

# SummerEscape Preview

7-8 weeks of summer fun

Ages 5—12yrs, 8—4:30pm

Group activities, individual activities, community building, Yoga, swimming, Archery, field trips, hiking, skating, special guests, special events and so much more.



- ◆ We play at the **Holderness Central School** 2 days / week
- ◆ We go to the **Livermore Town Beach** 2 days / week
  - ◆ At least 1 field trip per week.

### Fees are:

Residents \$125 per week or \$215 for a 2-week session  
 Non-residents \$135 per week or \$235 for a 2-week session  
 Session Dates: SI 6/22-7/3, SII 7/6-7/17, SIII 7/20-7/31,  
 Wk 7 8/3—8/7 or 8/14

More information and calendars will be available in mid—April.

Dates are tentative and may be changed due to snow days and other use of the school buildings.



### Help Wanted!

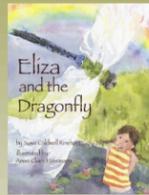
**SummerEscape Counselors**—18yrs + of age preferred with camp or afterschool experience. 7-8 week position working with participants ages 5—12 years. CPR, First Aid and WSI preferred for all positions.



## 6<sup>th</sup> Annual StoryWalk™

The StoryWalk™ Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg-Hubbard Library.

Holderness Library, Holderness Recreation Department and the Squam Lakes Natural Science Center are joining forces again in collaboration with MVSB to bring you StoryWalk™.



We hope that the book we have chosen for this year will inspire thoughts and conversations about adventures on our lakes and ponds. Let your imaginations run wild while traveling with Eliza and the Dragonfly.

StoryWalk™ is adjacent to the Holderness bicycle path, behind the NH Fish & Game parking lot. It is accessible at no charge from July 2<sup>nd</sup> - August 15<sup>th</sup>

**Kick off Event—Thursday, July 2<sup>nd</sup> 10-11:30am**  
**Rain or Shine. Crafts and snacks will be provided.**

### Field behind State Boat Launch

This parking area is for boat trailers only, so we ask that you park in the village and walk to join us.

### Free Family Camping on Moon Island

Squam Lakes Association is offering the use of their canoes and Moon Island campsite #1 on Saturday, June 13th to Holderness Residents. The campsite has a maximum capacity of 12 people. Adults must accompany children. Participants are responsible for their own camp supplies & meal planning. Firewood should be purchased at SLA on your way to the campsite. First come first serve. Sign up by May 29<sup>th</sup>.



Thank You SLA!



# Holderness Recreation Department's Spring 2015 Program Guide

## Holderness Recreation At the Highland Links Golf Club

Highland Links Golf Club is under the new management of DMS Hospitality Management and we are excited to be teaming up with them this summer. We hope that you find something below that fits your golfing interests. Feel free to contact the recreation office with ideas or suggestions for additional golf opportunities.

### Little Chippers

Is for ages 6 – 10. Students learn proper stance, grip, basic fundamentals of the golf swing using irons and woods, and proper putting techniques.

**Who:** kids ages 6—10 years

**When:** **Session I:** Mondays, June 29<sup>th</sup> – July 20<sup>th</sup>  
**Session II:** Mondays, August 3<sup>rd</sup> – August 24<sup>th</sup>  
 (rain make up days are 7/27 & 8/31)

**Time:** 4-5pm

**Where:** Highland Links Golf Course

**Cost:** \$60 – 4 classes, min of 5

**Please register by June 8<sup>th</sup>**



### Art of Chipping and Putting

This program is designed for golfers of all abilities and focuses on the art of chipping and putting. The fact is that 60% of one's golf score (for a professional) happens on or around the green yet we spend most of our practice time with a driver in our hands at the driving range. If you really want to improve your golf game you will enjoy the different methods and practices you will learn over the 4 weeks.

