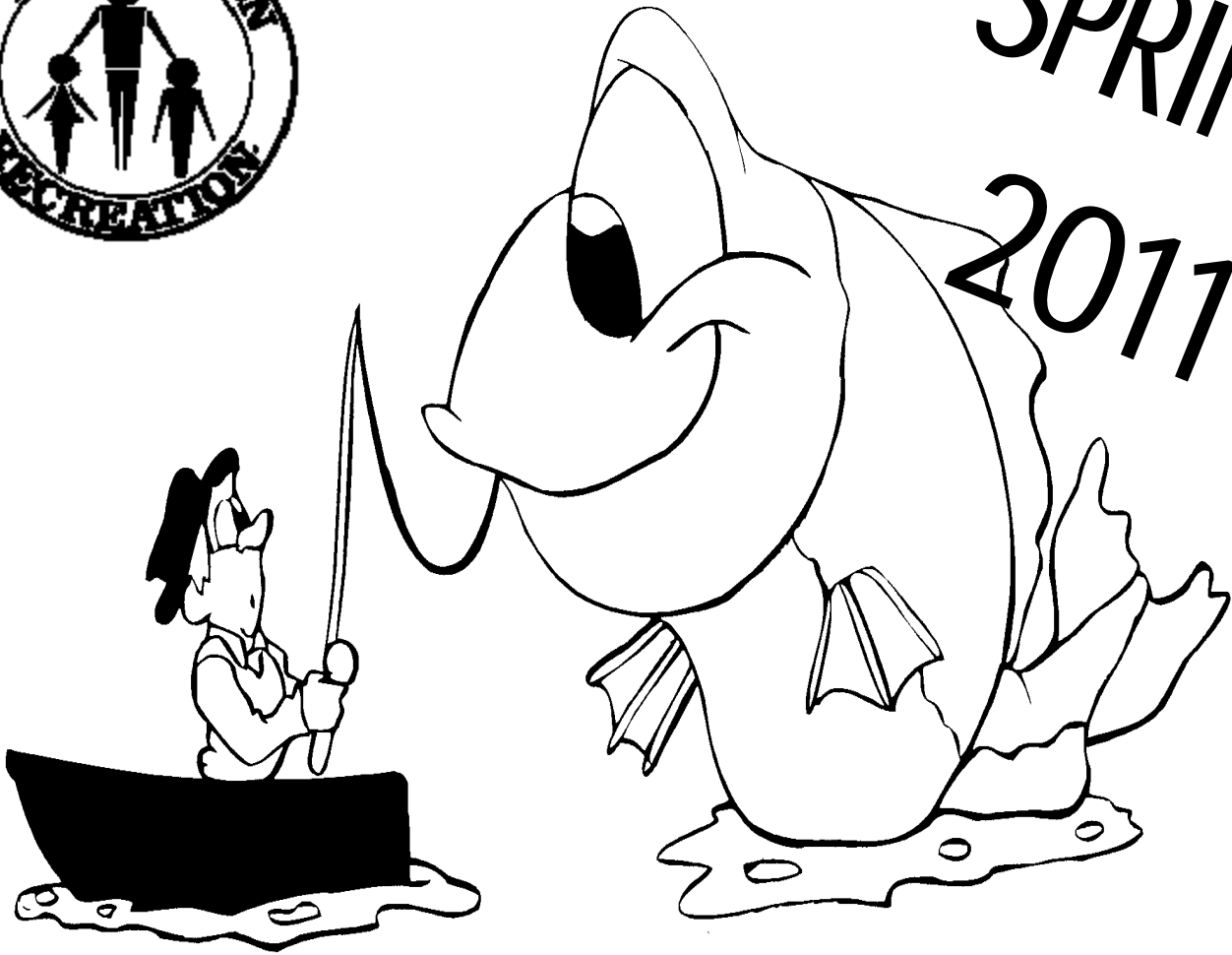




SPRING
2011



RECREATION PROGRAMS & EVENTS
Burlington Recreation Department

www.burlingtonrecreation.org

Town of Burlington
Recreation Department
Town Hall
Burlington, MA 01803

Massachusetts

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BURLINGTON, MA 01803

WHAT'S INSIDE

Looking
for up to
date programming info?

Become a fan of
Burlington Recreation
on Facebook!



Walk-in and Online Registration Begins
at 8:30 a.m. on February 16.

NEW

NEW PROGRAMS

NEW

We have added **16** new programs in this brochure.
Look for the word **"NEW"** next to the program title.

BURLINGTON RECREATION WEB ADDRESS

Residents can go directly to the Burlington Recreation Department website by using the address listed below. 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).

Looking for a Registration Form?

As you may have noticed, we are no longer including the registration form in the brochure. Please visit our website and click on forms to print out a registration form. Can't print out a registration form? You can find registration forms at our office, the Library, Council on Aging, and Town Hall.



RECREATION PROGRAMS AND SERVICES, ETC.

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

Visit our website at: www.burlingtonrecreation.org

PRESCHOOL

MOMMY & ME

Calling all mommies and toddlers! Well, now it's your turn to shine. Join other mommies and toddlers for a morning full of stories, arts and crafts, creative movement, songs and other special activities. Hope to see you there!

Ages 2 & 3 with an adult, Wednesdays, March 23 - May 18 (Not April 20), 10:00 - 10:45 a.m., \$39 (8 weeks), Function Room 1, Activity #324500-A, Instructor: Marie Grinnell

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	TIME	ACTIVITY#
3 - 4	9:00 - 9:30 a.m.	311000-A
3 - 4	9:30 - 10:00 a.m.	311000-B

Saturdays, April 9 - July 2 (Not May 28), \$135 (12 weeks), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

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.	310071-A
2 - 4	9:50 - 10:30 a.m.	310071-B

Ages 15 months - 4 years, Tuesdays, March 22 - May 31 (Not April 19), \$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.

DAY & DATES	ACTIVITY#
Thurs., April 7 - May 19 (not April 21)	323301-A
Thurs., May 26 - June 23	323301-B

Ages 2 - 4 with an adult, 9:30 - 10:15 a.m., \$53 (session A - 6 weeks) \$42 (session B - 5 weeks), Function Room 2, Instructors: Kids Just Love Crafts staff

DISCOVERY PRESCHOOL

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. Participants enrolled in Discovery Preschool may register for Preschool Bookworms and Discovery Kinder~skills.

Mondays, March 28 - June 6 (Not April 18 and May 30)

TIME	FEE	ACTIVITY #
9:00 a.m. - 12:00 p.m.	\$139 (9 weeks)	323400-A

Wednesdays, March 30 - June 8 (Not April 20)

TIME	FEE	ACTIVITY #
9:00 a.m. - 12:00 p.m.	\$154 (10 weeks)	323400-B

Ages 3 - 5 (toilet trained), 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 2011. 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.

TIME	FEE	ACTIVITY #
8:30 a.m. - 11:30 p.m.	\$154 (10 weeks)	323500-A
12:00 p.m. - 3:00 p.m.	\$154 (10 weeks)	323500-B

Ages 4 - 5, Tuesdays, March 29 - June 7 (Not April 19), Location: Visco Building at Simonds Park, Director: Christine Allain

PRESCHOOL 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.

DAY & DATES	ACTIVITY#
Thurs., March 31 - June 9 (Not April 21)	321600-A
Fri., April 1 - June 10 (Not April 22)	321600-B

Ages 3 - 5, 9:00 a.m. - 12:00 p.m., \$154 (10 weeks), Location: Visco Building at Simonds Park Director:

pRESCHOOL/DANCE/YOUTH

NEW

LET'S MAKE MUSIC

This program will introduce children to the joys of music with a focus on socialization, verbalization, creativity, and imagination. Through songs, dancing, and playing musical instruments, your child will explore a variety of musical topics. Three and Four year olds must be toilet trained.

