

So Long Summer



Thanks for a great season and hope to see you next year!

Financial Assistance: If you or someone you know is having second thoughts about participating in one of our programs, 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.

Holderness Recreation Department Fall 2015 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
recreation@holderness-nh.gov
www.holderness-nh.gov

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POSTAL CUSTOMER

Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come, first served basis. The program fee and registration form must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, 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, recreation@holderness-nh.com. Office hours are held at the Town Hall on a varying schedule.

Holderness Recreation Department Fall 2015 Program Guide

IRISH STEP DANCE CLASSES



Irish Step Dance Classes

Join Holly Briggs in an Irish Step Dance class. Classes will focus on basic step dance skills and technique for those new to Irish Dancing. Proper Dance Attire is recommended and should include Irish soft shoes or ballet slippers. Shorts, skirts or leggings are best for dancing. Please bring water.

Who: Ages 5 and up & Adults

When: Friday, September 11th - October 16th
Friday, October 23rd - December 4th

Cost: \$65

Where: Holderness Town Hall

Time: Children's class 6pm
Adult Class 7pm



We would like to welcome Holly Briggs to the instructor line up with Holderness Recreation. Holly started out in O'Shea-Chaplin, a Boston area school in the early 2000's and then went on to dance at The Kelly School of Irish Dance. She has danced competition and performance style dancing as well as teaching both styles. She has been teaching in the Newfound Area for two years and currently has over 20 students. Holly is a member of WIDA, which is the World Irish Dance Association and we are very excited to offer these classes.

BEGINNER/FAMILY Archery

Learn to improve your shooting abilities in a fun and safe environment. Develop the mental aspects of shooting as well as the excitement of learning the art of an age old skill. We will shoot at different things such as a rope, huge playing cards and other cool things as well as the multi colored target faces and balloons. Proper shooting form, mental concentration and proper use of equipment are emphasized. If you have your own equipment it must be inspected and approved by the instructor. Equipment is provided. If you have taken archery before, then brush off the rust with a good refresher and hone your archery skills.



No experience required.

When: Monday's Oct. 19th & 26th and Nov. 2nd & 9th

Time: Youth ages 7+ 5:30-6:30 pm

Cost: \$65 first person and \$60 addtl family members.

Where: Pemigewasset Fish and Game Club located on Beede Rd. in Holderness

Class run by New England School of Archery & Supplies
Please register by October 15th.

Wanted

Instructors for the following programs:

Holderness Recreation is looking for interested individuals to facilitate the following programs and classes.

- ◆ Kids cooking
- ◆ Tai Chi
- ◆ Pee Wee sports—soccer and basketball.
- ◆ Zumba
- ◆ Other suggestions appreciated

<https://www.facebook.com/HoldernessRecreationDepartment>





Are you ready for fall fitness? Check out our line up of active programs. Haven't picked up a ball in a while? Now is the time. These programs are inexpensive and right here in your back yard!

Adult Drop in Basketball

Monday nights from 7:30–9:30pm starting in late September and running through the school season. The program will be held at the Holderness Central School.



Please enter the gym through door on the tennis court side of the building.

\$5 for the per season. Bring a light and dark colored shirt. You will need to sign in on the waiver sheet before participating. This is a recreational program offering friendly competition. Un-sportsmanlike conduct will not be tolerated.

Adult Volleyball:

Starting September 1st on Tuesday 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. You will need to sign in on the waiver sheet before participating.



Early Bird Exercise:

Will be returning to the Holderness Central School on September 15th. 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



Fall Renewal
to new and returning participants...purchase a 6-class punch card, complete it in the month of October and receive a pass to a class for you or a friend.



Adult Yoga—Hatha all levels

Lori Card has been teaching yoga in Holderness for a few years now. She has a wonderful personality and truly enjoys sharing yoga with us.

Hatha is a more relaxed, moderate-paced practice that includes breathing and meditation exercises; emphasizes breathing, strength and flexibility.

Classes are held on Wednesday evenings 5:30-6:45pm and Tuesday & Thursday mornings 9–10:15am. Classes are ongoing. A punch card for 6 classes is \$60 or \$12 drop in.



Lori is also offering paddleboard Yoga on the lakes in the area. For more information and class opportunities, you can contact her directly at bellacard@metrocast.net



Join Ms. Kisha for a morning of music, movement and fun!

