FALL 2019
REGISTRATION BEGINS: AUGUST 29

BurlingtonRecreation
Burlington_Rec
burlington_recreation

www.burlingtonrecreation.org
Registration begins at 8:30 am on Thursday, August 29th

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
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. 6 - March 16</td>
<td>1/20 &amp; 2/17</td>
<td>$184 (9 weeks)</td>
<td>253400-A</td>
</tr>
<tr>
<td>Wednesdays, Jan. 8 - March 18</td>
<td>2/19</td>
<td>$203 (10 weeks)</td>
<td>253400-B</td>
</tr>
</tbody>
</table>

**Discovery Kinder-Skills**

**Ages 4 - 5, Tuesdays, Jan. 7 - March 17 (not 2/18), 9 am - 1 pm, $270 (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 2019. 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, 2019. *Participants must bring a peanut-free lunch.*

**Pre-school Bookworms**

**Ages 3 - 5, 9 am - 12 pm, $203 (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>
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<tbody>
<tr>
<td>Thursdays, Jan. 9 - March 19</td>
<td>2/20</td>
<td>251600-A</td>
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<tr>
<td>Fridays, Jan. 10 - March 20</td>
<td>2/21</td>
<td>251600-B</td>
</tr>
</tbody>
</table>

**Mommy & Me**

**Ages 2 & 3 (w/parent), Wednesdays, Sept. 11 - Nov. 27, $84 (12 weeks), 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>Time</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>9:30 - 10:15 am</td>
<td>144500-A</td>
</tr>
<tr>
<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, $12 per date or $110 for all dates (10 classes)**

Function Room 1, Instructor: Andrew Gentzow

Explore a variety of topics through songs, movement and instrument playing. We will focus on motor skills and cognitive development, and the joy of music.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #:</th>
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<tbody>
<tr>
<td>Sept. 13</td>
<td>131001-A</td>
<td>Nov. 1</td>
<td>131001-G</td>
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<tr>
<td>Sept. 20</td>
<td>131001-B</td>
<td>Nov. 15</td>
<td>131001-H</td>
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<tr>
<td>Sept. 27</td>
<td>131001-C</td>
<td>Nov. 22</td>
<td>131001-I</td>
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<tr>
<td>Oct. 4</td>
<td>131001-D</td>
<td>Dec. 6</td>
<td>131001-J</td>
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<tr>
<td>Oct. 18</td>
<td>131001-E</td>
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<tr>
<td>Oct. 25</td>
<td>131001-F</td>
<td>ALL</td>
<td>131001-K</td>
</tr>
</tbody>
</table>
**Lil Sports**  
**Ages 2 - 5, $87 (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>
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<th>Time</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Sept. 14 - Nov. 2</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>Mondays</td>
<td>Oct. 21 - Dec. 16 (not 11/11)</td>
<td>11:05 - 11:50 am</td>
<td>171800-C</td>
</tr>
</tbody>
</table>

**Little Dragons**  
**Ages 3 - 4, $200 (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.

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<tbody>
<tr>
<td>Thursdays</td>
<td>Sept. 12 - Dec. 5</td>
<td>3:30 - 4 pm</td>
<td>170000-A</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 14 - Dec. 7</td>
<td>9:30 - 10 am</td>
<td>170000-B</td>
</tr>
</tbody>
</table>

**Dance, Dance, Dance**  
**Fridays, Sept. 27 - Dec. 6 (not 11/29), $72 (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>Story Meets Dance</td>
<td>3 - 5</td>
<td>11 - 11:45 am</td>
<td>133200-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), Saturdays, Sept. 7 - Oct. 19, 9 - 9:40 am, $77 (7 weeks), Recreation Field, Instructor: Super Soccer Stars Staff, Activity #: 175300-A**  
This program focuses on physical, cognitive, and social-emotional development with exciting movement games, original music, and supportive parenting as the central focus. 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>Ages</th>
<th>Time</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>6 mos - Walking</td>
<td>8:15 - 9 am</td>
<td>133100-A</td>
</tr>
<tr>
<td>Walking - 3 yrs</td>
<td>9 - 9:45 am</td>
<td>133100-B</td>
</tr>
</tbody>
</table>

**Mommy and Me Dance**  
**Saturdays, Sept. 21 - Nov. 9, $112 (8 weeks)**  
_Ellens School of Dance 767 Boston Rd. Billerica_  
_Instructor: Laurie Enos-Pandolfo_  
Come join the fun with 45 minutes of music and movement! Any caregiver is welcome to play the role of “mommy” to help develop fine and gross motor skills with activities like rhythm & instruments, baby in the mirror, bubble time, and parachute fun.

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<tr>
<td>Walking - 3 yrs</td>
<td>9 - 9:45 am</td>
<td>133100-B</td>
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</table>
Super Soccer Stars
Ages 2 - 3, Saturdays, Sept. 7 - Oct. 19
$77 (7 weeks), Recreation Field
Instructor: Super Soccer Stars Staff
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 very imagination based with soccer skills being the primary focus.

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<tr>
<th>Time</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>9:50 - 10:30 am</td>
<td>174610-A</td>
</tr>
<tr>
<td>10:40 - 11:20 am</td>
<td>174610-B</td>
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Parent/Child Playdate in the Pool
Ages 1 - 5 (w/ parent), Noon - 1 pm, $32 (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 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.

<table>
<thead>
<tr>
<th>Day</th>
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<th>Activity #</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>Oct. 15 - Nov. 12</td>
<td>110800-A</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Oct. 16 - Nov. 13</td>
<td>110800-B</td>
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Pro-Formance Soccer
Thursdays, Sept. 12 - Oct. 24, $92 (7 weeks)
Rec Field, Instructor: Pro-Formance Soccer Staff
This program introduces pre-schoolers to the game of soccer in a fun and nurturing environment. Participants will walk away with a better knowledge of soccer.

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<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Activity #</th>
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<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>
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Books & Bites
Grades 1 & 2, Saturday, Sept. 21, 9 - 10:30 am, $28
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 the story of Claymates, and then create treats and crafts that celebrate the book. This will help bring books alive and foster a love of literacy. Please let us know about food allergies at time of registration.

Zumbini
Ages 0 - 4 with a caregiver, Sundays
9:30 - 10:15 am, Function Room 1
Instructor: Kelly St. Hillaire
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! Siblings are welcome for an additional $34 fee. This is an inclusive program, all abilities welcome!