Ages 3 & 4 with an adult, Tuesdays, April 5 - May 31 (not April 19), 8:45 - 9:30 a.m., \$68 (8 weeks), Function Room 2, Activity #331000-A, Instructor: Debbie Gruber

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, April 4 - June 20 (Not April 18 & May 30), 3:30 - 4:30 pm, \$64 (10 weeks), Activity #331601-A, Function Room 1



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.	330000-A

CLASS: Pre-ballet & Tap

AGE	TIME	ACTIVITY #
3 - 4	10:00 - 10:45 a.m.	330501-A
3 - 4	11:00 - 11:45 a.m.	330501-B

CLASS: Ballet & Tap

AGE	TIME	ACTIVITY #
4 - 5	12:30 - 1:15 p.m.	330511-A
5 - 6	3:00 - 3:45 p.m.	330511-B

Ages 2 - 6, Fridays, April 1 - June 10 (Not April 22), \$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, April 1 - June 10 (Not April 22), 4:00 - 4:45 p.m., \$64 (10 weeks), Function Room 2, Activity #330701-A, Instructor: Lisa Sanchez



ITTY BITTY BALL

This program will give your pre-schooler a head start on learning the skills of baseball and softball - such as hitting, pitching and fielding. We will create a fun learning environment for your child's development. We will use soft touch balls and plastic bats for safe play. (No gloves are necessary.) Each participant will receive a t-shirt.

Ages 2 - 4, Mondays, April 4 - May 2 (not April 18), 9:45 - 10:30 am, \$45 (4 weeks), Activity #311700-A, Location: Recreation Center Gym, Instructor: Ken Pondelli

NEW

AMERICAN GIRL DOLL CREATE & PLAY: SLUMBER PARTY

Join the team from Event-FULL! LCC (www.event-full.net) and bring your special friend to this workshop for several hours that you will both enjoy. You will creatively design items for your doll so she will be ready for her next sleepover!! Please send your child with a nut-free snack and drink.

Ages 5 - 10, Sunday, April 17, 2:00 - 5:00 p.m., \$44, Activity #300179-A, Function Rooms 1 & 2, Instructors: Diane Dinell, M.Ed. & Beth Meditz, M.Ed.

STAR WARS: JEDI TRAINING

Are you a Youngling who is interested in becoming a Jedi student in training? Join the team from Event-FULL! and participate in several hours that have everything to do with STAR WARS!! Some activities may include: designing and making your own recycled droid, making a training light saber and learning what it is to be a Jedi Knight. Don't worry if you have taken this program before, new droid design and training techniques will be introduced. May the force be with you! Please send your child with a nut-free snack and drink.

Ages 5 - 10, Sunday, April 10, 2:00 - 5:00 p.m., \$44, Activity #300567-A, Function Rooms 1 & 2, Instructors: Diane Dinell, M.Ed. & Beth Meditz, M.Ed.



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 Star Wars 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! May the force be with you.... Please send your child with a nut-free snack and drink

Ages 5 - 10, Sunday, June 12, 2:00 - 5:00 p.m., \$44, Activity #300567-B, Function Rooms 1 & 2, Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed.

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 gymnastics 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 Gymnastics 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 gymnastics 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.

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 gymnastics training equipment. This class will focus on fun, creative learning in combination with learning beginner gymnastics 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.

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.



TITLE	AGE	TIME	ACTIVITY #
Toddler Tumblers	Ages 1 & 2 (must be walking)	9:00 – 9:40 a.m.	310260-A
Gym 2's and 3's	Ages 2 & 3 (with parent)	9:45 – 10:25 a.m.	310260-B
Gym 3's and 4's	Ages 3 & 4	10:30 – 11:10 a.m.	310260-C
Toddler Tumblers	Ages 1 & 2	11:15 - 11:55 a.m.	310260-D
Gym 4's and 5's	Ages 4 & 5	12:30 – 1:10 p.m.	310260-E
Baby Gym	Ages 3 - 12 months	1:15 – 1:55 p.m.	310260-F
Kindergarten	Kindergarteners	2:00 – 2:45 p.m.	310260-G

Thursdays, April 28 - June 16, Fee: \$99 (8 weeks)
(Siblings: \$50% discount for signing up for the same session), Recreation Center Gym

NEW

STORY GYM

Encourage your child to take advantage of their imagination in this new, very creative gym class. We will make the equipment come alive each week with stories from the classics like the "Three Bears" to the ones that we make up which could be classics. We will get an awesome workout improving on strength and flexibility while having so much fun being creative and using our imagination. Anything is possible in this class. Special 50% off discount if you are signed up for Thursday's Gymnastics.

Ages 3 1/2 - 5, Fridays, April 29 - June 17, 2:00 - 2:45 p.m., \$99 (8 weeks), Recreation Center Gym, Activity #310260-K, Instructors: Dotty Martin & Jenn McGrath

NEW

IMAGINATION PLAY NATION

Using your imagination is so much fun especially when you have great equipment to make it all come alive. This is exactly what your 2 and 3 year olds will do in this very creative gym class. Each week we will have a different theme and the room will come alive with dinosaurs, obstacle courses, and so much more. Spring into fun with us!!! Special 50% off discount if you are signed up for Thursday's Gymnastics.

Ages 2 - 3 (with parent), Fridays, April 29 - June 17, 3:00 - 3:40 p.m., \$99 (8 weeks), Recreation Center Gym, Activity #310260-J, Instructors: Dotty Martin & Jenn McGrath

youth

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.

GRADE	TIME	ACTIVITY #
K - 1	3:45 - 4:30 p.m.	310260-H
1 - 3	4:30 - 5:15 p.m.	310260-I

Fridays, April 29 - June 17, \$99 (8 weeks), Recreation Center Gym, Instructors: Dotty Martin & Jenn McGrath

NEW

ELECTRONICS WORKSHOP

What makes your iPod work or your computer? Come join this class to find out! Learn the art of electronics by designing circuits. With a re-usable circuit board, we design and test exciting simulations of everyday items. From a working fan, to speakers, laser lights with sound, and simple electronic games, we learn how circuit boards power a variety of different gadgets. What is the difference between AC and DC or NAND/NOR circuits? Find out in this entertaining, educational and FUN class!

Ages 8 - 11, Mondays, February 28 - April 4, 4:35 - 5:35 p.m., \$76 (6 weeks), Computer Room, Activity #300217-A, Instructor: Computer Explorers Staff



BIRTHDAY PARTIES

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

Ages 5 - 9, Saturdays, April 2 - June 11 (not April 16, 23 and May 28), 10:30 a.m. - 12:30 p.m. or 1:00 - 3:00 p.m., Fees: 1 - 15 Children \$130, 16 - 21 Children \$150, Activity #300523, Location: Recreation Center

Please register online at burlingtonrecreation.org or in person at the Recreation Department **starting February 16**. A deposit of \$130 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.

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.



Grades 2 - 5, Saturdays, April 2 - 30 (Not April 16), 3:30 - 5:30 p.m., \$85 (4 weeks), Activity # 350601-A, Function Room 1, Instructor: Carol Stalder

BLASTER TACTICS WITH NERF

Blaster tactics takes games to a new, high intensity level. In this tactics class, students will learn to manipulate a Nerf blaster for improved performance during games. Speed and accuracy will be drilled so that students can play at a more proficient level. Teamwork will also be paramount in order for kids to learn advanced tactics. This class will help increase your ability to think on your feet, react to changing circumstances, and communicate effectively as a team.

AGES	TIME	ACTIVITY#
6 - 10	Wed: 4:00 - 5:00 p.m.	318901-A
11 - 15	Tues: 6:00 - 7:00 p.m.	318901-B

Tuesdays, March 29 - May 31, Wednesdays, March 30 - June 1, \$154 (10 weeks), Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

ACE GAMES WITH NERF

Using exciting Nerf blasters, our ACE (Active Character Education) class challenges students physically and mentally in an environment that promotes education through entertainment. The course curriculum covers teamwork, leadership, listening skills, communication exercises, creative problem solving, and more! Additional rental fee may apply.

AGES	TIME	ACTIVITY#
6 - 10	Sun: 3:00 - 4:00 p.m.	319001-A
11 - 15	Thurs: 6:00 - 7:00 p.m.	319001-B

Thursdays, March 31 - June 2, Sundays, March 27 - May 29, \$154 (10 weeks), Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

NEW

KAHOOTZ!

Let your creativity soar as you develop worlds filled with wonder, soundtracks, 3D objects and animation! Write stories, construct inventions, simulate an experiment or create game making actions and sequences. If you can imagine it, you can create it in this class!

