

# SPRING 2024

REGISTRATION BEGINS MARCH 6 AT 6 PM

: [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org)

: BurlingtonRecreation

: burlington\_recreation

: Burlington\_rec



  
**BURLINGTON**  
PARKS & RECREATION

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## **OFFICE HOURS**

Monday - Friday

8:30 am - 4:30 pm

\*We will be closed April 15, May 27 & June 19

**Phone: 781.270.1695**



***REGISTRATION BEGINS AT 6:00 PM ON WEDNESDAY, MARCH 6***

***LOOK FOR NEW PROGRAMS THROUGHOUT THE BROCHURE; THEY HAVE COLORFUL TITLES***

## **REGISTRATION GUIDELINES**

1. For your convenience, online registration is available at [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org). You may also register by mail or in person.
2. If your address is not printed on your check, provide a photocopy of your driver's license.
3. If you think the staff should be aware of any medical, physical or emotional conditions regarding the participant, please provide information on the registration form.
4. The only time you will hear from us is if your program is full, canceled, you get your second choice, or there is a change in day or time. If both your choices are filled, your name will be placed on the waiting list and a refund will be sent to you.

## **WAITING LIST**

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list.

## **HOW TO REGISTER BY MAIL**

1. Log on to [burlingtonrecreation.org](http://burlingtonrecreation.org) and print out a registration form.
2. One registration form may be used for all of your family's registrations.
3. Fill out the registration form completely and accurately so that your family information may be entered into the computer correctly.
4. You may pay by check or money order (payable to Town of Burlington), MasterCard, Discover, Amex or Visa.
5. Send registration form, payment, and birth certificates (if required) to: Burlington Parks & Recreation Department, Registration, Town Hall, Burlington, MA 01803

# ABOUT US

**THE PARKS & RECREATION DEPARTMENT'S MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR BURLINGTON CITIZENS BY PROVIDING HIGH QUALITY RECREATION FACILITIES, PROGRAMS AND SERVICES.**

## RECREATION COMMISSION

**DAVID NORDEN**

*Chair*

**STEVE NELSON**

*Vice Chair*

**LINDSAY CARLSON**

*Member*

**BILL GAFFNEY**

*Planning Board Representative*

**JEREMY BROOKS**

*School Department Representative*

### PROGRAM TITLE KEY

😊 = In-person Program

📺 = Virtual Program

Ⓜ = Hybrid Program

## STAFF DIRECTORY

**BRENDAN EGAN**

*Director of Parks & Recreation*

**KELLY LEHMAN, AFO, CPSI**

*Assistant Director of Parks & Recreation*

**BILL BAKER, CPO**

*Superintendent of Park Maintenance*

**EMMA JONES, CTRS**

*Therapeutic Recreation Specialist*

**JEFF DISALVO**

*Program Coordinator*

**KRISTEN GONZALEZ**

*Fitness Administrator*

# PRESCHOOL



## Discovery Preschool ☺

**Ages 3 - 5 (toilet trained), 9 am - Noon**  
**Visco Building at Simonds Park**  
**Director: Lisa DeRosa**

This program will provide children with a physical approach to learning and socializing through outdoor gross motor experiences. We will enjoy organized games and activities utilizing the fields and forest of Simonds Park while also partaking in picnic snacks and discovering the joys of spring with each other. Please pack a water bottle and peanut free snack. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Monday	April 1 - June 3 (not 4/15 & 5/27)	\$252 8 weeks	353400-A
Wednesday	April 3 - June 5 (not 4/17)	\$284 9 weeks	353400-B

## TinyTykes Soccer ☺

**Sundays, May 5 - June 16 (not 5/26)**  
**\$100 (6 weeks), Rec Center Field**  
**Instructor: Challenger Sports**

This curriculum has been created to promote and enhance the key areas of child development with a major focus on fun! Children will develop their balance, agility, coordination, color recognition and numerical learning, along with increasing their confidence and social skills.

Ages	Time	Activity #
2 - 3	1 - 1:45 pm	362900-A
4 - 5	2 - 2:45 pm	362900-B

## Preschool Bookworms ☺

**Ages 3 - 5 (toilet trained), 9 am - Noon**  
**\$284 (9 weeks), Visco Building at Simonds Park**  
**Director: Jenn Macleod**

We all know that children are enriched by books. Stories promote cognitive, social and emotional development while building writing and reading skills. In this program, your child will become immersed in a new story each week through the use of books, flannel board, puppets, and dramatic play. Art, science, and other literacy experiences will revolve around the chosen story and imaginations will soar. Please pack a water bottle and peanut free snack. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Activity #
Tuesday	April 2 - June 4 (not 4/16)	351600-A
Thursday	April 4 - June 6 (not 4/18)	351600-B

## Baseball Tots ☺

**Mondays, April 8 - May 13 (not 4/15)**  
**\$99 (5 weeks), Rec Center Field**  
**Instructor: Skyhawks Sports Academy**

Introduce your little superstar to sports! This class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 2-3.

Ages	Time	Activity #
2 - 3	4 - 4:45 pm	373400-A
4 - 5	5 - 6 pm	373400-B

## Lil Sports 😊

**Ages 2 - 5, Saturdays, April 27 - June 8 (not 5/25)**

**\$70 (6 weeks), Rec Center Field**

**Instructor: Lil Sports Staff**

This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills, and gross motor skills.

Time	Activity #
9:30 - 10:15 am	371800-A
10:30 - 11:15 am	371800-B

## Mommy & Me 😊

**Age 2-3, Wednesdays, April 3 - June 12 (not 4/17)**

**\$90 (10 weeks), Function Room 2**

**Instructor: Marie Grinnell**

Is your child not old enough for preschool? This "pre-preschool" program is perfect for both of you! You and your child (or your child and a caregiver) will enjoy developmentally appropriate stories, games, songs, creative movement and art activities each week - all designed to help you get the most out of this important one on one time with your child.

Time	Activity #
9:30 - 10:15 am	344500-A
10:30 - 11:15 am	344500-B

## Beginner Golf 😊

**Age 4 - 5 (with caregiver), Mondays**

**May 20 - June 17 (not 5/27), 4 - 4:45 pm**

**\$75 (4 weeks), Recreation Center Field, Instructor:**

**Skyhawks Sports Academy, Activity #: 374300-A**

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Programs. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. This intro to golf program will teach grip, stance, putting and full swing through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Please note players may not bring their own clubs. **Parent participation is required to aid in safety and understanding of rules for the first two weeks of the 4 - 5 yr old program.**

## Beginner French Lessons 😊

**Ages 4 - 6, Tuesdays, April 9 - May 28 (not 4/16)**

**4 - 5 pm, \$106 (7 weeks), COA Room 207**

**Instructor: Linh Detzel, Activity #: 352501-A**

Bonjour! This class is for kids with little or no French knowledge. Learn the basics with greetings, family, numbers, alphabet and animals. We also sing songs in French. Students will learn by writing, reading, and listening in French.

## Inclusion Services

See a program in our brochure you or your family member is interested in?! Reach out to Emma Jones, CTRS at 781-270-1937 or [ejones@burlington.org](mailto:ejones@burlington.org) to inquire about inclusion services for any of our programs.

## Little Dragons 😊

**Ages 3 - 4, Steve Nugent's Institute / 207F Cambridge St. Instructors: Steve Nugent & Staff**

Come join the fun and explore this introductory karate program that focuses on enhancing your child's fine and gross motor skills. Emphasis will be put on listening, memory, and attention. Children will be taught breathing, stretching, self-discipline & coordination. Classes also cover health, nutrition, fire safety & stranger awareness.

Day	Dates	Fee (includes uniform)	Time	Activity #
Thursday	April 4 - June 27	\$221 (13 weeks)	3:30 - 4 pm	370000-A
Saturday	April 6 - June 29 (not 5/25)	\$205 (12 weeks)	9 - 9:30 am	370000-B

## Dance Classes at BPRD!

At Burlington Parks & Recreation Department, we know you want to find an activity that your child not only loves, but is excited to attend each week! Our classes allow for your child to develop new friendships, learn about teamwork, stay active and most importantly, HAVE FUN! Through these classes, we will introduce musicality, balance and movement in a structured environment. We will focus on coordination and rhythm in creative and imaginative ways. Participants will have a physically distant dance spot.

### What should we bring to class?

Please be sure your child uses the restroom prior to entering class. Please see the specific class description for the type of footwear needed.

#### Girls should wear

- black leotard with pink tights

#### Boys should wear

- white t-shirt, black sweatpants or shorts
- black footwear

## Ballet & Jazz 😊

**Ages 4 - 6, Thursdays, April 4 - June 13 (not 4/18)  
5 - 5:45 pm, \$92 (10 weeks), Function Room 2  
Instructor: Lisa Sanchez, Activity #: 330521-A**

This class is a combination of ballet and jazz in which the primary objective is to tell a story or convey emotions with their body. These classes begin with an alternating warm-up and are followed by technique/turns/jumps, across the floor, floor work, and choreography. Children will start to learn how to “story dance” in this wonderfully creative movement class. Participants should have ballet shoes and sneakers.

## Ballet & Tap 😊

**Ages 3 - 5, \$92 (10 weeks), Function Room 2, Instructor: Lisa Sanchez**

Join us for a starting point that encourages multi-sensory exploration. At this age, dance should be about learning to nurture creativity in movement. Developing coordination and promoting self-esteem, combined with learning basic positions and terminology are the building blocks. Participants should have both ballet and tap shoes.

## Dance Concepts 😊

**Ages 2 & 3 (with caregiver), Fridays  
April 5 - June 14 (not 4/19), 9:15 - 9:45 am  
\$92 (10 weeks), Function Room 2**

**Instructor: Lisa Sanchez, Activity #: 330000-A**

A great way to bond with your little one! This class is perfect for the child who still needs a little more time before separating from their caregiver. This class addresses the essence of movement and basics of dance while teaching them how their body moves.. Children learn basic dance steps and terminology through songs, stories, and play. Participants should have both ballet and tap shoes.

## Storytime Dance 😊

**Ages 3 - 5, Fridays, April 5 - June 14 (not 4/19)  
12:30 - 1:15 pm, \$92 (10 weeks), Function Room 2  
Instructor: Lisa Sanchez, Activity #: 330511-A**

Come stretch your imagination, as well as your toes, in the storybook dance class based on dances from your favorite fairy tales and ballet stories! Each week we will head out on a magical adventure, exploring dance along with our enchanting story. We will feature *Not a Box*, *Giraffes Can't Dance*, and many more. Your child will explore elements of creative movement, ballet, tap, and jazz, in this delightful trip to enchanted kingdoms and then bring the story home for you to enjoy. Participants should have ballet and tap shoes as well as sneakers.

## Pip Hop 😊

**Ages 3 & 4, Fridays, April 5 - June 14 (not 4/19)  
11 - 11:45 am, \$92 (10 weeks), Function Room 2  
Instructor: Lisa Sanchez, Activity #: 333200-A**

Has your pip squeak wanted to “dance like the big kids”? Well now is their chance... Pip Hop is Hip Hop for the younger set. Our Pip Hop class is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool funky music! If you have a pip-squeak that can't stop moving, bring them to this simplified hip hop class to get their groove on. Participants should wear sneakers.

Day	Date	Time	Activity#
Thursday	April 4 - June 13 (not 4/18)	4 - 4:45 pm	330501-A
Friday	April 5 - June 14 (not 4/19)	10 - 10:45 am	330501-B

## Learn to Skate 😊

**Ages 4 - 5, \$160 (8 weeks), Burlington Ice Palace 36 Ray Ave, Instructors: FMC Ice Sports Staff**

For participants ages 4 - 5 with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible. Participants must be potty trained.

