Registration Begins: November 26th!
Programs for Everyone!
Table of Contents
3 .................. Pre-School Discovery Programs
4 & 5 ........ Pre-K Sports & Creative Learning
6 .................. Pre-School & K Gymnastics
7 ................. Pre-School & Youth Swim Lessons
8 .................. Youth Music & Art
9 .................... Youth Cooking & Crafts
10 .................. Youth Basketball
11 .................... Youth Fitness
12-14 ............... Youth
15 ........................ Ski & Snowboard
16 .................... Something for Everyone
17 ..................... Adult Sports
18-21 ............... Adult Fitness
22 & 23 ............... Adult Yoga
24 ........................ Adult Hands-On
25 ..................... Adult Dance
26 ........................ Seniors
27 ........................ Special Needs
28 ........................ Community Presentations
29 ..................... Special Events
30 & 31 .................... Special Events

Registration Guidelines
1. Online registration is available at www.burlingtonrecreation.org. Registration is also available by mail or in person. We do not accept phone registrations. Also, no walk-in registrations will be accepted prior to registration start date. Registration forms are also available at the library, town hall or senior center.
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 about 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.
5. All registrations are processed at the Recreation Department office. Please do not attempt to register at program sites.
6. Trip and tour reservations are limited to four per registration, unless otherwise indicated.
7. Non-residents may register for programs beginning three weeks after registration begins. $10 fee applies.

Waiting List
If your desired class is filled, you will be notified and placed on a waiting list. The Department 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. You may pay by check or money order (payable to Town of Burlington), MasterCard, or Visa.
6. Send registration form, payment, and birth certificates (if required) to: Burlington Recreation Department, Registration, Town Hall, Burlington, MA 01803
PRE-SCHOOL DISCOVERY PROGRAMS

Discovery Preschool
Ages 3 - 5 (toilet trained), 9 am-12 pm
Visco Building at Simond’s 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>Activity #</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, Jan. 7 - March 18</td>
<td>Jan. 21 or Feb. 18</td>
<td>253400-A</td>
<td>$166 (9 weeks)</td>
</tr>
<tr>
<td>Wednesdays, Jan. 9 - March 20</td>
<td>Feb. 20</td>
<td>253400-B</td>
<td>$184 (10 weeks)</td>
</tr>
</tbody>
</table>

*Participants may register for Discovery Kinder-Skills and Preschool Bookworms*

Preschool Bookworms
Ages 3-5, 9 am-12 pm
Visco Building at Simond’s 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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>No Program</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays, Jan. 10 - March 21</td>
<td>Feb. 21</td>
<td>$184 (10 weeks)</td>
<td>251600-A</td>
</tr>
<tr>
<td>Fridays, Jan. 11 - March 22</td>
<td>Feb. 22</td>
<td>$184 (10 weeks)</td>
<td>251600-B</td>
</tr>
</tbody>
</table>

*Participants may register for Discovery Preschool and Discovery Kinder-Skills*

Discovery Kinder-Skills
Ages 4 - 5, Tuesdays, Jan. 8-March 19 (not Feb. 19), 9 am-12 pm, $184 (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 2013. 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. Child must be 4 yrs old by Aug. 31.

*Participants may register for Discovery Preschool and Preschool Bookworms*
**Itty Bitty Basketball**
Ages 3-5, Mondays, Jan. 7-Feb. 4 (not Jan. 21), 9:15am-10:00am, $45 (4 weeks)
Recreation Center Gym, Instructor: Ken Pondelli, Activity #: 271700-A
Your pre-schooler will learn the basic skills of basketball in a fun learning environment focusing on your child’s development. Each participant will receive a mini-basketball.

**Little Dragons**
Ages 3 - 4, Saturdays, Dec. 22-March 16, $146 (13 weeks)
Steve Nugent’s Institute / 207F Cambridge St., Instructor: 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, and coordination. Classes also cover health, nutrition, fire safety and stranger awareness.

**Playing Pals**
Ages 15 months – 4 years, Tuesdays, Jan. 8-March 19 (not Feb. 19), $34 (10 weeks)
Recreation Gym, Instructor: Jolene Fogarty
Child will “pal” up with their parent to participate in a variety of activities, including movement, stretching, songs, and games. Small and large gross motor skills will be incorporated. There will be time for exploration of various equipment. All participants must wear sneakers.

**First Steps in Music**
Ages: 3 months-3 years, Wed, $34 (6 weeks), Function Rm. 2, Instructor: Lisa Cline
Come sing and play with us! You and your child will be introduced to the wonders of music through songs, free play with percussion instruments, musical theatre games, rhymes and movement activities. Parents are encouraged to play with their babies and interact with other families. This class is a great investment in your child’s musical future.

**Mini Music Makers**
Ages 2 - 4 yrs, $56 (8 weeks), Function Room 1, Instructor: Andrew Gentzow
Your child will explore a variety of musical topics through songs, movement and instrument playing. The focus of the class will be on motor skills and cognitive development, socialization and sharing the joys of music.
PRE-SCHOOL & K: CREATIVE EXPRESSION

**Mommy & Me**  
Ages 2 & 3 (with parent), Wednesdays, $36 (6 weeks)  
Function Room 1, Instructor: Marie Grinnell  
Calling all mommies and toddlers! Join other mommies and toddlers for a morning full of stories, arts and crafts, creative movement, songs and other special activities. Hope to see you there!

<table>
<thead>
<tr>
<th>Jan. 9 - Feb. 13</th>
<th>Feb. 27 - April 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Activity #</td>
</tr>
<tr>
<td>9:15 - 10am</td>
<td>244500-A</td>
</tr>
<tr>
<td>10:15 - 11am</td>
<td>244500-B</td>
</tr>
</tbody>
</table>

**Preschool Lunch Bunch**  
Ages 3 - 5, 12:15pm - 1:30pm, Visco Building, Instructor: Marie Grinnell  
Come join us for lunch, socialization, free play, storytelling, and creative activities. Make new friends while we enjoy a picnic outside, followed by a nature walk and/or fun at Simonds Park playground. Children should bring a lunch (nut free) and drink. Children should be dropped off and picked up at the back entrance of the Visco Building. If your child is already participating in Discovery Preschool, Kinder-Skills or Bookworms they will remain at the Visco Building.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 7 - March 18 (not Jan. 21 or Feb. 18)</td>
<td>$38 (9 weeks)</td>
<td>250001-A</td>
</tr>
<tr>
<td>Jan. 8 - March 19 (not Feb. 19)</td>
<td>$42 (10 weeks)</td>
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<tr>
<td>Jan. 9 - March 20 (not Feb. 20)</td>
<td>$42 (10 weeks)</td>
<td>250001-C</td>
</tr>
<tr>
<td>Jan. 10 - March 21 (not Feb. 21)</td>
<td>$42 (10 weeks)</td>
<td>250001-D</td>
</tr>
<tr>
<td>Jan. 11 - March 22 (not Feb. 22)</td>
<td>$42 (10 weeks)</td>
<td>250001-E</td>
</tr>
</tbody>
</table>

**Dance, Dance, Dance**  
Fridays, Jan. 11-March 22 (not Feb. 22), $64 (10 weeks)  
Function Rm. 2, Instructor: Lisa Sanchez  
Professional dance instruction for beginner and experienced students. Students need to wear a black leotard with pink tights, ballet shoes and tap shoes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</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>230000-A</td>
</tr>
<tr>
<td>Pre-Ballet &amp; Tap</td>
<td>3 - 4</td>
<td>10-10:45 am</td>
<td>230501-A</td>
</tr>
<tr>
<td>Pre-Ballet &amp; Tap</td>
<td>3 - 4</td>
<td>11-11:45 am</td>
<td>230501-B</td>
</tr>
<tr>
<td>Ballet &amp; Tap</td>
<td>4 - 5</td>
<td>12:30-1:15 pm</td>
<td>230511-A</td>
</tr>
</tbody>
</table>

**Sign & Play**  
Ages 3 - 24 months w/adult, Fridays, January 11 - February 15, 9 - 9:45 am, $39 (6 weeks)  
Function Room 1, Instructor: Julie Phanse, Blue Skies Signing, Activity #256800-A  
Based on the award winning Signing Time series, this class will teach American Sign Language vocabulary through fun and engaging songs, stories and activities. Each week you and your child will be introduced to useful signs covering topics such as eat and drink, family, pets, bedtime, colors and more! Participants will receive a resource guide full of signing tips, additional resources and lyrics for songs. Come sign with us!
PRE-SCHOOL & K GYMNASICS

Baby Gym
Calling all babies! Babies participate in equipment based exercises, including sliding into the parachute, ball rolling action and lots of bubbles. Gymnastics equipment and props will be used to create an enjoyable atmosphere for your baby. Moms get the chance to meet new friends to share and discuss parental issues and experiences. No shoes please.