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<tr>
<th>Dates</th>
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<th>Activity #</th>
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<tbody>
<tr>
<td>Sept. 8 - Oct. 20</td>
<td>$97 (6 weeks)</td>
<td>145800-A</td>
</tr>
<tr>
<td>(not 10/13)</td>
<td></td>
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<tr>
<td>Nov. 3 - Dec. 15</td>
<td>$82 (5 weeks)</td>
<td>145800-B</td>
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<tr>
<td>(not 11/10 &amp; 11/30)</td>
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Sprouting Melodies 3
Ages 18 months - 3 with a caregiver
Saturdays, Sept. 21 - Dec. 14 (not 10/12, 11/9, 11/30), 9:30 - 10:15 am, $152 (10 weeks), Function Room 1, Instructor: Maura Pastran, Roman Music Therapy, Activity #: 146300-A
Sprouting Melodies 3 provides the routine that toddlers crave yet provides the freedom and creativity for children to grow in self-expression and to build social relationships with their peers in music. Through instrument play, movement and singing songs, children in this group will be supported as they move through their own personal journey of social, emotional, physical
GYMNASTICS

Thursdays, $119 (7 weeks), 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.

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<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. 16 - Nov. 18 (not 10/14 & 11/11) 3:45 - 5:15 pm, $86 (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. 16 - Nov. 18 (not 10/14 & 11/11), 5:30 - 7 pm, $86 (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, Sept. 21 - Nov. 23 (not 10/12 & 11/9), 11:15 am - 12:45 pm, $132 (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.

Acrylic Paint for Youth
Ages 9 - 12, Fridays, Sept. 20 & 27, 5:30 - 7:30 pm, $33 (2 classes - 1 painting), Ceramics Room
Instructor: SuWani, Activity #: 154211-A
For beginners to advanced, this class will help you to create artwork while learning about acrylic colors, basic drawing skills and essential painting techniques. You will challenge yourself with some fine details and fun tricks. You will leave with a complete painting to take home. Wear clothing that you don’t mind getting paint on. A $15 materials fee is due at the first class.

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!

Circuit Makers 101:
Create Your Own Electronics
Grades K - 2, Saturdays, Sept. 21 - Nov. 23 (not 10/12 & 11/9), 9:30 - 11 am, $132 (8 weeks)
Francis Wyman School, Instructor: Circuit Lab Staff, Activity #: 157711-A
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 includes a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, wires, and sensors. You will create a project that you can be proud of each day.

Metrocraft
Grades 2 - 5, Tuesday & Wednesday, Nov. 12 & 13 9 am - 2 pm, $125, Ceramics Room, Instructor: Right Brian Curriculum Staff, Activity #: 159011-A
Students work together to create a city within a virtual Minecraft world. In this problem-solving class, students design their own house and business as they learn about budgeting, profit and loss and supply and demand. STEM skills have never been so fun!

Mini Mindfulness
Grades 2 - 5, Wednesdays, Sept. 11 - Oct. 30 4 - 5 pm, $58 (8 weeks), Location: TBD
Instructors: Jaclyn Vigneau & Christine Conceison, Activity #: 150311-A
Your child will explore numerous age-appropriate mindfulness techniques and learn coping skills to deal with the mounting expectations on today’s youth. Utilizing books, hands-on activities, and group work your child will learn how to slow down, take a breath, and express their emotions in a healthy and productive manner. This group will also focus on teaching your child social skills necessary to maintain peer relationships and develop empathy for others.
Swimming Lessons

Ages 3+ (toilet trained), Sundays, Oct. 6 - Dec. 15 (not 10/13, 10/27 & 12/1), $66 (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. **We are no longer able to place 1:1 swim instructors with children during lessons that occur from 3 to 6 pm. Should your family member need assistance, please see page 13 for Sensory Friendly Swim Lessons.**

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 shopping.
Levels 5 & 6: Child is swim team ready and is working on endurance and technique.

<table>
<thead>
<tr>
<th>Levels</th>
<th>Time</th>
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<tbody>
<tr>
<td>1 - 4</td>
<td>3 - 3:30 pm</td>
<td>170400-A</td>
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<td>1 - 4</td>
<td>3:30 - 4 pm</td>
<td>170400-B</td>
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<tr>
<td>1 - 4</td>
<td>4 - 4:30 pm</td>
<td>170400-C</td>
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<tr>
<td>1 - 4</td>
<td>4:30 - 5 pm</td>
<td>170400-D</td>
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<tr>
<td>1 - 4</td>
<td>5 - 5:30 pm</td>
<td>170400-E</td>
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<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>

Youth Basketball

*Dates, Times and Locations May Change*

Rookie League Basketball

Grades 2 & 3, Saturdays, Nov. 16 - Feb. 8 (not 11/30, 12/21 & 12/28), $55
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.

<table>
<thead>
<tr>
<th>Girls</th>
<th>Activity #</th>
<th>Boys</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 2</td>
<td>271736-A</td>
<td>Grade 2</td>
<td>271735-A</td>
</tr>
<tr>
<td>Grade 3</td>
<td>271736-B</td>
<td>Grade 3</td>
<td>271735-B</td>
</tr>
</tbody>
</table>

Grades 4 & 5, Dec. - March, $55
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>Girls</th>
<th>Activity #</th>
<th>Boys</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 4 &amp; 5</td>
<td>271746-A</td>
<td>Grades 4 &amp; 5</td>
<td>271745-A</td>
</tr>
</tbody>
</table>

Grades 6 - 8, Dec. - March, $55
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>Girls</th>
<th>Activity #</th>
<th>Boys</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 6 - 8</td>
<td>271766-A</td>
<td>Grades 6 - 8</td>
<td>271765-A</td>
</tr>
</tbody>
</table>

*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, $200 (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, coordination, 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. 9 - Dec. 2</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. 11 - Dec. 4</td>
<td>6:15 - 7 pm</td>
<td>170501-C</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 14 - Dec. 7</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. 7 - Oct. 5</td>
<td>9:30 - 10:45 am</td>
<td>$136 (5 weeks)</td>
<td>170601-A</td>
</tr>
<tr>
<td>Sundays</td>
<td>Sept. 8 - Oct. 6</td>
<td>1:30 - 2:45 pm</td>
<td></td>
<td>170601-B</td>
</tr>
</tbody>
</table>

**Beat Bullying**

**Ages 6 - 12, Saturday, Nov. 9, 3 - 3:45 pm, $22**

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.

