



SPRING 2025

REGISTRATION BEGINS MARCH 4 AT 6 PM

 www.burlingtonrecreation.org

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OFFICE HOURS

Monday - Friday

8:30 am - 4:30 pm

*We will be closed April 21, May 26 & June 19

Phone: 781.270.1695



REGISTRATION BEGINS AT 6:00 PM ON TUESDAY, MARCH 4TH

LOOK FOR NEW PROGRAMS THROUGHOUT THE BROCHURE; THEY HAVE COLORFUL TITLES

REGISTRATION GUIDELINES

1. For your convenience, online registration is available at www.burlingtonrecreation.org. You may also register by mail or in person.
2. If your address is not printed on your check, provide a photocopy of your driver's license.
3. If you think the staff should be aware of any medical, physical or emotional conditions regarding the participant, please provide information on the registration form.
4. The only time you will hear from us is if your program is full, canceled, you get your second choice, or there is a change in day or time. If both your choices are filled, your name will be placed on the waiting list and a refund will be sent to you.

WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list.

HOW TO REGISTER BY MAIL

1. Log on to burlingtonrecreation.org and print out a registration form.
2. One registration form may be used for all of your family's registrations.
3. Fill out the registration form completely and accurately so that your family information may be entered into the computer correctly.
4. You may pay by check or money order (payable to Town of Burlington).
5. Send registration form, payment, and birth certificates (if required) to: Burlington Parks & Recreation Department, Registration, Town Hall, Burlington, MA 01803

ABOUT US



THE PARKS & RECREATION DEPARTMENT'S MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR BURLINGTON CITIZENS BY PROVIDING HIGH QUALITY RECREATION FACILITIES, PROGRAMS AND SERVICES.

RECREATION COMMISSION

LINDSAY CARLSON

Chair

STEVE NELSON

Vice Chair

DAVE NORDEN

Member

BRENDA RAPPAPORT

Planning Board Representative

JEREMY BROOKS

School Department Representative



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Assistant Director of Parks & Recreation

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Superintendent of Park Maintenance

EMMA ANDRUS, CTRS

Therapeutic Recreation Specialist

JEFF DISALVO

Program Coordinator

ANDREW MOUNTAIN

Assistant Program Coordinator

KRISTEN GONZALEZ

Fitness Administrator

PRESCHOOL



Discovery Preschool

Ages 3 - 5 (toilet trained), 9 am - 1 pm, Visco Building at Simonds Park, Director: Lisa DeRosa

This program will provide children with a physical approach to learning and socializing through outdoor gross motor experiences. We will enjoy organized games and activities utilizing the fields and forest of Simonds Park while also partaking in picnic snacks and discovering the joys of spring with each other. Please pack a water bottle and peanut free snack. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Monday	March 31 - June 2 (not 4/21 & 5/26)	\$290 (8 weeks)	356810-A
Wednesday	April 2 - June 4 (not 4/23)	\$324 (9 weeks)	356810-B

Preschool Bookworms

Ages 3 - 5 (toilet trained), 9 am - 1pm, \$284 (9 weeks) Visco Building at Simonds Park Director: Jenn Macleod

Stories promote cognitive, social and emotional development. In this program, your child will become immersed in a new story each week through the use of books, flannel board, puppets, and dramatic play. Art, science, and other literacy experiences will revolve around the chosen story and imaginations will soar. Please pack a water bottle and peanut free snack. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Tuesday	April 1 - June 3 (not 4/22)	\$324 (9 weeks)	351600-A
Thursday	April 3 - June 5 (not 4/24)	\$324 (9 weeks)	351600-B

Beginning Golf

Age 4 - 5 (with caregiver), Mondays, May 19 - June 16 (not 5/26), 4 - 4:45 pm

\$80 (4 weeks), Recreation Center Field, Instructor: Skyhawks Sports Academy, Activity #: 374300-A

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Programs. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. This intro to golf program will teach grip, stance putting and full swing through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Please note players may not bring their own clubs. **Parent participation is required to aid in safety and understanding of rules for the first two weeks of the 4 - 5 yr old program.**

Is your child enrolled in Kindergarten for the 2024-2025 school year?

If so, let us know! Some of our programs have grade requirements. If you have not let us know that your child entered kindergarten you will encounter problems trying to register for those programs. Once you let us know that your child has entered Kindergarten we will put that into our registration system. Their grade will automatically bump up each year so you will be all set for the years to come.

Music Therapy Groups for Infants/Toddlers & Early Childhood

Thursdays, \$99 (5 weeks), Function Room, Instructor: The Music Tree of Boston

Music can be both therapeutic and fun! Join us for our infant/toddler & early childhood music therapy groups that are designed for young music-makers of all abilities, accompanied by their parents/caregivers, to strengthen social, communicative, and motor skills through live music and movement. We will sing and dance and explore various percussion instruments, while playing familiar traditionals and learning new songs, too.

Ages	Dates	Time	Activity #
0 - 3 with caregiver	April 3 - May 8 (not 4/24)	10 - 10:45 am	345100-A
3 - 6 with a caregiver	April 3 - May 8 (not 4/24)	11 - 11:45 am	345100-B
0 - 3 with caregiver	May 15 - June 12	10 - 10:45 am	345100-C
3 - 6 with a caregiver	May 15 - June 12	11 - 11:45 am	345100-D

Amazing Athletes

Sundays, April 6 - May 18 (not 4/20), \$147 (6 weeks)

Rec Center Field, Instructor: Amazing Athletes

At Amazing Athletes we use sport, fitness, and fun to develop key motor skills, promote teamwork, and inspire active futures. We introduce the fundamentals of 10 different sports in a nurturing and non-competitive environment, helping kids gain greater confidence while learning to combine fitness with fun. We use sports as a catalyst to empower kids to discover their inner strength and athletic abilities.

Age	Time	Activity #
2 - 3	9 - 9:45 am	374400-A
3 - 4	9:50 - 10:35 am	374400-B
4 - 6	10:40 - 11:30 am	374400-C

Baseball Tots

Mondays, April 7 - May 12 (not 4/21)

\$90 (5 weeks), Rec Center Field

Instructor: Skyhawks Sports Academy

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is required for 3 yr old class. Gloves are optional. Whiffle balls & soft foam balls will primarily be used as most children will not have the dexterity and hand strength to close a glove. Please bring water.

Age	Time	Activity #
3	4 - 4:45 pm	373400-A
4	5 - 5:45 pm	373400-B
5	6 - 6:45 pm	373400-C

Lil Sports

\$87 (6 weeks), Rec Center Field, Instructor: Lil Sports Staff

Lil Sports creates a safe environment for learning basic sports skills and generates exposure to all sports. Set to music. Sports played include, baseball, basketball, football, soccer, volleyball, lacrosse and floor hockey.

Ages	Day	Dates	Time	Activity #
2 - 3	Thursday	April 3 - May 15 (not 4/24)	4:30 - 5:15 pm	371800-A
4 - 5	Thursday	April 3 - May 15 (not 4/24)	5:20 - 6:05 pm	371800-B
2 - 3	Saturday	May 3 - June 14 (not 5/24)	9:30 - 10:15 am	371800-C
4 - 5	Saturday	May 3 - June 14 (not 5/24)	10:30 - 11:15 am	371800-D



Little Dragons

Ages 3 - 4, Steve Nugent's Institute / 207F Cambridge St. Instructors: Steve Nugent & Staff

Come join the fun and explore this introductory karate program that focuses on enhancing your child's fine and gross motor skills. Emphasis will be put on listening, memory, and attention. Children will be taught breathing stretching, self-discipline & coordination. Classes also cover health, nutrition, fire safety & stranger awareness.

Day	Dates	Fee (includes uniform)	Time	Activity #
Thursday	April 3 - June 26	\$225 (13 weeks)	3:30 - 4 pm	370000-A
Saturday	April 5 - June 28 (not 5/24)	\$210 (12 weeks)	9 - 9:30 am	370000-B

Learn to Skate

**Ages 4 - 5, Wednesdays, April 2 - 23, 4 - 4:25 PM
\$95 (4 weeks), Burlington Ice Palace 36 Ray Ave
Instructors: FMC Ice Sports Staff**

Activity #: 373101-A

This program is for participants with little or no formal skating instruction. Our group classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible. Participants must be potty trained. Helmets are required.

TinyTykes Soccer

**Ages 3 - 5, Sundays, May 4 - June 15 (not 5/25)
\$115 (6 weeks), Rec Center Field
Instructor: Challenger Sports**

Fun-themed soccer sessions provide social, educational, and motor skills while fostering a love and understanding of the game. Six weeks of creative sessions spark a passion for the game. This introductory program is designed to keep the kids engaged and parents entertained.

Time	Activity #
1 - 1:45 pm	362900-A
2 - 2:45 pm	362900-B

Mommy & Me

**Age 2 - 3, Wednesdays, April 2 - June 4 (not 4/23), 9:30 - 10:15 am, \$87 (9 weeks), Function Room 2
Instructor: Marie Grinnell, Activity #344500-A**

Is your child not old enough for preschool? This "pre-preschool" program is perfect for both of you! You and your child (or your child and a caregiver) will enjoy developmentally appropriate stories, games, songs, creative movement and art activities each week - all designed to help you get the most out of this important one on one time with your child.

Parent & Me Music and Movement

Ages walking - 3, Ellen's School of Dance 767 Boston Rd Billerica, Instructor: Ellens School of Dance Staff

Join the fun with 45 minutes of Music and Movement. Parent and Me Music and Movement classes are interactive sessions designed for young children and their parents or caregivers. These classes provide a fun and engaging environment where children can explore music, movement, and rhythm alongside their grown-up. During these classes, parents and children will participate in various activities that promote coordination, fine and gross motor skills, social interaction and musical development. Classes will include singing, dancing, playing instruments and engaging in rhythmic activities with scarves, ribbons, puppets, bubbles and much more! This class is sure to instill a love of music and dance for all!

Day	Dates	Time	Fee	Activity #
Saturday	April 5 - May 17	8:30 - 9:15 am	\$110 (7 weeks)	333500-A
Saturday	April 5 - May 17	9:30 - 10:15 am	\$110 (7 weeks)	333500-B
Thursday	April 3 - May 22	4:30 - 5:15 pm	\$123 (8 weeks)	333500-C

Dance Classes at BPRD!

At Burlington Parks & Recreation Department, we know you want to find an activity that your child not only loves, but is excited to attend each week! Our classes allow for your child to develop new friendships, learn about teamwork, stay active and most importantly, HAVE FUN! Through these classes, we will introduce musicality, balance and movement in a structured environment. We will focus on coordination and rhythm in creative and imaginative ways. Participants will have a physically distant dance spot.

What should we bring to class?

Please be sure your child uses the restroom prior to entering class. Please see the specific class description for the type of footwear needed.

Girls should wear

- black leotard with pink tights

Boys should wear

- white t-shirt, black sweatpants or shorts
- black footwear

Dance Concepts

Ages 2 & 3 (with caregiver), Fridays
April 11 - June 13 (not 4/25), 9:15 - 9:45 am
\$92 (9 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 330000-A

This class is a great way to bond with your little one! This class is perfect for the child who still needs a little more time before separating from their caregiver. This class addresses the essence of movement and basics of dance while teaching them how their body moves.. Children learn basic dance steps and terminology through songs, stories, and play. Participants should have both ballet and tap shoes.

Pip Hop

Ages 3 - 5, Fridays, April 11 - June 13 (not 4/25)
11 - 11:45 am, \$92 (9 weeks), Function Room 2
Instructor: Lisa Sanchez, Activity #: 333200-A

Has your pip squeak wanted to “dance like the big kids”? Well now is their chance... Pip Hop is Hip Hop for the younger set. Our Pip Hop class is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool funky music! If you have a pip-squeak that can't stop moving, bring them to this simplified hip hop class to get their groove on. Participants should wear sneakers.

Ballet & Jazz

Ages 4 - 6, Thursdays, April 10 - June 12 (not 4/24)
5 - 5:45 pm, \$92 (9 weeks), Function Room 2
Instructor: Lisa Sanchez, Activity #: 330521-A

This class is a combination of ballet and jazz in which the primary objective is to tell a story or convey emotions with their body. These classes begin with an alternating warm-up and are followed by technique/turns/jumps, across the floor, floor work, and choreography. Children will start to learn how to “story dance” in this wonderfully creative movement class. Participants should have ballet shoes and sneakers.

Ballet & Tap

Ages 3 - 5, \$92 (9 weeks), Function Room 2, Instructor: Lisa Sanchez

Join us for a starting point that encourages multi-sensory exploration. At this age, dance should be about learning to nurture creativity in movement. Developing coordination and promoting self-esteem, combined with learning basic positions and terminology are the building blocks. Participants should have both ballet and tap shoes.