Ages 7 - 9, Mondays, February 28 - April 4, 3:30 - 4:30 p.m., \$76 (6 weeks), Computer Room, Activity #359501-A, Instructor: Computer Explorers Staff

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 Ricky Lunetta started chess lessons at the Burlington Recreation Department in 2001. He later became the coach of the Burlington High School Chess Team for several years. He has done very well in scholastic and adult chess events.

Grades 1 - 8, Fridays, March 25 - May 20 (Not April 22), 3:30 - 5:00 pm, \$76 (8 weeks), Function Room 1, Activity #352401-A

youth arts / fitness

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, April 6 - June 1 (Not April 20), 3:45 - 5:15 p.m., \$84 (8 weeks), Activity #320801-A, Function Room 2, Instructor: Stacy Johnston

ECO-ART

An Eco-Art Challenge is the plan for this class. The rules are simple: find something that would otherwise be thrown out, and turn it into art! You will create something amazing from something that would have been trash! We will work with recycled items and create something truly unbelievable that will bring out the artist in everyone. We will make collages, paintings, sculptures and more. . . the kids are only limited by their imagination!

Grades K - 5, Thursdays, April 7 - June 2 (Not April 21), 3:30 - 5:00 p.m., \$65 (8 weeks), Ceramics Room, Activity #321801-A, Instructor: Sherry Stearly

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, April 11 - June 27 (Not April 18 & May 30), 3:00 - 5:00 p.m., \$95 (10 weeks), Ceramics Room, Activity #321001-A, Instructor: Carol Collins

YOGA FOR KIDS

Children today are under a lot of stress. Homework, pressure to compete with other children, endless after-school 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 the hyperactive and attention-deficit child. These children crave movement and sensory/motor stimulus. Yoga helps channel these impulses in a positive way. Yoga is a great gift to give your child. Yoga brings that inner light that all children have to the surface. Bring a mat and water bottle.

AGES	TIME	ACTIVITY#
5 - 8	3:30 - 4:30 p.m.	311201-A
9 - 12	4:45 - 5:45 p.m.	311201-B

Tuesdays, April 5 - June 14 (Not April 19), \$54 (10 weeks), Location: Function Room 2, Instructor: Karen Pickett



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, March 8 - April 12

AGE	TIME	ACTIVITY #
8 - 12	4:00 - 4:45 p.m.	342204-A
13 - 16	5:00 - 5:45 p.m.	342204-B

Tuesdays, April 26 - May 31

AGE	TIME	ACTIVITY #
8 - 12	4:00 - 4:45 p.m.	342204-C
13 - 16	5:00 - 5:45 p.m.	342204-D

\$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

INTRO TO SINGING

We are offering an Intro to Singing course in cooperation with The Real School of Music. Our group vocal lessons will give you a solid introduction of singing, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time. This course is limited to 6 students.

Tuesdays, March 8 - April 12

AGE	TIME	ACTIVITY #
8 - 12	6:00 - 6:45 p.m.	342501-A
13 - 16	6:45 - 7:30 p.m.	342501-B

Tuesdays, April 26 - May 31

AGE	TIME	ACTIVITY #
8 - 12	6:00 - 6:45 p.m.	342501-C
13 - 16	6:45 - 7:30 p.m.	342501-D

\$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

ZUMBA FOR KIDS

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 you for life!

Ages 12 and up, Tuesdays, April 5 - June 14 (Not April 19), 4:00 - 5:00 p.m., \$34 (10 weeks), Recreation Center Gym, Activity #310602-A. Instructor: Sarah Carew

youth sports

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	310400-A	\$68
1:30 - 2:00 p.m.	1 - 4	310400-B	\$68
2:00 - 2:30 p.m.	1 - 4	310400-C	\$68
2:30 - 3:00 p.m.	1 - 4	310400-D	\$68
3:00 - 3:30 p.m.	1 - 4	310400-E	\$68
3:30 - 4:00 p.m.	1 - 4	310400-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	310410-A	\$113
2:00 - 3:00 p.m.	5 - 6	310410-B	\$113
3:00 - 4:00 p.m.	5 - 6	310410-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, April 2 - June 18 (Not April 23 and May 28), (10 weeks), Shawsheen Technical High School, 100 Cook Street, Billerica, MA

FENCING

This age old art & 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, April 9 - June 4 (Not May 28), 3:00 - 3:45 p.m., \$123 (8 weeks), Activity #314701-A, Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

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.

AGE	TIME	ACTIVITY #
7 - 14	10:00 - 11:30 a.m.	310601-A
7 - 14	2:00 - 3:30 p.m.	310601-B

Monday through Friday, April 18 - 22 (school vacation week), \$98, Location: Billerica Country Club, Instructor: Barrie Bruce Golf School

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, April 4 - June 27 (Not May 30)

AGES	TIME	ACTIVITY#
5 - 13	5:30 - 6:15 p.m.	310501-A

Saturdays, April 9 - July 2 (Not May 28)

AGES	TIME	ACTIVITY#
5 - 8	2:00 - 2:45 p.m.	310501-B

\$135 (12 weeks), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

INTRO TO TRACK & FIELD

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



Grades 3 - 5, April 25 - June 16, \$20, Director: Matt Carr, Location: BHS track, Activity # 311611-A

TRACK & FIELD CHALLENGE

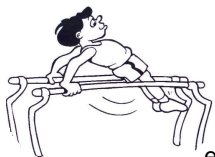
A challenging track and field program for boys and girls, which will include instruction and regular team competitions. Track meets are planned with surrounding towns. Each participant will receive a team shirt. Schedule and times will vary due to availability of BHS track.

Grades 6 - 8, April 25 - June 16, \$20, Director: Matt Carr, Location: BHS track, Activity #311621-A

TRACK VOLUNTEERS NEEDED

Adults and high school students are needed to assist the track and field programs. If you are interested, please call the Recreation Department at 781-270-1695.

YOUTH / Adult



GYMNASTICS

A highly regarded gymnastics program for all ability levels. Instruction in the Olympic events for girls and boys will be included.

Each participant may register for one of the following classes:

MONDAY

3:30 - 4:30 p.m.

GROUP	GRADE	ACTIVITY #
Girls	1 & 2	210216-A
Boys	1 & 2	210215-A

4:30 - 5:30 p.m.

GROUP	GRADE	ACTIVITY #
Girls	3 - 5	210226-A
Boys	3 - 5	210225-A

TUESDAY

3:30 - 5:00 p.m.

GROUP	GRADE	ACTIVITY #
Girls	6 - 12	210236-A
Boys	6 - 12	210235-A

WEDNESDAY

3:30 - 4:30 p.m.

GROUP	GRADE	ACTIVITY #
Girls	1 & 2	210216-B
Boys	1 & 2	210215-B

4:30 - 5:30 p.m.

GROUP	GRADE	ACTIVITY #
Girls	3 - 5	210226-B
Boys	3 - 5	210225-B

Grades 1 - 12, February 28 - April 13 (7 weeks), \$35 for grades 1 - 5, \$50 for grades 6 - 12, BHS gym, Director: Jourdan Marino



MINI MARCH MADNESS (Youth Basketball Program)

An introduction to basketball that will teach your child the basic skills and fundamentals of the game. The program will include instruction and skill development. On the last week parents are invited to watch the kids showcase their skills in the obstacle course. Each participant will receive a t-shirt.

PLAYERS	TIME	ACTIVITY#
Boys	1:00 - 2:30 p.m.	214901-A
Girls	2:45 - 4:15 p.m.	214901-B

Grades K - 2, Saturdays, March 19 - April 9, \$38 (4 weeks), Francis Wyman School gym, Instructors: Ken Pondelli and staff.

INTRO TO DIGITAL RECORDING

We are offering an Intro to Digital Recording course in cooperation 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. This course is limited to 6 students.

DATES	ACTIVITY#
Tuesdays, March 8 - April 12	342404-A
Tuesdays, April 26 - May 31	342404-B

Ages 13 - 16, 6:00 - 6:50 p.m., \$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

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 bullying effectively.

Ages 6 - 12, Saturday, May 7, 4:00 - 5:00 p.m., \$18, Activity #318301-A, Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

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. We 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. Class will be fun and small - everyone will get quite a bit of attention.

