Registration begins at 8:30 am on Tuesday, August 21st

Look for new programs throughout the brochure; they have brown titles!

Registration Guidelines

1. For your convenience, online registration is available at www.burlingtonrecreation.org. You may also register by mail or in person at the Parks & Recreation Department.
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 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. When registering by mail, you may pay by check or money order (payable to Town of Burlington).
5. Send registration form, payment, and birth certificates (if required) to:
   Burlington Parks & Recreation Department, Registration, Town Hall, 29 Center Street, Burlington, MA 01803
PRE-SCHOOL

Fall pre-school program information was listed in the summer brochure. Below is the info for winter pre-school programs. You may register for fall and winter programs online at www.burlingtonrecreation.org, where space is available.

Discovery Pre-school
Ages 3 - 5 (toilet trained), 9 am - Noon, Visco Building at Simonds Park, Director: Chris Allain
This program was created to provide children a hands-on approach to learning and socializing. Through activities such as music, storytelling, art, science, building and dramatic play, your child will gain many new skills while making new friends. Each week, we’ll follow new themes that relate to the seasons and a child’s natural curiosity about the world. Snacks will be provided. Children must be toilet-trained. A copy of your child’s birth certificate should accompany the registration form of new participants. Participants may only register for one day.

<table>
<thead>
<tr>
<th>Dates</th>
<th>No Program</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, Jan. 7 - March 18</td>
<td>1/21 &amp; 2/18</td>
<td>$167 (9 weeks)</td>
<td>253400-A</td>
</tr>
<tr>
<td>Wednesdays, Jan. 9 - March 20</td>
<td>2/20</td>
<td>$184 (10 weeks)</td>
<td>253400-B</td>
</tr>
</tbody>
</table>

Discovery Kinder-Skills
Ages 4 - 5, Tuesdays, Jan. 8 - March 19 (not 2/19), 9 am - 1 pm, $245 (10 weeks)
Visco Building at Simonds Park, Director: Chris Allain, Activity #: 253500-A
This class is designed for children who will be entering kindergarten in the fall of 2018. Using a thematic approach, our focus will be on enhancing kindergarten readiness in the areas of pre-reading, pre-writing, math and science. Activities will help develop listening skills, following directions and storytelling, as well as social and physical play skills. Healthy snacks and outside play are provided. Participants must be 4 years old by Aug. 31, 2017. *Participants must bring a peanut-free lunch.*

Pre-school Bookworms
Ages 3 - 5, 9 am - 12 pm, $184 (10 weeks), Visco Building at Simonds Park, Director: Chris Allain
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 play acting. Art, science, cooking and other literacy experiences will revolve around the chosen story and imaginations will soar. A snack will be provided for your child. Children must be toilet-trained. Participants can only register for one day.

<table>
<thead>
<tr>
<th>Dates</th>
<th>No Program</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays, Jan. 10 - March 21</td>
<td>2/21</td>
<td>251600-A</td>
</tr>
<tr>
<td>Fridays, Jan. 11 - March 22</td>
<td>2/22</td>
<td>251600-B</td>
</tr>
</tbody>
</table>

Mommy & Me
Ages 2 & 3 (w/parent)
Wednesdays, Sept. 12 - Nov. 28, Function Room 2
Instructor: Marie Grinnell
Is your child not yet old enough for preschool? This “pre-preschool” program is perfect for both of you! You and your child (or your child and his/her 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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>$76 (12 weeks)</td>
<td>9:30 - 10:15 am</td>
<td>144500-A</td>
</tr>
<tr>
<td></td>
<td>10:30 - 11:15 am</td>
<td>144500-B</td>
</tr>
</tbody>
</table>

Music with Mr. Andrew
Ages 2 - 4, Fridays, 9:30 - 10:15 am, $10 per date
Function Room 1, Instructor: Andrew Gentzow
Your child will explore a variety of musical topics through songs, movement and instrument playing. The class will focus on motor skills and cognitive development, socialization and sharing the joys of music.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #:</th>
<th>Date</th>
<th>Activity #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14</td>
<td>131001-A</td>
<td>Nov. 16</td>
<td>131001-E</td>
</tr>
<tr>
<td>Oct. 5</td>
<td>131001-B</td>
<td>Nov. 30</td>
<td>131001-F</td>
</tr>
<tr>
<td>Oct. 19</td>
<td>131001-C</td>
<td>Dec. 14</td>
<td>131001-G</td>
</tr>
<tr>
<td>Nov. 2</td>
<td>131001-D</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**PRE-SCHOOL**

**Lil Sports**
Ages 2 - 5, $85 (8 weeks), Recreation Gym, 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Sept. 15 - Nov. 3</td>
<td>10:45 - 11:30 am</td>
<td>171800-A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:45 am - 12:30 pm</td>
<td>171800-B</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Oct. 16 - Dec. 4</td>
<td>10 - 10:45 am</td>
<td>171800-C</td>
</tr>
</tbody>
</table>

**Little Dragons**
Ages 3 - 4, $198 (13 weeks, uniform included)
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>Sept. 12 - Dec. 5</td>
<td>4:30 - 5 pm</td>
<td>170000-A</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 15 - Dec. 8</td>
<td>9:30 - 10 am</td>
<td>170000-B</td>
</tr>
</tbody>
</table>

**Dance, Dance, Dance**
Fridays, Oct. 5 - Dec. 14 (not 11/23), $65 (10 weeks), Function Room 2, Instructor: Lisa Sanchez
These classes introduce a structured environment allowing children to recognize their own individuality and body mobility. Focus on coordination and rhythm is introduced in creative and imaginative ways, keeping students entertained while learning beginning dance skills will help them acquire a love for dance. Students need to wear a black leotard with pink tights, ballet shoes and tap shoes. Boys may wear a white t-shirt, black sweatpants or shorts and black ballet shoes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mom &amp; Me</td>
<td>2 - 3</td>
<td>9:15 - 9:45 am</td>
<td>130000-A</td>
</tr>
<tr>
<td>Pre-Ballet &amp; Tap</td>
<td>3 - 4</td>
<td>10 - 10:45 am</td>
<td>130501-A</td>
</tr>
<tr>
<td>Reach, Stretch &amp; Move</td>
<td>3 - 4</td>
<td>11 - 11:45 am</td>
<td>130531-A</td>
</tr>
<tr>
<td>Ballet &amp; Tap</td>
<td>4 - 5</td>
<td>12:30 - 1:15 pm</td>
<td>130511-A</td>
</tr>
<tr>
<td>Ballet, Tap &amp; Hip Hop</td>
<td>5 - 6</td>
<td>3:30 - 4:15 pm</td>
<td>130521-A</td>
</tr>
</tbody>
</table>

**Pre-soccer: Kick & Play**
Ages 12 - 24 months (w/parent), 9 - 9:40 am, $80 (5 weeks), Instructor: Super Soccer Stars Staff
Kick & Play is a parent-child pre-soccer & movement program for toddlers between 12 and 24 months. The program focuses on physical, cognitive, and social-emotional development with exciting movement games, original music, and supportive parenting as the central focus. Kick & Play is specifically designed for children under 2. We use small soccer balls and small goals during class to focus on the lower body, and we also use an array of other movement toys, music, and characters to properly engage children at this age.

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Location</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Sept. 8 - Oct. 6</td>
<td>Recreation Field</td>
<td>175300-A</td>
</tr>
<tr>
<td></td>
<td>Oct. 20 - Nov. 17</td>
<td>Function Rooms 1 &amp; 2</td>
<td>175300-A</td>
</tr>
</tbody>
</table>
**Super Soccer Stars**  
Ages 2 - 3, Saturdays, Sept. 8 - Oct. 6  
9:50 - 10:30 am, $80 (5 weeks), Recreation Field  
Instructor: Super Soccer Stars Staff  
Activity #: 174610-A  
This introductory soccer program, the next step up from our Kick & Play program, encourages pre-school aged children to participate independently from their parents. Like Kick & Play, the curriculum is still very imagination based with soccer skills being the primary focus.

**Parent/Child Playdate in the Pool**  
Ages 1 - 5 (w/ parent), Noon - 1 pm, $30 (5 weeks),  
Goldfish Swim School 10 B Street, Burlington  
This is an unstructured, open swim for you and your child to spend time together getting familiar with water in a heated (90 degree) pool! This is a great opportunity for young kids who may not have had previous experience in water or for those in the beginning stages of swimming. Practice moving in the water, kicking, blowing bubbles or even floating! A parent must get in the pool with their child and only one child per parent is allowed.

**Pro-Formance Soccer**  
Thursdays, Sept. 13 - Oct. 25, $76 (7 weeks)  
Rec Field, Instructor: Pro-Formance Soccer Staff  
This is a great program introducing pre-schoolers to the game of soccer in a fun and nurturing environment. Participants will walk away with a better knowledge of the game of soccer.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 4</td>
<td>Noon - 1 pm</td>
<td>174600-A</td>
</tr>
<tr>
<td>4 - 5</td>
<td>1 - 2 pm</td>
<td>174600-B</td>
</tr>
</tbody>
</table>

**Books & Bites**  
Grades 1 & 2, Saturday, Sept. 22, 9 - 10:30 am, $20  
Function Room 2, Instructors: Juliana Jarvis & Karen Calandrelli, Activity #: 154400-A  
Are you an aspiring chef? Do you love books? If so, this is the class for you! We'll read Doreen Cronin’s Diary of a Worm and Diary of a Spider, and then create treats and crafts that celebrate them. This will help bring books alive and foster a love of literacy. Led by two certified elementary teachers. Please let us know about food allergies at time of registration.

