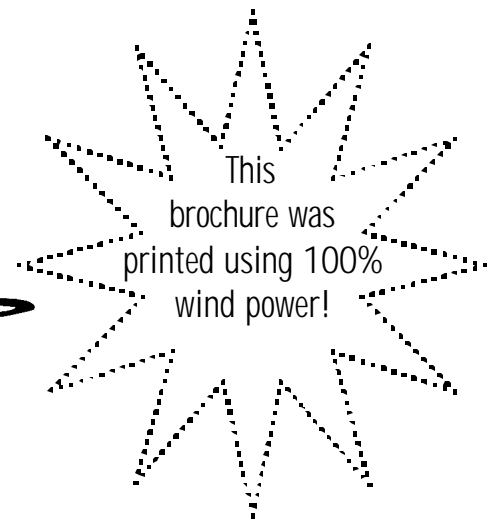
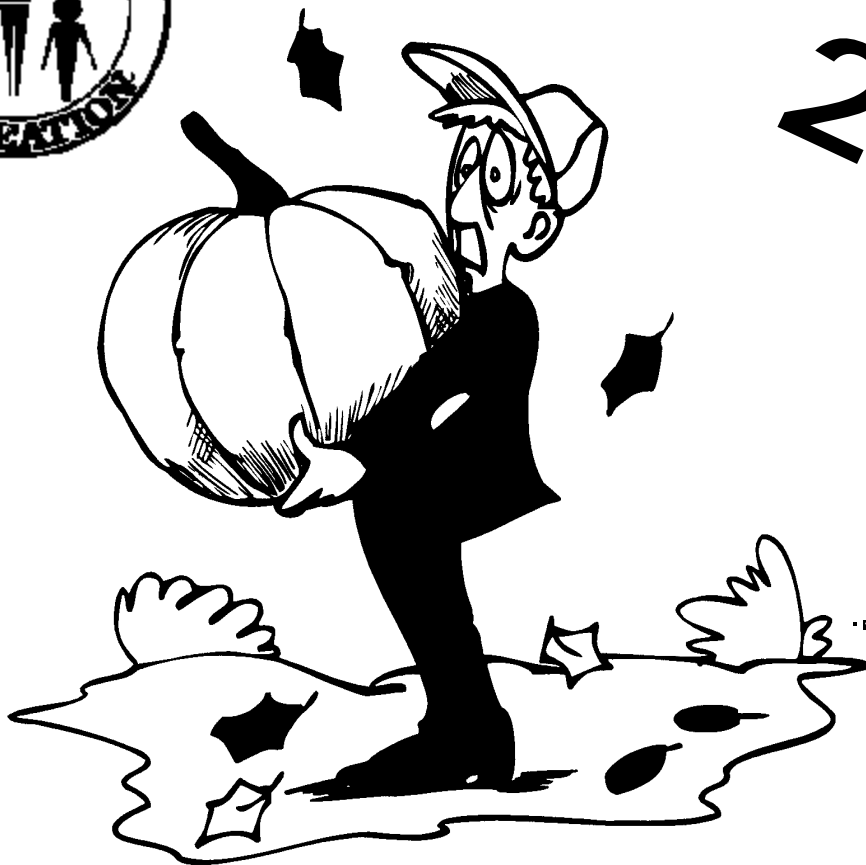




FALL 2010



RECREATION PROGRAMS & EVENTS Burlington Recreation Department

www.burlingtonrecreation.org

Town of Burlington
Recreation Department
Town Hall
Burlington, MA 01803

Massachusetts

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WHAT'S INSIDE

Looking for up to date programming information?

Become a fan of Burlington Recreation on Facebook!



Walk-in and Online Registration begins immediately.

NEW PROGRAMS

We have added 26 new programs in this brochure. Look for the word "**NEW**" next to the program title.

NEW



BURLINGTON RECREATION WEB ADDRESS

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 makes it more convenient for residents and becomes a "Favorite" of everyone. Check out our website at:

www.burlingtonrecreation.org

WE NEED YOUR EMAIL ADDRESS

It is sometimes necessary for the Recreation Department to contact program participants about cancellations, time changes, date changes and for other reasons. If you want us to contact you by email, we must have your current email address.

If you wish to update your email address, please call the Recreation Department office at 781-270-1695, Monday through Friday, 8:30 a.m. until 4:30 p.m. or email us at recreation@burlmass.org.

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 website. Please go to our website www.burlingtonrecreation.org or call the Recreation Department if you have any questions (781-270-1695).

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

Visit our website at: www.burlingtonrecreation.org

PRE-SCHOOL

NEW

ITTY BITTY FALL BALL

This program will give your pre-schooler a head start on learning the skills of soccer and football. Both games will be demonstrated throughout the course of the program. We will create a fun learning environment for your child's development. Each participant will receive a mini-soccer ball.

Ages 2 - 4, Wednesdays, September 8 - September 29, 9:45 - 10:30 a.m., \$45 (4 weeks), Activity #111700-A, Location: Recreation Center Gym, Instructor: Ken Pondelli

PRE-SCHOOL BOOKWORMS

We all know that children are enriched by books. Stories can promote cognitive, social and emotional development while helping to build writing and reading skills. In this program, your child will become immersed in a new story each week through the use of books, flannel board, puppets, and play acting. Art, science, cooking and other literacy experiences will revolve around the chosen story, and imaginations will soar. A snack will be provided for your child. Children must be toilet-trained. Participants who are enrolled in the Discovery Preschool program may also register for this class. A copy of your child's birth certificate should accompany the registration form of new participants.

DAY & DATES	ACTIVITY#
Thurs., Sept. 16 - Dec. 9 (not Nov. 11 & 25)	121600-A
Fri., Sept. 17 - Dec. 10 (not Nov. 26)	121600-B

Ages 3 - 5, 9:00 a.m. - 12:00 p.m., Thursday, 11 Weeks, \$169, Friday, 12 weeks, \$184, Location: Visco Building at Simonds Park, Instructors: Chris Allain & Carol Sheldon

PLAYING PALS

Child will "pal" up with their own parent or guardian (18 years or older) and be involved in a variety of activities, including movement and stretching, songs, and games. We will incorporate both small and large gross motor skills. There will also be time for exploration of various equipment during open gym time. All participants must wear sneakers.

AGES	TIME	ACTIVITY#
15 mo. - 23 mo.	9:00 - 9:40 a.m.	110071-A
2 - 4	9:50 - 10:30 a.m.	110071-B

Ages 15 months - 4 years, Tuesdays, Sept. 14 - Nov. 16, \$34 (10 weeks), Recreation Center Gym, Instructor: Jolene Fogarty

OOEY, GLUEY ARTS & CRAFTS

Calling all kids ages 2 to 4! Join us for a jam packed program of ooey, gluey arts and crafts, stories and song. Make a mess, have some fun!! Watch your child's excitement grow as they create crafts you can treasure for a lifetime. Please make sure children wear appropriate clothing.

Ages 2 - 4 with an adult, Thursdays, Sept. 16 - Oct. 21, 10:00 - 10:45 a.m., \$53 (6 weeks), Function Room 2, Activity # 123301-A, Instructors: Kids Just Love Crafts staff

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.

Ages 3 - 4, Saturdays, September 18 - December 11, 9:00 - 9:30 a.m., \$120 (13 weeks), Activity #111000-A, Location: Steve Nugent's Institute, 207 Cambridge Street, Instructor: Steve Nugent and staff



DISCOVERY PRE-SCHOOL

This program was created to provide children ages 3-5 a hands-on approach to learning and socializing. Through such activities as music, storytelling, art, science, building and dramatic play, your child will gain many new skills while making new friends. Week to week, we'll follow new themes that relate to the seasons and a child's natural curiosity about the world. A snack will be provided for your child. Children must be toilet-trained. A copy of your child's birth certificate should accompany the registration form of new participants.

DAY & DATES	ACTIVITY
Mon., Sept. 13 - Dec. 6 (not Oct. 11)	123400-A
Wed., Sept. 15 - Dec. 8 (not Nov. 24)	123400-B

Ages 3 - 5, \$184 (12 weeks), 9:00 a.m. - 12:00 p.m., Location: Visco Building at Simonds Park, Director: Christine Allain

Participants may register for one day only.

DISCOVERY KINDER-SKILLS

This class is designed for children ages 4 -5 who will be entering kindergarten in the fall of 2010. Using a thematic approach, our focus will be on enhancing kindergarten readiness concepts and skills in the areas of pre-reading, pre-writing, math and science. Activities will also help develop listening skills, following directions and storytelling, as well as social and physical play skills. Class size is limited to 10 in order to allow for optimum child/teacher interactions. Healthy snacks and outside play are provided daily. Children who enroll in Discovery Kinder-Skills may also be enrolled in Discovery Preschool and/or Preschool Bookworms. A copy of your child's birth certificate should accompany the registration form of new participants. **Registration for Kinder-skills begins on September 8 at 8:30 a.m.**

Ages 4 - 5, 9:00 a.m. - 12:00 p.m., Tuesdays, Sept. 21 - Dec. 7, \$184 (12 weeks), Activity # 123500-A, Location: Visco Building at Simonds Park, Instructors: Chris Allain & Carol Sheldon

YOUTH

STAR WARS: LEGO PLAYLAND

This 3-hour program will be centered around everything Star Wars LEGO!! Join the team from Event-FULL!, LLC and use your imagination to build Star Wars creations. Maybe you will build a Space Craft, a Droid Factory, a Jedi Training Arena, etc...the possibilities are endless!! The LEGOs stay with us, but the experience is yours forever! Program is limited to 30 participants. Please send your child with a peanut-free snack and drink. May the force be with you.....

Ages 5 - 10, Sunday, October 3, 2:00 - 5:00 p.m., \$44, Activity # 100567-A, Function Room 1, Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed.

AMERICAN GIRL DOLL CREATE & PLAY

Theme: Top Chef

Sign up and turn your American Girl Doll into a CHEF!! Join the team from Event-FULL!, LLC and bring your special friend to this workshop for several hours that you will both enjoy. You will creatively design a stove top, chef hat, doll play food and more!! Please send your child with a peanut-free snack and drink.

