

ADULT PROGRAMS AT HOLDERNESS CENTRAL SCHOOL

Please park in the lot on the right side of the school and enter across from the playground. Also, please bring clean non-marking sneakers to help preserve the flooring. You must pre-register for each of these programs through the recreation office or online portal.

INDOOR PICKLEBALL

Starting October 2nd

Wednesday & Friday Nights from 6-8:30pm until school basketball starts then the time is 7:30-9:00pm

Ages 18+. Recreational play, all levels welcome. \$10 per session.

Session I Oct. 2nd - Feb. 5th

Session II Feb. 7th - June 6th

(No play on 10/18, 12/25, 12/27, 1/31, 2/14, 2/28, 3/21, 4/23, 4/30 & 5/2)

BASKETBALL

Starting September 16th

Monday nights from 7—9pm until school basketball starts then the time is 7:30-9:00pm.

Ages 18+. Recreational play. \$5 per session.

Session I Sept. 16th - Jan. 13th

Session II Jan. 27th - June 2nd

(no play 10/14, 11/11, 12/23, 12/30, 1/20, 2/24, 4/28 or 5/24)

BADMINTON

Starting September 19th

Thursday nights, from 6:00-9pm until school basketball starts then the time is 7:30-9:00pm.

Ages 18+. Recreational play, all levels welcome. \$5 for the season.

(no play on 11/28, 12/26, 2/27 or 5/1)

EARLY BIRD EXERCISE

With Anne Packard

Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls & more.

Who: Adults

When: Fall class schedule Mon. Wed., & Fri. 6-7am so come on down and give it a try!

Where: Holderness Town Hall

Cost: \$55 (12-week session)

Meet Anne - When there were only two physical therapists in Plymouth (1980's) I was sent to them with long term back problems ('the rest of your life').

After a while the PTs contacted a pair of RNs who were starting an exercise program and discussed the possibility of my participation. That worked well.

When I returned to graduate school, I found an early exercise class and joined that until the 'motivator' graduated and the class was going to be cancelled.

Knowing that I would not exercise by myself I asked what I needed to do to become the new 'motivator'. I don't like to use the term instructor. I was told 'just try out', so I did! I have been an 'early bird' ever since.

Because I have spent many years teaching Human Anatomy and Physiology, I know my bones and muscles pretty well.

Because I get bored with doing three sets of the same exercise, I can target the same muscles using different exercises.

Bad knees, shoulders, back can all be addressed with minor changes in the exercises so there is really no excuse for being a 'couch potato'.

Bottom line, I need the exercise for my back and I love to have company!!

The secret to staying fit is to keep moving.

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 is practiced worldwide to enhance overall health and wellbeing.

When: Wed. 5:30-6:30 pm

Dates: Sept. 11th to Oct. 30th

Where: Holderness Town Hall **Cost:** \$80 8-weeks, \$15 drop-in

Instructor: Darcy Cushing Darcy has been practicing Tai Chi Chuan for 28 yrs and has taught classes in Plymouth, Ashland, Campton and Lincoln for more than 20 yrs, including 14yrs at Plymouth State University.

HALLOWEEN IN THE HOLDERNESS VILLAGE

Thursday, October 31st

4-6pm

Join local businesses and community groups for Trick or Treating in the heart of Holderness.

A flyer will be coming soon with a listing of all the participating businesses and activities that will be going on.



OHRV SNOWMOBILE SAFETY COURSE

NH Fish and Game

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. Parents are encouraged to attend and may take the test. Please let us know if you will be taking the test. Please pack a lunch and drink.

Who: Youth ages 12—17yrs

When: Saturday, December 14th

Time: 9am-3pm.

Cost: Free

Location: Holderness Town Hall 1089 Us Rt 3, Holderness, NH.

You must pre-register and complete a registration form. Parents also need to sign a form the day of the class for the certificate.



FALL TENNIS LESSONS With Bill Aronson

September 14th Register now!

Saturday's September 14th - October 5th

For more information please visit



Ages 4 through Adult Beginner to Advanced

www.holderness-nh.gov Holderness Recreation or call 603-968-3700

ALLWELL NORTH STRIDERS

Walking at the AllWell North, PSU

Walking Schedule: Monday – Friday 6:00 a.m. - 8:00 a.m. or 11:00 a.m. - 1:00 p.m.

This program is sponsored by the PSU Center for Healthy Communities and ALLWell North at no fee for community members to run or walk on the 200-meter indoor track.

Please bring and wear only clean, indoor running/walking shoes to preserve the track surface. If PSU closes campus due to inclement weather, the community walking is also canceled.

THANK YOU SUMMER 2024

Captain Douglas DiCenzo Summer Camp Fund

For generously helping so many in our surrounding communities with tuition for summer programs. Please visit www.dougscampfund.org to learn more and find out how you can make a difference in the lives of many families in our area.



Holderness Central School

Specifically, Joe Sampson, Ann McKenney, Tom Davis, Eric Smith and Val Dupont for welcoming our SummerEscape program into the school. We served 91 kids this summer and 63 families. We had 40 kids per week this summer.



