

## 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.

## INDOOR PICKLEBALL

Casual fun with friends and neighbors. Recreational play, all levels welcome. Ages 18+. \$10 per session.

Wednesdays 6:30 - 8:30/9 p.m. once school basketball is over.

Fridays 6-8:30/9pm

**Session II** Feb. 4 - June 5

(No play on 3/11, 3/20, 3/25, 3/27, 4/22, 4/29, 5/1)

## BASKETBALL

Monday nights from 7:00-9 p.m. Ages 18+. Recreational play. \$10 for the season.

**September 22 - June 8**  
(no play 4/27 or 5/25)

## BADMINTON

Thursday nights, from 6:30-9 p.m. Fun group of people playing a great game! Ages 18+. Recreational play, all levels welcome. \$5 for the season.

**September 18 - June 4**  
(no play on 3/26 or 4/30)

## OUTDOOR PICKLEBALL

Casual fun with friends and neighbors. Recreational play, all levels welcome. Ages 18+. \$10 per person **starting May 3**  
Thursdays & Sundays 5-7:30pm

**Registration for Summer Outdoor will open on April 6th @ 9am.**

## DROP-IN BRIDGE

**At the Holderness Free Library**  
Wednesdays 1-4p.m.

Drop ins welcome, no partner necessary. Questions 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. You and the birds are up, so why not come join this lively group for a great start to your day.

**Who:** Adults

**When:** Mon. Wed., & Fri. 6-7 a.m.

**Where:** Holderness Town Hall

**Cost:** \$55 (12-week session)

## STRENGTH & BALANCE

**With Bobbie O'Neill**

Class is led by a licensed clinician through Lakes Region Visiting Nursing Association. This class for active adults who would like to maintain and improved their health. Classes will focus on increasing strength, balance and stamina. Consisting of resistive training with hand weights and body weight, focused balance training to reduce fall risk, cardio training, flexibility, and proper breathing techniques. 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. March 25 to May 15

**Where:** Holderness Town Hall

**Time:** 9 - 9:45 a.m

**Cost:** \$50 per person

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

## 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:** March 18 - May 6

**Where:** Holderness Town Hall

**Time:** Wed. 5:30-6:30 p.m.

**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.

## 2 - HOUR CHAKRA DANCE

**With Iryna Novos**

Chakras - energy centers in our subtle body that are responsible for different areas of our life. CHAKRADANCE is a healing journey through free expressive movement, guided meditation, specially designed music to resonate with each chakra and Mandala based Art.

In 2 hours, we will gently and carefully open the energy of all 7 chakras, shake off stagnation, we will sense our energy centers and reconnect with their inner wisdom.

No dance experience is needed — we move freely, in the way your body feels, and meet you we you are.

**Who:** Adults

**When:** Second Sunday of the month beginning - March 15, - September 13

**Where:** Holderness Town Hall

**Time:** 11am - 1pm

**Cost:** \$25

## COMPASS OF THE HEART

**With Lena Moser**

Calling all women and non-binary folks comfortable in a woman-centered space!

If you're longing for more calm, clarity, and connection to your deeper wisdom, please join me for a restorative morning of live drumming, cedar flute, hot tea, and inner exploration.

**Safe and Sacred Community:** Two hours in a beautifully held space of confidentiality and non-judgment, surrounded by others who share your search for deeper meaning.

**Drop Into Stillness:** Enjoy a grounding, nature-based meditation with live drumming and Native American-style flute to become fully present in your body.

**See the Invisible:** Experience a unique, hands-on method to create a map of your inner world and visibly see exactly where you've been stuck and why.

**Connect to Your Compass:** Explore your deeper purpose and gain personal clarity on your direction and next steps.

**When:** Sunday, June 7, register by June 4

**Where:** Holderness Town Hall

**Time:** 10 - 12p.m.

**Cost:** \$25 Min of 3 people needed

## TRADITIONAL BASKET MAKING

**With Ray Lagasse**

Ray, of Lagasse Baskets in Lempster, N.H. has been handcrafting fine baskets for the last 25+years, Ray's baskets have been among the jury-selected wares at the League of New Hampshire Craftsmen's retail locations for many years.