Day	Date	Time	Activity #
Thursday	April 10 - June 12 (not 4/24)	4 - 4:45 pm	330501-A
Friday	April 11 - June 13 (not 4/25)	10 - 10:45 am	330501-B

Bunny Hop

Ages 5 - 8, Friday, April 11, 4 - 4:45 pm, \$20, Function Room 2
Instructor: Lisa Sanchez, Activity #: 300630-A

Join us for some Easter themed and dance inspired activities! In this one-time class you will sing, dance, craft and maybe even be joined by the Easter Bunny!



YOUTH



Flag Football

Fridays, May 2 - June 6, Recreation Center Field
Instructor: Skyhawks Sports Academy

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football! Players can wear sneakers or molded cleats (no metal) whichever they prefer. Please bring water.

Ages	Time	Fee	Activity #
7 - 9	4:30 - 5:30 pm	\$114 (6 weeks)	374001-A
10 - 13	5:45 - 7 pm	\$124 (6 weeks)	374001-B

Kids' Test Kitchen

Ages 4 - 10, Thursdays, May 1 - June 5, 4 - 5 pm
\$195 (6 weeks), Ceramics Room
Instructor: Kids Test Kitchen Staff
Activity # 351801-A

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. Please disclose any food allergies or dietary restrictions when you register.

Beginning Golf

Age 6 - 9, Mondays, May 19 - June 16 (not 5/26)
5 - 6 pm, \$80 (4 weeks), Recreation Center Field
Instructor: Skyhawks Sports Academy
Activity #: 374331-A

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Programs. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. This intro to golf program will teach grip, stance, putting and full swing through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Please note players may not bring their own clubs. Please bring water.

Track and Field Challenge

Grades 6 - 8, May - June, \$51, BHS Track
Director: Julia Hovasse, Activity #: 371621-A

Come and perfect your speed, strength and jumping ability in this challenging Track and Field program. Participants will continue to refine their skills in different Track and Field events. Schedule times will vary due to the availability of the BHS track. Typical schedule is two evenings a week.

Intro to Track and Field

Grades 3 - 5, May - June, \$51, BHS Track
Director: Julia Hovasse, Activity #: 371611-A

This program will introduce the fundamentals of events from the shot put and high jump to the 100m dash and long jump. Schedule times will vary due to the availability of the BHS track. Typical schedule is two evenings a week.

Intro to Boxing

Grades K - 4, Saturdays, April 5 - May 17 (not 4/19)

9:30 AM - 10:30 AM, \$160 (6 weeks)

MK Boxing 1 Esquire Rd Billerica

Instructors: Mike Knox & Staff, Activity #: 371001-A

This is an introduction for kids interested in learning how to box. The class will focus on hitting the bags, footwork, learning boxing combinations, speed, conditioning, and hitting the mitts. This is a 6-week program, and we will skip April vacation.

Indoor Rock Climbing

Ages 7 - 12, Saturdays, April 5 - June 7

(not 4/19, 5/24), 11:30 am - 1:30 pm, \$335 (8 weeks)

Central Rock Gym 10 Adam Rd Stoneham

Instructors: Central Rock Gym Staff

Activity #: 379101-A

This is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, the coaches will introduce participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. All gear is included.

Field Hockey

Mondays, April 7 - May 19 (not 4/21)

\$55 (6 weeks), MSMS Turf Field

Instructors: Carolyn Bonetti, Courtney Callahan and Angela Wilson

Get trained in all aspects of field hockey; positioning, dribbling, dodging, passing, defending and scoring. Players will improve their fundamentals, game sense, and develop a better understanding of the sport. The season will end with a parent/participant scrimmage on the last day! Wear comfortable clothing, sneakers/cleats, shin guards, a molded mouth-guard, and goggles. Field hockey sticks will be available to borrow. No experience necessary!

Archery

Grades 4 - 8, Tuesdays, 5:30 - 6:30 pm

\$155 (4 weeks), Mary PC Cummings Estate

Instructor: On The Mark Archery Staff

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment is provided and the class is led by certified USA Archery instructors.

Dates	Activity #
April 1 - 29 (not 4/22)	371401-A
May 6 - 27	371401-B
June 3 - 24	371401-C

Hip-Hop

Ages 6 - 12, Mondays

April 7 - June 16 (not 4/21 & 5/26), 4 - 4:45 pm

\$73 (9 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 333801-A

Hip-Hop embodies a large genre of dance that includes freestyle, rhythmic interpretation of music and social dance norms. This high-energy class is designed to improve cardiovascular strength while learning innovative ways to move your body to music!

Chess Beginner

Ages 6 - 8, Mondays, April 7 - May 19 (not 4/21)

5 - 6 pm, \$220 (6 weeks), Ceramics Room

Instructor: International Grandmaster

Nadya Kosintseva, Activity #: 352401-A

The program is designed for children who are interested in learning about each chess piece and the rules of the game. Participants will practice board demonstrations, interactions, and part-playing.

Inclusion Services

Inclusion support services are available in programs for individuals with disabilities. [Click here](#) to complete the inclusion request form or visit www.burlingtonrecreation.org for further information.

Grades	Time	Activity #
K - 4	6:30 - 7:30 pm	375201-A
5 - 8	7:30 - 8:30 pm	375201-B

Youth Volleyball

Grade 6 - 8, Saturdays, May 10 - June 14 (not 5/24)

\$65 (5 weeks), Recreation Gym

Instructor: Wingsze Seaman, Activity #: 372601-A

This developmental program is a great opportunity for participants to develop and improve their volleyball skills and learn how to play the game. The Intermediate session is for those with 2+ years experience

Session	Time	Activity #
Beginner	1 - 2:45pm	372601-A
Intermediate	3 - 5 pm	372601-B

Kids French Lessons

Ages 4 - 7, Tuesdays, April 8 - May 20 (not 4/22)

4:30 - 5:30 pm, \$111 (6 weeks), COA Room 207

Instructor: Linh Detzel, Activity #: 352501-A

Bonjour! This class is for kids with little or no French knowledge. Learn the basics with greetings, family, numbers, alphabet, French songs, animals and more. There will be games, songs, and arts and crafts! Students will learn by writing, reading, and listening in French.

Musical Theater

Ages 7 - 9, Thursdays, April 10 - June 12 (not 4/24)

6 - 6:45 pm, \$92 (9 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 347801-A

Spark your child's passion for musical theater in a fun & supportive environment! Through music, dance, acting and improv we'll nurture creativity and confidence. No experience is required. Just bring your enthusiasm & imagination. Comfortable clothes and sneakers recommended.

Disc Golf Clinic

Ages 10 - 14, Tuesday - Friday, 9 - 10 am

April 22 - 25, \$42, Simonds Park

Instructor: Roseanne Ham, Activity #: 378001-A

Disc golf is gaining popularity across the country. The game is played by throwing a Frisbee-like disc into a target. It is a great way to challenge yourself and have fun with your family and friends. In this program you will learn the rules, skills to play, and how to score a game.

Learn to Skate

Ages 6 - 15, Wednesdays, April 2 - 23, 4 - 4:25 PM

\$95 (4 weeks), Burlington Ice Palace 36 Ray Ave

Instructors: FMC Ice Sports Staff

Activity #: 373101-A

This program is for participants ages 6 - 15 with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible. Helmets are required.

Spring Basketball Skills Clinic

6:15 - 7:15 pm, \$60 (6 weeks)

Francis Wyman Elementary

Instructors: Dan Georgette & John Pisapia

Join us this Spring for some basketball fun! This program will focus on learning and polishing your basketball fundamentals, all while having fun with your peers! Participants will work in groups of a similar skill level to ensure they are getting the most out of the program. Please bring your own ball if you have one.

Grade	Day	Dates	Activity #
K - 3	Tuesdays	April 29 - June 3	365001-A
4 - 8	Thursdays	May 1 - June 5	365001-B

Archery

Grades 9+, Tuesdays, 5:30 - 6:30 pm

\$155 (4 weeks), Mary PC Cummings Estate

Instructor: On The Mark Archery Staff

Learn the focus-oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment is provided.

Dates	Activity #
April 1 - 29 (not 4/22)	371401-A
May 6 - 27	371401-B
June 3 - 24	371401-C

Karate

Ages 5 - 13, \$210 (12 weeks) fee includes uniform, Steve Nugent's Institute 207F Cambridge St.

Instructors: Steve Nugent & Staff

This is an introductory karate program that teaches proper stance, breathing, how to stretch, self-discipline, coordination, and practical self-defense. Classes cover health, nutrition, fire safety, and stranger awareness.

Day	Dates	Time	Activity #
Monday	March 31 - June 23 (not 5/26)	5:30 - 6:15 pm	370501-A
		6:15 - 7 pm	370501-B
Saturday	April 5 - June 28 (not 5/24)	1 - 1:45 pm	370501-D

Brazilian Jiu-Jitsu

Ages 7 - 15, Tuesdays, April 1 - June 24,

3:30 - 4:15 pm, \$225 (13 weeks, uniform included)

Steve Nugent's Institute 207F Cambridge St.

Activity #: 381103-A

Watch your child's energy, confidence and spirit rise while they become strong and confident. We're not just talking about physical strength but the kind that it takes to resist peer pressure and other negative aspects of life. Brazilian Jiu-Jitsu is a non-striking self-defense martial art system based on leverage and control over the opponent. Brazilian Jiu-Jitsu is considered to be one of the best self defenses since it's applied in response to physical aggression, so there's no need to worry about your child becoming violent.

Girls Wellness Academy

Grades 3-5, Tuesdays, April 8 - May 13

4:30 - 5:30pm, \$100 (6 weeks), Recreation Gym

Instructor: Leanne Eggimann, Activity #: 319601-A

Give your daughter the tools to grow stronger inside and out with Girls Wellness Academy! This 6-week program combines fitness, fun, and confidence-building activities. Led by Certified Personal Trainer and youth mentor Coach Leanne, each session includes engaging fitness games, teamwork challenges, and meaningful discussions that encourage girls to embrace their individuality, build resilience, and grow their self-confidence.

CrossFit Kids & Teens

Ages 8 - 15, 4 - 5 pm, \$199 (6 weeks), CrossFit Exclamation 15 Wall St

Instructor: Lori Becker & CFE Kids Staff

This class combines fitness & fun while focusing on achievement. Our classes are high-energy and great for all levels. Full-body strength and mobility with games, running, jumping, and more! We get kids moving, build self-esteem and confidence, teach teamwork & leadership skills. CFE makes exercise fun! Classes are split into two groups by age and ability. Ages 8-14. Contact CFE directly about 1x/wk options.

Days	Dates	Activity #:
Mondays & Wednesdays	March 31 - May 14 (not 4/21 & 4/23)	317301-A
Tuesdays & Thursdays	April 1- May 15 (not 4/22 & 4/24)	317301-B
Mondays & Wednesdays	May 19 - June 25 (not 5/26)	317301-C
Tuesdays & Thursdays	May 20 - June 26	317301-D

Everyone Deserves a Chance to Play

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal.



April Vacation Programs!

Drawing Made Easy

Ages 5 - 12, Tuesday - Friday, April 22 - 25, Ceramics Room, Instructor: Kidcreate Studio Staff

Drawing doesn't have to be hard, in fact, in this class, it couldn't be easier! For each drawing project, students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas, a foxy fox and more. Drawing is easy, fun and this program will prove it!

Game On!

Ages 5 - 12, Tuesday - Friday, April 22 - 25, Ceramics Room, Instructor: Kidcreate Studio Staff

Calling all gamers! Explore your favorite games in a brand new way! In this camp, we'll draw, sculpt, paint, and more as we create projects inspired by some of our favorite video games. Design your own avatar on a real canvas board, sculpt your favorite Among Us Crewmate, create Sonic the Hedgehog and so much more! This camp covers some of the hottest new games plus awesome throwback classics, too. Come get your game on!

Program	Time	Fee	Activity #
Drawing Made Easy	8:45 am - 12:30 pm	\$190	351301-A
Game On!	1:00 - 3:30 pm	\$190	351301-B
Both	Full Day	\$270	351301-C

***Child care will be provided for full day participants between program transition.**

Spring Arts & Crafts

Ages 5 - 8, Saturdays, 10 - 11:30 am, \$25 per class or \$75 for all 4 classes, Instructor: Sunniya Saleem

Join these fun and cool arts and crafts classes this Spring. We will explore elements in nature, paint, and make arts and crafts together.