Holderness Central School Support Staff

For helping so many kids in our community with tuition assistance to attend the SummerEscape program.

Thank you for helping our little ones have a great summer filled with new friends and memories

RECREATION SCHOLARSHIP FUND

Please donate to the Recreation 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. We greatly appreciate and accept donations of any size.

Thank you for your support!

HOLDERNESS RECREATION BOARD MEMBERS

Tom Strepp, Chairperson

George 'Biff' Sutcliffe, Secretary

Jenney Evans, Adar Fejes, Nate Fuller, Maryanna Swanson, Heidi Emmons

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





P.O. Box 203
 Holderness, NH 03245
 603-968-3700
 recreation@holderness-nh.gov
 www.holderness-nh.gov

**WE'RE EXCITED TO LAUNCH OUR
 NEW HOLDERNESS REC BRAND!
 SAME GREAT PEOPLE &
 PROGRAMS, SO GO ON AND ...**

FIND YOUR FUN!

**POSTAL CUSTOMER
 HOLDERNESS NH**

**PRSRT MKT
 ECRWSS
 US POSTAGE
 PAID
 EDDM RETAIL**



SUMMERESCAPE 2024

THANKS TO ALL OF OUR AMAZING STAFF FOR A GREAT SUMMER AND HOPE TO SEE YOU NEXT YEAR!

STRENGTH & BALANCE

With Bobbie O'Neill

Class is led by a licensed clinician through Lakes Region Visiting Nursing Association. Classes are for active adults who would like to maintain and improved their health. And adults who would like to begin focusing on improving their health. Classes will focus on increasing strength, balance and stamina. Consisting of resistive training with hand weights and body weight resistance, focused balance training to reduce fall risk as we age, cardio training, flexibility, proper breathing techniques promoting general wellbeing. Class emphasis on self-pacing for max benefit and increasing strength gradually. Participants are encouraged to work at their own pace and take breaks as needed to safely progress fitness level. No class if School is cancelled due to weather.

Who: Active Adults

When: Wed. & Fri. 9 - 9:45am Current Session 8/14-10/16
 Wed. & Fri. 10:30-11:15am Late Fall Session 10/23-12/13.

Where: Holderness Town Hall, upstairs

Cost: \$50 per person

Instructor: Roberta (Bobbie) O'Neill Lic. PTA and Cert Ashtanga Yoga Instructor
 She has been a Physical Therapist Assistant since 1997, graduating from Newbury College Brookline MA. Certified Yoga Instructor since 2000. Providing physical therapy services to all ages of individuals for over 20 years, working in nursing facilities, hospitals, outpatient clinics and providing home therapy services.
 She owned Half Moon Yoga Studio in Topeka Ks for 11 years before moving back to NH to enjoy her grandchildren.



NEED MORE INFORMATION?

Registration and general information can be found at www.holderness-nh.gov on the Recreation Department page. Please call 603-968-3700 or email recreation@holderness-nh.gov to have a form mailed or emailed to you.



**HOLDERNESS REC.
 FIND YOUR FUN!**

FALL 2024 PROGRAM GUIDE

TAKE A PEEK INSIDE AND ENJOY THE RIDE
Community programming for all ages and interests

TRADITIONAL BASKET MAKING

With Ray Legasse

Saturday September 28th, October 26th, November 23rd or December 21st.
 8:30—4:30

Over 21 designs to choose from!
 Most baskets are \$145.00 per person.
 A single 8-hour day from start to finished basket (please pack a lunch)



Materials and Use of Tools are included in Workshop Fee, Optional: WOOD or LEATHER handles on Woolgathering or Laundry Basket.



Lidded baskets are \$170 & \$180 and take two classes to finish.

FAMILY PAINT NIGHTS

With Jadi Mercer

Let's make memories to last a lifetime. Please join Jadi as she guides you step-by-step to create your painting. Using a fall and winter palette of paints and canvas, Jadi will teach painting basics in this start to finish workshop.

*Note: you do NOT need a partner for this class. Singles welcome!

**A Yayoi Kusama inspired
 pumpkin art lesson.**

October 18th 6—7:30pm



Who: Adults and children, all ages

Where: Holderness Town Hall

Cost: \$30 first person, \$25 each additional family member. All supplies included.

MORNING HOLIDAY CRAFT FOR KIDS

With Jadi Mercer

Jadi has been an art teacher in the Lakes Region for the past 15 years and loves to share her passion for the arts with students of all ages.

Who: Kids of all ages with a parent

When: December 14th

Time: 9-11am

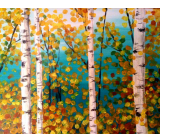
Cost: \$30 per person

Join Jadi to make some wonderful presents with lots of different craft options.



Fall Birches

November 15th 6—7:30pm



INSTRUCTORS WANTED

Do you have a skill or interest that you would like to share with others in the community? Do you teach Yoga? We are always looking for new program and class ideas. Reach out to Wendy in the office and let's put something together.