

ADULT SPORTS, FITNESS & ACTIVITIES

Evening Sports at HCS

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. You must pre-register for each of these programs through the recreation office or online portal.

BADMINTON

Thursday nights, from 6:30-9pm
Fun group of people playing a great game! Ages 18+. Recreational play, all levels welcome. \$5 for the season. (no play on 3/27 & 5/1)

BASKETBALL

Monday nights from 7-9pm.
Ages 18+. Recreational play. \$5 per session.
Session II Jan. 27 - June 2
(no play 4/28 or 5/26)

INDOOR PICKLEBALL

Casual fun with friends and neighbors. Recreational play, all levels welcome. Ages 18+. \$10 per session. Wednesdays 6:30 - 8:30pm & Fridays 6-8:30pm
Session II Feb. 7 - June 6
(no play 3/21, 26 & 28, 4/23, 4/30 & 5/2)

OUTDOOR PICKLEBALL

Casual fun with friends and neighbors. Recreational play, all levels welcome. Ages 18+. \$10 per person **starting May 1**
Tuesday's 9-11:30am, Thursdays & Sundays 5-7:30pm

Registration for Summer Outdoor will open on April 7th @ 9am.

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.

EARLY BIRD EXERCISE

With Anne Packard

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

When: Spring class schedule Mon. Wed., & Fri. 6-7am

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!!

TRADITIONAL BASKET MAKING With Ray Legasse

March 29, April 26, May 31,
July 19 or August 16
8:30-4:30pm

Over 21 designs to choose from! Most baskets are \$145.00 per person.
A single 6/8-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. Classes fill quickly, register today!



CHAKRA DANCE

With Iryna Novos

Welcome to the Awakening Chakra Dance. It's a beautiful date with your body, mind and soul. Through gentle music vibration and movements, guided meditation and mandala art you can experience your special energy center chakras, that govern different aspects of your life. There will be 8 journeys with 8 dances, one for each Chakra.

Root Chakra - Dance of Mother Earth
(This chakra is responsible for our sense of Security and Stability)

Sacral Chakra - Dance of Sensuality
(Alignment of this chakra will help us to feel our sensuality and enjoy life)

Solar Plexus - Dance of Power
(This chakra is a prominent source of inner power, enhances our Self Esteem)

Heart Chakra - Dance of Love
(Allows us to deeply understand empathy and compassion, opens our heart to love ourselves and others)

Throat Chakra - Dance of Expression
(Alignment of this chakra improves our ability to express in a higher form of communication with the confidence to authentically speak what is in our hearts and minds)

Third Eye Chakra - Dance of Intuition
(Powerful Center of Intuition. Invigorating this chakra improves clarity of thought and spiritual insights)

Crown Chakra - Dance of the Soul
(This chakra is the source of spiritual connection with the Universe. Once truly opened this chakra provide pure awareness and connection to our higher selves)

Integration Dance
(We are going to integrate all our dances and experiences together)

Meet your Instructor:

Iryna Novos 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.

When: March 9 to May 8 (not 3/30 or 4/20)

Time 10am - 12pm

Where: Holderness Town Hall

Cost: \$200.00 for the full series, \$35 / single class per person
Preregistration and payment are appreciated.



FAMILY PAINT NIGHT

With Jadi Mercer

Majestic Snowy Owl

With a proper winter sky for your artistic eye.

When: March 29 from 6-7:30pm

Who: Adults and children, all ages

Cost: \$30 first person, \$25 each additional family member. All supplies included. Reg. by Mar. 26



"ART IN JULY" SUMMER ART SERIES

Acrylic Paint Along - July 10

Paint along with acrylic paints on canvas to create a beautiful summer landscape. All supplies provided and finished pieces to bring home to show off!



Summer Oil Pastel Techniques - July 17

Explore the unique capabilities of oil pastels to create unique drawings and sketches. Learn basic applications techniques including layering, blending, mixing, scumbling, and more. Artists will have time to test out techniques, keep practice work, and bring oil pastels home with them to continue the fun.



