

Adult Fitness / Adult Sports

BUTTS AND GUTS

Need to tone up? This muscle conditioning class will give you everything you need. This is a full hour of total body conditioning, targeting large muscle groups like abs, glutes, chest, shoulders, quads and as time permits working smaller muscles, too. Toning is a great way to take inches off your measurements. You will also improve your posture and feel better. Please bring a mat, a set of weights, water, and a smile. Afraid of the time? Remember that exercising in the morning revs up your metabolism. You'll be burning more calories throughout the day.

DAY	DATES	ACTIVITY #
Tuesdays	January 4 - March 22	214303-A
Thursdays	January 6 - March 24	214303-B

Adults, \$28 (12 weeks), 5:45 - 6:45 a.m., Recreation Center Gym, Instructor: Julie Conley



ZUMBA / CARDIO DANCE

Spice up your exercise program with Zumba and Cardio Dance. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. This class will be an absolute blast in one exhilarating hour of calorie-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.

**Tuesdays, January 4 - March 22
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
5:45 - 6:45 p.m.	Tisha Wilson	216403-A
7:00 - 8:00 p.m.	Tisha Wilson	216403-B

**Thursdays, January 6 - March 24
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
6:00 - 7:00 p.m.	Sarah Carew	216403-C
7:00 - 8:00 p.m.	Marcia Nguyen	216403-D

**Saturdays, January 8 - April 2 (Not Feb. 19)
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Gina Manganiello	216403-E

**Sundays, January 9 - April 3 (Not Feb. 20)
\$40 (12 weeks)**

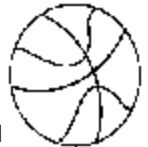
TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Lauren Mattson	216403-F

Adults, Recreation Center Gym

LUNCH-HOUR BASKETBALL

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Guests are welcome to play on a space-available basis. Registrations are accepted year 'round, and the fee is reduced quarterly for late registrants. Locker and shower facilities are provided. Players should bring a light-colored and a dark-colored shirt each day.

**Adults, Monday, Wednesday, Friday, 12:00 - 1:30 p.m.
\$52 annual registration, Recreation Center Gym,
Activity #510803-A**



PICK-UP BASKETBALL

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 each evening.

**Adults, Sundays, January 9 - April 10 (not Jan. 16 & Feb. 20), 7:00 - 9:00 p.m., \$25 residents / \$35 non-residents,
Recreation Center Gym, Activity #211933-A**

ADULT INDOOR SOCCER

Moderately competitive pick-up soccer games for adults who live or work in Burlington. Please bring a light and dark colored shirt in order to differentiate teams.

Adults, Sundays, December 5 - May 1 (not Dec. 26, Jan. 2, Jan. 16, Feb. 20, April 17, April 24), 7:00 - 9:00 p.m., \$67 (16 weeks), Location: Francis Wyman School, Activity #214503-A

VOLLEYBALL

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

Adults, Mondays, January 3 - April 11 (not Jan. 17, Feb. 21), 8:15 - 10:15 pm, \$32 (13 weeks), Recreation Center Gym, Activity #210703-A

WOMEN'S BEGINNER INDOOR SOCCER



Beginner, pick-up soccer games for women who live or work in Burlington. Pinnies will be provided in order to differentiate teams.

Adults, Sundays, December 5 - May 1 (not Dec. 26, Jan. 2, Jan. 16, Feb. 20, April 17, April 24), 5:00 - 7:00 p.m., \$67 (16 weeks), Location: Francis Wyman School Gym, Activity #214513-A

WALK FOR WELLNESS AT BURLINGTON MALL

With more people walking for their health or just for pleasure, Burlington Mall offers its first floor as a comfortable place to walk regardless of weather conditions.

For walking hours and other information about the Walk for Wellness program, please stop by Guest Services at Burlington Mall or call the Mall office at 781-272-8668.

The Walk for Wellness program is sponsored by Burlington Mall. Lahev Clinic and Burlington Recreation Department.

