time: 7:30–9:00 PM

Where: Holderness
Central School Gym



Calling all Gardeners...

The Town of Holderness is looking for a group of interested gardeners to take on the role of rehabbing and maintaining the Town Hall Garden. Fran Taylor, of Holderness has been kind enough to step up to the plate this fall by cutting back and cleaning out the overgrown parcel. In the spring, she would like to coordinate a work party to bring this garden back to it's original beautiful state. Please forward your name to the town offices if you are interested.



Scholarship Fund—

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. 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 assisted four families with SummerEscape scholarships.



More Programs

Pick up Hockey:

It's time to go to the attic and dust off those skates. Holderness Recreation has the ice at the Holderness School Rink on Saturday's from 8:30 - 9:30am for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required!

Come on Down

Who: Residents ages 16 and up

When: 8:30 - 9:30am

Dates: Dec 8th - March 8th
(No skate on Feb. 13th)

Cost: \$6 per person

(Holderness Residents Only)



Recreational Skating:



Recreational skating is available for families and little ones this winter. The skating takes place at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a longstanding winter tradition.

Skating is available almost every Sunday from now until March 7th. Be sure to bundle up since it can be quite chilly. Also we recommend that beginning skaters wear a helmet.

Who: Holderness Residents

When: 9 - 10am

Dates: Sundays, Dec. 6th - March 7th
(No skate on Feb. 21st)

Cost: \$3/person, \$10/family

Having a Birthday Party?

Lacking the equipment to make it a really fun time? Maybe we can help. For a nominal fee, you can borrow our parachute, game balls and other equipment to make that an extra special day. We can also give you an activity pack with games for you to share during the party. For \$10 you can rent a party pack for your little one's special day.



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. The track is available Monday - Friday from 8-9am for indoor walking or light jogging. No registration is needed and it is free. Sign out a pedometer for \$5 from Holderness Recreation.



Afterschool

Lego Group:

Bring your own or share ours. We will explore Lego's and have friendly challenges while building with Lego's. Sign up by Jan. 4.

Who: Grades 2-4.

When: Wed. Jan. 6th - Jan. 27th

Where: Holderness Central School Cafeteria

Time: 3-4pm

Cost: \$20



Girls only Lego Group:

Bring your own or share ours. We will explore Lego's and have friendly challenges while building with Lego's. Sign up by March 1st.

Who: Grades 2-4.

When: Wed. March 3rd - March 24th

Where: Holderness Central School Cafeteria

Time: 3-4pm

Cost: \$20



Holderness Library News

www.holdernesslibrary.org

Sunday, Jan. 3rd Winter Open House and Artist Reception. 1:00pm.

Come build a snowman (we hope!) on the Library lawn, enjoy hot chocolate and cookies, and meet one of our winter artist on display Denise Ortakales.



Sunday, Feb. 21st Winter Skies Planetarium at the Holderness Town Hall. 1:00pm.

Come and explore what you are seeing in the winter skies overhead in a real planetarium setting!



Sunday, March 28th Regina Delaney Irish Harp and whistle duo 'Reaganta'. 1:00pm

Come to the Library and be inspired by the Irish spirit!



Pemi Baker

Literacy Council

Three classes for parents on teaching their children about literacy

The monthly classes are on Sat. at 12:30pm.

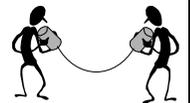
Jan. 30 Reading Aloud to you

Children-We can all do it, This is an opportunity to share some new books, talk about some reading techniques for different ages and explore some ways to extend the book reading experience with your children.



Feb. 13 Where Conversation

Leads- Listening and talking are the first steps to literacy. Spend some time reflecting on what makes an effective conversation with your child and how to improve your conversations skills.



March 20 Making My Mark-

From the beginning, the scribbling of your toddler is the start of the writing process. Learn how to interpret and encourage writing from an early age.

2010 Help Wanted

Swimming program

Coordinator / Instructor

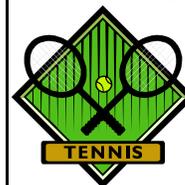
We are looking for a WSI certified instructor to run our 2 week swim lesson program. This person will coordinate and run the program.



We are also looking for a second swim instructor to assist with this program. Please contact Wendy for more details.

Tennis Instructor

We are looking for an individual to teach both Quickstart Tennis as well as coordinate a summer tennis program. Training may be available for the Quickstart instructor. This is a great way to get involved in the community if you love the game of tennis. Please contact Wendy for more details.



February Vacation Week



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 10:00-10:45
Ages 7 & 8 years 11:00-11:45

When: 2/22, 2/24 & 2/26

Where: Holderness Central School

Cost: \$25

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, February 26, 2010

Where: Plymouth State University

Time: 1-3 pm

Cost: \$3 per person

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 and dress infants and toddlers.
- Be a responsible role model.
- Make good decisions and solve problems.
- Keep yourself and the children you babysit safe.
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes and interview for jobs.
- Taught by Certified Red Cross Instructors.
- Receive your Babysitting Certificate upon completion of course.

When: Wednesday, February 24th

Time: 9am—5pm (please bring a lunch)

Who: Ages 11—15 yrs

Cost: \$55

Please register by February 17th, 2010.

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

SLA Winter Fest

Come Celebrate Winter on the Squam Lakes!

Saturday, January 16th, 2010

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



Visit www.squam lakes.org for more information.

SummerEscape

SummerEscape 2009 had a great year. Below, the group of staff and participants collected items for the New Hampshire SPCA and took a field trip to deliver them. Keep your eyes open for the 2010 registration information.



Holderness Recreation Winter 2009 / 2010

Early Bird Exercise



This class is for everyone who has endless excuses about not exercising ... What else is going on at 5:30am. 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. New Class schedule will be Mon. Wed., & Fri. from 5:30—6:30am. The next session starts the second week in January, at the Holderness Central School Gym.

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

Instructor: Anne Packard

Helpful Phone Numbers

Plymouth Recreation Dept 536-1397
Ashland Parks & Recreation Dept. 968-9209
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-
squamlakes.com

Adult Volleyball:



Tuesday and Thursday nights from 7:30—9:30pm. 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. 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.

Archery Classes



Marcia Wyman of New England School of Archery will join us again in March to offer her much sought after classes. Classes will be on Tuesdays, March 10, 17, 24 & 31 at the Pemi Fish & Game Club on Beede Rd. Classes are for ages 7 +. Please register by March 3rd.
5-6 pm Beg. & Families
6-7 pm Advanced archers

Call today for more information.

Recreation Board Members:

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

The committee 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, so if you would like to take an active role in your recreation department, call the office today.

Baseball Hats

Show your support for Holderness Recreation by purchasing one of the Holderness Recreation baseball hats. Hats are available in Adult and youth sizes. Hats are Kaki colored with blue embroidery. All hats are \$12.



Resident Scholarships are available for programs, please call Wendy Werner in the office for more information:-)

Holderness Recreation Department's Winter 2009 / 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

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. **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.