Day	Dates	Time	Activity #
Wednesday	May 1 - June 19	4:30 - 4:55 pm	373101-A
Sunday	May 5 - June 23	3 - 3:25 pm	373101-B

## Bunny Hop 😊

**Ages 5 - 8, Friday, March 29, 4 - 4:45 pm, \$15  
Function Room 2, Instructor: Lisa Sanchez  
Activity #: 300630-A**

Join us for some Easter themed and dance inspired activities! In this one-time class you will sing, dance, craft and maybe even be joined by the Easter Bunny!



## Parent & Me Music and Movement 😊

**Ages walking - 3, \$105 (7 weeks), Ellens School of Dance  
767 Boston Rd Billerica, Instructor: Ellens School of Dance Staff**

Join the fun with 45 minutes of Music and Movement. Parent and Me Music and Movement classes are interactive sessions designed for young children and their parents or caregivers. These classes provide a fun and engaging environment where children can explore music, movement, and rhythm alongside their grown-up. During these classes, parents and children will participate in various activities that promote coordination, fine and gross motor skills, social interaction and musical development. Classes will include singing, dancing, playing instruments and engaging in rhythmic activities with scarves, ribbons, puppets, bubbles and much more! This class is sure to instill a love of music and dance for all!!

Day	Dates	Time	Activity #
Thursday	April 4 - May 16	4:30 - 5:15 pm	333500-A
Saturday	April 6 - May 18	8:30 - 9:15 am	333500-B
Saturday	April 6 - May 18	9:30 - 10:15 am	333500-C
Saturday	April 6 - May 18	10:30 - 11:15 am	333500-D

## Community Events

Looking for fun the whole family can enjoy? Check out our community events on page 35.

# YOUTH



## Flag Football 😊

**Fridays, April 26 - May 31, Mary PC Cummings Estate**

**Instructor: Skyhawks Sports Academy**

Experience the excitement of football with Skyhawks Flag Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Ages	Time	Fee	Activity #
7 - 9	4:30 - 5:30 pm	\$109 (6 weeks)	374001-A
10 - 12	5:45 - 7 pm	\$119 (6 weeks)	374001-B

## Hip-Hop 😊

**Ages 6 - 12, Mondays**

**April 1 - June 17 (not 4/15, 5/13 & 5/27), 4 - 4:45 pm**

**\$65 (9 weeks), Recreation Gym, Instructor:**

**Christin Caplan, Activity #: 333801-A**

Hip-Hop embodies a large genre of dance that includes freestyle, rhythmic interpretation of music and social dance norms. This high-energy class is designed to improve cardiovascular strength while learning innovative ways to move your body to music!

## School Vacation Dance Club 😊

**Ages 6 - 10, Tuesday - Friday, April 16 - 19**

**9 - 11:30 am, \$100, Visco Building at Simonds Park**

**Instructor: Christin Caplan, Activity #: 333001-A**

Come move and groove this vacation week! We will learn multiple styles of dance including ballet, jazz, hip hop, and modern. With different themes each day, students will dance to fun music, play creative movement games, and do some arts and crafts projects. Dancers should wear comfortable clothing (Dance clothing optional!). Please bring a filled water bottle and a peanut-free snack.

## Challenger Soccer 😊

**Tuesday - Friday, April 16 - 19 (April Vacation)**

**Rahnis Soccer Field, Instructor: Challenger Sports**

The Challenger Soccer program reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop well-rounded skill sets in all aspects of the sport of soccer. Join us for a half day or for the full day. Hours of the program may vary due to weather.

Ages	Time	Fee	Activity #
7 - 10	9 am - 12 pm	\$120	363501-A
11 - 14	9 am - 12 pm	\$120	363501-B
7 - 10	9 am - 3 pm	\$150	363501-C
11 - 14	9 am - 3 pm	\$150	363501-D

## Beginner Golf 😊

**Age 6 - 9, Mondays, May 20 - June 17 (not 5/27)**

**5 - 6 pm, \$75 (4 weeks), Recreation Center Field**

**Instructor: Skyhawks Sports Academy**

**Activity #: 374331-A**

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Programs. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. This intro to golf program will teach grip, stance, putting and full swing through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Please note players may not bring their own clubs.

## Jr. Golf School Clinic ☺

**Ages 6 - 14, April 15 - 19 (vacation week)**

**1 - 2:15 pm, \$179 (5 lessons), Billerica Country Club 51 Baldwin Rd Billerica, Instructor: Barrie Bruce Golf School, Activity #: 370601-A**

Golf is a great game for juniors and these clinics are geared towards NEW golfers and those who want to improve their skills. Golfers are grouped by age. The program will teach safety, golf etiquette, club basics, and swing skills. Equipment and practice balls can be provided as needed.

## Intro to Boxing ☺

**Grades K - 8, \$145 (5 weeks), MK Boxing**

**1 Esquire Rd Billerica, Instructors: Mike Knox & Staff**

MK Boxing has a 3,300 square foot facility boasting over 30 boxing bags, speedbags, conditioning mats, a professional boxing ring, and much more. Boxing will not only improve the body, it will improve the mind. The sport of boxing can and will be safe if done properly. Participants must bring their own gloves or may buy them at MK Boxing. All parents will be required to sign guest registrations and waivers for their children upon arrival. Students will be broken up into age appropriate classes.

Day	Dates	Time	Activity #
Tuesday	April 2 - May 7 (not 4/16)	4 - 5 pm	371001-A
Saturday	April 6 - May 11 (not 4/20)	9:30 - 10:30 am	371001-B

## Indoor Rock Climbing ☺

**Ages 7 - 12, Saturdays, April 6 - June 8 (not 4/20 & 5/25)**

**11:30 am - 1:30 pm, \$310 (8 weeks), Central Rock Gym 10 Adam Rd Stoneham, Instructors: Central Rock Gym Staff, Activity #: 379101-A**

This program is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, the coaches will introduce our participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. The coaches will use a mix of climbing instruction and team-building games to facilitate each practice. Clinic participants will learn climbing vocabulary, techniques, and body awareness, all in an inviting environment.

## Kids Test Kitchen ☺

**Thursdays, May 2 - June 6, \$170 (6 weeks)**

**Ceramics Room, Instructor: Kids Test Kitchen Staff**

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. Please disclose any food allergies or dietary restrictions when you register.

Ages	Time	Activity #
4 - 6	3:30 - 4:30 pm	351801-A
7 - 10	5 - 6 pm	351801-B

## Archery ☺

**Grades 4 - 8, Tuesdays, 5:30 - 6:30 pm**

**\$149 (4 weeks), Mary PC Cummings Estate**

**Instructor: On The Mark Archery Staff**

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

Dates	Activity #
April 2 - 23	371401-A
May 7 - 28	371401-B
June 4 - 25	371401-C

## Youth Volleyball 😊

**Grade 6 - 8, Saturdays, May 11 - June 15 (not 5/25)  
\$50 (5 weeks), Recreation Gym**

**Instructor: Wingsze Seaman, Activity #: 372601-A**

This developmental program is a great opportunity for participants to develop and improve their volleyball skills and learn how to play the game. The Intermediate session is for those with 2+ years experience

Session	Time	Activity #
Beginner	1 - 2:45 pm	372601-A
Intermediate	3 - 5 pm	372601-B

## Disc Golf 😊

**Ages 8 - 12, Wednesdays, 5 - 6:30 pm**

**April 24 - May 15, \$50 (4 weeks), Simonds Park**

**Instructor: Roseanne Ham, Activity #: 378001-A**

Have fun while learning one of the fastest growing sports in the country, disc golf. During this clinic you will learn the skills, rules, scoring, and course play (at Simond Park). All you will need to bring is a bottle of water. Discs will be provided for you.

## Brazilian Jiu-Jitsu 😊

**Ages 7 - 15, Tuesdays, April 2 - June 25**

**3:30 - 4:15 pm, \$221 (13 weeks, uniform included)**

**Steve Nugent's Institute 207F Cambridge St.**

**Activity #: 381103-A**

Watch your child's energy, confidence and spirit rise while they become strong and confident. We're not just talking about physical strength but the kind that it takes to resist peer pressure and other negative aspects of life. Brazilian Jiu-Jitsu is a non-striking self-defense martial art system based on leverage and control over the opponent. Brazilian Jiu-Jitsu is considered to be one of the best self defenses since it's applied in response to physical aggression, so there's no need to worry about your child becoming violent.

## Karate 😊

**Ages 5 - 13, Fee includes uniform, Steve**

**Nugent's Institute 207F Cambridge St**

**Instructors: Steve Nugent & Staff**

This is an introductory karate program that teaches proper stance, breathing, how to stretch, self-discipline, coordination, and practical self-defense. Classes cover health, nutrition, fire safety, and stranger awareness.

Day	Dates	Fee	Time	Activity #
Monday	April 1 - June 24 (not 5/27)	\$205 (12 weeks)	5:30 - 6:15 pm	370501-A
			6:15 - 7 pm	370501-B
Saturday	April 6 - June 29 (not 5/25)	\$205 (12 weeks)	1 - 1:45 pm	370501-D

## Field Hockey 😊

**Tuesdays, April 9 - May 21 (not 4/16)**

**\$50 (6 weeks), MSMS Turf Field**

**Instructors: Carolyn Bonetti, Courtney Callahan  
and Angela Wilson**

Get trained in all aspects of field hockey; positioning, dribbling, dodging, passing, defending and scoring. Players will improve their fundamentals, game sense, and develop a better understanding of the sport. The season will end with a parent/participant scrimmage on the last day! Wear comfortable clothing, sneakers/cleats, shin guards, a molded mouth-guard, and goggles. Field hockey sticks will be available to borrow. No experience necessary!

Grades	Time	Activity #
1 - 4	6:30 - 7:30 pm	375201-A
5 - 8	7:30 - 8:30 pm	375201-B

## Track and Field Challenge 😊

**Grades 6 - 8, May - June, \$45, BHS Track**

**Director: Julia Hovasse, Activity #: 371621-A**

Come and perfect your speed, strength and jumping ability in this challenging Track and Field program. Participants will continue to refine their skills in different Track and Field events. Schedule times will vary due to the availability of the BHS track. Typical schedule is two evenings a week.

## Intro to Track and Field 😊

**Grades 3 - 5, May - June, \$45, BHS Track**

**Director: Julia Hovasse, Activity #: 371611-A**

This program will introduce the fundamentals of events from the shot put and high jump to the 100m dash and long jump. Schedule times will vary due to the availability of the BHS track. Typical schedule is two evenings a week.

## CrossFit Kids Kickstart 😊

Ages 7 - 10, Tuesdays & Thursdays, 3:15 - 4 pm

2x a week \$199 (8 weeks)

CrossFit Exclamation, 15 Wall St.

Instructor: CrossFit Exclamation Staff

Come join us for after school fitness and fun! This program is a great way to engage your child in fun activities and get them interested in staying active. We introduce elementary age kids to fitness & fun while focusing on achievement. Come burn off some energy and stress while learning, building confidence and making friends.

### Dates

### Activity #

March 12 - May 2 (not 4/16 & 4/18) 317312-A

May 7 - June 27 317312-B

## Learn to Skate 😊

Ages 6 - 15, \$160 (8 weeks), Burlington Ice Palace

36 Ray Ave, Instructors: FMC Ice Sports Staff

For participants ages 6 - 15 with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible.

### Day

### Dates

### Time

### Activity #

Wednesday May 1 - June 19 4:30 - 4:55 pm 373101-A

Sunday May 5 - June 23 3 - 3:25 pm 373101-B

## CrossFit Kids & Teens 😊

Ages 8 - 14, 4 - 5 pm, \$239 (8 weeks, 2X per week),

CrossFit Exclamation 15 Wall St, Instructor: Lori Becker & CFE Kids Staff

This class combines fitness & fun while focusing on achievement. Our classes are high- energy and great for all levels. Full-body strength and mobility with games, running, jumping, and more! We get kids moving, build self-esteem and confidence, teach teamwork and leadership skills. CFE makes exercise fun! Classes are split into two groups by age and ability.

