

ADULT SPORTS, FITNESS & ACTIVITIES

OUTDOOR PICKLEBALL

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

Starting June 24
Tuesday's 9-11:30am



Pickleball is played at the Holderness Central School tennis courts. Please drive into the school and go to your left.

Please register and pay through Holderness Recreation prior to playing.

HOLDERNESS BULLS
SUMMER HOOPS CLINIC

Each player receives:
• Expert coaching from the Holderness coaching staff & team members • Individual skill drills & development • Games & Contests and a T-shirt.

Who: 1st – 9th Grade Boys & Girls
When: Aug. 4 - 7 from 9am – 12pm
Cost: \$140 (Cash or Check)

QUESTIONS? CONTACT US!
Woody Kampmann Head Boys' Varsity Basketball Coach
wkampmann@holderness.org
Sam Daigneault Head Girls' Varsity Basketball Coach
sdaigneault@holderness.org

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.

EARLY BIRD EXERCISE

With Anne Packard
Our workout includes hi/lo impact workouts, step aerobics, free weights, stability balls & more.
When: Mon., Wed., & Fri. 6-7am
Where: Holderness Town Hall
Cost: \$55 (12-week session)



TRADITIONAL BASKET MAKING
With Ray Legasse

July 19, Aug. 16, Sept. 20,
Oct. 25, Nov. 29 & Dec. 13
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!

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: June 11 to July 30
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.

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: June 15 - August 3
Time 3 - 5pm
Where: Holderness Town Hall
Cost: \$200.00 for the full series, \$35 / single class per person
Preregistration and payment are appreciated.

"ART IN JULY" SUMMER ART SERIES

With Jadi Mercer

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.



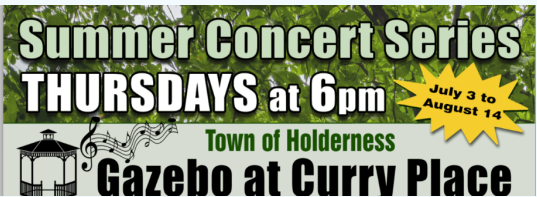
Block Printing Fun - July 24
Block Printing is one of the oldest types of printmaking and is also an excellent way to make something truly by hand that can also be easily replicated. In this hands-on class, you'll learn how to plan a simple design and pattern, carve the stamp block, and explore printing 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



Red Hat Band – July 3
David Lockwood Trio Featuring Wendy Nottonson – July 10
Decatur Creek – July 17
Carolyn Ramsey Band– July 24
Sly Richard – July 31
The Baker Valley Band – August 7
Tall, Small, and Paul – August 14
Thank you to our 2025 sponsors!!



SWIMMING LESSONS



We would like to welcome Allie Merrill as our new Swimming Instructor. Allie assisted with lessons last summer and is training under Kelsey Gadwah this spring. Allie has just completed her Shallow Water Lifeguard certification, and she is very excited to teach your kids to swim!

Registration is open

Classes will run for four days a week for 2 weeks. We will have two sessions to choose from. Classes will run for approximately one-half hour daily.

Session I July 7th to July 17th (8 classes)

Session II July 21st to July 31st (8 classes)

Who: Ages 4+
Cost: Resident \$70, non-resident \$80
Time: Classes run between 10am & 12:30 each day.
Where: Holderness Town Beach, 36 Dirt Rd, off Rt. 113 heading towards Sandwich.

Lessons are designed to give students a positive learning experience as they progress through their swimming skills, and to help ensure they learn how to swim as well as be safe in and around the water.

Class offerings and scheduled times may change depending on the number of registrations. Your child will be evaluated on the first class and may be moved to ensure that he / she is in the proper level.

Class Schedule

Level 1 - no swim experience - 10 - 10:30am
Level 2 - 10:40 - 11:10am
Level 1 - some swim experience - 11:20 - 11:50am
Level 2 - 12 - 12:30pm

Course Descriptions

Level 1—Water Acclimation—Some to No swimming experience: Children should be able to float with a flotation device without a parent. Class will focus on putting faces in the water, blowing bubbles, floating, gliding, supported kicking, alternating and simultaneous arm actions, combining arms and legs on front and back, turning over, jumping and safety skills.

Level 2 Primary Skills: Children should be able to swim without a flotation device, be comfortable with putting their faces in the water and blowing bubbles. Class will focus on flutter kick, finding body balance, rhythmic breathing, front & back floats and glides, jumping and sitting dives, front crawl introduction, finning and sculling on back, back crawl introduction, side swimming introduction and safety skills.

Scholarship assistance may be available for this program, contact the recreation office 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.