Toddler Tumblers
Beginner walkers and those getting ready for some faster running steps should join our Toddler Gymnastic Program. Focus is placed on balance, working muscles, dancing and playing with parachutes and props. No shoes please.

Gym 2’s and 3’s
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.

Gym 3’s and 4’s
This class is great for the imagination! This class focuses on creative play while teaching new skills using gymnastics training equipment.

Gym 4’s and 5’s
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 Gymnastics
Kindergarteners will learn beginner skills in a fun way! Somersaults, cart-wheels, and back handsprings will be taught.

<table>
<thead>
<tr>
<th>Class (in Rec Gym)</th>
<th>Ages</th>
<th>Time (Thursdays)</th>
<th>Jan. 10-March 21 (not Feb. 21) Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Gym</td>
<td>3 - 12 months</td>
<td>2:45-3:25 pm</td>
<td>270260-A</td>
</tr>
<tr>
<td>Toddler Tumblers</td>
<td>1 &amp; 2 (walking)</td>
<td>9-9:40 am</td>
<td>270260-B</td>
</tr>
<tr>
<td>Toddler Tumblers</td>
<td>1 &amp; 2 (walking)</td>
<td>11:15-11:55 am</td>
<td>270260-C</td>
</tr>
<tr>
<td>Gym 2’s &amp; 3’s</td>
<td>2 &amp; 3 (with parent)</td>
<td>9:45-10:25 am</td>
<td>270260-D</td>
</tr>
<tr>
<td>Gym 3’s &amp; 4’s</td>
<td>3 &amp; 4</td>
<td>10:30-11:10 am</td>
<td>270260-E</td>
</tr>
<tr>
<td>Gym 4’s &amp; 5’s</td>
<td>4 &amp; 5</td>
<td>1-1:40 pm</td>
<td>270260-F</td>
</tr>
<tr>
<td>Kindergarten</td>
<td>5 &amp; 6</td>
<td>2-2:45 pm</td>
<td>270260-G</td>
</tr>
</tbody>
</table>

Fun Gymnastics
Grades 1 - 4, Thursdays, Jan. 10-March 21 (not Feb. 21), 3:30 - 4:15pm, $124 (10 weeks) Activity #270260-G
Do you want to learn a cartwheel or perhaps 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. Come join our gymnastics class and learn some new things. Dress in comfortable clothes. No jeans please.
PRE-SCHOOL & YOUTH SWIM LESSONS

Swim Lessons
Ages 3 and up (potty trained), Saturdays, Jan. 5-March 16 (not Feb. 16)
Shawsheen Technical School, 100 Cook St., Billerica

Peek week the second and last class only.

Please indicate which level you are registering your child for.

Level 1: Child is uncomfortable in the water, cannot place face in the water. This level is designed to work with children to help them feel comfortable in the water.

Level 2: Child is 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. This level is to work on endurance and technique and new swimming styles.

Level 5: Child knows strokes, can swim 100 yards without stopping. This level is to work on endurance and technique.

Level 6: Child can swim 500 yards without stopping. Child is ready for swim team, would like to work on flip turns, racing starts, speed swimming, lifeguard readiness.

<table>
<thead>
<tr>
<th>Time</th>
<th>Fee Level 1-4</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1:30 pm</td>
<td></td>
<td>270400-A</td>
</tr>
<tr>
<td>1:30-2 pm</td>
<td>$68 (10 Weeks)</td>
<td>270400-B</td>
</tr>
<tr>
<td>2-2:30 pm</td>
<td></td>
<td>270400-C</td>
</tr>
<tr>
<td>2:30-3 pm</td>
<td></td>
<td>270400-D</td>
</tr>
<tr>
<td>3-3:30 pm</td>
<td></td>
<td>270400-E</td>
</tr>
<tr>
<td>3:30-4 pm</td>
<td></td>
<td>270400-F</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Fee Level 5 &amp; 6</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 pm</td>
<td>$113 (10 Weeks)</td>
<td>270410-A</td>
</tr>
<tr>
<td>2-3 pm</td>
<td></td>
<td>270410-B</td>
</tr>
<tr>
<td>3-4 pm</td>
<td></td>
<td>270410-C</td>
</tr>
</tbody>
</table>
**YOUTH MUSIC & ART**

**Youth Ceramics**  
Grade 3 and up, Mondays, Jan. 7-March 25 (not Jan. 21 & Feb. 18), 3 - 5 pm, $95 (10 weeks)  
Ceramics Room, Instructor: Carol Collins, Activity #: 241201-A  
This program for beginner and experienced students teaches basic techniques, allowing participants to produce beautifully finished ceramic pieces. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

**Watercolors Kids I**  
Ages 7 - 11, Mondays, Jan. 7 - March 11 (not Jan. 21 or Feb. 18), 3:45 - 5:15 pm, $84 (8 weeks)  
Function Room 2, Instructor: Stacy Johnston, Activity #: 240801-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, creating texture, and project completion and presentation. Students will have a chance to display their work during the last class of the session in a fun “Open House” format. Eight Sessions. Please wear an art smock or old clothes. A $27 materials fee is due the first class.

**Art and Literature for Young Artists**  
Ages 5-7, Saturdays, Jan. 12 - March 23 (not Jan. 19, Feb. 16), 9-10:30 am, $120 (9 weeks, materials included), Function Room 1, Instructor: Catherine Hayes, Activity #: 243701-A  
If your child loves books and art, then this is the class for them! Each week in Art and Literature for the Young Artist, children will explore the literature of well known authors and illustrators such as Eric Carle and Maurice Sendak. They will be introduced to elements of art and design and create 2-D and 3-D works of art using different mediums such as clay, watercolor paints, acrylic and/or tempera paints, and a variety of sculpture materials. To show off their wonderful creations to family and friends, week nine will be art show day!

**Mini-Multi-Media-Mania**  
Ages 3-4, Saturdays, Jan. 12 - March 23 (not Jan. 19, Feb. 16), 11 am-12 pm, $100 (9 weeks, materials included), Function Room 1, Instructor: Catherine Hayes, Activity #: 243800-A  
Does your child love art or just want to find out how much fun art can be? In this class, your child will be introduced to a variety of art mediums such as tempera paint, watercolor paint, and clay to create 2-D and 3-D mini masterpieces with their mini hands. Your child will also be introduced to elements of art and design that will leave them creating works of art for years to come. Week nine will be art show day for students to show off their mini masterpieces to friends and family.
**YOUTH COOKING & CRAFTS**

**Bake 'Em And Take 'Em**
Grades 1-8, $20 per date, Function Rm. 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>GRADE 1-5 Activity #</th>
<th>GRADE 6-8 Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 9</td>
<td>Valentine Sweets</td>
<td>251401-A</td>
<td>251401-B</td>
</tr>
<tr>
<td>March 16</td>
<td>St. Paddy’s Treats</td>
<td>251401-C</td>
<td>251401-D</td>
</tr>
<tr>
<td>March 30</td>
<td>Easter Treats</td>
<td>251401-E</td>
<td>251401-F</td>
</tr>
</tbody>
</table>

**The Cupcake Connection**
Grades 4-6, Wednesdays, 3:30 - 5:30 pm, $129 (5 weeks), Function Room 2, Instructor: Becky Icken

Participants will get an opportunity to compete in creating the winning cupcake and take home the title of “The Cupcake Champ”. This 5-week class will include; planning and designing, chocolate work to enhance the cupcake, baking and frosting techniques, and fast-action assembling. This all leads to the last week in which the students will use their skills to compete in the cup cake championship. On the last class, parents and family members will be invited to witness the judging and help award the Cup Cake Champion.* Please note: Students will only take cupcakes home on the last day.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 16 - Feb. 13</td>
<td>255501-A</td>
</tr>
<tr>
<td>Feb. 27 - March 27</td>
<td>255501-B</td>
</tr>
</tbody>
</table>

**Knitting & Friendship Bracelets Club**
Grades 2 - 7, Thursdays, Jan. 10 - March 21 (not Feb. 21), 4:30 - 5:30 pm, $124 (10 weeks) Rec. Conference Room, Instructor: Dotty Martin, Activity #: 253601-A
If you enjoy being in a group that loves good conversation, good music, popcorn and great knitting and making friendship bracelets then this is the club to be in. Don’t worry if you haven’t ever tried knitting or made a friendship bracelet before because you will learn quickly. If you are an experience knitter then you will learn new things and pick up new pattern ideas. We will knit bunnies, scarves, pillows, toys and much more. The projects are endless. Knitting is recognized for improving kids’ concentration, dexterity and math skills, while building their confidence and healthy self-esteem. It’s a place for children to explore and express their creativity while learning a hip and useful skill. Any level welcome.
YOUTH BASKETBALL

Lil Hoopsters
Grades 1 & 2, Saturdays, Jan. 5-Feb. 9, $35 (6 weeks)
Francis Wyman Gym, Instructor: Ken Pondelli

This program is designed to introduce participants to the game of basketball. The focus of this program will be on the very basics and fundamentals of the game.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 8-8:45am</td>
<td>271702-A</td>
</tr>
<tr>
<td>Session 2 9:00-9:45 am</td>
<td>271702-B</td>
</tr>
</tbody>
</table>

Youth Basketball
Grade 3, Saturdays, Jan. 5 - March 2 (Not 2/16), $38 ($48 after Nov. 21)

In this introductory level program, participants will meet each Saturday to learn basic skills and fundamentals of the game.