**Zumbini**  
Ages 0 - 4 with a caregiver, Saturdays  
Sept. 15 - Nov. 10 (not 10/6), 8:30 - 9:15 am  
$125 (8 Weeks), Function Room 1  
Instructor: Kelly St. Hillaire, Activity #: 145800-A  
Zumbini combines music and movement to create the ultimate bonding experience! Sing, dance and play together while developing your little one’s social, cognitive, emotional and motor skills. The fee includes songbook, plush toy and music app to continue the fun and learning at home! **This is an inclusive program, all abilities welcome!**

**Learn to Ice Skate!**  
We are partnering with FMC to offer a learn to skate program for youth ages 3 - 16. Look for specific program information on page 10!

**Swimming Lessons**  
Ages 3+ (toilet trained), Sundays, Oct. 21- Dec. 16 (not 11/25), $60 (8 weeks)  
Woburn Boys & Girls Club 1 Charles Gardner Lane  
Woburn, Director: Jill Moorehouse  
Participants will be removed from the waitlist based on the indicated swim level and space available in that level; be sure to indicate your child’s swim level during registration. Priority will be given to those participants who are not currently enrolled in a different swim session.  
Level 1: Uncomfortable in the water, cannot place face in the water.  
Level 2: Uncomfortable in the water, can place face in water and will float on front/back with assistance.  
Level 3: Child can swim unassisted, does not know any strokes.  
Level 4: Child knows strokes, can swim 25 yards without stopping.  
Levels 5 & 6: Child is swim team ready and is working on endurance and technique.

<table>
<thead>
<tr>
<th>Levels</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 4</td>
<td>3 - 3:30 pm</td>
<td>170400-A</td>
</tr>
<tr>
<td>1 - 4</td>
<td>3:30 - 4 pm</td>
<td>170400-B</td>
</tr>
<tr>
<td>1 - 4</td>
<td>4 - 4:30 pm</td>
<td>170400-C</td>
</tr>
<tr>
<td>1 - 4</td>
<td>4:30 - 5 pm</td>
<td>170400-D</td>
</tr>
<tr>
<td>1 - 4</td>
<td>5 - 5:30 pm</td>
<td>170400-E</td>
</tr>
<tr>
<td>1 - 4</td>
<td>5:30 - 6 pm</td>
<td>170400-F</td>
</tr>
<tr>
<td>5 &amp; 6</td>
<td>5 - 6 pm</td>
<td>170400-G</td>
</tr>
</tbody>
</table>
GYMNASTICS

Thursdays, Recreation Gym, Instructors: Dotty Martin & staff
Come join Dotty as she challenges you and your child(ren) with a fun learning experience through gymnastics, creative movement and fun developmental play.

Baby Gym
(3 - 14 months w/ adult helper)
We work with the gymnastics equipment and props to make your baby scream with laughter. This is an opportunity for you to meet new friends and share issues and questions with other parents. No shoes please.

Toddler Tumblers
(12 - 24 months w/ adult helper – proficient walker)
Beginner walkers and those getting ready for some faster running steps should join our Toddler Tumblers program. Focus is placed on balance, working muscles, dancing and playing with parachutes and props. No shoes please.

Gym 2’s and 3’s
(24 - 36 months w/ adult helper)
This class is perfect for toddlers who are ready for running, jumping, swinging, and sliding. Children will work with equipment, musical movement play, parachute time and rainbow magic ropes. If your child is 3 years old and has not completed this class, please register for this class before registering for Beginner Gym.

Beginner Gym
(30 - 48 months)
This class is a transition class without parent participation. There is a lot to learn about working together, taking turns, waiting in line and doing things themselves with teacher supervision. To help with the transition, we have 3 teachers helping to lead the fun. We will test our balance by walking on various balance beams, learn how to roll and do cartwheels and handstands, and will have tons of fun exploring obstacle courses each week.

Pre-school Gym
(3 - 5 years)
This class teaches beginning skills that will be useful in any sport. Focus is placed on strength and flexibility, while building balance and body awareness. Parachutes and games will also be utilized.

Kindergarten Gym
(5 - 6 years)
Kindergarteners will learn beginner skills in a fun way! Somersaults, cart-wheels, and back handsprings will be taught.

Fun Gymnastics
(Grades 1 - 4)
Do you want to learn a cartwheel or something a little more daring like a back handspring? Did you ever wonder how people balance on their hands for so long? Well, we can teach you the secrets. We know the tricks! Dress in comfortable clothes. No jeans please.

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Time</th>
<th>Sept. 6 - Oct. 25 $117 (8 weeks) Activity #</th>
<th>Nov. 1 - Dec. 20 (not 11/22) $103 (7 weeks) Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Gym</td>
<td>3 - 14 months w/ adult helper</td>
<td>11:30 - 12:10 pm</td>
<td>170260-A</td>
<td>170261-A</td>
</tr>
<tr>
<td>Toddler Tumblers</td>
<td>12 - 24 months w/ adult helper</td>
<td>9 - 9:40 am</td>
<td>170260-B</td>
<td>170261-B</td>
</tr>
<tr>
<td>Gym 2’s &amp; 3’s</td>
<td>24 - 36 months w/ adult helper</td>
<td>9:45 - 10:25 am</td>
<td>170260-C</td>
<td>170261-C</td>
</tr>
<tr>
<td>Beginner Gym</td>
<td>30 - 48 months</td>
<td>10:30 - 11:10 am</td>
<td>170260-D</td>
<td>170261-D</td>
</tr>
<tr>
<td>Pre-school Gym</td>
<td>3 - 5 years</td>
<td>1 - 1:40 pm</td>
<td>170260-E</td>
<td>170261-E</td>
</tr>
<tr>
<td>Kindergarten Gym</td>
<td>5 - 6 years</td>
<td>2:30 - 3:10 pm</td>
<td>170260-F</td>
<td>170261-F</td>
</tr>
<tr>
<td>Fun Gymnastics</td>
<td>Grades 1 - 4</td>
<td>3:30 - 4:30 pm</td>
<td>170260-G</td>
<td>170261-G</td>
</tr>
</tbody>
</table>

**50% discount for siblings**
Art & Design Club
Ages 8 - 12, Mondays, Sept. 17 - Nov. 12 (not 10/8)
3:45 - 5:15 pm, $84 (8 weeks)
Ceramics Room, Instructor: Stacy Johnston
Activity #: 143201-A
The Art and Design Club gives kids who love to draw, paint, and sculpt, a place and time to be with their artist peers, to learn, imagine, and create their own unique works of art. The materials exploration will include clay, papier-mâché, adhesives, paint, ink and more, so please wear an art smock or old clothes. A $24 materials fee is due the first class.

Watercolor Kids!
Ages 8 - 12, Mondays, Sept. 17 - Nov. 12 (not 10/8), 5:30 - 7 pm, $84 (8 weeks), Ceramics Room
Instructor: Stacy Johnston, Activity #: 146001-A
Watercolor Kids introduces children to basic watercolor techniques. Classes will provide hands-on instruction including subject selection, composition, sketching, saving whites and lights, color mixing, washes, brush strokes, and creating texture. Please wear an art smock or old clothes. A $27 materials fee is due the first class.

Hands-On Electronics
Grades 3 - 5, Saturdays, Oct. 13 - Dec. 8
(not 11/24), 11 am - 12:30 pm, $130 (8 weeks), Ceramics Room, Instructor: Circuit Lab Staff
Activity #: 157701-A
Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Circuit Makers 101:
Create Your Own Electronics
Grades K - 2, Tuesdays, Nov. 13 - Dec. 11
2:50 - 4:20 pm, $95 (5 weeks)
Francis Wyman School, Instructor: Circuit Lab Staff
Activity #: 157711-A
Let's get creative with electricity! In this junior version of our Hands-On Electronics class, students will gain experience with electronics by designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day includes a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, wires, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day.

Lego Civics Project
Grades 2 - 5, $64, Instructor: Right Brain Curriculum Staff
Our students build a fully-planned and intricately-designed model Lego city. The theme for Nov. 5th is “City Planning.” Students will meet as a city council to govern their town; they will make challenging budgeting decisions and prioritize between the construction of key city buildings as they weigh costs and consider designs. Candidates take positions on campaign issues as the city holds a mayoral debate! The theme for Nov. 21st is “Taking Care of Business.” In this program students create the downtown Main Street of a Lego City as each student constructs a business of their own design. They learn about profits, budgets, taxes, insurance and marketing as students design their own company and storefront. A fun and engaging way to learn about economics!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Activity #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Nov. 5</td>
<td>9 am - 1 pm</td>
<td>Ceramics Room</td>
<td>156701-A</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Nov. 21</td>
<td>11:30 am - 3:30 pm</td>
<td>Francis Wyman Elementary School</td>
<td>156701-B</td>
</tr>
</tbody>
</table>
YOUTH & SPORTS

Youth Basketball
Rookie League Basketball
Grades 2 & 3, Saturdays, Nov. 10 - Feb. 2 (not 11/24, 12/22 & 12/29), $50
This developmental program, in cooperation with the Burlington Youth Basketball Association, will focus on how to play the game rather than running plays and winning games. On Saturdays, each group will be broken into teams and will play cross court games of 4 on 4. In addition to the Saturday games, there will be mid-week practices. Specific times for games and practices will be announced before the program starts.