**Beginner Cartooning for Kids**

**Ages 11+, Thursdays, 6 - 8 pm, $35**

Council on Aging Room 215

Instructor: Mark Brennan

Cartoons are GREAT, and you can learn how to draw them! Join us for this 2-hour intro to cartooning to learn some of the simple rules of drawing cartoon faces, figures, animals and much more. It's fun and easy. Bring a pad of paper and we provide the rest.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Oct. 25</td>
<td>159401-A</td>
</tr>
<tr>
<td>Nov. 21</td>
<td>159401-B</td>
</tr>
</tbody>
</table>

**Bake ‘Em And Take ‘Em**

**Grades 1 - 6, Saturday, 10 am - Noon, $28 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. 26</td>
<td>Halloween Treats</td>
<td>151401-A</td>
</tr>
<tr>
<td>Nov. 23</td>
<td>Thanksgiving Treats</td>
<td>151401-B</td>
</tr>
<tr>
<td>Dec. 14</td>
<td>Christmas Treats</td>
<td>151401-C</td>
</tr>
</tbody>
</table>

**Passport to Burlington**

It’s not too late!! Discover new places & special events within our community with your Passport to Burlington sponsored by Target! Throughout 2019 you and your family can use your passport to collect stamps at many of our special events and various locations in Burlington. At the end of the year there will be prize drawings for those who collect 10 or more stamps. The more stamps you collect, the better the prize! Your free passport can be picked up at the Parks & Recreation Department. Passports are available for Burlington residents only; one passport per family. Passport information, including a full list of locations and events can be found on our website.
**Intro to Boxing**

Grades K - 8, $135 (8 weeks), MK Boxing 1 Esquire Rd Billerica, 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>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>Sept. 18 - Nov. 6</td>
<td>3:30 - 4:30 pm</td>
<td>171001-A</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Sept. 21 - Nov. 9</td>
<td>9:30 - 10:30 am</td>
<td>171001-B</td>
</tr>
</tbody>
</table>

**Learn to Skate**

Ages 3 - 16, Wednesdays, Sept. 11 - Oct. 30
4:35 - 5 pm, $126 (8 weeks), Burlington Ice Palace 36 Ray Ave, Instructors: FMC Ice Sport Staff, Activity #: 173101-A

For skaters with little or no experience. This group class will teach the basics of skating in a fun and comfortable environment. Skaters are grouped by age and ability as needed. Skaters must be toilet trained and helmets are required (bike helmets are acceptable). Skate rentals are provided.

**Archery**

Grades 4 - 8, Fridays, Sept. 27 - Oct. 25, 5:30 - 6:30 pm, $127 (5 weeks), Rotary Field, Instructor: On the Mark Archery Staff

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 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>Level</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>171401-A</td>
</tr>
<tr>
<td>Advanced</td>
<td>171401-B</td>
</tr>
</tbody>
</table>

**Indoor Rock Climbing**

Ages 5 - 12, Saturdays, Oct. 19 - Nov. 9, 9 - 11 am
$95 (4 weeks), Central Rock Gym 10 Adam Rd Stoneham, Instructors: Central Rock Gym Staff Activity #: 179101-A

This youth climbing program will take place weekly in a 2-hour time slot. Central 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.

**Cricket**

Sundays, Sept. 15 - Oct. 20
4 - 5:30 pm, $67 (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>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 9</td>
<td>171101-A</td>
</tr>
<tr>
<td>10 - 13</td>
<td>171101-B</td>
</tr>
</tbody>
</table>

**Fencing**

Ages 8+, Saturdays, Sept. 14 - Nov. 2
3 - 4 pm, $127 (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.
CrossFit Kids & Teens
Tuesdays & Thursdays, 4 - 5 pm, $144 (8 sessions), CrossFit Exclamation 10 Ray Ave
Instructors: Lori Becker & Shannon Weisse
Develop full-body strength, mobility and explosive power to give you the edge! Classes are suitable for everyone, these classes will have elements of gymnastics, body weight movements, running, jumping and more!

<table>
<thead>
<tr>
<th>Ages</th>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-12</td>
<td>Oct. 2 - 30 (not 10/14)</td>
<td>117301-A</td>
</tr>
<tr>
<td>Mon. &amp; Wed.</td>
<td>Oct. 30 - Nov. 27 (not 11/11)</td>
<td>117301-B</td>
</tr>
<tr>
<td></td>
<td>Nov. 25 - Dec. 18</td>
<td>117301-C</td>
</tr>
</tbody>
</table>

KidsJam & Yoga Combo
Grades K - 4, Mondays, Oct. 21 - Dec. 2 (not 11/11), 3:30 - 4:30 pm, $79 (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 meditation 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. 18 - Nov. 6
6:30 - 7:30 pm, $135 (8 weeks), MK Boxing
1 Esquire Rd Billerica, 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.

Brazilian Jiu-Jitsu
Ages 7 - 15, Tuesdays, Sept. 10 - Dec. 3
3:30 - 4:15 pm, $200 (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 since it’s applied in response to physical aggression, so there’s no need to worry about your child becoming violent.

LIKE US, TAG US, SHARE US.
Stay up to date on events and happenings:
@BurlingtonRecreation
@burlington_rec
@Burlington_Rec
BURLINGTON PARKS & RECREATION
The Therapeutic Recreation Division offers year round specialized programming for individuals of all ages who have disabilities. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support from an Inclusion Aide. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Laurel Rossiter, CTRS at ctrs@burlington.org or 781-270-1937.

Check out the inclusive Zumbini and sprouting melodies class on page!

Therapeutic Horseback Riding
Ages 3 through adult with a diagnosis of a disability
Oct. 28 - Dec. 21, $247 (8 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.

Mini Pride Sports
Ages 3 - 6 with a disability, Tuesdays
3:30 - 4:15 pm, Recreation Gym, Instructor: Kate DeAngelis, CTRS
Join us as we introduce fun sports to the little ones! We will practice skills from soccer and floor hockey, as well as play social games to give kids an opportunity to have fun, interact with their peers and build confidence in a supportive, positive environment. Participants should wear comfortable clothing, sneakers 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. 10 - Oct. 22</td>
<td>$39 (7 weeks)</td>
<td>192909-A</td>
</tr>
<tr>
<td>Hockey</td>
<td>Nov. 5 - Dec. 10</td>
<td>$33 (6 weeks)</td>
<td>192909-B</td>
</tr>
</tbody>
</table>

Adaptive Karate
Ages 5 - 12 with a disability, Saturdays, Sept. 21 - Dec. 14 (not 10/12, 11/9 & 11/30), 2 - 2:45 pm
$152 (10 weeks, uniform included)
Steve Nugent’s Institute 207F Cambridge St.
Instructors: Steve Nugent & Staff
Activity #: 194409-A
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.

