

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 7



Wednesday & Friday Nights from 6-8:30pm until school basketball starts then the start time may change. Ages 18+. Recreational play, all levels welcome however play is geared towards fun casual to Intermediate. \$10 per session. Registration opens 9/21 @ 9am

Session I Oct. 7 - Jan. 29

Session II Feb. 3 - June 4

(No play on 10/9, 10/23, 10/28, 11/11, 11/25, 11/27, 12/23, 12/25, 12/30, 1/1, 1/15, 1/22, 2/12, 2/24, 2/26, 3/10, 3/26, 4/2, 4/28, 4/30)

BASKETBALL

Starting September 29



Tuesday nights from 7—9pm until school basketball starts then the start time may change. Ages 18+. Recreational play. \$10 for the year.

Season - Sept. 29th - June 7th

(no play 12/29, 2/23, 4/27)

BADMINTON

Starting September 17



Thursday nights, from 6:00-9pm until school basketball starts then the start time may change.

Ages 18+. Recreational play, all levels welcome. \$5 for the year. (no play on 10/22, 11/26, 12/3, 12/24, 12/31, 2/25, 4/1, 4/29)

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!

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. 16 to Nov. 4

Where: Holderness Town Hall

Cost: \$80 8-weeks, \$15 drop-in

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

SAFESITTER

Safesitter is open to grades 6 - 8. We are hoping to offer a class here in Holderness this winter, but for now thought we would share other opportunities in the area.

SAFE SITTER CLASS INFORMATION

Wednesday, November 11, 2026

10:00 - 4:00pm

Open to students in grades 6-8!

Waterville Valley Recreation Department
11 Noon Peak Road | Waterville Valley, NH 03215

REGISTRATION INFORMATION

Cost: \$70

Includes Safe Sitter Handbook, tote bag & in-person course instruction
Students should come prepared with water bottle, snacks and lunch.

Early registration is recommended! Only 8 spots available!

Pre-registration is required by 12:00pm on Monday, November 9 at: WVRD.RECDESK.COM or 603-236-4695

*Ask us about Safe Sitter scholarships.

Waterville Valley Recreation Department • 11 Noon Peak Road • 603-236-4695 • WVRD.RECDESK.COM

TOWN REPORT PHOTO CONTEST

Do you have a particular photo that depicts how we work or play in our town? Do you have a picture that is unique to Holderness?

We are looking for eye-catching local photos for the 2026 Town Report.

Please send your photo to recreation@holderness-nh.gov by Jan. 11, 2027

CHAKRA DANCE: LETTING GO

WITH IRYNA NOVOS



A Year-End Journey Through the 7 Chakras

Before we ask ourselves what we want to bring into a new year, perhaps there is another question:

What am I ready to stop carrying?

At this special year-end Chakra Dance gathering, we'll move through all seven chakras, using music, movement and body awareness to explore what feels complete — and what we're ready to release.

- * Old emotions
- *Expectations
- *Roles we've outgrown
- *The need to control
- *Unspoken words
- *Old stories about ourselves

There is nothing you need to "perform" and no dance experience is necessary.

This is not about dancing beautifully. It's about listening to your body and allowing it to move in its own way.

We'll close our year together by letting go and making space.

And on January 24, we'll meet again for the second part of this journey — moving through the seven chakras with a new intention: What do I want to invite into the space I've created?

✨ December — Release ✨ January — Receive

Who: Adults

When: Sunday, December 27, 2026

Where: Holderness Town Hall

Time: 11am - 1pm

Cost: \$25

Meet your Instructor:

Iryna has 30 years of experience in yoga, meditation and chakra systems. She is an accredited chakra dance facilitator from the International Institute for Complimentary Therapists.

HALLOWEEN IN HOLDERNESS



Saturday, October 31st from 4—6pm

Join local businesses and community groups for Trick or Treating, Trunk or Treat and Touch A Truck in the heart of Holderness.

A flyer will be coming soon with a listing of all the participating businesses & ghoulish activities.