Ages 5 - 10, Saturday, November 6th, 1:30 - 4:30 p.m., \$44, Location: Function Room 1, Activity #100179-A, Instructors: Diane Dinell, M.Ed. & Beth Meditz, M.Ed.

BEAT BULLYING

Bullying is a behavior that is intentional, repetitive, and hurtful. An imbalance of power exists between the child who is bullying and the intended target. Bullying is never okay. In this class, children will learn direct and indirect techniques that will help them deal with a bully effectively.

Ages 6 - 12, Saturday, Oct. 23, 4:00 - 5:00 p.m., \$18, Activity # 118301-A, Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

NEW

WATERCOLOR KIDS II

Watercolor Kids II delves deeper into watercolor concepts and techniques with a kid friendly presentation and engaging hands-on instruction. An expanded color palette will be used and students will be introduced to multicolored washes, interesting texture techniques, thumbnail sketches and sketchbook journaling, portraying depth with tone and color temperature, and focal point and "artistic license". The subject matter spotlight: will be on skies and water. Students will have a chance to display their work during the last class of the session in a fun "Open House" format. Please wear an art smock or old clothes. A \$27 materials fee is due the first class. If you have already taken a Watercolor Kids course, you can bring any of the following for a reduced materials fee: supplies folder/portfolio, watercolor brushes, plastic tube brush holder and mixing tray.

Ages 6 - 10, Wednesdays, September 22 - November 10, 3:45 - 5:15 p.m., \$84 (8 weeks), Ceramics Room, Activity # 120801-A, Instructor: Stacy Johnston

CHESS INSTRUCTION

Students will learn chess strategies and tactics and play matches to apply what they've learned. A tournament will be held at the end of the session. No experience in playing chess is necessary to participate. All levels from beginner to advanced are welcome. Instructor Joe Perl is rated an expert by the United States Chess Federation. He has taught chess in over 20 Boston area schools and has won many tournaments including both scholastic and adult.

Grades 1 - 8, Fridays, September 17 - November 5, 3:30 - 5:00 pm, \$76 (8 weeks), Function Room 1, Activity # 152401-A

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!

LEGO PLAYLAND

This unique workshop will be centered around everything LEGO! Join the team from Event-FULL!, LLC and participate in "LEGO-related" take-home projects, games, building and creating LEGO structures, bases, vehicles, houses and more! Don't miss out on this workshop that takes a favorite traditional toy and turns it into a fun-filled afternoon with a creative spin! The LEGOs stay with us, but the experience is yours forever! Don't worry if you have taken this program before... a different take-home project will be created by YOU! Please send your child with a peanut-free snack and drink.

DATE	TIME	ACTIVITY#
Sun., Sept. 12	2:00 - 5:00 p.m.	100178-A
Sun., Dec. 12	2:00 - 5:00 p.m.	100178-B

Ages 5 - 10, \$44, Function Room 1, Instructors: Diane Dinell, M.Ed. & Beth Meditz, M.Ed.



BAKE 'EM AND TAKE 'EM

Boys and girls make and decorate goodies, goodies and more goodies. Come ready to create delicious treats. All materials provided. Bring a container to bring your creations home in. Parent volunteers are welcome for each class.

DATE	THEME	ACTIVITY#
October 30	Halloween Treats	151401-A
November 20	Thanksgiving Treats	151401-B
December 18	Holiday Treats	151401-C

Grades 1 - 5, Saturdays, 10:30 a.m. - 12:30 p.m., \$19 per date, Location: Function Room 2, Instructor: Carol Sheldon

YOUTH DANCE / SWIMMING

DANCE, DANCE, DANCE

Professional dance instruction for beginner and experienced students. Students need to wear a black leotard with pink tights, ballet shoes and tap shoes.

CLASS: Mom & Me

AGE	TIME	ACTIVITY #
2 - 3	9:15 - 9:45 a.m.	130000-A

CLASS: Pre-ballet & Tap

AGE	TIME	ACTIVITY #
3 - 4	10:00 - 10:45 a.m.	130501-A
3 - 4	11:00 - 11:45 a.m.	130501-B

CLASS: Ballet & Tap

AGE	TIME	ACTIVITY #
4 - 5	12:30 - 1:15 p.m.	130511-A
5 - 6	3:00 - 3:45 p.m.	130511-B

Ages 2 - 6, Fridays, September 24 - December 3 (not Nov. 26), \$64 (10 weeks), Location: Function Room 2, Instructor: Lisa Sanchez

HIP HOP

Are you ready to move? Did you ever want to try a dance class? Why not try Hip Hop? It fuses fun and imaginative dance elements with age-appropriate music open to all levels. Comfortable clothing and sneakers required.

Ages 6 - 10, Fridays, September 24 - December 3 (not Nov. 26), 4:00 - 4:45 p.m., \$64 (10 weeks), Function Room 2, Activity #130701-A, Instructor: Lisa Sanchez

BIRTHDAY PARTIES

Make your birthday special! Have a Recreation Department birthday party. Party includes two hours of games, relays and other activities. You bring the cake and ice cream.

Ages 5 - 9, Saturdays, September 11 - December 18 (not Oct. 9, Nov. 27), Saturdays, 10:30 a.m. - 12:30 p.m. or 1:00 - 3:00 p.m., Fees: 1 - 15 Children \$120, 16 - 21 Children \$140, Activity # 100523, Location: Recreation Center

Note: No 10:30 a.m. party on October 30, November 20 and December 18

Please register online at burlingtonrecreation.org or in person at the Recreation Department **starting September 1**. A deposit of \$120 is required when you register. Your payment balance and birthday party application must be submitted not more than 14 days after you register. The application may be accessed as a link to your receipt when you register.

SWIMMING LESSONS

Level 1

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

Level 2

Child is comfortable in the water, can place face in water and will float on front/back with assistance.



Level 3

Child can swim unassisted, does not know any strokes.

Level 4

Child knows strokes, can swim 25 yards without stopping. This level is to work on endurance and technique and new swimming styles.

TIME	LEVEL	ACTIVITY #	FEE
1:00 - 1:30 p.m.	1 - 4	110400-A	\$68
1:30 - 2:00 p.m.	1 - 4	110400-B	\$68
2:00 - 2:30 p.m.	1 - 4	110400-C	\$68
2:30 - 3:00 p.m.	1 - 4	110400-D	\$68
3:00 - 3:30 p.m.	1 - 4	110400-E	\$68
3:30 - 4:00 p.m.	1 - 4	110400-F	\$68

Level 5

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

Level 6

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

TIME	LEVEL	ACTIVITY #	FEE
1:00 - 2:00 p.m.	5 - 6	110410-A	\$113
2:00 - 3:00 p.m.	5 - 6	110410-B	\$113
3:00 - 4:00 p.m.	5 - 6	110410-C	\$113

Peek week the second and last class only. Please indicate which level you are registering your child for.

Ages 3 and up (potty-trained), Saturdays, October 2 - December 11 (not Nov. 27), (10 weeks), Shawsheen Technical High School, 100 Cook Street, Billerica, MA

IRISH STEP DANCING

This course teaches the basic steps and techniques of Irish step dancing. Wear comfortable clothes and bring a water bottle. The instructor is affiliated with the O'Shea Chaplin Academy of Irish Dancing.

Ages 5 - 10, Mondays, September 27 - December 6 (not Oct. 11), 4:30 - 5:30 pm, \$64 (10 weeks), 131601-A, Function Room 1

GYMNASTICS

GYMNASTICS

Come join Dotty Martin and Jenn McGrath as they challenge you and your children with a fun learning experience through gymnastics/creative movement and fun developmental play. Dotty and Jenn bring with them 30+ years of competitive gymnastics experience. Dotty Martin was also the former owner of Gymboree Play and Music for 14 years. We are very fortunate to have Dotty and Jenn join us with some new creative play time for our children.

BABY GYM

Calling All Babies! Get ready for some really fun Baby Boogies, some very interesting equipment based exercises, some sliding into the parachute, some ball rolling action and lots of bubbles. We will work with the gymnastic equipment and all sorts of props to make your babies scream with laughter. This is an opportunity for you to meet new friends and share issues and questions about your baby with other parents that are in the same parental predicament. No shoes please.

TODDLER TUMBLERS

Hey Kids....Are you a beginner walker or getting ready to start some faster running steps? If you are, then you should join our Toddler Gymnastic Program. We will balance and work our climbing muscles. We will dance with some fun music and play with the parachutes. We will have some really fun props and meet new friends. No shoes please.

GYM 2's AND 3's

This class is perfect for the two-year-old that is ready for some running, jumping, swinging, and sliding. Each week, children will experience a different theme and equipment focus utilizing some of our new gymnastic training equipment; but that's not all...We will also work with musical movement play, parachute time and rainbow magic ropes. We might even get to experience a bubble storm before we get our mystery stamps at the end of each class.

KINDERGARTEN GYMNASTICS

Kindergarteners will love this class. They will learn beginner gymnastic training skills in a fun manner. Somersaults, cartwheels, and maybe some back handsprings will all be taught. Come join our gymnastics class and learn some new things.

GYM 3's AND 4's

If you find yourself having lots of fun pretending to be something you're not, then this class is right for you. Just imagine being in the jungle or exploring under the sea. Maybe nursery rhymes or transportation is your passion. If this sounds like fun, then come join Dotty and Jenn as they make the room come alive with exciting creative play and new gymnastic training equipment. This class will focus on fun, creative learning in combination with learning beginner gymnastic tumbling and apparatus skills. Parents should plan to separate if the child is ready. If not, we will work towards that goal together.

GYM 4's AND 5's

Ages 4 and 5 will come alive in this class...This class is for the child that is ready to learn some beginner gymnastics training skills that will help in any sport they choose moving forward. We will work on strength and flexibility using our new training equipment. Together we will explore different ways to build balance and body awareness through gymnastics. This class will not be all work and no play. We will use parachutes and fun games to add to the mix, and each week there will be a mystery stamp.