**Who:** Adults

**When:** **Session I:** Friday's June 26<sup>th</sup> – July 17<sup>th</sup>  
**Session II:** Friday's July 31<sup>st</sup> – August 21<sup>st</sup>  
 (rain make up days are 7/24 & 8/28)

**Time:** 4-5pm

**Cost:** \$60 – 4 classes, min. 5 max. 10 participants

**Please register by June 8<sup>th</sup>**



### Beginner Golf Lessons

Beginner Golf is for adults with little or no golf experience. Our golf instructor will teach you everything you need to play golf, including proper grip, stance, ball positions, and the basics of all aspects of the game. Participants will be taken through a progression of the game: putting, chipping, pitching, full swing and playing.

**Who:** Adults

**When:** **Session I:** Tuesdays May 5<sup>th</sup> – May 26<sup>th</sup>  
**Session II:** Tuesdays June 9<sup>th</sup> – June 30<sup>th</sup>  
 (rain make up days are 6/2 & 7/7)

**Time:** 5-6pm

**Cost:** \$60 – 4 classes, min. 5 max. 10 participants

**Please register by June 8<sup>th</sup>**



### Ladies on the Links Fun League

Executive 3 Par 9 hole course. Teams of 3 preferred(4 may be accepted) - 12 weeks of play shotgun, scramble. All teams will go off at the same time with two teams to a hole. The scramble is all players hit their initial drive and then the team plays the best ball position for the rest of the hole. Tuesday May 19<sup>th</sup> through August 4<sup>th</sup> with prizes awarded on last night. Start time is 5:00pm. Cost is \$154.00 per person.



**Please register by May 1<sup>st</sup>**

### Mixed Morning Fun League

Executive 3 Par 9 hole course. Co-ed teams of 3 preferred(4 may be accepted) - 8 weeks of play shotgun, scramble. All teams will go off at the same time with two teams to a hole. The scramble is all players hit their initial drive and then the team plays the best ball position for the rest of the hole. Thursday July 9<sup>th</sup> through August 27<sup>th</sup>, with prizes awarded on last morning. Start time is 9:30am. Cost is \$106.00 per person.



**Please register by June 29<sup>th</sup>**

**Clubs are available for youth and adult lessons at no charge. Clubs for leagues or general play are available to rent if needed.**

## Holderness Recreation Department's Spring 2015 Programs

See our website for more programs and details at [www.holderness-nh.gov](http://www.holderness-nh.gov)

Holderness Recreation  
 PO Box 203  
 Holderness, NH 03245

Presorted Standard  
 US Postage Paid  
 Permit # 4  
 Holderness, NH



### 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. 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](http://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](mailto:recreation@holderness-nh.com). Office hours are held at the Town Hall on a varying schedule.

### Goals Galore Soccer Camp

Rob Wright and his talented team of instructors will be returning for the 2015 summer. Flyers with dates and details will be sent out through all of the elementary schools later in the spring. Be sure to sign up quickly as space fills fast. For more information you may contact Goals Galore directly at [goals\\_galore@yahoo.com](mailto:goals_galore@yahoo.com) or 603 – 348 - 7624.





### Holderness Recreation Board Members

Tom Stepp, Chairperson  
George "Biff" Sutcliffe, Secretary  
Molly Whitcomb  
Shelly Swanson  
Janis Messier  
Meika Carter  
Dan Litchfield  
Jenny Evans



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

### 18+ Adult Drop in Basketball

Monday nights from 7:30—9:30pm at the Holderness Central School. Please enter through the main door of the school. The Gym is down the hall on your left.

**Cost:** \$5 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. Please bring clean gym shoes.

### Adult Volleyball

Tuesday nights from 7—9PM. at the Holderness Central School Gym. Please enter through the main door of the school. The cost is only \$5 for the whole season! We welcome players ages 18 and up. You will need to sign in on the waiver sheet before participating. Please bring clean shoes.

### Early Bird Exercise

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. Winter 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 enter through the main door of the school.

**Cost:** \$50 (12-week session)  
**Instructor:** Anne Packard

### Apple Tree Pruning Demo.

March 28<sup>th</sup> - 10am - 12pm

Cardigan Mountain Orchard,  
Alexandria, NH

Contact: Heather.Bryant@unh.edu or (603) 787-6944

### Breath NH Fun Pass



Planning your summer vacation? Pick up this great book, which is loaded with over 100 savings to New England attractions. The book only cost \$32 and you earn that back with one trip to Storyland.