**Dates:** Saturday's - March 28,  
April 4, May 9 & June 6

**Time:** 8:30 a.m.- 4:30 p.m. (please pack a lunch)

Most baskets are \$145.00 per person. Over 21 designs to choose from! Lidded baskets are \$170 & \$180 and take two classes to finish.



Optional: WOOD or LEATHER handles on Woolgathering or Laundry Basket.



## 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:** April 25 or 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 April 22 & Nov. 18**

## Tennis Lessons

We are pleased to announce that **Bill Aronson** will be returning for his 13th summer as our Tennis Instructor.

**Saturday's**

**Session 1:** August 8 - 29

**Cost:** \$110 per person

**Session 2:** September 5 - 26

## RECREATION SCHOLARSHIP FUND

Give the gift of recreation this season. 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!

## EASTER EGG TRAIL HUNT

April 4 & 5

You are invited to explore one of Holderness' hidden gems—the Town Forest! Join us to walk or hop along the trail, take a selfie with your eggs and be entered into a drawing for a fun Easter Basket.

Holderness Town Forest, Beede Rd next to the Highway Garage. Parking is limited - a reservation for a time slot is required

The terrain is uneven so please wear appropriate footwear. Not appropriate for strollers.

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



## MAY MEANS MIGRATION!

**Mindful Birding with Lena Moser**

One of the greatest joys of spring is the return of migratory birds. Do you love stepping outside to a chorus of birdsong or catching a glimpse of bright color flashing through the trees? When you pause, listen, and stay fully present with the birds around you, your appreciation of their uniqueness grows exponentially, as well as your joy!

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. Using her trained eyes and ears to find and identify birds, Lena will share her knowledge, enthusiasm, and tips for exploring bird life outdoors, while guiding you to stay present and in tune with your senses.

**When:** Tuesday, May 12 - Please register by May 6

**Time:** 7-9:30am

**Where:** Oxbow Property, Holderness behind the PSU Ice Arena

**Cost:** \$25 per person - limited to 8 people

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

**Instructor Bio can be found on the recreation website.**

## 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 2026 PROGRAM GUIDE

### MAKE A NATIVE POLLINATOR HOUSE

With Heidi Emmons



Unlike honeybees, which live in large social colonies, solitary bees live alone, with each female building her own individual nest often in hollow plant stems, stone walls or holes in dead wood. By building a bee house that mimics their natural nesting sites, you can provide a safe and reliable place for them to raise their young.

Come make and decorate a native pollinator house to help solitary bees. Everyone will go home with their very own native pollinator house and the knowledge of where to put it and how care for it, and its inhabitants for years to come.

**Who:** All ages welcome, under 12 with an adult.  
**When:** Saturday, March 21 from 9 - 10:30 a.m.  
**Where:** Holderness Town Hall  
**Cost:** \$10 per person - please register by March 18

### FIDDLE HEAD FIELD YOUTH ORCHESTRA

With Jessye Bartlett



Please join us for a fun spring concert!

This program is an El Sistema-inspired afterschool music program for ages 4-17. They meet four days a week at the Dole Mill in Campton, to learn instrumental performance skills as a tool in their toolkit to strengthen community, bring people together, and foster joy and beauty in the place where we live. They call this concept Citizen Artistry.

They also seek to promote the healthy growth and development of children through the study, practice, and performance of music.

All students receive a full scholarship to this program. Students receive group instrumental instruction and ensemble rehearsals and learn to play violin, viola, cello and bass.

**When:** Thursday, April 16  
**Where:** Holderness Town Hall  
**Time:** 5 - 6 p.m.  
**Cost:** Free and donations to the Orchestra are welcome.

### REGISTRATION & MORE INFORMATION?

Registration and general information can be found at [www.holderness-nh.gov](http://www.holderness-nh.gov) on the Recreation page. You can also call 603-968-3700 or email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov). Scholarship assistance is available for some programs. For online registration please visit [Online Registration](http://Online Registration)

### FENG SHUI WORKSHOP

With Peg Donahue of Feng Shui Connections



Feng shui is the art and science of arranging your environment to enhance your life. Although the practice began in China thousands of years ago, it has evolved with the times. The concepts are very relevant today. They provide a wonderful means to bring peace and prosperity to spaces and life.