### Mondays & Wednesdays

#### Dates

#### Activity #:

March 11 - May 1 (not 4/15 & 4/17) 317301-A

May 6 - June 26 (not 5/27) 317301-B

### Tuesdays & Thursdays

#### Dates

#### Activity #:

March 12 - May 2 (not 4/16 & 4/18) 317301-C

May 7 - June 27 317301-D

## CrossFit Teens 😊

Ages 12 - 16, 3 - 4 pm, \$239 (8 weeks, 2X per week)

CrossFit Exclamation 15 Wall St, Instructor: Lori Becker & CFE Kids Staff

It is time to power down the phones and fire up some fitness! This non-sport specific class will help get your teen moving. Proper weightlifting techniques are taught, under the watchful eye of our CrossFit certified trainers, to enhance strength and power, while also focusing on basic gymnastics to increase agility, mobility and flexibility. In addition, we aim to boost self-esteem and confidence within our teens. We want to give them the strength, both physically and mentally, to tackle any obstacle thrown their way inside or out of the gym. CFE Teens is committed to helping teens achieve their goals in a fun, judgment free environment surrounded by peers. Contact CFE directly about 1x/wk options.

### Mondays & Wednesdays

#### Dates

#### Activity #:

March 11- May 1 (not 4/15 & 4/17) 317302-A

May 6 - June 26 (not 5/27) 317302-B

### Tuesdays & Thursdays

#### Dates

#### Activity #:

March 12 - May 2 (not 4/16 & 4/18) 317302-C

May 7 - June 27 317302-D

# YOUTH S.T.E.A.M.



## French Lessons ☺

**Ages 12 - 15 , Tuesdays, April 9 - May 28  
(not 4/16), 5 - 6 pm, \$106 (7 weeks), COA Room 207  
Instructor: Linh Detzel, Activity #: 352501-B**

Bonjour! Comment ca va? If you already know a little French or not, this class is for you. Bring your homework in and get some help or just have fun in conversations and games with music. We'll learn about French culture and foods etc. Lots of practice in reading and speaking for middle schoolers.

## Chess Club ☺

**Mondays, April 1 - May 13 (not 4/15)  
\$225 (6 weeks), COA Room 207, Instructor:  
International Grandmaster Nadya Kosintseva**

Chess Club offers Grandmaster instruction for players of any age to learn and improve their skills. The beginner class will focus on learning the pieces, and basic strategies & tactics. The advanced class is perfect for those who are familiar with rules and basic strategy & tactics and want to take their skills to the next level. The focus will be on learning new patterns and developing systematic thinking. Both classes will feature demonstrations as well as interactive gameplay.

Session	Ages	Time	Activity#
Beginner	6 - 8	5 - 6 pm	352401-A
Advanced	9 - 16	6 - 7 pm	352401-B

## Spring Arts & Crafts ☺

**Ages 5 - 8, Saturdays, 10 - 11:30 am, \$15 per class  
or \$55 for all 4 classes, Ceramics Room  
Instructor: Sunniya Saleem**

Join these fun and cool arts and crafts classes this Spring. We will explore elements in nature, paint, and make arts and crafts together.

Date	Theme	Activity #
April 13	Eid Crafts	347501-A
April 27	Spring Flowers	347501-B
May 11	Mother's Day Painting	347501-C
June 8	Father's Day Painting/Crafts	347501-D
All 4 Classes		347501-E

## SafeSitter Babysitting Course ☺

**Grades 6 - 8, Thursday, April 18, 10 am - 4 pm, \$110  
Ceramics Room, Instructor: Wicked Safety Training  
Activity #: 350101-A**

This Program is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. Greater Boston Safety Training partners with the American Health and Safety Institute to include a First Aid and CPR certificate.

## Inclusion Services

See a program in our brochure you or your family member is interested in?! Reach out to Emma Jones, CTRS at 781-270-1937 or [ejones@burlington.org](mailto:ejones@burlington.org) to inquire about inclusion services for any of our programs.

# Dungeons and Dragons ☺

**Grades 5 - 12, \$180 (8 weeks), Ceramics Room, Instructor: David Murray**

This program is an introduction to the tabletop game Dungeons & Dragons. Participants will work together to learn the rules and mechanics of the game. Each player will have the opportunity to build a unique character to take on a grand adventure, tailored to the experience skill level of the group. Through cooperative game play involving puzzle solving and basic math, participants will strengthen teamwork, improvisation, and social skills. All while having a lot of fun!

Day	Dates	Time	Activity #
Tuesday	April 2 - May 28 (not 4/16)	4:30 - 6:30 pm	352811-A
Wednesday	April 3 - May 29 (not 4/17)	5:30 - 7:30 pm	352811-B
Sunday	April 7 - June 4 (not 4/14 & 4/26)	2 - 4 pm	352811-C

## Art & Design Club ✨

**Ages 8 - 12, Mondays, April 8 - May 20 (not 4/15)  
3:45 - 4:45 pm, \$70 (6 weeks), Virtual**

**Instructor: Stacy Johnston, Activity #: 343201-A**

Art & Design Club - Watercolor Spotlight Series (Course 1 of 4) - Through engaging demonstrations and guided exercises, and with plenty of time to experiment and create individual works of art, we'll have fun learning about the art of watercolor painting. Topics will include color theory and mixing, watercolor washes, saving whites and lights, creating texture, subject matter selection, planning your painting, sketching, laying in base washes, and adding in the details. A \$27 materials fee is due prior to the first class through Venmo, or a check or cash can be dropped off at the Burlington Parks and Recreation office (allowing ample time for ordering & picking up materials).

## Drawing Workshop ✨

**Ages 8 - 12, Wednesdays**

**April 10 - May 22 (not 4/17), 3:45 - 4:45 pm  
\$70 (6 weeks), Virtual, Instructor: Stacy Johnston  
Activity #: 346501-A**

In this expansive and engaging Drawing Workshop, students will further develop their drawing skills and techniques. We will use drawing concepts and techniques such as drawing what you see, creating depth in drawings, figure drawing exercises, and planning drawings using a view finder & thumbnail sketches. There will be plenty of time to experiment and flex & express our creativity! Meeting information and a list of materials you will need (most or all of which you may already have at home) will be emailed to you prior to the start of the program. There are no prerequisites to take this course, and the course has been adapted with new inspiration subject matter for returning Drawing Workshop students.



## Magical Treehouse Painting Party ☺

**Ages 5 - 10, Saturday, May 18, 1 - 3 pm, \$15**

**Universally Accessible Treehouse at Simonds Park**

**Instructor: Sunniya Saleem, Activity #: 344901-A**

Join us for a Magical Painting Party at the Treehouse. We will spend the day reading a story from the Magic Treehouse Books and painting in our very own magical treehouse in Burlington. Feel free to bring a stuff toy to share the joy with. All painting supplies will be provided.

## Everyone Deserves a Chance to Play

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal.

# SOMETHING FOR EVERYONE



## Fishing Permit ☺

**Mill Pond Reservoir, April 1 - October 31**  
**Dawn to Dusk, Permit Fee: \$10 (Ages 15+)**  
**Activity #: 905023-A**

Burlington residents are welcome to fish at the Mill Pond Reservoir, which has been stocked with rainbow and brown trout. Please purchase a fishing permit at the Parks & Recreation Department office. Children under age 15 do not need a permit, but they must be accompanied by an adult when fishing at the reservoir.

## Adult/Teen Learn to Skate ☺

**Ages 16+, \$176 (8 weeks), Burlington Ice Palace**  
**36 Ray Ave, Instructors: FMC Ice Sports Staff**

It's never too late to learn how to skate! Participants 16 years and older are invited to learn to skate or enhance skating skills in a fun and comfortable environment. Skaters will be grouped by age/or ability if possible.

Day	Dates	Time	Activity #
Wednesday	May 1 - June 19	5 - 5:50 pm	382403-A
Sunday	May 5 - June 23	3 - 3:50 pm	382403-B

## Family Disc Golf Clinic ☺

**Ages 8+, Sunday, May 5, \$30 (per family), 2 - 4 pm**  
**Simonds Park, Instructor: Roseanne Ham**  
**Activity #: 312704-A**

Have fun with your family while learning one of the fastest growing sports in the country, disc golf. During this clinic you will learn the skills, rules, how to keep score, and course play (playing a few of the holes at Simonds Park's Disc Golf Course). All you will need to bring is a bottle of water. Discs will be provided for the event.

## Women's Self-Defense ☺

**Ages 14 & above, Saturday, June 1, 3 - 4 pm**  
**\$28, Steve Nugent's Institute, 207F Cambridge St**  
**Instructor: Steve Nugent & Staff**  
**Activity #: 353703-A**

Learn simple yet effective ways to defend yourself. This class is designed for all strength levels. Wear comfortable clothes without zippers.

## Dance With Me ☺

**Ages 6+, Wednesdays, April 3 - May 8**  
**5 - 6 pm, \$110 per pair (6 weeks), Recreation Gym**  
**Instructor: Christin Caplan, Activity #: 333901-A**

Grab an adult and learn to dance! A child and adult family member will partner up and learn a choreographed dance together! No dance experience necessary!

## Henna Art Series ☺

**Ages 8+, Mondays, April 8 - 29 (no 4/15), 5 - 6:15 pm**  
**\$110 (3 weeks), Ceramics Room**  
**Instructor: Anjana Bhargava, Activity #: 340701-A**

In this drawing class students will learn how to draw, design and make Henna designs on their own skin. Henna is traditionally used for special occasions like holidays, birthdays and weddings in Africa, Pakistan, India, and the Middle East. Henna is a symbol of beauty, art, and happiness and is meant for everyone. A henna tattoo is made with dye from the henna plant. The tattoo is often made with a specific amount of henna powder mixed with other ingredients, such as water or tea. This class includes step by step instruction of this art style, historical information, materials and patterns will be provided.

## Flower Arranging 😊

**\$65 (per date), Given Erwin Florist 165 Bedford St Unit 3, Instructor: Cindy Mattson, Florist**

Join us to make a beautiful fresh flower arrangement. Soft pastel and fresh flowers will be placed in a keepsake container. The Easter class is for adults only. The Mother's Day class will be suitable for both youth and adult participants so mom and kids can participate together! Or, come and create an arrangement to give to Mom on Mother's day. All material & supplies included.

Arrangement	Day	Date	Time	Activity #
Easter	Monday	March 25	6 - 8 pm	346931-A
Mother's Day	Sunday	May 5	11 am - 1 pm	346932-A

## Lippan Art 😊

**Ages 10+, Mondays, May 6 - 20, 5 - 7 pm  
\$130 (3 weeks), Ceramics Room**

**Instructor: Anjana Bhargava , Activity #: 340901-A**

Lippan handicraft is a traditional fine art of Rajasthan and Gujarat's desert regions of India. 'Lippan' means 'to apply.' Camels, birds, trees, blooms, peacocks, and other nature-inspired motifs are depicted on the majority of houses using mud, thread, and mirrors. Mud and mirror work is mostly done by women from the Rajbari ethnic group. These Ceramics become resilient, washable, waterproof, and non-breakable by replacing the pungent-smelling components (dung) with new materials such as chalk powder, sawdust, and the plywood or hardboard used for the foundation. A material fee of \$25 will be charged separately.

### Now Hiring!

Are you looking for a summer job or volunteer opportunity?! Check out page 29 for more information on how to connect with BPRD!