Date	Theme	Location	Activity #
April 5	Eid-al-Fitr Arts & Crafts	Ceramics Room	347501-A
May 10	Mother's Day Painting	Simonds Park Treehouse	347501-B
June 7	Spring Flowers	Simonds Park Treehouse	347501-C
June 28	Rose Painting	Ceramics Room	347501-D
All 4 classes			347501-E

Video Game Design

Grades 3 - 5, Thursdays, May 8 - June 12, 4:30 - 5:30 pm \$135 (6 weeks), COA Room 207

Instructor: Rhode Island Computer Museum Teacher Activity #: 358701-A

Unleash your creativity and discover the magic behind video games! Put down your controllers and join us as we dive into scratch, a beginner-friendly coding platform developed by MIT that allows kids to make stories, games, and animations! Learn fundamentals of game design, from character creation to building interactive gameplay, all while creating your own video game sample. By the end of the course, you'll have the prototype game to share with friends and family, plus a solid foundation in the exciting world of coding and game development! The instructor will provide Chromebooks for students to borrow.

Musical Theatre and Screen Writing

Grades 2 - 5, Sundays, May 18 - June 22 (not 5/25)

\$340 (5 weeks), 4:30 - 6 pm, Function Room 1

Instructor: Making a Star Staff, Activity #: 345501-A

Making a star Theatre Company presents an opportunity to create scripted original musicals as the leaping off point for our Musical Theatre Workshops. Your child will experience acting, dancing, singing, and teamwork, creating a final performance for family and friends. This is an exciting and fun introduction to the world of musical theatre and a chance to work on a great show!

Little Doctor School

Grades K - 5, Saturday, April 12 - May 17

3:30 - 4:30 pm \$204 (6 weeks), Ceramics Room

Instructor: Little Med School Staff

Activity #: 352901-A

Basic anatomy, medical instruments and prepping for surgery. Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

3D Printing, Coding, and Design

Grades 3 - 5, Fridays, April 11 - May 23 (not 4/25), 4 - 5 pm , \$135 (6 weeks), Ceramics Room

Instructor: Rhode Island Computer Museum Teacher, Activity #: 358601-A

See how the seemingly impossible is achieved with BlocksCAD, a software that combines 3D modeling and block-based coding. In this class, you'll explore basic computer-aided design (CAD) principles and learn the foundations of coding to create digital files and transform them into real objects! As you build on introductory coding concepts and practice computational thinking skills, you'll have fun making unique, personalized designs like a fidget toy or robot. Coding doesn't have to be complicated, come join the fun and get creative with BlocksCAD! Each student will receive one complimentary 3D print after class concludes. BlocksCAD will provide Chromebooks for students to borrow.

Inclusion Services

Inclusion support services are available in programs for individuals with disabilities. [Click here](#) to complete the inclusion request form or visit www.burlingtonrecreation.org for further information.

Shark Tank Jr.

Grades 2 - 5, Saturdays, May 10 - June 21 (not 5/24)

1:00 - 2:30 pm, \$150 (6 weeks), Ceramics Room

Instructor: Right Brain Curriculum Staff

Activity: 350501-A

Step into the Shark Tank! Got a game-changing idea for a no-spill taco, a stain-proof shirt, or a keyless front door? It's time to launch the business of your dreams! Our Right Brain Curriculum teachers will equip you with essential skills in business planning, competition analysis, and persuasive marketing. You'll design a flagship store model, create an attention-grabbing TV commercial, and craft a prototype of your innovative product. With your polished "elevator pitch," you'll wow your audience and gain support for your visionary concept. Let's get those wheels turning — it's time to take care of business!

Everyone Deserves a Chance to Play

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal.

Watercolor Spotlight Series

Ages 8 - 12, Mondays, April 7 - May 19 (not 4/21)

3:45 - 4:45 pm, \$75 (6 weeks), Virtual

Instructor: Stacy Johnston, Activity #: 343201-A

Through engaging demonstrations and guided exercises, and with plenty of time to experiment and create individual works of art, we'll have fun learning about the art of watercolor painting. Topics will include color theory and mixing, watercolor washes, saving whites and lights, creating texture, subject matter selection, planning your painting, sketching, laying in base washes, and adding in the details. The course has been adapted with new inspiration subject matter for returning Watercolor students. A \$27 materials fee is due prior to the first class through Venmo, or a check or cash can be dropped off at the Burlington Parks and Recreation office (allowing ample time for ordering & picking up materials).

LEGO Star Wars Art: A Galaxy of Paint, Clay and Fun!

Ages 5 - 12, Saturdays, May 3 - June 14 (not 5/24)

9:30 - 11 am, \$175 (6 weeks), Ceramics Room

Instructor: Kidcreate Studio, Activity #: 356701-A

LEGO® Bricks and Star Wars® - what an amazing combination! We'll work as a team to paint a huge mural complete with stars, planets and far, far away galaxies. We'll build star fighters out of LEGO bricks, stage an intergalactic battle and make a Darth Vader bobble head. We'll even make our own lightsabers. We'll work with LEGO bricks, paint, clay and other art supplies to create these masterpieces that your young Jedi will love!

Drawing Workshop

Ages 8 - 12, Wednesdays, April 9 - May 21 (not 4/23)

3:45 - 4:45 pm, \$75 (6 weeks), Virtual

Instructor: Stacy Johnston, Activity #: 346501-A

In this expansive and engaging drawing workshop, students will further develop their drawing skills and techniques. We will use drawing concepts and techniques such as drawing what you see, creating depth in drawings, figure drawing exercises, and planning drawings using a view finder & thumbnail sketches. There will be plenty of time to experiment and flex & express our creativity! Meeting information and a list of materials you will need (most or all of which you may already have at home) will be emailed to you prior to the start of the program. There are no prerequisites to take this course, and the course has been adapted with new inspiration subject matter for returning Drawing Workshop students.

Circuit Makers 101

Grades 1 - 3, Fridays, April 11 - June 6 (not 4/25)

6 - 7:15 pm, \$195 (8 weeks), Ceramics Room

Instructor: Circuit Lab Staff, Activity #: 351211-A

Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

Dungeons and Dragons

Grades 5 - 12, \$185 (8 weeks), Ceramics Room, Instructor: David Murray

This program is an introduction to the tabletop game Dungeons & Dragons. Participants will work together to learn the rules and mechanics of the game. Each player will have the opportunity to build a unique character to take on a grand adventure, tailored to the experience skill level of the group. Through cooperative game play involving puzzle solving and basic math, participants will strengthen teamwork, improvisation, and social skills. All while having a lot of fun!

Day	Dates	Time	Activity #
Tuesdays	April 8 - June 3 (not 04/22)	4:30 - 6:30 pm	352811-A
Wednesdays	April 2 - May 28 (not 04/23)	5:30 - 7:30 pm	352811-B
Sundays	April 6 - June 8 (not 04/20, 05/25)	2 - 4 pm	352811-C
Thursdays	April 10 - June 5 (not 04/24)	5:30 - 7:30 pm	352811-D

STAFF AND VOLUNTEER OPPORTUNITIES

NOW HIRING FOR SUMMER 2025

[CLICK HERE TO APPLY!](#)

Starting
at \$17
per hour



All applicants must be 16 years of age by May 1, 2025.

Volunteers needed!

Interested in volunteering with Burlington Parks & Recreation? Further information will be available in our summer brochure!

- Volunteers must have completed 8th grade for Club Simonds, Parks Place, Summer Discovery and Jump Start.
- Volunteers must have completed 9th grade for Tennis, Gymnastics and RecTogether.



SOMETHING FOR EVERYONE



Ultimate Frisbee Clinic

Thursday, April 10, 6 - 7 pm, No Fee

Rahanis Soccer Field

Instructor: Boston Glory Team

Activity #: 317404-A

Ultimate Frisbee is known for its “spirit” of fair play and good sportsmanship. Boston Glory is one of 24 professional teams in the Ultimate Frisbee Association and plays six home games at Hormel Stadium in Medford, MA. You will work with coaches and pro athletes to learn the game and develop skills. Each participant will receive a ticket to a Boston Glory Game.

Chess Advanced

Ages 8+, Mondays, April 7 - May 19 (not 4/21)

6 - 7 pm \$220 (6 weeks), Ceramics Room

Instructor: International Grandmaster

Nadya Kosintseva, Activity#: 352411-A

This program is designed for students who already know the rules of chess and are familiar with basic strategies and tactics. The focus will be on learning new patterns and developing systematic thinking. The course will include board demonstrations, practical interaction, and playing.

Fishing Permit

Mill Pond Reservoir, April 1 - October 31

Dawn to Dusk, Permit Fee: \$10 (Ages 15+)

Activity #: 905023-A

Burlington residents are welcome to fish at the Mill Pond Reservoir, which has been stocked with rainbow and brown trout. Please purchase a fishing permit at the Parks & 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.

Family Disc Golf

Friday, May 2, 6 - 7:30 pm, \$35 per family, Simonds

Park, Instructor: Roseanne Ham Activity #: 312704-A

Playing disc golf is a great way to get the family outside and have some fun. It is played by throwing Frisbee-like discs into a target. There is a 9 hole course right in town at Simonds Park. In this clinic you will learn the skills to play, the rules, and how to score.

Adult/Teen Learn to Skate

Ages 16+, Wednesdays, April 2 - 23, 4:10 - 5 pm

\$103 (4 weeks), Burlington Ice Palace 36 Ray Ave

Instructors: FMC Ice Sports Staff, Activity #: 382403-A

It's never too late to learn how to skate! Participants 16 years and older are invited to learn to skate or enhance skating skills in a fun and comfortable environment. Skaters will be grouped by age/or ability if possible. Helmets are required.

Henna Art Series

Ages 8+, Mondays, May 5 - June 16 (not 5/26)

5:30 - 6:30 pm \$135 (6 weeks), COA Room 207

Instructor: Anjana Bhargava, Activity #: 340701-A

Learn how to draw, design and make Henna designs on your own skin. Henna is a symbol of beauty, art, and happiness and is meant for everyone. A henna tattoo is made with dye from the henna plant. All materials are provided.

Women's Self-Defense

Ages 14 & above, Saturday, June 7, 3 - 4 pm, \$30

Steve Nugent's Institute, 207F Cambridge St

Instructor: Steve Nugent Staff, Activity #: 353703-A

Learn simple yet effective ways to defend yourself. This class is designed for all strength levels. Wear comfortable clothes without zippers.

APRIL VACATION VOLUNTEER OPPORTUNITY



Looking for
volunteer hours?

Join iCan Bike
Burlington over
April Vacation
2025!



Volunteer Info

Volunteers must be ages 15+

- **When is iCan Bike?**
 - April Vacation (April 21 - April 25)
 - Session Times are listed below.
 - Register to volunteer for one or as many sessions as you like!
- **Where is iCan Bike?**
 - Marshall Simonds Middle School Gym
- **What will volunteers do?**
 - Be a "spotter" for the same rider for each of the 5 days and experience the thrill of giving the gift of riding a bike! Just 75 invigorating minutes per day... it just may be the most rewarding exercise and emotional experience you've ever had!
 - No prior experience needed - training is provided!

Time

Session (Each day 4/21 - 4/25) Activity #:

Session A	8:30 - 9:45 am	498509-A
Session B	10:05 - 11:20 am	498509-B
Session C	11:40 - 12:55 pm	498509-C
Session D	2 - 3:15 pm	498509-D
Session E	3:35 - 4:50 pm	498509-E

About iCan Bike

iCan Shine is a non-profit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle using adapted bike equipment through it's iCan Bike program. This five-day program, requiring riders to attend only one 75-minute session per day.



[Click here to register to volunteer!](#)

iCan Shine uses customized adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, approximately 80% of riders learn to ride a conventional bicycle independently by the end of camp. The remaining 20% often make great progress towards that goal.

****Participants can find more information on page 18****

THERAPEUTIC RECREATION



The Therapeutic Recreation Division offers year round specialized programming for individuals of all ages who have disabilities. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with inclusion support strategies. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Emma Andrus, CTRS at 781-270-1937 or eandrus@burlington.org. ***Note: For new participants, a few mandatory forms are required to be filled out and returned at least two weeks prior to the beginning of a program. For Inclusion Services, please complete the inclusion support request form [linked here](#) and allow a minimum of two weeks for services to begin. Burlington Parks and Recreation utilizes a group inclusion model and 1:1 support is granted only on an as-needed basis, pending assessment by the therapeutic recreation specialist and pending staff availability.**

iCan Bike

**Participants with a disability, April 21 - 25 (April Vacation), \$100 (5 lessons)
Marshall Simonds Middle School Gymnasium**

iCan Shine is a non-profit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle using adapted bike equipment through it's iCan Bike program. This five-day program, requiring riders to attend only one 75-minute session per day.

iCan Shine uses customized adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, approximately 80% of riders learn to ride a conventional bicycle independently by the end of camp. The remaining 20% often make great progress towards that goal.

