

# HAPPY HOLIDAYS!



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 2017 Programs

A registration form is required for most 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  
[recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov)  
[www.holderness-nh.gov](http://www.holderness-nh.gov)

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US Postage Paid  
Permit # 4  
Holderness, NH  
03245

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](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.

# Holderness Recreation Department Winter 2017 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:** January 6<sup>th</sup>– February 10<sup>th</sup>  
February 17<sup>th</sup>–March 24<sup>th</sup>  
March 31<sup>st</sup>–May 5<sup>th</sup>  
May 12<sup>th</sup>–June 16<sup>th</sup>

**Cost:** \$65 per session  
**Where:** Holderness Town Hall  
**Time:** 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.

## Walking at the ALLWell Center

An opportunity for **everyone** to enjoy **walking or running** on a 200 meter indoor state-of-the-art track. Users need to register at the link below and wear only clean, indoor running/walking shoes to preserve the track surface. Bring plastic containers for water; showers and changing rooms are available.

The program is called AllWell North Striders and it is open to the community. The track is available for free, Mon.—Fri. from 6—8am and 11:30am—1pm. If you are interested in using the track, please register at [www.events.unh.edu/psu](http://www.events.unh.edu/psu). It is the 8th program from the bottom of the list.

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



**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!



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

Wednesday, December 28<sup>th</sup>  
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: **SAFE SITTER**.  
**Don't Delay, Reserve Your Spot Today!**



## NH Fish And Game OHRV—Snowmobile Safety Course



The New Hampshire Fish and Game Department strongly recommends that all riders participate in a Safety Education Class. State law requires that all operators 12 years of age and over must possess either a valid Motor Vehicle Driver's License or must have successfully completed an approved OHRV or Snowmobile Safety Education Class when operating off their own property.

**Who:** Youth ages 12—17yrs  
Parents are encouraged to attend  
**When:** Friday, December 30<sup>th</sup>, 2016  
**Time:** 9am—3pm—Please pack a lunch and drink.  
**Cost:** Free  
**Location:** Holderness Public Safety Building, 926 Us Rt 3, Holderness, NH.

Perhaps you already have a snowmobile or maybe one is coming for Christmas. Perhaps you are planning a family get away or planning to ride the trails here in Holderness.

Either way this course is for you!

There will be time for Q & A at the end of the class.

You must pre-register and complete a form.  
Contact Wendy at 603-968-3700 or  
[recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov).

## 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.



### Adult Drop in Basketball

Thursday nights from 7:30—9:30pm running through the school season. The program will be held at the Holderness Central School. Please enter through the main door of the school. The cost is \$5 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.



### Adult Volleyball:

Tuesday nights & Wednesday nights from 7:30—9:30pm. Join our drop in group for a night of great athletic fun. Please enter through the main door of the school. 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? Come on 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 and 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 try it!



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

**Instructor:** Anne Packard

### Kids Cooking:

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.



**Who:** Ages 4-6, Tuesday Feb. 7, 14 & 21  
Ages 7-10, Tuesday Mar. 7, 14 & 21

**Time:** 3:30-4:30pm

**Cost:** \$25

Class will be held at the Public Safety building.

**Please register by Feb. 1st & Mar. 1st**

## Adult Yoga—Hatha all levels

Lori Card has been teaching yoga in Holderness for five years. 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



## Winter Swimming opportunities with Pemi Baker Community Health

Pemi Baker Community health is offering a variety of classes including: **Parent Child L1** (Waterbabies) & **Parent Child Level 2** (Toddlers) on Wednesday & Saturday, **Independent Preschooler** on Tuesday and Saturday, **Level 1: Water Acclimation** on Monday, Tuesday & Thursday, **Level 2: Primary Skills** on Monday, Tuesday & Thursday, **Level 3: Stroke Readiness** on Tuesday & Thursday and **Level 4: Stroke Development** on Thursday.

Classes meet once per week.

**Session 1:** Starting January 9<sup>th</sup>-February 25<sup>th</sup> (7 weeks) \$112

**Session 2:** Starting March 6<sup>th</sup>-April 22<sup>nd</sup> (7 weeks) \$112

Visit [www.pemibakercommunityhealth.org](http://www.pemibakercommunityhealth.org) for a class schedule.

## !Vacation Week Splash Parties!

**When:** Keep an eye out! We will announce dates as they come up!

**Who:** All Levels welcome. Must be swimming without flotation, Level 2 or higher to be without an adult.

Must have taken lessons here at PBCH. *This is NOT a drop off program.* LIFEGUARD ON-DUTY!!

**Cost:** \$10/child with Pre-Registration. Parent/guardian included in this fee if needed to attend

Please contact Liz at [programreg@pbhha.org](mailto:programreg@pbhha.org) or 536-2232 to register.

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

## NH Adventure

### Boot Camp:



Looking to join a unique women's only fitness boot camp? The New Year's session begins January 9<sup>th</sup>. Dee Dee Monahan is your instructor and she says there is a wide combination of activities including: Cardio, toning, tabata, circuits, big exercise balls, weights, bands, etc. These classes are open to anyone and can be modified or intensified depending on the individual!!