<table>
<thead>
<tr>
<th>Girls Activity #</th>
<th>Boys Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 3 271736-A</td>
<td>Grade 3 271735-A</td>
</tr>
</tbody>
</table>

Grades 4-8, December 1 - March 2 (Saturdays only in Dec., Thurs nights & Saturdays Jan.-March)
$50 ($60 after Nov. 21)

At the 4th/5th grade level, an emphasis will be placed on learning the fundamentals of the game through drills and scrimmages. A more competitive approach will be taken in grades 6-8, with players working on fundamentals during weekly Thursdays practices and playing a regular season schedule of games each Saturday.

<table>
<thead>
<tr>
<th>Girls Activity #</th>
<th>Boys Activity #</th>
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</thead>
<tbody>
<tr>
<td>Grade 4 271746-A</td>
<td>Grade 4 271745-A</td>
</tr>
<tr>
<td>Grade 5 271756-A</td>
<td>Grade 5 271755-A</td>
</tr>
<tr>
<td>Grade 6 271766-A</td>
<td>Grade 6 271765-A</td>
</tr>
<tr>
<td>Grade 7 271776-A</td>
<td>Grade 7 271775-A</td>
</tr>
<tr>
<td>Grade 8 271786-A</td>
<td>Grade 8 271785-A</td>
</tr>
</tbody>
</table>

*There will be a $10 late fee after November 21

Coaches Needed: Please contact the Recreation Department if you are interested in volunteering.

High School Basketball
High School students, Mondays, January 7-March 11 (not Jan. 21 & Feb. 18), $43 (8 weeks)
BHS Gym, Activity #: 271792-A

This is a fun, recreational league for high school students not on a high school basketball team.

Mini March Madness
Grades: K-2, Saturdays, March 16-April 6, MSMS Gym, Instructor: Ken Pondelli

This introduction to basketball will teach participants the basic skills and fundamentals.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Time</th>
<th>Activity #</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten (Fee: $26)</td>
<td>Co-Ed 11:15am-12:15pm</td>
<td>274901-A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st &amp; 2nd Grade (Fee: $38)</td>
<td>Boys 12:30-2:00pm</td>
<td>274901-B</td>
<td>Girls 2:15-3:45pm</td>
<td>274901-C</td>
</tr>
</tbody>
</table>
**YOUTH FITNESS**

**Hip Hop**
Ages: 6 - 11, Fridays, Jan. 11-March 22 (not Feb. 22), $64 (10 weeks)
Function Rm. 2, Instructor: Lisa Sanchez
This class fuses fun and imaginative dance elements with age-appropriate music. Open to all levels.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-8</td>
<td>3:30 - 4:15 pm</td>
<td>230701-A</td>
</tr>
<tr>
<td>9-11</td>
<td>4:30 - 5:15 pm</td>
<td>230701-B</td>
</tr>
</tbody>
</table>

**Yoga for Kids**
Ages 5 - 12, Tuesdays, Jan. 8-March 19 (not Feb. 19), $54 (10 weeks)
Function Rm. 2, Instructor: Karen Pickette
Yoga helps children to develop better body awareness, self-control, flexibility and coordination. Yoga has also been shown to help the hyperactive and attention-deficit child. These children crave movement and sensory/motor stimulus. Yoga helps channel these impulses in a positive way. Yoga brings that inner light that all children have to the surface. Bring a mat and water bottle.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-8</td>
<td>3:30-4:30 pm</td>
<td>211201-A</td>
</tr>
<tr>
<td>9-12</td>
<td>4:45-5:45 pm</td>
<td>211201-B</td>
</tr>
</tbody>
</table>

**Karate**
Ages 5 - 13, $146 (13 weeks)
Location: Steve Nugent’s Institute / 207F Cambridge St., Instructors: Steve Nugent & staff
An introductory karate program which teaches proper stance, breathing, how to stretch, self-discipline, coordination, and practical self-defense. In addition, the classes cover health, nutrition, fire safety, and stranger awareness.

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Activity #</th>
</tr>
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<tbody>
<tr>
<td>Mondays, Dec. 17 - March 25</td>
<td>5:30-6:15 pm</td>
<td>270501-A</td>
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<tr>
<td>(not 12/24 or 12/31)</td>
<td>6:15-7:00 pm</td>
<td>270501-B</td>
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<tr>
<td>Wednesdays, Dec. 19 - March 27</td>
<td>6:15-7:00 pm</td>
<td>270501-C</td>
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<tr>
<td>(not 12/26 or 1/2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturdays, Dec. 22 - March 16</td>
<td>2:00-2:45 pm</td>
<td>270501-D</td>
</tr>
</tbody>
</table>

**Fencing**
Ages 9 - 14, Saturdays, Jan. 5-Feb. 23, 3 - 3:45 pm, $123 (8 weeks),
Steve Nugent’s Institute / 207F Cambridge St, Instructor: Steve Nugent & Staff, Activity #274701-A
Benefits of fencing include enhanced fitness (strength, cardiovascular, balance, and flexibility), self discipline, confidence, character and sportsmanship. Classes will introduce proper mechanics, technique and ability-specific fencing situations and strategies. All equipment is provided.
**YOUTH**

*Jumpin' Fun*

Ages 7 - 12, Fridays 3:30 - 4:30 pm, $28 (6 weeks), Recreation Gym, Instructor: Carol Nicholas

This class is for kids who want to explore jumping rope. No experience is necessary. We’ll start with the basics of single ropes and move on to long ropes and double-dutch. Jump Rope has been deemed one of the most ideal cardiovascular exercises for all ages. Jumping is a great brain exercise and bone builder. It also develops special awareness, reading skills, and increases memory and mental alertness. Ropes will be provided, but please wear sneakers and bring a water bottle.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 11 - Feb. 15</td>
<td>212401-A</td>
</tr>
<tr>
<td>March 1 - April 12 (not March 29)</td>
<td>212401-B</td>
</tr>
</tbody>
</table>

*Babysitting Course*

Girls and boys, ages 10 - up, Saturday, March 9, 10am-4pm, $69
Ceramics Room, Activity #: 250101-A

Babysitting is often the first job for young teenagers. An instructor from Winchester Hospital will teach participants first aid basics, choke saving, accident prevention, police and fire safety, babybathing, feeding and diapering. Certificates will be provided upon completion of the course. Please bring a lunch or snack and a doll to practice with.

*Princess Party*

Ages 6 - 10, Saturday, January 19, 9-10:30 am, $35
Ceramics Room, Instructor: Cindy Mattson, Given Erwin Florist, Activity #: 200201 - A

Bring your little princess to this creative flower arranging class. In this class, each child will build their own tiara, magic wand and floral jewelry. Colored aluminum wire, fresh flowers and all things sparkly will be provided by the instructor. We’ll use cold gluing techniques to finish these pretty bits of bling.

*Chess Instruction*

Grades 1-8, $76 (8 weeks), Function Room 1, 3:30-5pm, Instructor: Ricky Lunetta

Students will learn chess strategies and tactics and play matches to apply what they’ve learned. A tournament will be held at the end of the session. No experience necessary! All levels from beginner to advanced are welcome. Coach Lunetta, an avid chess player, began the program in 2001 and later became the coach of the Burlington High School Chess Team.

