



WINTER 2026

REGISTRATION BEGINS NOVEMBER 13 AT 6PM

 www.burlingtonrecreation.org

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OFFICE HOURS

Monday - Friday

8:30 am - 4:30 pm

*We will be closed on

Nov. 27 & 28. Dec. 24 & 25

Jan. 1, 19 & Feb. 16

*We will close at noon on Nov. 26 & Dec. 31

Phone: 781-270-1695



REGISTRATION BEGINS ON THURSDAY, NOVEMBER 13TH AT 6 PM

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.
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, or there is a change in day or time.

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 OR DROPBOX

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), MasterCard, Discover, Amex or Visa.
5. Send registration form, payment, and birth certificates (if required) to: Burlington Parks & Recreation Department, Registration, Town Hall, Burlington, MA 01803. You can also drop off the registration documents in the Recreation Center dropbox, which is located at 61 Center Street, next to the recreation entrance.

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.

PARKS AND RECREATION COMMISSION

LINDSAY CARLSON

Chair

STEVE NELSON

Vice Chair

DAVE NORDEN

Member

GREGORY RYAN

Planning Board Representative

JEREMY BROOKS

School Department Representative



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Director of Parks and Recreation

KELLY LEHMAN, AFO, CPSI

Assistant Director of Parks and Recreation

BILL BAKER, CPO

Superintendent of Park Maintenance

EMMA ANDRUS, CTRS

Therapeutic Recreation Specialist

JEFF DISALVO

Program Coordinator

ANDREW MOUNTAIN

Assistant Program Coordinator

KRISTEN GONZALEZ

Fitness Administrator

PRE-SCHOOL



Discovery Preschool

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

Through activities such as music, storytelling, art, science, building, and dramatic play, your child will gain many new skills while making new friends. Each week, we'll follow new themes that relate to the seasons and a child's natural curiosity about the world. Please pack a water bottle, a NUT-free snack, and lunch. Be sure your child is dressed appropriately for outside play. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Mon.	Jan. 5 - March 23 (not 1/19 & 2/16)	\$420 (10 weeks)	256810-A
Wed.	Jan. 7 - March 25 (not 2/18)	\$448 (11 weeks)	256810-B
Mon.	March 30 - June 1 (not 4/20 & 5/25)	\$339 (8 weeks)	356810-A
Wed.	April 1 - June 3 (not 4/22)	\$379 (9 weeks)	356810-B

Preschool Bookworms

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

We all know that books enrich children. Stories promote cognitive, social, and emotional development while building writing and reading skills. In this program, your child will become immersed in a new story each week through books, flannel boards, 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, a peanut-free snack, and lunch. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Tues.	Jan. 6 - March 24 (not 2/17)	\$448 (11 weeks)	251600-A
Thurs.	Jan. 8 - March 26 (not 2/19 & 3/19)	\$420 (10 weeks)	251600-B
Tues.	March 31 - June 2 (not 4/21)	\$379 (9 weeks)	351600-A
Thurs.	April 2 - June 4 (not 4/23)	\$379 (9 weeks)	351600-B

Parent & Me Music and Movement

Ages walking - 3, \$132 (8 weeks), 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-ups. 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	Activity #
Sat.	Jan. 3 - Feb. 28 (not 2/21)	8:30 - 9:15 am	233500-A
Sat.	Jan. 3 - Feb. 28 (not 2/21)	9:30 - 10:15 am	233500-B
Thurs.	Jan. 8 - March 5 (not 2/19)	4:30 - 5:15 pm	233500-C

Multi-Sport Tots

Ages 4 - 5, Mondays, 3 - 3:45 pm

\$126 (5 weeks), Recreation Gym

Instructor: Skyhawks Sports Academy

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports through fun, age-appropriate activities that enhance balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork!

Dates	Activity #
Jan. 5 - Feb. 9 (not 1/19)	271501-A
Feb. 23 - March 23	271501-B

Amazing Athletes

Sundays, Jan. 11 - Feb. 22 (not 2/15), \$154 (6 weeks)

Recreation Gym, Instructor: Amazing Athletes

We utilize sports, fitness, and fun to develop essential motor skills, foster teamwork, and inspire active lifestyles. 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.