### Spring Renewal

to new and returning participants...purchase a 6-class punch card, complete it in the month of April 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 four 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 emphasize breathing, strength and flexibility.

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

### Song Circle

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.

**When & Where:** Holderness Town Hall on the second Thursday and fourth Saturday of every month starting January 24<sup>th</sup> through April 25<sup>th</sup> from 6:30pm to 8:00pm.

**Who and how much:** The Song Circle is suitable for ages 12 or older. Minors must be accompanied by a parent or guardian. \$2.00 a person per visit \$4.00 max per family. No pre-registration necessary, but you must sign the waiver sheet when you arrive. For more information e-mail; Sandra Jones, [prospectridge@myfairpoint.net](mailto:prospectridge@myfairpoint.net)

### Get Paid To Talk

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! In addition, you'll have an opportunity to record a short professional script under the direction of our teacher.

**When:** April 7<sup>th</sup>, 6:30—9pm

**Cost:** \$15 with a min of 6 people

**Location:** Moultonborough Recreation Dept., 10 Holland St., Moultonborough, NH

You may register with either department!



### Holderness Recreation & the Holderness Free Library present: Seniors Cinema with Popcorn, snacks & a Movie

Join us this winter as we gear up for friends, snacks and a great time. Come by yourself or bring a friend, the more the merrier!

**Time:** 12—2pm

**When:** March 17<sup>th</sup> Fire House - Tapas

**Waking Ned Devine**  
Please call ahead and let us know you are coming so we can plan refreshments!



### Botanical Lampshade

If you have been to the Sandwich Fair, you have probably seen Jennifer's booth in the craft barn. After picking out your flowers from Jennifer's collection, you will create your very own lampshade during the course and take it home!



**Who:** Adults or teens w/an adult

**Date:** March 14<sup>th</sup>, 11—3pm

**Cost:** \$35 to the Recreation Department and \$35 to Jennifer for the supplies.

**Location:** Holderness Town Hall

### Felted Bird and Flowers

Learn to Needle-felt a beautiful bird and flower. 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:** Friday, March 27<sup>th</sup>

**Time:** 5-7:30 pm

**Cost:** \$35

**Location:** Holderness Fire Station

### Swimming Lessons

**Dates are: July 13<sup>th</sup>— 17<sup>th</sup> & July 20<sup>th</sup> — 24<sup>th</sup>.**

We offer a two week swim lesson program. There are 10 half hour classes for your child during this program. Lessons offer instruction for children ages 4+. Classes cover Beginner to Level 5/6 and follow the Red Cross learn to swim program. Classes run between 10am and 12:30pm. Children are placed based on age and skill level. The first class is used for evaluation of the child's ability. Lessons are held at the Livermore Town Beach.

The cost is \$47 resident and \$57 non-resident. Registration forms will be available in March!

### March is National Nutrition Month!

This month plan meals with more color, including fruits and vegetables to balance out your plate!



### BALLROOM DANCING With Juli Pruden

#### Wednesday Nights at Holderness Town Hall Feb. 18th—March 25th

These are the current classes. Future class offerings are determined half way through the current session.

**7PM--8PM BEGINNER RUMBA—** Rumba is the dance of love. It's slow, romantic, and a great social dance, ideal for small dance floors.

**8PM--9PM BEGINNER SALSA—** This upbeat Latin dance is fun and easy to learn. The lively music and variety of moves you'll learn are sure to put some spice into your life.

*Cost: 6 week session is \$99/couple, \$55/ single, and \$50/student (valid univ. or high school ID.)*

For more information you may contact Juli Pruden at [dancingqueen@sixchimneys.com](mailto:dancingqueen@sixchimneys.com)

### Summer Tennis with Bill Aronson

#### Instructor Bio

Bill is USPTA and PTR certified. He is also, certified by USTA in High Performance Coaching and Quick Start. Bill is currently a Tennis Professional for the City of Coral Gables, FL and also teaches Developmental and Sport Psychology. This will be Bill's third summer with us!