To be eligible to enroll, riders must: be at least eight years old; have a disability; be able to walk without an assistive device such as a walker or cane; be able to side-step quickly to both sides; have a minimum inseam measurement of 20 inches from the floor; and weigh no more than 220 pounds.

This program is funded through the Respite Innovation Grant offered by the Massachusetts Executive Office of Health and Human Services.

Ages	Time	Fee	Activity #
8+	8:30 - 9:45 am	\$100	398209-A
8+	10:05 - 11:20 am	\$100	398209-B
8+	11:40 - 12:55 pm	\$100	398209-C
8+	2 - 3:15 pm	\$100	398209-D
8+	3:35 - 4:50 pm	\$100	398209-E

Volunteers Needed!

iCan Bike staff needs the support of volunteers ages 15+! No prior bike experience or experience working with people with disabilities necessary. Training is provided. Volunteer for any number of sessions you wish!

[Click here to register to volunteer!](#)

Adaptive Fitness Sampler

Ages 16+ with a disability, \$88, Activity #: 396709-A

Get ready to move, groove, and rejuvenate in our 6-Week Fitness Sampler Class! Led by Adaptive Fitness Certified Instructors, who ensure an inclusive and supportive environment for participants of all fitness levels. Whether you're a beginner or looking to spice up your fitness routine, this sampler is the perfect way to try it all! This program offers a dynamic mix of classes designed to keep you motivated and engaged. Throughout the 6 weeks you'll explore:

Class	Dates
Cardio Dance	May 21
Zumba	May 31
Cardio Dance	June 4
Yoga	June 9
Zumba	June 21
Yoga	June 23

Cardio Dance

Wednesdays, Dates Vary, 5:15 - 6:15 pm

Gym, Instructor: Christin Caplan

A heart-pumping workout blending dance and aerobic exercises to upbeat music.

Zumba

Saturdays, Dates Vary, 11:30 am - 12:30 pm

Murray Kelly Wing, Instructor, MaryEllen Reardon

Dance your way to fitness with fun, high-energy Latin-inspired and other International Rhythms.

Yoga

Mondays, Dates Vary, 6 - 7 pm

Murray Kelly Wing, Instructor: Karen Pickette

Relax and strengthen your body with stretches that improve flexibility and mindfulness.

Therapeutic Horseback Riding: Summer Block

Ages 3 through Adult with a diagnosis, Monday - Friday lesson time, July - August, \$340 (8 weeks)

Ironstone Farm 450 Lowell Street Andover,

Instructors: Ironstone Staff, Activity #: 393009-A

In partnership with Burlington's Disability Access Commission and Ironstone Farm, we are excited to offer this program for thirty minute private sessions at Ironstone Farm. There will be an initial evaluation required for all new riders. You will coordinate with the farm to find a time Monday through Friday for the summer block that fits with your schedule! Challenge Unlimited at Ironstone is a therapeutic riding program.

Sensory Friendly Egg Hunt

Join us for a Sensory Friendly Egg Hunt! More details can be found on page 37

Sneaker Prom!

Ages 13+ with a disability, Friday, May 2, 6 - 8 pm

\$30, Hilton Garden Inn Burlington, 5 Wheeler Rd

Burlington, MA 01803, Activity #: 394309-A

Participants are invited to dress up in semi-formal attire, if they wish, accented by their favorite, comfortable athletic shoes for an evening of dancing and fun! Dinner will be provided. Age appropriate friends, classmates & siblings are welcome to register. (Participants must preregister; registration will not be taken at the door. If a participant requires a 1:1 direct support professional, they are welcome to attend at no extra charge). This event is funded by the Massachusetts Executive Office of Health and Human Services.

Music Therapy Groups for Infants/Toddlers & Early Childhood

Participants with a caregiver, Thursdays, \$99 (5 weeks), Recreation Gym, Instructor: The Music Tree of Boston

Music can be both therapeutic and fun! Join us for our infant/toddler & early childhood music therapy groups that are designed for young music-makers of all abilities, accompanied by their parents/caregivers, to strengthen social communicative and motor skills through live music and movement. We will sing and dance and explore various percussive instruments, while playing familiar traditionals and learning new songs, too.

Ages	Dates	Time	Activity #
0 - 3 with caregiver	April 3 - May 8 (not 4/24)	10 - 10:45 am	345100-A
3 - 6 with a caregiver	April 3 - May 8 (not 4/24)	11 - 11:45 am	345100-B
0 - 3 with caregiver	May 15 - June 12	10 - 10:45 am	345100-C
3 - 6 with a caregiver	May 15 - June 12	11 - 11:45 am	345100-D

TR YOUNG ADULT PROGRAMMING



RecTogether

Ages 13 - 25 with a disability, dates vary

RecTogether is a social and recreational program for young adults with disabilities. Sign up for one or all of the outings that interest you! [A parent/guardian/caregiver guide is available with program specific information.](#) New participants please contact Emma Andrus, CTRS at eandrus@burlington.org to inquire.

RecTogether Evenings Out!

Swiftie Art Night

April 4, 6 - 8 pm, \$25, Activity #: 390449-A

TR Goal Area(s): Creative Expression

KidsCreate Studio will join us for an evening of art inspired by Taylor Swift's music and eras! Pizza will be served for dinner.

Movies

April 24, Time TBD after 5 pm, \$25, Activity #: 390449-B

TR Goal Area(s): Social

A night at the movie awaits! Your ticket, snack and soft drink are all included. *This is a Thursday night outing.*

Sneaker Prom

May 2, 6 - 8 pm, \$30, Activity #: 394309-A

Let's join Out & About participants for the event of the season! Full description can be found on page 21.

Adaptive Drama Class

May 9, 6 - 8 pm, \$30, Activity #: 390449-D

TR Goal Area(s): Social, Creative Expression

Full Spectrum Drama Instructor, Jen, will lead the group through adaptive theater games and activities! Pizza will be served for dinner.

Gym Street USA

May 30, 5:30 - 8 pm, \$30, Activity #: 390449-E

TR Goal Area(s): Exercise

Let's head to Gymstreet USA and jump into their massive double sided foam block pit, bounce down the tumble trak, and tumble through their obstacle courses. The group will then head into their ultimate inflatable room, with 5 inflatables!

RecTogether Saturday Adventures!

Tyed With Love: Custom Tie Dye Apparel

April 12, 10 am - 2 pm, \$40, Activity #: 390439-A

TR Goal Area(s): Creative Expression, Social

We will head to Tyed With Love Studio for a day of creating customized tie-dye apparel!

Indoor Rock Climbing

May 3, 10 am - 2 pm, \$40, Activity #: 390439-B

TR Goal Area(s): Exercise, Social

Indoor rock-climbing and team-building games await at Rock Spot! No prior climbing experience necessary and the activity is challenge by choice.

Lizzy's Ice-Cream

May 17, 10 am - 2 pm, \$40, Activity #: 390439-C

TR Goal Area(s): Social

Let's head to Lizzy's Ice-Cream for a make your own sundae party!

Tubasling at Skiward

June 7, 10 am - 2 pm, \$40, Activity #: 390439-D

TR Goal Area(s): Exercise

Enjoy the thrill of sledding without the cold or the hike! Summer tubing is a unique, outdoor activity that the everyone can enjoy! With six 250 foot lanes serviced by a carpet lift, you're bound to have a blast!

Vernal Pool Hike

June 21, 10 am - 2 pm, \$40, Activity #: 390439-E

TR Goal Area(s): Exercise, Social

Let's head to Farrington Nature Linc for a beginner hike through a forest path and see some vernal pools - learn about frogs' and salamanders' life cycles!

TR ADULT PROGRAMMING



Out & About

Ages 25+ with a disability

Throughout the spring season we will enjoy nights out on the town. Sign up for one or all of the outings that interest you. A [parent/guardian/caregiver guide](#) is available with program specific information. New participants please contact Emma Andrus at eandrus@burlington.org to inquire.

The Friendly Toast

April 11, 6 - 8 pm, \$30, Activity #: 395099-A

TR Goal Area(s): Social

This funky restaurant has breakfast favorites such as pancakes, French toast and omelets while also having a variety of dinner options such as sandwiches, bowls and salads. Gluten free options available.

Sneaker Prom

May 2, 6 - 8 pm, \$30, Activity #: 394309-A

Let's join RecTogether participants for the event of the season! Full description can be found on page 21.

Sugar Connection Cake Decorating

May 15, 6 - 8 pm, \$30, Activity #: 395099-B

TR Goal Area(s): Social

The Sugar Connection Bake Shop will provide our group with spring themed cake decorating kits! Each participant will get to decorate their own mini cake with frosting, sprinkles and more! *Thursday night outing*

Sunset Treehouse Paint Night

June 6, 6 - 8 pm, \$25, Activity #: 395099-C

TR Goal Area(s): Creative expression

Join us for a paint night at sunset in the Universally Accessible Treehouse!

Journal Making at Art Studio 760

June 13, 6 - 8 pm, \$30, Activity #: 395099-D

TR Goal Area(s): Creative Expression

Kick-off the summer with a fun art project!

Spectacular Saturdays

Ages 25+ with a disability

Spectacular Saturdays is a social and recreational program for adults (ages 25+) with disabilities. A [parent/guardian/caregiver guide](#) is available with program specific information. New participants please contact Emma Andrus at eandrus@burlington.org to inquire.

Activity Day

April 5, 10 am - 2 pm, \$35, Activity #: 390575-A

TR Goal Area(s): Social, exercise

Games/crafts, fitness class, bowling at King's!

Gardening & Tea Making

April 26, 10 am - 2 pm, \$35, Activity #: 390575-B

TR Goal Area(s): Creative expression

Let's explore the garden at Farrington Nature Linc followed by a tea making activity! Participants will make their own tea using dried herbs collected from the garden and make their own mixture of herbal tea to take home!

Activity Day

May 10, 10 am - 2 pm, \$35, Activity #: 390575-C

TR Goal Area(s): Social, exercise

Games/crafts, fitness class, bowling at King's!

Mini Golf & Ice Cream

May 31, 10 am - 2 pm, \$35, Activity #: 390575-D

TR Goal Area(s): Social, exercise

Let's head to Golf Country for day of mini-golf. The group will end the afternoon with a sweet treat of ice-cream!

Activity Day

June 14, 10 am - 2 pm, \$35, Activity #: 390575-E

TR Goal Area(s): Social, exercise

Games/crafts, fitness class, bowling at King's!

ADULT & WORKSHOPS



Archery

Grades 9+, Tuesdays, 5:30 - 6:30 pm
\$155 (4 weeks), Mary PC Cummings Estate
Instructor: On The Mark Archery Staff

Learn the focus-oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset. All equipment provided.

Dates	Activity #
April 1 - 29 (not 4/22)	371401-A
May 6 - 27	371401-B
June 3 - 24	371401-C

Adult Disc Golf Clinic

Tuesdays, April 1 - 22, 10 - 11 am, \$42 (4 weeks)
Simonds Park, Instructor: Roseanne Ham
Activity #: 378003-A

Disc golf is gaining popularity across the country. The game is played by throwing a Frisbee disc into a target. It is a great way to get some exercise, challenge yourself, and have fun with your family and friends. In this program you will learn the rules, skills to play, and how to score.

Getting Started with iPhone/iPad

Thursdays, May 8 & May 15, 5:30 - 7 pm
\$43 (2 weeks), COA Room 207

Instructor: Justin Cybulski Activity #: 357803-A

For anyone completely new to iPhone and iPad or just looking to get more comfortable. Comprehensive classes cover everything from setup and customizing to email, messaging, audio and video calls, camera and photos, AppStore, iCloud, Siri, tips and tricks, and much more. Participants are required to bring their iPhone or iPad.

Badminton

Wednesdays, April 2 - June 18, 7:45 - 9:45 pm
\$48 (12 weeks), Recreation Gym
Activity #: 388103-A

Whether you are an amateur or an expert badminton player, this program is to play friendly pick up games! Participants are required to bring their own racket and wear indoor court shoes. A prior knowledge of rules is encouraged.

Pick-Up Basketball

Thursdays, April 3 - June 26 (not 6/19), 7:45 - 9:45 pm
\$48 (12 weeks), Recreation Gym, Activity #: 381933-A
Moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt.

