



**SUMMER  
2009**



## RECREATION PROGRAMS & EVENTS

Burlington Recreation Department

**NEW**

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

**NEW**

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Town of Burlington  
Recreation Department  
Town Hall  
Burlington, MA 01803

Massachusetts

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BURLINGTON, MA 01803

# WHAT'S INSIDE



## MAIL IN

Burlington Recreation Dept.  
Attn: Registrations  
Town Hall  
Burlington, MA 01803

PLACE  
STAMP  
HERE

## WHEN TO MAIL

Registrations may be mailed to the Recreation Department anytime after you receive this brochure.

## MAIL IN

Submit entire registration form & check in a sealed envelope.

PLACE  
STAMP  
HERE

## WHY MAIL EARLY?

The earlier you mail your registrations, the better chance you have of getting the programs you want.

Walk-in registration begins **May 18**. **Online Registration** information on page 3.

## SIMONDS PARK WADING POOL

(Pool Pass Required)

Burlington residents are welcome to use the Simonds Park wading pool free of charge. In order to prevent overcrowding and unauthorized use by non-residents, we are asking Burlington families to obtain pool passes and to use the passes to gain admittance to the wading pool throughout the summer. Passes may be obtained at the Recreation Department office, or you may register for a pass on-line and have the pass mailed to you. Limited guest privileges will be allowed. Please see "Pool Pass Guidelines" below for more information.

Wading Pool Dates: 7 days a week  
June 8 - August 23

The pool will be CLOSED all day July 4.

Pool Hours: June and July 10:00 a.m. - 8:00 p.m.  
August 10:00 a.m. - 7:00 p.m.

\*Exception: The pool will open at noon on Mondays & Thursdays.

Supervision: A Recreation Department supervisor will be on duty at the pool during hours of operation. There will NOT be a lifeguard on duty. Children must be accompanied by adults.

### Pool Pass Guidelines:

1. Passes will be required to enter the pool area.
2. Burlington residents may obtain seasonal passes free of charge at the Recreation Department office during regular office hours.
3. Guest passes may be purchased by Burlington residents for their non-resident guests. The fee for a one-day family guest pass is \$10. Guest passes may be purchased at the Rec. Dept. on the day of use (except week ends). Saturday and Sunday passes should be purchased on the preceding Friday. Guest passes may be purchased on-line any day on a space available basis. Please print a copy of your receipt and take it to the wading pool with you.
4. The Recreation Department will limit the number of guest passes sold each day in order to prevent overcrowding at the pool.
5. Burlington groups wishing to use the wading pool must get permission in advance and pay a fee for a group pass. Please contact the Recreation Department for further information.
6. There will be a \$20 replacement fee for a lost pass.



## ADDITIONAL SESSIONS

This symbol next to a program title means that initial registration for the program is limited to one or two sessions for each person. Starting **May 18**, you may register at the Recreation Department for additional sessions of these programs if there are openings.

## RECREATION PROGRAMS AND SERVICES, ETC.

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**Have a question?**  
**Call 781-270-1695.**  
**We have an answer.**

Visit our website at: [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org)

# ONLINE REGISTRATION / PRE-SCHOOL / YOUTH

## Burlington Recreation Department Announces New Web Address

The Burlington Recreation Department would like to announce a brand new web address. In our continuing effort to make our information as easy to access as possible, the Recreation Department can now be found at:

**www.burlingtonrecreation.org**

Residents can now go directly to the Burlington Recreation Department website by typing the above address into their browser. You can also find us by going to the town's website and clicking on the recreation link there. We hope this change makes it more convenient for residents and becomes a "Favorite" of everyone.

### On-line Registration

Burlington residents are welcome to register on-line for Recreation Department programs and events. If you wish to take advantage of on-line registration, it is very important that you follow the procedures outlined on our web site. Please go to our website **www.burlingtonrecreation.org** or call the Recreation Department if you have any questions (781-270-1695).

### B-BALL FOR BEGINNERS



An introduction to basketball that will teach your child the basic skills and fundamentals of the game. The program will include instruction and skill development. Each participant will receive a T-shirt.

PLAYERS	TIME	ACTIVITY#
Girls	2:00 - 3:00 p.m.	411711-A
Boys	3:15 - 4:15 p.m.	411711-B

Grades K - 2, Monday - Friday, July 13 - 17, \$36  
Location: Recreation Center Gym, Director: Ken Pondelli

### LITTLE DRAGONS

Come join the fun and explore this introductory karate program. This course will focus on enhancing your child's fine and gross motor skills. Emphasis will be put on listening, memory, and attention. Children will be taught breathing, how to stretch, self-discipline, and coordination. In addition, the classes cover health, nutrition, fire safety and stranger awareness.

DATE	TIME	ACTIVITY#
July 20 - 24	9:00 - 9:30 a.m.	411000-A
August 17 - 21	9:00 - 9:30 a.m.	411000-B

Ages 3 - 4, \$48 (includes uniform), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

### KARATE FRENZY

Join Steve and his gang for an entire week of karate and fun. Learn karate techniques, flexibility, concentration and swordsmanship. Children will make their own karate action movie. Field trips will also be included in this week of fun. Simonds Park and a pizza party are all planned. Participants should bring a lunch (no peanut products).

Grades K - 6, July 6 - 10, 9:00 a.m. - 12:00 p.m., \$199 (includes uniform), Steve Nugent's Institute, 207F Cambridge Street, Activity # 410531-A, Instructor: Steve Nugent and staff.

### KARATE

An introductory karate program which teaches proper stance, breathing, how to stretch, self-discipline, coordination, and practical self-defense.

AGES	TIME	ACTIVITY#
5 - 13	July 20 - 24	410501-A
5 - 13	August 17 - 21	410501-B

9:45 - 10:30 a.m., \$48 (includes uniform), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and Staff

### KITES FOR KIDS (Sea Side Kites, Inc.)

This program will follow the history of kites and show examples of Kite Surfing and Kite Buggy. Participants will create their own design on a kite, assemble their kite and receive flight training. All materials will be supplied and participants will have time to fly their kites at the end of the class.

AGE	TIME	ACTIVITY #
6 and up	10:00 a.m. - 12:00 p.m.	426601-A
6 and up	1:00 - 3:00 p.m.	426601-B

Tuesday, July 28, \$7, Human Services Center Field, Instructors: Sea Side Kites Inc.

### TOP SECRET SCIENCE & MATH

Investigate, discover and explore science areas such as: chemistry, electricity, physics, light, sound, air and water. Make and take home two to four exciting science projects and experience 10 to 15 different hands-on science experiments each day. All materials and supplies included. There will be a combination of new and old experiments. Bring a lunch and two snacks.

Grades 1 - 4, Monday through Friday, July 13 - 17, 8:45 a.m. - 2:45 p.m., \$154, Location: Rec. Center Ceramics Room, Activity # 451901-A, Instructor: Mike Bergen

# PRE-SCHOOL / YOUTH



## SUMMER DISCOVERY

Summer Discovery is an engaging program of exploration for young children that will offer a variety of activities. With themes such as camping, the rainforest, and the ocean, children will make discoveries through stories, songs, art, science, games and dramatic play. We also include some themed days such as "Pajama Day", "Wacky Wednesday" or the every popular "Water Day", when we pull out the pools and sprinkler. The children have many activity choices daily. They have a chance to meet up with some old friends and make a few new ones along the way. It's a great summer of discovery!

Juice and snacks are provided daily. We encourage children to bring a water bottle. Children must be toilet-trained. A copy of your child's birth certificate must accompany the registration for new participants.

**Ages 3 - 6 (children who have not yet completed kindergarten), Monday - Friday, morning or afternoon, \$55, Recreation Center, Director: Liza Blackman**

**Morning sessions are limited to one session per child until May 18.**

DATES	TIME	ACTIVITY#
June 26 - July 2	8:45 - 11:15 a.m.	423400-A
July 6 - 10	8:45 - 11:15 a.m.	423400-B
July 13 - 17	8:45 - 11:15 a.m.	423400-C
July 20 - 24	8:45 - 11:15 a.m.	423400-D
July 27 - 31	8:45 - 11:15 a.m.	423400-E
Aug. 3 - 7	8:45 - 11:15 a.m.	423400-F
Aug. 10 - 14	8:45 - 11:15 a.m.	423400-G

**Afternoon sessions are not limited.**

DATES	TIME	ACTIVITY#
June 26 - July 2	12:15 - 2:45 p.m.	423420-A
July 6 - 10	12:15 - 2:45 p.m.	423420-B
July 13 - 17	12:15 - 2:45 p.m.	423420-C
July 20 - 24	12:15 - 2:45 p.m.	423420-D
July 27 - 31	12:15 - 2:45 p.m.	423420-E
Aug. 3 - 7	12:15 - 2:45 p.m.	423420-F
Aug. 10 - 14	12:15 - 2:45 p.m.	423420-G

## DINO DIG

Beginning paleontologists learn about dinosaurs and the techniques used in extracting fossils in this hands-on class. Go on your own fossil dig, analyze and assemble skeleton pieces, produce a fossil reconstruction, create a mural...and take home a movie documentary of your discoveries!

**Grade 2 - 4, Monday through Friday, August 24 - 28, 9:00 - 11:00 a.m., \$130, Activity # 458101-A, Location: Function Room 1 and Computer Room, Instructor: Computer Explorers Staff**



## MINI-SPORTS

In this program, participants will learn sports skills and basic team strategies through unique games. Participants will be introduced to soccer, baseball, and basketball. This is an introductory program designed to explore three different sports without the pressure to choose one over the other. Participants should bring a snack and drink.

DATE	ACTIVITY#
June 26 - July 2	413901-A
July 6 - 10	413901-B
July 13 - 17	413901-C
July 20 - 24	413901-D
July 27 - 31	413901-E
August 3 - 7	413901-F
August 10 - 14	413901-G

**Age 4 - Grade 1, Monday - Friday, 9:00 - 11:00 a.m., \$35, Location: Memorial School Gym**

**Mini Sports is limited to one session per child until May 18.**

## JUNIOR ENGINEERING

Join us as we explore, investigate, & solve problems while we learn about the building blocks of engineering and simple machines using LEGO™ products. You will enjoy hands-on activities with levers, gears, wheels, axles & pulleys that incorporate math, science and lots of creativity!

**Grade 2 - 4, Monday through Friday, August 3 - 7, 9:00 - 11:00 a.m., \$130, Activity # 451611-A, Location: Rec. Center Conference Room and Computer Room, Instructor: Computer Explorers Staff**

## VOLUNTEER OPPORTUNITIES

The Recreation Department has volunteer opportunities for adults and for boys and girls who have completed eighth grade. If you like working with people, enjoy recreational activities, or have a special skill, you may be able to use your talents volunteering at one of our programs or special events. Summer volunteers should apply by May 22.