Block Printing Fun - July 24

Block Printing is one of the oldest types of printmaking and is also an excellent way to make something truly by hand that can also be easily replicated. In this hands-on class, you'll learn how to plan a simple design and pattern, carve the stamp block, and explore printing with ink on various paper materials.



Watercolor Play - July 31

Learn how to use fun techniques to create with watercolors. Playfulness of watercolor is the leader in this class. We will explore wet on wet, wax resist, salt and plastic texturizing, and if time allows, even more! Supplies included with watercolor pan and brush to bring home for more practice.



When: Thursday's July 10, 17, 24 & 31

Who: Kids class 9-10:30am

Adult class 10:45-12:15

Cost: \$30 per class or \$100 for all four

Please register by July 7

EASTER EGG TRAIL HUNT

April 19 & 20

Holderness Town Forest, Beede Rd
next to the Highway Garage

Parking is limited - a reservation for a time slot is required



This is a FREE event brought to you by Adar Home Group & Holderness Recreation.



Swimming Lessons

At time of print we are working to hire and train a swim instructor. Please feel free to contact our office for updates.

Tentative Dates

Monday - Thursday
July 7 - 24
Between 9:30-12:30
Ages 4+

THE WONDER OF JOURNALING

with Judy Smith

A monthly, hour-long guided journaling experience designed to inspire reflection, release, and renewal. Each session introduces engaging prompts and diverse journaling techniques to spark creativity and insight. No experience needed. All supplies provided, including your own journal.



Dates & Topics:

March 25: Tools for Taming Anxiety: Discover quick, effective journaling techniques to cultivate calm and reduce anxiety. Reg. by Mar. 22

April 22: Playful Perspectives: Reconnect with a sense of play, creativity, and leisure through journaling. Reg by Apr. 19

Time: 6:30 - 7:30pm

Where: Holderness Town Hall

Cost: Two workshops: \$28 or Single Workshop: \$18

JOURNALING WITH THERAPEUTIC ART

Discover the Wonder of Combining Journaling with Therapeutic Art.

Recharge your mind and spark your creativity in these monthly series! Through reflective journaling, expressive art activities, and joy breaks, you'll gain tools to feel more present and connected. No experience needed, just bring your enthusiasm and curiosity! All supplies provided.

Dates and Series Topics:

March 13, 20, 27 Spring into Renewal: Creative expression, playful activities and journaling for self-reflection to embrace the coming of the springtime. Reg. by Mar. 10, 17 & 24

April 3, 10, 17 Cultivating a Life of Wonder, Joy and

Thankfulness: Through art, journaling participants will learn how to be more present and find joy even in the midst of grief, illness, or other life hardships. Instructor has been recording daily joys for almost 5 years through many difficult life challenges and through this practice can assuredly say there is joy to be found. Reg. by Apr. 1, 7 & 14

Time: 6:30-8:00

Where: Holderness Town Hall

Cost: Each 3-week Monthly Series: \$60

Single Workshop: \$25 (Pick dates upon registration)



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.



HOLDERNESS REC.

FIND YOUR FUN!

Spring 2025 PROGRAM GUIDE

SUMMERESCAPE

With Amazing Summer Staff

7 weeks of summer fun

Ages 5—12yrs, Mon. - Fri. 8—4:30pm

Group activities, individual activities, swimming, field trips, skating, special guests, special events and so much more.

Resident registration opens on March 17!

Non-Resident, April 1

*We play at the Holderness Central School 2-3 days / week

*We go to the beach 1 day & a field trip 1 day

*Lots of onsite activities and special guests!

Tentative Dates:

Wk 1 6/23—6/27, Wk 2 6/30-7/2, Wk 3 7/7-7/11, Wk 4 7/14-7/18,
Wk 5 7/21-7/25, Wk 6 7/28-8/1, wk 7 8/4-8/8.