Volleyball

Mondays, April 7 - June 23 (not 5/26)
7:30 - 9:30 pm, \$45 (11 weeks), Recreation Gym
Activity #: 380703-A

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

Lunch Hour Basketball

Mon, Wed & Fri, April - September, 12 - 2 pm, \$40
Recreation Gym, Activity #: 382003-A

These are moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt to differentiate teams.

Adult Beginner French for Travel

Tuesdays, April 8 - May 20 (not 4/22), 5:30 - 6:30 pm
\$111 (6 weeks), COA Room 207
Instructor: Linh Detzel, Activity #: 352503-A

This beginner class is for adults to learn French for travel. Learn how to check into a hotel/the airport, order from a restaurant menu, and shop at a market.

For ALL Ignis Arts Ballroom Programs

- **Location:** Ignis Arts Ballroom Studio, 630 Boston Rd Suite 201A Billerica
- **Instructors:** Ignis Arts Ballroom Studio Staff
- No dance partner required! Come solo or bring a friend.
- No dance experience required!
- Bring comfy shoes and water.

A Beginner Salsa Series!

Thursdays, April 3 - 24, 6:30 - 7:15 pm
\$75 (4 weeks), Activity #: 334103-A

Who says April is all about rain and taxes? Forget the gloomy forecasts and join us for a month of sizzling Salsa! This class will have you shaking, grooving, and laughing through those rainy days. By the end of the month, you'll be able to dance on your own at the salsa club (there are a few local ones!) or at home!

A Beginner Rumba Series!

Thursdays, May 1 - 22, 6:30 - 7:15 pm
\$75 (4 weeks), Activity #: 334403-A

Take a break from spring cleaning and trade in your Roomba for Rumba! Join us for a fun, 4-week, beginner-friendly Rumba series designed for those without experience. Rumba is a sensual, expressive partner dance. In this class, you'll learn the basics of Rumba in a relaxed, supportive environment.

A Beginner Bachata Series!

Thursdays, June 5 - 26, 6:30 - 7:15 pm
\$75 (4 weeks), Activity #: 334203-A

Ready to heat up your summer? This month, we're turning up the heat with Bachata! Whether you're looking to add a little spice to your routine or just need a fun way to move, this beginner-friendly class has you covered. Get ready to sway, step, and groove!

Newcomer Class Passes

Mondays and Thursdays, 7:15 - 8 pm, \$65 (4 weeks)

Our Newcomer Class Pass gives you unlimited access to our weekly newcomer classes! We offer two classes each week, each focusing on a unique dance style. With the Newcomer Class Pass, you can jump into any class that fits your schedule—each class is independent, so there's no need to worry about keeping up.

Dates	Activity #:
April 3 - 28	334503-A
May 1 - 29	334503-B
June 2 - 30	334503-C

Parent Problem Solving Q & A

Tuesday, April 1, 7:30 - 8:30 pm, No Fee
COA Room 207, Instructor: OT Parent Coaches
Activity #: 353203-A

Get support and learn strategies for dealing with: meltdowns, morning and bedtime routines, sensory differences, executive functioning difficulties, sibling struggles, developmental phases and more!

Intermediate Golf

Sundays, April 27 - May 25 (not 5/11), 10 - 11 am
\$210 (4 lessons), Instructor: Barrie Bruce Golf
Billerica Country Club 51 Baldwin Rd Billerica
Activity #: 380623-A

This program focuses on fine-tuning skill improvement for specific areas to help you manage course play and lower your scores! Skills include keeping drives on the fairway, skills to avoid 3-putting, iron shots and chipping. Class size is limited to 4:1 student to instructor ratio.

Introduction to Golf

\$225 (5 lessons), 5:30 - 6:30 pm
Billerica Country Club, 51 Baldwin Rd Billerica
Instructor: Barrie Bruce Golf School

Intro to Golf is perfect for the new-to-the-game golfer with no golf experience. The basics of golf are taught in a stress-free clinic setting. Each program is (5) 1 hour lessons. Equipment/practice balls provided as needed.

Days	Dates	Activity #
Thursday	April 10 - May 8	380613-A
Tuesday	April 15 - May 13	380613-B
Monday	June 2 - June 30	380613-C

Chess Club

Ages 18+, Mondays, April 7 - May 19 (not 4/21)
7 - 8 pm, \$220 (6 weeks) Ceramics Room, Instructor:
International Grandmaster Nadya Kosintseva
Activity #: 352403-A

Chess Club offers Grandmaster instruction to practice or improve your game. All skill levels are welcome. Participants have the option of being paired with another participant for blitz or longer club games, as well as learning new strategies and tactics during game analysis.

Sew What

Mondays, March 31 - June 23 (not 5/26), 6 - 9 pm
No Fee (12 weeks), COA Room 136, Activity #: 354003-A
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.

ADULT FITNESS



Fit Club

April - June: \$245, Activity #: 318213-A

Fit Club options offer participants an opportunity to pay one discounted fee and attend a variety of fitness classes. Eligible classes are listed below.

Class options: Ab-sanity, *B.E.S.T., Cardio Dance, *Cardio Dance Gold, Lift and Burn, Lunchtime Lift Express, Lunchtime Total Body Express, All Pilates, Pound, Pure Strength, Step, Dance and Tone, Tai Chi, Work it Out, Yoga Gold, and Zumba (*limited to 1 Zumba Class*) *B.E.S.T., Cardio Dance Gold, *Yoga Gold and *Zumba Gold have age restrictions.

No Limit Fitness Card

Are you looking for more flexibility in your fitness routine? Own your fitness this spring with the BPRD No Limit Fitness Card! The No Limit Fitness Cards are a flexible enrollment option to fit your busy and ever-changing schedule. When you purchase a card, you may use "punches" for any eligible class on our schedule. **(Eligible classes for Spring 2025: Ab-sanity, Cardio Dance, Lift and Burn, Lunchtime Lift Express, Lunchtime Total Body Express, Pound, Pure Strength, Step, Dance and Tone, Tai Chi, Work it Out and all Pilates.)**

Adults		
Card type	Fee	Activity #
10 class card	\$165	310713-A
20 class card	\$265	310713-B

Students		
Card type	Fee	Activity #
10 class card	\$130	310711-A
20 class card	\$245	310711-B



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.

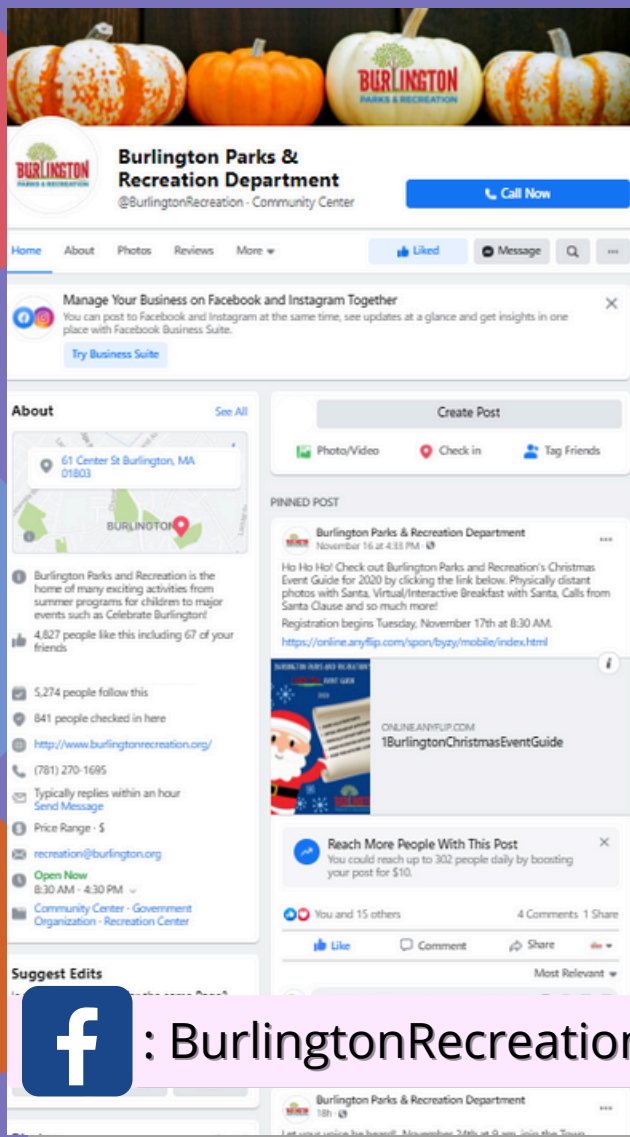
Prior to starting any type of fitness program, it is best to check with your doctor.

CONNECT WITH US ON SOCIAL!

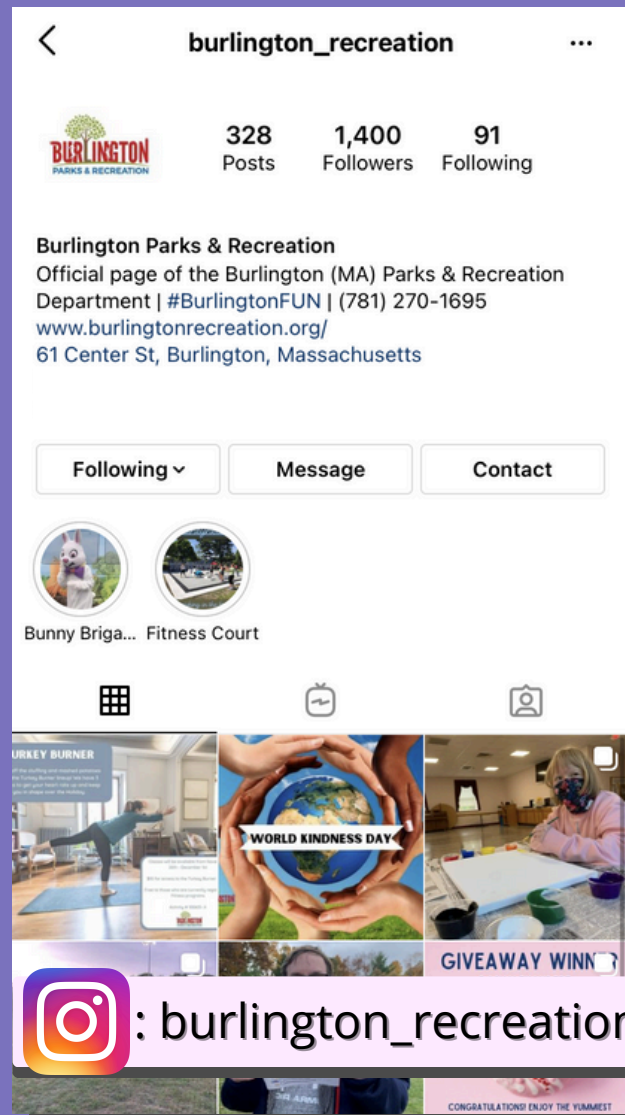


Follow all of our social media to be the first to know about new programs, events, giveaways and more! We use our social media platforms to connect with our community members on a daily basis. You never know when a pop-up event or community contest could be posted!

LIKE US, TAG US & SHARE US



: BurlingtonRecreation



: burlington_recreation



: Burlington_rec

RESISTANCE & INTERVAL TRAINING



Pure Strength

Instructor: Brenda Jo Hubbard

Iron is tough, but you are tougher! Build strength, not bulk, in this innovative weightlifting class. Mix moves like planks, dead lifts, arm presses and more. This workout will keep you constantly challenged, and you will walk out feeling fearless. Just have a mat and hand weights.

Days	Fee	Dates	Time	Location	Activity #
Wednesday	\$75 (11 weeks)	April 9 - June 18	4 - 5 pm	Recreation Gym Virtual	314213-A 314213-VIRA
Saturday	\$70 (10 weeks)	April 12 - June 21 (not 5/24)	9 - 10 am	COA 207 Virtual	314213-B 314213-VIRB

Lunchtime Total Body Express

Thursdays, April 10 - June 12 (not 5/15)

12 - 12:45 am, \$70 (9 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 310803-A

This energetic and fun class involves muscle controlled exercises using various bands, bars and dumbbells, along with bursts of cardio throughout the class. You won't even realize 45 minutes has passed because this workout is so much fun. Bring your mat and water bottle.

Lunchtime Lift Express

Tuesdays, April 8 - June 17

12 - 12:45pm, \$85 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 315603-A

This class will improve your strength and endurance in the major muscle groups and, in doing so, burn calories. This workout challenges all your major muscle groups by using exercises such as squats, presses, lifts and curls. Also a combination of Hi/Lo and kickboxing cardio moves are part of this workout.