*In order to sign up for Advanced, child must complete the Beginner program twice.*

<table>
<thead>
<tr>
<th>Dates</th>
<th>No Program</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
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<td>Beginner  Wednesdays, Jan. 9-March 6</td>
<td>Feb. 20</td>
<td>252401-A</td>
</tr>
<tr>
<td>Advanced  Fridays, Jan. 11-March 8</td>
<td>Feb. 22</td>
<td>252401-B</td>
</tr>
</tbody>
</table>

*Beat Bullying*

Ages 6 - 12, Saturday, Jan. 19 , 4 - 5 pm, $18, Activity #: 258301-A
Steve Nugent’s Institute/207F Cambridge Street, Instructor: Steve Nugent & Staff

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.
Mad Science® - “NASA Academy of Future Space Explorers”
Grades: 1-4, Thursdays, Jan. 10-March 7 (not Feb. 21), 3:30 - 4:30pm, $137 (8 weeks)
Function Room 2, Activity #: 251001-A
Explore the Earth, Moon, Mars... and beyond! Mad Science brings you the excitement and wonder of space in the Academy of Future Space Explorers After-School Program, featuring exciting student activities from the NASA Langley Center for Distance Learning. The Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.

Ninjago LEGO Workshop
Ages 5 - 10, Sunday, January 13, 1 - 4 pm, $44
Function Room 1, Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed., Activity #: 205501-A
Explore the world of Ninjago! Join the team from Event-FULL!, LLC create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation. Please send your child with a nut free snack and drink.

LEGO Avengers Workshop
Ages 5 - 10, Sunday, February 10, 1 - 4 pm, $44
Function Room 1, Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed., Activity #: 205501-B
The LEGO Avengers are coming to town! Join the team from Event-FULL!, LLC and check out the new cool Super Hero Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed super hero adventure!! The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Avenger creation. Please send your child with a nut-free snack.
**YOUTH**

**Youth Center - Grade 5**

Fridays, 7 - 9 pm, Recreation Center, $5 registration fee per night (no fee at the door)

Where’s the place to be on Friday nights this winter?!? It’s definitely the Youth Center! Meet up with friends and try your hand at sport challenges, craft projects and video games. From time to time we will have a Theme Night! (Freaky Friday, Superbowl or Valentine’s Day) A snack bar offering favorite drinks and snacks will be available for a small cost.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Date</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Jan. 4</td>
<td>500525-F</td>
<td>March 1</td>
<td>500525-H</td>
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<tr>
<td>Feb. 1</td>
<td>500525-G</td>
<td>All 3 Dates</td>
<td>500525-I</td>
</tr>
</tbody>
</table>

**Youth Center - Grades 6 & 7**

Fridays, 7 - 9 pm, Recreation Center, $5 registration fee per night (no fee at the door)

Tired of the mall scene? No good movies playing? Come to one of Burlington’s best places to hang out! This winter the Youth Center will be offering some old favorites plus some new activities that are guaranteed to please. Team up with friends for sports, music and video games. We’ll have themed nights with contests, games and prizes. A snack bar offering favorite drinks and snacks will be available for a small cost.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Date</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Jan. 11</td>
<td>500526-F</td>
<td>March 8</td>
<td>500526-H</td>
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<tr>
<td>Feb. 8</td>
<td>500526-G</td>
<td>All 3 Dates</td>
<td>500526-I</td>
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</tbody>
</table>
Nashoba Ski & Snowboard

Grades 3-8, Tuesdays, January 8-Feb. 5 (5 trips), Make-ups: February 12 & 26
All Ski OR Snowboard Only: $215   All Ski with Lessons or Snowboard with Lessons: $245

This 5-week program is held on Tuesday afternoons at Nashoba Valley Ski Area for children in grades 3 - 8. Participants will be transported by school busses after school and will return to their assigned school at 6:15 pm. (MSMS for middle school students and Memorial School for all elementary school students.) Registration is limited and will be accepted on a first-come first-served basis. More information is available at the Recreation Department. Once registered, participants will be sent (via email or mail) an information packet describing the program.

Note: Nashoba snow sport form must be turned in by Dec. 14.

<table>
<thead>
<tr>
<th>School</th>
<th>Ski Only</th>
<th>Ski with Lessons</th>
<th>Snowboard Only</th>
<th>Snowboard with Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marshall Simonds</td>
<td>272811-A</td>
<td>272811-C</td>
<td>272811-B</td>
<td>272811-D</td>
</tr>
<tr>
<td>Fox Hill</td>
<td>272821-A</td>
<td>272821-C</td>
<td>272821-B</td>
<td>272821-D</td>
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<tr>
<td>Pine Glen</td>
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<tr>
<td>Francis Wyman</td>
<td>272841-A</td>
<td>272841-C</td>
<td>272841-B</td>
<td>272841-D</td>
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<tr>
<td>Memorial</td>
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<td>272851-C</td>
<td>272851-B</td>
<td>272851-D</td>
</tr>
</tbody>
</table>

Need rentals? Nashoba Valley offers ski and snowboard rentals for the duration of the program. Rentals cost $85 for (skis, boots and poles) or (snowboards and boots.) Renters must be fitted by Nashoba staff prior to the start of the program. Checks should be payable to Nashoba Valley Ski Area. Fittings will take place on Thursday, December 13th from 5 to 6 pm at the Recreation Department. There is an additional $5 fee if you are fitted at Nashoba. An information table will also be set up to answer any additional questions you may have.

Wachusett Mountain Ski & Snowboard Program

Grades 7 - 12, Fridays, January 4 - February 8 (6 trips), 3:30 - 10 pm

Ski/snowboard Friday nights under the lights! This 6-week program includes lift ticket and transportation. Bus leaves from the Marshall Simonds Middle School parking lot at 3:30 pm. All beginner or novice (Levels 1 - 4) skiers/boarders are required to take lessons. Intermediate to advanced lessons are also available and recommended. Once registered, participants will be sent (via email or mail) an information packet describing the program.

*No cash refunds will be given if the pass/badge insurance plan was not purchased*

Note: Mt. Wachusett Ski Form MUST BE submitted no later than November 29.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Price</th>
<th>Activity #</th>
</tr>
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<tbody>
<tr>
<td>272802-A</td>
<td>$240 (before Nov. 29) $250 (after Nov. 29)</td>
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</tr>
<tr>
<td>272802-B</td>
<td>$97</td>
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<tr>
<td>272802-C</td>
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<tr>
<td>272802-D</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>272802-E</td>
<td>$54</td>
<td></td>
</tr>
</tbody>
</table>
**Intro to Guitar**

Grade 6 - Adults, Tuesdays, Jan. 8-March 5 (not Feb. 19), 7-8pm, $74 (8 weeks)

Function Room 1, Instructor: Brian Grzelak, Activity #: 241111-A

Are you learning the basics of guitar playing? Participants will learn how the guitar works, how to play chords, how to play melody, how to play with others, different techniques, how to read music, and basic music theory centered around guitar. **Students must bring their own guitar.**

**Ice Fishing**

All ages, Saturday, February 23, 9:00am, No Fee

Recreation Meeting Room, Activity #: 281304-A

The temperatures are dropping, and lakes and ponds are beginning to freeze over -- tell-tale signs that Old Man Winter is almost here. Once the hustle and bustle of the holiday season is over, why not get outside and enjoy the Massachusetts winter by taking an ice fishing class? The morning will be spent at the Recreation Center, learning about equipment, safety, knot tying, fish identification, and basic winter ecology. In the afternoon, the group will head out to a local pond and put their newly learned skills to the test! Pre-registration is required.

**Sailing Fundamentals**

Ages 9 - Adult, Tuesdays, Jan. 8 - Jan. 29, 7 - 9 pm, $39 (4 weeks)

Ceramics Room, Instructor: Larry Nobrega, FSO-PE/So-PE, Activity #: 250504-A

The Sailing Fundamentals course is a 4-session extension of the U.S. Coast Guard Auxiliary’s Boating Skills & Safety course. It will cover the fundamentals of sailing and combined with the BS & S course will give students passing the exams a boating safety certificate in both sailing and boating safety. Subjects taught will be: All about boats, hulls, types, sailing terms and descriptions; what makes a sailboat sail, and how a sail works; sail selection, weather, compasses, finding your way; sailing different vessels, dinghies, sailboards, cats etc. For further information please contact the Recreation Department.

**Boating Skills & Seamanship**

Ages 9 - Adult, Tuesdays, Feb. 26 - May 28 (not April 16), 7 - 9 pm, $58 (13 weeks)

Ceramics Room, Instructor: Larry Nobrega, FSO-PE/So-PE, Activity #: 253003-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.