Peg Donahue, of Feng Shui Connections, will introduce you to the basic principles of feng shui and the feng shui bagua, a symbolic map of life issues.

Bring a floor plan of your home (or business). Place each floor on a sheet of 8 1/2 x 11 paper and place in a plastic sheet protector. You'll draw the bagua on the sheet protector, saving your original plan. We will discuss how to correlate intentions with nine areas in your space. We'll also cover basic adjustments for common patterns.

Whether you are new to feng shui or experienced with these topics, everyone will learn something.

**Who:** Anyone, homeowners, business owners  
**Where:** Holderness Town Hall  
**When:** Saturday, April 18, 2026  
**Time:** 9:00 - 10:30 a.m.  
**Cost:** \$10 Please register by April 11



### 16th Annual StoryWalk™

Kick off  
June 26  
10-11:30

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



Located at the Gazebo in Curry Place Take a stroll along the wooded path along the Squam Channel while reading **Up In The Garden and Down In The Dirt.**

The terrain is uneven so please wear appropriate footwear. May not be appropriate for strollers.



### Now Hiring

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

### 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 23!**  
**Non-Resident, April 6!**

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

\*We go to the beach 1 day & a field trip 1 -2 days

\*Lots of onsite activities and special guests!

#### Tentative Dates:

Wk 1 6/24—6/27, Wk 2 6/29-7/2, Wk 3 7/6-7/10, Wk 4 7/13-7/17,  
Wk 5 7/20-7/24, Wk 6 7/27-7/31, wk 7 8/3-8/7.

**Fees:** Residents \$175 per week, Non-residents \$195 per week  
Scholarships are available.

Parent packets and calendars will be available in late April.



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



### INTERMEDIATE FENCING

With Nicholas Geraci



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. Equipment for this class at minimum include a: mask, jacket, glove, and complete practice foil. Contact the rec. office for a complete list.

**Who:** Ages 10 +  
**When:** Fridays April 3 - May 8 Please register by April 1.  
**Where:** Holderness Town Hall  
**Time:** 7-8pm  
**Cost:** \$60

### Swimming Lessons

We are pleased to announce that **Allie Merrill** will be returning for her second year as our Swimming Instructor.

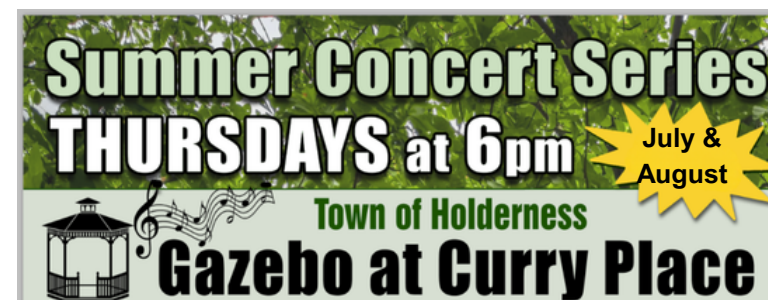
**Registration will open April 6th**

**Dates**  
Monday - Thursday  
July 6 - 23 (2 sessions)  
Between 10:00-12:30  
Ages 4+  
**Cost:** Resident \$70  
Non Resident \$80

### FIND YOUR FUN! APPAREL FOR SALE



Gift Idea  
Hoodies  
Hats &  
Shirts



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

### LAKESMART COMMUNITY DAY AT THE LIVERMORE TOWN BEACH

Please mark your calendars for **Friday, May 8<sup>th</sup>** 10 - 2 and **Saturday, May 30<sup>th</sup>** 9-12 for a day of LakeSmart action by helping to remove invasive species like Bittersweet, Multiflora Rose and more from our beautiful beach property. Members of Holderness Recreation, Squam Lakes Natural Science Center, Squam Lakes Association and Squam Lakes Conservation Society are teaming up to help keep Squam Lake healthy and beautiful by working towards our LakeSmart Certification. Keep your eyes and ears open for more details. Feel free to reach out to [recreation@holderness.gov](mailto:recreation@holderness.gov) for more information.