Fresh Start Bootcamp Plus

9:30 - 10:30am, 2x a week, \$259 (8 weeks)

CrossFit Exclamation, 15 Wall St.

Instructor: Lori Becker

Are you ready for a fresh start? Join us for this full body, small-group strength training program for anyone in their 40s-50s-60s+ at our studio here in Burlington. Bootcamp style class + strength training + extra warm-up + coordination + balance + core + stretching. Detailed instruction and modifications for each person. All levels are welcome. Let's do this!

Days:	Dates:	Activity #:
Mon. & Wed.	March 31 - May 21	311033-A
Mon. & Thurs.	March 31 - May 22	311033-B
Mon. & Wed.	May 28 - July 21	311033-C
Mon. & Thurs.	May 29 - July 21	311033-D

Everyone Deserves a Chance to Play

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal.

CrossFit for Beginners

Mondays and Thursdays, 6 - 7pm

2x a week \$149 (4 weeks)

CrossFit Exclamation, 15 Wall St.

Instructor: CFE Staff

Our beginner program will teach you the foundational CrossFit movements and proper techniques in a small group setting. We'll teach you the basics, other movements that are typical in CrossFit workouts and work with you to find modifications that are best for your body. You'll get a great workout and have fun too! All levels are welcome. You do not need to be in shape to start, you just need to show up and we'll help you achieve your health and fitness goals! Contact CFE directly about 1x/wk options.

Dates	Activity #:
April 7 - May 1	310503-A
May 5 - May 29 (not 5/26)	310503-B
June 2 - June 26	310503-C

Brazilian Jiu-Jitsu

Mondays, March 31 - June 23 (not 5/26)

7 - 8 pm, \$210 (12 weeks)

Steve Nugent's Institute 207F Cambridge St.

Instructor: Steve Nugent & Staff

Activity #: 381203-A

Brazilian jiu-jitsu is a ground based martial art using principles of leverage, angles, pressure and timing in order to achieve a non-violent submission of one's opponent. The Art was developed by the Gracie Family of Brazil and made popular by the sport of Mixed Martial Arts in the UFC. Brazilian Jiu-Jitsu is for all men and women regardless of athletic ability.

Tai Chi

Sundays, April 6 - June 22 (not 4/20 & 5/25)

6 - 7 pm, \$45 (10 weeks), Function Room 1

Instructor: James Regan, Activity #: 305803-A

Tai Chi class will guide you through techniques, forms, and exercises to enhance flexibility, strength, and balance. Suitable for all levels, this class invites you to move at your own pace. Flat, well-fitting shoes are recommended.

Lift and Burn

Fridays, April 11 - June 20 (not 5/16), 9 - 10 am

\$77 (10 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 301053-A

Looking to lose weight, tone up and have fun? Then this class is for you! Christin will lead you through a full-body workout using dumbbells, resistance bands, medicine balls and steps combined with bodyweight exercises to get you lean, toned and fit.

Work it Out

Mondays, April 7 - June 16 (not 4/21 & 5/26)

9 - 9:45 am, \$64 (9 weeks), Zoom

Instructor: Brenda-Jo Hubbard

Activity #: 315103-A

This class focuses on toning your major muscles, tightening your core, and some cardio. A set of light dumbbells and a soft surface are preferred.

Now Hiring!

Are you looking for a summer job or volunteer opportunity?! Check out page 15 for more information on how to connect with BPRD!

Curvy Girls Bootcamp

Mondays & Thursdays, 2x a week, \$149 (4 weeks)

CrossFit Exclamation, 15 Wall St. Instructor: Lori Becker

This is a ladies-only, fun, full-body workout designed for women in their 30s-40s-50-60s and beyond who want to live a healthier lifestyle. Workouts are modified for all levels to get you results in a safe and effective manner. Super motivating environment. Small group training class. Build your confidence and strength; and have some fun too.

Dates	Time	Activity #
April 7 - May 1	6 - 7 pm	315513-A
April 7 - May 1	7 - 8 pm	315513-B
May 5 - May 29 (not 5/26)	6 - 7 pm	315513-C
May 5 - May 29 (not 5/26)	7 - 8 pm	315513-D
June 2- June 26	6 - 7 pm	315513-E
June 2- June 26	7 - 8 pm	315513-F

YOGA & PILATES



Pilates Fundamentals & More

Tuesdays, April 8 - June 17, 5:30 - 6:30 pm

\$84 (11 weeks), Function Room

Instructor: Barbara Hospod, Activity #: 311333-A

Enjoy exploring and practicing the essential exercises of Pilates within the Classical format. The exercises will be broken down to learn what muscle groups should be activated, proper technique, and form. Props will be added to provide some progressions as well as modifications. Feel the benefit of feeling more grounded with deep inner core strength, lengthened muscles, improved posture, and balance. This class is great for beginners - who are new and want to learn Pilates, as well as those who would like to get back to basics and enhance their skills. Please bring a mat, a desire to move, and a smile!

Hatha Yoga

Thursdays, April 10 - June 12, 9 - 10 am

\$72 (10 weeks) Recreation Gym

Instructor: Paulette Savage, Activity # 311203-A

Hatha Yoga will guide you through yoga postures that build flexibility, strength, and balance. Discover the connection between, body, mind & breath! Please bring a mat. This class is designed for mixed-level participants. All levels are welcome.



Endurance Pilates Flow

Wednesdays, April 9 - June 18 (not 5/21)

9 - 9:50 am, \$75 (10 weeks), Grandview Farm

Instructor: Barbara Hospod, Activity #: 313103-A

This 50 minute upbeat class combines the precision and core- strengthening benefits of Pilates while blending dynamic movements and Pilates sequences set to music. Enjoy a unique way to engage your powerhouse, improve your posture and elevate your overall fitness. Please bring a mat and a desire to move!

Yoga, Core and More

Tuesdays, April 8 - June 17, 9 - 10 am

\$82 (11 weeks), Recreation Gym

Instructor: Paulette Savage Activity #: 371273-A

This class will be a yoga flow focusing on incorporating core building yoga poses and exercises. We will incorporate blocks, straps or flex bands during most classes making it fun and new! This class is appropriate for all level yogis.

Yoga Sculpt

Mondays, April 7 - June 16 (not 4/21 & 5/26)

10 - 11 am, \$73 (9 weeks), Function Room

Instructor: Karen Pickette, Activity #: 315003-A

This upbeat and energetic class will allow you to seek a deeper challenge within your body by working specific muscle groups. Yoga Sculpt will help you take your practice to the next level and allow you to find a new kind of strength. Adding hand weights to yoga poses is good for your heart, your bones, your muscles and will get you stronger. Please bring a set of light weights and a resistance band or strap to the class.

Yin Meditation

Wednesdays, April 9 - June 18, 4:30 - 5:30 pm

\$84 (11 weeks), Function Room

Instructor: Karen Pickette, Activity #: 311243-A

Yin Yoga is a slow paced style of yoga with asanas that are held for a longer period of time. The aim is to increase circulation in the joints and improve flexibility. The Yin practice is full of hip openers, spinal twists, heart openers, upper back and shoulder stretches. During each class we will focus on 5 - 6 poses and then surrender into a guided mindful meditation.

Gentle, Relaxing, Restorative Yoga

Mondays, April 7 - June 16 (not 4/21 & 5/26)

\$77 (9 weeks), 4:30 - 5:30 pm, Function Room

Instructor: Karen Pickette, Activity #:319903-A

This is a class structured around rejuvenating and healing the body. Class is held at a slow pace and focused on stretching all of the body, while releasing stress and tension from joints and muscles. It is a class designed to restore the nervous system and help release deeply held tensions from the body and mind.

Fun Friday Flow Yoga

Fridays, April 11 - June 20 (not 5/2 & 5/23), 9 - 10 am

\$66 (9 weeks), Grandview Farm

Instructor: Karen Pickette, Activity #: 312203-A

This class will involve a sequence of poses linked together to get a good overall body stretch and workout. It varies each week with different themes. This class is open to everyone whether you are a beginner or a regular practitioner. Please bring a yoga mat!

Evening Flow

Tuesdays, April 8 - June 17, 7 - 8 pm, \$92 (11 weeks)

Function Room, Instructor: Paulette Savage

Activity #: 310216-A

End your day in the best way: stretching, bending and breathing. Combining slow moving sequences, twists and forward folds, this flow not only melts the stress of the day but sets you up for a restful night's sleep. Appropriate for beginners & all levels.

Play it safe...

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

Ab-sanity

Wednesdays, April 9 - June 18, 9 - 9:45 am

\$72 (11 weeks), Zoom, Instructor: Brenda Jo

Hubbard Activity #: 312316-A

A core-focused fitness class a designed to strengthen and tone the muscles of the core, including the abdominals, obliques, lower back, and hips. It typically incorporates exercises such as planks, crunches, leg raises, and twists to improve stability, posture, and overall strength. This type of class is ideal for enhancing balance, preventing injury, and supporting functional movements in everyday activities.

Yoga Barre Blend

Instructor: Karen Pickette

Together, barre and yoga can help you achieve a healthy body. You'll have the strength you need, and will be able to develop toned and leant muscle without excess bulk. Barre classes are excellent for toning and yoga will enhance flexibility. The combination of both will have real benefits to your mind and body. All levels are welcome.

Day	Date	Time	Location	Fee	Activity #
Saturday	April 12 - June 21 (not 5/24)	10:15 - 11:15 am	COA Room 207	\$78 (10 weeks)	310603-A
Wednesday	April 9 - June 18	6 - 7pm	Function Room 1	\$84 (11 weeks)	310603-B

CARDIO DANCE & PICKLEBALL



Zumba

Recreation Gym

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy! This class will be an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage for life. **Check out the Zumba Special below!**

Day	Dates	Time	Instructor	Fee	Activity #
Tuesday	April 8 - June 17	6:15 - 7:15 pm	Tisha Wilson	\$89 (11 weeks)	316403-A
Wednesday	April 9 - June 18	6:30 - 7:30 pm	Sarah Hamilton	\$89 (11 weeks)	316403-D
Thursday	April 10 - June 12	6:30 - 7:30 pm	Marcia Mailloux	\$85 (10 weeks)	316403-B
Sunday	April 6 - June 22 (not 4/20 & 5/25)	8 - 9 am	Lauren Mattson	\$85 (10 weeks)	316403-C

Zumba Special!

April - June

Sign up for 3 or 4 Zumba classes to receive a discounted price! To receive discount, you must register for all 3 or 4 classes at the same time.

3 Zumba Classes - 15% off

4 Zumba Classes - 20% off

Cardio Dance

Mondays, April 7 - June 16 (not 4/21 & 5/26)

5 - 6 pm, \$75 (9 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 312003-A

This class incorporates interval training with a combination of low-impact aerobics, dance choreography, toning, and stretching. Students will move and groove to a fusion of popular music while improving their cardiovascular endurance and muscle tone. Class will consist of a warm-up, varying styles of dance choreography, full-body conditioning, and a cool down/stretch.

Tap & Jazz

Thursdays, April 10 - June 12, (not 4/24) 7 - 8 pm, \$89 (9 weeks), Function Room

Instructor: Bonnie Murphy, Activity #: 330403-A

Class will begin with a warm-up followed with some jazz moves, then the tap begins! Students will develop rhythm & timing. Tap shoes are recommended.

Pound

Thursdays, April 10 - June 12, 5 - 5:45 pm

\$77 (10 weeks), Recreation Gym

Instructor: Tisha Wilson, Activity #: 319303-A

Pound is a full-body, cardio jam session, combining light resistance with constant simulated drumming. It uses cardio, Pilates, isometric movements, and plyometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music. Great music and your choice of weights inspires you to get fast results.

Step, Dance and Tone

Mondays, April 7 - June 16 (not 4/21 & 5/26)

6:15 - 7:15 pm, \$73 (9 weeks), Recreation Gym

Instructor: Marcia Mailloux Activity #: 313863-A

Torch calories and sculpt your muscles with this dynamic workout that fuses cardio dance exercise with rhythmic stepping to energizing music. Get ready for 30 minutes of exhilarating, beat-driven stepping, followed by a targeted strength training session designed to tone and strengthen your entire body. This isn't your typical step class from the '80s and '90s—it's so much better! Step and Tone is a fun and uplifting full-body workout sure to enhance your cardiovascular fitness, boost your endurance, and strengthen your heart, lungs, bones, and muscles—all while having a blast.

Drop-in Pickleball

\$5 drop-in fee, Recreation Gym

Pickleball is a sport rapidly growing in popularity. Roll up the joy of playing tennis and badminton, toss in a wiffle-like ball and you've got a game of Pickleball! No pre-registration required. Please stop by the office on your way to the gym to pay your drop-in fee.