Grades 2
Activity #: 271736-A
Grade 2 Girls
Date  Theme
Oct. 27  Halloween Treats
Nov. 17  Thanksgiving Treats
Dec. 15  Christmas Treats
Activity #: 151401-A
Activity #: 151401-B
Activity #: 151401-C

Grades 3
Activity #: 271735-A
Grade 3 Boys

*Times and Locations May Change*

Fall Basketball
Grades 5 - 8, 7 - 8 pm, $35 (6 weeks)
Simonds Park Basketball Courts
Instructor: Mike Winn
Come and play moderately competitive pick-up games under the lights at Simonds Park basketball courts. Participants will be broken into teams for scrimmages each night. Please bring a water bottle and weather appropriate clothing.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>Thurs., Sept. 13 - Oct. 18</td>
<td>171701-A</td>
</tr>
<tr>
<td>Boys</td>
<td>Tues., Sept. 11 - Oct. 16</td>
<td>171701-B</td>
</tr>
</tbody>
</table>

Grades 4 & 5, Dec. - March, $50
In this skill-building program, emphasis is placed on learning the fundamentals of the game, teamwork, and having fun! In addition to Saturdays, this program will have one weeknight practice starting in January where fundamentals will be stressed through skill-building exercises.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>271746-A</td>
</tr>
<tr>
<td>Boys</td>
<td>271745-A</td>
</tr>
</tbody>
</table>

Grades 6 - 8, Dec. - March, $50
In this program emphasis is placed on continuing to work on fundamentals and teamwork while gaining an in-game experience. Participants are broken off into teams, with games being played every Saturday. Teams will also have one weekly weeknight practice starting in January. Players will receive reversible jerseys.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>271766-A</td>
</tr>
<tr>
<td>Boys</td>
<td>271765-A</td>
</tr>
</tbody>
</table>

*Bake ‘Em And Take ‘Em*
Grades 1 - 6, Saturday, 10 am - Noon, $25 per date
Function Room 2, Instructor: Carol Sheldon
Make and decorate goodies! Come ready to create delicious treats. All materials provided. Bring a container to bring home your creations. Parent volunteers are welcome for each class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 27</td>
<td>Halloween Treats</td>
<td>151401-A</td>
</tr>
<tr>
<td>Nov. 17</td>
<td>Thanksgiving Treats</td>
<td>151401-B</td>
</tr>
<tr>
<td>Dec. 15</td>
<td>Christmas Treats</td>
<td>151401-C</td>
</tr>
</tbody>
</table>

*There will be a $10 late fee after November 16, 2018*

*Coaches Needed*: *We are looking for volunteers to coach at all grade levels. If interested, please call the Parks & Recreation Department.*
Karate
Ages 5 - 13, $198 (13 weeks, 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, co-ordination, and practical self-defense. Classes cover health, nutrition, fire safety and stranger awareness.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Sept. 10 - Dec. 3</td>
<td>5:30 - 6:15 pm</td>
<td>170501-A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:15 - 7 pm</td>
<td>170501-B</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Sept. 12 - Dec. 5</td>
<td>6:15 - 7 pm</td>
<td>170501-C</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 15 - Dec. 8</td>
<td>1 - 1:45 pm</td>
<td>170501-D</td>
</tr>
</tbody>
</table>

Jr. Golf School Clinic
Ages 7 - 14, Billerica Country Club 51 Baldwin Rd Billerica, Instructors: Barrie Bruce Golf School
Junior clinics are perfect for beginning juniors and for those who want to develop better golf skills. Clinics consist of five (5) lessons, covering safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. Junior golfers are grouped by age range, so students will be playing in age-related peer groups.

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Sept. 8 - Oct. 6</td>
<td>9:30 - 10:45 am</td>
<td>$134 (5 weeks)</td>
<td>170601-A</td>
</tr>
<tr>
<td>Sundays</td>
<td>Sept. 9 - Oct. 7</td>
<td>1:30 - 2:45 pm</td>
<td></td>
<td>170601-B</td>
</tr>
</tbody>
</table>

Archery
Grades 4 - 8, Fridays, Oct. 5 - 26, 5:15 - 6:15 pm
$93 (4 weeks), Rotary Field, Instructor: On the Mark Archery Staff, Activity #: 171401-A
Join the program that has everyone raving about one of the world’s most exciting sports: recurve archery. Patience, focus and discipline are the only things needed to find success and achieve consistent shot groups. Our unique lesson plans engage students in unique challenges each class while balancing out individualized attention and feedback. Enrolled students are eligible for the On the Mark Archery Tournament for all students this October. All equipment is provided.

<table>
<thead>
<tr>
<th>Grades</th>
<th>Time</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>3 - 5</td>
<td>2:30 - 3:30 pm</td>
<td>174001-A</td>
</tr>
<tr>
<td>6 - 8</td>
<td>3:30 - 4:30 pm</td>
<td>174001-B</td>
</tr>
</tbody>
</table>

Cricket
Sundays, Sept. 16 - Oct. 21
4 - 5:30 pm, $80 (6 weeks), Fox Hill Field
Instructor: United Cricket League Staff
Come learn the basics of the 2nd most popular sport in the world, cricket! The focus of this program is to have fun while learning batting, bowling, fielding and other skills of the sport. Skills will be taught at the start of each session, with scrimmages being played afterward. All equipment is provided.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>5 - 9</td>
<td>171101-A</td>
</tr>
<tr>
<td>10 - 13</td>
<td>171101-B</td>
</tr>
</tbody>
</table>

Beat Bullying
Ages 6 - 12, Saturday, Oct. 6, 4 - 4:45 pm, $20
Steve Nugent’s Institute 207F Cambridge St.,
Instructor: Steve Nugent & Staff
Activity #: 158301-A
Bullying is a behavior that is intentional, repetitive, and hurtful. An imbalance of power exists between the child who is bullying and the intended target. Bullying is never okay. In this class, children will learn direct and indirect techniques that will help them deal with a bully effectively.
Indoor Rock Climbing  
$85 (4 weeks), Boston Rock Gym  78G Olympia Ave Woburn, Instructors: Boston Rock Gym Staff  
This youth climbing program will take place weekly in a 2-hour time slot. Boston Rock Gym has a dedicated group of seasoned instructors working alongside participants to help build climbing skills in a supportive and friendly environment. Their staff takes care of all the rope management aspects of climbing so the kids can focus on climbing and having fun.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 12</td>
<td>Saturdays</td>
<td>Oct. 6 - 27</td>
<td>9 - 11 am</td>
<td>179101-A</td>
</tr>
<tr>
<td>13 - 17</td>
<td>Fridays</td>
<td>Oct. 5 - 26</td>
<td>6:30 - 8:30 pm</td>
<td>179101-B</td>
</tr>
</tbody>
</table>

Intro to Boxing  
Grades K - 8 (K - 4/5 - 8), $133 (8 weeks), MK Boxing 116 Cummings Park Woburn  
Instructor: Mike Knox & Staff  
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>Sept. 26 - Nov. 14</td>
<td>3:30 - 4:30 pm</td>
<td>171001-A</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 29 - Nov. 17</td>
<td>9:30 - 10:30 am</td>
<td>171001-B</td>
</tr>
</tbody>
</table>

Best of Children’s Martial Arts  
Ages 7 - 15, Tuesdays, Sept. 11 - Dec. 4  
3:30 - 4:15 pm, $198 (13 weeks, uniform included)  
Steve Nugent's Institute  207F Cambridge St.  
Activity #: 181103-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 for kids and adults since it’s applied in response to physical aggression, so there’s no need to worry about your child becoming violent.

Fencing  
Ages 8+, Saturdays, Sept. 15 - Nov. 3  
3 - 4 pm, $125 (8 weeks), Steve Nugent’s Institute 207F Cambridge St., Instructors: Steve Nugent & Staff, Activity #: 174701-A  
Benefits of this sport include enhanced fitness (strength, cardiovascular, balance, and flexibility), self-discipline and confidence, character and sportsmanship. These classes will introduce proper mechanics and technique along with ability-specific fencing situations and strategies. All equipment will be provided.

Girls Only Strength Training  
Ages 13 - 17, Sept. 11 - Nov. 1, 3:15 - 4 pm  
CrossFit Exclamation  10 Ray Ave, Instructor: Lori Becker  
This class is geared towards teen girls who are looking for an after school activity other than a team sport. We aim to create an excitement about exercising, by keeping things fun & focusing on achievement. We also encourage healthy eating habits by pointing out how good nutrition helps us become better athletes & stronger CrossFitters! Our goal is to empower these girls and build confidence and self-esteem through fitness!

<table>
<thead>
<tr>
<th>Sessions per Week</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/week - Tues or Thurs</td>
<td>$139</td>
<td>114402-A</td>
</tr>
<tr>
<td>2/week - Tues &amp; Thurs</td>
<td>$249</td>
<td>114402-B</td>
</tr>
</tbody>
</table>
CrossFit Kids & Teens
4 - 5 pm, CrossFit Exclamation 10 Ray Ave, Instructor: Lori Becker
In this program kids will use a combination of skill practice, workouts and games to build strength and conditioning in children and teens. Classes include elements of gymnastics, body weight movements, running, jumping and more! We aim to build confidence while teaching basic CrossFit, nutrition and health. With workouts that are scalable for all individuals, CrossFit Kids & Teens can equally benefit both the accomplished athlete as well as the less active individual.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Sessions per Week</th>
<th>Dates</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 12</td>
<td>1/Week - Mon or Wed</td>
<td>Sept. 10 - Oct. 31</td>
<td>$139 (8 sessions)</td>
<td>117301-A</td>
</tr>
<tr>
<td></td>
<td>2/week - Mon &amp; Wed</td>
<td></td>
<td>$249 (16 sessions)</td>
<td>117301-B</td>
</tr>
<tr>
<td>13 - 17</td>
<td>1/Week - Tues or Thurs</td>
<td>Sept. 11 - Nov. 1</td>
<td>$139 (8 sessions)</td>
<td>117301-C</td>
</tr>
<tr>
<td></td>
<td>2/week - Tues &amp; Thurs</td>
<td></td>
<td>$249 (16 sessions)</td>
<td>117301-D</td>
</tr>
</tbody>
</table>

Yoga & Art for Kids
Thursdays, Oct. 4 - Dec. 20 (not 11/15 & 11/22), $50 (10 weeks), Function Room 2
Instructor: Nicole Eberle-Smith
This fun & popular yoga “club” provides a great way for your child to unwind after a long school day. In a non-competitive and nurturing environment, your child will practice silly asana sequences, play fun and challenging yoga style games, learn simple partner poses, learn skills & techniques for self-calming and stress relief. Thematic ideas such as peace, respect, gratitude & acceptance will be introduced through art and discussion. This class provides a fun filled way to cultivate self-esteem and body awareness. Yoga style games refine cooperation and listening skills which are essential for success in school. Our goal is to develop strong minds and bodies while learning to release tension and relax which helps keep the spirit bright.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 8</td>
<td>3:30 - 4:15 pm</td>
<td>117601-A</td>
</tr>
<tr>
<td>9 - 12</td>
<td>4:30 - 5:15 pm</td>
<td>117601-B</td>
</tr>
</tbody>
</table>

KidsJam & Yoga Combo
Grades K - 4, Mondays, Oct. 15 - Nov. 26 (not 11/12), 3:30 - 4:30 pm, $77 (6 weeks)
Function Room 1, Instructor: Danielle Trouve
Activity #: 132901-A
This class provides a combination of the most advantageous fitness activities and creative movement for kids. Our instructor will play fitness games, create high-energy dances, run fitness drills, conditioning activities, provide guided yoga combinations and relaxing mediation techniques in an hour full of fun that will leave your child feeling positive, energetic, and upbeat. All participants will receive an official KidsJAM tee shirt and there is a small performance on the last day.

