

FIND

YOUR FUN!



APRIL
2024

Tai Chi with Darcy Cushing

Tai Chi is a martial art designed to improve health and reduce tension. The slow, graceful movements promote balance and overall vitality. Tai Chi builds strength, endurance, coordination, memory and confidence. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

When: Wednesday's 5:30—6:30 pm

Dates: April 10 to May 29

Where: Holderness Town Hall

Cost: \$80 (8 week series)



Family Paint Night with Jodi Mercer

Let's make memories to last a lifetime.

Join Jodi as she guides you step-by-step to create your painting. Using a fall and winter palette of paints and canvas, Jodi will teach painting basics in this start to finish workshop. All supplies included. You do NOT need a partner for this class.

Singles welcome!

When: April 13th 6—7:30pm

Who: Adults & children, all ages

Where: Holderness Town Hall

Cost: \$30 per person, \$25 each adtl. family member



Music Time with Audrey Drake

Let's explore music together!

Join Miss Audrey for a fun filled 45 minutes of music, movement and activities. We will learn about our voices, basic music structure, meditation and how to be a better listener.

Who: Children ages 5-8

Parents are invited to stay

When: Thursday's 4:30—5:15pm

Dates: April 11—May 2

Where: Holderness Town Hall

Cost: \$90 for 4wks

(Scholarship assistance is available)



Zumba® with Shannon Griffiths

Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class offers a combo of cardio, muscle conditioning, balance and flexibility!

When: Starting April 19th

Friday's 5:30-6:30pm

Sunday's 11:15am-12:15pm

Where: Holderness Town Hall

Cost: \$85 / 8 weeks or \$12 drop in.



Early Bird Exercise with Anne Packard

Only the birds and you are up, 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.

When: Mon., Wed. and Fri. 6-7am.

Cost: \$50 (12-week session)

Location: Holderness Town Hall



Online Registration is available for most programs.

Visit the recreation page at www.holderness-nh.gov. Here you will find the link to the online system. Create an account, register for a program and then you can pay online, by mail or in person at Town Hall.

If you have any questions call
603-968-3700 or email
recreation@holderness-nh.gov.

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Life Coaching & Mindfulness with Lena Moser

April 11th - Gratitude Mandala Workshop

Tapping into your creativity is a direct path to your soul. Awaken your creative spirit and brighten your mood in this simple, yet powerful workshop! Come to color, play, create, relax, and discover a new form of mindfulness—the Gratitude Mandala.

April 18th - Cultivating Emotional Resilience Workshop

Come learn another way of being with challenging emotions. In this workshop, we will harness the change-of-season energy to mindfully explore our emotional struggles. You will learn a specific mindfulness meditation for bringing greater awareness and consciousness to your difficult experiences.

When: April 11 & 18 from 10-11:30am

Where: Holderness Town Hall

Cost: \$25 per class or \$45 for both



Please register by April 9th & 16th
Open to Everyone

Bird Walk with Lena Moser May means migration!

Let's Explore Birds Together!

One of the greatest joys of spring is the return of migratory birds of all shapes, sizes, colors, and sounds. Do you love stepping outside to a chorus of birdsong or catching a glimpse of bright yellow flashing through the trees?

When: Thursday, May 23rd & Tuesday, May 28th

Time: 7-9am

Where: A location in Holderness to be announced

Cost: \$20 per person per date - limited to 8



Please register by May 21st & May 24th

Swimming Lessons with Kelsey Gadwah

Lessons are designed to give students a positive learning experience as they progress through their swimming skills, and to help ensure they learn how to swim as well as be safe in and around the water.

Dates: July 8th-11th, July 15th -18th

Who: Ages 4+

Cost: Resident \$70, non-resident \$80

Time: Classes run between 10 & 12:30 each day.

Where: Holderness Town Beach, 36 Dirt Rd,



Summer Tennis with Bill Aronson

Children Clinic ages 4-7:

The goals of this class are to provide a fun and enjoyable experience while teaching children how to play tennis.

Youth Beginner ages 8-16:

Great for youth seeking to improve and have fun. Participants can be a total beginner or getting back into game.

Adult Beginner ages 17+:

This program is for the beginner to advanced beginner level player to learn the fundamentals of the game. Skills racquet positioning, stroke production, court positioning, shot placement and games.

Adult Intermediate & Adv:

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game.

Four sessions to choose from starting June 19th on Wednesdays or Saturday's.

Where: Holderness Central School courts

Cost: \$105 per session

