

# Holderness Recreation Department's Spring 2024 Program Guide



## SummerEscape Preview

7 weeks of summer fun

Ages 5—12yrs, 8—4:30pm

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

Resident registration opens on March 20th! Non-Resident, April 3rd.

- ◆ 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!

### Fees are:

Residents \$160per week, Non-residents \$175 per week

**Tentative Dates:** Wk 1 6/24—6/28, Wk 2 7/1-7/3, Wk 3 7/8-7/12, Wk 4 7/15-7/19, Wk 5 7/22-7/26, Wk 6 7/29-8/2, wk 7 8/5-8/9.

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—15. \$50 per week. This

is a great way to learn about being a counselor. If you are interested in this program, contact Wendy at the recreation office, 603-968-3700 or recreation@holderness-nh.gov.



## Registration Information

Holderness Recreation Programs are open for registration on a first come 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 603-968-3700, [recreation@holderness-nh.com](mailto:recreation@holderness-nh.com). Office hours are held at the Town Hall on a varying schedule.

## Music Time with Audrey Drake

Let's explore music together!

Join Miss Audrey for a fun filled 45 minutes of music, movement and activities. We will learn about our voices, basic music structure, meditation and how to be a better listener.



**Who:** Children ages 5-8  
Parents are invited and welcome to stay for the class. Class is limited to 10 students.  
**When:** April 11<sup>th</sup>—May 2<sup>nd</sup> from 4:30—5:15pm  
**Where:** Holderness Town Hall  
**Tuition:** \$90 for 4wks (Scholarship assistance is available)

### Instructor Bio:

Audrey Drake is widely known for her songwriting, performances and as a vocal coach. She has been working with both professional singers as well as younger students for over 20 years in her private studio. Audrey's personal journey in singing began early at 5 years old. As the youngest member of her church choir she found singing to be a welcomed way to express herself.

Audrey studied voice and pedagogy at Plymouth State University. She worked with several vocalists with varying styles from opera to pop and jazz to musical theater. Audrey is also a yoga and meditation teacher. She incorporates these useful tools in her music classes to help students connect with their breath, learn calming techniques and experience movement combined with music.



Please register by April 8<sup>th</sup> through Holderness Recreation Department.

## 14<sup>th</sup> Annual StoryWalk™



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

**The Voyage of Turtle Rex** - Sploosh! Fizz! Swish! This journey of a small creature in the oceanic world of the dinosaurs is a perfect mix of scientific integrity and dramatic storytelling. Join a baby turtle in the time of the dinosaurs and her journey of survival and struggle. Will the baby turtle survive the dangers that lurk in the prehistoric ocean?

**Kick off Event—Friday, June 28<sup>th</sup> 10-11:30am**  
Rain or Shine. Crafts, snacks & visitors from the Science Center will be onsite.

StoryWalk™ is located behind the Curry Place Gazebo. The terrain is uneven so please wear appropriate footwear. It is accessible at no charge from June 23<sup>th</sup> - Labor Day. You may park right behind the post office.

## Attention Holderness Residents

### Kindergarten Registration

If you have or know of a child who will be five years old by September 30, 2024, please call Holderness Central School at 603-536-2538 to register.



Kindergarten screening will be held in May.

## Online Registration is available

for most programs. Visit the recreation page at [www.holderness-nh.gov](http://www.holderness-nh.gov). Here you will find the link to the online system. Create an account, register for a program and then you can pay online, by mail or in person at Town Hall.

If you have any questions call 603-968-3700 or email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov).



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## Vision Board Workshop

with Emily Squibb  
of As Intended

Sunday, April 7<sup>th</sup>  
12:30-3pm

### What is a Vision Board

A vision board is a physical manifestation of your goals. Vision boarding involves collecting images or objects that speak to the future you want to create and arranging them on a board for a tangible and aesthetically pleasing reminder of what you want to call in and manifest as well as what you want to release. You can construct yours solo or create a vision board with your partner.

### The Process

From 12:30-12:45 We will drop in as a group with a guided meditation to clear our mind's eye and cultivate what we want to call in and manifest for the year (or release). From 12:45-3 We will let the creativity commence!



**Who:** individuals, couples, and families (10 years & up).  
**Cost:** \$35.00 per person and includes all materials—Board, Art Supplies, Paint/Brushes.  
**Where:** Holderness Town Hall  
Pre registration and payment is required by April 3<sup>rd</sup>



## Family Paint Night with Jadi Mercer

Let's make memories to last a lifetime.