## Archery 😊

**Grade 9 - Adult, Tuesdays, 5:30 - 6:30 pm  
\$149 (4 weeks), Mary PC Cummings Estate  
Instructor: On The Mark Archery Staff**

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

Dates	Activity #
April 2 - 23	381503-A
May 7 - 28	381503-B
June 4 - 25	381503-C

## Family Fitness & Fun 😊

**Saturdays, March 16 - June 15 (not 4/6 & 6/8), 10 - 11 am, CrossFit Exclamation 15 Wall St  
Instructor: Lori Becker & CFE Kids Staff**

Fitness plays a critical role in all of our physical and mental health. Between a busy work schedule and family responsibilities, it can be tricky for parents to find the time to workout. So what's a busy parent to do? Try working out with your kids! Creating a fitness routine for your family is one of the most basic ways to keep everyone healthy. Our classes are fun, encouraging and great for all levels. One parent/care-giver must participate. All levels are welcome. Ages 7+. After registration, you will be able to choose your classes each week on our CFE app.

Participants	Fee	Activity #
Family of 2 (3 classes)	\$99	312504-A
Family of 4 (3 classes)	\$129	312504-B

# THERAPEUTIC RECREATION



The Therapeutic Recreation Division offers year round specialized programming for individuals of all ages who have disabilities. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support from an Inclusion Aide. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Emma Jones, CTRS at 781-270-1937 or [ejones@burlington.org](mailto:ejones@burlington.org) **\*Note: For new participants, a few mandatory forms are required to be filled out and returned at least one week prior to the beginning of a program. For Inclusion Services, please fill out the forms just mentioned as well as an Inclusion Application and allow a minimum of 14 days for services to begin.**

## Sneaker Prom! 😊

**Ages 13+ with a disability, Friday, May 31, 7 - 9 pm**  
**\$30, Grandview Farm, Activity #: 394309-A**

Participants are invited to dress up in semi-formal attire, if they wish, accented by their favorite, comfortable athletic shoes for an evening of dancing and fun! Dinner will be provided. Age appropriate friends, classmates & siblings are welcome to register. (Participants must preregister; registration will not be taken at the door. If a participant requires a 1:1 caregiver, they are welcome to attend at no extra charge).

## Spectacular Saturdays 😊

**Ages 25+ with a disability, dates vary**

Spectacular Saturdays is a social and recreational program for adults with disabilities. The program will consist of a variety of fun activities including but not limited to art, fitness and community outings! A separate brochure is available. Please contact Emma Jones, CTRS at [ejones@burlington.org](mailto:ejones@burlington.org) to inquire.

## RecTogether 😊

**Ages 13 - 25 with a disability, dates vary**

RecTogether is a social and recreational program for young adults with disabilities. We welcome and encourage people with disabilities to come together and experience recreation and leisure activities, both new and exciting as well as tried and true favorites. Our goal is to provide social and engaging experiences for participants. Sign up for one or all of the outings that interest you! A separate brochure is available. Please contact Emma Jones, CTRS at [ejones@burlington.org](mailto:ejones@burlington.org) to inquire.

## Out & About 😊

**Ages 25+ with a disability, dates vary**

Throughout the spring season we will enjoy nights out on the town. Activities may include, going to the movies, dining out or exploring our local community! Sign up for one or all of the outings that interest you. A separate brochure and registration form is available. Please contact [ejones@burlington.org](mailto:ejones@burlington.org) to inquire.

# Family Connection Event: Sensory Friendly Family Photos 😊

All Ages, \$40 (per family), Grandview Farm

Instructor: Allison Marie Photography and Emma Jones, CTRS

Have your family photos taken in a sensory friendly environment! Local photographer Alison Heffler and Emma Jones, CTRS will work together to create a sensory friendly environment at Grandview Farm for a mini photo session! Sensory items/toys and break spaces will be available. Each family will receive a mini gallery of 10 digital images emailed to them three weeks after the session date. Each time slot is reserved for one individual family. This program is intended for families who have a member with a disability.

Day	Date	Time	Activity #	Day	Date	Time	Activity #
Wednesday	May 29	4 - 4:45 pm	397601-A	Saturday	June 1	9 - 9:45 am	397601-E
Wednesday	May 29	5 - 5:45 pm	397601-B	Saturday	June 1	10 - 10:45 am	397601-F
Wednesday	May 29	6 - 6:45 pm	397601-C	Saturday	June 1	11 - 11:45 am	397601-G
Wednesday	May 29	7 - 7:45 pm	397601-D	Saturday	June 1	12 - 12:45 pm	397601-H



## Cooking & Connections 😊

13+ with a disability, Tuesdays, May 14 - June 4

5:45 - 7:45 pm, \$130 (4 weeks), Function Room 2

Instructor: Kids Cooking Green Staff

Activity #: 397809-A

Learn more about cooking and build social connections while you're at it! Chef Lori and her team will lead us through a recipe each week and we will then enjoy the meal together. No prior cooking experience is necessary.



## Therapeutic Horseback Riding 😊

Ages 3 through Adult with a diagnosis, Monday - Friday lesson time, April - June, \$300 (8 weeks)

Ironstone Farm 450 Lowell Street Andover, Instructors: Ironstone Staff, Activity #: 393009-A

In partnership with Ironstone Farm, we are excited to once again offer this program for thirty minute private sessions. There will be an initial evaluation required for all new riders. You will coordinate with the farm to find a time that is right for your own schedule! Please note space and schedule availability is limited at this time.

Challenge Unlimited at Ironstone Farm is a therapeutic riding program whose focus is to help each individual achieve his/her fullest potential. The movement of the horse strengthens the development of fine and gross motor skills and provides sensory input. With this premise in mind, Challenge Unlimited staff develops exercises and activities to benefit each individual, addressing issues that are not easily addressed in a classroom setting. A separate information packet with the necessary forms will be available upon registration. Please contact the Parks & Recreation Department for details.

## Inclusion Services

See a program in our brochure you or your family member is interested in?! Reach out to Emma Jones, CTRS at 781-270-1937 or [ejones@burlington.org](mailto:ejones@burlington.org) to inquire about inclusion services for any of our programs.

# ADULT & WORKSHOPS



## Introduction to Golf 😊

**\$215 (5 lessons), Billerica Country Club 51 Baldwin Rd Billerica, Instructor: Barrie Bruce Golf School**

Intro to Golf is perfect for the new-to-the-game golfer with no (or very little) golf experience. The basics of golf are taught in a stress-free clinic setting. Each program is (5) 1 hour lessons. Equipment/practice balls provided as needed.

Days	Dates	Time	Activity #
Wednesday	April 10 - May 8	5:30 pm - 6:30 pm	380613-A
Saturday	April 13 - May 11	7 - 8 pm	380613-B
Monday	May 20 - June 24 (not 5/27)	5:30 pm - 6:30 pm	380613-C
Wednesday	May 22 - June 19	7 - 8 pm	380613-D

## Ayurvedic Uses of Honey 😊

**Monday, June 3, 5 - 6:30 pm, \$40, Ceramics Room  
Instructor: Anjana Bhargava, Activity #: 357803-A**

Honey known as madhu in ayurvedic scriptures is one of the most important medicines used in Ayurveda. In Ayurveda, honey is used for both internal and external applications. Honey's sweet goodness has been an icon of abundance for centuries. Ayurveda, the vital science of life, has appreciated honey's healing qualities for thousands of years. It is honored as an ingredient in an ancient formulation called Panchamrita, literally means "The Five Nectars of Immortality". In this workshop you will learn the benefits, uses and side-effects of Honey.

## Pick-Up Basketball 😊

**Thursdays, April 4 - June 20, 8 - 10 pm**

**\$48 (12 weeks), Recreation Gym, Activity #: 381933-A**

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt.

## Badminton 😊

**Wednesdays, April 3 - June 12, 8:15 - 10:15 pm  
\$44 (11 weeks), Recreation Gym  
Activity #: 388103-A**

Whether you are an amateur or an expert badminton player, this program allows badminton players an opportunity to play friendly pick up games! Participants are required to bring their own racket.

## Dungeons and Dragons 😊

**Tuesdays, April 2 - May 28 (not 4/16), 7 - 9 pm  
\$180 (8 weeks), Ceramics Room**

**Instructor: David Murray, Activity #: 352813-A**

Adventure awaits! Come play the tabletop roleplaying game Dungeons and Dragons. Craft a unique character and embark on a quest with your fellow adventurers. All experience levels are welcome. Newcomers will learn the mechanics of the game, and veterans will get the opportunity to play with a new group.

## Volleyball 😊

**Mondays, April 8 - June 24 (not 4/15, 5/27)**  
**7:15 - 9:15 pm, \$40 (10 weeks), Recreation Gym**  
**Activity #: 380703-A**

Enjoy the friendly competition of pick-up volleyball games. Please wear sneakers.

## Women's Disc Golf Clinic 😊

**Saturday, 1 - 3 pm, April 6, \$20, Simonds Park**  
**Instructor: Roseanne Ham, Activity #: 378003**

Plan a girls' day out and learn the sport of disc golf. This lifetime sport is a great way to exercise while having fun with friends and family. The clinic will teach you the skills, rules, and scoring to get you playing out on the course at Simonds Park. All you will need to bring is a bottle of water. Discs will be provided for you.

## Tap & Jazz 😊

**Thursdays, April 4 - June 13 (not 5/9), 7 - 8 pm**  
**\$99 (10 weeks), Function Room 1**

**Instructor: Bonnie Murphy, Activity #: 330403-A**

Class will begin with a warm-up followed with some jazz moves, then the tap begins! Students will develop rhythm & timing. Tap shoes are recommended.

## Intermediate Golf 😊

**\$205 (4 lessons), Instructor: Barrie Bruce Golf Staff**  
**Billerica Country Club 51 Baldwin Rd Billerica**

This program focuses on fine-tuning skill improvement for specific areas to help you manage course play and lower your scores! Tips on how to make every practice session effective will be a part of each lesson. Skills include keeping drives on the fairway, skills to avoid 3-putting, iron shots and chipping. Class size is limited to 4:1 student to instructor ratio.

Day	Dates	Time	Activity #
Saturday	April 13 - May 4	10 - 11 am	380623-A
Sunday	May 12 - June 2	10 - 11 am	380623-B

## Sew What 😊

**Mondays, April 1 - June 10 (not 4/15 & 5/27)**  
**6 - 9 pm, No Fee (9 weeks), COA Room 136**  
**Activity #: 354003-A**

This class is a chance for you to get together with other people who have projects that need to be finished and to lend your help and support. Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

## Lunch Hour Basketball 😊

**Mon, Wed & Fri, April - September, 12 - 2 pm, \$40**  
**Recreation Gym, Activity #: 382003-A**

These are moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt to differentiate teams.

## Understanding Sensory Profiles: The Key to a Well Regulated Family 😊

**Wednesday, May 8, 7 - 8:30 pm, \$10, COA Room 207**  
**Instructor: The OT Parent Coaches, Activity #: 352603**  
Calling All Parents! Come learn all about how the 8 (yes, 8!) senses play a role in your family's daily life, from two experienced Occupational Therapists, Carrie Carman and Jen Papisodoro. They will discuss: what sensory processing is, the importance of understanding your own and your children's sensory profiles, how to respond to your child's preferences and needs, and what to do when family members have mismatched sensory styles. Discover how understanding your sensory profiles can help create a more harmonious and well-regulated family!

## Home Owners:

### Thinking of Selling? 😊

**Wednesday, April 17, 7 - 9 pm, COA Room 207**  
**No Fee, Instructors: Pat Linskey and Joanne Delaney, Elite Realty Experts, Activity #: 355003-A**  
Find out what buyers are looking for. Low cost ways to make improvements to help sell your home. Topics covered in this workshop include staging and landscaping ideas, what to expect at home inspection and costs associated with selling your home. Pre-registration is required.