Multi Sensory Music Group
Ages 4 - 12 with a disability and a caregiver
Saturdays, Sept. 21 - Dec. 14 (not 10/12, 11/9 & 11/30), 9:30 - 10:15 am, $152 (10 weeks), Function Room 1, Instructor: Maura Pastran, Roman Music Therapy, Activity #: 194609-A
This group provides an opportunity for children who do best with a multi-sensory approach to participate in a supportive and therapeutic group activity. Participants will be encouraged to communicate and use multi-sensory systems that work best for them, including switches, eye gaze and touch. We focus on choice making, supported instrument play, vocal responses to music and increased awareness of self and others.

Sensory Friendly Halloween Bash!
Saturday, Oct. 19, 4 - 6 pm, Function Rooms 1 & 2
$18 per family, Activity #: 194509-A
This Halloween we invite you and your family to join us for a sensory-friendly Halloween party! There will be trick-or-treating, 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!
Therapeutic Recreation

Adaptive Gymnastics
Grades 1 - 12 with a disability, Mondays
Sept. 23 - Nov. 25 (not 10/14 & 11/11), $104
(8 weeks), BHS Gym, Director: Jourdan Marino
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>
</tr>
</thead>
<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>

Burlington Pride Athletics
Tuesdays, $39 (6 Weeks), Director: Kristyna Flaherty
Join us as we jump into a fall favorite, soccer! This is a non-competitive opportunity to exercise, socialize and practice skills. As the weather gets colder, we will move indoors and switch 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>Ages</th>
<th>Time</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Pride (Ages 6 - 12)</td>
<td>5:30 - 6:30 pm</td>
<td>191909-B</td>
</tr>
<tr>
<td>Pride (Ages 13 &amp; up)</td>
<td>6:30 - 7:30 pm</td>
<td>191909-A</td>
</tr>
</tbody>
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<tr>
<th>Ages</th>
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<tr>
<td>Jr. Pride (Ages 6 - 12)</td>
<td>5:30 - 6:30 pm</td>
<td>191409-B</td>
</tr>
<tr>
<td>Pride (Ages 13 &amp; up)</td>
<td>6:30 - 7:30 pm</td>
<td>191409-A</td>
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</table>

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!

Sensory Friendly Swim Lessons
Ages 3+ with a disability, Sundays, Oct. 6 - Dec. 15 (not 10/13, 10/27 & 12/1), 2:10 - 2:45 pm, $66 (8 weeks), Woburn Boys & Girls Club 1 Charles Gardner Lane Woburn, Activity #: 196209-A
We welcome you to join our first sensory friendly swimming class this fall! These lessons will allow for time to transition in and out of the pool, have a less busy, quieter swimming environment and will have small groups with higher staff ratios. The focus will be on basic swimming skills at a pace that is comfortable for each participant. Space is limited, registration is not available online. *Note: This program is in place of inclusion opportunities during typical swimming lessons. We are no longer able to place 1:1 swim instructors with children during lessons that occur from 3 to 6 pm. Please direct all questions and inquiries to Kate DeAngelis, CTRS.

TR Family Connection Event:
Give Thanks
Saturday, Nov. 16, 4 - 6 pm, Function Rooms 1 & 2 $22 per family, Activity #: 194509-B
This fall we invite you and your family to join us for a Thanksgiving celebration to remember. A buffet style dinner will be served with games and activities to follow! Please contact our Therapeutic Rec Specialist, Kate DeAngelis with any dietary restrictions.

*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.
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
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 or to be added to our mailing list.

*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.

Boating Skills and Seamanship
Ages 9+, Tuesdays, Sept. 17 - Dec. 10 (not 11/26), 7 - 9 pm, $61 (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 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 state specific boating laws. Chapters 9 - 13 are optional.

Private Tennis Lessons
Ages 5+, September - October, $35 (1 hour)
Rahanis Tennis Courts, Instructor: Scott Barrett
Activity #: 160904-A
Interested in trying tennis or want to improve your tennis game? Scott Barrett, who is the Head Coach of the Burlington High School Boys Tennis team and Tennis Director for the Burlington Parks and Recreation Department will be teaching the 1 hour private lessons. Once registered, you will coordinate a time with Scott that works for your schedule.

Teen/Adult Learn to Skate
Ages 16+, Wednesdays, Sept. 11 - Oct. 30
4:10 - 5 pm, $146 (8 weeks), Burlington Ice Palace 36 Ray Ave, Instructors: FMC Ice Sport Staff, Activity #: 182403-A
Come learn to skate or enhance your skating skills in a fun and comfortable learning environment. Classes include group instruction and free time and encourage you to learn at your own pace. Skaters are grouped by age and ability as needed. Helmets are required (bike helmets are acceptable). Skate rentals are included.

Intro to Nature Journaling & Sketching
Ages 11+, Thursdays, 7 - 9 pm, $35, Council on Aging Room 215, Instructor: Mark Brennan
This one session class is based on the amazing work of artist and biologist John Muir Laws. This class will introduce you to the exciting world of nature sketching for your personal journal. We’ll explore simple natural objects, lettering and even the relaxing benefits of observation and sketching. From flowers and rocks, to birds and shells, we’ll study and sketch natures masterpieces using a simple pencil. It’s going to be a fun and educational.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 17</td>
<td>146404-A</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>146404-B</td>
</tr>
</tbody>
</table>

Intro to Guitar
Grade 6+, Mondays, Sept. 9 - Nov 4 (not 10/14), 7:15 - 8:15 pm, $82 (8 weeks)
Function Room 1, Instructor: Brian Grzelak
Activity #: 141111-A
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 music theory centered around the guitar. Students must bring their own guitars.

*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.*
Basic Flower Arranging  
Thursdays, 6:30 - 8 pm, $132 (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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 26 - Oct. 17</td>
<td>159103-A</td>
</tr>
<tr>
<td>Oct. 31 - Nov. 21</td>
<td>159103-B</td>
</tr>
</tbody>
</table>

Sew What?  
Mondays, Sept. 9 - Dec. 9 (not 10/14 & 11/11)  
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. 12 - Dec. 12 (not 11/21 & 11/28)  
7:30 - 8:30 pm, $99 (12 weeks), Function Rooms 1 & 2, Instructor: Bonnie Murphy, Activity #: 130403  
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.