FUN GYMNASTICS

Do you want to learn a cartwheel or perhaps something a little more daring like a back handspring? Did you ever wonder how people balance on their hands for so long? Well we can teach you the secrets. We know the tricks. Come join our gymnastics class and learn some new things. Dress in comfortable clothes. No jeans please.

TITLE	AGE	TIME	SEPT 9 - OCT 28	NOV 4 - DEC 23
			\$99 (8 Weeks) ACTIVITY #	(not Nov. 11 & 25) \$76 (6 Weeks) ACTIVITY #
Gym 2's and 3's	Age 2 (with parent)	9:30 – 10:10 a.m.	110260-A	110260-H
Gym 3's and 4's	Ages 3 & 4	10:15 – 10:55 a.m.	110260-B	110260-I
Toddler Tumblers	Ages 1 & 2	11:00 – 11:40 a.m.	110260-C	110260-J
Gym 4's and 5's	Ages 4 & 5	12:30 – 1:10 p.m.	110260-D	110260-K
Baby Gym	Ages 3 - 12 mos.	1:15 – 1:55 p.m.	110260-E	110260-L
Kindergarten	Kindergarteners	2:00 – 2:45 p.m.	110260-F	110260-M
Fun Gymnastics	Grades K - 2	3:30 – 4:15 p.m.	110260-G	110260-N

**All gymnastics classes are held on Thursdays in the Recreation Center Gym.
(Siblings: \$50% discount for signing up for the same session).**

YOUTH

BE - JEWELED FOR THE HOLIDAYS

Design a Swarovski Crystal bracelet for yourself or someone special. Create your bracelet using a wide variety of genuine Swarovski Crystals and Swarovski Pearls accented with sterling silver round beads and spacers. Finish your bracelet off with your choice of lobster claw clasp or toggle clasp. Great gift idea!

GRADES	TIME	ACTIVITY #
3 - 5	3:30 - 4:45 p.m.	100189-A
6 - 8	5:15 - 6:30 p.m.	100189-B

Girls and boys, Wednesday, December 1, \$32, Ceramics Room, Instructor: Bonnie LeRoux

MIXING IT UP

If you like Bake'em & Take'em then you will love these cooking classes. In this hands-on beginner cooking class, kids will learn the use of baking utensils, measuring, kitchen safety, and reading recipes. They will have fun creating nutritious, delicious, food and simple meals. Enthusiasm of creating something themselves will boost their self-esteem. Kids cooking activities are a great way to express themselves and enjoy sharing their creations with family. Food, recipes, and aprons are provided. You will need to provide your own baking dish.

DAY & DATES	ACTIVITY#
Sat., September 11 - October 2	150601-A
Sat., November 6 - December 4 (not Nov. 27)	150601-B

Grades 2 - 5, 3:30 - 5:30 p.m., \$85 (4 weeks), Function Room 2, Instructor: Carol Sheldon

YOUTH CERAMICS

A popular program for beginner and experienced students. After learning basic techniques, you will be able to produce beautifully finished ceramic pieces for your own home or to give as gifts. The program fee includes instruction, paints and firing. There are additional costs for greenware, brushes, and personal supplies.

Boys and girls, grade 3 and up, Mondays, September 20 - November 29 (not Oct. 11), 3:00 - 5:00 p.m., \$95 (10 weeks), Ceramics Room, Activity # 121001-A, Instructor: Carol Collins

NEW GREEN SCREEN ADVENTURES

Using the new green screen technology and special photo-editing techniques, you will venture into real or imaginary locations and file the trip to share with family and friends. Climb Mount Everest, swim the depths of the ocean, or battle dinosaurs! Experiment with photos and unique drawing software to set the scene for fantastic adventures. Come on – don't stay at home – jump into a green screen and find a lot of fun.

Ages 7 - 9, Mondays, September 13 - November 8 (not Oct. 11), 3:30 - 4:30 p.m., \$100 (8 weeks), Function Room 2, Activity #159201-A, Instructor: Computer Explorers Staff

NEW

MONEY SAVVY KIDS

(Ages 5 - 8)

This family friendly course will help introduce the four basic concepts of money to kids: save, spend, donate and invest. Saving is a vitally important concept for people of all ages. We introduce the idea of saving to kids by using the concepts of short and long term goals. The spending section encourages parents to discuss what they expect their children to pay for in life and introduces the basic concept of budgeting. The donating lesson helps involve children in society and shows them the impact that they can have not on society, but on their own lives. The class fee covers the cost of a four compartment piggy bank that helps kids keep track of their goals and chocolate that is used in the lessons. **Parents must attend the first and last class.**

Ages 5 - 8, Tuesdays, September 21 - November 9, 4:00 - 5:00 p.m., \$29 (8 weeks), Function Room 1, Activity # 150701-A, Instructor: Tom Elkins

NEW

MONEY SAVVY KIDS

(Ages 9 - 12)

This interactive course will introduce the concept of self worth vs. net worth which our material-driven society can play a large role in the development of self image. The Money Savvy instructor will also introduce the concepts of interest, taxes, and inflation. We encourage students to open their very first savings account so kids can put the concept into action. We promote money-earning ventures like the classic lemonade stand, and increased discussion between parents and children with things like, "What did you do for money when you were my age?" and "What was your first job?" The class fee covers the cost of a four compartment piggy bank that helps kids keep track of their goals. **Parents must attend the first and last class.**

Ages 9 - 12, Tuesdays, September 21 - November 9, 5:30 - 6:30 p.m., \$29 (5 weeks), Function Room 1, Activity # 150701-B, Instructor: Tom Elkins

NEW

BEGINNER LEARN TO KNIT

Learning to knit is fun and easy. We will start off with making a bean bag and then try a scarf. We will be knitting with straight needles in the beginning and circular needles when we begin our scarf. Children will learn about different yarns, textures, and colors used in knitting as well as teaching the basics of casting on and off, knit and purl stitches and increasing and decreasing. This will be a fun and small class which will allow for each participant to receive quite a bit of attention.

Grades 2 - 6, Tuesdays, September 14 - November 16, 4:00 - 5:00 p.m., \$124 (10 weeks), Recreation Conference Room, Activity #122901-A, Instructor: Dotty Martin

YOUTH SPORTS

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 from 3:30 - 4:30 p.m.
Boys & Girls in Grades 1 - 3**

DATES	ACTIVITY #
September 13 - 27 *	118215-A
October 4 - 25	118215-B
November 1 - 22	118215-C
November 29 - December 20	118215-D

**Wednesdays from 3:30 - 4:30 p.m.
Boys & Girls in Grades 4 - 12**

DATES	ACTIVITY #
September 8 - 29	118225-A
October 6 - 27	118225-B
November 3 - 24	118225-C
December 1 - 22	118225-D

**Fridays from 3:30 - 4:30 p.m.
Boys & Girls in Grades 1 - 5**

DATES	ACTIVITY #
September 10 - October 1	118235-A
October 8 - 29	118235-B
November 5 - 26	118235-C
December 3 - 24	118235-D

\$59 (4 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 Labor Day and winter holidays.**

NEW

ZUMBA FOR TEENS

Do you like to dance? Working out can be fun! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Our goal is simple: we want you to want to work out, to love working out, to get hooked! Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Ages 13 and up, Tuesdays, September 21 - December 21, 4:00 - 5:00 p.m., \$46 (14 weeks), Recreation Center Gym, Activity #110602-A, Instructor: Sarah Carew

JR. GOLF SCHOOL CLINIC

One of our most popular golf programs. This clinic is a series of five one-and-a-half-hour lessons dealing with safety, the address position, the swing, irons, woods, the short game and golf etiquette. These classes are for beginners as well as those who are in the process of developing better golf skills.

September 11 - October 9

DAY	TIME	ACTIVITY #
Saturdays	9:30 - 11:00 a.m.	110601-A

September 12 - October 10

DAY	TIME	ACTIVITY #
Sundays	3:00 - 4:30 p.m.	110601-B

Ages 6 - 15, \$89 (5 Saturdays or Sundays), Location: Billerica Country Club, 51 Baldwin Road, Billerica, MA, Instructors: Barrie Bruce Golf School

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, September 18 - November 6, 3:00 - 3:45 p.m., \$123 (8 weeks), Activity # 114701-A, Steve Nugent's Institute, 270F Cambridge Street, 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. In addition, the classes cover health, nutrition, fire safety and stranger awareness.

Mondays, September 13 - December 6

AGES	TIME	ACTIVITY#
5 - 13	5:30 - 6:15 p.m.	110501-A

Saturdays, September 18 - December 11

AGES	TIME	ACTIVITY#
5 - 13	2:00 - 2:45 p.m.	110501-B

\$120 (13 weeks), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

FLAG FOOTBALL

Flag Football is a non-contact flag football program that promotes skill-building, teamwork and, most importantly, having fun. Everyone who registers will receive a shirt.

Grades 4 - 6, Tuesdays, September 21 - November 2, 3:30 - 4:30 p.m., \$40 (7 weeks), Activity # 114001-A, Location: Simonds Park, Instructors: Jim Mennitto, Bob Magee, and Ken Pondelli

YOUTH SPORTS / YOUTH

TRAVEL BASKETBALL TRYOUTS

Players must attend first scheduled tryout. Registration will take place 15 minutes prior to starting time. **Please do not bring basketballs to the tryouts.** Players who make the travel teams are expected to attend all practices and games.

BOYS	OCTOBER 5 & 6
Grade 6	6:00 - 7:15 p.m.
Grade 7	7:15 - 8:30 p.m.
Grade 8	8:30 - 9:45 p.m.

GIRLS	OCTOBER 12 & 13
Grade 6	6:00 - 7:15 p.m.
Grade 7	7:15 - 8:30 p.m.
Grade 8	8:30 - 9:45 p.m.

Location: Marshall Simonds School gym

IN-TOWN BASKETBALL

The Recreation Department sponsors basketball programs for girls and boys in grades 3 - 8 and a basketball league for high school students. Most basketball activities get underway in early December and finish in early March.