### First Time Home Buyers 😊

**Wednesday, May 1, 7 - 9 pm, COA Room 207**  
**No Fee, Instructors: Pat Linskey and Joanne Delaney, Elite Realty Experts, Activity #: 354603-A**  
In this class we will review steps to buying a home: how to obtain a pre-approval, shopping for the best rate and how much of a down payment is needed. (A mortgage consultant will be available.) Topics covered in the workshop include buying vs renting, finding the right home, making an offer, what to expect at home inspection, closing cost, attorney fees etc. Pre-registration is required.

# ADULT FITNESS



## No Limit Fitness Card

Are you looking for more flexibility in your fitness routine? Own your fitness this spring with the BPRD No Limit Fitness Card! The No Limit Fitness Cards are a flexible enrollment option to fit your busy and ever-changing schedule. When you purchase a card, you may use "punches" for any eligible class on our schedule. **(Eligible classes for Spring 2024: Lift and Burn, Total Body Blast, Tai Chi, Monday Madness Interval Training, Cardio Dance, Pound, Pure Strength, Absanity + Stretch, Work it Out, Butts and Guts, Sunset Yoga and all Pilates.)**

Adults		
Card type	Fee	Activity #
10 class card	\$150	310713-A
20 class card	\$260	310713-B

Students		
Card type	Fee	Activity #
10 class card	\$125	310711-A
20 class card	\$240	310711-B

## Fit Club

**April - June: \$225, Activity #: 318213-A**

Fit Club options offer participants an opportunity to pay one discounted fee and attend a variety of fitness classes. All classes available with fit club have a dumbbell image next to them.

**Class options:** Ab-sanity Plus Stretch, B.E.S.T\*, Butts and Guts, Monday Madness Interval Training, Pure Strength, Lift and Burn, Cardio Dance, Tai Chi, Total Body Blast, All Pilates, Zumba **(limited to 1 Zumba Class)** and Yoga Gold\* \*B.E.S.T. and \*Zumba Gold have age restrictions.

### Program Title Key

-  = In-person Program
-  = Virtual Program
-  = Hybrid Program
-  = Fit Club Eligible
-  = No Limit Fitness Card Eligible

## Spring into Fitness Challenge

**April - June, \$10, Activity #: 315303-A**

Join BPRD's Passport Challenge! Sign up to receive your fitness passport and start collecting stamps for each fitness program or event that is stamp eligible this spring. Enjoy one complimentary class for programs you are not registered for. This is a great way to discover new workouts, meet new people, and maintain a healthy lifestyle. Please note: only one stamp per program.

10 Stamps - BPRD Gift card

15 Stamps - Swag bag with goodies

20 stamps - Entered into a raffle for 3 months of Fit Club for Summer 2024

# CONNECT WITH US ON SOCIAL!



Follow all of our social media to be the first to know about new programs, events, giveaways and more! We use our social media platforms to connect with our community members on a daily basis. You never know when a pop-up event or community contest could be posted!

## LIKE US, TAG US & SHARE US

**Burlington Parks & Recreation Department**  
@BurlingtonRecreation - Community Center

61 Center St Burlington, MA 01803

5,274 people follow this  
841 people checked in here  
<http://www.burlingtonrecreation.org/>  
(781) 270-1695  
Typically replies within an hour  
Send Message  
Price Range - \$  
recreation@burlington.org  
Open Now  
8:30 AM - 4:30 PM  
Community Center - Government Organization - Recreation Center

**Pin Post:** Burlington Parks & Recreation Department  
November 16 at 4:33 PM  
Hi Ho Ho! Check out Burlington Parks and Recreation's Christmas Event Guide for 2020 by clicking the link below. Physically distant photos with Santa, Virtual/Interactive Breakfast with Santa, Calls from Santa Clause and so much more!  
Registration begins Tuesday, November 17th at 8:30 AM.  
<https://online.anyflip.com/spon/byzy/mobile/index.html>

**Reach More People With This Post**  
You could reach up to 302 people daily by boosting your post for \$10.

**Facebook:** BurlingtonRecreation

**burlington\_recreation**

328 Posts 1,400 Followers 91 Following

**Burlington Parks & Recreation**  
Official page of the Burlington (MA) Parks & Recreation Department | #BurlingtonFUN | (781) 270-1695  
[www.burlingtonrecreation.org/](http://www.burlingtonrecreation.org/)  
61 Center St, Burlington, Massachusetts

Following Message Contact

Bunny Briga... Fitness Court

**Instagram:** burlington\_recreation

**Burlington Parks & Recreation**  
@Burlington\_Rec

10/16/20 and 10/17/20 Cancellation Update: Flag Football has been cancelled on 10/16. Lil Sports and Field Hockey have been cancelled on 10/17.

2:07 PM · 10/16/20 · Twitter Web App

**Twitter:** Burlington\_rec



# RESISTANCE & INTERVAL TRAINING



## Pure Strength

**Instructor: Brenda Jo Hubbard**

Iron is tough, but you are tougher! Build strength, not bulk, in this innovative weightlifting class. Mix moves like planks, dead lifts, arm presses and more. This workout will keep you constantly challenged, and you will walk out feeling fearless. Just have a mat and hand weights.

Days	Fee	Dates	Time	Location	Activity#
Wednesday	\$70 (11 weeks)	April 3 - June 12	4 - 5 pm	Recreation Gym	314213-A
				Virtual	314213-VIRA
Saturday	\$70 (11 weeks)	April 6- June 22 (not 5/25)	9 - 10 am	Recreation Gym	314213-B
				Virtual	314213-VIRB

## Total Body Blast

**Mondays, April 1 - May 20 (not 4/15)**

**7 - 8 am, \$58 (7 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 310803-A**

This energetic and fun class involves muscle controlled exercises using various bands, bars and dumbbells, along with bursts of cardio throughout the class. You won't even realize an hour has passed because this workout is so much fun. Bring your mat and water bottle.

## Monday Madness

### Interval Training

**Mondays, April 1 - June 17 (not 4/15 & 5/27)**

**6 - 7 pm, \$67 (10 weeks), Recreation Gym**

**Instructor: Sarah Hamilton, Activity #: 311503-A**

This class is your one-stop-shop! It is the perfect mix of strength training and cardio which will result in shredding fat and building muscle! This workout challenges all your major muscle groups by using dumbbells, kettlebells, medicine balls and more!

## Butts & Guts

**Tuesdays, April 2 - June 18**

**5:45 - 6:45 am, \$78 (12 weeks), Recreation Gym**

**Instructor: Julie Conley, Activity #: 314303-A**

Come and join the early morning muscle madness! This class will transform your shape and rev up your metabolism for the entire day. There is heavy concentration in the stubborn areas of the abdominals and glutes with something different every class. Please bring a mat, water, sneakers, and a set of hand weights.

## Work it Out

**Mondays, April 1 - June 17 (not 4/15 & 5/27)**

**9 - 9:45 am, \$68 (10 weeks), Zoom**

**Instructor: Brenda-Jo Hubbard**

**Activity #: 315103-A**

This class focuses on toning your major muscles, tightening your core, and some cardio. A set of light dumbbells and a soft surface are preferred.

## Brazilian Jiu-Jitsu 😊

**Mondays, April 1 - June 24 (not 5/27)**

**7 - 8 pm, \$220 (12 weeks)**

**Steve Nugent's Institute 207F Cambridge St.**

**Instructor: Steve Nugent & Staff**

**Activity #: 381203-A**

Brazilian jiu-jitsu is a ground based martial art using principles of leverage, angles, pressure and timing in order to achieve a non-violent submission of one's opponent. The Art was developed by the Gracie Family of Brazil and made popular by the sport of Mixed Martial Arts in the UFC. Brazilian Jiu-Jitsu is for all men and women regardless of athletic ability.

## Tai Chi 😊 🏹 📏

**Saturdays, April 6 - June 22, (not 5/25)**

**9 - 10 am, \$35 (11 weeks), Murray Kelly Wing**

**Instructor: James Regan, Activity #: 305803-A**

Drawing from Dr. Paul Lam's Tai Chi, this is a gentle form of exercise with self-paced combinations of poses. Explore safe, graceful and relaxing movement. Participants must wear flat, well-fitting shoes.

### Play it safe...

Participants must recognize that all classes of a physical nature involve some risk, and by attending such a class, there is an assumption of risk by the participant. Prior to starting any type of fitness program, it is best to check with your doctor. For your own safety, you need to know your limitations.

## CrossFit for Beginners 😊

**Mondays or Thursdays, 6 - 7pm**

**1x a week \$178 (8 weeks)**

**CrossFit Exclamation, 15 Wall St.**

**Instructor: Kevin Sheridan**

Our beginner program will teach you the foundational CrossFit movements and proper techniques in a small group setting. We'll teach you the basics, other movements that are typical in CF workouts and work with you to find modifications that are best for your body. You'll get a great workout and have fun too! All levels are welcome. You do not need to be in shape to start, you just need to show up and we'll help you achieve your health and fitness goals!

Day	Date	Time	Activity #:
Monday	March 11 - April 29	6 - 7 pm	310503-A
Monday	May 6 - July 1 (not 5/27)	6 - 7 pm	310503-B
Thursday	March 14 - May 2	6 - 7 pm	310503-C
Thursday	May 9 - June 27	6 - 7 pm	310503-D

## Lift and Burn 😊 🏹 📏

**Fridays, April 5 - June 21 (not 4/19), 9 - 10 am**

**\$69 (11 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 301053-A**

Looking to lose weight, tone up and have fun? Then this class is for you! Christin will lead you through a full-body workout using dumbbells, resistance bands, medicine balls and steps combined with bodyweight exercises to get you lean, toned and fit.

## Curvy Girls Fitness 😊

**Stretch: Mondays & Thursdays, 6 pm or 7 pm, Balance & Core: Wednesdays 6 pm, Ladies Lifting:**

**Saturdays, 2x a week, \$259 (8 weeks), CrossFit Exclamation, 15 Wall St. Instructor: Lori Becker**

Curvy Girls Fitness is a ladies-only, fun, full-body workout designed for women in their 20s-30s-40s-50- 60s and beyond who want to live a healthier lifestyle. Workouts are modified for all levels to get you results in a safe and effective manner. Super motivating environment. Small group class. Build your confidence and strength & have some fun too. After registration, you will be able to choose your classes from the classes above each week on our CFE app.

Dates	Activity #
March 11 - May 4	315513-A
May 6 - June 29	315513-B

# YOGA & PILATES



## Pilates Fundamentals & More ☺🏠📅

**Tuesdays, April 2 - June 18, 5:30 - 6:30 pm**  
**\$84 (12 weeks), Function Room 1**

**Instructor: Barbara Hospod, Activity #: 311333-A**

Enjoy exploring and practicing the essential exercises of Pilates within the Classical format. The exercises will be broken down to learn what muscle groups should be activated, proper technique, and form. Props will be added to provide some progressions as well as modifications. Feel the benefit of feeling more grounded with deep inner core strength, lengthened muscles, improved posture, and balance. This class is great for beginners - who are new and want to learn Pilates, as well as those who would like to get back to basics and enhance their skills. Please bring a mat, a desire to move, and a smile!

### Program Title Key

- ☺ = In-person Program
- 🌟 = Virtual Program
- Ⓜ = Hybrid Program
- 🏠 = Fit Club Eligible
- 📅 = No Limit Fitness Card Eligible

## Hatha Yoga ☺

**Thursdays, April 4 - June 20, 9 - 10 am, \$78 (12 weeks)**  
**Function Room, Instructor: Paulette Savage**  
**Activity # 311203-A**

Hatha Yoga will guide you through yoga postures that build flexibility, strength, and balance. Discover the connection between, body, mind & breath! Please bring a mat. This class is designed for mixed-level participants. All levels are welcome.