Day	Dates	Time	Level
Tuesday	April 1 - 22	1 - 2:30 pm	Social
		2:30 - 4 pm	Mixed
Wednesday	April 2 - 23	2 - 3:30 pm	Advanced/Upper Intermediate

Pickleball Skill Levels

Not sure which pickleball program is right for you? Check out the pickleball information on page 32.

The Ultimate Dance Journey:

8 Weeks, Endless Styles

Ages 16+, Saturday, April 12 - June 7 (not 5/24)

9 - 10 am, \$80 (8 weeks), Function Room

Instructors: Tisha Wilson, Marcia Mailloux Lauren Mattson, Sarah Hamilton and Christin Caplan

Activity# 317603-A

Join our 8-week dance class series, where each week features an exciting new theme! Groove through the "Battle of the Decades," immerse yourself in the "Taylor Swift Eras Tour," and clash in "80's vs 90's" showdowns. Get down to the beats of "Hip Hop" and more! Perfect for all levels, this series promises fun, fitness, and fantastic moves. Don't miss out on this dynamic dance journey!

Learn to Play Pickleball

5 - 6:30 pm, \$77 (4 weeks), Simonds Park Courts

Instructor: Kevin Martin, PPR Certified Coach

Have you been wanting to try pickleball but don't feel comfortable just showing up during an open play session? Not sure how to swing a paddle, where to stand on the court or how to keep score? Well, here's your chance to learn the fundamentals of the fastest growing sport in the country! Pickleball is a combination of tennis, racquetball, and ping-pong played by four people on a half size tennis court with paddles and a plastic poly ball. Each class includes learning a new stroke, hitting drills, and gameplay. All equipment is provided.

Day	Dates	Activity #
Thursday	April 24 - May 15	360633-A
Wednesday	June 4 - 25	360633-B

Next Level Pickleball

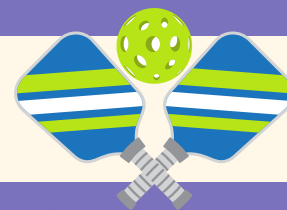
Wednesdays, \$77 (4 weeks), Simonds Park Courts

Instructor: Kevin Martin, PPR Certified Coach

Are you an "improving" player looking to bring your game to the next level? This clinic is for the player that can serve, and keep the ball in play. We will target areas of your game that need more work. Drills, drills, drills will help you remember the proper technique for each type of shot and when to use it. We'll use different hitting exercises to improve consistency and accuracy and then bring them into game play. Wear pockets, we'll be keeping plenty of balls in motion for each lesson.

Dates	Time	Activity #
April 23 - May 14	5 - 6:30 pm	380403-A
June 4 - June 25	11 am - 12:30 pm	380403-B

PICKLEBALL INFORMATION



Players should self-select their appropriate level of play. (See Skill-Level Ratings below.) If you find you're winning consistently you should move up. If you're being outplayed, losing consistently, you should move down. Pickleball is more fun and enjoyable when teams pair off against teams of near-equal abilities. If you want to improve your game against better players, find an experienced partner willing to help you get better through play.

The Simple "Yes or No" Way to Figure Out Your Skill Level

Yes = "Yes" to 5 or More Statements

No = "No" to 5 or More Statements

- I know where to stand at the beginning of each point
- I usually get my serves "in"
- I usually let the return of serve bounce
- I am getting the hang of keeping score
- I can often keep the ball in play
- I know what a dink shot is

- I have the basic rules down
- I am working on getting my serves & return of serves deeper
- I am working on getting my dinks shallower/lower
- I am capable of hitting a few dinks in a row
- I can usually hit backhand shots when I need to
- I'm trying to add more power or softness to my game

- I know most of the rules (including, net rules, net post issues, NVZ, etc.)
- My serves & returns are almost always deep
- I sometimes try to hit a 3rd shot drop shot
- I try to be strategic about how and where I hit the ball
- I have a wide variety of shots in my arsenal
- I actively work with my partner to win the point

- I can often anticipate my opponents' shots
- I often finish the point when my opponent gives me an opening
- I am usually consistent with drop shots and dink shots
- I almost always play at the non-volley line
- With a good partner I can cover almost any shot
- I try to be patient & wait for the opening

- I can consistently convert a hard shot to a soft shot
- I am almost always patient & wait for the opening
- I rarely make unforced errors
- I consistently use power & finesse to my advantage
- I can easily sustain a rally of 40 or more shots
- I have competed and/or won in tournaments at the 4.5 level or higher

No

NEWBIE
2.0

Yes

NOVICE
2.5

Yes

(LOW)
INTERMEDIATE
3.0

Yes

(HIGH)
INTERMEDIATE
3.5

Yes

ADVANCED
4.0

Yes

EXPERT
4.5-5.0

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Social

Novice to intermediate players looking for a fun, relaxed game. Courtesy and sportsmanship make any sport fun.

Advanced/Upper Intermediate

Experienced and skilled players looking for a higher-level of competition.

Mixed

Open to all players. Pickleball is a social game. Mixed times are intended for players to "mix it up" and get to know one another. Players are encouraged to "play up" or "play down" to help develop better players at every level.



Information

Courts DO NOT OPEN until 9 AM. The Burlington Parks & Recreation Department does not recognize any online scheduling programs. Creating a reservation with an online scheduler does not give you special rights to a court. Courts are open for play for the general public, from April through October, on a first come first served basis and you must follow the court sharing and rotation rules.

ACTIVE ADULTS & SENIORS



Zumba Gold

Age 50+, Tues: Recreation Gym ; Sat: Murray Kelly Wing

Instructor: Mary Ellen Reardon

Zumba Gold was designed for the active older adult who is interested in taking a lower impact Zumba class. The same Latin styles of music and dance are used and it is just as much fun as the regular Zumba classes. Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. Dress to workout and bring water. Enjoy the Latin and other international rhythms. Dance yourself into fitness with Zumba Gold!

Days	Dates	Time	Fee	Activity #
Tuesdays	April 8 - June 17	11 am - Noon	\$77 (11 weeks)	316407-A
Saturdays	April 12 - June 21 (not 5/24)	10 - 11 am	\$72 (10 weeks)	316407-C

B.E.S.T.

Mondays, March 31 - June 23 (not 4/21 & 5/26)

12 - 1 pm, \$72 (11 weeks) Zoom

Instructor: Trish Marfione, Activity #: 311807-A

Exercise is the key to staying strong, energetic and healthy! This class is for those 50+ who want to age well, live life to the fullest & have fun while strength training, balancing, moving & stretching. Bring a mat, sneakers, comfortable clothing and hand weights.

Yoga Gold

Function Room, Instructor: Karen Pickette

Yoga Gold is a class made to build foundation, strength, and stretching in a way that is accessible to all levels of experience. An equal amount of support and challenge will be offered including some slow flow to begin with, standing postures, seated postures, and relaxation.

Day	Dates	Time	Fee	Activity#
Tuesday	April 8 - June 17	11 - 12 pm	\$80 (11 weeks)	319803-A
Thursday	April 10 - June 12	10:45 - 11:45 am	\$75 (10 weeks)	319803-B

Cardio Dance Gold

Fridays, April 11 - June 20 (not 5/16)

10 - 11 am, \$77 (10 weeks)

Recreation Gym, Instructor: Christin Caplan, Activity #: 310033-A

This class is a combination of low-impact aerobics, dance choreography, toning, and stretching. Move and groove to a fusion of popular music while improving cardiovascular endurance and muscle tone. Class will consist of a warm-up, varying styles of dance choreography, full-body conditioning, and a cool down/stretch.

Barre Gold

Age 50+, Wednesdays, April 9 - June 18

11 am - 12 pm, \$77 (11 weeks)

Recreation Gym

Instructor: Karen Pickette

Activity #: 312107-A

Barre Gold is designed to build a strong foundation while enhancing strength and flexibility in an accessible way for all experience levels. This class focuses on targeted movements that sculpt and tone your body without adding excess bulk. You'll engage in a series of exercises that combine elements of ballet, Pilates, and yoga, promoting lean muscle development and improving overall body awareness.

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.

Burlington Club 50

If being active is one of your priorities, Burlington Club 50 needs you! We recognize that an active lifestyle encompasses not only traditional exercise, sport and nutrition, but intellectual enrichment and other leisure activities as well.

For most Club 50 programs you just have to register once a year; registration begins each spring. You can register any time of the year though, as long as space is still available in the activity.

***For Pickleball only, registration happens three times per year; in the Spring, Fall, and Winter.**

Do you have a passion or a talent that you would like to share with the community? We are always looking for new clubs to add to our growing list! Become an activity coordinator today! In addition to activity coordinators, the Club is also looking for Board Members. Help us plan clubs and activities for the community! Interested in joining us? Email us at burlclub50@gmail.com.

Hiking Club

April 2025 - March 2026

Hikes will vary in length; up to 3 miles long

Hikes are announced monthly and are weather dependent, Activity #: 510007-G

Our hiking club holds monthly hikes on easy to intermediate trails within 20 miles of Burlington. Hiking shoes, hydration, bug repellent, hat, and sunscreen are all recommended.

Game Night

April 2025 - March 2026, Game nights are on the second Thursday of each Month, Location Varies

Activity #: 510007-T

Have a game you want to play with a group? Come join in on the fun. Learn a new game or bring a game from home to teach others. Pre-registration is required. Once registered, you will be emailed to confirm each meeting.

Golf Club at King Rail

Tuesdays, mid-April thru mid-November, 7:30 am

Golf Club at King Rail

Fees: About \$20 for 9 holes

King Rail Golf Course, 1 King Rail Dr., Lynnfield MA

Activity #: 510007-E

Play golf with your friends and neighbors, in a non competitive, fun, social environment. The club will place you in a group who you will probably play with all season. There is no better way to improve your golf game than playing regularly.

Golf Club at Swanson Meadow

Wednesdays, mid-April - mid-November, 9 am

Fees: About \$20 for 9 holes

Swanson Meadow Golf Course

216 Rangeway Rd. North Billerica, MA

Activity #: 510007-F

Play golf with your friends and neighbors, in a non competitive, fun, social environment. The club will place you in a group who you will probably play with all season. There is no better way to improve your golf game than playing regularly.



Tennis Club

8:30 - 11 am, April 2025 - October 2025

Rahanis Playground Tennis Courts

The tennis club is a friendly, informal senior sports and social group. Anyone over age 50 is welcome to play with the group for drop-in, intermediate mixed doubles tennis. This is a great way to get some outside exercise, meet new people, improve your tennis game and have lots of fun! Start date TBD

Day	Activity #
Tuesdays	510007-K
Thursdays	510007-L

Bocce

First & Third Wednesday of every month

6 - 7:30 pm, May 2025 - October 2025

4th Ave Green Space, Activity #: 510007-S

Bocce ball has become one of the most played sport in the world. It is easy to learn and beginners are welcome! This activity does not require any special attire and we provide all of the equipment.

Sing A Long Club

Thursdays, April 2025 - March 2026

(not June - August)

1:15 - 3 pm, Function Room, Activity #: 510007-J

The sing a long club provides an avenue for you to engage in recreational singing. The emphasis of this club is on camaraderie and singing for the fun of it.

Pickleball Club

April 21 - October at Simonds Park

Pickleball is one of the fastest growing sports in the nation! It is great exercise, easy to learn and tons of fun! Tournaments are typically held each season. Participants are limited to sign up for 1 session.

Day	Time	Level	Activity #
Monday	9 - 10:30 am	Social	510007-H
Tuesday	6:30 - 8 pm	Social	510007-I
Thursday	6:30 - 8:30 pm	Beginner	510007-N
Saturday	6 - 8 pm	Intermediate	510007-R

Biking Club

Bike routes will vary in length from 5 to 10 miles or longer, Rides are announced monthly and are weather dependent, Activity #: 510007-D

Join our cycling club and take rides through the Bruce Freeman, Minute Man Trails, and other local trails. Rides may be followed by a relaxing lunch at a nearby restaurant.

Whist

April 2025 - March 2026

Fridays, 9 am, COA Room 207, Activity #: 510007-M

Whist is a game of mental engagement, strategic thinking and social interactions. Haven't played in a while or maybe never at all? No worries, come on down, we will show you the ropes!

Join us!

If being active is one of your priorities, Burlington Club 50 needs you! We recognize that an active lifestyle encompasses not only traditional exercise, sport and nutrition, but intellectual enrichment and other leisure activities as well. Do you have a passion or a talent that you would like to share with the community? We are always looking for new clubs to add to our growing list! Become an activity coordinator today!