Registration flyers will be made available through the schools in the fall.

BASKETBALL COACHES NEEDED

Volunteer coaches are needed for the youth leagues and for travel teams. If you are interested in helping as a head coach or as an assistant, please contact the Recreation Department.



POINTS & POWERS

Are your Jedi running around the yard whacking at trees with a stick sword? Does your Hobbit dream of taking on a Dragon or an army of zombies and monsters? Is it a struggle to get your teenager to unplug from the computer and get active? Do we ever have the class for your young warrior! Imagine a class where kids and teens are challenged physically as well as mentally in an environment that promotes education through entertainment. At Guard Up, they pick up our safe foam swords and work as a team to solve mysteries, fight monsters and win treasure. Help your hero unplug from the computer and challenge his or her mind and body in a live adventure filled with energy and creativity! Additional equipment purchase/lease is required.

Ages 10 - 15, Saturdays, September 18 – November 20, 4:00 – 5:30 p.m., \$224 (10 weeks), Activity #118701-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

NEW

YOGA FOR KIDS

Children today are under a lot of stress. Homework, pressure to compete with other children, endless afterschool activities, over-scheduling - it all adds up. And just like their parents, kids are turning to yoga to help them relax. Yoga helps children to develop better body awareness, self-control, flexibility and coordination. Yoga has also been shown to help with the hyperactive and attention-deficit child. These children crave movement and sensory/motor stimulus. Yoga for kids is a fantastic way for children to develop important skills in a fun, non-competitive environment. Children will learn to relax while they develop strength, coordination, flexibility, and balance, but also body awareness, better focus, and self-confidence. Yoga brings that inner light that all children have to the surface. Bring a mat and water bottle.

Tuesdays, October 5 -December 7

Instructor: Karen Pickette

AGES	TIME	ACTIVITY#
5 - 8	3:30 - 4:30 p.m.	111201-A
9 - 12	4:45 - 5:45 p.m.	111201-B

Wednesdays, September 15 - December 8 (not Nov. 24)

Instructor: Joan Howard

AGES	TIME	ACTIVITY#
7 - 11	4:00 - 5:00 p.m.	111201-C

Tuesday classes: \$54 (10 weeks), Wednesday classes: \$64 (12 weeks), Location: Function Room 2

NEW

GUARD UP! AFTER SCHOOL PROGRAM

ONE WEEK FREE OF AFTER SCHOOL PROGRAM! Register for a free week of the Guard Up! After School Program with transportation included - no strings attached. Just cancel your account by the end of the week if you do not wish to continue. For specific information about their afterschool program, including pricing, please visit their website: www.guardup.com.

Grades 1 - 8, Activity #118801-A

NEW

YOGA FOR TEENS

Life for teenagers can be very stressful, with many pressures from school, family and friends. The ancient practice of yoga can help you cope with these stresses. Yoga can improve your confidence, appearance, health, fitness level; and you can have a lot of fun doing it! The regular practice of yoga can help you maintain balance and keep the spirit and soul strong and healthy, thereby benefiting body and mind. So, get a group of your friends together to sign up for this total-body workout and start practicing yoga now. Bring a mat and water bottle.

Ages 13 - 17, Tuesdays, October 5 - December 7, 6:00 - 7:00 p.m., \$54 (10 weeks), Function Room 2, Activity #111202-A, Instructor: Karen Pickette

YOUTH / Special Needs

MAD SCIENCE® Crazy Chemworks!

In this program, we'll have a blast exploring chemistry and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions. We'll learn about the tools scientists use in their laboratories; atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations! The best part is that each week we'll be able to continue the science fun at home with our very own lab-ware take-homes!

Grades 1 - 4, Thursdays, September 30 - December 2 (Not Nov. 11 & 25), 3:30 - 4:30 p.m., \$95 (8 weeks), Function Room 2, Activity # 151001-A

3D VIDEO GAMES

3D Video Game Design Level 1. Learn the fundamentals in creating your own 3D video game world! You will develop and storyboard your game design and learn to place animals, trees, characters, into your own virtual world. You will also learn the basic subsystems and scripting entailed in a 3D game system. If you like 2D games, YOU WILL LOVE DESIGNING YOUR OWN 3D GAME!!!

Ages 9 - 11, Tuesdays, September 14 - November 2), 3:30 - 4:30 p.m., \$100 (8 weeks), Activity #158401-A, Location: Computer Room, Instructor: Computer Explorers Staff

BABYSITTING COURSE

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

Girls and boys, grade 6 and up, Saturday, October 23, 10:00 a.m. - 4:00 p.m., \$69, Ceramics Room, Activity # 150101-A

YOUTH CENTER (Grade 5)

Where's the place to be on a Friday night this fall? It's definitely the Youth Center! Meet up with friends and try your hand at sports challenges, craft projects and video games. From time to time we'll hold a theme night (Freaky Friday, Superbowl or Halloween). A snack bar offering favorite drinks and snacks will be available for a small cost.

Fridays, 7:00 - 9:30 p.m., Fall dates: September 10, October 15, November 12, December 3, Recreation Center, Annual registration fee \$20, plus \$3 per night at the door, Activity #500525-A

The program is held from September through April. The schedule for the winter and spring months will be given at a later date.

NEW KARATE AFTERSCHOOL PICK-UP

Want karate but need afterschool care? Let Steve Nugent's karate staff pick up your kids. Steve's professional staff will pick up students at any Burlington elementary and middle school. This afterschool program will provide students with a broad array of fun, safe, hands-on recreational opportunities. This program is for parents' convenience as well as child safety. Homework time will be included in the hours as well as a snack. Enrollment is limited and only students who have registered may attend.

Grades 1 - 8, Monday - Friday September through June, For more information, please call the Steve Nugent Institute at 781-270-9099

YOUTH CENTER (Grade 6 and 7)

Tired of the mall scene? No good movies playing? Come to one of Burlington's best places to hang out. This fall the Youth Center will be offering some old favorites plus some new activities that are guaranteed to please. Team up with friends for sports, music and video games. We'll have themed nights with contests, games, and prizes. Don't forget karaoke and Dance, Dance Revolution. Drinks and snacks will be available for a small cost at the snack bar.

Fridays, 7:00 - 9:30 p.m., Fall dates: September 24, October 22, November 19, December 10, Recreation Center, Annual registration fee \$20, plus \$3 per night at the door, Activity # 500526-A

The program is held from September through April. The schedule for the winter and spring months will be given at a later date.

SPECTACULAR SATURDAYS (Adults with a Disability)

Again we will be offering our full day of activities on Saturdays for adults and young adults with a disability. Karate, bowling and creative programs such as art and drama are scheduled for this year. Don't forget our ever-popular Kitchen Science component where participants create weekly menus and help to prepare a great lunch for all.

A separate brochure and registration form will be available. Please contact the Recreation Department for details.

Spectacular Saturdays will be directed by Lydia Brown.

OUT AND ABOUT (Adults with a Disability)

Our popular summer evening program for adults with a disability will be continuing through the year! We will see movies, dine out, attend 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 Brown.

SOMETHING FOR EVERYONE

NEW

TEEN & ADULT STAGE COMBAT

Zorro, Captain Jack Sparrow, Aragorn, Darth Vader and others...the spirit and fun of movies and books come alive in this class. Join us and learn the basics in safe stage combat then use what you learn to create your own scenes. Some classes use video recording to help students see their performance improve. Learn sword fighting, mock brawls, falls, and more! This is THE class for the student interested in acting, theater and film. Learn the art (and fun!) that goes into acting and choreographing staged combat. Make video clips and edit together scenes to share with your fellow choreographers and fans. Additional equipment purchase/lease is required.

Ages 13 and up, Wednesdays, September 22 – November 24, 6:30 – 8:00 p.m., \$224 (10 weeks), Activity #118603-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

INTRO TO DIGITAL RECORDING

We are offering an Intro to Digital Recording course in conjunction with The Real School of Music. Taught by professional recording engineer Tim Bongiovanni, you will learn how to produce your own multi-track digital recording. The course will introduce digital software such as Apple's Garage Band and Digidesign's ProTools. At the conclusion of the course, students will have gained a general familiarity with basic home and studio recording techniques.

Mondays, Sept. 20 - Oct. 25

AGE	TIME	ACTIVITY #
12 - 16	6:00 - 6:50 p.m.	142304-A
17 - Adult	7:00 - 7:50 p.m.	142304-B

Mondays, Nov. 1 - Dec. 6

AGE	TIME	ACTIVITY #
12 - 16	6:00 - 6:50 p.m.	142304-C
17 - Adult	7:00 - 7:50 p.m.	142304-D

\$120 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike, Burlington, MA

INTRODUCTION TO GUITAR

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

Grade 6 - adults, Tuesdays, Sept. 7 - Oct. 26, 7:00 - 8:00 p.m., \$61 (8 weeks), Function Room 1, Activity # 141003-A, Instructor: Brian Grzelak

INTRO TO DRUMS

We are offering an Intro to Drums course in conjunction with The Real School of Music. Our group drum lessons will give you a solid introduction to drumming, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time. Intro to Drums is a great first step! Students will need to purchase a method book and drums sticks (both available at Real School). Drums and drum pads will be supplied by the school.

Tuesdays, Sept. 21 - Oct. 26

AGE	TIME	ACTIVITY #
8 - 12	4:00 - 4:45 p.m.	142204-A
13 - 16	5:00 - 5:45 p.m.	142204-B
17 - Adult	6:00 - 6:45 p.m.	142204-C

Tuesdays, Nov. 2 - Dec. 7

AGE	TIME	ACTIVITY #
8 - 12	4:00 - 4:45 p.m.	142204-D
13 - 16	5:00 - 5:45 p.m.	142204-E
17 - Adult	6:00 - 6:45 p.m.	142204-F

\$120 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike, Burlington, MA



NEW

BLUEGRASS BANJO

Real School has recently launched its Traditional Music Project, led by Tim Rowell, formally of Minuteman Music in Lexington. This class will comprise of six sessions held every other Tuesday. It will be taught by seasoned professional Rich Stillman of the band Southern Rail. In this class you will learn the basics of finger picking and back-up with an introduction to the great songs of the bluegrass repertoire.