## Sunset Yoga ☺🏠

**Tuesdays, 6 - 7 pm, \$70 (9 weeks)**  
**The Park at Burlington Mall**  
**Instructor: Karen Pickette**

When the sun is setting, there is a magical feeling in the air, that of the light changing and another small cycle closing. This is the perfect time to practice and remind yourself of letting go, surrender and trustfulness in your life journey.

Dates	Time	Activity #
May 14 - July 9	6 - 7 pm	311603-A
July 16 - Sept. 10	6 - 7 pm	311603-B

## Ab-sanity Plus Stretch 🌟🏠📅

**Wednesdays, April 3 - June 12, 9 - 9:45 am**  
**\$72 (11 weeks), Zoom, Instructor: Brenda Jo Hubbard**  
**Activity #: 312316-A**

This workout consists of 30 minutes of core training and 15 minutes of stretching. No equipment is necessary other than a soft floor or mat.

## Yoga Sculpt ☺

**Mondays, April 1 - June 17 (not 4/15 & 5/27)**  
**10 - 11am, \$72 (10 weeks), Function Room**  
**Instructor: Karen Pickette, Activity #: 315003-A**

This upbeat and energetic class will allow you to seek a deeper challenge within your body by working specific muscle groups. Yoga sculpt will help you take your practice to the next level and allow you to find a new kind of strength. Adding hand weights to yoga poses is good for your heart, your bones, your muscles and will get you stronger. Please bring a set of light weights and a resistance band or strap to the class.

# Yoga Barre Blend 😊

**Saturdays: COA Room 207, Wednesdays: Function Room 1, \$84 (12 weeks), Instructor: Karen Pickette**  
Together, barre and yoga can help you achieve a healthy body. You'll have the strength you need, and will be able to develop toned and leant muscle without excess bulk. Barre classes are excellent for toning and yoga will enhance flexibility. The combination of both will have real benefits to your mind and body. All levels are welcome.

Dates	Time	Activity #
April 6 - June 22	10:15 - 11:15 am	310603-A
April 3 - June 19	6 - 7 pm	310603-B

## Yin Meditation 😊

**Wednesdays, April 3 - June 12, 4:30 - 5:30 pm**  
**\$78 (11 weeks), Function Room**

**Instructor: Karen Pickette, Activity #: 311103-A**

Yin Yoga is a slow paced style of yoga with asanas that are held for a longer period of time. The aim is to increase circulation in the joints and improve flexibility. The Yin practice is full of hip openers, spinal twists, heart openers, upper back and shoulder stretches. During each class we will focus on 5 - 6 poses and then surrender into a guided mindful meditation.

## Evening Flow 😊

**Tuesdays, April 2 - June 18, 7 - 8 pm**  
**\$78 (12 weeks), Murray Kelly Wing**

**Instructor: Paulette Savage, Activity #: 310216-A**

End your day in the best way: stretching, bending and breathing. Combining slow moving sequences, twists and forward folds, this flow not only melts the stress of the day but sets you up for a restful night's sleep. Appropriate for beginners & all levels.

## Gentle, Relaxing, Restorative Yoga 🕯️

**Mondays, April 1 - June 17 (not 4/15 & 5/27)**  
**\$72 (10 weeks), 4:30 - 5:30 pm, Function Room**

**Instructor: Karen Pickette**

This is a class structured around rejuvenating and healing the body. Class is held at a slow pace and focused on stretching all of the body, while releasing stress and tension from joints and muscles. It is a class designed to restore the nervous system and help release deeply held tensions from the body and mind.

In-person Activity #: 319903-A

Virtual Activity #: 319903-VIR

## Pilates Fusion 😊 🧘 🧘 🧘

**Thursdays, April 4 - June 20**

**5:45 - 6:45 am, \$78 (12 weeks), Recreation Gym**  
**Instructor: Julie Conley, Activity #: 311133-A**

Come alive with this no impact, high-energy workout. We'll build strength and length by incorporating powerful, flowing movements using your own body weight resistance. This workout is designed to promote better posture and flexibility and is suitable for everyone. Please bring a mat and water.

## Yoga, Core and More 😊

**Tuesdays, April 2 - June 18, 9 - 10 am**  
**\$78(12 weeks), Function Room**

**Instructor: Paulette Savage Activity #: 371273-A**

This class will be a yoga flow focusing on incorporating core building yoga poses and exercises. We will incorporate blocks, straps or flex bands during most classes making it fun and new! This class is appropriate for all level yogis.

## Pilates Morning Flow 😊 🧘 🧘 🧘

**Wednesdays, April 3 - June 19, 9 - 10 am**  
**\$84 (12 weeks), Recreation Gym**

**Instructor: Barbara Hospod, Activity #: 311433-A**

Begin your day with a MINDFUL, but ENERGIZING Pilates Routine which will enhance core stability and build strength. Traditional Pilates exercises and variations will target upper and lower body, with a strong focus on abs, by adding resistance and stimulating flexibility. Feel the benefits of improved balance, coordination, and posture. Different props may be utilized at times and include: the mini - ball, and resistance tubing(supplied) and hand weights. All levels welcome! Please bring personal hand-held weights (2-4 lbs), and a mat.

# CARDIO DANCE & PICKLEBALL



## Crank of Dawn ☺

**Mondays, April 1 - June 17 (not 4/15 & 5/27)  
5:45 - 6:45 am, \$99 (10 weeks), Recreation Gym  
Instructor: Julie Conley, Activity #: 313863-A**

Start your day off right with this high energy cycling class. Head out on a journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class! Limited bikes available, register early! Cycling shoes recommended but not required!

## Cardio Dance ☺🎧📺

**Mondays, April 1- June 17 (not 4/15 & 5/27)  
5 - 6 pm, \$65 (10 weeks), Function Room  
Instructor: Christin Caplan, Activity #: 312003-A**

Hip Hop embodies a large genre of dance that includes freestyle, rhythmic interpretation of music and social dance norms. This high-energy class is designed to improve cardiovascular strength while learning innovative ways to move to music!

## Zumba Special!

**April - June**

Sign up for 3 or 4 Zumba classes to receive a discounted price! To receive discount, you must register for all 3 or 4 classes at the same time.

- 3 Zumba Classes - 15% off**
- 4 Zumba Classes - 20% off**

## Zumba ☺🎧📺

**Recreation Gym or Zoom**

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy! This class will be an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life. **Check out the Zumba Special listed above!**

Day	Dates	Time	Instructor	Fee	Location	Activity #
Tuesday	April 2 - June 18	6:15 - 7:15 pm	Tisha Wilson	\$89 (12 weeks)	In person: Virtual:	316403-A 316403-VIRA
Wednesday	April 3 - June 12	6:30 - 7:30 pm	Sarah Hamilton	\$85 (11 weeks)	In person:	316403-D
Thursday	April 4 - June 20	6:30 - 7:30 pm	Marcia Mailloux	\$89 (12 weeks)	In person: Virtual:	316403-B 316403-VIRB
Sunday	April 7 - June 23 (not 5/26)	8 - 9 am	Lauren Mattson	\$85 (11 weeks)	In person: Virtual:	316403-C 316403-VIRC

## Tap & Jazz 😊

**Thursdays, April 4 - June 13 (not 5/9), 7 - 8 pm, \$99 (10 weeks), Function Room 1**

**Instructor: Bonnie Murphy, Activity #: 330403-A**

Class will begin with a warm-up followed with some jazz moves, then the tap begins! Students will develop rhythm & timing. Tap shoes are recommended.

## Pound 😊📏

**Thursdays, April 4 - June 20, 5 - 5:45 pm, \$85 (12 weeks), Recreation Gym**

**Instructor: Tisha Wilson, Activity #: 319303-A**

Pound is a full-body, cardio jam session, combining light resistance with constant simulated drumming. It uses cardio, Pilates, isometric movements, and plyometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music. Great music and your choice of weights inspires you to get fast results.

## Play it safe...

Participants must recognize that all classes of a physical nature involve some risk, and by attending such a class, there is an assumption of risk by the participant. Prior to starting any type of fitness program, it is best to check with your doctor. For your own safety, you need to know your limitations.

## Learn to Play Pickleball 😊

**\$60 (4 weeks), Simonds Park Courts, Instructor: Kevin Martin, PPR Certified Coach**

Have you been wanting to try pickleball but don't feel comfortable just showing up during an open play session? Not sure how to swing a paddle, where to stand on the court or how to keep score? Well, here's your chance to learn the fundamentals of the fastest growing sport in the country! Pickleball is a combination of tennis, racquetball, and ping-pong played by four people on a half size tennis court with paddles and a plastic poly ball. Each class includes learning a new stroke, hitting drills, and gameplay. All equipment is provided. Come see what the excitement is all about!

Day	Dates	Time	Activity #
Thursday	April 18 - May 23 (not 5/2) (5 weeks)	5:15 - 6:30 pm	360633-A
Wednesday	May 8 - 29	5:00 - 6:30 pm	360633-B
Thursday	June 6 - 27	5:00 - 6:30 pm	360633-C
Wednesday	June 12 - July 3	5:00 - 6:30 pm	360633-D

## Next Level Pickleball 😊

**Thursday, June 6 - June 27, 10 - 11:30 am, \$60 (4 weeks), Simonds Park Courts**

**Instructor: Kevin Martin, PPR Certified Coach, Activity #: 380403-A**

Are you an "improving" player looking to bring your game to the next level? This clinic is for the player that can serve, and keep the ball in play. We will target areas of your game that need more work. Drills, drills, drills will help you remember the proper technique for each type of shot and when to use it. We'll use different hitting exercises to improve consistency and accuracy and then bring them into game play. Wear pockets, we'll be keeping plenty of balls in motion for each lesson.

# Drop-in Pickleball 😊

**\$5 drop-in fee, Recreation Gym**

Pickleball is a sport rapidly growing in popularity. Roll up the joy of playing tennis and badminton, toss in a wiffle-like ball and you've got a game of Pickleball! No pre-registration required. Please stop by the office on your way to the gym to pay your drop-in fee.

Day	Dates	Time	Level
Tuesday	April 2 - 23	1 - 2:30 pm 2:30 - 4 pm	Social Mixed
Wednesday	April 3 - 24	2 - 3:30 pm	Advanced/Upper Intermediate
Thursday	April 4 - 25	9:30 - 11 am 11 am - 12:30 pm	Social Advanced/Upper Intermediate

## Pickleball Skill Levels

Players should self-select their appropriate level of play. (See Skill-Level Ratings below.) If you find you're winning consistently you should move up. If you're being outplayed, losing consistently, you should move down. Pickleball is more fun and enjoyable when teams pair off against teams of near-equal abilities. If you want to improve your game against better players, find an experienced partner willing to help you get better through play.