Below you will find a wide variety of classes that are available this summer. Classes must have a minimum of 4 and a max of 6—8 depending on the level. Sessions are 4 & 5 weeks long.

#### Quick Start Red—ages 4-7

This class introduces tennis using the USTA Quick Start Method, and focuses on improved racquet skills, hand-eye coordination, balance and movement. Participants will play games to develop skills, modified scoring, and rally play. The goals of this class are to provide a fun and enjoyable experience while teaching how to play tennis using the correct size equipment and courts. A 36-foot court and red **low compression balls** will be used. Racquets between 19-23 inches are required. Wednesday's 9—10am. **Cost: Session I 7/1—7/29—\$90 Session II 8/5—8/26—\$80**

#### Quick Start orange—ages 7-11

This class introduces tennis using the USTA Quick start Method and focuses on skill development, improvement on rallying play, developing core strokes and improving the ability to play a game or set with correct

### Friday Nights at Holderness Town Hall Feb. 20th—March 27th 6PM--7PM

**BEGINNER BALLROOM II—** This class builds on Beginner Ballroom I with more figures in Foxtrot, Waltz, and East Coast Swing as well as the introduction of Rumba.

**7PM--8PM BEGINNER BALLROOM—** This class will overcome your shyness about getting out on a dance floor with the basics in Foxtrot, Waltz, and East Coast Swing as well as the partnership skills to make them look and feel good. Join in the fun!

**8PM--9PM SAMBA —** Samba is high energy fun. This class is intended for people who have some dance experience already as samba employs a lot of technique. It is a great dance for working on partner connection!



scoring format. The goals of this class are to continue developing tennis skills while understanding rally and scoring format. Players are encouraged to play in Junior Tennis Leagues. A 60-foot court and orange **low compression balls** will be used to maximize the learning experience. Racquets between 23-25 inches are required. Wednesday's 8—9am. **Cost: Session I 7/1-7/29—\$90 Session II 8/5—8/26—\$80**

#### Adult beginner—Ages 18+

This program is for the beginner to advanced beginner level adult wanting to learn the fundamentals of the game. The class will cover racquet positioning, stroke production, court positioning, shot placement and games. Wednesday's 5:30-6:30pm. **Cost: Session I 7/1—7/29—\$95 Session II 8/5—8/26—\$85**

#### Adult Hitting— Intermediate and Advanced/Match Play

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game. Players should be at 3.0 and up level and expect to receive high quality instruction geared toward improving performance. Wednesday's 6:30-7:30pm. **Cost: Session I 7/1—7/29—\$95 Session II 8/5—8/26—\$85**

#### Jr and HS Tennis— grades 7—12.

This program is for the competitive junior player and / or recreational HS level. Monday's 6:30-7:30pm. **Cost: Session I 6/29 —7/27—\$85 Session II 8/3—8/24—\$85**

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

Monday, April 27th

9am—4pm

at Holderness Fire Safety Building  
\$55 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!**



**Ladies Clinic—**All levels match play, double and singles, meet and greet. Two classes to choose from.

Monday's 10-11am or 5:30-6:30pm  
**Cost: Session I: 6/29 —7/27—\$95**

**Session II: 8/3—8/24—\$85**

Wednesdays 10—11am

**Session I: 7/1—7/29—\$95**

**Session II: 8/5—8/26—\$85**



#### Private Lessons

You can work directly with Bill by emailing him at [wronson@earthlink.net](mailto:wronson@earthlink.net) or contact Bill at 305 607 5753 to find a mutually agreeable time.

#### Racquets

Youth racquets are available to borrow at no cost. Please contact the office to make arrangements.

#### Class Locations

All Classes are held at the Holderness Central School Courts.

**Registration deadline:** One week prior to the start of a class and classes must be paid for in full. No refunds will be issued after the first class. Classes run rain or shine and we do our best to offer make up times

Registration information and forms can be found at [www.holderness-nh.gov](http://www.holderness-nh.gov) or by contacting [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or 968-3700.

Resident scholarship assistance is available for this program.