Ballroom Dance  
Mondays, 6:45 - 7:30 pm, $52/person or $104/couple (8 weeks), Kadanse Dance Studio, 346 W Cummings Park Woburn, Instructors: Kadanse Studio Staff  
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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity # Single</th>
<th>Activity # Couple</th>
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<tbody>
<tr>
<td>Sept. 9 - Oct. 28</td>
<td>131113-A</td>
<td>131113-A1</td>
</tr>
<tr>
<td>Nov. 4 - Dec. 23</td>
<td>131113-B</td>
<td>131113-B1</td>
</tr>
</tbody>
</table>

Learn to Play Pickleball  
Saturdays, Sept. 14 - Oct. 26, 3 - 4 pm, $44 (7 weeks), Simonds Park Courts, Instructor: Kevin Martin, Activity #: 160633-A  
Have you been wanting to try pickleball but don’t feel comfortable just showing up during an open play session? Not sure how to swing a paddle, where to stand on the court or how to keep score? Well, here’s your chance to learn the fundamentals of the fastest growing sport in the country! Pickleball is a combination of tennis, badminton, and ping pong played by four people on a badminton size court with paddles and a plastic polyball. It is great exercise, easy to learn and lots of fun. Come see what the excitement is all about!

Vision Boards: Make Dreams a Reality  
Tuesday, Nov. 12, 6 - 7:30 pm, $17, Council on Aging Room 215, Instructor: Joya Pezzuto, RN Activity #: 102324-A  
Visions Boards are a great tool and represent the future you desire. They can contain inspirational words, quotes, pictures and affirmations that are important to you! Visions Boards help you become clear on your intentions and what you want to manifest in this world. What are your dreams? Your personal goals? Career goals? You’ll leave with your very own 11x14 vision board. Bring to class any special pictures, mementos or photos you would like included on your board. A $7 materials fee is due at class.
**Piano Nite**
Monday, Sept. 23, 7 - 9 pm, $39
Council on Aging Room 207, 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.

**Managing Credit & Prioritizing Debt**
Tuesday, Dec. 3, 7 - 9 pm, $22, Instructor: Sumeit Aggarwal, Activity #: 150413-A
In this online seminar we will discuss the difference between credit and debt, what affects your credit and how credit is measured as well as various debt payment options to create a debt management plan.

**Holidays: Ready, Set, Budget!**
Tuesday, Oct. 29, 7 - 9 pm, COA Room 215, $22
Instructor: Sumeit Aggarwal, Activity #: 155213-A
In this class we will discuss best practices for creating and automating the holiday budget and sharing tips that will put you on the road to successfully sinking to your budget. It will save stress, money and time later.

**Ceramics**
Thursdays, Sept. 12 - Nov. 14, 7 - 9 pm
$110 (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.

**All Stressed Out**
Tuesdays, Oct. 22 & 29, 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.

**Introduction to Golf**
$186 (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”.

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<tr>
<th>Days</th>
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<th>Time</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Saturdays</td>
<td>Sept. 7 - Oct. 5</td>
<td>11:30 am - 12:30 pm</td>
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<tr>
<td>Mondays</td>
<td>Sept. 9 - Oct. 7</td>
<td>5:30 - 6:30 pm</td>
<td>180613-B</td>
</tr>
</tbody>
</table>

**Intermediate Golf**
$186 (4 weeks), Billerica Country Club, 51 Baldwin Rd Billerica, Instructor: Barrie Bruce, PGA Golf Pro
This program focuses on fine-tuning skill improvement for specific areas to help you manage course play and lower your scores! Tips on how to make every practice session effective will be a part of each lesson. Skills include keeping drives on the fairway, skills to avoid 3-putting, combatting uneven lines and bunker play. Class size is limited to 4:1 student to instructor ratio.

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<tbody>
<tr>
<td>Tuesdays</td>
<td>Sept. 10 - Oct. 1</td>
<td>5:30 - 6:30 pm</td>
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<tr>
<td>Thursdays</td>
<td>Sept. 12 - Oct. 3</td>
<td></td>
<td>180623-B</td>
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</tbody>
</table>
**ADULT SPORTS**

**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>
<th>Level</th>
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<tbody>
<tr>
<td>Mon., Sept. 9 - Dec. 16 (not 10/14 &amp; 11/11)</td>
<td>2:30 - 3:30 pm</td>
<td>Experienced</td>
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<tr>
<td></td>
<td>3:30 - 4:30 pm</td>
<td>Beginner</td>
</tr>
<tr>
<td>Wed., Sept. 4 - Dec. 18 (not 11/27)</td>
<td>2:30 - 4:30 pm</td>
<td>Experienced</td>
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**Women’s Self-Defense**
Ages 14+, Saturday, Nov. 16, 3 - 4 pm
$22, 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.

**Intro to Playing on the Golf Course**
Saturdays/Sundays, Oct. 12, 13, 19 & 20, 4:30 - 5:30 pm, $167 (4 sessions), Billerica Country Club 51 Baldwin Rd, Billerica, Instructor: Barrie Bruce, PGA Golf Pro, Activity #: 180603-A
The first lesson is a basic orientation of golf course with a visit to the 1st tee and Pro Shop; the next 3 lessons will have you playing up to 3 holes on the course with an instructor. You will learn basic rules, course etiquette, pace of play techniques and club selection. After this program, you’ll be ready to join our non-competitive leagues and to enter our low-key BBGS tournaments. Participants must have completed Intro to Golf.

**Lunch Hour Basketball**
Mon, Wed & Fri, 12 - 2 pm, $33 (Sept. - March)
Recreation Gym, Activity #: 182003-A
These are 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 to differentiate teams.

**Volleyball**
Mondays, Sept. 9 - Dec. 16 (not 10/14 & 11/11)
8 - 10 pm, $49 (13 weeks), Recreation Gym
Activity #: 180703-A
Enjoy the friendly competition of pick-up volleyball games. Please wear sneakers.

**Beginner Kickboxing**
Wednesdays, Sept. 18 - Nov. 6, 6:30 - 7:30 pm
$135 (8 weeks), MK Boxing 1 Esquire Rd Billerica
Instructors: Mike Knox & Staff
Activity #: 111403-A
The cardio strength and endurance you will receive even after only a couple of weeks of working out are noticeably improved. You will learn kickboxing techniques and punching combinations. Additionally, you will discover ways to dodge, avoid, guard and counter attacks. Both defense and offense skills will be taught in this class. Gloves can be purchased separately at the gym.

**Archery for Adults**
Fridays, Sept. 27 - Oct. 25, 5:30 - 6:30 pm
$127 (5 weeks), Rotary Field
Instructor: On the Mark Archery Staff
Beginners will learn the basics including focusing on the posture, alignment, muscle memory and control. Instructors will keep you engaged throughout the program with creative skill games, drills and competitions. Advanced participants will learn the NTS style of shooting and more in depth techniques. All equipment is provided.

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<tr>
<th>Level</th>
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<tbody>
<tr>
<td>Beginner</td>
<td>181503-A</td>
</tr>
<tr>
<td>Advanced</td>
<td>181503-B</td>
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</table>

**Pick-Up Basketball**
Wednesdays, Sept. 4 - Dec. 18 (not 11/27)
8:15 - 10:15 pm, $55 (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.