Ages	Time	Activity #
3 & 4	10:30 - 11:15 am	274400-A
5 & 6	11:20 am - 12:05 pm	274400-B

Lil Sports

Ages 2 - 5, Saturdays, \$94 (6 weeks), Recreation Gym, Instructor: Lil Sports Staff

This fun, energetic program, set to music, teaches children the basics of multiple sports and activities while building teamwork, listening skills, and gross motor skills.

Dates	Time	Activity #
Jan. 10 - Feb. 21 (not 2/14)	8:30 - 9:10 am	271800-A
Jan. 10 - Feb. 21 (not 2/14)	9:15 - 9:55 am	271800-B
Feb. 28 - April 4	9:30 - 10:10 am	271800-C
Feb. 28 - April 4	10:15 - 10:55 am	271800-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 the Parent Portal link.

Mommy & Me: Winter Wonders

Ages 2 - 3 (with caregiver), Wednesdays

9:30 - 10:15 am, \$90 (5 weeks), Function Room 2

Instructor: Marie Grinnell

Join us for a season full of learning, laughter, and winter wonder! This special pre-preschool class is a joyful space for caregiver and child to connect. Each week, we'll explore the magic of winter through engaging songs, flannel board stories, books, creative movement, and a variety of hands-on art activities. We focus on sparking your child's natural curiosity and building their confidence, social skills, and creativity in a fun, supportive, and structured environment. We can't wait to see you!



Dates	Activity #
Jan. 7 - Feb. 4	244500-A
Feb. 25 - March 25	244500-B

Little Dragons

Ages 3 - 4, \$226 (12 weeks, uniform included)

Steve Nugent's Institute, 207F Cambridge St, Instructors: Steve Nugent & Staff

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	Time	Activity #
Thurs.	Jan. 8 - March 26	3:30 - 4 pm	270000-A
Sat.	Jan. 10 - March 28	9 - 9:30 am	270000-B

TinyTykes Soccer

Sundays, \$122 (6 weeks), Recreation Gym, Instructor: Challenger Sports Coaches

Challenger Sports' innovative preschool program is the beginning of a lifelong soccer passion! The program introduces children to the basic skills of soccer. TinyTykes encourages young players to begin a well-rounded pathway to future skill development.

Ages	Dates	Time	Activity #
2 - 3	Jan. 11 - Feb. 15	1 - 1:45 pm	262900-A
4 - 5	Jan. 11 - Feb. 15	2 - 2:45 pm	262900-B
2 - 3	Feb. 22 - March 29	1 - 1:45 pm	262900-C
4 - 5	Feb. 22 - March 29	2 - 2:45 pm	262900-D

Is your child enrolled in Kindergarten for the 2025-2026 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.

Dance Classes at BPRD!

At the Burlington Parks & Recreation Department, we know you want to find an activity that your child not only loves but also looks forward to each week! Our classes allow 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.

What should we bring to class?

Please be sure your child uses the restroom before entering class. Please take a look at 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

Jan. 9 - March 20 (not 2/20), 9:15 - 9:45 am

\$106 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 230000-A

Dance Concepts 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 the basics of dance while teaching them how their bodies move. Children learn basic dance steps and terminology through songs, stories, and play. Participants should have both ballet and tap shoes.

Ballet & Tap

Ages 3 - 5, \$106 (10 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.

Pip Hop

Ages 3 - 5, Fridays, Jan. 9 - March 20 (not 2/20)

11 - 11:45 am, \$106 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 233200-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, Jan. 8 - March 19 (not 2/19)

5 - 5:45 pm, \$106 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 230521-A

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



Day	Dates	Time	Activity #
Thurs.	Jan. 8 - March 19 (not 2/19)	4 - 4:45 pm	230501-A
Fri.	Jan. 9 - March 20 (not 2/20)	10 - 10:45 am	230501-B

YOUTH



Volunteer Coaches NEEDED!

All youth basketball programs are in **NEED** of volunteer coaches (no prior coaching experience needed). It is critical to the success of our program. If you are interested in coaching or learning more about what coaching would entail, please contact Jeff DiSalvo at jdisalvo@burlington.org for more information.

Scheduling

Schedules are subject to change based on gym availability. Schedules and updates will be posted on our website under Programs and Events > Youth basketball.