Grades 2 - 6, Thursdays, April 28 - June 16, 3:30 - 4:30 p.m., \$84 includes all materials (8 weeks), Recreation Conference Room, Activity #322901-A, Instructor: Dotty Martin

KARATE AFTERSCHOOL PICK-UP

Want karate but need after school care? Let Steve Nugent's karate staff pick up your kids. Steve's professional staff will pick up students at any Burlington Elementary School and Middle School. This after school 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.

Elementary & Middle School Children, Monday - Friday January through June, 2:30 - 6:00 p.m. (Early release to 6:00 p.m. extra charge), For more information, please call the Steve Nugent Institute at 781-270-9099

YOUTH

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, Ages 10 and above, Saturday, May 14, 10:00 a.m. - 4:00 p.m., \$69, Function Room 1, Activity # 350101-A

MAD SCIENCE® “Sense-ational Science!”



Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we'll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll learn about electricity; investigate the powers of magnets; learn about optics, reflection and sight; and uncover the hidden components in ordinary light. We'll also explore the healthy and exciting world of nutrition; discover sound and sound waves; experiment with our taste sensations; learn about the properties of heat.

Grades 1 - 3, Thursdays, March 24 - May 19 (not April 21), 3:30 - 4:30 p.m., \$84 (8 weeks), Function Room 2, Activity # 351001-A

FLOWER ARRANGING

Kids will learn how to make their own fresh flower arrangement to bring home. Themed for each holiday, this is a wonderful way for your budding artist to express him/herself and also teach them basic flower arranging. Classes are enjoyable and fun. Parents are welcome to participate, for a fee. The fee covers all supplies and flowers, kids bring home their masterpieces.

THEME	DATE	ACTIVITY #
Easter	April 16	300202-A
Mother's Day	April 30	300202-B

Ages 9 - 12, 9:00 a.m. - 10:30 p.m., \$24, Location: Ceramics Room, Instructor: Cindy Mattson, Given Erwin Florist

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.

YOUTH CENTER (Grade 5)

Where's the place to be on a Friday night this spring? It's definitely the Youth Center! Meet up with friends and try your hand at sports challenges and craft projects. Every month will have a theme, so feel free to dress up and show your spirit. A snack bar offering favorite drinks and snacks will be available for a small cost. If you have already registered for this school year, you do not need to register again. Youth Center is open to the first 100 children to arrive each evening.

Fridays, 7:00 - 9:30 p.m., Spring dates: April 8 & May 6, Recreation Center, annual registration fee \$10 (beginning March 21), plus \$3 per night at the door, Activity #500525-A



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 spring the Youth Center will be offering some old favorites plus some new activities that are guaranteed to please. We'll have themed nights with contests, games, and prizes. Drinks and snacks will be available for a small cost at the snack bar. If you have already registered for this school year, you do not need to register again. Youth Center is open to the first 100 children to arrive each evening.

Fridays, 7:00 - 9:30 p.m., Spring dates: April 29 & May 13, Recreation Center, annual registration fee \$10 (beginning March 21), plus \$3 per night at the door, Activity # 500526-A

BRIDGE FOR BEGINNERS

Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life. This course is intended for the complete beginner, one who knows nothing, or almost nothing, about bridge. Where to begin? Bridge is more complicated than other card games, and beginners are sometimes discouraged by this. Relax! After this course you will understand the card play involved and be well on your way to becoming a bridge player.

Grades 5 - Adults, Tuesdays, April 5 - June 14 (not April 19), 7:00 - 9:00 p.m., \$80 (10 weeks), BHS Classroom, Activity #352504-A, Instructor: Mike Howard

INTERMEDIATE BRIDGE

"Bridge is such a sensational game that I wouldn't mind being in jail if I had three cellmates who were decent players and who were willing to keep the game going 24 hours a day." - Warren Buffett This course is ideal if you know the basics of bidding (opening bids and responses) and are keen to move up to the next level.

Grades 5 - Adults, Thursdays, March 31 - June 9 (not April 21), 7:00 - 9:00 p.m., \$80 (10 weeks), BHS Classroom, Activity #352504-B, Instructor: Mike Howard

SOMETHING FOR EVERYONE

INTRO TO UKULELE

We are offering an Introduction to Ukulele course in cooperation with The Real School of Music. Our group ukulele lessons will give you a great introduction to this delightful instrument guaranteed to bring fun to any gathering! You will learn the fundamentals of playing and performing songs in several styles. Students must supply their own ukuleles.

DAY	DATES	ACTIVITY#
Wednesdays	March 9 - April 13	342704-A
Wednesdays	April 27 - June 1	342704-B

All ages, 6:00 - 6:45 p.m., \$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike



INTRO 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.**

Grades 6 - Adults, Tuesdays, March 22 - May 17 (not April 19), 7:00 - 8:00 p.m., \$74 (8 weeks), BHS Music Room, Activity #341111-A, Instructor: Brian Grzelak

NEW INTRO TO IRISH TENOR BANJO

We are offering an Introduction to the Irish Tenor Banjo course in conjunction with The Real School of Music. The tenor banjo is a fun, percussive way to participate in the traditional music of Ireland. We'll be focusing on technique, the instrument itself, the various tune types of "session" tunes and learning them in "sets" to play with others.

DAY	DATES	ACTIVITY#
Thursdays	March 10 - April 14	343004-A
Thursdays	April 28 - June 2	343004-B

All ages, 7:00 - 7:45 p.m., \$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

NO-MAINTENANCE GARDENING

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

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



ADULT FENCING

How often have you thought to yourself: "I've always wanted to give that a try" ... Well, here's your chance. Start out by learning the "footwork" and progress on to picking up a foil (the "sword") and experience a real fencing bout. Guard Up is a sanctioned USFA (United States Fencing Association) Club with USFA Certified Instructors. Our courses are taught using positive coaching techniques which emphasize learning and improvement over winning. Our instructors place more emphasis on education (conceptual, historical and character) than on competition. Additional rental fee may apply.



DAY	DATES	ACTIVITY#
Monday	March 28 - June 6 (Not May 30)	314703-A
Tuesday	March 29 - May 31	314703-B

Ages 16 and above, 7:00 - 8:00 p.m., \$154 (10 weeks), Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff

INTRO TO FOLK MANDOLIN

We are offering an Introduction to Folk Mandolin course in cooperation with The Real School of Music. This class will cover the basics of learning how to play this great Celtic instrument including basic open string chord forms and strums, easy scale patterns and picking, rhythm and timing. The class will work on a selection of tunes drawn from Celtic, French and American traditions.

DAY	DATES	ACTIVITY#
Tuesdays	March 8 - April 12	342604-A
Tuesdays	April 26 - May 31	342604-B

All ages, 7:00 - 7:45 p.m., \$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

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!

NEW INTRO TO IRISH BODHRAN

We are offering an Introduction to Irish Bodhran course in cooperation with The Real School of Music. Curious about the bodhran, the Irish drum which has been called the "heartbeat of music!" In this class, we will discuss how to approach the instrument from the standpoint of accompanying traditional dance tunes. Emphasis will be on tone, technique and session etiquette. We will strive to "play the tune" rather than just "playing along." (note: if you don't have a drum, an (empty) pizza box can suffice.)