## FUN-DAMENTAL BASKETBALL

Recreation Basketball Director, Ken Pondelli, with former B.H.S. players, will focus on developing skills in shooting, dribbling and defense. Scrimmage games will be played each day. Registration is limited.

GRADES	TIME	ACTIVITY#
Girls 3 - 5	9:00 - 10:30 a.m.	411736-A
Boys 3 - 5	11:00 a.m. - 12:30 p.m.	411735-A

**Grades 3 - 5, Monday - Friday, July 13 - 17, \$36, Location: Marshall Simonds Middle School Gym, Director: Ken Pondelli**

# CLUB SIMONDS / YOUTH



## CLUB SIMONDS

(Director: Jane Roberts)

**FOR:** Grades K - 4 (grade completed)  
**DAYS:** Monday - Friday  
**TIME:** Kindergarten - grade 4, 9:00 a.m. - 3:00 p.m.  
 Early drop-off: 8:00 a.m. - 9:00 a.m.  
**LOCATION:** Simonds Park

Spend fun-filled days playing games, making arts and crafts, cooking, or performing in a skit. Participants will go on occasional field trips to the fire station, police station, library or other locations within walking distance. Daily water activities include the wading pool and sprinklers, so don't forget your bathing suit!

### RAIN DAY LOCATIONS:

Kindergarten: Simonds Park (Early drop-off at Simonds Park)  
 Grades 1 - 4: Pine Glen School  
 (Early drop-off at Pine Glen School)

### LUNCH & SNACKS:

**Kindergarten - Grade 4** Children should bring a lunch, preferably in an insulated cooler or bag.

**REGISTRATION:** Prior to **May 18**, you may sign up for only two sessions.



DATES	EARLY DROP-OFF		KINDERGARTEN		GRADES 1 - 4	
	ACTIVITY #	FEE	ACTIVITY #	FEE	ACTIVITY #	FEE
June 26 - July 2	460051-A	\$10	460011-A	\$60	460001-A	\$60
July 6 - 10	460051-B	\$10	460011-B	\$60	460001-B	\$60
July 13 - 17	460051-C	\$10	460011-C	\$60	460001-C	\$60
July 20 - 24	460051-D	\$10	460011-D	\$60	460001-D	\$60
July 27 - 31	460051-E	\$10	460011-E	\$60	460001-E	\$60
August 3 - 7	460051-F	\$10	460011-F	\$60	460001-F	\$60
August 10 - 14	460051-G	\$10	460011-G	\$60	460001-G	\$60

\* Program ends at 12:00 noon on August 14 for all grades.

## ROCKETEERING

Design and build your own rocket, then launch it with compressed air! This course demonstrates the basics of aeronautics, including thrust, drag and ballast. You'll have a blast!! (Totally safe experiments.)

**Grade 4 - 6, Monday through Friday, July 13 - 17, 1:00 - 3:00 p.m., \$130, Activity # 458301-A, Location: Rec Center Conference Room and Computer Room, Instructor: Computer Explorers Staff**

### Register with a Friend

For some people, attending a program with a friend is very important. The Recreation Department will try to accommodate residents who wish to register with a friend (two people from different households). Please follow these guidelines:

- ~ Complete a separate registration form for each household.
- ~ Enclose a separate check or credit card information for each household.
- ~ Enclose both registration forms and payments in the same envelope and mail to the Rec. Department.
- ~ Please follow all other Rec. Department registration guidelines.

## PODCASTING

Move over- it's our turn to podcast! In this ten hour course, you'll create your own slide show full of your favorite things you like to do, set it to music and have it posted on the Computer Explorers website! You can become a sports announcer, game show host, or a radio D.J. just use your imagination - lots of opportunities and lots of FUN! Sign up today - then tell your family and friends to get ready to log on and be impressed!

**Grade 4 - 6, Monday through Friday, August 17 - 21, 9:00 - 11:00 a.m., \$130, Activity # 458801, Location: Rec Center Conference Room and Computer Room, Instructor: Computer Explorers Staff**

## ART FROM ANCIENT EGYPT

Let's travel back to Ancient Egypt for some great art activities. We'll start secret messages using hieroglyphics, create amulets for good luck, explore the treasures of the pyramids as we create guardians of tombs, our own creative versions of mummies, as well as ancient treasure boxes. A \$10 materials fee is due the first class.

**Ages 6 - 11, August 17 - 21, 9:00 a.m. - 12:00 p.m., \$79, Function Room 2, Activity # 425801-A, Instructor: Paula Beaulieu**

# GYMNASTICS

## GYMNASTICS AT BRESTYAN'S

In cooperation with the Recreation Department, Brestyan's Gymnastics is offering special recreational classes that will complement the Recreation Department's gymnastics program. Classes are for boys and girls of all ability levels. The program will provide instruction in all Olympic events, as well as trampoline and tumble trak. Children will learn skills and gain strength and flexibility that will help them in any sport.

**Mondays, May 4 - June 8**  
**3:30 - 4:30 p.m.**

GROUP	GRADE	ACTIVITY #
Girls	2 & 3	418215-A
Boys	2 & 3	418216-A

**4:30 - 5:30 p.m.**

GROUP	GRADE	ACTIVITY #
Girls	4 & 5	418225-A
Boys	4 & 5	418226-A

**Wednesdays, May 6 - June 10**  
**3:30 - 4:30 p.m.**

GROUP	GRADE	ACTIVITY #
Girls	6 - 12	418235-A
Boys	6 - 12	418236-A

**4:30 - 5:30 p.m.**

GROUP	GRADE	ACTIVITY #
Girls	2 & 3	418215-B
Boys	2 & 3	418216-B

**Fridays, May 8 - June 12**  
**3:30 - 4:30 p.m.**

GROUP	GRADE	ACTIVITY #
Girls	2 - 5	418245-A
Boys	2 - 5	418246-A

**Grades 2 - 12, \$60 (6 weeks), Location: Brestyan's Gymnastics, 13 Ray Avenue, Burlington, Director: Nora Thompson**

**\*Please contact Brestyan's Gymnastics to schedule a make-up for the classes cancelled because of the Memorial Day holiday.**

## GYMNASTICS AT BHS

The gymnastics program will consist of instruction, recreational activities, and special events. Students will be placed in small groups according to age and ability. Skills will be taught in progression with emphasis on teamwork, cooperation, safety, and fun. This program is for all ability levels. Please bring a lunch.



GRADE	June 22 - 26
Girls 1 - 2	461211-A
Boys 1 - 2	461221-A
Girls 3 - 5	461231-A
Boys 3 - 5	461241-A
Girls 6 - 12	461251-A
Boys 6 - 12	461261-A

**Grades 1 - 12 (grade completed), Monday - Friday, 9:00 a.m. - 1:00 p.m., \$65, Location: BHS Gym, Director: Rich Baczewski**

## TUMBLING CLASSES

Tumbling classes will cover basic to advanced skills as they relate to competitive gymnastics floor and vaulting exercises. Strength and flexibility the focus and skills taught will depend on the ability of the individual.

	9:00 am - 11:00 am	11:00 am - 1:00 pm
Girls 1 - 2	460241-A	460241-G
Boys 1 - 2	460241-B	460241-H
Girls 3 - 5	460241-C	460241-I
Boys 3 - 5	460241-D	460241-J
Girls 6 - 12	460241-E	460241-K
Boys 6 - 12	460241-F	460241-L

**Grades 1 - 12 (grade completed), Monday - Friday, July 6 - 10, \$65, Location: Marshall Simonds Middle School Gym, Director: Rich Baczewski**

## GIFT CERTIFICATES

Looking for the perfect gift? What could be better than providing an opportunity for someone to participate in one of the Recreation Department's great programs or trips? Gift certificates in any amount may be purchased at the Recreation Department office. Cash, checks, and credit cards accepted.

# GYMNASTICS / PARK PLACE

## THE UNDER 5 GYMNASTICS AND CREATIVE PLAY CLUB

Looking for something fun for the little ones this summer? What could be more exciting than climbing the highest mountain in Burlington or searching for all those lost bears at the Teddy Bear Picnic. If that's not enough to get your family signed up ASAP then how about creating a fun take-home project each day to help us remember all our adventures! Get ready to experience lots of fun and fitness for families looking for that creative edge combined with some physical activity/arts and crafts. If you are only 2, then parents play too! Ages 3 – 5 are drop-off classes only. Get ready to have a really great time in our summer vacation club. Please bring a water bottle to class.

**Gym 2: 2 years**  
9:00 - 9:50 a.m.

DATES	FEE	ACTIVITY #
August 18 & 20	\$31	462000-A
August 25 & 27	\$31	462000-D

**Gym 3: 3 years**  
10:00 - 10:50 a.m.

DATES	FEE	ACTIVITY #
August 18 & 20	\$31	462000-B
August 25 & 27	\$31	462000-E

**Gym 4: 4 - 5 years**  
11:00 - 11:50 a.m.

DATES	FEE	ACTIVITY #
August 18 & 20	\$31	462000-C
August 25 & 27	\$31	462000-F

**Location: Recreation Department Gym, Instructor: Dotty Martin and Staff**



## MINI FUN GYMNASTICS CLUB

Come explore the wonderful world of handstands, cartwheels, and back handsprings if you dare. Each 90-minute class will be packed with fun as we enjoy learning different gymnastics tricks together. There promises to be some fun surprises too. Keep in mind that this class is for all levels of gymnastics. Beginners will build confidence as they explore new ways of body control and balance. If you already know a few tricks, we will surely give you new and different ways to challenge your ability. Our mission for the week will be to build confidence, get stronger, and learn new things we never thought possible. Please bring a water bottle; pizza is on us!

**Grades K- 1, Tuesday and Thursday, August 18 and 20, 12:00 - 1:30 p.m., \$44, Activity #462101, Recreation Department Gym, Instructor: Dotty Martin and Staff**

## PARK PLACE

Take a "chance" and find out why the Park Place program has a Monopoly on fun and excitement. Our staff will offer imaginative activities and special events as well as traditional games, sports, and arts and crafts.

Park Place is still free of charge (the best bargain in town). Register at the playground of your choice during the hours given below.

Staff members are responsible for children only when they are participating in park activities. Parks do not have indoor facilities and may close suddenly because of rain, severe storms, or other reasons. Additional guidelines are available to parents at each park when you register.

**Ages 6 - 13 (Children age 5 and under must be accompanied by an adult), Monday - Friday, June 26 - August 14 (not July 3), 9:00 a.m. - noon, 1:00 - 3:30 p.m., Locations: Regan Playground, Rahanis Playground, and Wildmere Playground**

**Rainy Day Location: In the event of rain, the Park Place program will take place at the Fox Hill School from 9:00 a.m. - 2:00 p.m.. Participants should bring a lunch.**

## **MIDDLE SCHOOL PARK PROGRAM** *An exciting program for middle schoolers!*

Come join your fellow classmates for a fun-filled summer of sports, field trips, games and music. No two days will be alike! Each week will have new activities, tournaments and trips geared toward middle school age children. Trips will be offered on both Tuesdays and Thursdays of each week.