A calendar, fees and class details can be found at [NHBootCamp.com](http://NHBootCamp.com).

**Holderness Residents, join today and sign up for a 6 week class, bring this flyer with you and receive \$5 off your next class.**

You can contact Dee Dee at [info@nhbootcamp.com](mailto:info@nhbootcamp.com) or 603-455-7058 with questions and for more details.

Classes are held at Mill No. 3 LLC, 39 Winter St., Ashland

## New Hampshire's First Day Hikes 2017



NH State Parks for the 7<sup>th</sup> year in a row will be offering free First Day Hikes. These hikes give individuals and families an opportunity to begin the New Year rejuvenating and connecting with the outdoors by taking a free organized hike on January 1, 2017.

Looking for an invigorating opportunity to get outside and celebrate New Year's with your family and friends? Come join New Hampshire State Parks and our partners with a rejuvenating family-friendly hike on New Year's Day.



Visitors to First Day Hikes can explore historic sites, state parks and even enjoy pet friendly hikes with their four footed friends either on their own or discover and experience nature with a guided hike lead by park staff and our partner volunteers.

To pre-register please visit <http://www.nhstateparks.org/news-and-events/first-day-hike.aspx>



**Tai Ji Quan: Moving for Better Balance**  
Mondays & Wednesdays from 10:30 a.m. – 11:30 a.m. January 9<sup>th</sup>—April 24<sup>th</sup>

This class is the first 12 weeks of a 24-week program.

For older adults and/or individuals with balance and gait impairment Therapeutically based Tai Ji Quan movements reduce fear of falling, risk of falling, and decrease falls, Improve balance, strength, and Improve walking ability and coordination.  
Exercises can be done seated or standing.

Fee: \*\$75/series for PBCH Members; \$135/series for non-members.  
Instructor is Judy Smith who was trained and certified to teach this class by Dr Li Fuchong of the Oregon Research Institute.

## 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 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>

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

Adult 5:45-6:45pm

**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 February 27<sup>th</sup>.**

## Adult Pickleball

At The Meredith Community Center

Tuesdays & Fridays 9-11am

**Cabin Fever Session**

February 3<sup>rd</sup>—March 31<sup>st</sup>

(No Pickleball 2/28, 3/3, & 3/7)



**Spring Session**

April 4<sup>th</sup>—May 26<sup>th</sup>

(No Pickleball 4/25 & 4/28)

\$45 non-resident fee, no drop-ins.

Pre registration is required.



Thursday's 6-8pm

**Mid-winter:**

February 9<sup>th</sup> – March 30<sup>th</sup>, 2017

**Spring:**

April 6<sup>th</sup> – May 25<sup>th</sup>, 2017

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

For more information call 279-8197

## Franklin Falls Dam Disc Golf Course.



I am not a disc golf player, but I do walk my dog in this park and this looks like an opportunity for great fun and exercise. It is an 18 hole course. You can visit the website at [www.ffdiscgolf.org](http://www.ffdiscgolf.org) for more information.

## Vacation Week Activities



### Holderness Recreation

**Safe Sitter training**—Wednesday, Dec. 28<sup>th</sup> 9—4pm for ages 11—15. \$65 per person, limited space register today!

**OHRV Snowmobile Safety Course** Friday, Dec. 30<sup>th</sup> 9—3pm. For ages 12—17. Free. Pre-registration is mandatory.

### Ashland Parks and Recreation

**Vacation Camp**—December 26<sup>th</sup>—30<sup>th</sup> from 8—4:30pm the cost is \$125 per person

Location: Ashland Booster Club



More information is available on the Ashland Town Website: [www.ashlandnh.org](http://www.ashlandnh.org) or you may call 603-968-9209.

## Cabin Fever Knockerball



### That's right KNOCKERBALL!

This is a family affair...looking for 10 kids ages 7+ and 10 adults to try out this new sport of sorts. Everyone is going to be talking about this!

Thursday, March 2<sup>nd</sup> from 4—5pm at the Holderness Central School Gym.

First 20 to register are guaranteed to play. Space is limited, so call or email today.

**\$12 per person.**

walk-in's welcome depending on space. Accepting 30 people.

Register by calling Wendy at 603-968-3700 or emailing [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov)

**We are holding it at 4pm in hopes that working parents can skip out a little early and join the fun!**

**It's going to be great!**

**KNOCKERBALL**  
Get in the Ball  
NORTH CONWAY

## Traditional Basket Making with renowned Basket Maker

### Ray Lagasse

**Saturday, March 4<sup>th</sup>**  
**8:30—4:30pm**

**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 February 27<sup>th</sup>

Min of 4 and max of 8 Basket makers.

## Holderness Song Circle

January 28<sup>th</sup>, February 25<sup>th</sup>  
March 25<sup>th</sup>, April 22<sup>nd</sup>



**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. **All are welcome!**

**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 are welcome.

**When & Where:** We meet upstairs at the Holderness Town Hall from 6:30 to 8:00pm, 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. 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](mailto:prospectridge@myfairpoint.net)

## Course Instructors Wanted

Holderness Recreation is always seeking instructors for new programs or classes. If you have an idea for an interesting class you wish to teach for youth or adults, please contact Wendy at [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or 603-968-3700