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. All supplies included. You do NOT need a partner for this class. Singles welcome!

April 13<sup>th</sup> 6—7:30pm  
**SpringFlowers Collage**



**Who:** Adults & children all ages  
**Where:** Holderness Town Hall  
**Cost:** \$30 first person, \$25 each addtl. family member  
Please register and pay by April 10<sup>th</sup>.



## April is National Humor Month!

**Q:** How do brand-new spring flowers greet each other?

**A:** "Hey, bud!" - Try to laugh every day!



## Bird Walk with Lena Moser

May means migration!

One of the greatest joys of spring is the return of migratory birds of all shapes, sizes, colors, and sounds. Do you love stepping outside to a chorus of birdsong or catching a glimpse of bright yellow flashing through the trees?

When you learn to identify birds and get to know their unique habits and natural history, your appreciation of your feathered kin grows exponentially, as well as your enjoyment! May offers the perfect opportunity to study the greatest diversity of birds because many migrants are either returning to their nesting grounds or passing through on their way to other breeding areas

This bird walk is a fantastic way to enjoy the local trails of Holderness while learning first-hand from an experienced birder. Using her trained eyes and ears to find and identify birds, Lena will share her knowledge, enthusiasm, and tips for exploring bird life outdoors. Come learn about our local bird migration while picking up some fun outdoors skills!

**When:** Thursday, May 23<sup>rd</sup> & Tuesday, May 28<sup>th</sup>  
**Time:** 7-9am

**Where:** A location in Holderness to be announced  
**Cost:** \$20 per person per date - limited to 8 people

**Equipment:** Please bring a pair of binoculars for an optimal experience and appropriate attire / footwear for the season.

Please register by May 21<sup>st</sup> & May 24<sup>th</sup>

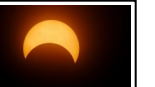


### Instructor Bio

**Lena Moser** got hooked on birding as a 13-year-old growing up in rural Connecticut. She studied ornithology at both Cornell and Princeton University, and she professionally guided birding tours around the world for two different companies. Before moving to beautiful Bristol, Lena lived and worked on the rocky coast of Maine for 7 years. During this time, she co-founded the Maine Young Birders Club, helping teen naturalists get outside together.

She also served on the Board of Directors at York County Audubon and taught a museum-based ornithology course at the University of New England. Lena runs her own business as a purpose and mindfulness life coach, helping women navigate life transitions and discover new, fulfilling directions. She also guides international birding tours part-time with the company Naturalist Journeys. In her free time, Lena enjoys identifying plants, preparing edible wild mushrooms, studying confusing bird calls, and going on ample adventures and scenic hikes in the White Mountains with her husband and 6-year-old son.

April 8, 2024  
Where will you be for the Total Solar Eclipse?



Parts of NH are in the path and what a great opportunity to see something that may be a once in a lifetime opportunity. The next one won't be until 2079.

**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.

**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.

**Adult Basketball**  
 Monday nights from 7—9pm. Ages 18+. Recreational play. \$5 per season. Season II Jan. 22<sup>nd</sup> to June 3<sup>rd</sup>. (no play on 4/22 or 5/27)



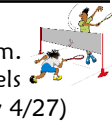
**Adult Pickleball**  
 Wednesday & Friday Nights, from 6:15-9pm. Ages 18+. Recreational play, all levels welcome. \$10 per session. Indoor Session II Feb. 14th to June 7th. (no play 3/13, /15, 4/24 or 4/26)



**Adult Volleyball**  
 Tuesday nights from 7—9pm. Ages 18+. Recreational play all levels welcome. \$5 for the season. (no play 4/23)



**Adult Badminton**  
 Thursday nights from 6:30—9pm. Ages 18+. Recreational play all levels welcome. \$5 for the season. (no play 4/27)



**Early Bird Exercise with Anne Packard**  
 Only the birds and you are up, so come 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.



Spring class schedule will be Monday, Wednesday and Friday from 6—7AM.

**Cost:** \$50 (12-week session)  
**Location:** Holderness Town Hall

**Give the Gift of Recreation** to someone in need by giving to our **scholarship fund**. This fund is used to offset program fees for 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 donations of any size. Thank you for your support!



**Zumba® with Shannon Griffiths**  
 Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class offers a combo of cardio, muscle conditioning, balance and flexibility!



**When:** Starting April 19<sup>th</sup>  
 Friday's 5:30-6:30pm  
 Sunday's 11:15am-12:15pm  
**Where:** Holderness Town Hall  
**Cost:** \$85 / 8 weeks or \$12 drop in.

