

Wonderful Winter!



Wishing you happy holidays and a winter filled with fun!

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 Winter 2016 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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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 Winter 2016 Program Guide

Irish Step Dance Classes

Instructor Holly Briggs 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

When: Friday, Jan. 8th—Feb. 26th
Friday, Mar. 4th—Apr. 22nd

Cost: \$65 per session

Where: Holderness Town Hall

Time: Children's class 6pm



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. Holly is a member of WIDA, which is the World Irish Dance Association and we are very excited to offer these classes.

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 past year and it needs replenishing. We greatly appreciate and accept donations of any size.



Thank you for your support!

It's a Pirate Party with Rockin' Ron the Friendly Pirate!

Wednesday, February 24th
at 10:30am

At Holderness Town Hall
\$2 per person requested



A family friendly show for all ages. Rockin Ron has been performing throughout the Northeast since 2002. He brings a collection of songs from his albums "Give Me an RRR!" and "Pirate PaRRRty!"



"Pirate Music for Kids and Kids at Heart"

Feel free to dress in your favorite
Pirate garb and come on down **Matey!**

Tasty Treats with Tanya! Kids cooking

Tanya Monroe is Serve Safe certified and has 8 years of experience working in local restaurants. She enjoys cooking and is excited to join Holderness Recreation in offering this class for the younger generation of cooks. This will be a hands on class where kids learn to measure, stir and cook kid friendly recipes. Kids will make their own creation to taste and take home.

Please register by January 11th.

Two age groups to choose from

Session I

Who: Children ages 3-6

When: Thursday's, Jan. 14th-Feb. 4th

Time: 2-3pm or 3:30-4:30pm

Session II

Who: Children ages 7-10

When: Thursday's, Feb. 11th-Mar. 3rd

Time: 3:30-4:30pm

Cost: \$30

Classes will be held at the Fire Safety building.



Traditional Basket Making with well renowned Basket Maker

Ray Lagasse

Saturday January 30th
8:30—4:30

Holderness Town Hall



Make a basket using traditional methods. Choose from four styles: #1 Double-Pie basket, #2 Pack basket, #3 Woolgathering basket or #4 Laundry basket.

Cost: \$115 pp

*Materials and use of tools
included in workshop fee.*



Please bring your lunch and drinks.

Please register by January 25th.

Minimum of 4 and maximum of 8
Basket makers.

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



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



Adult Drop in Basketball

Monday & Wednesday nights from 7:30—9:30pm 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. The cost is \$5/night for the 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:

Tuesday 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 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:

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 try it!

Cost: \$50 (12-week session)

Instructor: Anne Packard



Walking at the ALLWell Center

The track at ALLWell Center, on the PSU campus is available to you. The program is called Morning Striders and it is open to the community. The track is available for free, Mon.—Fri. from 6—8am. After a break during the holidays, this opportunity will resume on Monday, January 4th. If you are interested in using the track, please register at www.events.unh.edu/psu.

For more information you may call the ALLWell Center at 535-3480

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. For more information and class opportunities, you can contact her directly at bellacard@metrocast.net

NEW! Holderness Recreation is teaming up with Pemi Baker Community Health to offer programming in the Pemi-Baker Pool!

“Game On”: Kids ages 8-12 come enjoy a variety of supervised water games and activities in the pool. Kids must be able to swim independently with no flotation devices. **Saturday, January 23rd** from 9:15-9:55 a.m. Cost is \$12/child. Class size minimum is 8 and maximum is 12. You must pre-register and pay for the class through Holderness Recreation by January 15th.



Adult Beginner Specialty Aquatics:

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Saturday, February 20th at 10:00 a.m.: Cost is \$12/pp. Please pre-register and pay for the class through Holderness Recreation by February 12th. Class size is limited to 10.



What a great resource we have right here in our back yard!

Remember When: A Fire and Fall Prevention Program for Older Adults **January 27th 12—1:30 pm** **At the Holderness Fire Safety Building**

Join Judy Smith from Pemi Baker Community Health and Fire Chief Steve Heath from Ashland Fire Dept. will be presenting this program that will provide valuable information in an engaging manner.

A light lunch and refreshments will be provided.



Holderness Recreation is teaming up with Mill No. 3, LLC to bring you these exciting opportunities!

Youth Hip Hop Classes

Wed. January 6th—February 10th

Boys ages 4 & up 5:30-6:15pm

Girls ages 4 & up 6:15-7:00pm

Cost is \$60 for 6 weeks



Zumba Fitness

On going Zumba and Toning class Mondays at 5:30pm. Drop in rate is \$10 and pass prices are available.

If you are going to drop in, please R.S.V.P. to Meagan at schmeggles@gmail.com

Ballroom Dance Lessons

You will learn salsa, waltz, and swing dance! Wed. January 6th—February 10th



Adult Ballroom Dance Lessons from 7-8pm

Cost is \$90 / Couple



For the above classes with Meagan Francis, you will receive \$5 off the price of the class if you bring in this flyer and mention Holderness Rec.