In addition to activity coordinators, the Club is also looking for Board Members. Help us plan clubs and activities for the community! Interested in joining us? Email us at burlclub50@gmail.com.

TRIPS, TOURS & SHOWS

All Trips and Tours are offered in cooperation with Best of Times Travel & Entertainment Group. Below you will find general information for all trips. For detailed information please visit our website or pick up a flyer at our Recreation Center.

For each trip, pick up and drop off will be at Burlington Recreation Center if we have at least 10 people enrolled. If we have less than 10 people enrolled pick up and drop off will be at a different location, in a nearby town. Alternate pick up and drop off location is TBD. An exact itinerary including pick up and drop off information will be emailed to you at least one week prior to the trip date. For shows & day trips, there are no cancellations or refunds allowed within 30 days of trip departure date. For overnight trips cancellation/refund deadlines will vary trip to trip, and will be stated clearly on the trip application

Diana Ross & The Supremes Tribute Show

Wednesday, April 23, \$136 per person, Swansea, MA, Activity #: 01034

A loving tribute to the most famous female singing group of all time, The Supremes! It is impossible not to feel young when you hear the toe-tapping motown music.

Fleetwood Macked: The Ultimate Tribute

Thursday, June 19, \$136 per person, Castleton, MA, Activity #: 01035

Fleetwood Mac's performance history comes to life with an uncanny performance. This is a power-packed show that will have you on your feet and dancing.

Lobstahs & Laughs: The Bobby Darling Show

Wednesday, July 16, \$141 per person, York, ME, Activity #: 01036

Enjoy a great day out with an American favorite summer meal: lobster combined with one of the funniest musical comedy duos, Bobby Darling and Dr. Devine.

Tom Jones Tribute

Thursday, Aug. 21, \$136 per person, Danvers, MA, Activity #: 01037

Tom Jones is a legend and an icon in the entertainment world. In this tribute concert, relive his most iconic songs. There are times during the concert when you forget you are not watching the real thing.

For more information on each trip please visit our website at www.burlingtonrecreation.org or pick up a flyer at the Parks and Recreation Center.

COMMUNITY EVENTS



Eggs-cursion

April 8 - April 14, No Fee, Various Locations

Activity #: 300631-A

This is Easter Egg hunting with a twist! Search our parks to find eggs, collect points and win a prize! Visit locations on your own schedule (it's not a race, take your time & enjoy). Families will receive a prize if they gain enough points and will be entered to win the grand prize! How does it work? The harder the egg is hidden, the more points its worth. It is QR code based, a mobile device with internet and camera access is required. It is for Burlington residents only and pre-registration is required. Please register just one family member per group.

Family Fishing Festival

All Ages, Saturday, May 17, \$25 (per family)

10 am - 1 pm (rain or shine), Mill Pond Reservoir

Activity #: 305011-A

Join us for Burlington's 31st Annual Family Fishing Festival! This event is great for the whole family. Festival is catch and release only. You may bring your own fishing equipment or use equipment which will be provided. Fishing licenses are not required for the festival. Please be sure to pre-register!

Community Gardens

May - October, Francis Wyman School

Experience the gratification of producing flowers and food for your table. Twenty plots are available for leasing during the growing season. Two of the plots are designed for gardeners with physical limitations. Full plots are 200 sq. ft. (10' x 20') and half plots are 100 sq. ft. (10' x 10').

Plot Size	Fee	Activity #:
Full Plot	\$50	600586-A
Half Plot	\$30	600586-B

Egg Hunt

Thursday, April 17, 5:30 pm, No Fee, Simonds Park

Come visit with the Easter Bunny and hunt for eggs in Simonds Park! Hunt will start promptly at 5:30pm, so get there early to be sure you have enough time to park and find your child's hunting zone. Please bring one person per child as areas may not be near one another. Games and crafts will be on hand after the hunt for kids to participate in. Don't forget your Easter basket to collect the eggs in! PREREGISTRATION FOR THE HUNT IS REQUIRED. This event is for residents only.

Age	Activity #:
2 - 4	301110-A
5 - 8	301110-B
9 - 12	301110-C
Sensory Friendly (all ages)	390639-A

Community Yard Sale

Sponsored by

Nicole Cella, Exit Premier Real Estate

Saturday, May 17, 9 am - 2 pm

Register to hold a yard sale at your own home or at the community location - Memorial Elementary School. If you register to hold your yard sale at the community location you will be given a 24 x 12 space and there will be a \$15 fee. We will be compiling a map and list of wares being sold at each location that will be released just before the event. We encourage everyone to visit yard sales around Burlington on this day to recycle, re-purpose, and re-use! Registration deadline is May 1. Space is limited at the community location.

Location of Yard Sale	Activity #:
Private Residence	300599-A
Community Location	300599-B

SPRINGAPALOOZA 2025!

Join us as we celebrate all things spring! Once again this year, we are partnering with the Burlington Public Library, Conservation Department and Garden Club to provide some spring fun! We have a variety of activities for residents of all ages and abilities.



BURLINGTON
Public Library
Connect, Discover, Enjoy

**SPECIAL EVENT
MAY 4TH**



**WE WILL BE CELEBRATING SPRING WITH A STAR WARS
THEMED "MAY THE 4TH BE WITH YOU" EVENT AT AT
WILDWOOD PARK FROM 10 AM - 12 PM**

**FAMILIES AND FANS OF ALL AGES, THROW ON YOUR FAVORITE STAR WARS COSTUME AND
JOIN US AT WILDWOOD PARK FOR A MORNING OF STAR WARS THEMED FUN!**

**MILLENNIUM
FALCON
INFLATABLE**

**LIGHTSABER
TRAINING**

**STAR WARS
CHARACTERS**

**& MUCH
MORE!**

SPRINGAPALOOZA 2025!



Vernal Pool Exploration with Burlington Conservation

Wednesday, April 9, 10 - 11 am
Mill Pond Reservoir, No Fee
Activity #: 300637-A

Vernal pools are unique seasonal wetlands that are mostly precipitation-fed, as these pools often appear and fill to capacity with spring rainfalls and snowpack melting. Join us to visit a vernal pool and learn how we can help protect them. We will also explore their inhabitants, along with their features and roles in the ecosystem.

Bird Walk with Burlington Conservation

Wednesday, April 23, 9 am, No Fee
Mary PC Cummings Park
Activity #: 300638-A

Join Burlington Conservation to observe resident birds and spring migrants in a unique habitat that is a favorite location for many bird species. You will find and identify birds through field marks, sounds, and behaviors. Birders of all levels will enjoy this guided walk.

Goat Yoga

Ages 3* - Adult, Saturday, May 31, \$25
Regan Park, Instructor: Chip-In Farm Staff

Join Chip'In Farm for some simple yoga while smiling, laughing, and having fun with baby goats - known as some of the cutest and cuddliest animals on the farm. Please bring a yoga mat. *Children 12 and under must be accompanied by an adult.

Time	Activity #:
10 - 11 am	300644-A
11 am - 12 pm	300644-B

Lightsaber Training at the May the 4th Event

Sunday, May 4th, 10 am - 12 pm

Wildwood Park, Instructor: Steve Nugent

Sign up today for light saber training happening at the May the 4th Event at Wildwood Park. While there is no pre-registration required for the whole event, we ask that you pre-register for light saber training as limited spots are available for this activity.

Time	Activity #:
10:30 - 11:00 am	300661-A
11:15 - 11:45 am	300661-B

Family Fishing Festival!

This year's festival will be held on Saturday, May 17 from 10 am - 1 pm at the Mill Pond Reservoir. Bring your own equipment or use some of ours! Activity #: 305011-A

Community Yard Sale

Join us on May 17 from 9 am - 2 pm. Register to host a yard sale either at your own home or at a community location. Activity #: 300599

Community Health Fair

The fair, Sponsored by Beth Israel Lahey Health, will take place at Burlington High School on April 28th from 10 am - 1 pm. Join us for fitness classes, eye exams, balance screenings, and more - all for free! Preregistration is not required.

Mother's Day Painting in the Treehouse!

Ages 5 - 8, Saturday, May 10, 10 - 11:30 am
\$25, Universally Accessible Treehouse at Simonds Park
Instructor: Sunniya Saleem Activity #: 347501-B

Join us for a special Mothers Day "Spring Arts & Crafts" class at the Treehouse. To see the rest of the Art classes being offered, please see the Spring Arts & Crafts activity in the STEAM section of the brochure.

PARKS & FACILITIES



SIMONDS PARK



- TWO LIGHTED LITTLE LEAGUE BASEBALL FIELDS
- ONE SOFTBALL FIELD
- TWO LIGHTED TENNIS COURTS
- TWO LIGHTED BASKETBALL COURTS
- ONE WADING POOL
- ONE PLAYGROUND
- ONE SKATE PARK WITH HALF-PIPE
- ONE STREET HOCKEY COURT
- PICNIC AREA
- ONE CONCESSION STAND
- RESTROOMS
- VISCO BUILDING

TRW PARK



- TWO LITTLE LEAGUE BASEBALL FIELDS
- ONE MULTI-PURPOSE FIELD
- FITNESS COURT
- ONE PLAYGROUND
- WALKING TRAIL

WILDWOOD PARK



- TWO MULTI-PURPOSE FIELDS
- TWO BASKETBALL COURT
- ONE PLAYGROUND
- WALKING TRAIL
- PICNIC AREA
- FITNESS EQUIPMENT

REGAN PARK



- ONE LITTLE LEAGUE BASEBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND

Read the description below each photo for a list of amenities available at each park and/or facility.



RAHANIS PARK



- TWO MULTI-PURPOSE FIELDS
- TWO SOFTBALL FIELDS
- SIX TENNIS COURTS
- ONE BASKETBALL COURT
- BURLINGTON DOG PARK
- ONE SAND VOLLEYBALL COURT
- GAGA PIT
- ONE PLAYGROUND
- PICNIC AREA
- RESTROOMS

VETERAN'S PARK



- ONE SOFTBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND

WILDMERE PARK



- ONE BASKETBALL COURT
- ONE PLAYGROUND

TOWN COMMON



- BANDSTAND

NOT PICTURED

CLICK THE TEXT TO VIEW THE LOCATION ON GOOGLE MAPS

- PATHWOODS TOT LOT
- ROTARY FIELD
- OVERLOOK PARK
- MARVIN FIELD

POLICIES & PROCEDURES

Age Requirement

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

Grade Requirement

The grade specified for certain programs refers to the school grade the child is in during the 2024 - 2025 school year.

Birth Certificates

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

Refund Guidelines

1. If you decide to cancel a registration, please notify the Parks & Recreation Department as soon as possible prior to the program starting date.
2. If you give sufficient notice of cancellation, the Parks & Recreation Department may be able to give you a full or partial refund. There will be a \$15 processing charge for all refunds given. Please inquire about a refund at the time you cancel your registration.
3. If you cancel your registration for a program for which the Parks & Recreation Department has paid deposits, purchased equipment or incurred other expenses on your behalf; your refund, if any, will be reduced by the amount of the expenses incurred.
4. Refunds take 2 - 4 weeks to process. If payment was made by check or cash, a check from the Town will be mailed. If paid by credit card, your credit card will be refunded. If you have an outstanding balance, the refund will be automatically applied to the balance.

Financial Assistance

We recognize the importance of recreation and the health and wellness benefits it provides. Our financial assistance program is here to assist families in need. To complete the application, please visit our website and click on parent portal. If you would like additional information, please contact the office.

Non-Residents

Non-residents may register for programs beginning three weeks after resident registration has begun. At the Director of Parks and Recreation's discretion, some programs or events may only be open to Burlington residents. There is an additional \$15 fee for non-residents.

Cancellations

Please call the Cancellation Line at (781) 270-1695 (option 3), visit our Facebook page (www.facebook.com/burlingtonrecreation), when you have any doubt about weather cancellations. In most instances, we will try to notify participants of a change or cancellation by email. Please be advised that some programs may continue to run outside in inclement and/or adverse weather conditions. Programs may run even if the Burlington Schools cancel school and/or afternoon activities.

Make-Ups

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

Serving People with Disabilities

The Therapeutic Recreation Division offers year round specialized programming for individuals of all ages who have disabilities. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support from an Inclusion Aide. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Emma Andrus, CTRS at eandrus@burlington.org or 781-270-1937.

*Note: For new participants, a few mandatory forms are required to be filled out and returned at least one week prior to the beginning of a program. For Inclusion Services, please fill out the forms just mentioned as well as an Inclusion Application and allow a minimum of 10 days for services to begin.



**BURLINGTON**
PARKS & RECREATION