Staff members are responsible for children only when they are participating in park activities. Parks do not have indoor facilities and may close suddenly because of rain, severe storms, or other reasons.

**Grades 5 - 8 (grade completed), Tuesday, Wednesday and Thursday, June 30 - August 13, \$45 (each week), 10:00 a.m. - 2:00 p.m., Location: Simonds Park Picnic Area**

**\*\*We must have a minimum of 25 participants for each week. You must register no later than Thursday of the week prior to the week you are registering for.**

DATES	TRIPS	ACTIVITY #
July 1 & 2	Salisbury State Res Hilltop Fun Center	400564-A
July 7 & 9	Walden Pond Kimball Farms	400564-B
July 14 & 16	Cochituate State Park Canobie Lake Park	400564-C
July 21 & 23	Nantasket State Res Chunky's & the Mall	400564-D
July 28 & 30	Hopkinton State Park Water Country	400564-E
August 4 & 6	Salisbury State Reservation Whale Watch	400564-F
August 11 & 13	Walden Pond Funtown/Splashtown	400564-G

# YOUTH TENNIS

## YOUTH TENNIS LESSONS

(Director: Rob Newton)



**FOR:** Ages 4 - 16  
**SEE:** \$27 for week of June 29 - July 2  
 \$33 for all other weeks  
 \*No classes July 3  
**LOCATION:** Rahanis Playground Tennis Courts

In cooperation with the Burlington Recreation Department, Rob Newton will run a complete tennis development program this summer. This program will encompass juniors to adults, beginner to advanced level players. Rob Newton, along with his energetic tennis staff, will keep you coming back all summer. Participants should bring a tennis racquet and plenty of water. Balls will be provided. A minimum number of peewee racquets are available at the program, and are lent out on a first come - first served basis.

Summer highlights include "Tennis Olympics", which will be held every Friday, our Sixth Annual Prince Clinic for all Juniors, and a mid-summer tennis tournament scheduled for July 17. **See page 10** for details.

There will be some opportunities for inter-town play for intermediate participants. Transportation will be the responsibility of the participants. Interested players should inquire with the instructors on the first day of each session.

### LEVELS OF INSTRUCTION

#### PEEWEEES (ages 4 - 7)

Introduction to tennis skills, development of hand/eye coordination, fun for your little ones.

#### INTERMEDIATE (ages 10 -16)

Further stroke development, footwork, lobs and overhead; development of topspin, singles and doubles competition on separate court.



#### BEGINNER / ADVANCED BEGINNER (ages 8 - 12)

Basic stroke development for new players, introduction to volley, serve, the Little Game, Around the World, Dungeons and Dragons, and Tennis Baseball.

### RAIN DAY POLICY

We will attempt to make up rained-out classes, but only 4 classes are guaranteed. If you have any doubts concerning the weather, please call the Recreation Department at 781-270-1695.

On the first rain day of the week, lessons will not be held. Instead a make-up will be offered on Friday at Rahanis Playground; Peeweess at 12:00 p.m.; all other levels at 1:00 p.m.

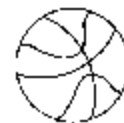
On the second rain day of the week, lessons will not be held. Instead a make-up will be offered on Thursday at Rahanis Park; Peeweess at 12:00 p.m.; all other levels at 1:00 p.m.

LEVEL	JUNE 22 - JUNE 26	*JUNE 29 - JULY 2	JULY 6 - JULY 10	JULY 13 - JULY 17	JULY 20 - JULY 24	July 27 - July 31	AUG. 3 - AUG. 7	AUG. 10 - AUG. 14	AUG. 17 - AUG. 21
PEEWEE	460901 - A	460901 - B	460901 - C	460901 - D	460901 - E	460901 - F	460901 - G	460901 - H	460901 - I
BEGINNER/ ADVANCED BEGINNER	460921 - A	460921 - B	460921 - C	460921 - D	460921 - E	460921 - F	460921 - G	460921 - H	460921 - I
INTERMEDIATE	460941 - A	460941 - B	460941 - C	460941 - D	460941 - E	460941 - F	460941 - G	946041 - H	460941 - I

11:00 a.m. -  
12:00 noon

# YOUTH SPORTS

## SUPER SPORTS



**FOR:** Grades 2 - 7 (grade completed)  
**LOCATION:** Memorial School\*  
**FEE:** \$40

Super Sports are for girls and boys who enjoy athletics, exercise, competition, and above all, fun. Activities will be held indoors when it rains. Programs are held Monday thru Friday.

**EQUIPMENT NOT PROVIDED:**

- Rollerblades                      • Knee Pads
- Baseball Gloves                • Elbow Pads

**Roller Hockey:** Please wear sneakers and bring your own in-line skates. Helmets are provided. Knee and elbow pads are highly recommended.

**Food:** You may bring a snack or lunch.

**EQUIPMENT:** Please wear sneakers for all activities.

DATES	TIME	GRADE	SPORT	ACTIVITY #
June 26 - July 2	12:30 - 3:00 p.m.	2 - 4	<b>Baseball</b>	460611-A
July 6 - 10	12:30 - 3:00 p.m.	2 - 4	<b>Roller Hockey*</b>	460681-A
July 13 - 17	12:30 - 3:00 p.m.	5 - 7	<b>Basketball</b>	460622-A
July 20 - 24	12:30 - 3:00 p.m.	2 - 4	<b>Sport Medley</b>	460601-A
July 27 - 31	12:30 - 3:00 p.m.	5 - 7	<b>Roller Hockey*</b>	460682-A
Aug. 3 - 7	12:30 - 3:00 p.m.	2 - 4	<b>Basketball</b>	460621-A
Aug. 10 - 14	12:30 - 3:00 p.m.	2 - 4	<b>Roller Hockey*</b>	460681-B

\* Roller Hockey will take place at Simonds Park roller hockey courts.

## JR. GOLF SCHOOL CLINIC

New and experienced golfers are invited to participate in this unique program at Billerica Country Club's two-hole golf course. The program includes: instruction in ball striking skills, golf etiquette, PGA material, contests, prizes and equipment. Bring your own clubs if you have them.

DATES	TIME	ACTIVITY#
June 22 - 26	10:00 - 11:30 a.m.	410601-A
July 6 - 10	8:00 - 9:30 a.m.	410601-B
July 20 - 24	8:00 - 9:30 a.m.	410601-C
Aug. 3 - 7	10:00 - 11:30 a.m.	410601-D

**Ages 7 - 12, Monday - Friday, \$87, Location: Billerica Country Club, Instructors: Barrie Bruce Golf School**

## RUN AND GUN SUMMER BASKETBALL



This five-day basketball program for middle schoolers will stress skill development, one-on-one and team competition. Ken Pondelli and staff will stress the fundamentals of basketball in a fun, enjoyable environment. Participants will work on dribbling, passing and shooting skills and apply what they have learned in daily competitive basketball games.

PLAYERS	TIME	ACTIVITY#
<b>Boys</b>	8:30 - 10:30 a.m.	411752-A
<b>Girls</b>	11:00 a.m. - 1:00 p.m.	411752-B

**Grades 6 - 8, Friday - Thursday, June 26 - July 2, \$36 Location: Burlington High School Wood Gym, Director: Ken Pondelli**



## STRIKE ONE BASEBALL CAMP

**AGES 5 - 7**

Come join our professional baseball instructors and learn how to play baseball by using the proper fundamentals. This baseball clinic is a great starter program for young players. The program is designed to teach the basic fundamentals of throwing, catching, hitting and all-around game play. This is a great chance for young ballplayers to learn about the game, have a lot of fun and make some new friends.

**Ages 5 - 7, Monday - Friday, July 20 - 24, 9:00 a.m. - 12:00 p.m., \$78 Location: Memorial School baseball fields, Activity # 413303-A**

**AGES 7 - 12**

Come join Strike One's professional instructors and improve upon all areas of your baseball skills. This one-week camp will have a different theme each day consisting of fielding and throwing, hitting, defense, base running and specific positional play. You will also participate in controlled scrimmage games during the afternoon so you are able to apply the skills you have been working on. The Strike One baseball clinic is staffed and run by Strike One baseball instructors, who are professionals in both teaching baseball skills as well as working with young people.

**Ages 7 - 12, Monday - Friday, July 20 - 24, 9:00 a.m. - 3:00 p.m., \$153 Location: Memorial School baseball fields, Activity # 413303-B**

**Rain Location: Marshall Simonds Middle School. You must wear sneakers in the gym.**

**Participants will be given a camp t-shirt to wear. Proper baseball attire should be worn, including a baseball hat. Please bring a lunch.**

*Immunization record and physical exam form must be turned in with registration and payment. Participants will NOT be able to attend camp unless records are submitted one week prior to start of camp.*

# YOUTH SPORTS / YOUTH

## SOCCER CAMP

Come join Challenger British Soccer and their staff for this exciting one-week soccer camp for kids. There will be a program for children ages 4 - 8 emphasizing fundamentals and an advanced program for ages 9 and up focusing on development of individual skills and team tactics. Fee includes ball, t-shirt player evaluation and gift. All campers must bring shin guards and a water bottle.

AGES	TIME	FEE	Activity #
4 - 6	9:00 - 10:30 a.m.	\$75	464501-A
7 - 8	9:00 a.m. - Noon	\$98	464501-B
9 and up	3:30 - 6:30 p.m.	\$98	464501-C

**August 3 - 7, Francis Wyman School**

**Important:** To participate, all campers must submit a current copy of their immunization records, health records and documentation of their most recent physical, within the last two years, as per MDPH regulations. Forms will be mailed to participants after registering.



## SUMMER SOFTBALL FOR GIRLS

Ken Pondelli and staff, including current BHS softball players, will teach your child the basic skills and fundamentals of the game. Participants will work on improving their hitting, fielding, base running and pitching skills through a series of drills and player instruction and apply what they have learned in daily competitions. **Participants should wear sneakers or cleats and bring a glove, hat and plenty of water to drink.**

**Girls, Grades 1 - 6 (grade completed), Monday - Friday, July 6 - 10, 9:00 - 11:30 a.m., \$44, Memorial School softball fields, Activity # 416001-A, Director: Ken Pondelli and staff**

## FENCING

This age-old art and sport of fencing is fun for everyone. 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 and ability-specific fencing situations and strategies. All equipment is provided.