Lil Hoopsters

Grades K & 1, Saturdays, Dec. 6 - Feb. 7 (not 12/27)
\$72 (9 weeks), Francis Wyman Gym

This coed program is designed to introduce participants to basketball. The focus of this program will be on the very basics and fundamentals of the game.

Grade	Time	Activity #
Kindergarden	8 - 9 am	271702-A
Grade 1	9:10 - 10:10 am	271702-C

Rookie League Basketball

Grades 2 & 3, December - March, \$94
Francis Wyman Gym, Coaches Needed!

This developmental program will focus on how to play the game rather than running plays and winning games. Scrimmages & games will be played on Saturdays, and each team will have one mid-week practice. Days & times for games and practices are TBD based on gym availability. For this program, there are no makeup dates scheduled, and refunds are not given if a program meeting time is cancelled due to circumstances beyond our control. The official schedule will be released closer to the start date.

Grade	Activity #
Grade 2 Girls	171736-A
Grade 2 Boys	171736-B
Grade 3 Girls	171736-C
Grade 3 Boys	171736-D

Youth Basketball

Grades 4 - 8, December - March, \$99

BHS & Francis Wyman Gyms, Coaches Needed!

In this recreational basketball program, emphasis is placed on learning fundamentals, teamwork, and having fun! Games will be held on Saturdays, and each team will have one mid-week practice. The full schedule will be released closer to the start date. For this program, there are no makeup dates scheduled, and refunds are not given if a program meeting time is cancelled due to circumstances beyond our control.

Grade	Activity #
Grade 4 & 5 Girls	171746-A
Grade 4 & 5 Boys	171746-B
Grade 6 - 8 Girls	171746-C
Grade 6 - 8 Boys	171746-D



Nashoba Ski & Snowboard

Grades 3 - 5, Tuesdays, Jan. 6 - Feb. 3

Ski or Snowboard Only: \$485 (5 weeks), Ski with Lesson (snowboard lessons not available): \$605

Participants will be picked up at their school between 1:30 and 2:30 pm and arrive back at Memorial School or Fox Hill at 6:30 pm. Registration is limited and will be on a first-come, first-served basis. Lesson spots are limited and available only to beginner or intermediate skiers. There are no Snowboard Lessons available.

School	Ski/Snowboard Only	Ski with Lessons
Fox Hill	272821-A	272821-B
Pine Glen	272831-A	272831-B
Francis Wyman	272841-A	272841-B
Memorial	272851-A	272851-B

Need Rentals? Nashoba Valley offers ski and snowboard rentals for the duration of the program. Rentals cost \$180 for skis/snowboards, boots, and poles. Renters must be fitted by Nashoba staff before the start of the program. Fittings will take place on Tuesday, Dec. 9, from 6 - 7 pm at the Parks & Recreation Department. Helmets are required for the program and are available at the fitting night for \$70 or for rent for \$50.



Nashoba Saturday Evening Ski Pass

All Ages, Saturdays, Jan. 10 - Feb. 7, 5 - 9 pm, \$249 (5 weeks), Activity #: 202004-A

Nashoba Valley Ski Area is excited to offer a discounted "No Lesson Badge" for Saturday evenings. This is a perfect option for those skiers or riders looking for additional time on the slopes. **This pass is not part of the Nashoba Ski Program, and BPRD does not provide any supervision or transportation.** After registration, you will be contacted by BPRD to inform you when and where you can pick up your passes.

Wachusett Mountain Ski & Snowboard

Grades 6 - 12, Fridays, Jan. 9 - Feb. 13, 3:20 - 10 pm
\$254 (6 weeks, Transportation Only)

Join us for a great night of skiing and riding at Wachusett! This Friday night program is open to all Burlington Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor can you substitute participants). All beginner or novice skiers/boarders are required to take lessons. Registration is limited and will be taken on a first-come, first-served basis.

Please note that this fee is for transportation only.

Participants register online directly with Wachusett for lift tickets, rentals, etc, as desired. **Please note that Wachusett rates increase on Dec. 1, so register for your lift ticket with them now!** Please remember that when selecting options such as rentals and lessons, our program is a 6-WEEK PROGRAM. Once you have registered with us, we will provide you with the code to register on Wachusett.com.