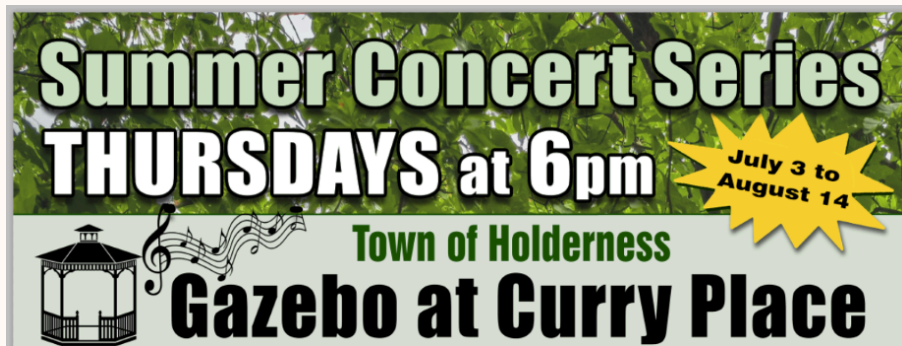


HOLDERNESS RECREATION

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

WE'RE EXCITED TO LAUNCH OUR
NEW SUMMER PROGRAM GUIDE!
MANY GREAT PEOPLE &
PROGRAMS, SO GO ON AND ...

FIND YOUR FUN!



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 17th! Non-Resident, April 1st

*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 6/30-7/3, 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 \$165per 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.



For more info on these programs contact the recreation office, 603-968-3700 or recreation@holderness-nh.gov. Or visit 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. 9:00 - 9:45am, from June 6 to August 1

Where: Holderness Town Hall

Cost: \$50 per person

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



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!



HOLDERNESS REC.

FIND YOUR FUN!

Summer 2025 PROGRAM GUIDE

SUMMER TENNIS LESSONS With Bill Aronson



A Lifetime Sport keeping you active, healthy & happy

Children Clinic ages 4-7

This class introduces tennis using the USTA Quick Start Method, and focuses on improved racquet skills, hand-eye coordination, balance and movement. We will use games to develop skills, modified scoring, and rally play. The goal of this class is to provide a fun and enjoyable experience while teaching children how to play tennis. Racquets between 19-23 inches are required.

Wednesday's 3:30-4:30pm or Saturday's 2-3pm

Youth Beginner Tennis ages 8—16

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

Wednesday's 4:30-5:30pm or Saturday's 3-4pm

Adult Beginner—Ages 17+

This program is for the beginner to advanced beginner level adult wanting to learn the fundamentals of the game. The class will cover racquet positioning, stroke production, court positioning, shot placement and games.

Wednesday's 5:30-6:30pm or Saturday's 5-6pm

Adult Intermediate & Advanced

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game. Players should expect to receive high quality instruction geared to improving performance.

Wednesday's 6:30-7:30pm or Saturday's 6-7

Who: Ages 4 - Adult

Cost: \$110 per person

Where: Holderness Central School Courts

When: **Wednesday's**

Session 1: July 2, 9, 16, 23

Session 2: August 6, 13, 20, 27

Saturday's

Session 1: August 2, 9, 16, 23

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 INTERMEDIATE / ADVANCED

With Nicholas Geraci



For those looking to step up to the next level we will be offering a faster paced series of 6 fencing classes that build upon basic skills and ready participants for competition as early as autumn 2025. Participants in either beginner or intermediate fencing classes held during winter and spring 2025 sessions, or any individuals with prior fencing experience looking to get back into the sport, are welcome to participate this summer in an advanced course that will emphasize personalized coaching but demand simultaneous self-motivated independent practice to ensure every participant gets the most out of their time.

Rapid learning will be essential with the goal of preparing everyone for tournament competition through skill building focused on individual strengths and official USA Fencing rules-oriented education (<https://www.usafencing.org/>).

Required Equipment: Each student will be required to acquire and bring to each class the essential equipment including mask, glove, vest, and practice foil or epee **Note:** pistol grips, such as Visconti or Hungarian, for dominant hands are recommended, but French or Italian may suit personal preferences. No electric weapons are required for this class. We look forward to seeing you this summer to get the edge on the competition.

Who: Anyone with prior fencing experience

When: Friday evenings June 20 to August 1

Where: Holderness Town Hall, upstairs

Time: 7-8pm

Cost: \$60. Maximum of 12 students

15th Annual StoryWalk

Join Holderness Recreation, Squam Lakes Natural Science Center, and the Holderness Free Library as we join forces in collaboration with MVSb and the owners of Curry Place to bring you StoryWalk™
StoryWalk™ 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

"New this year - come to the StoryWalk Kickoff to learn more about how to be involved in Monarch Citizen Science projects in Holderness this summer!"

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