Adults

FINANCE WORKSHOPS

NEW

At our financial workshops, you'll learn key principles of saving and investing and also learn specific strategies to help you reach your long-term financial goals.

Finding Balance in Your Budget

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	January 12	200215-A

How to Raise a Money-Smart Child

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	January 26	200215-B

Rules of the Road

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	February 7	200215-C

Making Sense of Retirement

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	February 23	200215-D

Protecting What's Important

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	March 7	200215-E

Preparing Your Estate Plan

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	March 23	200215-F

Adults, No Fee, Burlington Public Library, Fogelberg Room A, Instructor: Barb Davis, Financial Advisor at Edward Jones

CAUTION!!!!

Participating in recreational activities may cause high levels of laughter and fun. It may also result in unforgettable experiences and friendships. Recreation may be habit forming!

BASIC FLOWER ARRANGING



This course will cover the basics of Principle and Elements of design. We'll build arrangements each week focusing on a different area of design. The class will be low key and fun. Each week the student will make his or her own arrangement following a demonstration and explanation 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 will be provided. The students can take their arrangements home.

Adults, Mondays, February 28 - March 21, 6:30 - 8:30 p.m., \$84 (4 weeks), Ceramics Room, Activity #259103-A, Instructor: Cindy Mattson, Given Erwin Florist



CERAMICS

Once you have learned basic techniques, you will be able to produce beautifully finished ceramic pieces for your home or to give as gifts.

The program includes instruction, paints, and firing. There are additional costs for greenware, brushes, cleaning tools and personal supplies.

Adults, Thursdays, January 13 - March 31 (not Feb. 24 and March 10), \$100 (10 weeks), 7:00 - 9:00 p.m., Activity #221003-A, Ceramics Room, Instructor: Carol Collins

NEW

STOCKS, BONDS AND ALL THAT JAZZ

This course explains the fundamentals of investing in plain English. Bring your questions and leave this class with a better understanding of the difference between CDs, stocks, bonds, and mutual funds. We cover the impact of taxes and inflation in relation to investment choices. We investigate how dollar cost averaging and diversification can bolster your portfolio. We will also compare retirement options such as 401(k)s, Roth IRAs and Traditional IRAs.

Adults, Wednesday, March 9, 7:00 - 9:15 p.m., No Fee, Recreation Center Conference Room, Activity #200214-A, Instructor: Ralph Viscione

NEW

SIX STEPS TO FINANCIAL SECURITY



Did you realize that having a "homestead" designation on your residence may protect up to \$500,000 of its value from creditors? That there is a way to avoid probate on your bank accounts at no cost to you? Or that the way the title is held on your property has much to do with how secure it is against possible legal claims? Whether you're just beginning to think about your financial health or looking for some updating, this workshop will provide you with valuable information you can benefit from immediately. Cover ways to protect and grow your assets, control cash flow, manage taxes, save for retirement and even leave something behind, should you choose

Adults, Wednesday, February 9, 7:00 - 9:15 p.m., No Fee, Recreation Center Conference Room, Activity #200211-A, Instructor: Ralph Viscione

Ralph Viscione is a financial planner for Baystate Financial Services, a Burlington Resident, and a member of the Financial Planning Association of Massachusetts and former CEO of a mid-sized manufacturing company.

BOATING SKILLS AND SEAMANSHIP

The U.S. Coast Guard Auxiliary's Boating Skills and Seamanship is a comprehensive course designed for both the experienced and the novice boater. This 13th edition features all new, full-color graphics and updated text. To meet NASBLA requirements, Chapters 1 - 8 and Appendix A must be taught, with the addition of your state specific Boating laws. Chapters 9 - 13 are optional.

Age 9 - Adult, Tuesdays, February 22 - May 17 (not April 19), 7:00 - 9:00 p.m., \$52 (12 weeks, includes text and supplies), Activity #253003-A, Function Room 1, Instructor: Larry Nobrega FSO-PE / SO-PE

Adults

THE REAL DIRT ON GARDENING



Prune your shrubs and prune your expenses, minimize your yard work, have a great lawn, and save the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance.