If you would like to participate please email katrinar@1978@gmail.com

THANK YOU SUMMER 2026

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 and Judy Tyrrell for welcoming our SummerEscape program into the school. We served 70 kids this summer and 48 families. We had up to 40 participants 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

COFFEE & CONVERSATIONS

with the

TOWN ADMINISTRATOR

Enjoy a cup of coffee or tea with Scott Weden

Share your ideas ~ Ask questions ~ Discuss community topics

Wednesday, October 21 at 9:00 AM

Holderness Free Library

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. We are always looking for new program ideas, so if you have one please reach out.



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 MKT
ECRWSS
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PAID
EDDM RETAIL



SUMMERESCAPE 2026

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 8/12 - 10/16
Late Fall Session: please check with our office for dates.

Where: Holderness Town Hall

Cost: \$50 per person

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



FLU - CLINIC

October 15th from 9 - 11am
at Holderness Town Hall

Fall has arrived and so too has the focus on helping to prevent flu-related illness. Speare Memorial Hospital offers the flu vaccine to persons 18 years and older.

Please call Holderness Town Hall at 603-968-2145 for more information.

DROP-IN BRIDGE

At the Holderness Free Library

Join us on Wednesday afternoons from 1-4 PM for a friendly game.

Drop ins welcome, singles welcome free fun! For more info call Ivan 603-677-2224 or Lynn 603-926-9700.



THANKS TO ALL OF OUR SPONSORS FOR A GREAT CONCERT SERIES



HOLDERNESS REC. FIND YOUR FUN!

FALL 2026 PROGRAM GUIDE

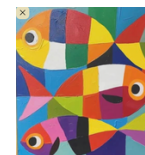
PAINT & CRAFT NIGHTS

With Jadi Mercer

Geometric Fun Fish

Friday, October 16

Did you catch anything fun this summer? How about creating some Geometric Fun Fish? Use varying brushstrokes to give your fish unique scales, whimsical fins, and expressive eyes. No experience needed, just creativity, join as a single or with family or friends.



Winter Tree Collage: A Creative Night

Friday, December 11

Join us for a cozy evening of color, texture, and playful mark-making as we create vibrant tissue-paper tree collages inspired by a snowy winter landscape.

No drawing experience needed! This workshop is all about experimenting with color combinations, tearing and layering paper, and embracing an abstract style. Whether you make a single striking tree or a whole colorful forest, you'll leave with a one-of-a-kind piece of winter art (and maybe a new favorite medium).

What's included:

- All materials
- Step-by-step guidance for beginners
- A finished collage ready to frame or gift

Perfect for date night, a solo creative reset, or a fun outing with friends. Bundle up, bring your imagination, and let's paint the town in tissue paper this winter!



Who: Adults and children ages 12+

Where: Holderness Town Hall

Cost: \$30 first person, \$25 each addtl family member

Please register by October 13 and December 8

RECREATION SCHOLARSHIP FUND

Give the gift of recreation and please donate to the Recreation Scholarship Fund. We helped many families this summer and need to refill. 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 Fund. We greatly appreciate and accept donations of any size.

Thank you for your support!



TRADITIONAL BASKET MAKING

With Ray Legasse

Saturday Oct. 3, Nov. 21, Dec. 5, Jan. 9, & Feb. 13
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.



BROOM MAKING WORKSHOP

With Stephanie Gage

Stephanie is a lifelong artist, who discovered broom making about 10 years ago. She creates handcrafted brooms that blend beauty with everyday utility. She is excited to share the craft of traditional broom making and help others experience the joy of creating with their hands.

These items, shown from left to right, are:

- Cake Tester
- Veggie (root)/Pot Scrubber
- Round Hand Broom
- Turkey Wing Whisk Broom.



There will be 8 colors for you to choose from so you can find the one that is best suited for you.

Who: Adults and youth ages 13+

When: November 21

Where: Holderness Town Hall

Time: 8:30 a.m. - 4:30 p.m. (class may not take this long)

Cost: \$45.00 per person, includes all materials

Please register and pay by Nov. 18

REGISTRATION & MORE INFORMATION?

Registration and general information can be found at www.holderness-nh.gov on the Recreation page. You can also call 603-968-3700 or email recreation@holderness-nh.gov.

Scholarship assistance is available for some programs.

For online registration please visit [Online Registration](#)

THANK YOU

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