**Ages 9 - 14, Saturdays, June 27 - August 22 (Not July 4), 9:00 - 9:45 a.m., \$123 (8 weeks), Activity # 414701-A, Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## TENNIS TOURNAMENT

A round robin tournament for beginner and experienced tennis players. A great opportunity for participants to play competitive tennis in a structured situation. Parents are invited to watch and help the instructors by keeping score. Be sure to bring plenty of water to drink.

**Ages 8 - 15, Fri., July 17, 1:00 p.m., Rain Date: July 24, \$3, Location: Rahanis Park Tennis Courts, Activity # 405041-A**

## YOUTH VOLLEYBALL

Participants will learn the fundamentals of volleyball through games and activities that stress skills. The program will focus on passing, setting, hitting, digging and serving. Participants should bring water bottle and snack.

**Girls and boys, Grades 5 - 8, August 3 - 7, 9:00 a.m. - 12:00 p.m., \$99, Activity # 410701-A, Human Services Center field, Instructor: Skyhawks Sports Academy, Inc.**

**Immunization record and physical exam form must be turned in at least one week before the start of camp. Forms will be mailed to participants after registering.**

## GIRLS LACROSSE

Girls will learn the basic stick handling, shooting, passing, and catching techniques and rules of the game. Program will provide goggles, balls and sticks. **Each player will be required to bring a molded mouth guard, wear cleats, and have an upbeat attitude!**

GRADES	DATES	Activity #
3 & 4	July 20 - 23	412001-A
5 & 6	July 27 - 30	412001-B

**10 :00 a.m. - 12:00 p.m., \$35, Mitre Field, Instructor: Paul Virgin, BHS Girls Varsity Lacrosse Coach**

## YOUTH CENTER MONSTER GOLF Grade 7



Rather than hang out at the Recreation Center, we'll be heading to Monster Golf in Danvers, MA. Enjoy 18-holes of monster-themed (don't worry, it's not scary!), glow-in-the-dark miniature golf and games. Black lights and theatrical visual effects set the monster mood, there is even a DJ providing music while you golf! Bring some extra money as we will stop for lunch. Get a group of friends to sign up, it's guaranteed to be a great day!

**Saturday, May 23, 2009, 12:00 - 2:45 p.m., \$29 per person, Location: Monster Mini Golf, Danvers, MA, Bus departs and returns to Recreation Center, Activity # 300568-A, Instructors: Jaclyn Vigneau and Liza Blackman**

## YOUTH CENTER KIMBALL FARMS Grade 8

Get ready to start summer early with some friends at Kimball Farms in Westford, MA. Enjoy one of Kimball's 18-hole adventure style miniature golf courses along with a ride on their bumper boats! If you have a sweet tooth, don't forget to bring some extra money for their infamous homemade ice cream! They have over 40 flavors! Be sure to either pack a lunch or bring money to purchase lunch!

**Saturday, May 30, 2009, (Rain Date: Saturday, June 6, 2009), 12:30 - 3:30 p.m., \$25, Location: Kimball Farms, Westford, MA, Bus departs and returns to Recreation Center, Activity # 300569-A, Instructors: Jaclyn Vigneau and Liza Blackman**

# WILDERNESS / SAILING

## WILDERNESS EXPLORER

Fourth graders eager to make the move from Club Simonds to Wilderness Adventure are encouraged to spend four days at the Wilderness Explorer program. In preparation for the more adventure-oriented activities of the regular Wilderness program, fourth graders will participate in activities at the Burlington Reservoir, including a mini-campout on Thursday, and day trips for canoeing and other activities.

**Grade 4 (grade completed), Monday through Thursday, June 29 - July 2, 8:30 a.m. - 2:30 p.m.\*, \$70, Activity # 460141-A, Location: Burlington Reservoir and \*\*bus trips**

\* Mini-campout will be held Wednesday evening, July 1, 5:30 - 9:30 p.m. at the reservoir.

\*\* Bus trips will depart from Memorial School.



## WILDERNESS ADVENTURE

Wilderness Adventure is primarily a program involving bus trips to a variety of locations, providing activities such as camping, canoeing, mountain biking, rock climbing, and seashore exploration.



An overnight campout will be scheduled on Thursday of each session. For mountain biking you may bring your own bike or rent one for an additional charge of \$17.

Participants should bring a lunch and dress for the weather. Most outdoor activities will be held rain or shine. In the event of a severe storm, the program may be held at an indoor location.

Detailed information will be mailed to the participants prior to the start of each session.

DATES	GRADES	ACTIVITY #
July 6 - 10	5 & 6	460151-A
July 13 - 17	5 & 6	460151-B
July 20 - 24	7 & 8	460171-A
July 27 - 31	5 & 6	460151-C
August 3 - 7	5 & 6	460151-D
August 10 - 14	7 & 8	460171-B

Please report to Memorial School each day for bus departures unless otherwise indicated.

**Grades 5 - 8 (grade completed), Monday - Friday, 8:30 a.m. - 2:30 p.m.\* (plus one overnight campout), \$125**

\*Bus will return to Memorial School at 1:30 p.m. on Fridays following overnight campouts. Parents should pick-up at that time.

Wilderness Adventure is limited to one session per child until May 18.

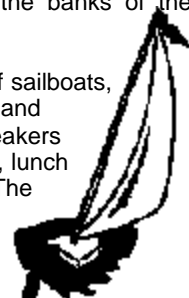


## SAILING

DATES	FEE	ACTIVITY#
June 22 - 26	\$90	410901-A
June 29 - July 3	\$90	410901-B
July 6 - 10	\$90	410901-C
July 13 - 17	\$90	410901-D
July 20 -24	\$90	410901-E
July 27 - 31	\$90	410901-F
Aug. 3 - 7	\$90	410901-G
Aug. 10 -14	\$90	410901-H

Sailing is offered by the Recreation Department in cooperation with Community Boating Incorporated on the banks of the Charles River in Boston.

The program includes sailing lessons, use of sailboats, supervision by Recreation Department staff, and transportation. Participants should wear sneakers or boat shoes and a sun hat. Bring a jacket, lunch money and a change of clothes if desired. The sailing program may be held rain or shine. However, the program may end early on rainy days.



New participants are required to take a swimming test before starting sailing lessons. Swimming tests will be given the first day of each session at 8:00 a.m. at the Burlington Swim & Tennis Club. Please bring a bathing suit and towel. **All participants should report directly to the Club on the first day.**

**In addition, applicants should complete the enrollment form for Community Boating and return it to the Recreation Department by May 29. This form and a brochure on the sailing program will be mailed to you.**

**Ages 10 - 17, Monday - Friday, 8:30 a.m. - 3:00 p.m., Bus leaves from the Marshall Simonds Middle School except on Mondays. Director: Sean Johnson**

**You may only sign up for two sessions until May 18; then you may register for additional sessions if there are openings.**



# YOUTH / SENIORS

## INTRODUCTION TO TRACK & FIELD

An introduction to track and field for girls and boys. The program will include instruction, track and field competition and special events. Our staff will teach you the team aspects of the sport as well as record individual achievements. Track meets are planned with surrounding towns. Each participant will receive a team shirt. Schedule may vary slightly due to availability of BHS track.

**Grades 3 - 5, Tuesdays and Thursdays, May 12 - June 11, 6:00 - 8:00 p.m., \$25, Director: Matt Carr, Location: BHS track, Activity # 311611-A**



## TRACK & FIELD CHALLENGE

A challenging track and field program for boys and girls, which will include instruction and regular team competitions. Track meets are planned with surrounding towns. Each participant will receive a team shirt. Schedule may vary slightly due to availability of BHS track.

**Grades 6 - 8, Mondays and Wednesdays, May 11 - June 17, (not May 25), 6:00 - 8:00 p.m., \$25, Director: Matt Carr, Location: BHS track, Activity # 311621-A**



## MOTHER/SON NIGHT (Lowell Spinners)

Mothers, grandmothers or aunts are welcome as the "date" of the evening. This is an opportunity to spend quality time together and enjoy an evening of professional baseball. Tickets will be mailed to participants. No refunds available. If rained out, the game will be re-scheduled and participants will be responsible for their own transportation to the game. **Please do not leave your children unattended in the ballpark. Drinking alcoholic beverages on the bus will not be tolerated. Participants will not be allowed to bring coolers on the bus.**

PARTICIPANTS	ACTIVITY#
Mother / Son	400550-A
Additional Son(s)	400550-B

**Boys, grades 1 - 5, Thursday, July 16, \$25/couple; \$12 each additional son (Please include the names of all children who will attend.), Location: LeLacheur Park, Lowell, Bus departs: Recreation Center, 5:30 p.m.**

## SENIOR STRENGTH AND STRETCH

Seniors, it is never too late to build muscle! Strength training is very important in maintaining lean body mass, HDL levels, bone density, and allowing you to keep doing the things you enjoy. Join us for this class designed for seniors to work major muscle groups, work on balance and posture, as well as flexibility. Participants will be required to do mat work on the floor. Please bring weights, exercise mat and wear sneakers and comfortable clothing.

**Seniors, Fridays, June 26 - Sept. 18 (Not July 3), 9:50 - 10:50 a.m., \$28 (12 weeks), Recreation Center Gym, Activity # 411807-A, Instructor: Trish Marfione**

## BURLINGTON SENIOR OLYMPICS

Burlington Recreation in cooperation with the Burlington Council on Aging and Club 55+ is offering Senior Olympics. The Olympics will be open to all Burlington residents aged 55 and above. We have planned a variety of events; please see the schedule below.

- September 15** Opening Ceremonies  
Basketball  
Chess
- September 16** Bocce  
Cribbage  
Race
- September 17** Tennis  
Bowling  
Pool
- September 18** Golf  
Darts  
Closing Ceremonies

Pre-registration is required for each event. For more information or to get a registration form, please visit the Council on Aging or the Recreation Department. Registration begins July 1st.

**Seniors, Tuesday - Friday, September 15 - 18, Fee: \$2 per event - maximum of \$5 per person**

## CLUB 55 + (Summer Activities)

The Burlington Recreation Department Senior Citizens Club 55+ Program Committee has announced the following summer program schedule.

ACTIVITY	DAY	DATE	TIME
Golf	Tues.	April 21 - Sept.	8:30 a.m.
Tennis	Thurs.	May - Sept.	9:00 a.m.
Bocce	Wed.	May - Sept.	9:00 a.m.
Horseshoes	Wed.	May - Sept.	9:00 a.m.
Walking	Mon. - Fri.	Ongoing	8:00 a.m.

Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call the Recreation Department to register and become a Club 55+ member. For more information call 781-270-1695, Monday through Friday, 8:30 a.m. - 4:30 p.m.

## VANDALISM

Each year taxpayers must cover the cost of repairing or replacing park facilities and vegetation that has been willfully damaged or destroyed. Since most parks are unsupervised, it is difficult for park staff to catch the vandals who cause this damage. You can assist by reporting any acts of vandalism to the Recreation Department (781)270-1695 or the Police at (781)272-1212.