Beginner Banjo

DATES	ACTIVITY #
Sept. 14 - Nov. 23 (every other week)	142404-A

Intermediate Banjo

DATES	ACTIVITY #
Sept. 21 - Nov. 30 (every other week)	142404-B

All ages, Tuesdays, 7:30 - 9:00 p.m., \$120 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike, Burlington, MA

ADULT SPORTS

ADULT INDOOR SOCCER

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

Adults, Sundays, Dec. 5 - May 1 (not Dec. 26, Jan. 2, 16, Feb. 13, April 3, 17), 7:00 - 9:00 p.m., \$67 (16 weeks), Location: Francis Wyman School, Activity # 214503-A

WALKING AND CYCLING ADVENTURES

Short walking and cycling adventures for adults will be offered by Burlington residents, Lee and Bob Evans, through their Get Up 'N Go Adventures program. Both are certified by the League of American Bicyclists as cycling instructors. All participants in cycling programs must wear ANSA approved helmets and ride either hybrid or mountain bikes in good working condition. Routes are not appropriate for child carriers or tag-a-longs. Only Burlington residents may sign up through the Recreation Department and receive the special discounted rates. For more information, please visit www.getupngoventures.com.

Fall Walking and Cycling Adventures

Sole Search'n (walking adventures)

Wednesdays, September 22 - October 27

\$66 (6 weeks), 12:00 - 2:00 p.m., Activity # 116603-A

****Starting Locations:** *Lexington/Weston area*

Soft Spoke'n (relaxed and social bicycling adventures)

Tuesdays, September 21 - October 26

\$66 (6 weeks), 12:00 - 1:45 p.m., Activity # 116703-A

****Starting Locations:** *Lexington, Burlington, Winchester*

Out Spoke'n (intermediate bicycling adventures)

Tuesdays, September 21 - October 26

\$66 (6 weeks), 9:30 - 11:30 a.m., Activity # 116903-A

Wednesdays, September 22 - October 27

\$66 (6 weeks), 9:30 - 11:30 a.m., Activity # 116903-B

****Starting Locations:** *Lexington/Weston area*

Fridays, September 24 - October 29

\$66 (6 weeks), 9:30 - 11:30 a.m., Activity # 116903-C

VOLLEYBALL

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

Adults, Mondays, September 13 - December 13 (not Oct. 11), 8:15 - 10:15 pm, \$32 (13 weeks), Recreation Center Gym, Activity # 110703-A

LUNCH-HOUR BASKETBALL

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

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

PICK-UP BASKETBALL

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Locker and shower facilities are provided. Players should bring a light and dark colored shirt each evening.

Adults, Sundays, October 3 - December 19 (not Oct. 10 & Nov. 28), 7:00 - 9:00 p.m., \$25 residents / \$35 non-residents, Recreation Center Gym, Activity # 111933-A

ADULT GOLF (9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf September - closing. This 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 at 216 Rangeway Road in North Billerica.

**September - Closing
8:00 a.m. - 2:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$17 / Time	110673-A
Saturday	\$20 / Time	110673-B

ADULT GOLF LESSONS (Golf School I)

This school is designed for the new golfer who has little to no golfing experience. Golf lessons will include five 1-hour lessons. Lessons will include: addressing position, practice techniques/drills, short game - chipping and putting.

Other dates may be available. Call the Recreation Department for more information.

September 13 - October 11

DAY	TIME	ACTIVITY #
Mondays	5:30 - 6:30 p.m.	110663-A

September 11 - October 9

DAY	TIME	ACTIVITY #
Saturdays	1:00 - 2:00 p.m.	110663-B

Adults (all abilities), \$144 (5 lessons), Location: Billerica Country Club, 51 Baldwin Road, Billerica, Instructors: Barrie Bruce Golf School

ADULT OUTDOOR SOCCER

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

Adults, Sundays, September 12 - November 21 (not Oct. 10), 5:00 - 7:00 p.m., \$22 (10 weeks), Location: Francis Wyman, Activity # 114503-A

Time Change: 4:00 - 6:00 p.m. beginning October 3

ADULT FITNESS

ADVANCED BEGINNER YOGA

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

Adults, Wednesdays, September 22 - December 15 (not Nov. 24), 6:00 - 7:15 p.m., \$64 (12 weeks), Activity #111283-A, Function Room 2, Instructor: Caroline Mallard

NEW TABLE TALK & FITNESS WALK

We have been cooking, exercising and trying to make the best of a healthy life for a long time. It takes a village to raise a healthy cook, so let's talk cooking. Meet Dotty Martin and Lily Gordon, two ladies that like to eat and live healthy lifestyles. We want to share with you some unique ways to eat and live a healthy lifestyle. Some of the kitchen adventures discussed at "the table" will include how to make your own yogurt, soups to warm the bones and Mediterranean cooking at its best. Learn how to store left-overs to make the best lunches for the next day. It can't get any better than good conversation, great aromas coming from the kitchen and great people to hang out with. We will also go up in the gym or out for a short fitness walk just to get a bit of exercise and then we will eat. Can't wait to see you at "the table" this fall! Please bring sneakers and a water bottle.

DATE	TIME	ACTIVITY#
Thurs., Sept. 30	5:00 - 7:00 p.m.	153703-A
Thurs., Oct. 28	5:00 - 7:00 p.m.	153703-B
Thurs., Dec. 9	5:00 - 7:00 p.m.	153703-C

Adults, \$20 (each week) or \$50 (all 3 dates), Function Room 2, Instructor: Dotty Martin

NEW TAI CHI CHAUN

Tai Chi Chuan is an internal Chinese martial art practiced for both its defense training and health benefits. It is also typically practiced for some other reasons: its hard and soft martial art technique, demonstration competitions, and longevity. Tai Chi training primarily involves learning solo routines, known as forms. Traditional schools of Tai Chi will teach partner exercises known as "pushing hands", and martial applications of the forms' postures. Yang style Tai Chi Chuan is the most popular and widely practiced style in the world today among the primary five family styles of Tai Chi Chuan.

In this Tai Chi class, Master Yong Zhang will teach the traditional long form of Yang style Tai Chi Chuan, and martial applications of the forms' postures. Tai Chi Meditation will also be taught to help people to understand the "internal strength", or "Qi".

Adults, Sundays, September 12 - December 12 (not Oct. 10 & Nov. 28), 5:00 - 7:00 p.m., \$68 (12 weeks), Activity #112103-A, Recreation Center Gym, Instructor: Yong Zhang

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!

Adults, Wednesdays, October 6 - December 29, 7:00 - 7:45 p.m., \$95 (13 weeks), Activity # 111403-A, Location: Steve Nugent's Institute, 270F Cambridge Street, Instructor: Steve Nugent and staff

BOLLYWOOD DANCE

Add some Indian spice to your workout! Bollywood Dance, a fusion of Indian and Western dance forms, offers an aerobic warm-up followed by dynamic and energetic choreography. Bollywood dancing is one of the hottest dances around! It's ideal for novices who are looking for a light-hearted workout! Please wear comfortable shoes and bring a water bottle.

Adults, Wednesdays, Sept. 29 - Dec. 15 (not Oct. 27 & Dec. 1) 7:00 - 8:00 p.m., \$54 (10 weeks), Activity #110153-A, Senior Center - Murray Kelly Wing, Instructor: Amulya Deepak

FLEX & STRETCH

This hour-long class incorporates the best of Pilates, body conditioning, and basic stretching. The first 30 minutes will be resistance training using free weights, bands, and tubes. In the second 30 minutes you will complete a full body stretch to increase flexibility and muscle elasticity. Stretching is essential in preventing exercise-induced injuries of muscles and tendons. A broad range of fitness participants will enjoy this class because it is moderately paced and safe, yet effective.

Adults, Wednesdays, Sept. 22 - Dec. 15 (not Nov. 24), 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Activity # 110173-A, Instructor: Alison Gnerre

BODY SCULPTING

Tired of all that dancing, jumping and jazzing? Seeing more sweat than shape? Then try Body Sculpting, a strength training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is highly recommended to those who enroll in a weight loss program because it helps retain lean muscle tissue while boosting the metabolism. Any fitness level can enroll. Strong, toned muscles increase your metabolism and burn calories far more than aerobic dance sessions, walking or stair climbing. Body Sculpting also helps prevent osteoporosis. Bring a mat and water bottle.

DAYS	ACTIVITY#
Mon., Sept. 27 - Dec. 20 (Not Oct. 11)	110083-A
Weds., Sept. 29 - Dec. 22 (Not Nov. 24)	110083-B

Adults, 5:00 - 6:00 p.m., \$34 (12 weeks), Recreation Gym, Instructor: Michelle Flaherty

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.