DATES	ACTIVITY#
Wednesdays, March 9 - May 4 (not April 20)	257303-A
Sundays, March 6 - May 1 (not April 17)	257303-B

Adults, 6:00 – 7:45 p.m., \$45 (8 weeks), Recreation Center, Ceramics Room, Instructor: Peter Coppola, Master Gardener

BALLROOM DANCE LESSONS

Ballroom Dancing is a necessary social grace for weddings, club dances, special parties, proms or just fun and exercise.

CLASS	TIME	ACTIVITY#
Ballroom I	7:00 - 8:00 p.m.	231113-A
Ballroom II	8:00 - 9:00 p.m.	231113-B

Adults, Mondays, Jan. 24 - April 4th (Not Feb. 7, 14 and 21) \$40 per person or \$80 per couple (8 weeks), Location: Function Room 1 & 2, Instructors: Steve & Linda White

NO-MAINTENANCE GARDENING

And other lies you want to believe about caring for your plants and lawn. This three-hour session is filled with tricks and tips that will make your yard work much easier this summer. The dialog session will cover the reasons behind your favorite subjects: planting, watering, fertilizing, and lawn care. Warning: Gardening is addictive. At the conclusion of the course, you may find yourself enjoying your yard.

Adults, Sunday, February 27, 1:30 – 4:30 p.m., \$15, Recreation Center, Ceramics Room, Activity #200174-A, Instructor: Peter Coppola, Master Gardener



GROWING PLANTS FROM SEEDS

Why wait until April to play in the dirt. Save money and plant something different in your garden this year by starting and growing flowers and vegetables indoors from seed. This three-hour course will provide the information needed to improve germination rates and grow healthy seedlings indoors for spring planting. The session will cover seed selection, growing mediums, and how to create a micro-climate favorable for plant growth. Try something new this growing season.

Adults, Sunday, February 13, 2:00 - 5:00 p.m., \$15, Recreation Center, Function Room 1, Activity #200177-A, Instructor: Peter Coppola, Master Gardener

KENDO

Cultivating your mind, body, and spirit through the way of the sword Kendo, the sport of modern Japanese sword, is a lightening fast sport that will build endurance and exercise discipline. If you are looking for a more historical approach, we will also teach techniques in Iaido and Kenjitsu. Both forms involve the art of drawing the sword in which you envision your attacking opponent. Iaido sharpens your mind by honing your focus. Kenjitsu specializes in practical sword fighting that the Samurai used in battle. Additional equipment purchase/lease is required.

Adults, Tuesdays, January 11 – March 15, 7:00 – 8:00 p.m., \$154 (10 weeks), Activity #218503-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff



SEW WHAT?

Do you have an unfinished sewing project? Do you need help cutting out your project? Would you like some encouragement and support in getting the project finished? If so, then this is the opportunity that you have been looking for! This 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.

Adults, Mondays, January 3 - March 28 (not Jan. 17, Feb. 21) 6:00 - 9:00 p.m., \$4 (10 weeks), Senior Center - Room 136, Activity #254003-A, Instructor: Lydia Brown

FIRST TIME HOME BUYER SEMINAR

The real estate and mortgage market has changed drastically over the past year. This seminar is a chance to have your questions answered by knowledgeable professionals. The following topics will be covered: obtaining a pre-approval, shopping for the best rate and program, history (rates, financing, etc.), benefits of working with a certified buyer's real estate agent, buying vs. renting, steps to buying a home, finding the right home that fits your needs, and the procedure from making an offer to closing.

Adults, Monday, February 7, 7:00 - 9:00 p.m., No Fee, Recreation Center Conference Room, Instructors: Steve Boucher, Fairway Mortgage, Pat Linskey and Joanne Delaney, Homesource Realty Group, Activity #200191-A

SAILING FUNDAMENTALS

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

Age 9 - Adult, Tuesdays, January 4 - 25, 7:00 - 9:00 p.m., \$39 (4 weeks), Activity #250504-A, Function Room 1, Instructor: Larry Nobrega FSO-PE / SO-PE

Seniors / Special Needs

CLUB 55+

The Recreation Department Club 55+ Program Committee has announced the following winter program schedule for active senior citizens.