# ADULT SPORTS

## ADULT TENNIS LESSONS



Please bring your own tennis racquet.

**MAKE-UPS:** If outdoor courts are not playable, classes will be canceled. For cancellation information, please call the Recreation Department after 4:00 p.m. on the day of your class. We will make up all rained-out classes before the end of each session on an alternate day of the week. Your instructor will inform you of dates and times for make-up classes.

**Adults (age 18 & up), \$37 (5 weeks), Location: Simonds Park Tennis Courts, Instructor: Rob Newton**

**Adult Tennis is limited to one session per person until May 18.**

### Tuesdays

May 12 - June 9

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-A
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-A
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-B

### Thursdays

May 14 - June 11

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-B
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-C
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-D

June 16 - July 14

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-C
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-E
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-F

June 18 - July 16

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-D
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-G
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-H

July 21 - August 18

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-E
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-I
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-J

July 23 - August 20

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-F
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-K
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-L

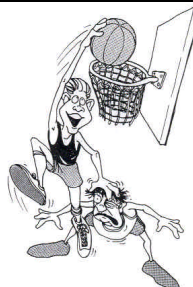
## ADULT KAYAKING LESSONS

(Beginner or Experienced)

Kayaking programs start at Woodbury Beach in Lynch Park, Beverly; and depending on wind and weather, explore the many coves, islands and harbors in Salem Sound. There is no experience needed, and all of our staff at the Kayak Learning Center are carefully chosen for their boat skills and all are Certified YMCA or American Red Cross lifeguards with CPR and First Aid certification. Basic stroke technique, safety drills and seamanship will be taught.

DATE	TIME	ACTIVITY#
Sat., July 25	10:00 a.m. - 12:00 noon	415803-A
Sat., August 15	10:00 a.m. - 12:00 noon	415803-B

**Adults, \$28, Location: Lynch Park, Beverly, Instructor: Kayak Learning Center staff, Fee required to park in Lynch Park.**



## 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. Please bring a white shirt and a dark colored shirt each time you play.

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

# GOLF / ADULT FITNESS

## GOLF LESSONS

(5 Lessons)

A professional golf instructor will help you with stance, grip, swing, short game, practice techniques, etiquette, and drills. Equipment and practice balls will be provided as needed.

**May 16 - June 13**

DAY	TIME	ACTIVITY #
Saturdays	11:30 a.m. - 12:30 p.m.	410613-A

**May 20 - June 17**

DAY	TIME	ACTIVITY #
Wednesdays	5:30 - 6:30 p.m.	410613-B

**July 9 - August 6**

DAY	TIME	ACTIVITY #
Thursdays	6:00 - 7:00 p.m.	410613-C

**Adults (all abilities), \$142 (5 Lessons), Instructor: Barrie Bruce, PGA Golf Pro, Location: Billerica Country Club**

Other days and times may be available; call for more information.

## ADULT GOLF

(9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf June - August. This 10-week program is designed so that you only pay if you play. A \$3 fee is required upon registration. **Swanson Meadows Golf Course** is a 2243-yard, nine-hole executive course located in North Billerica. Swanson Meadows has a clubhouse and restaurant.

**June 27 - August 29**  
**8:00 a.m. - 2:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$17 / Time	410663-A
Saturday	\$20 / Time	410663-B

**Registration fee \$3**

## FIT, FIRM & FUN

Exercise can be fun and accessible to everyone. This class will be like an aerobic class with many dance-like moves. The instructor will break down the moves into simple steps that a beginner can follow. You won't even know you are exercising because you'll be having so much fun. You will be movin' and groovin' the whole time to upbeat dance music, exercising in a way you never have before! You don't need dance experience to join the fun, just energy and a whole lot of attitude! **\*Last 15 minutes will be abs and back. Please bring a mat.**

**Adults, Thursdays, June 25 - August 27, 7:00 - 8:15 p.m., \$44 (10 weeks), Activity # 410053-A, Location: Recreation Center Gym, Instructor: Erin Schroeder**

## 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.

**July 7 - September 8**

DAY	TIME	ACTIVITY #
Tuesdays	5:45 - 6:45 a.m.	414303-A

**July 9 - September 10**

DAY	TIME	ACTIVITY #
Thursdays	5:45 - 6:45 a.m.	414303-B

**Adults, \$24 (10 weeks), Recreation Center Gym, Instructor: Julie Conley**

## BOOT CAMP

Campers will combine drill-like calisthenics with strength-building muscle conditioning. This combo creates an intense, fast-paced work-out. What makes Boot Camp suitable for everyone is that modifications can be made to change the intensity. Since the moves are simple, it's even appropriate for those with two left feet. Please bring along a set of hand weights, mat, a stability ball and water.

**Adults, Wednesdays, July 8 - September 9, 5:45 - 6:45 a.m., \$34 (10 weeks), Activity # 410093-A, 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 wildfire, and has positioned itself as the single most influential movement in the industry of fitness.

**Adults, Tuesdays, June 23 - August 25, 7:00 - 8:00 p.m., \$33 (10 weeks), Recreation Center Gym, Activity # 416403-A, Instructor: Penny DePlacido**

## FIT CLUB

Fit Club offers participants an opportunity to pay one discounted fee and attend an unlimited number of classes in a variety of Recreation Department fitness programs. Please contact the Recreation Department for an up-to-date list of classes included. The Pilates, Yagalates, Cardio-kickboxing, Fit, Firm & Fun, and all Yoga classes are not included in this offer.

**Adults, July - September, \$100, Activity # 418003-A**

# ADULT FITNESS

The Recreation Department's exercise classes provide workouts geared to strengthening and tightening up for men and women (ages 16 and up) of all fitness levels. Participants should wear sneakers and comfortable clothing, and bring a towel or mat to sit on.

**AEROBICS:** Both the A.M. and the low impact aerobics programs offer a great fat-burning cardio-vascular workout. Most classes consist of low impact aerobics, weights (optional) and floor work. Participants must provide their own weights and floor mat. Classes may vary by level of intensity and choreography.

**DATES:** Dates: July 1 - September 29 (Not September 7)

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
A.M. Aerobics	Monday	8:00 – 9:00 a.m.	410043-A	Rec. Center	\$15
	Wednesday	8:00 – 9:00 a.m.	410043-B	Rec. Center	\$17
	Friday	8:00 – 9:00 a.m.	410043-C	Rec. Center	\$15
Low Impact	Monday*	6:00 – 7:00 p.m.	410013-A	Rec. Center	\$15
	Wednesday*	6:00 – 7:00 p.m.	410013-B	Rec. Center	\$17

**Dates vary for the programs listed below. See individual write-ups for details.**

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	414303-A	Rec. Center	\$24
	Thursday	5:45 – 6:45 a.m.	414303-B	Rec. Center	\$24
Boot Camp	Wednesday	5:45 – 6:45 a.m.	410093-A	Rec. Center	\$33
Zumba & Cardio Dance	Tuesday	7:00 – 8:00 p.m.	416403-A	Rec. Center	\$33
Fit, Firm & Fun	Thursday	7:00 – 8:15 p.m.	410053-A	Rec. Center	\$44
Fitness Fusion	Saturday	7:45 - 9:15 a.m.	411503-A	Rec. Center	\$38
Pilates & Strength Training	Monday	7:00 - 8:00 p.m.	411303-A	Rec. Center	\$44
	Tuesday	7:00 - 8:00 p.m.	411303-B	Rec. Center	\$44
Change It Up	Wednesday	7:00 - 8:15 p.m.	415703-A	Rec. Center	\$54
Stability Ball with Yogalates	Tuesday	12:00 - 1:15 p.m.	418403-A	Rec. Center	\$36



## CHANGE IT UP

This class will offer yoga and pilates. You will combine the two practices. This approach will keep the practice interesting, exciting, and challenging. Yoga is a transformative practice which strengthens and tones all the muscles of the body, calms the mind and creates balance and harmony. Pilates works all the core abdominal muscles. Changing it up will provide you with a full body workout which will create a leaner, stronger, toned body.

**Adults, Wednesdays, June 24 - August 26, 7:00 - 8:15 p.m., \$54 (10 weeks), Activity # 415703-A, Location: Recreation Center Gym, Instructor: Joan Howard**

**Rec. Center**

Burlington Recreation Center  
Center for Human Services  
61 Center Street



## FITNESS FUSION

Mix it up with a combination of cardio, strength training, and core conditioning. Cardio includes a mix of hi/low, cardio ball, and car-dio kick-boxing. Strength and core work uses free weights, stability ball, tubes, bands, and discs. Focus is on proper form and execution of movement. Bring a mat, an appropriately sized stability ball (please refer to chart), hand weights, and water.

**Adults, Saturdays, June 27 - September 26 (Not July 4 or September 5), 7:45 - 9:15 a.m., \$38 (12 weeks), Recreation Center Gym, Activity # 411503-A, Instructor: Alison Gnerre**

# ADULT FITNESS

## CARDIO KICK-BOXING

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

**Mondays  
(Not September 7)**

DATES	TIME	ACTIVITY#
July 6 - Oct. 5	6:30 - 7:15 p.m.	411403-A

**Wednesdays**

DATES	TIME	ACTIVITY#
July 8 - Sept. 30	7:00 - 7:45 p.m.	411403-B

**Adults, \$95 (13 weeks), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## KUNDALINI YOGA

Kundalini yoga is the oldest known yoga practice. It has been practiced for over 7,000 years. The word Kundalini refers to the body's primal energy, which is housed in the spine. Through the practice of Kundalini yoga, one can unlock and tap into the body's energy, raising it from the base of the spine to the top of the skull. In this type of yoga, the experience is most important, not the form. You don't have to be able to twist yourself like a pretzel or be in great physical shape. Kundalini yoga works if you can breathe and move your body. Come unlock the creative potential within as you raise your Kundalini energy with this life-changing practice. Please bring a yoga mat, towel, or small blanket, and water.

**Adults, Thursdays, June 11 - August 20 (not July 2), 5:45 - 7:00 p.m., \$54 (10 weeks), Recreation Center Gym, Activity # 411263-A, Instructor: Joan Howard**

## HATHA YOGA

Hatha yoga is the most commonly practiced tradition of yoga. Hatha yoga is an entire philosophy of being with the goal of achieving peace, harmony and union of breath, body and mind, creating the union of mind, body and spirit. It is an ancient, time tested practice of well being and calm abiding. This class will incorporate four basic yoga principles: centering and relaxation to calm the mind; yoga postures to stretch, strengthen and tone the body; breathing techniques to increase lung capacity, strengthen internal organs and deepen one's ability to relax; and meditation practice as a means to reduce stress and achieve spiritual self enlightenment. Please bring a mat and wear loose comfortable clothing. This class is appropriate for beginners to advanced practitioners as each person works at his or her own pace.