DAY	DATES	ACTIVITY#
Wednesdays	March 9 - April 13	342904-A
Wednesdays	April 27 - June 1	342904-B

All ages, 7:00 - 7:45 p.m., \$124 (6 weeks), Location: Real School of Music, 56 Middlesex Turnpike

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.	310043-A	Recreation Gym	\$29
	Wednesday	8:30 – 9:30 a.m.	310043-B	Recreation Gym	\$34
	Friday	8:30 – 9:30 a.m.	310043-C	Recreation Gym	\$34
Body Sculpting	Monday	5:00 - 6:00 p.m.	310083-A	Recreation Gym	\$29
	Wednesday	5:00 - 6:00 p.m.	310083-B	Recreation Gym	\$34
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	314303-A	Recreation Gym	\$28
	Thursday	5:45 – 6:45 a.m.	314303-B	Recreation Gym	\$28
Cardio Core	Monday	6:00 – 7:00 p.m.	310013-A	Recreation Gym	\$29
	Wednesday	6:00 – 7:00 p.m.	310013-B	Recreation Gym	\$34
Flex & Stretch	Wednesday	7:00 - 8:00 p.m.	310173-A	Recreation Gym	\$40
Get Fit with Pilates	Thursday	7:15 - 8:15 p.m.	311333-A	Function Rooms 1 & 2	\$52
Pilates & Strengthening	Monday	7:00 – 8:00 p.m.	311303-A	Recreation Gym	\$44
	Tuesday	9:00 - 10:00 a.m.	311303-B	Function Rooms 1 & 2	\$44
PiYo	Thursday	5:00 - 6:00 p.m.	318803-A	Recreation Gym	\$52
Boot Camp	Wednesday	5:45 – 6:45 a.m.	311133-A	Recreation Gym	\$40
	Saturday	7:00 - 8:00 a.m.	311133-B	Recreation Gym	\$13
Strength, Stretch & Tone	Tuesday	12:00 - 1:15 p.m.	311903-A	Recreation Gym	\$52
Zumba / Cardio Dance	Tuesday	5:45 - 6:45 p.m.	316403-A	Recreation Gym	\$40
	Tuesday	7:00 – 8:00 p.m.	316403-B	Recreation Gym	\$40
	Thursday	6:00 - 7:00 p.m.	316403-C	Recreation Gym	\$40
	Thursday	7:00 - 8:00 p.m.	316403-D	Recreation Gym	\$40
	Saturday	8:00 - 9:00 a.m.	316403-E	Recreation Gym	\$33
	Sunday	8:00 - 9:00 a.m.	316403-F	Recreation Gym	\$36
Zumba Gold	Tuesday	11:00 a.m. - 12:00 p.m.	316407-A	Recreation Gym	\$4
Zumba for Kids	Tuesday	4:00 - 5:00 p.m.	310602-A	Recreation Gym	\$34

FIT CLUB

Fit Club offers participants an opportunity to pay one discounted fee and attend a number of classes in a variety of Recreation Department fitness programs. The fitness classes that are included in Fit Club are as follows: Butts & Guts, Body Sculpting, A.M. Aerobics, Cardio Core, Flex & Stretch, Power Up and Zumba. **Fit Club members may only select two zumba classes.** When registering, please fill out Fit Club form indicating what classes you'll be attending.



Adults, April - June, \$110, Activity #318003-A, Recreation Center

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.

WOMEN'S SELF-DEFENSE

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, April 9, 4:00 - 5:00 p.m., \$18, Activity #313703-A, Location: Steve Nugent's Institute, 207F Cambridge Street. Instructor: Steve Nugent and staff

ADULT FITNESS

BUTTS AND GUTS

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

DAY	DATES	ACTIVITY #
Tuesdays	April 5 – June 21	314303-A
Thursdays	April 7 – June 23	314303-B

Adults, \$28 (12 weeks), 5:30 - 6:30 a.m., Recreation Center Gym, Instructor: Julie Conley

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 and floor mat.

DAY & DATES	ACTIVITY
Mon., April 4 - June 20 (Not April 18 & May 30)	310013-A
Wed., April 6 - June 22	310013-B

Adults, 6:00 - 7:00 p.m., Mondays - \$29 (10 weeks) Wednesdays - \$34 (12 weeks), Location: Recreation Center Gym, Instructor: Alison Gnerre

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, April 6 – June 22, 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Activity #310173-A, Instructor: Alison Gnerre

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. The class is appropriate for all levels of fitness.

Adults, Tuesdays, April 5 - June 21, 12:00 - 1:15 p.m., \$52 (12 weeks), Recreation Center Gym, Activity #311903-A, Instructor: Joan Howard

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, April 7 – June 23, 7:15 - 8:15 p.m., \$52 (12 weeks), BHS Dance Studio, Activity #311333-A, Instructor: Barbara Hospod

BODY SCULPTING

Tired of 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 enrolled 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 to prevent osteoporosis. Bring a mat and water bottle.

DAY	FEE	ACTIVITY #
Mondays	\$29 (10 weeks)	310083-A
Wednesdays	\$34 (12 weeks)	310083-B

Adults, Mondays: April 4 - June 20 (not April 18, May 30), Wednesdays: April 6 - June 22, 5:00 - 6:00 p.m., Recreation Gym, Instructor: Michelle Flaherty

TAI CHI CHUAN ADVANCED

Tai Chi is something that you benefit from practicing it everyday in your whole life, and you always know there's a higher and better realm ahead. In this advanced Tai Chi course, besides learning the senior session of the traditional Yang Style Tai Chi, Master Yong Zhang will help everyone to find their state of relaxation by performing Tai Chi meditation, and correcting all postures and movements. We will do our best to make everybody in the class really benefit from Tai Chi.

Adults, Saturdays, April 16 - July 23 (Not April 23, May 28, July 2), 5:00 - 7:00 p.m., \$68 (12 weeks), Activity #312103-A, Function Room 1 & 2, Instructor: Yong Zhang

NEW

MOTHER & DAUGHTER ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participant to dance away their worries. It is based on the principle that a workout should be fun and easy to do. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It's fun and the type of exercise you'll want to do everyday. So, mom's introduce your daughter to a program that will excite them and keep them fit.

Mother & Daughter (age 8 and up), Saturday, May 7, 8:00 - 9:00 a.m., \$5, Activity #316404-A, Location: Rec Center Gym, Instructor: Gina Manganiello

YOGA

HATHA YOGA

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

Function Room 2
April 6 – June 22 from 7:30 - 8:45 p.m.

DAY	FEE	ACTIVITY #
Wednesdays	\$64 (12 weeks)	311203-A

Function Room 1
April 7 – June 23 from 9:00 - 10:30 a.m.

DAY	FEE	ACTIVITY #
Thursdays	\$64 (12 weeks)	311203-B

Recreation Center Gym
April 2 - June 18 (Not April 16 & May 28) from 9 - 10:15 a.m.

DAY	FEE	ACTIVITY #
Saturdays	\$54 (10 weeks)	311203-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 mat, blanket or large towel.

Adults, Wednesdays, April 6 – June 22, 5:00 - 6:15 p.m., \$64 (12 weeks), Activity #311223-A, Function Room 1, Instructor: Angela Wasson

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, April 6 - June 22, 6:00 - 7:15 p.m., \$64 (12 weeks), Activity #311283-A, BHS Dance Studio, Instructor: Caroline Mallard

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 bodies primal energy which is housed in the spine. Through the practice of Kundalini yoga, one can unlock and tap into the body's energy, raising it from the base of the spine to the top of the skull. This awakens the nucleus projection of every cell in the body. In this type of yoga, the experience is most important, not the form. You don't have to be able to twist yourself like a pretzel or be in great physical shape. 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
Sundays, April 3 - June 19 (Not April 24 and May 29)

FEE	TIME	ACTIVITY #
\$54 (10 weeks)	6:30 – 7:45 p.m.	311263-A

BHS Dance Studio
Thursdays, April 7 - June 23

FEE	TIME	ACTIVITY #
\$64 (12 weeks)	5:45 – 7:00 p.m.	311263-B

Adults, 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.

Mondays, April 4 - June 20 (Not April 18 and May 30)

FEE	TIME	ACTIVITY #
\$54 (10 weeks)	10:30 – 11:45 a.m.	311223-B

Wednesdays, April 6 - June 22

FEE	TIME	ACTIVITY #
\$64 (12 weeks)	6:15 – 7:30 p.m.	311223-C

Adults, Function Room 1, Instructor: Angela Wasson

VINYASA FLOW YOGA

The word vinyasa means breath synchronized movement. This vinyasa flow class is a progressive series of postures linked to the inhalation and exhalation of breath. Movement through the asanas purifies the physical body, while mastery of the breath, through concentration, quiets the mind. The class will begin with centering and quieting of the mind-body, move through a powerful flow of sequenced asanas, and end with a meditation.

Adults, Sundays, April 3 - June 19 (Not April 24 and May 29), 9:00 - 10:15 a.m., \$54 (10 weeks), Function Rooms 1 & 2, Activity #312003-A, Instructor: Joan Howard

ADULT FITNESS

NEW

POWER VINYASA YOGA

This class will offer powerful breath with dynamic, flowing movements. This style is often referred to as meditation in motion. Vinyasa cultivates strength, endurance, flexibility, balance, focus and serenity. Vinyasa means that poses will flow from one to another in conjunction with the breath. A combination of strength and power to sculpt and tone your muscles while freeing your mind and using your breath. Power Vinyasa will radically change your body and awaken the sacred within your soul. All levels are welcome to participate in this challenging free form of yoga.