Youth Kickboxing
Ages 12+, Wednesdays, Sept. 26 - Nov. 14
6:30 - 7:30 pm, $133 (8 weeks), MK Boxing
116 Cummings Park Woburn, Instructors: Mike Knox & Staff, Activity #: 170101-A
Whether you’re looking to increase your strength, confidence, coordination, or cardio workout, kickboxing will keep you coming back for more. First and foremost the cardio strength and endurance you will receive even after only a couple of weeks of working out are noticeably improved. As an extra to the physical benefits, you will learn kickboxing techniques and punching combinations. Additionally, you will discover ways to dodge, avoid, guard and counter attack. Both defense and offense skills will be taught in this class. Additional training might be taught about how to compete in the ring through competitive events if a client is interested in that specific training. Gloves can be purchased separately at the gym.
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, Laurel Rossiter, CTRS at ctrs@burlington.org or 781-270-1937.

Check out the inclusive Zumbini class on page 5 for children 0 - 4 years old!

Therapeutic Horseback Riding
Ages 3 through adult with a diagnosis
Oct. 29 - Dec. 22, $215 (9 weeks)
Ironstone Farm 450 Lowell Street Andover, MA
Activity #: 193009-B

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! 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.

Burlington Pride Athletics
Tuesdays, $35 (6 Weeks), Instructor: Laurel Rossiter, CTRS

Soccer is such a fun season for Burlington Pride Athletics! It is a non-competitive opportunity to exercise, socialize and practice skills from the world’s most popular sport. As the weather gets colder, we will move indoors and switch gears to floor hockey. This intramural style program is fun for all ability levels! Athletes should wear sneakers (or cleats for soccer), dress for the weather and bring water.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Dates</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>Sept. 11 - Oct. 23</td>
<td>$35 (7 weeks)</td>
<td>192909-A</td>
</tr>
<tr>
<td>Hockey</td>
<td>Nov. 6 - Dec. 11</td>
<td>$30 (6 weeks)</td>
<td>192909-B</td>
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</table>

Adaptive Gymnastics
Grades 1 - 12 with a disability, Mondays
Sept. 24 - Nov. 19 (not 10/8), $85 (8 weeks)
BHS Gym, Instructor: Jourdan Marino & staff

A high ratio of staff to participants and specialized instruction will ensure safety, the ability for each participant to progress at their own pace and a supportive and positive class environment! Participants will use gymnastics equipment to focus on strength, balance, flexibility and body awareness. Gymnastics is a great opportunity to set personal goals, get some energy out, and interact with peers. Participants should wear comfortable clothing and bring water.

<table>
<thead>
<tr>
<th>Grades</th>
<th>Time</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>1 - 5</td>
<td>4 - 5 pm</td>
<td>191609-A</td>
</tr>
<tr>
<td>6 - 12</td>
<td>5 - 6 pm</td>
<td>191609-B</td>
</tr>
</tbody>
</table>
Social Skills Music Therapy
Ages 4 - 10, Saturdays, Sept. 22 - Dec. 8 (not 10/6 & 11/24), 9:30 - 10:15 am, $150 (10 weeks), Function Room 1, Instructor: Roman Music Therapy, Activity #: 195509-A
This group is designed to support children who need practice in joint attention, conversation skills, peer-to-peer interaction, and decision making. Group members will work together to decide on goals and music experiences each week. Sessions may include making music with a variety of instruments, writing new songs or listening to our favorite music.

Multi Sensory Music Group
Ages 4 - 10, Saturdays, Sept. 22 - Dec. 8 (not 10/6 & 11/24), 10:30 - 11:15 am, $150 (10 weeks), Function Room 1, Instructor: Roman Music Therapy, Activity #: 195609-A
This group is for those who do best with a multi-sensory approach to participate in a supportive and therapeutic group activity. Members will be encouraged to communicate and participate using multi-sensory systems that work best for them, including switches, eye gaze and touch. This group focuses on choice making, supported instrument play, vocal responses to music and increased awareness of self and others.

Ukulele Club
Ages 14+, Saturdays, Sept. 22 - Dec. 8 (not 10/6 & 11/24), 11:30 am - 12:15 pm, $150 (10 weeks), Function Room 1, Instructor: Roman Music Therapy, Activity #: 195809-A
Discover or strengthen your love for the ukulele as part of a group that fosters skill improvement and camaraderie. Learn basic instrument technique including chords, strumming, and singing while playing. Open to beginners and casual players of all abilities. If a ukulele is needed, please contact Roman Music Therapy Services directly in advance of the series.

Community Connections
Ages 13+ with a disability, Thursdays (once a month), No Fee, Recreation Center, Instructor: Laurel Rossiter, CTRS, Activity #: 190909-A
An updated version of Community Service Club has arrived! We will work together to give back to our community by helping with special events, cleaning up parks and gardens and lending a hand during the holidays. We may also come together on another day and time of the week as necessary. You will receive emails regarding the schedule upon registration.

T.R.I.B.E. Program
Ages 13 - 25 with a disability
T.R.I.B.E. stands for Therapeutic Recreation Inspires Belonging and Enjoyment. We welcome and encourage people with different abilities to come together and experience recreation and leisure activities, both new and exciting as well as the tried and true favorites. Our goal during this program is to provide social and engaging experiences for participants. Join us for some fun and find your T.R.I.B.E.!
A separate brochure will be available online and in the office so that you can choose from bi-weekly bowling, twice a month Saturday adventures and Friday night fun! This flexible program plan allows for more wiggle room to work recreation programming for your child or family member into your already busy family schedule without committing to too much at a time! Please direct all T.R.I.B.E. questions and inquiries to Laurel Rossiter, CTRS.

Adaptive Karate
Saturdays, Sept. 22 - Dec. 8 (not 10/6 & 11/24) $150 (10 weeks, uniform included)
Steve Nugent's Institute 207F Cambridge St.
Instructors: Steve Nugent & Staff
This introductory adaptive karate program will teach participants stance, breathing, stretching, coordination and basic self-defense moves in a supportive, accepting and encouraging atmosphere. Higher staff ratios, sensory modifications, visual aides, and behavioral supports are all part of what we will work with you and your child or family member to put in place to promote success and enjoyment during class.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>5 - 12</td>
<td>2 - 2:45 pm</td>
<td>194409-A</td>
</tr>
<tr>
<td>13+</td>
<td>3 - 3:45 pm</td>
<td>194409-B</td>
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Fall Connection Event: Family Halloween Party!
Saturday, Oct. 20, 4 - 6 pm, Murray Kelly Wing
$15 per family, Activity #: 194509-A
This fall we invite you and your family to join us for a sensory-friendly Halloween party experience! There will be games, activities, food and treats for all. This family connection event will be held open-house style: come when you can and stay as long as you like. Don’t forget to wear your costume!
Spectacular Saturdays
Adults 25+ with a disability
Join us for a Saturday filled with activities! Bowling, fitness, lunch and more! A separate brochure and registration form will be available. Please contact the Parks & Recreation Department for details.

Out & About
Adults 25+ with a disability
Join us for some fun outings! Twice a month we will enjoy a night out on the town. Activities may include local theater, sporting events, going to the movies, dining out, or themed socials. Sign up for one or all of the outings that interest you! A separate brochure and registration form will be available. Please contact the Parks & Recreation Department if you would like more information.

*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.

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Basic Flower Arranging
Wednesdays, 6:30 - 8 pm, $130 (4 weeks)
Given Erwin 328 Cambridge Street
Instructor: Cindy Mattson, Florist
We’ll build arrangements each week focusing on different areas of design. Each week the student will make his or her own arrangement following a demonstration and exploration of color, harmony, depth, proportion, space, texture, accent, balance, scale and line. The class is intended for beginners or those who love flowers and would like to learn how to design. Price includes all materials and supplies. You will take your arrangements with you!

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Sept. 12 - Oct. 3</td>
<td>159103-A</td>
</tr>
<tr>
<td>Oct. 24 - Nov. 14</td>
<td>159103-B</td>
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</tbody>
</table>

Sew What?
Mondays, Sept. 10 - Dec. 10 (not 10/8 & 11/12)
6 - 9 pm, No Fee (12 weeks), Council on Aging Room 136, Activity #: 154003-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.

Tap & Jazz
Thursdays, Sept. 13 - Dec. 6 (not 11/22), 7:30 - 8:30 pm, $90 (12 weeks), Function Rooms 1 & 2
Instructor: Bonnie Murphy, Activity #: 130403-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.