**Brazilian Jiu-Jitsu**

Ages 16 - Adult, Mondays, Dec. 17 - March 25 (not Dec. 24 & 31), 7:45 - 8:45 pm, $146 (13 weeks)

Steve Nugent’s Institute, 207F Cambridge Street, Activity #: 281103-A

Train like a UFC fighter! Mixed martial arts is an intense and evolving sport that includes Brazilian jiu-jitsu, judo, karate, boxing, kickboxing, wrestling and other strategic and tactical practices. UFC competitors are among the best-trained and conditioned athletes in the world. This class has it all! Equipment will be provided.
ADULT SPORTS

Adult Indoor Soccer
Sundays, Dec. 2 - April 7 (Not 12/23, 12/30, 1/20, 2/17, 3/31), 7 - 9 pm, $67 (14 weeks)
Francis Wyman Gym, Activity #: 280703-A
Moderately competitive pick-up soccer games for adults who live or work in Burlington. Please bring a light and dark colored shirt in order to differentiate teams.

Pick Up Basketball
Sundays, Jan. 6 - April 7 (Not Jan. 20, Feb. 17 & March 31), 5 - 7 pm, $43 (11 weeks)
Francis Wyman Gym, Activity #: 281933-A
Moderately competitive pick-up basketball games for adults who live or work in Burlington. Locker and shower facilities are provided. Players should bring a light and dark colored shirt.

Adult Volleyball
Mondays, Jan. 7-April 8 (not Jan. 21 & Feb. 18), 8:15-10:15 pm, $35 (12 weeks)
Recreation Center Gym, Activity #: 280803-A
Enjoy the friendly competition of pick-up volleyball games. Please wear sneakers.
ADULT FITNESS

Walk for Wellness At the Burlington Mall
With more people walking for their health or just for pleasure, Burlington Mall offers its first floor as a comfortable place to walk regardless of the weather conditions. For walking hours and other information about the Walk for Wellness program, please stop by Guest Services at the Burlington Mall or call the Mall office at 781-272-8668.
Sponsored by the Burlington Mall, Lahey Clinic and Burlington Recreation.

Women’s Self-Defense
Ages 14 - up, Saturday, Jan. 12, 4-5 pm, $18
Steve Nugent’s Institute, 207F Cambridge St., Activity #: 253703-A
Learn simple yet effective ways to defend yourself. This class is designed to work for anyone.
Please wear comfortable clothes without zippers.

Fit Club
Jan. - March, Activity #: 218003-A, $110
Fit Club offers participants an opportunity to pay one discounted fee and attend a number of classes in a variety of Recreation Department fitness programs. The fitness classes that are included in Fit Club are as follows: Butts & Guts, Body Strength & Cardio Craze, Camp Core & More, Friday Morning Workouts, Fitness Blastoff, Flex & Stretch, Boot Camp, Cardio Dancercise, Muscle Madness, Anything Goes and Zumba. Fit Club members may only select two zumba classes. When registering please fill out Fit Club form indicating what classes you will be attending.

Boot Camp
Wednesdays, Jan. 9 - March 20, 5:30-6:30 am, $48 (11 weeks)
Recreation Gym, Instructor: Julie Conley, Activity #: 211133-A
Looking to ramp up your work-out? Try this high-energy cardio class. We’ll do a combination of drills, foot work, jump rope, and running all 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.

Cardio Dancercise
Age 16 and up, Thursdays, Jan. 10 - March 21, 5-6 pm, $37 (11 weeks)
Recreation Gym, Instructor: Lauren Mattson, Activity #: 210033-A
Get fit and have fun grooving to Top 40 Hits of yesterday and today! A high impact, high energy workout, Cardio Dancercise incorporates easy to follow dance-like movements with body toning exercises set to popular music and heart pumping beats. Suitable for all levels, this total body workout will help you shed fat and tone muscles in a fun, party-like atmosphere.

Fitness Blastoff
Wednesdays, Jan. 9 - March 20, 6:00 - 7:00 pm, $37 (11 weeks)
Recreation Gym, Instructor: Brenda Jo Hubbard, Activity #215803-A
Blast off fat and sculpt muscle with minimal choreography. This class incorporates five minute cycles of aerobic drills including sports specific moves, lo-impact aerobics, kick-box exercises, alternating calisthenics and weight lifting. This type of interval training brings the heart rate up and down in cycles. It’s a great way to burn calories and gain strength all in one session. Bring weights and a mat for some maximum fun.
**ADULT FITNESS**

### Anything Goes
Fridays, Jan. 11 - March 22, 5:30 - 6:30 am, $37 (11 weeks)
Recreation Gym, Instructor: Julie Conley, Activity #: 215303-A

This class will be a creative combo of cardio and muscle. It will include a series of cardiovascular exercises, muscular strength intervals to reshape and tone, boot camp-style drills, an intense abdominal workout for core stability and many surprises along the way. Get ready get fit!

### Cardio Kick-boxing
Wednesdays, Jan. 2-March 27, 7-7:45 pm, $107 (13 weeks)
Steve Nugent’s Institute, 207F Cambridge Street, Activity #211403-A

A great cardiovascular and muscle-strengthening class, using techniques of professional kick-boxers. You will use speed bags, heavy bags, wave masters, jump ropes, and focus mitts. This is a great weight loss and toning class. Be prepared to sweat!

### Zumba / Cardio Dance
Location: Recreation Gym

Spice up your exercise program with Zumba and Cardio Dance. Zumba fuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout system designed to be fun & 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 & captivate for life. Zumba has spread like wild-fire, & has positioned itself as the single most influential movement in the industry of fitness.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Instructor</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
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<td>5:45-6:45 pm</td>
<td>Tisha Wilson</td>
<td>$37 (11 weeks)</td>
<td>216403-A</td>
</tr>
<tr>
<td>Jan. 8-March 19</td>
<td>7-8 pm</td>
<td></td>
<td></td>
<td>216403-B</td>
</tr>
<tr>
<td>Thursdays</td>
<td>6-7 pm</td>
<td>Lauren Mattson</td>
<td>$37 (11 weeks)</td>
<td>216403-C</td>
</tr>
<tr>
<td>Jan. 10-March 21</td>
<td>7-8 pm</td>
<td>Marcia Nguyen</td>
<td></td>
<td>216403-D</td>
</tr>
<tr>
<td>Saturdays</td>
<td>8-9 am</td>
<td>Gina Manganiello</td>
<td>$33 (10 weeks)</td>
<td>216403-E</td>
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<td>Jan. 12-March 30 (not 1/19 or 2/16)</td>
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<td></td>
</tr>
<tr>
<td>Jan. 13-March 31 (not 1/20 or 2/17)</td>
<td>8-9 am</td>
<td>Lauren Mattson</td>
<td>$33 (10 weeks)</td>
<td>216403-F</td>
</tr>
</tbody>
</table>

### Strengthen, Stretch & Tone with the Stability Ball
Tuesdays, Jan. 8-March 19, 12-1:15 pm, $48 (11 weeks)
Recreation Gym, Instructor: Joan Howard, Activity #211903-A

The stability ball is one of the most versatile pieces of equipment used today in fitness settings. It has long standing success and effectiveness in developing balance and core strength. The unique thing about the stability ball is that it utilizes the neuromuscular system in a way that no other piece of equipment can. This class will integrate fundamental core strengthening with dynamic stretching and toning. You will experience a total body conditioning workout like never before. Come try this class and have a ball! Please bring a yoga mat and stability ball. The class is appropriate for all levels of fitness.
ADULT FITNESS

Camp Core & More
Mondays, Recreation Gym, Instructor: Judy Landers
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 Work Out
Fridays, Recreation Gym, Instructor: Patricia Marfione
Great way to start your weekend and get your blood pumping and 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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Jan. 7 – March 25 (not 1/21 or 2/18)</td>
<td>8:15-9:15am</td>
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<tr>
<td>Fridays</td>
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<td>$32 (11 weeks)</td>
<td>210043-B</td>
</tr>
<tr>
<td>Both</td>
<td></td>
<td></td>
<td>$51 ($10 savings)</td>
<td>210043-C</td>
</tr>
</tbody>
</table>

Butts and Guts
5:30-6:30am, $32 (11 weeks), Recreation Gym, Instructor: Julie Conley
Wake up the muscles with this core muscle conditioning class. This is a full hour of total body conditioning, targeting large muscle groups, such as the abdominals, glutes, chest, quads, and shoulders. By using various apparatus to add resistance, you will tone muscles and take inches off your measurements. You will also improve your posture and confidence! Come check out all the fun this class has to offer. Butts and Guts is suitable for any level of fitness, since modifications can be made to any exercise. Please bring a mat, hand weights, and water.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Jan. 8-March 19</td>
<td>214303-A</td>
</tr>
</tbody>
</table>

Flex & Stretch
Wednesdays, Jan. 9-March 20, 7-8 pm, $37 (11 weeks)
Recreation Gym, Instructor: Alison Gnerre, Activity #210173-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. Stretching is essential in preventing exercise-induced injuries of muscles and tendons. A broad range of fitness participants will enjoy this class because it is moderately paced and safe, yet effective.