ACTIVITY	DAY	TIME
Ice Skating	Tuesdays	1:00 - 2:30 p.m.
Walking	Call	
Bowling	Tuesdays	10:00 a.m.
Swimming	Call	
Skiing	Discount Lift Tickets, Lessons and Rentals	

Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call or stop by the Recreation Department to register and become a Club 55+ member.

SENIOR CITIZEN CERAMICS

Produce beautifully finished ceramic pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

Seniors, Thursdays, January 13 - March 31 (not Feb. 24 and March 10), 9:30 - 11:30 a.m., \$80 (10 weeks), Ceramics Room, Activity #221007-A, Instructor: Carol Collins

COMPUTERS FOR SENIORS LEVEL 1



Are you wondering what a computer can do for you? Would you like to use a computer and see what the fuss is all about? This is a basic introduction to personal computers for those with very little or no experience, designed to teach you the different ways a computer can enhance your life. You do not need to own a computer to take this course. You will learn to navigate the computer using the mouse and keyboard, conduct an internet search, and learn how email is sent and received. The pace of this class will be adjusted to the level of the participants. Prerequisite: None

Seniors, Saturdays, January 8 - February 26 (Not Jan. 15 or Feb. 19) 10:35 a.m. - 12:00 p.m., \$55 (6 weeks), Activity #252607-A, Location: Computer Room, Instructor: Margaret Montore

LEVEL 2

The Level 2 class will review and extend concepts learned in the Level 1 class. After reviewing basic concepts, learn to customize the Desktop and Internet Explorer, conduct effective internet searches, save frequently visited websites as favorites, read, forward, and delete email, and view email attachments. We will also see how to shop online and discuss some of the safety concerns of the internet. The pace of the class will be adjusted to the level of the participants.

Prerequisite: Before taking this class, you should have taken the Level 1 class or have experience using the mouse and the keyboard.

Seniors, Saturdays, January 8 - February 26 (Not Jan. 15 or Feb. 19) 9:00 - 10:25 a.m., \$55 (6 weeks), Activity #252607-B Location: Computer Room, Instructor: Margaret Montore

NEW

ZUMBA GOLD



Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising. Zumba Gold is done at a much lower intensity. The same Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold strives to improve our balance, strength, flexibility and most importantly, the heart. Wear comfortable clothing and bring water. Enjoy the Latin rhythms and dance yourself into fitness with Zumba Gold! Zumba Gold is open to Burlington residents only.

Ages 50 and up, Tuesdays, January 11 - March 22 (Not Feb. 22), 11:00 a.m. - 12:00 p.m., \$4 (10 weeks), Recreation Center Gym, Activity #216407-A, Instructor: Noelle Hanafin

JOIN US FOR EXERCISING "The Key To Healthy Aging" (Formerly Senior Strength & Stretch)

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

Seniors, Fridays, January 7 - March 25, 9:45 - 10:45 a.m., \$34 (12 weeks), Recreation Center Gym, Activity #211807-A, Instructor: Patricia Marfione

SPECTACULAR SATURDAYS (Adults with a Disability)

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

OUT AND ABOUT (Adults with a Disability)

A popular evening program for adults with a disability! We will see movies, dine out, attend sports events, musical performances, and local theater events. We will meet twice per month on Friday evenings. A calendar of events will be available. Sign up for them all or select the outings of interest. Please contact the Recreation Department for details. **Director: Lydia Brown**

BASKETBALL (Adults with a Disability)



A basketball program, organized by volunteers will be offered for adults with a disability. The program will be held at the Memorial School Gym one evening per week this winter.

Each 90-minute session will feature skill development and scrimmages. Players will learn to shoot, pass and dribble the basketball. Participants should bring sneakers and water.

Age 16 and up, Tuesdays, December 7 - March 8 (not Dec. 21, 28, or Feb. 22), 6:30 - 8:00 p.m. (no fee), Instructor: Mark Landers, Location: Memorial School (Winn Street, Burlington)