**Indoor Soccer**
Sundays, Oct. 6 - Nov. 24, 9 - 11 am, $36 (8 weeks)
Location:  TBD, Activity #: 182203-A
Enjoy the friendly competition of pick-up soccer games. Please wear sneakers. Players should bring a light and dark colored shirt.

**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.
**ABSoluetly Pilates**  
Tuesdays, Oct. 8 - Dec. 17, 7 - 8 pm, $55  
(11 weeks), Function Room 1  
Instructor: Barbara Hospod, Activity #: 111333-A  
A Pilates repertoire with a focus on core power, endurance, and strength. Small handheld weights are incorporated along with a mini-ball to enhance the 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 control and quality of movement. Please bring 2 - 4lb hand weights and a mat.

**Flex & Stretch**  
Wednesdays, Oct. 2 - Dec. 18 (not 11/27)  
5 - 6 pm, $44 (11 weeks), Recreation Gym  
Instructor: Alison Gnerre, Activity #: 110173-A  
This 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.

**Pound**  
Thursdays, Oct. 3 - Dec. 19 (not 11/28), 5 - 5:45 pm, $44 (11 weeks), Recreation Gym  
Instructor: Tisha Wilson, Activity #: 119303-A  
Pound is a full-body, cardio jam session, combining light resistance with constant simulated drumming. It uses cardio, pilates, isometric movements, and plyometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music. Great music and your choice of weight inspires you to get the results fast!

**Total Body Conditioning**  
Wednesdays, Oct. 2 - Dec. 18 (not 11/27)  
7 - 8 pm, $44 (11 weeks), Recreation Gym  
Instructor: Sarah Hamilton, 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.

**Pilates Strong**  
Thursdays, Oct. 3 - Dec. 20 (not 11/28), 7 - 8 pm  
$55 (11 weeks), COA Room 207  
Instructor: Tonia Egan, Activity #: 119203-A  
This deep workout has low impact on the joints. Each exercise focuses on the six original principals of Pilates (concentration, control, center, flow, precision and breathe). In addition, throughout the session you will be provided information on how to live with Pilates in your everyday life. Various tools will be added for a deeper challenge. Please bring your own mat. If you have a magic circle bring it along as well.

**Full Body Workout**  
Thursdays, Oct. 3 - Dec. 19 (not 11/28), 6:45 - 7:45 am, $38 (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.

**Muscle Madness Interval Training**  
Mondays, Sept. 30 - Dec. 16 (not 10/14 & 11/11)  
6 - 7pm, $40 (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 workout challenges all your major muscle groups by using exercises such as squats, presses, lifts and curls. Also, a combination of Hi/Lo and kickboxing cardio moves are part of this workout.

**Xtend Suspend**  
Wednesdays, Sept. 18 - Dec. 4, 6:30 - 7:30 pm  
$247 (12 weeks), Xtend Barre 62 Second Ave  
Instructor: Xtend Barre Staff, Activity #: 117813-A  
Xtend Suspend utilizes the TRX suspension straps and your body weight to give you one of the best total body workouts ever! Fully adaptable to your strength and fitness level, you’ll work every muscle in your body (and probably find ones you didn’t know you had!) to challenge your strength, conditioning and balance. Men and women will be rewarded with extreme results. Cost includes one pair of grip socks.
ADULT FITNESS

HIIT
Thursdays, Oct. 3 - Dec. 19 (not 11/28), 6:15 - 7 pm
$44 (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.

Pilates Fusion
Wednesdays, Oct. 2 - Dec. 18 (not 11/27)
5:30 - 6:30 am, $54 (11 weeks), Recreation Gym
Instructor: Julie Conley, Activity #: 111133-A
Come alive mid-week with this new, no impact, high-energy workout. We'll build strength and length by incorporating powerful, flowing movements using your own body weight resistance. This workout is designed to promote better posture and flexibility and is suitable for everyone. Please bring a mat and water bottle.

Stability Ball
Tuesdays, Oct. 1 - Dec. 17, Noon - 1 pm
$54 (11 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
Tuesdays, Oct. 1 - Dec. 17, 5 - 6 pm
$54 (11 weeks), Recreation Gym
Instructor: Lauren Mattson, Activity #: 132203-A
D & T 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. Hand weights (about 2-5 lbs) are optional.

Bolly X
Saturdays, 10 - 11 am, $55 (4 weeks), CrossFit Exclamtion 10 Ray Ave, Instructor: CrossFit Staff
Are you looking for a challenging, fun & unique workout? Give BollyX a try. No experience needed! BollyX is Bollywood-Inspired cardio dance fitness. This one hour class is lead by BollyX certified instructors. Dynamic choreography and high intensity are combined to burn calories all while having fun!

Pure Strength
Wednesdays, Oct. 2 - Dec. 18 (not 11/27), 4 - 5 pm, $55 (11 weeks), Recreation Gym, Instructor: BrendaJo Hubbard, Activity #: 114213-A
Iron is tough, but you are tougher! Build strength, not bulk, in this innovative weight lifting class. Mix moves like planks, dead lifts, arm presses and more. This workout will keep you constantly challenged and you will walk out feeling fearless. Just bring a mat, we will supply the weights.

Yogalates (For Beginners & Beyond)
Instructor: Joan Trubiano
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. Tuesday’s class is for beginners.
**Monday Camp Core & More**  
**Mondays, Sept. 30 - Dec. 16 (not 10/14 & 11/11), 8:30 - 9:30 am, $35 (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. 4 - Dec. 20 (not 11/29), 8:30 - 9:30 am, $38 (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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<th>Day</th>
<th>Fee</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Mondays &amp; Fridays</td>
<td>$63 ($10 savings)</td>
<td>110043-C</td>
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**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>
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<th>Time</th>
<th>Instructor</th>
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<tr>
<td>Tuesdays</td>
<td>Oct. 1 - Dec. 17</td>
<td>6 - 7 pm</td>
<td>Tisha Wilson</td>
<td>$47 (12 weeks)</td>
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<td>7 - 8 pm</td>
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<tr>
<td>Wednesdays</td>
<td>Oct. 2 - Dec. 18 (not 11/27)</td>
<td>6 - 7 pm</td>
<td>Sarah Hamilton</td>
<td>$44 (11 weeks)</td>
<td>116403-F</td>
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<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
<td>Marcia Nguyen</td>
<td></td>
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<tr>
<td>Thursdays</td>
<td>Oct. 3 - Dec. 19 (not 11/28)</td>
<td>7:55 - 8:55 am</td>
<td>Sarah Hamilton</td>
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<tr>
<td></td>
<td>Oct. 6 - Dec. 22 (not 12/1)</td>
<td>8 - 9 am</td>
<td>Lauren Mattson</td>
<td></td>
<td>116403-E</td>
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</tbody>
</table>