Muscle Madness Interval Training
Adults, Mondays, Jan. 7 - March 25 (not Jan. 21, Feb.18), 6 - 7 pm, $34 (10 weeks)
Recreation Gym, Instructor: Alison Gnerre, Activity #211503-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 the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructor and your choice of weight inspire you to get the results you came for - and fast!
ADULT FITNESS

Pilates and Strength Training
Mondays, Jan. 7-March 25 (not Jan. 21 or Feb. 18), 7-8pm, $34 (10 weeks)
Rec Gym, Instructor: Alison Gnerre, Activity #: 211303-A

This program is designed to help you create the fabulously fit, long, lean, strong body you would love to achieve. Pilates is a great compliment to weight training, producing strength without bulk. Combining sculpting, balance and flexibility exercises, you get the best of each discipline in less time. The workout begins with a warm-up and weight training. The second portion utilizes the ball, mat for core-strengthening moves taken from traditional pilates, and ends with a tension-releasing cool down. Class focus is placed on correct breathing and proper alignment, helping you develop body awareness and control. Please bring a mat, hand weights, and stability ball.

Pilates Weight Loss Boost
Thursdays, Jan. 10-March 21 (not Feb. 21), 6:30-7:30pm, $44 (10 weeks)
Function Rm. 2, Instructor: Barbara Hospod, Activity #: 211333-A

Kick up your metabolism into high gear this winter with an intensive, energy-boosting mat workout. Take advantage of the body’s natural ability to burn fat throughout the day and also help alleviate stress while building overall strength and endurance. Pilates MAT exercises are combined in innovative and powerful sequences that gradually increase in rhythm, pace and intensity to help rev up the body’s fat burning capacity. Concentration on more abdominal work at the end of each class. The first few weeks will be taken slowly, with focus on learning/reviewing the exercises, with cueing for correction. Mini-balls will be used (provided by instructor). Please bring a mat.

Yogalates
Wednesdays, Jan. 9-March 20, 7:15-8:30pm, $59 (11 weeks)
Function Rm. 2, Instructor: Joan Howard, Activity #: 212213-A

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.

Body Strength & Cardio-Craze
Recreation Gym, Instructor: Michelle Flaherty

Tired of that dancing, jumping and jazzing? Seeing more sweat than shape? Then try Body Sculpting & Cardio-Craze, a strength training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting the metabolism. This class will incorporate the best scenario for your body. It will raise your heart rate and tone your body. Any fitness level can enroll. Bring a mat, weights and water bottle.

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<th>Dates</th>
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<th>Fee</th>
<th>Activity #</th>
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<tr>
<td>Mondays</td>
<td>Jan. 7-March 25 (not 1/21 or 2/18)</td>
<td>5-6pm</td>
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<td>Jan. 11-March 22</td>
<td>5-5:45pm</td>
<td>$30 (11 weeks)</td>
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**ADULT YOGA**

**Gentle Yoga**
Function Rm. 1, Instructor: Angela Wasson

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 and leave you feeling relaxed and refreshed. They include gentle stretching, breathing practices, stress reduction and meditation techniques. Classes A & B are geared towards those who like to move at a slow pace, are just starting out, recuperating from illness, surgery or injuries. Class C is slow paced and meditative with variations given for various levels of challenges.

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<tr>
<th>Days</th>
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<td>Mondays</td>
<td>Jan. 7-March 25 (not 1/21 or 2/18)</td>
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<td>Jan. 9-March 20</td>
<td>6:15-7:30pm</td>
<td>$59 (11 weeks)</td>
<td>211223-C</td>
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**Advanced Beginner Yoga**

Wednesdays, Jan. 9-March 20, 6-7:15 pm, $59 (11 weeks)
Function Rm. 2, Instructor: Caroline Mallard, Activity #:211283-A

A yoga class 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.

**Hatha Yoga**
Instructor: Karen Pickett (Monday), Joan Howard (Thurs and Sat)

Hatha yoga is the most commonly practiced tradition of yoga. Hatha yoga is an entire philosophy of being with the goal of achieving peace, harmony and union of breath, body and mind, creating the union of mind, body and spirit. It is an ancient, time tested practice of well being and calm abiding. 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. This class is appropriate for beginners to advanced practitioners as each person works at his or her own pace.

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<tr>
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<th>Fee</th>
<th>Location</th>
<th>Activity #</th>
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<td>Saturdays</td>
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</table>
Kundalini Yoga

Function Room, Instructor: Joan Howard

Kundalini yoga is the oldest known yoga practice. It has been practiced for over 7,000 years. The word Kundalini refers to the body's primal energy which is housed in the spine. 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. This awakens the nucleus projection of every cell in the body.

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 physical shape. Come unlock the creative potential within as you raise your Kundalini energy with this life changing practice. Please bring a yoga mat, towel, or small blanket, and water.

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<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
<th>Activity #</th>
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<td>Wednesdays</td>
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<td>Sundays</td>
<td>Jan. 13-March 31</td>
<td>6:30-7:45pm</td>
<td>$54 (10 weeks)</td>
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Iron Yoga

Tuesdays, Jan. 8 - March 19, 7 - 8:15 pm, $59 (11 weeks)
Function Room 2, Instructor: Joan Howard, Activity #: 212803-A

Traditional yoga with a twist - light dumbbells are used to enhance power yoga’s well established toning benefits. While dumbbells are incorporated into nearly every posture, this is not a fast-paced, “fitness style” workout. Instead, it maintains the harmony of classic yoga – very controlled movements with an emphasis on breath and body awareness. The dumbbells are simply integrated into the pose, often just held “isometrically” in a static position as you perform.

Arhum Yoga

Sunday, January 27, 1 - 4 pm, $27,
Function Room 1 & 2, Instructor: Angela Wasson Activity #: 211363-A

Yoga is a systematic and scientific methodology to balance and direct various levels of energy for specific results within a human being, but is not limited only to the physical body. Yoga focuses on the entire being, including the intellectual and emotional processes, powers of the mind and physical energies as well as non-physical energy levels within the astral and emotional bodies of man. For a chance to experience Arhum Yoga for yourself, join me for a Pathways Yoga Systems Workshop. This class will include asana, pranyama, sound vibration and meditation.
ADULT: HANDS-ON

Basic Flower Arranging
Tuesdays, February 26 - March 19, 6:30 - 8:30 pm, $105 (4 weeks)
Given Erwin, 328 Cambridge Street, Instructor: Cindy Mattson, Florist, Activity #: 259103-A
This course will cover the basics of Principle and Elements of design. We’ll build arrangements each week focusing on a different area of design. The class will be low key and fun. 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. The student can take their arrangements home.

Growing Plants from Seeds
Sunday, February 17, 1 - 4 pm, $20
Ceramics Room, Instructor: Peter Coppola, Master Gardener, Activity #: 254803-A
It is cold outside, but you can pick lettuce in April and peas in May. Save money and plant something different this year by starting and growing flowers and vegetables indoors from seeds. This 3-hour course will provide the information needed to improve germination rates and grow healthy seedlings indoors for spring planting. The session will cover seed selection, growing mediums, and how to create a micro-climate favorable for plant growth. Why wait until April to play in the dirt when you can get dirty now.

No Maintenance Gardening
Sunday, February 24, 1 - 4 pm, $20
Ceramics Room, Instructor: Peter Coppola, Master Gardener, Activity #: 254903-A
This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialog session will cover the reasons behind your favorite subjects: planting, watering, fertilizing, and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard!

Ceramics
Thursdays, Jan. 10 - March 21 (not Feb. 21), 7 - 9 pm, $100 (10 weeks)
Ceramics Room, Instructor: Carol Collins, Activity #: 241203-A
Once you have learned the basic techniques, you will be able to produce beautifully finished 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.

Sew What?
Mondays, Jan. 7 - March 25 (not Jan. 21 & Feb. 18), 6-9pm, $4 (10 weeks)
Senior Center, Room 136, Instructor: Lydia Brown, Activity #: 254003-A
Do you have an unfinished sewing project, need help cutting out your project or need some encouragement and support in getting the project finished? If so, then this is the opportunity that you have been looking for! Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.
ADULT DANCE

Ballroom Dance I
Mondays, Jan. 7-March 11 (not Jan. 21 & Feb. 18), 7-8 pm, $40/person or $80/couple (8 weeks)
Function Rooms 1 & 2, Instructors: TBD, Activity #:231113-A (singles) or 23113-A1 (couple)
Join Burlington Rec as the basic steps of the Fox Trot, Cha Cha, Waltz, and Swing dance are covered. Just the thing for that upcoming wedding!