Middle School Activity #: 272802-A

High School Activity #: 272812-B

Gunstock Mountain Ski Club Trip

Grades 8 - 12, Thursday, March 19, 7:30 am - 5 pm
\$109, Gunstock Mountain Resort

Instructor: BPRD Ski Staff, Activity #: 276102-A

Join us on ski trips to some of New Hampshire's best ski mountains! The fee includes transportation, a lift ticket, and supervision from our BPRD Staff. Lessons are not included; we encourage novice skiers and riders to try our Wachusett Mountain Ski & Snowboard Program. The bus will depart and return to the Burlington Recreation Center located at 61 Center St.

Hip-Hop

Ages 6 - 10, Mondays

Jan. 5 - March 16 (not 1/19 & 2/16), 4 - 4:45 pm

\$79 (9 weeks), Function Room

Instructor: Christin Caplan, Activity #: 233801-A

Hip-Hop is a broad dance genre 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!

Youth Volleyball

Grades 7 - 9, Saturdays, Jan. 3 - Feb. 7 (not 1/24)

11 am - 1 pm, \$55 (5 weeks), Recreation Gym

Instructor: Madison Spreadbury

Activity #: 272601-A

This developmental program is an excellent opportunity for participants to improve their volleyball skills and learn how to play the game. The program is suitable for all skill levels.

Viking Sports North Shore Ninja Warrior

Ages 7 - 12, Saturdays, Feb. 21 - March 28, 2 - 3 pm, \$142 (6 weeks), Recreation Gym

Instructor: Viking Sports Staff, Activity #: 266201-A

This action-packed adventure combines fitness, competition, and nonstop fun into one thrilling experience. Designed for kids who love to climb, jump, and test their limits, this course is packed with exciting obstacles that challenge agility, strength, and balance. Young athletes will leap across ascending plyo boxes, dash through quintuple steps, and conquer the towering wall like true warriors.

Learn to Skate

Ages 4 - 15, Sundays, 3:20 - 3:45 pm, Jan. 4 - Feb. 22, \$206 (8 weeks), Burlington Ice Palace, 36 Ray Ave

Instructors: FMC Ice Sports Staff, Activity #: 273101-A

This is for participants with little or no formal skating instruction. Our group skating classes teach the basics in a fun, comfortable environment for all participants – whether they wish to play hockey, figure skate, or enjoy skating with family or friends. Skaters will be grouped by age and/or ability whenever possible. **Helmets are required for all participants.**

Learn-to-Play Field Hockey Clinic

Grades K - 8, Sunday, March 22, 9:15 - 10:30 am, \$10, Recreation Gym

Instructors: Angela Wilson & Courtney Callahan, Activity #: 275201-A

This clinic is for anyone who wants to try field hockey for the first time. Wear comfortable clothing and, if you have them, shin guards. Field hockey sticks and all equipment will be available to borrow. No experience necessary!

Athletic Training Basics

\$192, 2x per week (4 weeks), D1 60 South Ave Burlington, Instructor: D1 Staff

Athletic Training Basics is a 1-hour workout that develops power, speed, agility, coordination, rhythm, and balance. It introduces age-appropriate and safely supervised weightlifting. Participants will build self-confidence and increased discipline, and promote healthy growth through proper muscle, bone, and cardiovascular development. Build coordination and overall athleticism. Promotes teamwork, overall focus, and burns energy.

Ages	Days	Dates	Time	Activity #
12 - 14	Mon. & Wed.	Jan. 5 - 28	3:45 - 4:45 pm	266101-A
7 - 11	Tues. & Thurs.	Jan. 6 - 29	4:45 - 5:45 pm	266101-B
12 - 14	Mon. & Wed.	Feb. 2 - March 4 (not 2/16 & 2/18)	3:45 - 4:45 pm	266101-C
7 - 11	Tues. & Thurs.	Feb. 3 - March 5 (not 2/17 & 2/19)	4:45 - 5:45 pm	266101-D
12 - 14	Mon. & Wed.	March 9 - April 1	3:45 - 4:45 pm	266101-E
7 - 11	Tues. & Thurs.	March 10 - April 2	4:45 - 5:45 pm	266101-F