Shannon has lived in the area for a little over a decade and is an alumna of Plymouth State. Aside from being a licensed Zumba instructor, her professional background is in communications and marketing. As a lover of Zumba for many years, Shannon is excited to offer Zumba in Holderness. Anyone can do it, all you have to do is have fun!

**Please Note preregistration is requested so we know how many are coming.**

**Holderness Bulls Summer Hoops Clinic**  
 1<sup>st</sup> – 9<sup>th</sup> Grade Girls & Boys  
 Aug. 5<sup>th</sup>-Aug. 8<sup>th</sup> - 9am – 12pm Fee: \$125



**Each player receives:** • Expert coaching from the Holderness coaching staff & team members • Individual skill drills & development • Games & Contests • T-shirt  
**Need More Info?** Woody Kampmann Head Boys' Varsity Basketball Coach  
 wkampmann@holderness.org

**Traditional Basket Making with Ray Lagasse**  
 Sat. April 6<sup>th</sup>, May 11<sup>th</sup>, or June 8<sup>th</sup>  
 8:30 - 4:30 at Holderness Town Hall



Make a basket using traditional methods. Choose from over 20 styles: Tote, Double Pie, Pack, Herb, Laundry, Woolgathering and many more. You can see a complete list of baskets at [www.holderness-nh.gov/recreation-department](http://www.holderness-nh.gov/recreation-department)

**Cost:** \$145 pp (most baskets)  
**Lidded baskets:** \$170 & \$180 and take two classes to finish.

**This is how you'll feel working here**  
**Now Hiring**  
 Beach Attendants  
 Summer Counselors  
 SummerEscape Assistant Director  
 Swim Instructor  
 Great pay, great people, great place to work!



**Strength & Balance with Bobbie O'Neill**  
 This class is taught by license clinicians 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.

**When:** Wed. & Fri. 10:30-11:15am  
**Dates:** April 3<sup>rd</sup>—May 22<sup>nd</sup> 8wks  
**Where:** Holderness Town Hall  
**Cost:** \$50 per person



**Register by April 1<sup>st</sup>**

**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 originated in China and is practiced worldwide to enhance overall health and wellbeing.



**When:** Wednesday's 5:30—6:30 pm  
**Dates:** April 3<sup>rd</sup> to May 22<sup>nd</sup>  
**Where:** Holderness Town Hall  
**Cost:** \$80 (8 week series)

**Swimming Lessons with Kelsey Gadwah**



**We are happy to announce that Kelsey Gadwah, will be teaching again this year!**

**Class Schedule**  
 Level 1 no experience 10-10:30am  
 Level 2 10:40-11:10  
 Level 1 some experience 11:20-11:50  
 Level 2 12-12:30

**Dates:** July 8<sup>th</sup>-11<sup>th</sup>, July 15<sup>th</sup>-18<sup>th</sup> (8 classes)  
**Who:** Ages 4+  
**Cost:** Resident \$70, non-resident \$80  
**Time:** Classes run between 10 & 12:30 each day.

**Where:** Holderness Town Beach, 36 Dirt Rd.

**Please note:**  
 Registration opens on **April 1<sup>st</sup>**. You can find a complete flyer with class descriptions on the recreation page of the town website.

**EASTER EGG TRAIL HUNT**  
 Saturday March 30 & Sunday March 31  
 Holderness Town Forest, Beede Rd next to the Highway Garage  
 Parking is limited - a reservation for a time slot is required

You are invited to explore one of Holderness' hidden gems—the Town Forest! Join us to walk or hop along the trail, find the elusive tree eggs and decipher the clues to find the answers to our trivia. Participants who take a selfie with their completed trivia sheet, will be entered into a drawing for a fun Easter Basket.

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

You can register through Holderness Recreation at [www.holdernessnh.gov](http://www.holdernessnh.gov). The terrain is uneven so please wear appropriate footwear. Not appropriate for strollers. For more information call 603-968-3700 or email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov).

**Life Coaching & Mindfulness with Lena Moser**

**When:** April 4 (at the Holderness Library)  
 April 11 & 18 (Holderness Town Hall)  
**Time:** 10-11:30am  
**Cost:** \$25 per class or \$65 for all three  
**Please bring:** your favorite journal, writing utensil and water bottle.  
**Please register by April 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>**  
**Open to BOTH men and women**

**April 4<sup>th</sup>-Mindfulness Intensive Workshop**  
 Research over the past 50 years has revealed that mindfulness reduces anxiety and depression, lowers high blood pressure, improves sleep, boosts your immune system, allows you to unhook from unhealthy habits, and even changes the structure and function of your brain. People who regularly practice mindfulness say that it fundamentally changes how they experience life, in a positive sense.