**Adults, Saturdays, June 20 - Aug. 29 (Not July 4), 9:30 - 11:00 a.m., \$54 (10 weeks), Recreation Center Gym, Activity # 411203-A, Instructor: Joan Howard**

## 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. Also, periodic health awareness programs and screenings are offered to walkers by Lahey Clinic.

For walking hours and other information about the Walk for Wellness program, please stop by Simon Marketplace (customer service desk) at Burlington Mall or call the Mall office at 781-272-8668.

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



## ADULT SELF-DEFENSE

(Steve Nugent's Institute)

Learn simple, yet effective, ways to defend yourself. No need to be in shape; this class is designed to work for anyone. Please wear comfortable clothes without zippers.

**Adults, Saturday, June 27, 2:30 - 3:30 p.m., \$18, Activity # 413703-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## CURVES

Curves specializes in a 30-minute total body workout especially designed for women, proven to strengthen and tone muscles while improving cardiovascular health. 30 minutes, 3 days a week = An Amazing You!

**Mondays, Wednesdays and Fridays  
(not September 7)**

DATE	TIME	ACTIVITY#
July 6 - Sept. 28	12:00 - 1:00 p.m.	417003-A

**Tuesdays, Thursdays and Saturdays**

DATE	TIME	ACTIVITY#
July 7 - Sept. 26	8:00 - 9:00 a.m.	417003-B

**Adults, \$72 (12 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff**

**Tuesdays and Thursdays ONLY**

DATE	TIME	ACTIVITY#
July 7 - Sept. 24	2:00 - 3:00 p.m.	417003-C

**Adults, \$51 (12 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff**

\*Curves will be open during the holidays.

# ADULT FITNESS / SPECIAL NEEDS

## STABILITY BALL WITH YOGALATES

Stability ball fitness is an exciting new way to get in shape. It is a fun and versatile class based on the principles of yoga and pilates. The class will include basic stretching and resistance movements that can help you improve strength, coordination, balance and flexibility. Using the stability ball is one of the most effective methods of developing core strength. This class is for beginners up to advanced levels. Students must bring their own stability ball.

**Adults, Tuesdays, June 16 - Aug. 25 (not July 14), 12:00 - 1:15 p.m., \$36 (10 weeks), Activity # 418403-A, Recreation Center Gym, Instructor: Joan Howard**

## PATHWAYS YOGA SYSTEMS

Yoga classes that address the needs of the whole person and establish a fundamental understanding of "mind, body, and spirit". Instruction in breathing and relaxation, guided imagery and meditation practices, (as well as physical exercises), is an integral part of every class. This system teaches how to approach total wellness and gives the tools needed to motivate individuals to accept responsibility for their own health. Wear loose comfortable clothing and bring a yoga mat, towel and blanket to class

### PYS BODY AWARENESS

In this class we will work with mental focus, movement and synchronic breathing to create a form of meditative movement. Over the course of the session you will learn how to gain core strength, increase flexibility, reduce stress and achieve an overall sense of well-being. This class is intended to be slow paced and meditative to allow each participant time to focus on their mind/body connection.

**Angela Wasson - Beginner PYS Students**  
Function Room 2

DAY	TIME	ACTIVITY#
Wednesday	6:15 - 7:30 p.m.	411223-A

**Angela Wasson - Returning PYS Students**  
Function Room 2

DAY	TIME	ACTIVITY#
Wednesday	7:30 - 8:45 p.m.	411223-B

**Adults, Wednesdays, June 17 - August 26 (Not July 1), \$54 (10 weeks)**

### PYS BODY AWARENESS BASICS

New Students

For those who are new to Pathways Yoga Systems.

**Adults, Wednesdays, June 17 - August 26 (Not July 1), 5:00 - 6:15 p.m., \$54 (10 weeks), Function Room 2, Activity # 411223-C, Instructor: Angela Wasson**

### 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 and occasionally on Thursday 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. Out and About will be directed by Lydia

## PILATES & STRENGTH TRAINING

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

**Instructor:** Renee Russell  
**Location:** Recreation Center Gym

DAY	DATES	ACTIVITY #
Monday	June 29 - August 31	411303-B

**Instructor:** Susan Pilaud  
**Location:** Recreation Center Function Rooms 1 & 2

DAY	DATES	ACTIVITY #
Tuesday	June 23 - August 25	411303-A

**Adults, \$44 (10 weeks), 7:00 - 8:00 p.m.**

## SPECIAL OLYMPICS SOFTBALL

A Special Olympics softball team is offered by the Recreation Department in cooperation with Burlington Rotary and community volunteers. Our team will have weekly practices and will be entered in regional and state Special Olympics competitions. The program will be run by volunteer coaches and helpers.

For more information, please contact:  
Lydia Brown 781-272-0420  
Mark Landers 781-564-0004



## COLUMBUS VOYAGE

Set sail with us on Columbus Voyage, a summer program for teens and young adults with special needs. Our goal is to provide a highly social and recreational summer experience for participants. Games, sports, arts and crafts, special events and trips will be included. All who register will be asked to complete an application and meet eligibility requirements. There is some flexibility in age groups. Please contact the Recreation Department if you have any questions about age groupings or eligibility. This program will be open to non-residents as of June 1.

DATES	ACTIVITY#
August 3 - 7	460439-A
August 10 - 14	460439-B
Aug. 17 - 21	460439-C

**Ages 13 - 22, Monday - Friday, 9:00 a.m. - 3:00 p.m., \$99 per week Location: Recreation Center**

# CONCERTS & MOVIES

## CHILDREN'S SHOWS

1. Wednesday, June 24, 11:00 a.m.,  
**Davis Bates & Roger Tincknell - Magic of the Universe (music & storytelling)** Sponsored by Burlington Public Library

*(Shows listed below held at Simonds Park and are Sponsored by Burlington Recreation Department)*

2. Thursday, July 9, 1:00 p.m.  
**Dan Foley - Juggler**
3. Thursday, July 23, 1:00 p.m.  
**Tom "T-Bone" Stankus - musician**
4. Thursday, August 13, 1:00 p.m.  
**Johnny the K - musician**

In the event of rain the performance will be held indoors. Please call the Recreation Department for the indoor location. 781-270-1695.

### 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!

## FAMILY MOVIES ON THE COMMON

(Thursday Nights)



June 25



July 2, 9, 16, 23, 30 and Aug. 6

(Rain Dates: August 13 & 20)

All ages, Movies start at dusk, Location: Town Common

## TOWN COMMON EVENTS

### Parking

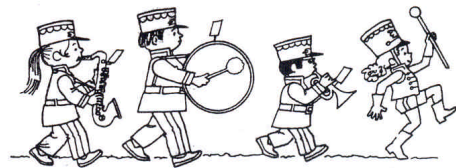
Please park only in areas designated for parking. Parking is allowed in marked spaces on the Town Hall side of Center Street. Police will enforce "no parking" on the Town Common side of Center Street

### Safety Considerations

For the safety of people attending events at the Town Common, the Recreation Department asks that there be no roller blading, bike riding, or skate boarding at Town Common events. Also, people should not bring dogs or other pets to the Common during events.

## 2009 SUMMER CONCERTS

1. Tuesday, June 16 (rain date June 17), 7:00 p.m.  
**Jump 'N' Jive Review**  
Sponsored by Burlington Rotary Club
2. Tuesday, June 23 (rain date June 24), 7:00 p.m.  
**The Corvairs** (50's band)  
Sponsored by Edward V. Sullivan Funeral Home
3. Friday, July 3, 7:00 p.m.  
**Java Jive** (street dance)  
Sponsored by Burlington Patrolmen's Union and Command Officers Union
4. Tuesday, July 7 (rain date July 8), 7:00 p.m.  
**Eye 2 Eye** (show band)  
Sponsored by Gulde Insurance Agency, Inc
5. Tuesday, July 14 (rain date July 15), 7:00 p.m.  
**John Penny Band** (country)  
Sponsored by Roche Brothers
6. Tuesday, July 21 (rain date July 22), 7:00 p.m.  
**The Black Velvet Band** (Irish band)  
Sponsored by Burlington Firefighters
7. Tuesday, July 28 (rain date July 29), 7:00 p.m.  
**Front Page** (Pop Variety)  
Sponsored by Burlington Lions Club and Recreation Dept.
8. Tuesday, August 4 (rain date August 5), 7:00 p.m.  
**Bob Bachelder - Big Band**  
Sponsored by Cambridge Savings Bank
9. Tuesday, August 11 (rain date August 12), 7:00 p.m.  
**Dave Andrews Trio** (country)  
Sponsored by Century Bank



## KIDS PATRIOTIC PARADE

The Recreation Department is presenting its 5th annual "Kids Patriotic Parade", in conjunction with the July 3rd street dance. Children may march wearing patriotic costumes or decorate bicycles, tricycles, doll carriages, wagons, etc. Parents are welcome to march with their children to the music of the street dance band.

**Children of all ages, Friday, July 3, 7:30 p.m., Location: Town Hall, Center Street**

# PRIDE DAY / TRIPS & TOURS

## BURLINGTON PRIDE DAY

Residents of all ages are invited to enjoy a fun-filled, action-packed day at Burlington's Thirty-first Annual Pride Day. Everyone can enjoy games of chance, do some clowning around, or test their sports skills.

- Police Car and Fire Engine Rides
- Moon Bounce
- Remote Car Racing
- Cash Booth
- Pony Rides
- Dunk Tank
- Skee Ball
- Basketball and Hockey Shot
- Baseball Speed Pitch
- Giant Water Slide
- Trackless Train Ride
- Clown
- Bungee Run
- Free Balloons
- Popcorn
- Soda
- Slush
- Laser Tag
- Giveaways
- Golf Shot
- Sea of Balls
- Pre-school Games
- Games of Chance
- Picture-Taking
- Entertainment
- Food



There will be little or no charge to participate in most activities, but donations will be gladly accepted. Restrooms will be open at Town Hall.

**All ages, Saturday, August 1 (Rain date: August 8)  
11:00 a.m. - 3:00 p.m., Location: Town Common**

## PRIDE DAY HELP

There are many ways for volunteers, businesses, town organizations, and service groups to get involved: help to plan and organize the event, sponsor an activity, make a donation, or be a worker. If you would like to find out more about how you might help, please call the Recreation Department (781) 270-1695.

## BLITHEWOLD

### Mansion, Gardens, & Arboretum

Enjoy a 90-minute narrated guided tour of Blithewold Mansion & Gardens. Blithewold was built in the early 1900's in the style of a 17th century English Manor House. This 33-acre estate features a 45 room mansion, Great Lawn to the water's edge, beautiful gardens and arboretum. We will then travel aboard the Vista Jubilee's luncheon cruise throughout Narragansett Bay. We have allowed 2 hours for browsing historic Newport before we leave!