Adults, Mondays, April 4 - June 20 (Not April 18 and May 30), 5:30 - 6:45 p.m., \$54 (10 weeks), Function Rooms 1 & 2, Activity #312013-A, Instructor: Karen Pickette

NEW

PIYO

Relax and Stretch? No thanks; I'm a cardio junky! Don't worry PiYo is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability. This class is for those who color outside the lines. It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progression to challenge the more advanced; either way, you'll get results. Perfect for all fitness levels. Please bring a sticky mat.

Adults, Thursdays, April 7 - June 23, 5:00 - 6:00 p.m., \$52 (12 weeks), Recreation Center Gym, Activity #318803-A, Instructor: Joie Walsh

A.M. AEROBICS

A.M. aerobics offers a great cardio-vascular 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.



April 4 - June 20 (not April 18, May30)

DAY	FEE	ACTIVITY #
Mondays	\$29 (10 weeks)	310043-A

April 6 - June 22

DAY	FEE	ACTIVITY #
Wednesdays	\$34 (12 weeks)	310043-B

April 8 - June 24

DAY	FEE	ACTIVITY #
Fridays	\$34 (12 weeks)	310043-C

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



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

April 1 - June 17

FEE	TIME	ACTIVITY#
\$71 (34 sessions)	12:00 - 1:00 p.m.	317003-A

Tuesdays, Thursdays and Saturdays

April 2 - June 18

FEE	TIME	ACTIVITY#
\$71 (34 sessions)	8:00 - 9:00 a.m.	317003-B

Tuesdays and Thursdays ONLY

April 5 - June 16

FEE	TIME	ACTIVITY#
\$47 (22 sessions)	12:00 - 1:00 p.m.	317003-C

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.

Mondays, April 4 - June 20 (Not April 18 and May 30)

LOCATION	TIME	ACTIVITY #
Recreation Gym	7:00 - 8:00 p.m.	311303-A

Tuesdays, April 5 - June 7

LOCATION	TIME	ACTIVITY #
Function Room 1	9:00 - 10:00 a.m.	311303-B

Adults, \$44 (10 weeks), Instructor: Alison Gnerre

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, April 4 - June 27 (Not May 30), 6:30 - 7:15 p.m., \$111 (12 weeks), Activity #317703-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff

ADULT FITNESS / SPECIAL NEEDS

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, April 6 – June 29, 7:00 - 7:45 p.m., \$95 (13 weeks), Activity #311403-A, Location: Steve Nugent's Institute, 207F 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 clothes and bring a water bottle.

Adults, Wednesdays, April 13 - June 22 (Not April 27, May 25, and June 1), 7:15 - 8:15 p.m., \$44 (8 weeks), Activity #310153-A, BHS Dance Studio, Instructor: Amulya Deepak

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, April 5- June 21
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
5:45 - 6:45 p.m.	Tisha Wilson	316403-A
7:00 - 8:00 p.m.	Tisha Wilson	316403-B

**Thursdays, April 7 - June 23
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
6:00 - 7:00 p.m.	Lauren Mattson	316403-C
7:00 - 8:00 p.m.	Marcia Nguyen	316403-D

**Saturdays, April 9 - June 25 (Not May 7 and 28)
\$33 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Gina Manganiello	316403-E

**Sundays, April 10 - June 26 (Not April 24 and May 29)
\$33 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Lauren Mattson	316403-F

Adults. Recreation Center Gvm

BOOT CAMP (FORMERLY 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.

Wednesdays, April 6 – June 22

TIME	FEE	ACTIVITY #
5:30 - 6:30 a.m.	\$40 (12 weeks)	311133-A

Saturdays, May 7 - 21

TIME	FEE	ACTIVITY #
7:00 - 8:00 a.m.	\$13 (3 weeks)	311133-B

Adults, Location: Recreation Center Gym, Instructor: Julie Conley

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.

SPECTACULAR SATURDAYS (Adults with a Disability)

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

OUT AND ABOUT (Adults with a Disability)

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

SPECIAL OLYMPICS SOFTBALL

A Special Olympics softball team is being formed this winter in preparation for the spring softball season. Indoor practices will start in April at a public school gym in Burlington. Adults with a disability from Burlington and neighboring communities are welcome to participate. The program will be run by volunteer coaches and helpers.



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

aDULT SPor ts

GOLF LESSONS SHORT GAME (3 Lessons: Irons, woods, short game)



Each school consists of (3) one-hour lessons and will focus on a specific area of instruction. These schools are directed toward those who are playing on the course on a regular basis.

Adults, Saturdays, April 23 - May 7, 9:00 - 10:00 a.m., \$103 (3 Lessons), Location: Billerica Country Club, Activity # 310683-A, Instructor: Barrie Bruce, PGA Golf Pro

ADULT GOLF (9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf April - June. This 11-week program is designed so that you only pay if you play. A \$2 fee is required upon registration. **Swanson Meadows Golf Course** is a 2243-yard, nine-hole executive course located in North Billerica. Swanson Meadows has a clubhouse and restaurant.

**April 18 - June 25
7:00 a.m. - 1:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$17 / Time	310663-A
Saturday	\$20 / Time	310663-B

Registration fee \$2

GOLF LESSONS (5 Lessons)

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

April 9 - May 7

DAY	TIME	ACTIVITY #
Saturdays	1:00 - 2:00 p.m.	310613-A

April 14 - May 12

DAY	TIME	ACTIVITY #
Thursdays	5:30 - 6:30 p.m.	310613-B

May 2 - May 30

DAY	TIME	ACTIVITY #
Mondays	7:00 - 8:00 p.m.	310613-C

Adults (all abilities), \$153 (5 Lessons), Instructor: Barrie Bruce, PGA Golf Pro, Location: Billerica Country Club

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

VOLLEYBALL

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

Adults, Mondays, April 25 - June 27 (not May 30), 8:15 - 10:15 pm, \$28 (9 weeks), Recreation Center Gym, Activity #310703-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, April 17 - June 26 (not April 24 or May 29), 5:00 - 7:00 p.m., \$25 residents / \$35 non-residents, Recreation Center Gym, Activity #311933-A

KENDO

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

Adults, Tuesdays, March 29 - May 31, 7:00 - 8:00 p.m., \$154 (10 weeks), Activity #318503-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff



WALKING AND CYCLING ADVENTURES

Short walking and cycling adventures for adults will be offered by 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 and receive the special discounted rates. For more info., please visit www.getupngoventures.com.

Spring Walking and Cycling Adventures

Soft Spoke'n (relaxed and social bicycling adventures)

Tuesdays, April 26 - May 31,
\$65 (6 weeks), 12:00 - 1:45 p.m., Activity # 316703-A
**Starting Locations: Lexington, Burlington, Winchester

Out Spoke'n (intermediate bicycling adventures)

Tuesdays, April 26 - May 31,
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-A

Wednesdays, April 27 - June 1
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-B
**Starting Locations: Lexington/Weston area

Fridays, April 29 - June 3
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-C

Adults

BALLROOM DANCE I

Join Linda and Steve White as the basic steps of the Fox trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for that upcoming wedding!

Adults, Mondays, April 11 - June 13 (Not April 18 and May 30), 7:00 - 8:00 p.m., \$40 per person or \$80 per couple (8 weeks), Activity #331113-A Location: BHS Dance Studio, Instructors: Steve & Linda White



BALLROOM DANCE II

Building on the foundations from Beginner Ballroom, this course, under the instruction of Linda and Steve White, seeks to improve those steps, as well as provide an introduction to Tango and Rumba for intermediate dancers. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dancers.

Adults, Mondays, April 11 - June 13 (Not April 18 and May 30), 8:00 - 9:00 p.m., \$40 per person or \$80 per couple (8 weeks), Activity #331113-B Location: BHS Dance Studio, Instructors: Steve & Linda White



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, April 4 - June 20 (Not April 18 and May 30), 6:00 - 9:00 p.m., \$4 (10 weeks), Senior Center - Room 136, Activity #354003-A, Instructor: Lydia Brown

NEW INTRODUCTION TO HYPNOSIS

Hypnosis is no longer just a stage-show act. During the past 10 years, it has slipped quietly into mainstream medicine, and become more and more available for all. It is a safe and gentle treatment for medical and psychological issues. Join us in these classes to learn the simple truth about hypnosis, clear the misconceptions and myths, understand how it works and why. Get a taste of what it feels like to be in a hypnotic state in a relaxing hypnotic group exercise. In each class we will learn basic and practical understanding of how and why hypnosis works: clinical therapeutic hypnosis, hypnosis for kids, sleeping problems, habits, and self-hypnosis.