NH Adventure Boot Camp:

Looking to join a unique women's only fitness boot camp? The new year's session begins January 5. Details at NHBootCamp.com.

\$20 off per 7 wk session for new participants!

Live PIYO Class:

Burn calories, tone muscles, work on balance, and a great stretch while taking this fun and challenging class that fuses Pilates and Yoga. Tuesdays and Thursdays from 5:30-6:30 p.m. Call DeeDee at 455-7058 for info.

Try your first class for FREE! Take \$5 off a 10 class pass!

POUND Fit & Drums Alive:

Come experience the thrill of these two great cardio drumming classes with Judy Smith! Adult and parent/child classes. **Try your first class for FREE! Take \$5 off any pass or series class.**



For complete class descriptions visit—<http://www.meetup.com/Mill-No-3-LLC-Fitness-Dance-Recreation-for-all-ages/>

*All offers expire March 31st, 2016
*Discounts are for new participants only.

Bring this with you & mention Holderness Recreation for discount!

Classes are held at Mill No. 3 LLC, 39 Winter St., Ashland (603) 412-2573



Adult Pickleball At Meredith Community Center

Tuesdays & Fridays 9-11am

Cabin Fever Session

February 2-March 29

(No Pickleball 2/23, 2/26, & 3/8)

Spring Session

April 1-May 27

(No Pickleball 4/26 & 4/29)

\$40 non-resident fee, no drop-ins. Pre registration is required.

Thursday's 6-8pm

Mid-winter:

February 11 – March 31, 2016

Spring:

April 7 – May 26, 2016

\$30 non-resident fee, \$5 drop in fee

For more information call 279-8197

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. Equipment is provided. **No experience required.**



When: Monday's March 7th, 14th, 21st & 28th

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

Cost: \$65 first person / \$60 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 March 2nd.



Holderness Recreation & the Holderness Free Library present:

Seniors Cinema with 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: 1—3pm

When: January 12th - Fire House - Popcorn
February 16th Library - Desserts
March 8th Fire House - Tapas

Please call ahead and let us know you are coming so we can plan refreshments.

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: May 2nd 6:30—9pm

Cost: \$15 with a min of 6 people

Location: Holderness Fire Station

Please register by April 18th



Breath NH Fun Pass

Holderness Recreation is a proud member of the New Hampshire Recreation and Park Association. Through this membership we are happy to announce this great opportunity for you to purchase the Breathe NH Fun Pass. This is a book that contains over \$1,800 incredible savings at a variety of NH, MA & RI destinations including amusement parks, zoos, water parks, whale watches and so much more.

Here are some of the discounts you will find this year.

- ◆ Cranmore Mountain Adventure Park
- ◆ Canobie Lake Park
- ◆ Funspot
- ◆ Whales Talk Water Park
- ◆ Yorks Wild Kingdom
- ◆ Capital Center for the Arts
- ◆ Duck Boats
- ◆ Great Glen Trails Outdoor Center
- ◆ The Butterfly Place
- ◆ Loon Mtn, Gunstock & Attitash



The cost is \$32. Discounts are good from Jan. 1—Dec. 31st 2016. You can pay for and pick up your book at the recreation office in Holderness Town Hall. To reserve your book call 968-3700.

Senior Circuit Class:

Have fun and move through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Hand-held weights, elastic tubing with handles are used for most exercises and a chair is used for seated or standing support. Dee Dee Monahan will get you moving in a comforting and energetic style sure to put a smile on your face.

Try a class

Friday January 15th from 9-10am at Holderness Town Hall or 10:30 – 11:30am at Mill No. 3 LLC., 39 Winter St. Ashland

Cost: First class free - \$5 off a six week program

Discount Lift Tickets



Attitash / Wildcat

Adult (19+) \$64 (\$15 savings)
Young Adult (13-18) \$50 (\$10 savings)
Jr/Sr (6-12 or 65+) \$40 (\$10 savings)
Adult Midweek (non-holiday) \$50 (\$25 off)

• Adult midweek ticket is not valid on Saturday, Sunday or Holiday dates (Dec. 26 -Jan. 2; Jan 16-18; Feb 13-21)

• 1-day tickets can be used any day



Cranmore Mountain Resort

Cranmore Adult (19-64) \$60 (\$10 savings)
Cranmore Teen (13-18) \$50 (\$7 savings)
Cranmore Youth (6-12) \$30 (\$13 savings)

• Guests must take the Lift Ticket Voucher to any Cranmore ticket house to be issued a live lift ticket. Lift Ticket Vouchers are valid at Cranmore Mountain seven (7) days a week, including weekends and holidays. There are no blackout dates.

Holderness Song Circle

All are welcome!
January 14th & 23rd
February 11th & 27th
March 10th & 26th
April 14th & 23rd



What is it? *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.

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 e-mail; Sandra Jones, prospectridge@myfairpoint.net