**Adults, Sunday, May 31, \$99 per person, Bus Departs: Recreation Center approx. 6:30 a.m., Visa and Mastercard accepted, Activity # 00619**

## GREECE: Footsteps Through Time

Few places on earth can rival Greece's blend of intriguing history, stunning scenery and warm hospitality. Settle into your centrally-located hotel in Athens for a week and discover the rich variety of world-famous historic sites in and around this ancient city. During expert-led tours in and around the city, explore the Acropolis, the Temple of Poseidon and nearby Delphi, and cruise of the Saronic Islands. Itinerary booklets are available at the Recreation Department office.

**November 5th – 13th, \$3,279 per person, double occupancy, Deposit \$250 per person due by May 5th, Final payment due September 5th. Cancellation waiver and insurance available, \$200 per person when registering, Visa and Mastercard accepted, Activity # 00616**

## REGISTER NOW FOR THESE TRIPS

May 9	New York City
May 16	Johnson and Wales Inn
May 28 - June 1	Red Sox at Toronto
July 18 - 23	Virginia Beach
July 31 - Aug. 2	Red Sox at Baltimore
November 5 - 13	Greece

The trips listed above have been listed in previous brochures. A limited number of spaces are still available. Please call the Recreation Department for further information and trip details.

## THIMBLE ISLANDS CRUISE

Tour includes a 45-minute cruise of the Thimble Islands, an archipelago of small islands in Long Island off the Connecticut coast, rich in fabled history. Enjoy a luncheon at the Stone House Restaurant (your choice of entree). We will browse the quaint shops in Guilford, CT and stop at Bishop's Orchard & Farm Market for fresh fruit, wine tasting and apple cider donuts.

**Adults, Saturday, June 20, \$89 per person, Bus departs: Recreation Center at: TBD, Visa and Mastercard accepted, Activity # 00622**

## RED SOX VS ANGELS at Fenway Park



Save the hassle of purchasing Red Sox tickets and transportation. You will be transported to Fenway Park via motorcoach. Tickets are for right field box seating.

**Adults, Tuesday, September 15, \$99 per person, Bus Departs: Recreation Center approx. 4:00 p.m., Visa and Mastercard accepted, Activity # 00627**

## VINCE GILL

### Winner of 19 Grammy Awards

Gill has sold more than 26 million albums. He has earned 18 CMA Awards, including Entertainer of the Year in 1993 and 1994. He is tied with George Strait for having won the most CMA Male Vocalist Awards (five), and is currently second only to Brooks and Dunn for accumulating the most CMA Awards in history.

**Wednesday, June 10, 8:00 pm, \$61, Location: Lowell Auditorium, Bus departs Recreation Center at 6:45 p.m.,**

# TRIPS & TOURS

## TALL SHIPS 2009

### Luncheon Cruise on the Vista Jubilee

Enjoy a spectacular afternoon narrated cruise aboard the Vista Jubilee from Marina Bay to beautiful Boston Harbor. View the magnificent sailing vessels; enjoy a luncheon buffet, with music for your cruising enjoyment.

**Sunday, July 12, \$89 per adult, \$59 per child, Bus Departs: Recreation Center approx. 12:00 p.m., Visa and Mastercard accepted, Activity # 00623**

## PROVINCETOWN DUNE TOUR

Take a tour of this historic sand dunes on the Provincetown Cape Cod National Seashore protected lands. Tours are perfect for people of all ages! You will travel along the shoreline where your guide points out the "dune shacks" where famous artists and writers like Eugene O'Neill and Harry Kemp became inspired to create their art. Luncheon at The Whitman House in Truro is included. Time for shopping and browsing in Provincetown before heading to Highland House Museum and Highland Light (also known as Cape Cod Light) for a tour.

**Adults, Saturday, August 8, \$89 per person, Bus Departs: Recreation Center approx. 8:00 am, Visa and Mastercard accepted, Activity # 00625**

## NEW ORLEANS GETAWAY

### The Jazz Capital of the World

This romantic city abounds with rich history, savory cuisine and the most beautiful, soulful music. Tour will include: a river cruise aboard the famous Steamboat Natchez - in the heart of the French Quarter; visit to St. Louis Cemetery #3, one of New Orleans' oldest and most intriguing cemeteries; and a unique cooking demonstration at the New Orleans School of Cooking where you will create your own bread pudding!

**April 19 - 23, 2010, \$1,299 per person double occupancy, Deposit \$100 per person by December 19, 2009, Final Payment Due: February 19, 2010, Waiver Fee \$60 per person (optional) due with registration, Visa and Mastercard accepted, Activity # 00629**



## TANGLEWOOD OVERNIGHT

James Taylor with the Boston Pops

You will drive to the scenic Tanglewood Grounds and enjoy reserved seats inside the shed, for the magnificent Boston Pops with James Taylor. After the concert, you will head to Williamstown for a restful night at the Williams Inn. Monday, on the way home we will visit the nearby famous Clark Art Museum, featuring dozens of French Impressionist originals.

**August 30 - 31, \$320 per person double occupancy, Deposit \$25 per person, Final Payment Due August 1st, Waiver Fee \$30 per person (optional) due with registration, Visa and Mastercard accepted, Activity # 00630**

## POPS BY THE SEA

### On the Hyannis Village Green

We will travel to Wareham, on Buzzard's Bay, where you will enjoy a luncheon at Bailey's Surf 'n Turf Restaurant (with choice of entree). After lunch, we will enjoy a spectacular cruise along the Cape Cod Canal. You will have reserved seating at the Hyannis Village Green for the Boston Pops Esplanade Orchestra, featuring Maestro Keith Lockhart and a celebrity guest.

**Adults, Sunday, August 2, \$119 per person, Bus Departs: Recreation Center approx. 8:30 a.m., Visa and Mastercard accepted, Activity # 00624**



## DEERFIELD RIVER

### Float Trip

The Deerfield River Float Trip is great for younger rafters as well as adults interested in easy whitewater and a unique way to see the scenery of the Deerfield River Valley. During eight miles on the river, you'll enjoy a combination of floating, splashes of whitewater, opportunities for swimming, and a riverside snack. Your guides will take you parallel to the historic Mohawk Trail. Following rafting, enjoy a barbeque cookout dinner to include steak, hamburgers, hot dogs, salads and dessert!

**Adults, Saturday, August 15, \$129 per person, Bus Departs: Recreation Center approx. 6:30 a.m., Visa and Mastercard accepted, Activity # 00626**

## 40th ANNUAL SCALLOP FESTIVAL

### Cape Cod

We will board a deluxe motorcoach and head to Buzzard's Bay on Cape Cod. Dinner will include the traditional fried scallops or chicken with all the trimmings. There will be entertainment under the Big Top, crafters, merchants, and snack bars. Also, there will be a narrated cruise on the Cape Cod Canal.

**Adults, Saturday, September 26, \$79 per person, Bus Departs: Recreation Center approx. 8:00 a.m., Visa and Mastercard accepted, Activity # 00628**

## ELLIS ISLAND & STATUE OF LIBERTY



At last, a chance for you to get away to New York, New York! Whether you intend to visit New York's world class stores, museums or many other attractions, you are sure to enjoy the Big Apple. You'll first visit Battery Park where the Circle Line Ferry departs first for the Statue of Liberty and then continues on to Ellis Island.

**Adults, Saturday, June 13, \$79 per person, Bus Departs: Recreation Center approx. 6:00 a.m., Visa and Mastercard accepted, Activity # 00621**

# COMMUNITY / SPECIAL OFFERS

## D.A.R.E. KIDS CAMP

Your kids will be in a fun and very active program that stresses safety awareness through role-play, self-defense and other activities. The Burlington Police D.A.R.E. Program will incorporate risk awareness skills (strangers, public safety etc.) with radKIDS, a program that offers defense against abduction. RadKIDS teaches all kinds of cool things, like what you can do to be safe from fires, or how to be safe when you're out shopping, even what to do if a strange dog scares you. The radKids portion of the class (defense against abduction) is a 15-hour class to be integrated with the D.A.R.E. safety awareness teachings. Classes will be free for all attending residents. Donations to the Burlington D.A.R.E. Program are appreciated. As per the radKIDS organization, each child thereafter will be able to re-attend the class on an unlimited basis for free.

The program is intended for children ages 7-12. The course will be held at the Burlington High School (Dance Room) Mon. – Fri. (9am-12noon) July 27-31 and again August 10-14, 2009. All 5 classes must be attended. Full time Burlington Police officers will teach the class! Registration forms will be made available at either the Recreation Dept. or the Police Dept. Limited space available! For questions, call D.A.R.E. officers Keith Sheppard or Steve Cross at (781) 270-1919.

### DARE DAY

Burlington Town Common  
Saturday, June 13

11:00 a.m. – 3:00 p.m.

(Rain date: Saturday, June 20)

Raffles, Rides, Games, 50/50 and much more



## BURLINGTON PUBLIC LIBRARY

### Summer Reading

Keep track of your reading this summer in two fun, home-based reading programs for children and teens! Keep track on-line! Remember that you can use the library for free all summer and that we have lots of special events, too. Call 781-270-1692 or log on at [www.burlingtonpubliclibrary.org](http://www.burlingtonpubliclibrary.org).

### Children's Concert

Visit the library on Wednesday, June 24, for a morning of fun activities beginning at 11:00 a.m. with storyteller-musicians Davis Bates & Roger Tincknell in their new interactive show celebrating reading and the Magic of the Universe. Drop-in craft and game activities, face painting, and Summer Reading sign-up will follow the show!

## ALCOHOL - FREE WEEKEND 2009

The Burlington Drug and Alcohol Task Force is sponsoring its annual Alcohol-Free Weekend, May 1 - May 3. This is a great opportunity to talk to your kids about the harmful effects of alcohol and set a good example for them to follow. Join us on Friday, May 1 from 5:00 - 7:00 p.m. on the Town Common for the kick-off ceremony. Pick up your "Alcohol-Free" buttons, posters and pamphlets and enjoy some FREE pizza and soda. Join us in pledging to stay alcohol-free the weekend of May 1 - May 3.

*In case of rain, the ceremony will be held in the Murrery-Kelly Wing of the Senior Center, 61 Center Street.*

## EXERCISE FOR EDUCATION

Burlington Education Foundation is hosting its 5th annual "Exercise for Education" on Sunday, May 3, at the Burlington High School. The 5K Road Race/Walk or 1/2 mile Family Fun Run is sure to be a fun family event. Join in -run, walk or cheer! Awards, fun family festivities, vendor participation, music and more! 5K registration fee is \$20; register prior to April 30th to be guaranteed a t-shirt! The Family Fun Run is a 1/2 mile timed loop and only \$2 to register. Check-in begins at 8:00 am; Family Fun Run starts at 9:00 am; 5K starts at 9:30 am. Details and applications are available at [www.burlingtonedfoundation.org](http://www.burlingtonedfoundation.org). Keep us running strong!