### Pickleball Skill Levels

#### The Simple "Yes or No" Way to Figure Out Your Skill Level

**Yes** = "Yes" to 5 or More Statements

**No** = "No" to 5 or More Statements

- I know where to stand at the beginning of each point
- I usually get my serves "in"
- I usually let the return of serve bounce
- I am getting the hang of keeping score
- I can often keep the ball in play
- I know what a dink shot is

**No** → NEWBIE 2.0

**Yes** → NOVICE 2.5

- I have the basic rules down
- I am working on getting my serves & return of serves deeper
- I am working on getting my dinks shallower/lower
- I am capable of hitting a few dinks in a row
- I can usually hit backhand shots when I need to
- I'm trying to add more power or softness to my game

**Yes** → (LOW) INTERMEDIATE 3.0

- I know most of the rules (including, net rules, net post issues, NVZ, etc.)
- My serves & returns are almost always deep
- I sometimes try to hit a 3<sup>rd</sup> shot drop shot
- I try to be strategic about how and where I hit the ball
- I have a wide variety of shots in my arsenal
- I actively work with my partner to win the point

**Yes** → (HIGH) INTERMEDIATE 3.5

- I can often anticipate my opponents' shots
- I often finish the point when my opponent gives me an opening
- I am usually consistent with drop shots and dink shots
- I almost always play at the non-volley line
- With a good partner I can cover almost any shot
- I try to be patient & wait for the opening

**Yes** → ADVANCED 4.0

- I can consistently convert a hard shot to a soft shot
- I am almost always patient & wait for the opening
- I rarely make unforced errors
- I consistently use power & finesse to my advantage
- I can easily sustain a rally of 40 or more shots
- I have competed and/or won in tournaments at the 4.5 level or higher

**Yes** → EXPERT 4.5-5.0

### Social

Novice to intermediate players looking for a fun, relaxed game. Courtesy and sportsmanship make any sport fun.

### Advanced/Upper Intermediate

Experienced and skilled players looking for a higher-level of competition.

### Mixed

Open to all players. Pickleball is a social game. Mixed times are intended for players to "mix it up" and get to know one another. Players are encouraged to "play up" or "play down" to help develop better players at every level.

Adapted from © 2015 The Pickleball Guru, LLC

# STAFF AND VOLUNTEER OPPORTUNITIES



SCAN ABOVE TO APPLY 

## NOW HIRING FOR SUMMER 2024

STAFF NEEDED FOR YOUTH SUMMER PROGRAMS

Starting at \$17 per hour



*\*All applicants must be 16 years of age by May 1, 2024.\**

### Volunteers needed!

Interested in volunteering with Burlington Parks & Recreation? Further information will be available in our summer brochure!

- Volunteers must have completed 8th grade for Club Simonds, Parks Place, Summer Discovery and Jump Start.
- Volunteers must have completed 9th grade for Tennis, Gymnastics and RecTogether.



# ACTIVE ADULTS & SENIORS



## Yoga Gold 🧘‍♀️

**\$74 (12 weeks), Function Room or Zoom, Instructor: Karen Pickette**

Yoga Gold is a class made to build foundation, strength, and stretching in a way that is accessible to all levels of experience. An equal amount of support and challenge will be offered including some slow flow to begin with, standing postures, seated postures, and relaxation.

Day	Dates	Time	Location	Activity#
Tuesday	April 2 - June 18	11 - 12 pm	In-Person	319803-A
Thursday	April 4 - June 20	11 - 12 pm	In-Person Virtual	319803-B 319803-VIRB

## Play it safe...

Participants must recognize that all classes of a physical nature involve some risk, and by attending such a class, there is an assumption of risk by the participant. Prior to starting any type of fitness program, it is best to check with your doctor. For your own safety, you need to know your limitations.

## B.E.S.T. 🌟

**Mondays, April 1 - June 24 (not 4/15 & 5/27)**

**12 - 1 pm, \$72 (11 weeks), Zoom**

**Instructor: Trish Marfione, Activity #: 311807-A**

Exercise is the key to staying strong, energetic and healthy as you get older. This class is for those 55+ who want to age well, live life to the fullest & have fun while strength training, balancing, moving & stretching. Bring a mat, sneakers, comfortable clothing and hand weights.

## Cardio Dance Gold 🕺

**Fridays, April 5 - June 21 (not 4/19)**

**10 - 11 am, \$68 (11 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 310033-A**

This class is a combination of low-impact aerobics, dance choreography, toning, and stretching. Participants will move and groove to a fusion of popular music while improving their cardiovascular endurance and muscle tone. Class will consist of a warm-up, varying styles of dance choreography, full-body conditioning, and a cool down/stretch.

## Zumba Gold 🕺

**Age 50+, Tues: Recreation Gym or Zoom; Sat: Murray Kelly Wing or Zoom**

**Instructor: Mary Ellen Reardon**

Zumba Gold was designed for the active older adult who is interested in taking a lower impact Zumba class. The same Latin styles of music and dance are used and it is just as much fun as the regular Zumba classes. Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. Dress to workout and bring water. Enjoy the Latin and other international rhythms. Dance yourself into fitness with Zumba Gold!

Days	Dates	Time	Fee	In Person	Virtual
Tuesdays	April 2 - June 18	11 am - Noon	\$74 (12 weeks)	316407-A	316407-VIRA
Saturdays	April 6 - June 22 (not 5/25)	10 - 11 am	\$70 (11 weeks)	316407-C	316407-VIRC

# Help Shape the Future of Parks & Recreation in Burlington!

SCAN



Burlington Parks & Recreation is excited to announce the launch of our Outdoor Facility Master Plan! This plan, which is driven by community input, will help guide decisions on the projects and services we provide for the next 20 years!

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**SURVEY WILL CLOSE:**  
**MARCH 22**



# Burlington Club 50

Burlington Club 50 is back in full swing this spring! Our Program Committee has been hard at work not only planning a diverse offering of clubs throughout the year for active adults aged 50 and over, but restructuring the club to meet the current demand for programming. Many of the clubs will continue to meet on an ongoing basis and some have specific program dates. Clubs with grey titles have fees for participation. You will only need to pay when you are able to join us! You can find more information on each of these programs on our website ([burlingtonrecreation.org](http://burlingtonrecreation.org)) or by contacting the Program Committee using the email listed below.

We require all members register annually for the clubs they are interested in participating. Registration is easy; you can register online! Visit our website, [burlingtonrecreation.org](http://burlingtonrecreation.org), click on register and search for the activity or activity number 510007. As always, you can register right at the Parks & Recreation office. This will allow us to communicate in a more effective manner with all of our members.

- Additionally, the Club will now allow non-residents to register for clubs for a \$10 annual fee.

If you have any specific questions about the format or a club, please reach out to the Club 50 Program Committee at [burlclub50@gmail.com](mailto:burlclub50@gmail.com).

## Bowling Club 😊

**Tuesdays, Oct. 2024 - April 2025, 9:45 am**  
**\$15 (3 strings and shoe rental) each week**  
**Woburn Bowladrome, 32 Montvale Ave Woburn**  
**Activity #: 510007-C**

If bowling (candlepin) is your sport, this club is right up your alley! This club is designed for fun, exercise and camaraderie; it is not league bowling. We offer both a men's & women's club. Please note, location is currently under construction. Bowling Club will begin once the location reopens.

## Game Night 😊

**April 2024 - March 2025, Game nights are on the second Monday of each Month, Common Craft,**  
**Activity #: 510007-T**

Have a game you want to play with a group? Come join in on the fun. Learn a new game or bring a game from home to teach others. Pre-registration is required. Once registered, you will be emailed to confirm each meeting.

## Golf Club at King Rail 😊

**Tuesdays, mid-April thru mid-November, 7:30 am**  
**Golf Club at King Rail**  
**Fees: About \$20 for 9 holes**  
**King Rail Golf Course, 1 King Rail Dr., Lynnfield MA**  
**Activity #: 510007-E**

Play golf with your friends and neighbors, in a competitive, fun, social environment. The club will place you in a group who you will probably play with all season. There is no better way to improve your golf game than playing regularly.

## Golf Club at Swanson Meadow 😊

**Wednesdays, mid-April - mid-November, 9 am**  
**Fees: About \$20 for 9 holes,**  
**Swanson Meadow Golf Course**  
**216 Rangeway Rd. North Billerica, MA**  
**Activity #: 510007-F**

Play golf with your friends and neighbors, in a competitive, fun, social environment. The club will place you in a group who you will probably play with all season. There is no better way to improve your golf game than playing regularly.



## Tennis Club 😊

8:30 - 11 am, April 2024 - October 2024

### Rahanis Playground Tennis Courts

The tennis club is a friendly, informal senior sports and social group. Anyone over age 50 is welcome to play with the group for drop-in, intermediate mixed doubles tennis. This is a great way to get some outside exercise, meet new people, improve your tennis game and have lots of fun! Start date TBD

Day	Activity #
Tuesdays	510007-K
Thursdays	510007-L

## Hiking Club 😊

April 2024 - March 2025

**Hikes will vary in length; up to 3 miles long  
Hikes are announced monthly and are weather dependent, Activity #: 510007-G**

Our hiking club holds monthly hikes on easy to intermediate trails within 20 miles of Burlington. Hiking shoes, hydration, bug repellent, hat, and sunscreen are all recommended.

## Bocce 😊

**First Wednesday of every month, 6 - 7:30 pm  
May 2024 - October 2024, 3rd Ave Green Space  
Activity #: 510007-S**

Bocce ball has become one of the most played sport in the world. It is easy to learn and beginners are welcome! This activity does not require any special attire and we provide all of the equipment. We meet at Third Ave Burlington on the green space between Osterio Nino and Tony C's.

## Sing A Long Club 😊

**Thursdays, September - May, 1:15 - 3 pm, Function Room, Activity #: 510007-J**

The sing a long club provides an avenue for you to engage in recreational singing. The emphasis of this club is on camaraderie and singing for the fun of it.

## Pickleball Club 😊

April 24 - October at Simonds Park

Pickleball is one of the fastest growing sports in the nation! It is great exercise, easy to learn and tons of fun! From time to time, the Club will add other times as space becomes available. Tournaments are typically held each season.

Day	Time	Level	Activity #
Monday	9 - 10:30 am	Social	510007-H
Tuesday	6:30 - 8 pm	Social	510007-I
Thursday	6:30 - 8:30 pm	Beginner	510007-N
Saturday	6 - 8 pm	Intermediate	510007-R

## Biking Club 😊

**Bike routes will vary in length from 5 to 10 miles or longer, Rides are announced monthly and are weather dependent, Activity #: 510007-D**

Join our cycling club and take rides through the Bruce Freeman, Minute Man Trails, and other local trails. Rides may be followed by a relaxing lunch at a nearby restaurant.

## Whist 😊

April 2024 - March 2025

**Fridays, 9 am, COA Room 207, Activity #: 510007-M**  
Whist is a game of mental engagement, strategic thinking and social interactions. Haven't played in a while or maybe never at all? No worries, come on down, we will show you the ropes!

## Join us!

If being active is one of your priorities, Burlington Club 50 needs you! We recognize that an active lifestyle encompasses not only traditional exercise, sport and nutrition, but intellectual enrichment and other leisure activities as well. Do you have a passion or a talent that you would like to share with the community? We are always looking for new clubs to add to our growing list! Become an activity coordinator today!

In addition to activity coordinators, the Club is also looking for Board Members. Help us plan clubs and activities for the community! Interested in joining us? Email us at [burlclub50@gmail.com](mailto:burlclub50@gmail.com).

# TRIPS AND TOURS



**All Trips and Tours are offered in cooperation with Best of Times Travel & Entertainment Group. Below you will find general information for all trips. For detailed information please visit our website or pick up a flyer at our Recreation Center.**

For each trip, pick up and drop off will be at Burlington Recreation Center if we have at least 10 people enrolled. If we have less than 10 people enrolled pick up and drop off will be at a different location, in a nearby town. Alternate pick up and drop off location is TBD. An exact itinerary including pick up and drop off information will be emailed to you at least one week prior to the trip date. For each trip, there are no cancellations or refunds allowed within 30 days of trip departure date.

## **Jimmy Buffett Tribute Show ☺**

**Thursday, July 18, \$135 per person, York, ME**

Grab your virtual beach chair, suntan oil, and your favorite drink and get ready for Jimmy and the Parrots to put you in an island state of mind! Fee includes transportation, plated lobster luncheon and show ticket.