**Butts & Guts**  
**5:30 - 6:30 am, Recreation Gym, Instructor: Julie Conley (Tues.) & Lynette Luschant (Thurs.)**  
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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<tr>
<td>Tues.</td>
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<td>$41 (12 weeks)</td>
<td>114303-A</td>
</tr>
<tr>
<td>Thurs.</td>
<td>Oct. 3 - Dec. 19 (not 11/28)</td>
<td>$38 (11 weeks)</td>
<td>114303-B</td>
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**Rotator Cuff & Shoulder Pain Workshop**  
**Mondays, Sept. 30, 6:30 - 8 pm**  
No Fee, Council on Aging Room 215  
Instructor: Mike Stare & Justin Pezick Orthopaedics Plus, Activity #: 117413-A  
During this workshop, you will learn about common shoulder anatomy and review a brief description of common injuries. Learn about mistakes that people often make when dealing with these ailments and strategies you can use to manage the symptoms. Don’t ignore the pain; learn what you should be looking for as indicators to seek medical guidance.
**Sculpt & Core**  
**Mondays, Sept. 30 - Dec. 16 (not 10/14 & 11/11)**  
5 - 6 pm, $40 (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. It 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. Please bring a mat and hand weights.

**Chair Yoga**  
**Tuesdays, Sept. 3 - Dec. 10, 10:45 - 11:45 am**  
$73 (15 weeks), Function Room 1  
**Instructor:** Angela Wasson, Activity #: 111293-A  
This yoga class is for those adults with limited mobility. Physical movements, breathing practices and stress reduction techniques are practiced while seated in a chair. All levels are welcome.

**Kick It**  
**Tuesdays, Oct. 1 - Dec. 10, 6:45 - 7:45 am,** $44 (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. Please bring a mat.

**Blood Pressure Health & Wellness**  
**Tuesday, Sept. 24, 6 - 7:30 pm, $17**  
**Council on Aging Room 215, Instructor:** Joya Pezzuto, RN, Activity #: 152203-A  
Gain knowledge with this 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.

**Tai Chi**  
**Saturdays, Oct. 5 - Dec. 21 (not 11/30), 9 - 10 am**  
$28 (11 weeks), Council on Aging Room 207  
**Instructor:** James Regan, Activity #: 105803-A  
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.

**Active Aging**  
**Tuesdays, Oct. 1 - Dec. 17, 8 - 9 am,** $43 (12 weeks), Recreation Gym, **Instructor:** BrendaJo Hubbard, Activity #: 116713-A  
This fitness class balances fun with exercise. Increase range of motion, develop your mind to body connection and gain strength to do daily activities. The warm up will have you dancing and smiling while at the same time, preparing muscles to bend and flex through a series of weight-bearing exercises. Mats are needed; bring weights or you can use ours!

**Fit Club**  
**Oct. - Dec., $120, 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: Butts & Guts, Camp Core & More, D & T Power Half Hour, Flex & Stretch, Friday Morning Workout, Full Body Workout, HIIT, Kick It, Muscle Madness, Pilates Fusion, Pound, Pure Strength, Sculpt & Core, Stability Ball and Total Body Conditioning. Fit Club members may only select two Zumba classes. When registering please fill out Fit Club form indicating what classes you will be attending.

**Advanced Beginner Yoga**  
**Wednesdays, Oct. 2 - Dec. 18 (not 11/27), 6:15 - 7:30 pm,** $66 (11 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.

**Xtend Barre**  
**Mondays, Sept. 16 - Dec. 2, 5:30 - 6:30 pm**  
$247 (12 weeks), Xtend Barre 62 Second Ave  
**Instructor:** Xtend Barre Staff, Activity #: 117113-A  
This class incorporates elements of dance, ballet and Pilates to create an adrenaline-fueled workout that strengthens, lengthens and chisels the body. Each class features an elegant yet energetic combination of movements that enhance flexibility, improve balance, and challenge the core. No prior Pilates experience or dance training required. Cost includes one pair of grip socks.
ADULT YOGA

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>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Mondays</td>
<td>Sept. 30 - Dec. 16 (not 10/14 &amp; 11/11)</td>
<td>5:45 - 6:45 pm</td>
<td>$60 (10 weeks)</td>
<td>111213-A</td>
</tr>
<tr>
<td>1</td>
<td>Tuesdays</td>
<td>Oct. 1 - Dec. 17</td>
<td>6 - 7 pm</td>
<td>$71 (12 weeks)</td>
<td>111213-B</td>
</tr>
</tbody>
</table>

Gentle Yoga
$82 (14 weeks), Instructor: Angela Wasson
Gentle Yoga is a Pathways Yoga Systems Wellness class. In this class we will do slow yoga movements and postures, breathing practices, sound vibration and meditations that will release tension from the mind as well as the body. All classes are slow paced and will leave you feeling relaxed and refreshed and at peace. Bring a mat, strap or old neck tie, towel or blanket, and firm cushion or pillow as needed for sitting and lying down on the floor.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Sept. 9 - Dec. 23 (not 10/14 &amp; 11/11)</td>
<td>10:30 - 11:45 am</td>
<td>Function Rooms 1 &amp; 2</td>
<td>111223-A</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Sept. 11 - Dec. 18 (not 11/27)</td>
<td>5 - 6:15 pm</td>
<td>Function Room 2</td>
<td>111223-B</td>
</tr>
</tbody>
</table>

Hatha Yoga (For Beginners & Beyond)
$66 (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.