Adults, Tuesdays, May 17 - June 14, 7:00 - 8:00 p.m., \$34 (5 weeks), BHS Classroom, Activity #318103-A, Instructor: Smar Oved, Certified Hypnotherapist

NEW SPRING INTO WELLNESS

Spring is a time for new beginnings. Living a healthy lifestyle is just a matter of making lots of the "right" small choices. Join us as we explore some ideas about your choices in your nutrition (Can I eat carbs?, What about sugar? etc), your activity levels (But I like to exercise everyday or I just don't like to exercise) and your attitude choices (think and be thin) to help you feel your best everyday!

Adults, Wednesdays, April 6 - May 4 (not April 20), 4:45 - 5:45 p.m., \$30 (4 weeks), Activity #359603-A, BHS Classroom, Instructor: Patricia Marfione

NEW SATURDAY MORNING BASKETBALL

With the popularity of our Sunday evening program, we have decided to add a second option! Moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt each morning.

Adults, Saturdays, March 26 - June 11 (not April 23 or May 28), 10:00 a.m. - 12:00 p.m., \$25 residents / \$35 non-residents, BHS Rubber Gym, Activity #311942-A

BEGINNING PHOTOS

Learn to take good pictures regardless of the type of camera you are using. This one night workshop is designed to introduce beginning photographers to the basic techniques of digital photography.

DAY / DATE	TIME	ACTIVITY#
Mon., March 21	7:00 - 9:00 p.m.	350903-A
Mon., May 2	7:00 - 9:00 p.m.	350903-B

Adults, \$15, Recreation Center, Recreation Conference Room, Instructor: Rick Karwan of Karwan Photos

NEXT STEP, SEEING GOOD PHOTOS

Learn to analyze photographic situations. What are your options and limitations for an image given the situation and what are you trying to say photographically. What's possible and how can you do it with your equipment. This is a two week class. Week one is learning to see and week two is looking at your results. This class is for budding photographers.

Adults, Monday, April 4 and Tuesday, April 5, 7:00 - 9:00 p.m., \$30, Activity #350913-A, Recreation Center, Recreation Conference Room, Instructor: Rick Karwan



NEW HYPNOSIS WORKSHOP

We will talk about: the power of the subconscious mind, mind body connection, placebo effect, belief system, habitual mind, what is hypnosis and how does it work, focus on facts and dispel the myths, the language of the mind and hypnosis, metaphors and suggestions and the therapeutically applications and benefits of using hypnosis.

Adults, Tuesday, March 29, 6:30 - 8:30 p.m., \$10, BHS Classroom, Activity #300216-A, Instructor: Smar Oved, Certified Hypnotherapist

Adults

FINANCE WORKSHOPS

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

Family Matters with LTC

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	April 6	300215-A

Tax-Free Investing

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	April 27	300215-B

A Woman's Guide to Money Matters

TIME	DATE	ACTIVITY #
7:00 - 8:00 p.m.	May 11	300215-C

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



THE REAL DIRT ON GARDENING

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

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

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

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, April 4, 7:00 - 9:00 p.m., No Fee, Recreation Center Conference Room, Instructors: Steve Boucher, Fairway Mortgage, Pat Linskey and Joanne Delaney, Homesource Realty Group, Activity #300191-A



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, April 7 - June 16 (Not April 21), \$100 (10 weeks), 7:00 - 9:00 p.m., Activity #321003-A, Ceramics Room, Instructor: Carol Collins

STOCKS, BONDS AND ALL THAT JAZZ

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

Adults, Wednesday, April 13, 7:00 – 9:15 p.m., No Fee, Recreation Center Conference Room, Activity #300214-A, Instructor: Ralph Viscione

SIX STEPS TO FINANCIAL SECURITY

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

Adults, Wednesday, May 11, 7:00 – 9:15 p.m., No Fee, Recreation Center Conference Room, Activity #300211-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.

BASIC FLOWER ARRANGING



This course will cover the basics of Principle and Elements of design. We'll build arrangements each week focusing on a different area of design. The class will be low key and fun. Each week the student will make his or her own arrangement following a demonstration and explanation of color, harmony, depth, proportion, space, texture, accent, balance, scale and line. The class is intended for beginners or those who love flowers and would like to learn how to design. Price includes all materials and supplies will be provided. The students can take their arrangements home.

Adults, Mondays, April 25 - May 16, 6:30 - 8:30 p.m., \$84 (4 weeks), Ceramics Room, Activity #359103-A, Instructor: Cindy Mattson, Given Ennon Florist

SENIORS / TRIPS & TOURS

CLUB 55+

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

ACTIVITY	DAY	TIME
Ice Skating	Tuesdays	1:00 - 2:30 p.m.
Walking	Call	
Bowling	Tuesdays	10:00 a.m.
Swimming	Call	
Golf	April - October	
Bocce	May - October	
Horseshoes	May - October	
Tennis	May - October	

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

SENIOR CITIZEN CERAMICS

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

Seniors, Thursdays, April 7 - June 16 (Not April 21), 9:30 - 11:30 a.m., \$80 (10 weeks), Ceramics Room, Activity #321007-A, Instructor: Carol Collins

REGISTER NOW FOR THESE TRIPS

February 20*	Lion King
February 17	Grease
March 9	A Chorus Line
March 10	Boston Symphony
March 25 -27*	Atlantic City
April 7 - 10	Washington, DC
April 14	Spamalot
April 17	Spider-Man in NY
April 30	West Side Story
August 12 - 22	Seattle & Alaska
October 3 - 11	Rockies by Train

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.

**Denotes date change from Winter brochure*



ZUMBA GOLD

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

Ages 50 and up, Tuesdays, April 5 - June 7, 10:50 a.m. - 11:50 p.m., \$4 (10 weeks), Recreation Center Gym, Activity #316407-A, Instructor: Mary Ellen Reardon

THE KEY TO HEALTHY AGING (Formerly Senior Strength & Stretch)

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

Seniors, Fridays, April 1 - June 17, 9:45 - 10:45 a.m., \$34 (12 weeks), Recreation Center Gym, Activity #311807-A, Instructor: Patricia Marfione

COMPUTERS FOR SENIORS LEVEL 1



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

Seniors, Saturdays, April 30 - June 11 (not May 28), 10:35 a.m. - 12:00 p.m., \$55 (6 weeks), Activity #352607-A, Location: BHS Computer Room, Instructor: Margaret Montore

LEVEL 2

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

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

Seniors, Saturdays, April 30 - June 11 (not May 28), 9:00 - 10:25 a.m., \$55 (6 weeks), Activity #352607-B Location: BHS Computer Room, Instructor: Margaret Montore

TRIPS & TOURS

RED SOX IN SEATTLE & ALASKAN CRUISE Information Night

Join us and meet with a representative from Best of Times Tour Company. Detailed information will be given and questions answered about the upcoming trip to Seattle and an Alaskan Cruise (August 12 - 22).

Thursday, March 3, 7:00 p.m., Location: Senior Center - Room 136, no fee (please register in advance), Activity #00713

RED SOX IN SEATTLE & ALASKAN CRUISE



This extraordinary 11 day/10 night program features TWO Red Sox games vs. the Seattle Mariners, PLUS touring of Seattle, Washington, PLUS an 8-day Princess Cruise Lines Alaska cruise. We visit some of Seattle's famous touring sites such as the Space Needle, Future of Flight and the Boeing Factory, ballpark tour of Safeco Field, Wine Tasting and Tour of the beautiful vineyards of Chateau St. Michelle, and much more. Then board the elegant Princess Sapphire for a magnificent 8-day Alaska Inside Passage cruise visiting ports such as Ketchikan, Juneau, Skagway, Victoria B.C., plus some scenic cruising of Tracy Arm Fjord. This is a trip of a lifetime! The most comprehensive and complete package of its kind to cheer on our beloved Red Sox and experience America's Last Frontier, Alaska!