## 2009 MASSACHUSETTS PARKSPASS (FREE)

Burlington residents may borrow a 2009 Massachusetts ParksPass free of charge. The ParksPass entitles the bearer to free parking for one vehicle (excluding buses or vans) at over 50 facilities in the Massachusetts state parks system that charge a day-use parking fee.

ParksPass is part of the "Use Nature as Your Guide" program sponsored by the Massachusetts Department of Conservation and Recreation (DCR). From Boston to the Berkshires, DCR invites you to enjoy a wide variety of recreational opportunities including hiking, swimming, mountain biking, horseback riding and much more.

Please contact the Recreation Department to reserve the ParksPass for the 2009 season (Memorial Day to Columbus Day). The pass may be borrowed for one day or one weekend and must be returned by 9:00 a.m. the following day. Passes taken on Friday may be returned the following Monday.

For a list of Massachusetts park facilities where ParksPasses may be used, please visit the Burlington Recreation website ([www.burlingtonrecreation.org](http://www.burlingtonrecreation.org)) or stop by the Recreation Department office. A \$35 deposit will be required when you pick up the ParksPass. Your deposit will be refunded to you when you return the pass.

## WATER COUNTRY DISCOUNT ADMISSION TICKETS

A limited number of discount admission tickets for Water Country in Portsmouth, NH will be available at the Recreation office during the summer season. The price per ticket is \$26, a savings of \$11 off the main gate price.

**Tickets are valid any day throughout the 2009 season (June 13 - September 7) and have no expiration date.**

### THE GRANDSTAND

at Simonds Park

Hot Dogs

Snacks, Soft Drinks, Slush, Ice Cream

**Open Mon. - Fri., May through August**

**May 11 - June 19, 4:00 - 8:00 p.m.**

**June 22 - August 14, 11:00 a.m. - 1:00 p.m.**

**and 4:00 - 8:00 p.m.**

Moderate Prices, Friendly Service.

# REGISTRATION / GENERAL INFORMATION

## Register by Mail or On-line (See pages 2 and 3 for details)

### REGISTER EARLY

The earlier you register, the better chance you have of getting the programs you want.

### REGISTRATION GUIDELINES

1. You may mail your registrations to the Recreation Department, register on-line, or deliver registrations to the Recreation Department office on or after May 18. Please see pages 2 & 3 for dates and details.
2. Please do not send cash.
3. List both activity # and section letter on your registration form. List a second choice if appropriate.
4. If your address is not printed on your check, provide a photocopy of your driver's license.
5. If you think the staff should be aware of any medical, physical or emotional conditions about the participant, please provide information on the registration form.
6. Generally, a person may register for only one session in each program, but there are a few exceptions. If you wish to sign up for more than one session, please ask prior to registering.
7. If you do not hear from the Recreation Department, you may assume that you have gotten your first choice. We will notify you if it is necessary to register you for your second choice. If both your choices are filled, your name will be placed on the waiting list, and a refund will be sent to you.
8. All registrations are processed at the Recreation Department office. Please do not attempt to register at program sites.
9. Trip and tour reservations are limited to four per registration unless otherwise indicated.

### WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list. The Department will make every effort to accommodate those on the waiting list (adding classes, etc.). If any openings become available, we will go to the waiting list to fill the class.

### HOW TO REGISTER BY MAIL

1. One registration form may be used for all of your family's registrations.
2. You may pay by check or money order (payable to Town of Burlington), Master Card, Visa. Please give credit card information on registration form.
3. Fill out the registration form completely and accurately so that your family information may be entered into the computer correctly.
4. Read the **Registration Guidelines** for other instructions.
5. Insert registration form, payment, birth certificates (if required) into envelope and mail to :  
Burlington Recreation Department  
Registration  
Town Hall  
Burlington, MA 01803

### AGE AND GRADE REQUIREMENTS

#### Age Requirement

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

#### Grade Requirement

The grade specified for certain programs refers to the school grade the child is in during the 2008-2009 school year.

#### Birth Certificates

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

### NON-RESIDENTS

Non-residents may register for a program two weeks before the program begins. In most cases, non-residents may not register until two days before the program starting date. If accepted, non-residents generally pay a higher fee. Please contact the Recreation Department for details. Non-residents may accompany Burlington residents on trips and tours.

### NO NEWS IS GOOD NEWS

When you register for any of our terrific programs, don't wait by the phone or camp by your mail box.

The only time you will hear from us is:

- If the class is full
- If the class is cancelled
- If you get your second choice
- If there is a change in time or day

So, if it's almost time for your class and you haven't heard from our friendly staff, that's good news. It means you're in!

### REFUND GUIDELINES

1. If you decide to cancel a registration, please notify the Recreation Department as soon as possible prior to the program starting date.
2. If you give sufficient notice of cancellation, the Recreation Department may be able to give you a full or partial refund. There will be a \$5 processing charge for all refunds given. Please inquire about a refund at the time you cancel your registration.
3. If you cancel your registration for a program for which the Recreation Department has paid deposits, purchased equipment or incurred other expenses on your behalf; your refund, if any, will be reduced by the amount of the expenses incurred.

### HOLIDAY CLOSINGS

The Recreation Department Office will be closed on the following days:

May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day

### FINANCIAL ASSISTANCE

Please contact the Recreation Department immediately if you need financial assistance in order to register for any Recreation Department program or event. We will attempt to provide whatever financial assistance is required to enable you and your family members to participate in the recreation activities of your choice. Scholarships and other forms of assistance are available.

# GENERAL INFORMATION

## PROGRAM TIMES

Participants are asked to adhere to the scheduled drop-off and pick-up times for all programs. Staff members often have other responsibilities and are unable to remain at program sites after the program ending times. A financial or other penalty may be charged to participants who do not adhere to the pick-up requirements.

## CANCELLATIONS

When the Burlington public schools are closed because of stormy weather, all Recreation Department programs will be cancelled that day and evening. When Burlington Public schools have a delayed opening, all Rec. Dept. morning programs will be cancelled for that day. If a storm develops later in the day or on weekends, please call the Recreation Department for cancellation announcements at (781) 270-1695 and press 3.

## MAKE-UPS

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

## RECORDED INFORMATION

Call the Recreation Department anytime to access recorded information about program updates, events, brochure mailing dates, cancellations, and directions to the Recreation Center. To speak with a member of our staff, please call Monday through Friday, 8:30 a.m. - 4:30 p.m.

Recreation Department 24-hour telephone number is 781-270-1695.

## NEW RESIDENTS

Welcome to Burlington! The Recreation Department staff looks forward to meeting you. We invite you to visit the Recreation Department and find out what we have to offer. Give us a call, and we will be happy to make an appointment to show you around and answer any questions that you might have.

The Recreation Department offers recreational opportunities for residents of all ages at reasonable prices, and we provide friendly, courteous service. We look forward to serving you.

## RECREATION CENTER AVAILABLE TO COMMUNITY GROUPS

Burlington's recreation center at the Center for Human Services is available to community groups on a space-available basis. Facilities at the center include meeting rooms, function rooms, and a gym. There is a small fee to help cover maintenance costs. Sorry, the center is not available for private functions. For further information, please contact the Recreation Department.

## BROCHURE MAILED EACH SEASON

Recreation Department program brochures are mailed to residents in August, November, February and May. It is a good idea to keep your copy of the brochure after you have registered for programs so that you can refer to it for class dates, times, locations, and other important information.

## SERVING PEOPLE WITH DISABILITIES

The Recreation Department is committed to providing recreational opportunities for residents of all ages and abilities. If you or a family member needs special accommodations to participate in the town's recreation activities, please contact the Recreation Department. The Recreation Department also will attempt to provide support for special needs children who sign up for any activity offered by the Recreation Department. Parents should make arrangements in advance for this service.

## FOR TEENS AND YOUNG ADULTS WITH SPECIAL NEEDS

The Recreation Department has many interesting and engaging activities for teens and young adults with special needs. What better way to get together in small supervised groups while promoting social interaction, interest-based activities and physical fitness. Through our "Spectacular Saturdays" program, participants will have a full day of events planned with transportation included.

Check out what we have to offer by contacting the Recreation Department office at 781-270-1695.

## DISCOUNT MOVIE TICKETS

On sale at the Recreation Department

AMC Theatre Movie Tickets:

Gold: \$7.75 (valid anytime)

Silver: \$6.25 (valid after first ten days of release)

Showcase Cinema Tickets: \$7.75 (valid anytime)

## BURLINGTON RECREATION COMMISSION

Kristine Brown  
Chairman

Jack Ferren  
Vice Chairman

Kevin Sullivan  
Past Chairman

Paul Raymond  
Planning Board Representative

Christine Monaco  
School Committee Representative

## BURLINGTON RECREATION ADMINISTRATION

Director of Parks & Recreation  
Don Lorinovich

Parks Superintendent  
Doug Gillingham

Assistant Parks Superintendent  
Dave Vigneau

Program Coordinator  
Kelly Lehman

Assistant Program Coordinator

## BURLINGTON RECREATION DEPARTMENT

Center for Human Services  
61 Center Street

## REGULAR OFFICE HOURS

Monday through Friday  
8:30 a.m. - 4:30 p.m.

## PHONE NUMBER

(781) 270-1695

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



# ACTIVITY REGISTRATIONS

(DO NOT CUT FORM. SUBMIT ENTIRE PAGE.)

## HEAD(S) OF HOUSEHOLD/GUARDIAN

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

## FAMILY MEMBERS

(Should be completed for all family members registering, including heads of household)

Name \_\_\_\_\_ School \_\_\_\_\_

Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade (08/09) \_\_\_\_\_

Medical or other information our staff should be aware of: \_\_\_\_\_

Activity Name	First Choice Activity #	Second Choice Activity #	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name \_\_\_\_\_ School \_\_\_\_\_

Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade (08/09) \_\_\_\_\_

Medical or other information our staff should be aware of: \_\_\_\_\_

Activity Name	First Choice Activity #	Second Choice Activity #	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name \_\_\_\_\_ School \_\_\_\_\_

Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade (08/09) \_\_\_\_\_

Medical or other information our staff should be aware of: \_\_\_\_\_

Activity Name	First Choice Activity #	Second Choice Activity #	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Name on Card \_\_\_\_\_  
Account # \_\_\_\_\_  
Amount \$ \_\_\_\_\_

Signature: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

**Credit Card Information**  
(Please Print Clearly)

Mastercard

Visa



Please make check payable to: **Town of Burlington**  
Visit our website at: [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org)