Ballroom Dance II
Mondays, Jan. 7-March 11 (not Jan. 21 & Feb. 18), 8-9 pm, $40/person or $80/couple (8 weeks)
Function Rooms 1 & 2, Instructors: TBD, Activity #231113-B (single) or 23113-B1 (couple)
Building on the foundation from the Ballroom I, this course seeks to improve those steps, as well as provide an introduction to Tango and Rumba. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dances.

Adult Tap & Jazz
Thursdays, Jan. 3-March 28 (not Feb. 21), 8:30-9:30 pm, $80 (12 weeks)
Function Room, Instructor: Bonnie Murphy, Activity # 230903-B
Class will begin with a warm-up followed with some jazz moves. Then the tap begins! Students will develop rhythm, balance and timing. Tap shoes are recommended. Bonnie has been dancing since she was 3 and has taught dance for over 15 years and owned her own school for 3 years.

Intermediate Tap
Thursdays, Jan. 3-March 28 (not Feb. 21), 7:30-8:30 pm, $80 (12 weeks)
Function Room, Instructor: Bonnie Murphy, Activity #: 230903-A
Tap is now even more fun as you explore intricate footwork, improvisation and more complex rhythms. You will be able to quicken your footwork and develop clean and rhythmically accurate sounds. Tap shoes are recommended. Bonnie has been dancing since she was 3 and has taught dance for over 15 years and owned her own school for 3 years.
Senior Citizen's Ceramics

Thursdays, Jan. 10-March 21 (not Feb. 21), 9:30-11:30am, $80 (10 weeks)
Ceramics Room, Instructor: Carol Collins, Activity #241207-A

Produce beautifully finished ceramics 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.

The Key To Healthy Aging

Seniors, Fridays, Jan. 11-March 22, 9:45 - 10:45 am, $32 (11 weeks)
Recreation Center Gym, Instructor: Patricia Marfione, Activity #211807-A

Exercise is the key to staying strong, energetic and healthy as you get older. This class is only 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, wear sneakers, comfortable clothing and hand weights. Other fun equipment will be provided.

Zumba Gold

Age 50 - up, Tuesdays, Instructor: Mary Ellen Reardon, $22 (11 weeks)

Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising. Zumba Gold is done at a much lower intensity. The same Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold strives to improve our 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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<td>10:50-11:50am</td>
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<td>Tuesdays</td>
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<td>Murray Kelly Wing</td>
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<td>Wednesdays</td>
<td>Jan. 9-March 20</td>
<td>8:30-9:30am</td>
<td>Rec. Gym</td>
<td>216407-C</td>
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Club 55+

The Recreation Department Club 55+ Program Committee has announced the following program schedule for active senior citizens. Most programs are ongoing; others began in October. Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call the Recreation Department to register and become a Club 55+ member. For more information, call 781-270-1695, Monday through Friday 8:30 am - 4:30 pm.

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<th>Activity</th>
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<td>Walking</td>
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<tr>
<td>Bowling</td>
<td>Tuesdays</td>
<td>10:00 am</td>
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<tr>
<td>Ice Skating</td>
<td>Tuesdays</td>
<td>1:00 - 3:00 pm</td>
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<tr>
<td>Whist/Pool</td>
<td>Wednesdays</td>
<td>9:30 am</td>
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<tr>
<td>Whist</td>
<td>Fridays</td>
<td>10:00 am</td>
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<tr>
<td>Swimming</td>
<td>Call for info</td>
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SPECIAL NEEDS

Special Needs Information Session
Ages 13 and above, Sunday, March 24, 1-3 pm, no fee (please register in advance)
Function Rooms 1 & 2, Activity #:291109-A
The Burlington Recreation Department offers a variety of athletic and social activities for teens to adults with intellectual disabilities. We will be holding a free information session on Sunday March 24, 2012 (1-3pm) for families to learn more about the programs offered. Come learn about our softball and basketball programs. Also learn about our social programs such as Out & About where participants venture out to plays, movies, dinner, and more! Or Spectacular Saturdays, where participants can join in activities such as karate, drama, and bowling. In the summer we offer the program Columbus Voyage, a weekly activity for young adults ages 13-25 with field trips and activities. We look forward to seeing you at the information session!

Spectacular Saturdays
(Adults with a Disability)
Again we will be offering our full day of activities on Saturdays for adults and young adults with a disability. Karate, bowling and creative programs such as art and drama are scheduled for this year. Don’t forget the ever-popular Kitchen Science component where participants create weekly menus and help to prepare a great lunch for all.
A separate brochure and registration form will be available. Please contact the Recreation Department for details.

Out and About
(Adults with a Disability)
Our popular summer evening program for adults with a disability will be continuing through the year! We will see movies, dine out, attend sporting events, musical performances and local theater events. We will meet twice per month on Friday evenings and occasionally on Thursday evenings. A seperate brochure and registration form will be available. Sign up for them all or select the outings of interest! Please contact the Recreation Department for details.

Basketball
(Adults with a Disability)
Ages 16 and up, Tuesdays, November 27 - March 5 (not Dec. 25 or Jan. 1), 6:30-8pm
Memorial School Gym, Instructor: Mark Landers
A basketball program, organized by volunteers will be offered for adults with a disability. Each 90 minute session will feature skill development and scrimmages. Players will learn to shoot, pass, and dribble the basketball. Participants should bring sneakers and water.
COMMUNITY PRESENTATIONS

How Do I Get Rid of This Belly?
Thursday, January 10, 6:30 - 9 pm, $20, Leisure Room, Instructor: Terry Currier, author of Waist Management, Activity #: 255403-A

The reasons why we gain weight around the middle are many, and include gender, age heredity, and hormonal responses to food and stress. This seminar explores these issues and provides solutions. Topics covered will include nutrition, exercise, and stress management.

I will also introduce Emotional Freedom Technique (EFT), a simply but powerful energy technique for eliminating food cravings and defusing the stress and emotional discomfort that often fuels the desire to make unhealthy food choices. The class will end with a group hypnosis session, utilizing the incredible power of the sub-conscious mind to make deep and lasting healthy lifestyle changes.

Home Owners: Thinking of Selling?
Tuesday, February 12, 7:00 - 9:00 pm, Recreation Conference Room, Free
Instructors: Pat Linskey and Joanne Delaney, Home Source Realty Group, Activity #: 255003-A

Learn how to get the most money for your home. Find out what buyers are looking for in today's market. Certified expert seller and buyer agents Pat Linskey & Joanne Delaney from Burlington’s Home Source Realty Group can help you with what the most cost effective home improvements and upgrades are to sell your home quickly. Joining them will be a real estate attorney, professional home stager and home inspector. Pre-registration is required.

First Time Home Buyers Seminar
Tuesday, January 29, 7:00 - 9:00 pm, Recreation Conference Room, Free
Instructors: Pat Linskey and Joanne Delaney, Home Source Realty Group, Activity #: 254603-A

This seminar is a chance to have your questions answered by knowledgeable professionals. The following topics will be covered: obtaining a pre-approval, shopping for the best rate and program, benefits of working with a certified buyer’s real estate agent at no cost to the buyer, buying vs. renting, current market conditions, steps to buying a home from the loan process, finding the right home, making an offer & everything in-between to closing. Pre-registration is required.

Building Your Investment Income Foundation
Wednesday, January 16, 7:00 - 8:00 pm, Recreation Conference Room, Free
Instructor: Barb Davis, Financial Advisor, Edward Jones Investments, Activity #:254703-A

This presentation is geared toward individuals who are nearing retirement and need a steady income stream during retirement. This seminar explores the three types of income: variable, reliable and rising. It also explores why an income stream is important and how to use the different types of income to build a sustainable and predictable income stream.

Preparing Your Estate Plan
Wednesday, February 13, 7:00 - 8:00 pm, Recreation Conference Room, Free
Instructor: Barb Davis, Edward Jones Investments Wendy Guthro, Attorney Activity #: 254703-B

This seminar will focus on the issues to address when developing an estate plan and the importance of working with an estate planning attorney. Participants will learn the function of a will and its affect on the probate process as well as the different kinds of trusts available and the benefits and risks they offer. The seminar will also focus on different strategies to decrease estate taxes and passing assets to your heirs. An attorney will need to present parts of this seminar.

