

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 1st

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 however play is geared towards fun casual to Intermediate. \$10 per session. Registration opens 9/22 @ 9am

Session I Oct. 1st - Jan. 30th

Session II Feb. 4th - June 5th

(No play on 10/10, 10/22, 10/24, 11/26, 11/28, 12/24, 12/26, 12/31, 1/2, 1/16, 2/13, 2/25, 2/27, 3/20, 4/22, 4/29, 5/1)

BASKETBALL



Starting September 22nd

Monday nights from 7—9pm until school basketball starts then the time is 7:30-9:00pm. Ages 18+. Recreational play. \$10 for the year.

Season - Sept. 22nd - June 8th
(no play 10/13, 12/29, 1/19, 2/23, 4/27, 5/25)

BADMINTON

Starting September 18th



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 year.
(no play on 10/9, 11/27, 12/4, 12/25, 1/1, 2/26, 4/30)

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 'the rest of your life' back problems. The PTs contacted a pair of RNs who were starting an exercise program and suggested I try it. That worked well. While in graduate school, I found an early exercise class and joined that until the 'motivator' graduated, and the class was going to end. I asked how do I become the new 'motivator'. I was told 'just try out', so I did! I have been an 'early bird' ever since. I need the exercise for my back, and I love to have company!!

FIND YOUR FUN!

APPAREL FOR SALE



Gift Idea
Hoodies
Hats &
Shirts

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. 24th to Nov. 12th

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

Friday, 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 & ghoulish activities.



WEEKLY CHAKRA DANCE CLASSES

Healing Through Movement

Chakra Dance is a gentle, yet powerful practice designed to help you release deep layers of emotional trauma, restore balance, and reconnect with your true essence. Through intuitive dance, guided meditation, and carefully curated music, we awaken and harmonize all seven chakras in every session, creating space for profound transformation and emotional freedom.

This practice supports you in:

- Letting go of stress, tension, and anxiety stored in the body
- Balancing your energy system and restoring vitality.
- Reconnecting with your body and feeling safe within yourself.
- Awakening creativity, joy, and self-expression.

Each class is a complete healing journey — we move through all seven chakras, gently peeling back the layers of past experiences and unresolved emotions. There is no choreography and no dance experience needed; your body leads the way as movement becomes your medicine.

When: Thursdays from 5:30 — 6:30 pm

Dates: October 2nd - 23rd

Where: Holderness Town Hall

Cost: \$45 (4-week series) or \$15 drop-in

Instructor: Iryna Novos



Because every class works on deeper layers of release, attending regularly allows you to experience progressive healing and transformation over time.

Once the course begins, cancellations and refunds are considered on a case-by-case basis and are only offered under special circumstances.
Please contact the office for details.

HOLDERNESS RECREATION BOARD MEMBERS

Tom Stepp, Chairperson

George 'Biff' Sutcliffe, Secretary

Jenny 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.

THANK YOU SUMMER 2025

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, Janna Swanson, Tom Davis, Eric Smith, Val Dupont and Jason Murray for welcoming our SummerEscape program into the school. We served 90 kids this summer and 65 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



GARDENING FOR MARNARCHS & POLINATORS



Interested in helping monarchs and pollinators? Come join us for this informative and hands on workshop.

Together we will walk through the steps of how you create a thriving pollinator habitat no matter where you live and you will leave with planted seeds to overwinter for the spring. More details will be available soon and for more information, please contact the recreation office or Heidi Emmons, heidi.emmons@nhnature.org.

Two dates to choose from.

November 6th from 6 - 7:30pm or
November 8th from 9:30-11am

Small fee To Be Determined to cover cost of supplies.
Class will be held at Holderness Town Hall



HOLDERNESS RECREATION DEPARTMENT



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

POSTAL CUSTOMER
HOLDERNESS NH

PRSR MT
ECRWSS
US POSTAGE
PAID
EDDM RETAIL



SUMMERESCAPE 2025

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 LRVNA. This class is for active adults who would like to maintain and improve their health and adults who would like to begin improving their health. Classes will focus on increasing strength, balance and stamina and consists of resistive training with hand weights and body weight resistance, balance training to reduce fall risk, cardio training, flexibility, and breathing techniques promoting general wellbeing. Participants are encouraged to work at their own pace and take breaks as needed to safely progress fitness level.

Who: Active Adults

When: Current Session Wed. & Fri. 9 - 9:45am 8/20-10/17 (no class 10/8 & 10/10)

Late Fall Session Wed. & Fri. 10/29-12/19 call for times.

Where: Holderness Town Hall

Cost: \$50 per person

Instructor: Roberta (Bobbie) O'Neill Lic. PTA and Cert Ashtanga Yoga Instructor

THANK YOU

To our wonderful Beach Attendants, Allie, Kate and Emily for a great season!!!



THANKS TO ALL OF OUR SPONSORS FOR A GREAT CONCERT SERIES



HOLDERNESS REC.

FIND YOUR FUN!

FALL 2025 PROGRAM GUIDE

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

PAINT NIGHTS

With Judi Mercer



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

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

Thrifty Ghost Art

October 18th 6 - 7:30pm

Choose a vintage piece of art and make it SPOOKY! Learn to add your own haunted touch to a thrifty piece of art work of your choice. Options will be provided! Just bring your ghostly spirit!



Winter Holiday

December 6th 6—7:30pm

Come with a friend or family or on your own to paint a cozy winter themed masterpiece.



Who: Adults and children ages 12+

Where: Holderness Town Hall

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

TRADITIONAL BASKET MAKING

With Ray Legasse

Saturday September 20th, October 25th, November 29th or December 13th.
8:30—4:30pm

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.



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!

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.

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.