<table>
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<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Oct. 3 - Dec. 19 (not 11/28)</td>
<td>9 - 10:30 am</td>
<td>Function Rooms 1 &amp; 2</td>
<td>111203-A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4:30 - 5:45 pm</td>
<td>Function Room 1</td>
<td>111203-B</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Oct. 5 - Dec. 21 (not 11/30)</td>
<td>9:05 - 10:35 am</td>
<td>Recreation Gym</td>
<td>111203-C</td>
</tr>
</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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<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Sept. 30 - Dec. 16 (not 10/14 &amp; 11/11)</td>
<td>4:30 - 5:30 pm</td>
<td>$60 (10 weeks)</td>
<td>119903-A</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Oct. 1 - Dec. 17</td>
<td>4:45 - 5:45 pm</td>
<td>$71 (12 weeks)</td>
<td>119903-B</td>
</tr>
</tbody>
</table>

Glow & Flow Yoga/Kundalini Yoga (For Beginners & Beyond)
Thursdays, Oct. 3 - Dec. 19 (not 11/28), 6 - 7:15 pm, $66 (11 weeks), Function Room 1 & 2
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.
The 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. *There is a small fee for this program.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf*</td>
<td>Tuesdays</td>
<td>8 am</td>
<td>Through Oct.</td>
<td>King Rail Reserve, Lynnfield</td>
</tr>
<tr>
<td>Bowling*</td>
<td>Tuesdays</td>
<td>10 am</td>
<td>Oct. - April</td>
<td>Woburn Bowladrome</td>
</tr>
<tr>
<td>Bocce</td>
<td>Wednesdays</td>
<td>9 am</td>
<td>Through Oct.</td>
<td>Bocce Court at Recreation Dept.</td>
</tr>
<tr>
<td>Sing-a-long</td>
<td>Wednesdays</td>
<td>1:15 pm</td>
<td>Sept. - Dec.</td>
<td>Function Room 2</td>
</tr>
<tr>
<td>Tennis</td>
<td>Thursdays</td>
<td>9 am</td>
<td>Through Oct.</td>
<td>Rahanis Tennis Courts</td>
</tr>
<tr>
<td>Whist</td>
<td>Fridays</td>
<td>9 am</td>
<td>Year Round</td>
<td>Council On Aging Card Room</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Saturdays</td>
<td>4 pm</td>
<td>Sept. - Oct.</td>
<td>Recreation Gym</td>
</tr>
</tbody>
</table>

**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!

<table>
<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>Tues.</td>
<td>Oct. 1 - Dec. 17</td>
<td>10:50 - 11:50 am</td>
<td>$29 (12 weeks)</td>
<td>Recreation Gym</td>
<td>116407-A</td>
</tr>
<tr>
<td></td>
<td>Sept. 10 - Dec. 17</td>
<td>Noon - 1 pm</td>
<td>$35 (15 weeks)</td>
<td>Function Room 1 &amp; 2</td>
<td>116407-B</td>
</tr>
<tr>
<td>Wed.</td>
<td>Oct. 2 - Dec. 18</td>
<td>8:30 - 9:30 am</td>
<td>$29 (12 weeks)</td>
<td>Recreation Gym</td>
<td>116407-C</td>
</tr>
<tr>
<td>Sat.</td>
<td>Oct. 5 - Dec. 21 (not 11/30)</td>
<td>10 - 11 am</td>
<td>$27 (11 weeks)</td>
<td>Murray Kelly Wing</td>
<td>116407-D</td>
</tr>
</tbody>
</table>

**Senior Citizen’s Ceramics**

Thursdays, Sept. 12 - Nov. 14, 9:30 - 11:30 am
$88 (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.

**Ageless Grace (R)**

Fridays, Oct. 4 - Dec. 20 (not 11/9 & 11/29)
11 - 11:45 am, $35 (10 weeks), Function Room 1
Instructor: Trish Marfione, Activity #: 11817-A

Lifelong comfort & ease based on the science of neu roplasticity for all 5 brain functions & 21 physical skills. All exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic. The ageless Grace program is ideal for anyone who would like to stay youthful and vibrant.

**B.E.S.T.**

Fridays, Oct. 4 - Dec. 20 (not 11/29)
9:45 - 10:45 am, $38 (11 weeks), Recreation Gym
Instructor: Trish Marfione, Activity #: 111807-A

This class is for those 55+ who want to have fun while strength training, balancing, moving and stretching. Bring a mat, sneakers, comfortable clothing and hand weights. Other fun equipment will be provided.

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Fee</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>Wed</td>
<td>Sept. 18 - Dec. 18</td>
<td>$54 (14 weeks)</td>
<td>119803-A</td>
</tr>
<tr>
<td>Thurs</td>
<td>Sept. 19 - Dec. 19 (not 11/28)</td>
<td>$51 (13 weeks)</td>
<td>119803-B</td>
</tr>
</tbody>
</table>

**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 way that is accessible to all levels of experience. An equal amount of support and challenge will be offered including some slow flow to begin with, standing postures, seated postures, and relaxation.

<table>
<thead>
<tr>
<th>Days</th>
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<th>Fee</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>Sept. 18 - Dec. 18</td>
<td>$54 (14 weeks)</td>
<td>119803-A</td>
</tr>
<tr>
<td>Thurs</td>
<td>Sept. 19 - Dec. 19 (not 11/28)</td>
<td>$51 (13 weeks)</td>
<td>119803-B</td>
</tr>
</tbody>
</table>
SPECIAL EVENTS

Fitness Festival
All Ages, Saturday, Sept. 21, 8 am - 2 pm, Fitness Court at TRW Playground
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. 5, 11 am - 2 pm, Town Common
Join us for our third 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. 26, 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. 23, 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. 23, $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 follwing: 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. 8, $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

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 14</td>
<td>NY 9/11 Memorial &amp; Museum</td>
<td>$99 per person</td>
<td>01000</td>
</tr>
<tr>
<td>September 21</td>
<td>The Big E!</td>
<td>Adults: $72 per person</td>
<td>01002</td>
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<tr>
<td></td>
<td></td>
<td>Children 6 - 12: $60 per person</td>
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<tr>
<td></td>
<td></td>
<td>Children 5 &amp; under: $52 per person</td>
<td></td>
</tr>
<tr>
<td>September 28</td>
<td>Essex Steam Train &amp; Conn. River Cruise</td>
<td>$110 per person</td>
<td>01003</td>
</tr>
<tr>
<td>October 12</td>
<td>Vermont Country Store</td>
<td>$84 per person</td>
<td>01005</td>
</tr>
<tr>
<td>October 13</td>
<td>Fabulous Fall in Mass!</td>
<td>$84 per person</td>
<td>01006</td>
</tr>
<tr>
<td>October 19</td>
<td>Halloween in Salem</td>
<td>$54 per person</td>
<td>01007</td>
</tr>
</tbody>
</table>
**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
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 2019 - 2020 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.

Discount Tickets

<table>
<thead>
<tr>
<th>Discount Tickets</th>
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</thead>
<tbody>
<tr>
<td><strong>Topsfield Fair</strong></td>
<td>$12.00</td>
</tr>
<tr>
<td><strong>Movie Theater</strong></td>
<td></td>
</tr>
<tr>
<td>AMC Theatre Movie Tickets</td>
<td>$9.00*</td>
</tr>
<tr>
<td>Showcase Cinema Tickets</td>
<td>$9.50</td>
</tr>
</tbody>
</table>

*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.