Fees: Residents \$165 per week, Non-residents \$185 per week
Scholarships are available.

Parent packets and calendars will be available in late April.
Dates may change depending on the last day of school.



Counselor in Training program for youth ages 13—14. \$50 per week.
This is a great way to learn about being a counselor.

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. We greatly appreciate and accept donations of any size.

You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Fund.

Thank you for your support!



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



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: Wed. & Fri. 9:30 - 10:15am, from March 19 to May 9

Where: Holderness Town Hall

Cost: \$50 per person

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



Summer Concert Sponsorship opportunities will be coming soon. Feel free to contact the office for more information.

Kindergarten

Attention Holderness Residents,

if you have or know of a child who will be five years old by September 30, 2025, please call Holderness Central School at 603-536-2538 to register.

Kindergarten registration is on May 14th

Now Hiring

Beach Attendants * Swim Instructors
SummerEscape Counselors * SummerEscape Assistant Director
Great pay, great people, great place to work!

THE ART OF JUGGLING

With Mark Donohoe

What do the following objects have in common?
A tennis ball, frisbee, bowling pin, cigar box and hacky sack.

All of these objects can be juggled.

Juggling is one of several circus arts which is as much fun to do as it is to watch. Compared with unicycling, tightrope walking and trapeze, it's also the simplest to learn.

- If you want to learn to juggle, come join us.
- If you can almost juggle, but the web video you learned from can't tell you what you're doing wrong, come join us.
- If you know how to juggle, but want to improve your skills, come join us.

Mark, your instructor, has taught hundreds of people to juggle. Almost everyone can juggle something, at some level, so come on out and try it. We'll supply the equipment.

Who: Kids ages 9+ and Adults

When: Saturday's April 5, 12 & 19 from 10-11am

Where: Holderness Town Hall **Register by Apr 2, 9 & 16**

Cost: \$7 per person class / \$15 for all three

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: April 9 to May 28

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.

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](#)



FENCING FOR THE BEGINNER

With Nick Geraci

A 6-week introduction to the sport of Fencing where you will learn about equipment needed and cost, time commitment, basic skills, movements, terminology, footwork, body position, wrist work and more. For this class we will be using foam foils. After this class you will know if this is the sport for you.

For future classes and more advanced practice, purchase of real foils and protective equipment will be necessary.

Who: Ages 10 + (8/9 if you attended the previous class)

When: Friday evenings March 14 to April 18

Where: Holderness Town Hall

Time: 6-7pm

Cost: \$60 Maximum of 12 students



FENCING FOR THE INTERMEDIATE

A 6-week class designed to allow novice, recreational, and developing fencers to continue improving their fencing techniques through structured drills in a group format. Those interested will acquire a better understanding of the rules of Right of Way, and be comfortable with advanced footwork, direct and indirect attacks, parrying, and ripostes. For those students who completed the Fencing for Beginners course, this class will follow a similar format and build on existing skills from that course.

Equipment needed for this class at minimum include a: mask, jacket, glove, and complete practice foil (can be Italian or pistol grip but should suit your dominant hand).

Who: Ages 10 + (8/9 if you attended the beginner class)

When: Friday evenings March 14 to April 18

Where: Holderness Town Hall, upstairs

Time: 7-8pm

Cost: \$60. Maximum of 12 students

Please Register for these classes by March 12

15th Annual StoryWalk

Join Holderness Recreation, Squam Lakes Natural Science Center, and the Holderness Free Library as we join forces in collaboration with MVSB to bring you StoryWalkTM. StoryWalkTM was created by Anne Ferguson of Montpelier, VT.



This year's story is Mr. McGinty's Monarchs
Kick off Event—Friday, June 27 10-11:30am

Rain or Shine. Crafts, snacks & visitors from the Science Center will be onsite. StoryWalkTM is located behind the Curry Place Gazebo.