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

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
A.M. Aerobics	Monday	8:30 – 9:30 a.m.	110043-A	Recreation Gym	\$32
	Wednesday	8:30 – 9:30 a.m.	110043-B	Recreation Gym	\$34
	Friday	8:30 – 9:30 a.m.	110043-C	Recreation Gym	\$34
Cardio Core	Monday	6:00 – 7:00 p.m.	110013-A	Recreation Gym	\$34
	Wednesday	6:00 – 7:00 p.m.	110013-B	Recreation Gym	\$34
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	114303-A	Recreation Gym	\$28
	Thursday	5:45 – 6:45 a.m.	114303-B	Recreation Gym	\$24
Power Up	Wednesday	5:45 – 6:45 a.m.	110133-A	Recreation Gym	\$46
Zumba / Cardio Dance	Tuesday	5:45 - 6:45 p.m.	116403-A	Recreation Gym	\$46
	Tuesday	7:00 – 8:00 p.m.	116403-B	Recreation Gym	\$46
	Thursday	6:00 - 7:00 p.m.	116403-C	Recreation Gym	\$40
	Thursday	7:00 - 8:00 p.m.	116403-D	Recreation Gym	\$40
	Saturday	8:00 - 9:00 a.m.	116403-E	Recreation Gym	\$34
	Sunday	8:00 - 9:00 a.m.	116403-F	Recreation Gym	\$34
Zumba for Teens	Tuesday	4:00 - 5:00 p.m.	110602-A	Recreation Gym	\$46
Strength, Stretch & Tone	Monday	6:00 - 7:15 p.m.	111903-A	Function Room 1 & 2	\$64
	Tuesday	12:00 - 1:15 p.m.	111903-B	Recreation Gym	\$64
Pilates & Strengthening	Monday	7:00 – 8:00 p.m.	111303-A	Recreation Gym	\$52
Get Fit with Pilates	Thursday	7:15 - 8:15 p.m.	111333-A	Function Rooms 1 & 2	\$52
Body Sculpting	Mondays	5:00 - 6:00 p.m.	110083-A	Recreation Gym	\$34
	Wednesdays	5:00 - 6:00 p.m.	110083-B	Recreation Gym	\$34
Flex & Stretch	Wednesdays	7:00 - 8:00 p.m.	110173-A	Recreation Gym	\$40

GET FIT WITH PILATES

This class will incorporate pilates mat work utilizing a mini ball and flex bands (provided in class). You will also make use of the stability ball (provided by participant) which will further target core while improving posture and balance. The class will focus on improving overall muscular endurance, with an emphasis on strengthening abdominals, and lower body (glutes and thighs). Enjoy a total body conditioning and stay in shape for winter! Please bring a mat and stability ball.

Adults, Thursdays, Sept. 23 - Dec. 23 (not Nov. 11 & 25), 7:15 - 8:15 p.m., \$52 (12 weeks), Function Rooms 1 & 2, Activity # 111333-A, Instructor: Barbara Hospod

PLAY IT SAFE...!

Participants must recognize that all classes of a physical nature involve some risk, and by attending such a class, there is an assumption of risk by the participant. Prior to starting any type of fitness program, it is best to check with your doctor. For your own safety, you need to know your own limitations.

ADULT FITNESS

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.

October 5 - December 21

DAY	FEE	ACTIVITY #
Tuesdays	\$28 (12 weeks)	114303-A

October 7 - December 23 (not Nov. 11 & 25)

DAY	FEE	ACTIVITY #
Thursdays	\$24 (10 weeks)	114303-B

Adults, \$32 (14 weeks), 5:45 - 6:45 a.m., Recreation Center Gym, Instructor: Julie Conley

ZUMBA / CARDIO DANCE

Spice up your exercise program with Zumba and Cardio Dance. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. This class will be an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing movements meant to engage and captivate for life. Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

**Tuesdays, Sept. 21 - Dec. 21
\$46 (14 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
5:45 - 6:45 p.m.	Tisha Wilson	116403-A
7:00 - 8:00 p.m.	Tisha Wilson	116403-B

**Thursdays, Sept. 23 - Dec. 23 (not Nov. 11 & 26)
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
6:00 - 7:00 p.m.	Sarah Carew	116403-C
7:00 - 8:00 p.m.	Marcia Nguyen	116403-D

**Saturdays, Oct. 2 - Dec. 18 (not Oct. 9 & Nov. 27)
\$34 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Gina Manganiello	116403-E

**Sundays, Oct. 3 - Dec. 19 (not Oct. 10 & Nov. 28)
\$34 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Carolyn D'Angelo	116403-F

Adults, Recreation Gym

STRENGTHEN, STRETCH & TONE WITH THE STABILITY BALL

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

**Mondays, September 13 - December 6 (not Oct. 11)
6:00 - 7:15 p.m.**

LOCATION	INSTRUCTOR	ACTIVITY #
Function Room 1&2	Julie Conley	111903-A

**Tuesdays, September 14 - November 30
12:00 - 1:15 p.m.**

LOCATION	INSTRUCTOR	ACTIVITY #
Rec. Gym	Joan Howard	111903-B

Adults, \$64 (10 weeks)

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. All Pilates, Yoga, Cardio-kickboxing, Bollywood, Stability Ball and NIA are not included in this offer.

Adults, September 15 - December 31, \$110, Activity #118003-A, Recreation Center

WALK FOR WELLNESS AT BURLINGTON MALL

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

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

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

WOMEN'S 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, Oct. 16, 4:00 - 5:00 p.m., \$18, Activity # 117903-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

ADULT FITNESS

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 principals: 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.

Function Room 1

Sept. 15 - Dec. 8 (not Nov. 24) from 7:30 - 8:45 p.m.

DAY	FEE	ACTIVITY #
Wednesdays	\$64 (12 weeks)	111203-A

Function Room 1

Sept. 16 - Dec. 16 (not Nov. 11 & 25) from 9:00 - 10:15 a.m.

DAY	FEE	ACTIVITY #
Thursdays	\$64 (12 weeks)	111203-B

Recreation Center Gym

Oct. 2 - Dec. 18 (not Oct. 9 & Nov. 27) from 9:00 - 10:15 a.m.

DAY	FEE	ACTIVITY #
Saturdays	\$54 (10 weeks)	111203-C

Adults, Instructor: Joan Howard

GENTLE YOGA

A focus on mild to moderate stretching and muscle strengthening are key to this class. Learn to reduce stress and relax through exercise that will release tension from the mind as well as the body. If you're recuperating from an illness or surgery, if you suffer injuries such as chronic back pain, or if you're just starting out, this class won't over do you! This is an excellent class for beginners or if you're just beginning again. Please bring a mat, blanket or large towel.

Adults, Wednesdays, September 22 - December 15 (not Nov. 24), 5:00 - 6:15 p.m., \$64 (12 weeks), Activity #111223-B, Function Room 1, Instructor: Angela Wasson

MIXED MARTIAL ARTS

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

Age 16 and up, Mondays, September 13 - December 6, 6:30 - 7:30 p.m., \$120 (13 weeks), Activity #117703-A, 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.

Function Rooms 1 & 2

September 19 - December 19 (not Oct. 10 & Nov. 28)

DAY	TIME	ACTIVITY #
Sundays	6:30 - 7:45 p.m.	111263-A

Function Room 1

September 23 - December 16 (not Nov. 25)

DAY	TIME	ACTIVITY #
Thursdays	5:45 - 7:00 p.m.	111263-B

Adults, \$64 (12 weeks), Instructor: Joan Howard



YOGA

Yoga quiets the mind and energizes and aligns the body with a flowing series of postures that stretch and strengthen. Breathing and stretching are combined to challenge and relax the body. Yoga is an ancient practice that greatly reduces the stress of modern life. Wear loose, comfortable clothing and bring a mat, blanket or large towel.

September 13 - December 6 (not Oct. 11)

DAY	TIME	ACTIVITY #
Mondays	10:30 - 11:45 a.m.	111223-A

September 22 - December 15 (not Nov. 24)

DAY	TIME	ACTIVITY #
Wednesdays	6:15 - 7:30 p.m.	111223-C

Adults, \$64 (12 weeks), Function Room 1, Instructor: Angela Wasson

POWER-UP

This early morning class will have you energized the whole day long. You'll get a cardio work-out in this fun class full of calisthenics, drills, and team activities. If weather permits, be prepared to hit the great outdoors! Please bring a mat, weights and water.

Adults, Wednesdays, Sept. 22 - Dec. 22, 5:45 a.m. - 6:45 a.m., \$46 (14 weeks), Activity #111133-A, Location: Recreation Center Gym, Instructor: Julie Conley

ADULT FITNESS

ELIMINATE FOOD CRAVINGS FOREVER

Come and learn a simple yet powerful and effective method for eliminating cravings for junk food or other unhealthy substances. EFT (Emotional Freedom Technique) is a technique which works with meridians, those channels of energy which run through the body. It is similar to acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points. Whether you want to lose weight or just eat healthy, you will find EFT to be an enormously helpful tool to curb cravings and break poor eating habits. This two-evening presentation will also include information pertinent to nutrition and food cravings. It will end with a group hypnosis session to instill healthy eating habits, so dress comfortably and bring a pillow, mat and blanket for comfort.

Adults, Thursdays, October 7 & 14, 7:00 - 8:30 p.m., \$34, Senior Center, Leisure Room, Activity #100155-A, Instructor: Terry Currier



A.M. AEROBICS

A.M. Aerobics offers a great cardiovascular workout. Most classes consist of low impact aerobics, weights, dyna-bands and floor work. Participants must have their own weights and floor mat. Classes may vary by level of intensity and choreography.

October 4 - December 20 (not Oct. 11)

DAY	FEE	ACTIVITY #
Mondays	\$32	110043-A

October 6 - December 22

DAY	FEE	ACTIVITY #
Wednesdays	\$34	110043-B

October 1 - December 24 (not Nov. 26)

DAY	FEE	ACTIVITY #
Fridays	\$34	110043-C

Adults, 8:30 - 9:30 a.m., Recreation Center Gym, Instructors: Judy Landers & Trish Marfione

CARDIO CORE (FORMERLY LOW IMPACT AEROBICS)

A high energy class combining low and high impact choreography followed by core work. Geared to all fitness levels because you choose your own intensity. Participants must provide their own weights & floor mat.

DAY & DATES	ACTIVITY
Mon., Sept. 27 - Dec. 20 (not Oct. 11)	110013-A
Wed., Sept. 29 - Dec. 22 (not Nov. 24)	110013-B

Adults, 6:00 - 7:00 p.m., \$34 (12 weeks), Location: Recreation Center Gym, Instructor: Alison Gnerre

CURVES

Curves specializes in a 30-minute total body work-out 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

September 10 - December 17 (not Nov. 26)

FEE	TIME	ACTIVITY#
\$87 (42 sessions)	12:00 - 1:00 p.m.	117003-A

Tuesdays, Thursdays and Saturdays

September 11 - December 18 (not Nov. 25)

FEE	TIME	ACTIVITY#
\$87 (42 sessions)	8:00 - 9:00 a.m.	117003-C

Tuesdays and Thursdays ONLY

September 14 - December 16 (not Nov. 25)

FEE	TIME	ACTIVITY#
\$56 (27 sessions)	12:00 - 1:00 p.m.	117003-B

Adults, Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff

PILATES AND 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.