## **Martha's Vineyard Day Trip ☺**

**Thursday, Aug 8, \$239 per person**

Enjoy the sights, history, and food on Martha's Vineyard! Fee includes motorcoach and ferry transportation, tour of Martha's Vineyard and dinner on the mainland.

## **Bar Harbor & Acadia National Park ☺**

**Tuesday - Thursday, Sept. 10 - 12, \$749 per person (double occupancy) or \$999 per person (single occupancy)**

This amazing adventure features one of Maine's most picturesque areas. Take in the panoramic views from atop Cadillac Mountain and enjoy shopping in the downtown waterfronts of Portland and Bar Harbor. Price includes transportation, 2 night hotel accommodations, 2 breakfasts & 2 dinners, riding tour of Bar Harbor and Acadia National Park and free time in Portland and Freeport.

***For more information on each trip please visit our website at [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org) or pick up a flyer at the Parks and Recreation Center.***

# COMMUNITY EVENTS



## Eggs-cursion ☺

**March 26 - April 1, No Fee, Various Locations**  
**Activity #: 300631-A**

This is Easter Egg hunting with a twist! Search our parks to find eggs, collect points and win a prize! Visit locations on your own schedule (it's not a race, take your time & enjoy). Collect prizes based on how many points you earn - the harder the egg the more points. It is QR code based, a mobile device with internet and camera access is required. It is for Burlington residents only and pre-registration is required. Please register just one family member per group.

## Family Fishing Festival ☺

**All Ages, Saturday, May 18, \$25 (per family)**  
**10 am - 1 pm (rain or shine), Mill Pond Reservoir**  
**Activity #: 305011-A**

Join us for Burlington's 30th Annual Family Fishing Festival! This event is great for the whole family. Festival is catch and release only. You may bring your own fishing equipment or use equipment which will be provided. Fishing licenses are not required for the festival. Please be sure to pre-register!

## Community Gardens ☺

**May - October, Francis Wyman School**

Experience the gratification of producing flowers and food for your table. Twenty plots are available for leasing during the growing season. Two of the plots are designed for gardeners with physical limitations. Full plots are 200 sq. ft. (10' x 20') and half plots are 100 sq. ft. (10' x 10').

Plot Size	Fee	Activity #:
Full Plot	\$50	600586-A
Half Plot	\$30	600586-B

## Egg Hunt ☺

**Thursday, March 28, 5:30 pm, No Fee, Simonds Park**  
 Come visit with the Easter Bunny and hunt for eggs in Simonds Park! Hunt will start at 5:30pm, get there early to be sure you have enough time to park and find your child's hunting zone. Three hunt areas will be set up for ages 2 - 12. Please bring one person per child as areas may not be near one another. Games and crafts will be on hand after the hunt for kids to participate in. Don't forget your Easter basket to collect the eggs in!

Age	Activity #
2 - 4	301110-A
5 - 8	301110-B
9 - 12	301110-C
Sensory Friendly (All Ages)	390639-A

## Community Yard Sale ☺

**Saturday, May 18, 9 am - 2 pm**

Register to hold a yard sale at your own home or at the community location - Marshall Simonds Middle School. If you register to hold your yard sale at the community location you will be given a 24 x 12 space and there will be a \$15 fee. We will be compiling a map and list of wares being sold at each location that will be released just before the event. We encourage everyone to visit yard sales around Burlington on this day to recycle, re-purpose, and re-use! Registration deadline is May 1. Space is limited at the community location.

Location of yard sale	Activity #:
Private Residence	300599-A
Community Location	300599-B

# SPRINGAPALOOZA 2024!

Join us as we celebrate all things spring! Once again this year, we are partnering with the Burlington Public Library, Conservation Department and Garden Club to provide some spring fun! We have a variety of activities for residents of all ages and abilities. 😊



SPRING  
FLING  
APRIL 25



BURLINGTON  
Public Library  
Connect, Discover, Enjoy

**WE WILL BE KICKING OFF SPRINGAPALOOZA WITH  
OUR SPRING FLING AT WILDWOOD PARK**

**FROM 4 - 6 PM**

**JOIN US FOR...**

**STORY WALK**

**VINNY THE  
BUBBLE GUY**

**SCAVENGER  
HUNT**

**& MUCH MORE!**

# SPRINGAPALOOZA 2024!



## Vernal Pool Exploration with Burlington Conservation

**Wednesday, April 3, 10 - 11 am**  
**Mill Pond Reservoir, No Fee**  
**Activity #: 300637-A**

Vernal pools are unique seasonal wetlands that are mostly precipitation-fed, as these pools often appear and fill to capacity with spring rainfalls and snowpack melting. Join us to visit a vernal pool and learn how we can help protect them. We will also explore their inhabitants, along with their features and roles in the ecosystem.

## Bird Walk lead by John Keeley

**Wednesday, May 8, 9 am, No Fee**  
**Mill Pond Reservoir, Activity #: 300638-A**

Join the Burlington Conservation Administrator to observe resident birds and spring migrants in a unique habitat that is a favorite location for many bird species. John will help us find and identify birds through field marks, sounds, and behaviors. Birders of all levels will enjoy this guided walk. Meet Conservation staff on the side road between 16 and 18 Town Line Road. There is additional parking along Town Line Road.

## Magical Treehouse Painting Party

**Ages 5 - 10, Saturday, May 18, 1 - 3 pm**  
**\$15, Universally Accessible Treehouse at Simonds Park, Instructor: Sunniya Saleem**  
**Activity #: 344901-A**

Join us for a Magical Painting Party at the Treehouse. We will spend the day reading a story from the Magic Treehouse Books and painting in our very own magical treehouse in Burlington. Feel free to bring a stuff toy to share the joy with. All painting supplies will be provided.

## Community Yard Sale

Join us on May 18 from 9 am - 2 pm. Register to host a yard sale either at your own home or at a community location. Activity #: 300599

## Family Fishing Festival!

This year's festival will be held on Saturday, May 18 from 10 am - 1 pm at the Mill Pond Reservoir. Bring your own equipment or use some of ours!  
Activity #: 305011-A

## Community Health Fair

The fair, Sponsored by Beth Israel Lahey Health, will take place at Burlington High School on May 11 from 10 am - 1 pm. Join us for fitness classes, eye exams, balance screenings, and more - all for free! Preregistration is not required.

## Live Show: Animals In Spring

**Tuesday, May 28, 3:30 & 4:30 pm**  
**Simonds Park Treehouse, No Fee**  
**Presented by Joys of Nature**

LIVE ANIMAL SHOW! ... Spring is a time of change! Some animals are emerging from hibernation while some have been active all winter. Others might be singing, or even look like they are dancing, to show off. Learn up close and personal about animals in the spring here in New England, and beyond, and learn more about about their wild relatives. There will be 2 shows, 3:30 & 4:30 pm. NO REGISTRATION REQUIRED

## Goat Yoga

**Ages 10 - Adult, Saturday, May 4, \$25,**  
**Regan Park, Instructor: Chip-In Farm**

Join Good Pickin' Farm for some simple yoga while smiling, laughing, and having fun with baby goats - known as some of the cutest and cuddliest animals on the farm. Program is open to adults and children 10 and older.

Time	Activity #
11 am - 12 pm	300644-A
12 - 1 pm	300644-B

# PARKS & FACILITIES



## SIMONDS PARK



- TWO LIGHTED LITTLE LEAGUE BASEBALL FIELDS
- ONE SOFTBALL FIELD
- TWO LIGHTED TENNIS COURTS
- TWO LIGHTED BASKETBALL COURTS
- ONE WADING POOL
- ONE PLAYGROUND
- ONE SKATE PARK WITH HALF-PIPE
- ONE STREET HOCKEY COURT
- PICNIC AREA
- ONE CONCESSION STAND
- RESTROOMS
- VISCO BUILDING

## TRW PARK



- TWO LITTLE LEAGUE BASEBALL FIELDS
- ONE MULTI-PURPOSE FIELD
- FITNESS COURT
- ONE PLAYGROUND
- WALKING TRAIL

## WILDWOOD PARK



- TWO MULTI-PURPOSE FIELDS
- TWO BASKETBALL COURT
- ONE PLAYGROUND
- WALKING TRAIL
- PICNIC AREA
- FITNESS EQUIPMENT

## REGAN PARK



- ONE LITTLE LEAGUE BASEBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND

Read the description below each photo for a list of amenities available at each park and/or facility.



## RAHANIS PARK



- TWO MULTI-PURPOSE FIELDS
- TWO SOFTBALL FIELDS
- SIX TENNIS COURTS
- ONE BASKETBALL COURT
- BURLINGTON DOG PARK
- ONE SAND VOLLEYBALL COURT
- GAGA PIT
- ONE PLAYGROUND
- PICNIC AREA
- RESTROOMS

## VETERAN'S PARK



- ONE SOFTBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND

## WILDMERE PARK



- ONE BASKETBALL COURT
- ONE PLAYGROUND

## TOWN COMMON



- BANDSTAND

## NOT PICTURED

CLICK THE TEXT TO VIEW THE LOCATION ON GOOGLE MAPS

- PATHWOODS TOT LOT
- ROTARY FIELD
- OVERLOOK PARK
- MARVIN FIELD

# ***POLICIES & PROCEDURES***

## **Age Requirement**

If a minimum age is specified for a program listed in this brochure, a child must be that age on the program starting date.

## **Grade Requirement**

The grade specified for certain programs refers to the school grade the child is in during the 2022 - 2023 school year.

## **Birth Certificates**

If your child is 5 years old or younger and you are registering for a Parks & Recreation Department program for the first time, please enclose a copy of your child's birth certificate.

## **Refund Guidelines**

1. If you decide to cancel a registration, please notify the Parks & Recreation Department as soon as possible prior to the program starting date.
2. If you give sufficient notice of cancellation, the Parks & Recreation Department may be able to give you a full or partial refund. There will be a \$10 processing charge for all refunds given. Please inquire about a refund at the time you cancel your registration.
3. If you cancel your registration for a program for which the Parks & Recreation Department has paid deposits, purchased equipment or incurred other expenses on your behalf; your refund, if any, will be reduced by the amount of the expenses incurred.
4. Refunds take 2 - 4 weeks to process. If payment was made by check or cash, a check from the Town will be mailed. If paid by credit card, your credit card will be refunded. If you have an outstanding balance, the refund will be automatically applied to the balance.

## **Financial Assistance**

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal. If you would like additional information, please contact the office.

## **Non-Residents**

Non-residents may register for programs beginning three weeks after resident registration has begun. At the Director of Parks and Recreation's discretion, some programs or events may only be open to Burlington residents. There is an additional \$10 fee for non-residents.

## **Cancellations**

Please call the Cancellation Line at (781)270-1695 (option 3), visit our Facebook page ([www.facebook.com/burlingtonrecreation](http://www.facebook.com/burlingtonrecreation)), or follow us on Twitter (@Burlington\_Rec) when you have any doubt about weather cancellations. In most instances, we will try to notify participants of a change or cancellation by email. Please be advised that some programs may continue to run outside in inclement and/or adverse weather conditions. Programs may run even if the Burlington Schools cancel school and/or afternoon activities.

## **Make-Ups**

We will attempt to make up cancelled classes, but we cannot guarantee that all classes will be made up.

## **Serving People with Disabilities**

The Therapeutic Recreation Division offers year round specialized programming for individuals of all ages who have disabilities. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support from an Inclusion Aide. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Emma Jones, CTRS at [ejones@burlington.org](mailto:ejones@burlington.org) or 781-270-1937.

\*Note: For new participants, a few mandatory forms are required to be filled out and returned at least one week prior to the beginning of a program. For Inclusion Services, please fill out the forms just mentioned as well as an Inclusion Application and allow a minimum of 10 days for services to begin.



BURLINGTON