Fun & Fast Oil Painting
Tuesdays, 6 - 8 pm, $55 (2 classes - 1 painting)
Ceramics Room, Instructor: Corine Mazza
This class is geared for beginners and anyone else who just loves to paint. Come see where oil painting can take you; paint smart, not hard! You will learn brush techniques and apply oil paint onto a canvas to create a painting in a fun and fast way, no drawing required. Supplies are included. Wear clothing that you don’t mind getting paint on.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Oct. 23 &amp; 30</td>
<td>140503-A</td>
</tr>
<tr>
<td>Nov. 27 &amp; Dec. 4</td>
<td>140503-B</td>
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</tbody>
</table>

Madhubani Painting
Monday, Oct. 29, 6 - 9 pm, $40, Ceramics Room
Instructor: Sushila Patel, Activity #: 156803-A
Explore Madhubani painting and drawing techniques using visual narratives, bright colors and geometric patterns. You will artistically learn Madhubani paintings history and how to use simple shapes and patterns to create a Madhubani painting to take home. The theme for the painting is The Royal Elephant.

Ballroom Dance
Mondays, Oct. 1 - Nov. 26
6:45 - 7:30 pm, $59/person or $113/couple (9 weeks), Kadanse Dance Studio, 346 W Cummings Park Woburn, Instructors: Kadanse Studio Staff Activity #: 131113-A1 (single) or 131113-A (couple)
The objective of the class is to introduce basic patterns, timing, and concepts of leading and following with a focus on FUN! Single students and couples are welcome. No prior experience required.
**Piano Nite**  
Monday, Oct. 1, 7 - 9:15 pm, $35  
True North Coffeehouse  204 Cambridge St  
Instructor: Debbie Gruber, Activity #: 145603-A  
This class is for people who know nothing about the piano or music. Students will learn the notes on the piano and will play a popular melody by ear and by reading note names! You will also learn 4 simple chords to combine with the melody. By the end of the class you will learn to play (and possibly sing) a popular song.

**Dog Obedience Training**  
Tuesday, Sept. 11, 5 - 6:30 pm, $20, Mary PC Cummings Estate, Instructor: Mike Wagreich  
Activity #: 153103-A  
All questions will be addressed and you will be shown how to correct common problems such as jumping, pulling on the leash, barking, socializing, aggression, house breaking, etc. Participants may attend with or without a dog (limited to one dog per person). All dog’s shots must be up-to-date and dogs must be on a six foot leash. Training collars may be purchased for an additional fee. Please bring treats and a favorite toy as well as any training collars/aux that you use.

**Boating Skills and Seamanship**  
Ages 9 - Adult, Tuesdays, Sept. 25 - Dec. 11  
7 - 9 pm, $59 (12 weeks), Council on Aging Room 207, Instructor: Larry Nobrega, FSO-PE/So-PE  
Activity #: 153003-A  
The U.S. Coast Guard Auxiliary’s Boating Skills and Seamanship is a comprehensive course designed for both the experienced and the novice boater. This 13th edition features all new, full-color graphics and updated text. To meet NASBLA requirements, Chapters 1 - 8 and Appendix A must be taught, with the addition of your state specific Boating laws. Chapters 9 - 13 are optional.

**Ceramics**  
Thursdays, Sept. 13 - Nov. 15, 7 - 9 pm  
$100 (10 weeks), Ceramics Room  
Instructor: Carol Collins, Activity #: 141203-A  
Once you have learned the basic techniques, you will be able to paint beautiful ceramic pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

**Pick-Up Basketball**  
Wednesdays, Sept. 5 - Dec. 19 (not 11/21)  
8 - 10 pm, $50 (15 weeks)  
Recreation Gym, Activity #: 181933-A  
Moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt.

**Volleyball**  
Mondays, Sept. 10 - Dec. 17 (not 10/8)  
8:15 - 10:15 pm, $47 (14 weeks)  
Recreation Gym, Activity #: 180703-A  
Enjoy the friendly competition of pick-up volleyball games. Please wear sneakers.

**Corn Hole League**  
Wednesdays, Sept. 12 - Oct. 17, 6:30 - 8 pm  
Rotary Field  
This is an adult only league. Each evening teams will have matches with 2 other teams, all matches are best two out of three. The regular season will end on 10/17, with playoffs taking place on 10/24. Free agents will be put on a team with another free agent. Choice of gift card prizes to winning team and runners up.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Fee</th>
<th>2-person Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>182503-A</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

**Introduction to Golf**  
$184 (5 lessons), Billerica Country Club  51 Baldwin Rd, Billerica  
Instructor: Barrie Bruce, PGA Golf Pro  
Our Intro to Golf program is designed for the new to the game golfer with little (or no) golf experience. Basic fundamentals of the game are taught in a relaxed, stress-free clinic setting. Program consists of five (5) one hour lessons, spaced one week apart. Equipment and practice balls will be provided as needed. All you need to bring is “a pair of sneakers and a good attitude”.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Time</th>
<th>Dates</th>
<th>Days</th>
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</thead>
<tbody>
<tr>
<td>180613-A</td>
<td>11:30 am - 12:30 pm</td>
<td>Sept. 8 - Oct. 6</td>
<td>Saturdays</td>
</tr>
<tr>
<td>180613-B</td>
<td>5:30 - 6:30 pm</td>
<td>Sept. 10 - Oct. 8</td>
<td>Mondays</td>
</tr>
</tbody>
</table>
**Next Step Golf Instruction**
5:30 - 6:30 pm, $184 (4 weeks)
Billerica Country Club  51 Baldwin Rd, Billerica
Instructor:  Barrie Bruce, PGA Golf Pro
This is the perfect ‘next step’ following Intro to Golf or Intro to Playing on the Golf Course, or for golfers with some course experience who need a skills refresher. The program consists of four lessons, spaced a week apart, each with a focus on a specific skill. Class size is limited to a 4:1 student to teacher ratio. Each skill is presented in depth with more individualized teaching.

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>Sept. 11 - Oct. 2</td>
<td>180614-A</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Sept. 13 - Oct. 4</td>
<td>180614-B</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
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<tr>
<td>Mon., Sept. 10 - Dec. 17 (not 10/8 &amp; 11/12)</td>
<td>2:30 - 3:30 pm</td>
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<tr>
<td></td>
<td>3:30 - 4:30 pm</td>
<td>Beginner</td>
</tr>
<tr>
<td>Wed., Sept. 5 - Dec. 19 (not 11/21)</td>
<td>2:30 - 4:30 pm</td>
<td>Experienced</td>
</tr>
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</table>

**Archery for Adults**
Fridays, Oct. 5 - 26, 5:15 - 6:15 pm, $93 (4 weeks)
Rotary Field, Instructor:  On the Mark Archery Staff, Activity #: 181503-A
Try out traditional recurve archery this fall and see for yourself why one of the world’s oldest sports is making a comeback! This course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and drills. Students are eligible for the tournament for all students this October. All equipment is provided.

**Women’s Self-Defense**
Ages 14+, Saturday, Oct. 13, 4 - 5 pm
$20, Steve Nugent’s Institute  207F Cambridge St.
Instructor: Steve Nugent & Staff Activity #: 153703-A
Learn simple yet effective ways to defend yourself. No need to be in shape, this class is designed to work for anyone. Wear comfortable clothes without zippers.
Monday Camp Core & More
Mondays, Oct. 1 - Dec. 17 (not 10/8 & 11/12), 8:30 - 9:30 am, $30 (10 weeks), Recreation Gym
Instructor: Judy Landers, Activity #: 110043-A
Commit to be fit; burn more calories hours after your workout is done. In this fantastic hour, you will explore and enrich the core of your heart, body and soul with interchangeable cardio, strength, and flexibility training techniques. Bring your enthusiasm and challenge yourself in a new personal fitness level.

Friday Morning Workout
Fridays, Oct. 5 - Dec. 21 (not 11/23), 8:30 - 9:30 am, $33 (11 weeks), Recreation Gym
Instructor: Trish Marfione, Activity #: 110043-B
This class is a great way to start your weekend, get your blood pumping and your oxygen flowing! Join us for a moderately paced cardiovascular workout. The choreographed combos include a little bit of dance, a little bit of athletics and a lot of fun. It will keep you moving to burn fat and calories. We'll finish up with core work and a delightful total body stretch.

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<tr>
<th>Day</th>
<th>Fee</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Mondays &amp; Fridays</td>
<td>$53 ($10 savings)</td>
<td>110043-C</td>
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</table>

Zumba
Recreation Gym
Spice up your exercise program with Zumba. 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. Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
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<tr>
<td>Tuesdays</td>
<td>Oct. 2 - Dec. 18</td>
<td>6 - 7 pm</td>
<td>Tisha Wilson</td>
<td>$41 (12 weeks)</td>
<td>116403-A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
<td></td>
<td></td>
<td>116403-B</td>
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<tr>
<td>Wednesdays</td>
<td>Oct. 3 - Dec. 19 (not 10/31 &amp; 11/21)</td>
<td>6 - 7 pm</td>
<td>Erica Dooley</td>
<td>$35 (10 weeks)</td>
<td>116403-F</td>
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<tr>
<td>Thursdays</td>
<td>Oct. 4 - Dec. 20 (not 11/22)</td>
<td>7 - 8 pm</td>
<td>Lauren Mattson</td>
<td></td>
<td>116403-C</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Oct. 6 - Dec. 22 (not 11/24)</td>
<td>7:55 - 8:55 am</td>
<td>Sarah Hamilton</td>
<td>$38 (11 weeks)</td>
<td>116403-D</td>
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<tr>
<td>Sundays</td>
<td>Oct. 7 - Dec. 23 (not 11/25)</td>
<td>8 - 9 am</td>
<td>Lauren Mattson</td>
<td></td>
<td>116403-E</td>
</tr>
</tbody>
</table>

Butts & Guts
5:30 - 6:30 am, Recreation Gym, Instructor: Julie Conley
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.