Roll It, Take It, Leave It, Move It: Know Your Employer Retirement Plan Options
Wednesday, March 20, 7:00 - 8:00 pm, Recreation Conference Room, Free
Instructor: Barb Davis, Financial Advisor, Edward Jones Investments, Activity #: 254703-C

This is a seminar designed to help clients and prospects who recently switched jobs, retired or are facing unemployment due to a layoff or downsizing determine what to do with their employer retirement savings plan. At the seminar participants will learn their: 1) The five most common distribution options, 2) How to avoid having the IRS withhold 20% of your retirement distribution, 3) Special considerations if you own employer stock, 4) Factoring taxes, penalties and investment options into your decision.
SPECIAL EVENTS

Breakfast with Santa
Sun., Dec. 2, $15 per person (all ages), 9 am - 11am, Hilton Garden Inn
Join us as we celebrate this wonderful time of year with and exciting Breakfast with Santa Claus. “Breakfast will consist of French toast sticks, silver dollar pancakes, scrambled eggs, cold cereal, bacon, coffee, tea, assorted juices, and milk. *200 person limit!

Tree Lighting at the Town Common
Saturday, December 1, 4 pm, Inclement Weather Date: Sunday, December 2
Please celebrate with the Burlington Recreation Department, our neighbors, friends and family for the 41st annual holiday tree lighting, featuring entertainment, caroling, and a visit from Santa.

Calling Santa Claus
Tuesday, December 13, 6 - 7:30 pm, Phone: 781-270-1629
“Ho, Ho, Ho….this is Santa!” The Recreation Department has arranged a direct telephone line to Santa Claus at the North Pole so that Burlington boys and girls may call and talk with him before Christmas. Please call only during the times listed above.

Santa Comes To BCAT
Friday, December 14, 5:30 - 7:30 pm, Location: BCAT Studio, Phone: 781-272-8746
Be sure to set your DVR’s as children will be meeting Santa live on BCAT (Comcast - Channel 9, RCN - Channel 3). If children are unable to come to the studio, they can still call in and tell Santa all of their holiday wishes!

Birthday Parties
Ages: 5 - 10, 1 - 15 Children $135, 16 - 21 Children $160, Activity #220001, Recreation Center Sat., Jan. 5-April 6 (not Feb. 9, March 16 or March 30), 10:30 am - 12:30 pm or 1 - 3 pm
Make your birthday special! Party includes two hours of games, relays and other activities. Let our Recreation Staff run your party while you relax!!! You bring the cake and ice cream.

Discounted Ski Tickets – Nashoba Valley
The Recreation Department, in cooperation with the Nashoba Valley Ski Area, is offering $10 off any regular priced lift ticket and $3 off rented equipment. The offer is good any day, night or weekend, December through March. You can also save $2 on snow tubing tickets.
TRIPS & TOURS

Trips & Tours Policies

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

Bus Times
If a bus departure time is not listed, please contact the Recreation Department one week prior to the trip date to confirm departure time.

Trip Information
The Recreation Department office has more specific informational fliers for most of our trips. You can access these fliers on our website at www.burlingtonrecreation.org or you can stop in the office for a hard copy.

Trip Information Night
Thursday, January 17, 6:30 pm, no fee (please register in advance), Recreation Conference Room, Activity #: 00779

Still looking for the perfect trip for you and/or your family? Come learn about the Albuquerque Balloon Fiesta! Not interested in New Mexico? Looking to find that perfect family trip this summer? Come and tell us where you would like to go! We will meet with a representative of Collette Vacations to discuss our upcoming trips and more!

Lord of the Dance
At Providence Performing Arts Center
Saturday, February 16, $119, Bus Departs: Recreation Center, Time: TBA, Activity #: 00780

Described by the New York Post as “fascinating, rewarding and above all, entertaining,” and by the Los Angeles Times as “a showpiece extravaganza,” Lord of the Dance is a mesmerizing blend of traditional and modern Celtic music and dance. The story is based upon mythical Irish folklore as Don Dorcha, Lord of Darkness, challenges the ethereal lord of light, the Lord of the Dance. Battle lines are drawn, passions ignite and a love story fueled by the dramatic leaps and turns of dancers’ bodies begins to build against a backdrop of Celtic rhythm. Dinner is included with this trip.

Red Sox Spring Training
Celebration Tours is offering a number of six day trips to see the Boston Red Sox at spring training during the month of March. For reservations, call 800-792-5208, or for more information, call the Recreation Department.
TRIPS & TOURS

Irish Pub Shenanigans
at the Log Cabin in Holyoke, MA
Thursday, March 14, $95, Bus Departs: Recreation Center, Time: TBA, Activity #: 00781
Galway Bay, MacNamara’s Band, Danny Boy, The Irish Rover and When Irish Eyes Are Smiling are a few of the tunes you’ll sing along and clap to as Gerry Malone and The Lads take you through their Irish Pub routine. Get up and dance to the Green Alligator and the Hokey Pokey... you’ll laugh when you hear why Patty’s not at work today.

St. Patrick’s Day Celebration
Sunday, March 17, $79, Bus Departs: Recreation Center, Time: TBA, Activity #: 00782
The Indian Head Resort is located in the beautiful White Mountains of New Hampshire. This tour will include deluxe motorcoach transportation, a welcoming cocktail reception, a St. Patrick’s Shamrock Festival luncheon buffet, an Irish tenor, Dan Ryan and the Irish Mist Band, with Irish dancers and a sing-a-long.

Washington DC ~ Cherry Blossom Festival
April 11 - 14, $549 pp double occupancy, Deposit: $50 due with registration, Wavier fee $50 pp (optional) due with registration, Balance Due, March 1, Activity #: 00783
Join the Burlington Recreation Department in beautiful Washington, DC! While there you will enjoy a tour of Arlington National Cemetery, Annapolis Naval Academy and a Twilight Monument Tour. We will also visit the Capitol, Smithsonian Institute, the World War II Memorial, and see the Cherry Blossom Parade! This trip includes 3 nights at the Holiday Inn, Laurel, MD (or similar) and 6 meals (including dinner at Sir Walter Raleigh Inn).

New York City!
May 4 - 5, $279 pp double occupancy, Deposit: $50 due with registration, Wavier fee $29 pp (optional) due with registration, Balance Due April 1, Activity #: 00784
With a skyline that’s recognizable worldwide and more than 8.3 million people from all corners of the globe who call it home, New York City is a one-of-a-kind destination! Join us as we visit the Statue of Liberty, Ellis Island, the 9-11 Memorial, Canal Street and so much more! This trip includes an overnight stay at the Hilton Garden Inn in E. Rutherford, NJ and 2 meals.

Albuquerque Balloon Fiesta
October 8 - 13, 2013, $2,234 pp double occupancy, Deposit: $250 due with registration, Balance Due: July 1, Wavier fee $165 pp (optional) due with registration, Activity #: 00785
Welcome to a veritable “land of enchantment.” New Mexico is a place diverse in culture and scenic beauty. In both Albuquerque and Santa Fe you’ll discover cities rich in multiculturalism, natural beauty and profound history. While in Albuquerque you will behold the awesome display of sound and color that is the Balloon Fiesta! Other highlights of this trip include: Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, the Turquoise Trail, Santa Fe, Loretto Chapel, and the Santa Fe School of Cooking.
**POLICIES & PROCEDURES**

**Age Requirement**
If a minimum age is specified for a program listed in this brochure, a child must be at least 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 2012-2013 school year.

**Birth Certificates**
If your child is 5 years old or younger and you are registering for a 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 Recreation Department as soon as possible prior to the program starting date.
2. If you give sufficient notice of cancellation, the Recreation Department may be able to give you a full or partial refund. There will be a $5 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 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! Contact the Recreation Department for more information.

**Non-Residents**
Non-residents may register for programs beginning three weeks after resident registration begins. 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) or visit our Facebook page (www.facebook.com/burlingtonrecreation) when you have any doubt about weather cancellations. In most instances, the Recreation Department 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. Recreation programs may run even if the Burlington Schools cancel school and/or afternoon activities.

**Make-Ups**
The Recreation Department will attempt to make up cancelled classes, but we cannot guarantee that all classes will be made up.

**Recorded Information**
Call the Recreation Department anytime to access recorded information about program updates, events, brochure mailing dates, cancellations, and directions.

**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. Sorry, the center is not available for private functions. For further information, please contact the Recreation Department.

**Serving People with Disabilities**
The Recreation Department is committed to providing recreational opportunities for residents of all ages and abilities. If you or a family member needs special accommodations to participate in the Town’s recreation activities, please contact the Recreation Department.

**Discount Movie Tickets**
Available at the Recreation Department
AMC Theatre Movie Tickets:
Gold: $7.75 (valid anytime)
Silver: $6.25 (valid after first ten days of release)
Showcase Cinema Tickets: $8 (valid anytime)