Adults, Mondays, September 27 - December 20 (not Oct. 11), 7:00 - 8:00 p.m., \$52 (12 weeks), Recreation Center Gym, Activity #111303-A, Instructor: Alison Gnerre

NEW

POWERFUL YOGA

This class will be a challenging yoga practice which will build one's strength, stamina, and flexibility. This class will consist of an innovative and invigorating variety of postures in a flowing style designed to generate power and energy. This brisk workout is adaptable to various fitness and flexibility levels. Feel the power! Be the power!

Adults, Sundays, Sept. 19 - Dec. 12 (not Oct. 10), 9:15 - 10:30 a.m., \$64 (12 weeks), Function Rooms 1 & 2, Activity # 112403-A, Instructor: Joan Howard

ADULTS

CERAMICS

Once you have learned basic techniques, you will be able to produce beautifully finished ceramic pieces for your home or to give as gifts. The program includes instruction, paints, and firing. There are additional costs for greenware, brushes, cleaning tools and personal supplies.



Adults, Thursdays, September 23 - December 2 (not Nov. 25), \$100 (10 weeks), 7:00 - 9:00 p.m., Activity #121003-A, Ceramics Room, Instructor: Carol Collins

NEW

PICTURE FRAMING

This course will guide you through the basics of framing from start to finish. Bring a photo or other flat piece of artwork 5 inches by 7 inches or smaller to class. You will be guided step by step in matting and framing your artwork. At the end of the session, you will go home with a finished piece ready to hang on your wall. There will be an additional materials fee which will vary depending on your choice of materials (\$30 to \$50). All materials will be pre-cut for you.

TIME	FEE	ACTIVITY #
6:30 - 7:30 p.m.	\$37	153303-A
7:45 - 8:45 p.m.	\$37	153303-B

Adults, Mondays, September 20 - October 4 (3 weeks), Location: Frameworks, 10 Wall St, Burlington, Instructors: Angela Wasson & staff at Frameworks

SEW WHAT?

Do you have an unfinished sewing project? Do you need help cutting out your project? Would you like some encouragement and support in getting the project finished? If so, then this is the opportunity that you have been looking for! This is a chance for you to get together with other people who have projects that need to be finished and to lend your help and support. Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

Adults, Mondays, September 13 - December 6 (not Oct. 11), 6:00 - 9:00 p.m., \$4, Senior Center, Room 136, Activity # 154003-A, Instructor: Lydia Brown

NEW

KENDO

Cultivating your mind, body, and spirit through the way of the sword Kendo, the sport of modern Japanese sword, is a lightening fast sport that will build endurance and exercise discipline. Put on armor and experience what it is like to be in a full contact sword fight...pushing your mind and body to the limit. By the end of class, not only will you be sweaty and out of breath, you will have the satisfaction that comes with improving your coordination and reaction time. If you are looking for a more historical approach, we will also teach techniques in laido and Kenjitsu. Both forms involve the art of drawing the sword in which you envision your attacking opponent. laido sharpens your mind by honing your focus. Kenjitsu specializes in practical sword fighting that the samurai used in battle. Additional equipment purchase/lease is required.

Adults, Tuesdays, September 21 - November 23, 8:00 - 9:00 p.m., \$154 (10 weeks), Activity #118503-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

NEW

BASIC CURTAINS

In this class, you'll learn how to measure your window, pick out fabric, and sew up a great pair of basic rod-pocket curtains for your window. Why spend tons of money at the home-decorating store when you can have exactly what you want for a fraction of the cost, and in a short amount of time! Students must already know how to sew (intro to sew or equivalent), and must bring their own machines.

Adults, Tuesdays, September 21 - November 2, 7:00 - 8:00 p.m., \$51 (7 weeks), Activity #156403-A, Senior Center - Room 136, Instructor: Ann Steeves

FIRST TIME HOME BUYER SEMINAR

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

Adults, Monday, September 20, 7:00 - 9:00 p.m., Free, Recreation Conference Room, Instructors: Steve Boucher, Fairway Mortgage, Pat Linskey and Joanne Delaney, Homesource Realty Group, Activity # 100191-A

NEW

TAX-FREE INVESTING

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket.

Adults, Wednesday, November 3, 7:00 - 8:30 p.m., No Fee, Recreation Center Conference Room, Activity #100210-A, Instructor: Barb Davis, Financial Advisor at Edward Jones

ADULTS

NEW 6 STEPS TO FINANCIAL FREEDOM

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

Adults, Wednesday, October 27, 6:30 – 8:00 p.m., \$15, Recreation Center, Conference Room, Activity #100211-A, Instructor: Ralph Viscione

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

NEW PROTECTING WHAT'S IMPORTANT

Insurance exists to protect against unexpected events in your life. This discussion will focus on the three most common types of insurance - health, disability, and life insurance - so you can choose the protection that is right for you and your family.

Adults, Wednesday, September 22, 7:00 – 8:30 p.m., No Fee, Recreation Center Conference Room, Activity #100212-A, Instructor: Barb Davis, Financial Advisor at Edward Jones

NEW A WOMAN'S GUIDE TO MONEY MATTERS

Bring your mother, sister, daughter, and friends to discuss preparing for and living in retirement and paying for a child's education expenses from a woman's point of view. Together, we'll learn what you can do now to help address your financial goals and create a strategy for the future

Adults, Wednesday, October 13, 7:00 – 8:30 p.m., No Fee, Recreation Center Conference Room, Activity #100213-A, Instructor: Barb Davis, Financial Advisor at Edward Jones

NEW SHOWER SINGING IN PUBLIC

What does bouncing a balloon in a group circle, pretending to throw a football across the room, acting like a marionette puppet, and playing with a child's toy pipe have in common? They all teach you how to sing. Solid vocal concepts are presented in a very hands-on format. Learning to sing is fun, therapeutic, sometimes silly and always fascinating! Through interactive and relevant exercises, show tunes and popular songs, you will leave this seminar with information covered in three months worth of voice lessons. Each student will receive a 42-page booklet of vocal exercises and a 60-minute practice CD for follow-up home study.

Adults, Tuesday, November 30, 6:00 - 9:00pm, \$60, Conference Room, Activity #140803-A, Instructor: Debbie Gruber, B.M., M.M.

BE - JEWELLED FOR THE HOLIDAYS

Be creative and design an original one of a kind, Swarovski Crystal bracelet. Choose from a variety of Swarovski Crystals, Swarovski Pearls, bright Sterling Silver Beads and spacers, Bali Beads and spacers (antiqued finish), toggles and lobster clasps. Design the bracelet for yourself for everyday wear or a special occasion. Or design your bracelet and give it as a gift. Wives, teachers, parents, children, all will love such a treasured and thoughtful gift.

Adults, Wednesday, December 1, 7:30 - 9:00 p.m., \$47, Ceramics Room, Instructor: Bonnie LeRoux, Activity # 100190-A

NEW KEEPING YOUR COMPUTER SAFE

Do you know how to protect your computer from viruses, spyware, and other malware? Can you protect yourself from phishing? Do you even understand these terms and how they can hurt you? Do you know how to shop safely on the internet? Can you spot the spam in your email inbox? Can you recognize a fake web address? We'll answer these questions and more. We'll compare anti-virus software like McAfee, Norton, and some free options. We'll talk about firewalls and safe networking in your home. You'll learn which updates are safe to install and how regularly applying updates can help keep your computer safe. Bring your questions about safe computing to class.

Pre-requisite: Before taking this class, you should have experience using a computer. You must have access to a PC as there will be "homework."

Adults, Wednesdays, October 13 - November 17, 6:00 – 7:30 p.m., \$58 (6 Weeks), Activity #159303-A, Location: Computer Room, Instructor: Al Murray

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.

BALLROOM DANCE LESSONS

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

CLASS	TIME	ACTIVITY#
Ballroom I	7:00 - 8:00 p.m.	131113-A
Ballroom II	8:00 - 9:00 p.m.	131113-B

Adults, Mondays, Sept. 13 - Nov. 22 (not Oct. 11) \$45 per person or \$90 per couple (10 weeks), Location: Function Room 1 & 2, Instructors: Steve & Linda White

SENIORS / TRIPS & TOURS

COMPUTERS FOR SENIORS LEVEL 1

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

Seniors, Saturdays, October 16 – November 20, 10:35 a.m. – 12:00 p.m., \$55 (6 weeks), Activity # 152607-A
Location: Computer Room, Instructor: Margaret Montore

LEVEL 2



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

discuss some of the safety concerns of the internet. The pace of the class will be adjusted to the level of the participants.

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

Seniors, Saturdays, October 16 – November 20, 9:00 – 10:25 a.m., \$55 (6 weeks), Activity # 152617-A,
Location: Computer Room, Instructor: Margaret Montore

CLUB 55 +

The Recreation Department Club 55+ Program Committee has announced the following program schedule for active senior citizens. Most programs are ongoing; others start in September. Most activities are free, and those that require a fee will be on

ACTIVITY	DAY	TIME
Ice Skating	Tuesdays (Oct.)	12:00 - 1:20 p.m.
Walking	Mon. - Fri.	8:00 a.m.
Bowling	Tuesdays (Oct.)	10:00 a.m.
Swimming	(Call for schedule)	
Golf	(Now - October)	
Bocce	(Now - October)	
Horseshoes	(Now - October)	
Tennis	(Now - October)	

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.

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. Please bring weights and wear sneakers and comfortable clothing.

Seniors, Fridays, October 1 - December 24 (not Nov. 26), 9:45 - 10:45 a.m., \$34 (12 weeks), Recreation Center Gym, Activity # 111807-A, Instructor: Trish Marfione

SENIOR CITIZEN CERAMICS

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

Seniors, Thursdays, September 23 - December 2 (not Nov. 25), 9:30 a.m. - 12:00 p.m., \$80 (10 weeks), Ceramics Room, Activity # 121007-A, Instructor: Carol Collins

REGISTER NOW FOR THESE TRIPS

September 12	Block Island
September 24 - 26	Balloon Festival
October 8 - 11	Cooperstown
February 14 - 28, 2011	Australia

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.