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<tbody>
<tr>
<td>Tues.</td>
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<td>$35 (12 weeks)</td>
<td>114303-A</td>
</tr>
<tr>
<td>Thurs.</td>
<td>Oct. 4 - Dec. 20 (not 11/22)</td>
<td>$33 (11 weeks)</td>
<td>114303-B</td>
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</tbody>
</table>
ADULT FITNESS

**Pilates Weight Loss Boost**
Tuesdays, Oct. 2 - Dec. 18, 7 - 8 pm, $53 (12 weeks), Function Room 1
Instructor: Barbara Hospod, Activity #: 111333-A
Pilates is a MAT work routine designed to increase overall body conditioning, endurance and control. Small handheld weights are incorporated to provide a unique flowing series of MAT work exercises. The addition of external resistance brings an even greater awareness of the periphery and balance while maintaining a mindfulness of the quality of movement. Please bring a mat and 2 - 4 lb hand weights.

**Muscle Madness Interval Training**
Mondays, Oct. 1 - Dec. 17 (not 10/8 & 11/12)
6 - 7 pm, $35 (10 weeks), Recreation Gym
Instructor: Delores Wesley, Activity #: 111503-A
This class is designed to improve your strength and endurance in the major muscle groups and, in doing so, burn calories. This 60-minute workout challenges all your major muscle groups by using exercises such as squats, presses, lifts and curls. Also, hi/lo cardio is a part of this workout. Great music, awesome instructor, and your choice of weight inspires you to get the results fast!

**Flex & Stretch**
Wednesdays, Oct. 3 - Dec. 19 (not 10/31 & 11/21)
5 - 6 pm, $35 (10 weeks), Recreation Gym
Instructor: Alison Gnerre, Activity #: 110173-A
This hour-long class incorporates the best of Pilates, body conditioning, and basic stretching. The first 30 minutes will be resistance training using free weights, bands, and tubes. In the second 30 minutes you will complete a full body stretch to increase flexibility and muscle elasticity. Please bring weights, mat, and water.

**Total Body Conditioning**
Wednesdays, Oct. 3 - Dec. 19 (not 10/31 & 11/21)
7 - 8 pm, $38 (10 weeks), Recreation Gym
Instructor: Joie Walsh, Activity #: 110803-A
A whole body workout for those looking to improve their strength and stamina. A dynamic and energy-filled cardio/muscle training workout. This routine will help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. Alternating traditional muscle conditioning with very easy-to-follow cardiovascular segments for a beginner to intermediate interval workout you are sure to enjoy! Fun & effective fitness for all levels.

**Kick It**
Tuesdays, Oct. 2 - Dec. 11, 6:45 - 7:45 am, $38 (11 weeks), Recreation Gym, Instructors: Taylor Hachey, Activity #: 118513-A
Kick It by Eliza is a 13 round fitness method that is music driven, sweat inducing and kickboxing inspired. This class is filled with high intensity intervals, dance combinations and kickboxing inspired movement patterns.

**Classical Mat Pilates**
Thursdays, Oct. 4 - Dec. 20 (not 11/22), 6:30 - 7:30 pm, $49 (11 weeks), Function Room 2
Instructor: Tonia Egan, Activity #: 119203-A
The six principles of pilates are concentration, control, center, flow, precision, & breathing. You will learn the exercises in the order they were meant to be done, and how to do them precisely. You will gain knowledge about the body, correct posture & control which should be used in your everyday life. Please bring a mat.

**Pound**
Recreation Gym, Instructor: Tisha Wilson (Thurs.) & Julie Conley (Mon. & Fri.)
Pound is a full-body, cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates, isometric movements, and plyometric poses. You can burn between 400 – 900 calories per class. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music.

<table>
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<tbody>
<tr>
<td>Mondays</td>
<td>Oct. 1 - Dec. 17 (not 10/8 &amp; 11/12)</td>
<td>7 - 7:45 pm</td>
<td>$35 (10 weeks)</td>
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<td>Thursdays</td>
<td>Oct. 4 - Dec. 20 (not 11/22)</td>
<td>5 - 5:45 pm</td>
<td>$38 (11 weeks)</td>
<td>119303-B</td>
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<tr>
<td>Fridays</td>
<td>Oct. 5 - Dec. 21 (not 11/23)</td>
<td>5:30 - 6:15 am</td>
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<td>119303-C</td>
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</tbody>
</table>
Yogalates (For Beginners & Beyond)

Function Room 2, Instructor: Joan Trubiano (Tues.) & Jen Stimpson (Wed.)

This class will offer a unique and intelligent blending of yoga and pilates. We will combine the core work of abdominal asanas (pilates) as we move through multiple, varied, and magnificent yoga flows. Combining yoga and pilates will strengthen, stretch and tone the entire body. Each class includes yogic breathing, relaxation and meditation techniques that quiet and calm the mind. You will leave each class with a feeling of peace and harmony. **Tuesday’s class is for beginners.**

<table>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>Oct. 2 - Dec. 18</td>
<td>9 - 10:30 am</td>
<td>$65 (12 weeks)</td>
<td>112213-A</td>
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<tr>
<td>Wednesdays</td>
<td>Oct. 3 - Dec. 19 (not 10/31 &amp; 11/21)</td>
<td>6:30 - 7:30 pm</td>
<td>$50 (10 weeks)</td>
<td>112213-B</td>
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**HIIT**

Thursdays, Oct. 4 - Dec. 20 (not 11/22), 6:15 - 7 pm
$38 (11 weeks), Recreation Gym
Instructor: Nichole Danehy, Activity #: 113313-A

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Modifications will be given for all levels.

**Full Body Workout**

Thursdays, Oct. 4 - Dec. 20 (not 11/22), 7 - 8 am
$33 (11 weeks), Recreation Gym, Instructor: Lynette Luschenat, Activity #: 116813-A

This is an all inclusive and dynamic class designed to improve your fitness level; including strength and flexibility. Utilizing ground based exercises you will train your abs, back, hips and glutes - covering the 28 muscles of the core and then some! Please bring a mat.

**Boot Camp**

Wednesdays, Oct. 3 - Dec. 19, 5:30 - 6:30 am
$53 (12 weeks), Recreation Gym, Instructor: Julie Conley, Activity #: 111133-A

Try this high-energy cardio class. We’ll do a combination of drills, foot work, jump rope, and running with a military flare. Hand weights may be used on occasion. In addition, you will need water, mat, and sneakers for indoor and outdoor use.

**Stability Ball**

Tuesdays, Oct. 2 - Dec. 18, Noon - 1:15 pm
$53 (12 weeks), Recreation Gym
Instructor: Kerri Powers, Activity #: 111903-A

Stability balls (also called exercise balls, balance balls, Swiss balls, or fitness balls) are more than just fun to sit and bounce on - they’re a great way to improve strength, cardio endurance and balance. By tackling basic moves (like push-ups, squats and planks) on an unstable surface, muscles get more bang for their buck. Stability balls are also great for getting back into shape after an injury because they can reduce muscle and spinal strain during certain movements. This class will give the full body workout you want. Please bring a yoga mat and stability ball.

**D & T Power Half-Hour**

Sundays, Oct. 7 - Dec. 23 (not 11/25)
9:10 - 9:40 am, $22 (11 weeks), Recreation Gym
Instructor: Lauren Mattson, Activity #: 132213-A

D & T Power Half-Hour features 30 minutes of power moves set to music. Easy-to-follow sets with the focus on full body power move to tone and burn calories in a short time. Small hand weights (about 2 - 5 lbs) are recommended but not required. Stay after the 8 am class as an added toning, or come for a quick power blast to start your Sunday off right.

**D & T**

Tuesdays, Oct. 2 - Dec 18, 5 - 6 pm
$41 (12 weeks), Recreation Gym
Instructor: Lauren Mattson, Activity #: 132203-A

Dance and Tone combines easy to follow aerobic and non-aerobic power moves with light weight work to help tone muscles, all set to a variety of music. Songs will alternate between aerobic and strength moves meant to target several muscle groups at once. Light hand weights (about 2 - 5 lbs) are optional. Move to the music, tone and have fun!

---

**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.
**Sculpt & Core**

Mondays, Oct. 1 - Dec. 17 (not 10/8 & 11/12)
5 - 6 pm, $35 (10 weeks), Recreation Gym

Instructor: Alison Gnerre, Activity #: 113203-A

Balance your cardio workouts with this one hour full body strength, balance, flexibility and core conditioning class. This class is designed to shape and tone the body without building muscle bulk. Use a variety of resistance equipment in combination with bodyweight exercises like squats, lunges, planks and push-ups to challenge the muscles. These traditional body sculpting exercises are easy to learn and put little impact on the joints. Please bring a mat and hand weights.

**Chair Yoga**

Tuesdays, Oct. 2 - Dec. 11, 10:45 - 11:45 am
$49 (11 weeks), Function Room 1

Instructor: Angela Wasson, Activity #: 111293-A

This yoga class is for those adults with limited mobility. Great for adults that have arthritis, Multiple Sclerosis, Parkinson’s and other challenges. Physical movements, breathing practices and stress reduction techniques are practiced while seated in a chair. All levels are welcome.

**Tai Chi**

Saturdays, Oct. 6 - Dec. 22 (not 11/24), $49 (11 weeks), Council on Aging Room 207

Instructor: James Regan

If you’re looking for something to reduce stress, consider Tai Chi! Drawing from Dr. Paul Lam’s Tai Chi programs, 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. Be sure to check with your doctor or medical professional before you begin Tai Chi.