CrossFit Kids & Teens

Ages 8 - 15, 2x per week, 4 - 5 pm, \$181 (4 weeks), CrossFit Exclamation 15 Wall St

Instructors: Lori Becker, Amanda Laskowski & Brian Sweeney

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

Days	Dates	Activity #
Mon. & Wed.	Jan. 5 - 28	217301-A
Tues. & Thurs.	Jan. 6 - 29	217301-B
Mon. & Wed.	Feb. 2 - March 4 (not 2/16 & 2/18)	217301-C
Tues. & Thurs.	Feb. 3 - March 5 (not 2/17 & 2/19)	217301-D
Mon. & Wed.	March 9 - April 1	217301-E
Tues. & Thurs.	March 10 - April 2	217301-F

Mini Hawk Multi-Sport

Grades K - 2, Mondays, 4 - 5 pm, \$126 (5 weeks)

Recreation Gym, Instructor: Skyhawks Sports

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, as well as vital life lessons such as sportsmanship, inclusion, and teamwork. Enjoy the benefits of exploring multiple sports while building lifelong skills with Skyhawks!

Dates	Activity #
Jan. 5 - Feb. 9 (not 1/19)	262301-A
Feb. 23 - March 23	262301-B

Brazilian Jiu-Jitsu

Ages 7 - 15, Tuesdays, Jan. 6 - March 24

3:30 - 4:15 pm, \$226 (12 weeks, uniform included)

Steve Nugent's Institute 207F Cambridge St

Activity #: 281103-A

Watch your child's energy, confidence, and spirit rise as they grow stronger. 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 forms of self-defense since it's applied in response to physical aggression, so there's no need to worry about your child becoming violent.

Musical Theater

Ages 7 - 9, Thursdays, Jan. 8 - March 19 (not 2/19)

6 - 6:45 pm, \$106 (10 weeks), Function Room 2

Instructors: Lisa Sanchez, Activity #: 247801-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. Comfortable clothes and sneakers recommended.

Intro to Boxing

Grades K - 4, Saturdays, Jan. 24 - March 7 (not 2/14)

9:30 - 10:30 am, \$167 (6 weeks)

MK Boxing 1 Esquire Rd, Billerica

Instructors: Mike Knox & Staff Activity, #: 271001-A

Boxing will not only improve the body but also the mind. Boxing can and will be safe if done correctly. Participants must bring their own gloves or may buy them at MK Boxing. All parents will be required to sign guest registrations and waivers for their children upon arrival. Students will be broken up into age-appropriate groups.

Karate

Ages 5 - 13, \$226 (12 weeks, uniform included)

Steve Nugent's Institute 207F Cambridge St

This is a 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	Times	Activity #
Mon.	Jan. 5 - March 23	5:30 - 6:15 pm	270501-A
Mon.	Jan. 5 - March 23	6:15 - 7 pm	270501-B
Sat.	Jan. 10 - March 28	1 - 1:45 pm	270501-D

Kids' Test Kitchen

Ages 6 - 10, Thursdays, Jan. 15 - Feb. 26 (not 2/19)

3:30 - 4:30 pm, \$207 (6 weeks), Ceramics Room

Instructor: Kids Test Kitchen Staff, Activity # 251801-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.**

Indoor Rock Climbing Clinic

Ages 7 - 12, Saturdays, 11:30 am - 1:30 pm

\$222 (5 weeks)

Central Rock Gym 10 Adam Rd Stoneham

Instructors: Central Rock Gym Staff

This clinic is a great first step for younger participants interested in learning about climbing in a fun, low-stress environment. In this program, we will introduce our 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. The coaches will use a mix of climbing instruction and team-building games to facilitate each practice. Clinic participants will learn climbing vocabulary, techniques, and body awareness, all in an inviting environment.

Dates	Activity #
Jan. 10 - Feb. 7	279101-A
Feb. 21 - March 21	279101-B

Futsal (Indoor Soccer Sessions)

Sundays, \$112 (6 weeks), Recreation Gym, Instructor: Challenger Sports

Futsal is a fast-paced, indoor variant of soccer played on a smaller, hard court, typically featuring teams of 5 players each. The game emphasizes skill, quick thinking, and close ball control, making it a dynamic and exciting sport.