August 12 - 22, \$2,699 (inside stateroom) per person, double occupancy, \$2,999 (obstructed oceanview stateroom) per person, double occupancy, \$3,499 (balcony stateroom) per person, double occupancy, (Fee includes all taxes, transfers, and government fees), Deposit: \$450 due upon registration, 2nd Deposit: \$1,000 due no later than April 1, Balance due May 1, Insurance included, Activity #00712

VERMONT LILAC FESTIVAL

Middlebury, VT is one of the prettiest villages in all of New England! Enjoy two nights at the charming Middlebury Inn with five complete meals. Local sightseeing includes, but is not limited to, Dankin Farm, a trip aboard the Spirit of Ethan Allen, Shelburne Museum and Quechee Gorge.

May 18 - 20, \$498 per person double occupancy, Deposit: \$25 per person due with registration, Balance due April 1, Waiver fee: \$30 per person (optional) due with registration, Activity #00714



NANTUCKET OVERNIGHT

An island off the southeastern coast of Massachusetts, Nantucket was originally settled by the Quakers and whalers. Nantucket Town is the Island's hub. Take time to enjoy the architecture, historical sites, fine dining and shopping at antique and specialty shops. Trip includes accommodations for one night at the Nantucket Inn, an Island Tour and much more!

May 22 - 23, \$299 per person double occupancy, Deposit: \$100 per person due with registration, Balance due April 1, Waiver fee: \$50 per person (optional) due with registration, Activity #00715

RED SOX VS. WHITE SOX at Fenway Park

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

Monday, May 30, \$99 per person, 7:00 p.m. game (start times are subject to change), Bus Departs: TBD, Activity #00716

RED SOX AT TORONTO and Niagara Falls



Travel to Toronto to see the Red Sox play the Toronto Blue Jays in their spectacular indoor Rogers Center (formerly the Skydome)! This trip includes tickets to the game, accommodations at the new Radisson Hotel, Niagara Falls (Canadian side), admission to the Maid of the Mist, and much more! Three breakfasts and two dinners are included. **Passport is required.**

June 9 - 12, \$499 per person double occupancy, Deposit: \$100 per person due with registration, Balance due May 1, Waiver fee: \$35 per person (optional) due with registration, Activity #00717

RED SOX SPRING TRAINING

Celebration Tours is offering a number of six-day trips to see the Boston Red Sox at spring training during the month of March. For reservations, call 800-792-5208, or for more information call the Recreation Department at 781-270-1695.

BALTIMORE & THE RED SOX

(3 days/2 nights)

This year we are offering a trip to Baltimore like none other! While in Baltimore you will stay two nights in a centrally located hotel, enjoy an informative narrated tour of Camden Yards, take a two-hour narrated sightseeing tour of Baltimore with time to browse Baltimore's Harbor Place, relax on a delightful harbor cruise with narration from your captain, and you will receive reserved seating for two games at Camden Yards to check out the Sox take on the Oriole's!



July 18 - 20, \$399 per person double occupancy, Deposit: \$100 per person with registration, Balance due June 1, Waiver fee: \$50 per person (optional) due with registration, Activity #00719

FAMILY TRIP INFORMATION

Still looking for that perfect family trip for this summer? Imagine your family...cruising the River Seine; zip-lining over a Costa Rican rainforest; stargazing aboard ship in the Galapagos; standing on a 1,000 foot thick Canadian Rockies glacier; walking the hallowed grounds of Gettysburg; looking a wild elephant in the eye; or watching Yellowstone's Old Faithful erupt! Join us as we meet with a representative from Collette Vacations to discuss a new brand of family tours and much more! Space is still available for summer departures!

Tuesday, March 8, 6:30 p.m., Location: Recreation Conference Room, no fee (please register in advance), Activity #00721

Trips / SPECIAL EVENTS / COMMUNITY



GOLF GETAWAY in Killington, VT

While Vermont has some of the finest golf courses in the Northeast, none can match the beauty and design of Green Mountain National Golf Course in Killington. Voted the #1 golf course in Vermont, what separates this course from others is its unique and challenging design features. Trip highlights include: greens fees for 2 rounds including cart, four meals, accommodations at the Summit Lodge.

July 20 - 21, \$379 per person double occupancy, Deposit: \$50 per person with registration, Balance due June 1, Waiver fee: \$25 per person (optional) due with registration, Activity #00720

FUTURE TRIPS

The trips listed below are in the planning stages and are not yet available for bookings. Please watch for further information in the next brochure.

July 24	Newport, RI
July 27 - 29	Boothbay Harbor
August 7	Pops by the Sea
August 13	Deerfield River Float Trip
August 28 - 29	Tanglewood Overnight

EASTER EGG HUNT

The Easter Bunny has made a special trip to Burlington to hide some eggs for Easter. This year the Easter Bunny has hidden chocolate eggs and some "special eggs" throughout Simonds Park. Children will be split into age-appropriate areas. Areas may not be near one another, please bring one person for each child. The Easter Bunny will be on hand for pictures, so bring your camera. The Easter Egg Hunt is open for all Burlington residents.

Ages	Activity #
2 - 4 (with parent)	301110-A
5 - 7	301110-B
8 - 10	301110-C
11 - 12	301110-D



Tuesday, April 12 (Inclement weather date: April 19), 6:00 p.m., No fee, Location: Simonds Park

Co-sponsored by the Burlington Knights of Columbus
Council #4978

FISHING AT THE RESERVOIR

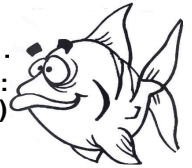
Burlington residents are welcome to fish at the Mill Pond Reservoir, which has been stocked with rainbow trout and brown trout. Please purchase a fishing permit at the Recreation Department office. Children under age 15 do not need a permit, but they must be accompanied by an adult when fishing at the reservoir.

**Mill Pond Reservoir April 1 - October 31 Dawn to dusk
Permit Fee: \$10 (age 15 and up)**

FAMILY FISHING FESTIVAL

Burlington's Thirteenth Annual Family Fishing Festival is co-sponsored by the Massachusetts Aquatic Resource Program. The Festival will include knot tying, casting, baiting, fish identification, fish cleaning, catch and release methods, camping in the wild, and other instruction. You may bring your own fishing equipment or use equipment which will be provided. Fishing license not required. Please register in advance at the Recreation Department. Enrollments will be limited, so it is a good idea to register as soon as possible.

All ages, Saturday, May 14, 9:00 a.m. - 12:00 p.m. (rain or shine), Location: Burlington Reservoir, \$25 (per family) Activity # 305011-A



DADDY / DAUGHTER DANCE

Treat your favorite little girl like a princess and escort her to "the event of the season", Burlington Recreation Department's Daddy / Daughter Dance. This unforgettable evening of fun will include dancing, refreshments, and flowers. Photos will once again be provided. Dads, grandfathers, or uncles are welcome as the "date" of the evening. Register early; space is limited. Tickets will be mailed to participants.

All Ages, Thursday, June 16, 7:00 - 9:00 p.m., \$25 per family (Daughters and their "date" only), Activity #300521-A, Location: TBD

BURLINGTON PUBLIC LIBRARY NEWS

March is "Burlington Reads" month! The title chosen by the public is "Dark Tide: The Great Boston Molasses Flood of 1919" By Stephen Puleo. We will be reading, presenting programs, and offering book discussions throughout the month revolving around this book and its themes. Visit the library, our website or our facebook page for a complete list of events.

Evening Programs sponsored by the Friends of the Burlington Public Library

Thursday, March 17
"Music of the Gaslight Era" with John Root
(A 'Burlington Reads' program)

Thursday, April 21
"Forensic Science Roadshow" with Paul Zambella

Thursday, May 19
"Stuff: Our Attachment to Possessions" with
Dave Downs

Thursday, June 16
"A Visit with Isabella Stewart Gardner", with Jessa Piaia

For more information including programs for teens and children, workshops, databases, book discussions, museum passes, meeting rooms and more visit the library, our website (burlingtonpubliclibrary.org), or our facebook page.

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 February 16. 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:

February 21	President's Day
April 18	Patriot's Day
May 30	Memorial Day

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