**Fit Club**

Oct. - Dec., $111, Activity #: 118003-A

Fit Club offers participants an opportunity to pay one discounted fee and attend a number of classes in a variety of our fitness programs. The fitness classes that are included in Fit Club are as follows: Boot Camp, Butts & Guts, Camp Core & More, D & T, D & T Power Half Hour, Flex & Stretch, Friday Morning Workout, Full Body Workout, HIIT, Kick It, Muscle Madness, Sculpt & Core, Stability Ball and Total Body Conditioning. Fit Club members may only select one Pound class and two Zumba classes. When registering please fill out Fit Club form indicating what classes you will be attending.

**Advanced Beginner Yoga**

Wednesdays, Oct. 3 - Dec. 19 (not 10/31 & 11/21)
6:15 - 7:30 pm, $55 (10 weeks), Function Room 1

Instructor: Caroline Mallard, Activity #: 111283-A

This class is for those who have some experience with yoga and wish to pursue it further or those interested in a more challenging class. Students new to yoga are welcome and the class will be taught to accommodate multiple levels of ability. This is a traditional yoga class and will include; breathing practices, physical postures and movements as well as relaxation techniques.

**7 Ways to Crush Sugar Cravings**

Thursday, Nov. 15, 6:30 - 7:30 pm, $10
Council on Aging Room 215

Instructor: Stacy Rudman, Activity #: 114803-A

This one-hour course will teach you why you crave sugar, what happens to your body when you experience the “sugar high” and why this keeps you wanting sugar...and the extra weight that comes with it. You’ll leave with seven solutions so you can crush those cravings without giving up sweetness in your life, lose that stubborn bloat and have more energy to enjoy life!

**Health & Wellness**

Tuesday, Nov. 6, 6 - 7:30 pm, $15
Council on Aging Room 215, Instructor: Joya Pezzuto, RN, Activity #: 152203-A

Knowledge yourself up with this self-management program designed to help you prevent or manage high blood pressure. Learn about heart healthy eating, exercise and stress management to keep your blood pressure on track.

**All Stressed Out**

Tuesday & Thursday, Oct. 16 & 18, 6 - 7:30 pm
$30, Council on Aging Room 215

Instructor: Joya Pezzuto, RN, Activity #: 152223-A

At some point in our lives, we’ve all dealt with stress, but having a constant feeling of being “stressed out” can affect our health and wellness. This two-session program will cover how stress affects your body; techniques for relaxation and simple tips to managing everyday stress.
Beginner Hatha Yoga
Function Room 1, Instructor: Karen Pickette

This class is for beginners to learn proper alignment and breathing in basic postures. It will encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner. You will work on twisting postures, standing positions and restorative postures. During this series you will link breath and movement while understanding the importance of sequencing. Please wear comfortable, loose fitting clothes and a mat.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>2</td>
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<td>1</td>
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<td>6 - 7 pm</td>
<td>$55 (12 weeks)</td>
<td>111213-B</td>
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Gentle Yoga
$55 (10 weeks), Instructor: Angela Wasson

Gentle Yoga is a Pathways Yoga Systems Wellness class that focuses on moderate stretching and muscle strengthening. Learn to reduce stress and relax through movements and postures that will release tension from the mind as well as the body. All classes are slow paced with variations given for different levels of challenge and leave you feeling relaxed and refreshed.

<table>
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<tbody>
<tr>
<td>Mondays</td>
<td>Oct. 1 - Dec. 17 (not 10/8 &amp; 11/12)</td>
<td>10:30 - 11:45 am</td>
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<tr>
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<td>5 - 6:15 pm</td>
<td>Function Room 2</td>
<td>111223-B</td>
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Hatha Yoga (For Beginners & Beyond)
$60 (11 weeks), Instructor: Joan Trubiano (Thursdays 4:30 pm: Core Hatha Power Class)

This class will incorporate four basic yoga principles: centering and relaxation to calm the mind; yoga postures to stretch, strengthen and tone the body; breathing techniques to increase lung capacity, strengthen internal organs and deepen one’s ability to relax; and meditation practice as a means to reduce stress and achieve spiritual self-enlightenment. Please bring a mat and wear loose, comfortable clothing.

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<tbody>
<tr>
<td>Thursdays</td>
<td>Oct. 4 - Dec. 20 (not 11/22)</td>
<td>9 - 10:30 am</td>
<td>Function Rooms 1 &amp; 2</td>
<td>111203-A</td>
</tr>
<tr>
<td></td>
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<td>4:30 - 5:45 pm</td>
<td>Function Room 1</td>
<td>111203-B</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Oct. 6 - Dec. 22 (not 11/24)</td>
<td>9:05 - 10:35 am</td>
<td>Recreation Gym</td>
<td>111203-C</td>
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</tbody>
</table>

Gentle, Relaxing & Restorative Yoga
Function Room 1, Instructor: Karen Pickette

This is a class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas 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.

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<td>Tuesdays</td>
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<td>4:45 - 5:45 pm</td>
<td>$59 (12 weeks)</td>
<td>119903-B</td>
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</table>

Glow & Flow Yoga/Kundalini Yoga (For Beginners & Beyond)
Thursdays, Oct. 4 - Dec. 20 (not 11/22), 6 - 7:15 pm, $60 (11 weeks), Function Room 1
Instructor: Joan Trubiano, Activity #: 111263-A

Through the practice of Kundalini yoga, one can unlock and tap into the body’s energy, raising it from the base of the spine to the top of the skull. In this type of yoga, the experience is most important, not the form. You don’t have to be able to twist yourself like a pretzel or be in great shape. Come unlock the creative potential within as you raise your energy with this life changing practice. Please bring a yoga mat, towel or small blanket, and water.
Active Adults & Seniors

Club 55+

The Parks & Recreation Department Club 55+ Program Committee has announced the following program schedule for active senior citizens. Most programs are ongoing; others start in September. Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call the Parks & Recreation Department to register and become a Club 55+ member. For more information, call 781-270-1695.

### Senior Citizen’s Ceramics

**Thursdays, Sept. 13 - Nov. 15, 9:30 - 11:30 am**

$80 (10 weeks), Ceramics Room, Instructor: Carol Collins, Activity #: 141207-A

In this class, you will paint beautiful ceramic pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

### B.E.S.T.

**Fridays, Oct. 5 - Dec. 21 (not 11/23)**

9:45 - 10:45 am, $33 (11 weeks), Recreation Gym

Instructor: Trish Marfione, Activity #: 111807-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 and have fun while strength training, balancing, moving and stretching. Bring a mat, sneakers, comfortable clothing and hand weights. Other fun equipment will be provided.

### Yoga Gold

**Age 50 +, Noon - 1 pm, Function Rooms 1 & 2**

Instructor: Karen Pickette

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

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<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>Sept. 19 - Dec. 19</td>
<td>$47 (14 weeks)</td>
<td>119803-A</td>
</tr>
<tr>
<td>Thurs</td>
<td>Sept. 20 - Dec. 20 (not 11/22)</td>
<td>$44 (13 weeks)</td>
<td>119803-B</td>
</tr>
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</table>

**Club 55+ Pickleball**

**Saturdays, Sept. 8 - Oct. 27, 4 - 6 pm**

Recreation Gym

This fun sport combines many elements of tennis, badminton and ping-pong. The sport is played on a badminton-sized court with a smaller modified tennis net. Players use a carbon fiber paddle and a plastic ball with holes. Club 55 invites you to give it a try! There’s no cost for Club members and no cost to join the Club!
Zumba Gold

Age 50+, Instructor: Mary Ellen Reardon (Tues. & Sat.) & Paula Rayworth (Wed.)
Zumba Gold was designed for the active older adult and/or the true beginner. Zumba Gold is done at a lower impact. The same styles of music and dance are used and it is just as fun as the regular Zumba classes. Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. Wear comfortable clothing and bring water. Enjoy the Latin and other international rhythms. Dance yourself into fitness with Zumba Gold!

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<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Oct. 2 - Dec. 18</td>
<td>10:50 - 11:50 am</td>
<td>$26 (12 weeks)</td>
<td>Recreation Gym</td>
<td>116407-A</td>
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<tr>
<td>Tuesdays</td>
<td></td>
<td>Noon - 1 pm</td>
<td></td>
<td>Murray Kelly Wing</td>
<td>116407-B</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Oct. 3 - Dec. 19</td>
<td>8:30 - 9:30 am</td>
<td>$26 (12 weeks)</td>
<td>Recreation Gym</td>
<td>116407-C</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Oct. 6 - Dec. 22</td>
<td>10 - 11 am</td>
<td>$24 (11 weeks)</td>
<td>Murray Kelly Wing</td>
<td>116407-D</td>
</tr>
<tr>
<td></td>
<td>(not 11/24)</td>
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**Personal Photography & Videotaping Policy**
Personal photography and videotaping, defined as media of self, friends, and/or family obtained informally, is prohibited at Burlington Parks and Recreation Department (BPRD) programs and activities. Personal photography used for commercial purposes is also prohibited at BPRD programs and activities. Taking photos or video of individuals without their consent is prohibited and is cause for immediate removal from BPRD facilities, suspension from BPRD programs and possible legal ramifications.

The BPRD reserves the right to photograph and film program participants for publicity purposes. Images or videos may be used for program flyers, newsprint, town website or social media. The participant or the participant’s family will not receive any compensation for any use of the photographs, videos or images which may be taken by the Department. If for any reason you do not want photographs or videos to be taken of yourself or your child, notify the Director of Parks and Recreation or Program Coordinator. However, participants, parents and guests are asked not to photograph or film program participants without their knowledge and consent. If you are taking pictures or videos of your family member to post on social media, websites or other public postings online, avoid capturing identifiable images of other participants. Do not post photos of other people online without their consent.

**Anaphylaxis / EpiPen (Auto-Injector) Policy**
The Burlington Parks and Recreation (BPRD) staff seeks to provide a safe environment for staff and participants who are at risk of severe allergic reactions. The BPRD staff is trained in the signs and symptoms of anaphylaxis and the administration of EpiPens. The staff will ensure that anyone suffering a severe allergic reaction will be treated appropriately and enabled to access emergency services promptly.