Join an experienced mindfulness meditation teacher to learn four simple mindfulness practices that you can use and adapt to your own needs: breathing (while doing anything), sitting, walking, and eating (yes—eating!). You will leave with an understanding of how to harness the benefits of mindfulness to actively bring relaxation into moments of

**Instructor Bio - Lena Moser**

Lena is a certified purpose and mindfulness life coach who specializes in helping women navigate life transitions to discover new, fulfilling directions. Since becoming a coach in 2021, Lena has been helping women reconnect with their authentic Self to create more meaning, joy, vitality, and passion in their life. Through her trauma-informed and mindfulness-based Open To Now private coaching program, Lena teaches women to come home to themselves by practicing compassionate self-awareness, flexible thinking, loving acceptance, and nourishing self-care. Lena holds three degrees (Cornell, UConn, and Princeton) and has been a student of yoga, mindfulness meditation, and Advaita (non-dual) spirituality for 20 years.

**Summer Tennis with Bill Aronson AKA Peanut Butter Bill**



Bill is coming back for the 11<sup>th</sup> season!

**Class Location:** Holderness Central School courts  
**Class Cost:** \$105 per session

**Wed's** Session I 6/19 -7/10, Session II 7/17 - 8/7, Session III 8/14 - 9/4, Session IV 9/11-10/2  
**Sat's** Session I 6/22 -7/13, Session II 7/20 - 8/10, Session III 8/17 - 9/7, Session IV 9/14-10/5

**Children Clinic ages 4-7: Wed's 3:30-4:30pm / Sat's 2-3pm**

The goals of this class are to provide a fun and enjoyable experience while teaching children how to play tennis.

**Youth Beginner ages 8-16: Wed's 4:30-5:30pm / Sat's 3-4pm**

Great for youth seeking to improve and have fun. Participants can be a total beginner or getting back into game.

**Adult Beginner ages 17+: Wed's 5:30-6:30pm / Sat's 4-5pm**

This program is for the beginner to advanced beginner level player to learn the fundamentals of the game. Skills racquet positioning, stroke production, court positioning, shot placement and games.

**Adult Intermediate & Adv: Weds 6:30-7:30pm / Sat's 5-6pm**

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game.

stress. This workshop is ideal for anyone who wishes to cultivate greater inner peace, confidence, and emotional resilience while having a bit of fun in a safe, open, and conscious community.

**April 11<sup>th</sup>-Gratitude Mandala Workshop**  
*Expressing and practicing gratitude deepens our relationship with ourself, others, and the world.*

Tapping into your creativity is a direct path to your soul. Awaken your creative spirit and brighten your mood in this simple, yet powerful workshop! Come to color, play, create, relax, and discover a new form of mindfulness—the Gratitude Mandala.

In this workshop, you will create your own, unique Gratitude Mandala. There are no rules! As you take the time to reflect on what you're grateful for through this colorful practice, you'll find a true connection to each blessing and gift in your life. You'll experiment with different ways to depict what matters most to you, such as drawing petals and writing something you are grateful for inside each one, or using words in a circular formation. Come experience the shift in energy that comes from focusing on an "attitude of gratitude," which transforms your adversities into blessings.

**Today Can Be A Great Day!**

**April 18<sup>th</sup>-Cultivating Emotional Resilience Workshop**



If you're a human being, chances are you've struggled with difficult emotions. We all do! The art of peaceful living is not in the absence of having challenging feelings but in being in wise relationship with them.

When we don't explore our own inner experience, our attention goes outward toward the other, and we blame or want others to change so we can feel better. But that will never bring us the lasting inner peace we long for.

Come learn another way of being with challenging emotions. In this workshop, we will harness the change-of-season energy to mindfully explore our emotional struggles. You will learn a specific mindfulness meditation for bringing greater awareness and consciousness to your difficult experiences. You will also learn a practice for shifting your focus away from reactivity to vulnerability and open spaciousness, which shifts you into empowered energy. This workshop is ideal for anyone who wants to explore a unique way of working with unhelpful emotional patterns, as well as anyone who simply wishes to find more calm and peace in the day-to-day so they can enjoy life more fully.