This class is a time for you and your child ages 8 weeks to 5 years, to learn basics concepts, following directions and social skills in a group. Songs, puppets, rhythm, instruments, sign language and more! Music with Mar. is an internationally respected music program for preschool-aged children and their caretakers. Maryann "Mar." Harman, the program's creator has a music degree and a Master's in Education. This background is combined with her knowledge of current brain research to create the songs used in the program.

When: Friday's from 10:00–10:45 a.m.

Where: Holderness Fire Safety building

Cost: \$10/family / visit or 5 visits for \$35 (must be used with in two months at any location with the same instructor)

R.S.V.P is great, but you can also register the day of the class!



Holderness Recreation

Board Members:

- Tom Stepp, Chairperson
- George 'Biff' Sutcliffe, Secretary
- Jenny Evans
- Janis Messier
- Meika Carter
- Dan Litchfield

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

If you would like to take an active role in your recreation department, call the office today.



Felted 4-legged Animal with Diane Johnson, owner of Soft Touch Farm in Center Sandwich



Needle-felt a 4-legged animal of your choice. You can choose a black cat for Halloween, goat, donkey, sheep or other animal. This class is suitable for adults and youth ages 10+. It is also suitable for beginner or experienced crafters. It is simple to learn and all the materials are included. You will take home a completed seasonal and fun craft project as well as a basic felting kit.

When: Wednesday, October 28th

Time: 5:30–8 pm

Cost: \$35 includes all materials

Location: Holderness Fire Station



Library Halloween Party!

Saturday, October 31st from 10:30am until 12:00pm

There will be Halloween stories, crafts and refreshments

Anyone wishing to wear a costume is more than welcome, but they are not mandatory.

For more information contact Debroah Thuin, Children's Librarian at 968-7066

Safe Sitter® (1-day) Training for ages 11-15 years

Monday, December 28th

9am—4pm

at Holderness Fire Safety Building \$65 per person

This informative, all day class will prepare both boys & girls to safely stay at home: alone or while watching younger children. You will learn about stranger danger, basic first aid, and choking rescue for infants & children. You will learn behavior management techniques, how to diaper an infant, and how to communicate with the parents you baby sit for! Your instructors are certified by:



Reserve your spot today! Space is limited!

Adult Pickleball

At Meredith Community Center

Tuesdays & Fridays
9:00am-11:00am
Oct 6 thru Nov 24



Holderness Free Library

Our Town is lucky to have such a great resource nestled in the village. The level of information available is outstanding. For more information visit them at holdernesslibrary.org

Ongoing Activities:

- * Wednesdays @ 10:00am Story Time
- * Wednesdays @ 1:00pm Casual Bridge Group
- * Friday @ 10:30am Stitch & Chat

Book Group: meets monthly to talk about the latest book that they have read in a friendly relaxed environment.

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!

Don't Forget!
Nothing stops a recreation program faster than late registrations. Don't Delay, Join Today!



Walk off the Turkey!

When: Tuesday December 1st

Where: Rattle Snake East Trail

Time: 1pm, parking lot

Why: Why not? Especially if you ate too much at Thanksgiving.

Bring Fido Too!
R.S.V.P to Wendy at 968-3700

Holderness Song Circle



All are welcome!

Dates:

- October 24th
- November 12th
- November 28th
- December 10th



What is it? Remember those nights at camp when you were a kid? *Song Circles* are kind of like gathering around the campfire and sharing music, but without the fire. When your turn around the circle comes, you may present a song, lead a song, request someone else do a song or pass.

How to participate. Come prepared to sing, play, or listen. Bring your voice, acoustic guitar, mandolin, fiddle, banjo, harmonica and rhythm instruments. Songs with choruses are encouraged for sing-alongs and instrumental breaks. Acapella songs work well too. All levels of proficiency are welcome. Feel free to bring a music stand, tuner and multiple copies of song sheets to add to the *Song Circle* binders. Come early so you're all tuned up in time to start playing by 6:30.

When & Where: We meet upstairs at the Holderness Town Hall from 6:30 to 8:00, sometimes going a little later. If there is enough interest, we will continue. Please see above schedule for our upcoming gatherings.

Who and how much: The *Song Circle* is suitable for ages 12 or older. Minors must be accompanied by a parent or guardian. \$2 per person per visit \$4 max per family. Feel free to bring snacks, desserts and non-alcoholic drinks. Carry in, Carry Out. No pre-registration necessary, but you must sign the waiver sheet when you arrive.

For more information email Sandra Jones:
prospectridge@myfairpoint.net or contact
Holderness Recreation:
603-968-3700 or
recreation@holderness-nh.gov