Parent or legal guardian is required to fill out an Authorization to Administer Medication form for each participant requiring an EpiPen. Additionally an Action Plan must be completed by the participant’s physician. The original will be kept in the office and a copy will be given to the supervisor of the program the participant is attending. EpiPen must be in a clearly marked bag with participants name on it and the medication should be in its original container with the pharmacy label, which shows the date of filling, pharmacy name and address, the filling pharmacist’s initials, the serial number of the prescription, the name of the patient, name of prescribing practitioner, name of prescribed medication, directions for use and cautionary statements, if any, contained in such a prescription or required by law. The EpiPen should be stored in a cooled lunch bag / container and given to the program director upon arrival at the program. The EpiPen will be kept in a designated area on site.

- The Parks and Recreation Department will not administer epinephrine unless and until a fully completed Authorization Form and Action Plan is provided, regardless of whether or not an EpiPen is provided in advance by or on behalf of the parent/guardian.
- The program director is responsible for making sure all staff are aware of the location of EpiPen.
- The designated EpiPen location should be kept out of reach of program participants.
**Burlington Municipal Truck Day**  
**All Ages, Sunday, Sept. 16, 10 am - 3 pm, Town Common**  
“Kids” of all ages (infants to grandparents) are invited to enjoy a free, fun-filled day at Burlington’s Twentieth Annual Municipal Truck Day. Come hear the sirens and horns and get a close-up view of a variety of vehicles.

**Fitness Festival**  
**All Ages, Saturday, Sept. 22, 8 am - 2 pm, Town Common**  
Pack into the Town Common for four quadrants of fitness workouts and gym displays. Events like Boot Camp, Yoga, Pound, Pilates, Zumba Gold, Zumba, Kidsjam and much more will all take place along the Town Common. All fitness levels welcome. The festival is all about promoting health, fitness, family, and community involvement.

**Trucktober**  
**All Ages, Saturday, Oct. 20, 11 am - 2 pm, Town Common**  
Join us for our second annual fall food truck event! This will be an afternoon filled with music and food for all taste buds. As part of the event we will also be holding a cornhole tournament for ages 16+. You do not need to pre-register to attend the event, but if you wish to take part in the cornhole tournament please pre-register with Activity #: 100597-A. Please register only one person per pair.

**Halloween Spooktacular**  
**All Ages, Saturday, Oct. 27, 4:30 - 7 pm, Simonds Park**  
Ghosts and goblins will fill the air; witches may fly by so beware! With Halloween just days away, who knows what evil spirits are headed our way. Join us at Simonds Park and don’t let the fun that is Halloween pass you by! Throw on your costume and come on down, there’s no better place for tricks or treats, than right here in town! It’s almost SCARY the amount of fun we’ll be having!

**Big Tom Turkey Hunt**  
**Saturday, Nov. 17, 1 pm, Recreation Center, Activity #: 100547-A**  
The Parks & Recreation Department will hide five paper turkeys and one “LIVE” turkey somewhere in Burlington and you will have to follow the clues to catch these cagey birds! Participants will meet at the Recreation Center at 1:00 pm where a packet of clues will be handed out. Then it is up to you to pick which of the “Toms” you want to look for. If you are lucky enough to bag one of our feathered friends, you will be awarded a gift certificate to a local grocery store for the holiday. After finding a turkey, you must return to the Parks & Recreation Center to receive your certificate. Please pre-register by November 13 so we know how many people will be participating.

**5K Turkey Trot Sponsored by TD Bank**  
**Saturday, Nov. 17, $15 per person, 8 am check-in, Burlington High School, Activity #: 00981**  
Mark your calendars for our 5K Turkey Trot! The race will leave from the High School and follow the same route as the Burlington Education Foundation. Awards will be given to the following: Top Two Overall Finishers (M,F); Top Two Burlington Resident Finishers (M,F); Top Finishers in each age category. T-shirts will be provided for each participant registered no later than November 1st. T-shirts will be given to other participants while supplies last.

**Breakfast with Santa**  
**Sunday, Dec. 2, $15 per person (all ages), 9 - 11 am, Hilton Garden Inn**  
Join us as we celebrate this wonderful time of year with an exciting Breakfast with Santa Claus. Breakfast will consist of scrambled eggs, bacon, sausage, breakfast potatoes, french toast sticks, assorted muffins, pastries, bagels, fresh fruit, assorted juices, coffee & tea. *Tickets go on sale October 30 and can be purchased at the Parks & Recreation Department. For more information, please call the Parks & Recreation Department at 270-1695.*
Trips & Tours Policies

All trips & tours listed below are offered in cooperation with Celebration Tours II. Below you will find some general terms and conditions. For a full list of terms and conditions, see the back of each flyer.

Cancellations
The Parks & Recreation Department cannot guarantee bus transportation in the event of stormy weather or other causes beyond our control. If transportation is not provided, the Parks & Recreation Department will refund the amount you were charged for the bus. However, the Parks & Recreation Department cannot give refunds for ticket admission fees if the performance is held.

Payment Policy & Deposits
One day motorcoach tours - full payment due at the time of reservation. Two to six day motorcoach tours - $100 deposit per person due at the time of reservation. Full payment due 30 days prior to the departure date.

Departures & Arrivals
Listed departure and arrival times are approximate. A detailed, exact itinerary will be sent out to you one week prior to trip’s departure with pick-up/drop-off times and bus location. Upon completion of each tour, all passengers will be dropped off at the same location of their departure. Subsequent drop-offs will be made in reverse order of departure locations listed for each tour.

Health & Mobility Restrictions
All tours may involve considerable walking in variable weather, climbing stairs and getting on and off transportation vehicles. By making a deposit, the participant certifies that he or she does not have any mental, physical or other condition or disability that would create a hazard for themselves or for others. Persons with any such disability or condition must be self-sufficient or must travel with a companion who will provide all needed assistance and assume total responsibility for their well-being and participation in the events of the tour.

Trips & Tours

August 18
Cabbage Island Clambake
$143 per person
Activity #: 00966

August 25
Tanglewood
$209 per person
Activity #: 00967

September 16 - 19
Quebec City & Montreal
$793 per person (double occupancy)
Waiver fee (optional): $59 per person
Activity #: 00971

September 16
Greenvale Vineyards
$105 per person
Activity #: 00970

September 22
Adventure to the Big E!
$74 per person
Activity #: 00972

October 6
Essex Steam Train & Conn. River Cruise
$112 per person
Activity #: 00973

October 14
Red Apple Picking
$99 per person
Activity #: 00974

October 22 - 24
Pennsylvania Dutch Getaway
$513 per person (double occupancy)
Waiver fee (optional): $59 per person
Activity #: 00975
TRIPS & TOURS

October 27
When Pigs Fly Bakery
$82 per person
Activity #: 00976

October 28 - 30
NE Patriots vs. Bills
$387 per person (double occupancy)
Waiver fee (optional): $59 per person
Activity #: 00982

November 13
Veteran’s Day Salute to America
$106 per person
Activity #: 00977

November 24
Boston Public Market
$51 per person
Activity #: 00978

December 1 - 2
New York City Holiday Getaway
$377 per person (double occupancy)
Waiver fee (optional): $35 per person
Activity #: 00979

December 8
Holiday Shopping in NYC
$89 per person
Activity #: 00980

BURLINGTON DOG PARK

The Burlington Parks and Recreation Department is pleased to announce the opening of the Burlington Dog Park. The park opened on Saturday, June 16 and has been a destination for area dog owners since. The park features both passive and active play areas that have stone dust pathways, pea stone play areas and water fountains. The active dog area also features a section of K9 turf (synthetic grass) for the dogs to play on. We encourage you to stop by with your dog and enjoy Burlington Parks and Recreation Department’s newest park.

The Burlington Parks and Recreation Department in coordination with the Friends of the Burlington Dog Park will be hosting the third annual Burlington Goes to the Dogs Day on Sunday, October 14 from 11 am - 3 pm at the Dog Park. The day will feature family-friendly and dog related events including; contests, exhibition(s), face painting, raffle baskets, food and much more. Proceeds from the event will go towards the maintenance and upkeep of the park.

OPEN SPACE & RECREATION PLAN

The Town of Burlington is updating its Open Space and Recreation Plan. The Plan inventories current open space and recreation resources, talks about community needs and outlines an action plan for the next seven years to meet those needs. Updating its plan means the Town remains eligible for state funding, which can be used for land acquisition and protection.

The Town will be releasing a survey on August 20th for residents to provide feedback on open space, environmental and conservation issues in Burlington. There will also be a public meeting in September to gather more information for the Open Space and Recreation Plan. We hope you participate in these important events as we update the Plan for the Town.
**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 2018 - 2019 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**
Financial assistance is available! Please contact the office for more information.

**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), 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.

**Facility Rental**
Burlington’s Recreation Center at the Center for Human Services is available to rent on a space-available basis. Facilities at the center include meeting rooms, function rooms, and a gymnasium. Unfortunately, the center is not available for private functions. For further information, please contact the office.

**Serving People with Disabilities**
We are committed to providing recreational opportunities for residents of all ages and abilities. If you or a family member needs accommodations to participate in the Town’s recreation activities, please contact our Therapeutic Recreation Specialist, Laurel Rossiter, CTRS at 781-270-1937.

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**Discount Tickets**

**Topsfield Fair**
Admission: $9.50

**Movie Theater**
AMC Theatre Movie Tickets: $10.50*  
Showcase Cinema Tickets: $9.00

*AMC tickets have additional restrictions and surcharges, please call the theater prior to purchasing your tickets. The Burlington Parks & Recreation Department office staff do not have information on specific movies and restrictions.