

ADULT SPORTS, FITNESS & ACTIVITIES

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

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. 3 - 6 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

You and the birds are up, so why not come join this lively group for an eye opening start to your day. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. And more.

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)

Instructor: Anne Packard has been a fitness enthusiast for all of her life. She prepares workouts weekly and as she gets to know you, she may be able to add in exercises to help you meet your fitness goals.

Please park in the upper lot and enter through the large green door.

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: July 15 to August 5
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.

Nothing kills a recreation program faster than slow registrations. Don't Delay, Register Today!

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: Last Sunday of the month beginning - March 30, - September 27
Where: Holderness Town Hall
Time: 11am - 1pm
Cost: \$25

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.

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.

"ART IN JULY" SUMMER ART SERIES

With Jadi Mercer

Lake Side Sunset or Sunrise depending which side of the lake you are on. Join Jadi as she walks you through the creation of your own masterpiece.

When: July 10th
Where: Holderness Town Hall
Time: 6 - 7:30pm
Cost: \$30 for the first person and \$25 / adtl. family members.

Please register by July 7

Geometric Fun Fish

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.
When: August 21
Where: Holderness Town Hall
Time: 6 - 7:30pm
Cost: \$30 for the first person and \$25 / adtl. family members

Please register by August 19.



July 2 – Mutha Hubbard Food Truck - Full Circle

July 9 – Decatur Creek Food Truck - Libby's Long Dogs

July 16 – Red Hat Band Food Truck - Crepes Kitchen

July 23 – Bluz Chile Food Truck - Full Circle

July 30 – Tall, Small and Paul Food Truck - Libby's Long Dogs

August 6 – Express Food Truck - Crepes Kitchen

August 13 – Keykicker Food Truck - Libby's Long Dogs

August 22 – Baker Valley Band Food Truck - To Be Announced

Thank you to our 2026 sponsors!!



SWIMMING LESSONS



We would like to welcome back Allie Merrill as our Swimming Instructor. This will be Allie's third summer working with us and her second as our Swim Instructor. She is excited to be back at the beach and looing forward to teaching your children how to swim.

Registration is open

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

Session I July 6th to July 16th (8 classes)

Session II July 20th to July 30th (8 classes)

Who: Ages 4+
Cost: Resident \$70, non-resident \$80
Time: Classes run between 10am & 1:10 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
Level 3 - 12:40-1:10

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.

Level 3 Stroke Readiness: Child should be able to swim on their front and back for 15ft without stopping. Child is comfortable putting face in the water and can rhythmic breathe 10 times consistently. Focus is on the front crawl with rhythmic breathing to the side, back crawl, treading water, survival float, introduction to butterfly & safety skills.

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



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!



TRADITIONAL BASKET MAKING

With Ray Legasse

Ray, of Lagasse Baskets in Lempster, N.H. has been handcrafting fine baskets for the last 24+years, Ray's baskets have been among the jury-selected wares at the League of New Hampshire Craftsmen's retail locations for many years.

This is one of our most popular classes. Ray has been teaching basket making here in Holderness for 10 years. This class has brought many different people together over the years and we are so happy to be able to offer such a high quality and unique experience.



September 5, October 3 & 24,
November 21 & December 5.
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

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 can fill quickly, register today!

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 2026 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.

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.

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.

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.

Saturday's 6-7

Who: Ages 4 - Adult

Cost: \$110 per person

Where: Holderness Central School Courts

When: Saturday's

Session 1: August 8, 15, 22 & 29

Session 2: September 5, 12, 19 & 26

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](#)

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 is open for everyone!

*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!

Dates: Wk 1 6/24—6/26, 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 \$175per week,
Non-residents \$195 per week

Scholarships are available.



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

17th 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 StoryWalkTM.

StoryWalkTM 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.