NY CITY OVERNIGHT (Featuring the Radio City Christmas Show)

Enjoy accommodations at the Fairfield Inn by Marriott. We will enjoy a ride on the Staten Island Ferry for a view of the Statue of Liberty and the magnificent New York Skyline and Harbor. We will also have reserved orchestra/first mezzanine seating for the spectacular Radio City Music Hall Christmas Show on Sunday morning.

November 13 - 14, \$289 (double occupancy), Deposit \$100 per person due at registration, \$35 waiver fee available, Final payment due October 13, Activity #00694

SCHEDULED TRIPS & TOURS "Quick List"

November 13 - 14	NY City Overnight
November 20	Johnson & Wales Inn
December 11	Sara Evans
December 18	Legally Blonde
December 19	Holiday Pops - Keith Lockhart
January 21	Fiddler on the Roof

TRIPS & TOURS

TRIPS AND TOURS POLICIES

Cancellations

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

Registration Limits

Trip and tour reservations are limited to four per registration unless otherwise noted.

Smoking on Bus

Smoking is not permitted on any of our bus trips.

JOHNSON & WALES INN

Visit the Culinary Arts Museum at Johnson & Wales University. Excite your senses and pique your appetite for art and artifacts relating to the world of food. The museum demonstrates the evolution of food, culinary equipment and the diverse menus offered, and places people partake of food.

Saturday, November 20, \$89, Bus departs: Recreation Center at approximately 7:00 a.m., Activity # 00695

SARA EVANS CELEBRATES THE SEASON

Strength, versatility and a spunky sense of adventure are qualities more often associated with literary heroines than successful country singers, but then there's nothing typical about Sara Evans. Whether dominating country radio airwaves with one of her many hit singles or attracting a new legion of fans with her spirited turn on "Dancing with the Stars," Evans' drive, talent and determination have placed her in an elite class of artists who transcend musical genres to become a household name.

Saturday, December 11, \$68, 8:00 p.m., Bus departs: Recreation Center, 6:45 p.m., Location: Lowell Memorial Auditorium, Activity #00696

LEGALLY BLONDE THE MUSICAL

It's here, and it's "AN ELLE OF A SHOW" (TIME Magazine). The hilarious MGM film is Broadway's new smash hit musical, and now LEGALLY BLONDE THE MUSICAL is coming to you. Legally Blonde follows sorority star Elle Woods, an underestimated blonde who doesn't take "no" for an answer. When her boyfriend dumps her for someone more "serious," Elle puts down the credit card, hits the books, and sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style.

Saturday, December 18, \$68, 8:00 p.m., Bus departs: Recreation Center, 6:45 p.m., Location: Lowell Memorial Auditorium, Activity #00697



HOLIDAY POPS (Keith Lockhart conducting)

Celebrate the Holidays with the Boston Pops in Lowell Auditorium. This traditional Christmas concert features all your holiday tunes. The program also includes a sing a long of popular carols and a visit from old Saint Nick!

Sunday, December 19, 7:30 p.m., \$85, Location: Lowell Auditorium, Bus departs: Recreation Center, 6:15 p.m., Activity #00698

FIDDLER ON THE ROOF

FIDDLER ON THE ROOF, the Tony Award® winning musical that has captured the hearts of people all over the world with its universal appeal, embarks on its North American Tour. Based on the stories of Sholom Aleichem, FIDDLER ON THE ROOF has been lauded by critics again and again, and won the hearts of people all around the world. Filled with a rousing, heart-warming score, FIDDLER ON THE ROOF is a timeless classic. No other musical has so magically woven music, dance, poignancy and laughter into such an electrifying and unforgettable experience. Relive a glorious tradition of the musical theatre with FIDDLER ON THE ROOF.

Friday, January 21, \$68, 8:00 p.m., Bus departs: Recreation Center, 6:45 p.m., Location: Lowell Memorial Auditorium, Activity #00699

ROCKIES HIGHLIGHTS BY TRAIN Information Night

Join us and meet with a representative from Collette Tours. Detailed information will be given and questions answered about the upcoming Rockies Highlights by Train Tour.

Wednesday, September 15, 6:30 p.m., Location: Recreation Center Meeting Room, no fee (please register in advance), Activity #00700

ROCKIES HIGHLIGHTS BY TRAIN Featuring Vancouver, Icefields Parkway, Banff, Yoho National Park

Join Collette for a sightseeing tour of beautiful Vancouver! Highlights of this trip include Stanley Park, Maligne Canyon, Peyto Lake, Yoho National Park, and much more!

October 3 - 11, 2011, \$3,399 per person double occupancy, Deposit: \$250 per person due with registration, Balance due August 1, 2011, Waiver fee: \$235 per person (optional) due with registration, Activity #00701

TRIP INFORMATION

The Recreation Department office has informational fliers for most of our advertised trips. Please stop by and pick up more information about any trip that interests you.

SPECIAL EVENTS / COMMUNITY

BURLINGTON MUNICIPAL TRUCK DAY

"Kids" of all ages (infants to grandparents) are invited to enjoy a free, fun-filled day at Burlington's Thirteenth Annual Municipal Truck Day. Come hear the sirens and horns and get a close-up view of a variety of vehicles.

All Ages, Sunday, September 19, 10:00 a.m. - 3:00 p.m., Location: Town Common

HALLOWEEN SPOOKTACULAR

Ghosts and goblins will fill the air; witches may fly by so beware! With Halloween just days away, who knows what evil spirits are headed our way? So join us at Simonds Park, under the moonlit sky, and don't let the fun that is Halloween pass you by! Throw on your costume and come on down, there's no better place for tricks or for treats, than right here in town! It's almost SCARY the amount of fun we'll be having!

Look for more information as Halloween approaches!



BIG TOM TURKEY HUNT

The Recreation Department will hide five paper turkeys and one "LIVE" turkey somewhere in Burlington, and you will have to follow the clues to find the cagey birds. Participants will meet at the Recreation Center at 1:00 p.m. where a packet of clues will be handed out. Then it is up to you to pick which of the "Toms" you want to look for. If you are lucky enough to bag one of our feathered friends, you will be awarded a certificate for a free turkey from Roche Bros. grocery store. After finding a turkey you must return it to the Recreation Department to receive your certificate. Please pre-register by November 13 so we know how many people will be participating.

Families, Saturday, November 20, 1:00 p.m., No fee, Location: Recreation Center, Activity # 100547-A

BREAKFAST WITH SANTA

The Recreation Department has been lucky enough to get Santa to take some time out of his very busy holiday schedule. Join us as we celebrate this wonderful time of year with an exciting *breakfast with Santa Claus. Pictures with Santa will be available for a small fee.

***Breakfast will consist of french toast sticks, silver dollar pancakes, scrambled eggs, cold cereal, bacon, coffee, tea, assorted juices, and milk.**

Tickets will NOT go on sale until November 2 and can be purchased at the Recreation Department. For more information, please call the Recreation Department at 270-1695.

All Ages, Sunday, December 5, \$20 per person (all ages), Time: 9:00 a.m. - 12:00 p.m., Location: Burlington Marriott Ballroom

TOPSFIELD FAIR TICKETS

The Recreation Department will sell discount general admission tickets for the Topsfield Fair. The Topsfield Fair, America's oldest fair, will be held October 1 - 11, 2010. Residents may purchase tickets at the Recreation Department office beginning September 1, 2010. Tickets will be \$8 each.



LIBRARY NEWS

The library offers a wealth of programs and activities for both children and adults. To see the full calendar of events visit our website at burlingtonpubliclibrary.org. Also, we are now on facebook! Just search "burlington public library" to see what's happening at the library.

Upcoming Programs for Adults

- | | |
|--------------|---|
| September 16 | Burlington's Landlocked Forest |
| October 21 | History of Opera with Brad Pennington |
| November 18 | Creating an Edible Still Life Buffet with Liz Barbour |
| December 16 | Holiday Dessert Tasting and Recipe Swap |

Friends of the Library Fall Book Sale

Mark your calendar for October 14 through 17 for the Friends of the Library Fall Book Sale at the library. Great selection and huge bargains!

REGISTRATION / GENERAL INFORMATION

Register by Mail or On-line (See page 2 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 online, or deliver registrations to the Recreation Department office on or after September 1. Please see page 2 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. Log on to burlingtonrecreation.org and print out a form.
2. One registration form may be used for all of your family's registrations.
3. You may pay by check or money order (payable to Town of Burlington), Master Card, Visa. Please give credit card information on registration form.
4. Fill out the registration form completely and accurately so that your family information may be entered into the computer correctly.
5. Read the **Registration Guidelines** for other instructions.
6. 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 2010-2011 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.

HOLIDAY CLOSINGS

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

October 11	Columbus Day
November 11	Veteran's Day
November 25, 26	Thanksgiving

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.
4. Refunds take 2-4 weeks to process. If payment was made by check or cash, a check from the Town will be mailed. If paid by credit card, your credit card will be refunded immediately. If you have an outstanding balance, the refund will be automatically applied to the balance.
5. Please inquire about a refund at the time you cancel your registration.

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 gymnasium. 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 April. 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 children with a disability who sign up for any activity offered by the Recreation Department. Parents should make arrangements in advance for this service.

Please contact the Recreation Department at 781-270-1695 for more information.

NON-RESIDENTS

Non-residents may register for a program two weeks before the program begins. If accepted, non-residents generally pay a higher fee. Please contact the Recreation Department for details.

ALWAYS READ THE FINE PRINT...

While every effort is made to keep the information within this brochure accurate and up-to-date, information may include technical inaccuracies or typographical errors. All dates and locations are also subject to change.

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: \$8.00 (valid anytime)

BURLINGTON RECREATION COMMISSION

Jack Ferren
Chairman

Kevin Sullivan
Vice Chairman

Kristine Brown
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
David Grubb

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