Ages	Dates	Time	Activity #
6 - 8	Jan. 11 - Feb. 15	3 - 4 pm	275001-A
9 - 12	Jan. 11 - Feb. 15	4 - 5 pm	275001-B
6 - 8	Feb. 22 - March 29	3 - 4 pm	275001-C
9 - 12	Feb. 22 - March 29	4 - 5 pm	275001-D

Pickleball Afterschool Program

Ages 8 - 12, 3:30 - 5 pm, \$182 (6 weeks)

Picklr 40 Ray Ave

Instructors: Picklr Staff

Looking for a fun and active way to keep your kids moving after school? Our After School Pickleball Program offers a perfect blend of fitness, friendship, and skill-building - all in a safe and supportive environment. Players of all levels are welcome!

Day	Dates	Activity #
Tues.	Jan. 13 - Feb. 17	274701-A
Thurs.	Jan. 15 - Feb. 19	274701-B
Tues.	March 10 - April 14	274701-C
Thurs.	March 12 - April 16	274701-D

Fuel & Move!

Ages 6 - 12, Thursday, Feb. 5, 4 - 5 pm

\$15, Recreation Gym

Instructor: Kristen Gonzalez, Activity #: 233600

This dynamic class is all about learning healthy habits and having fun while moving! We start with 30 minutes of interactive nutrition education, where kids learn about smart food choices, balanced meals, hydration, and the power of fueling their bodies right through games and hands-on activities. The second half is a high-energy, total-body workout that includes games, circuits, and strength-building activities to improve coordination, strength, and confidence.

Indoor Tennis

Ages 5 - 7, Thursdays, Jan. 8 - 29, 4 - 4:45 pm

\$50 (4 weeks), Recreation Gym

Instructor: Scott Barrett, Activity #: 274301-A

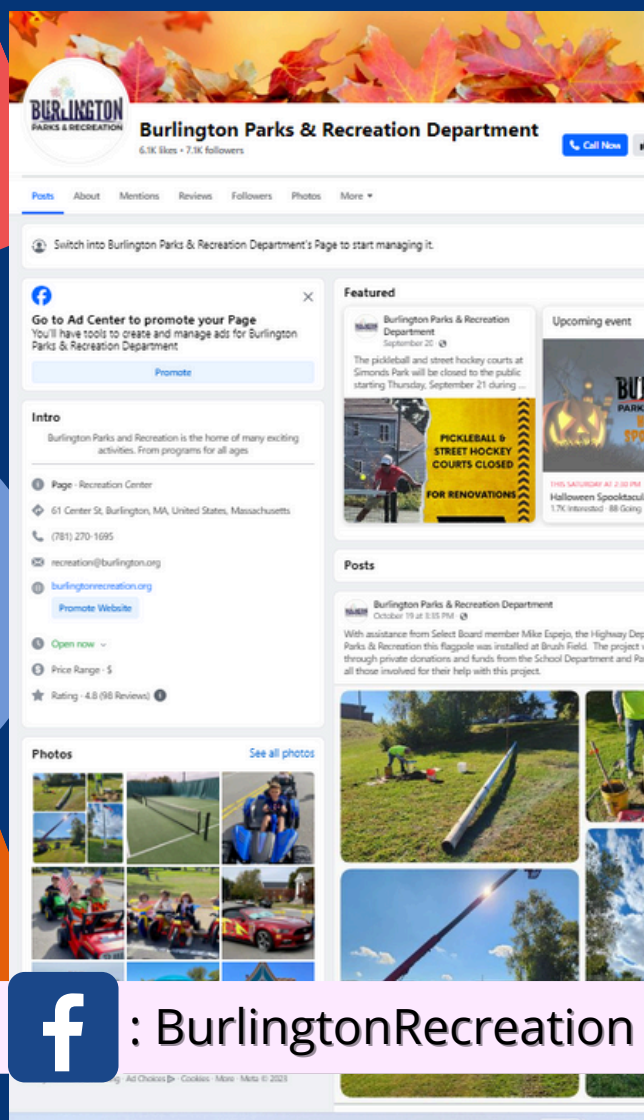
Beginner-level tennis players will learn the basics of the sport using smaller rackets, softer balls, and smaller nets. All equipment is provided.

CONNECT WITH US ON SOCIAL!

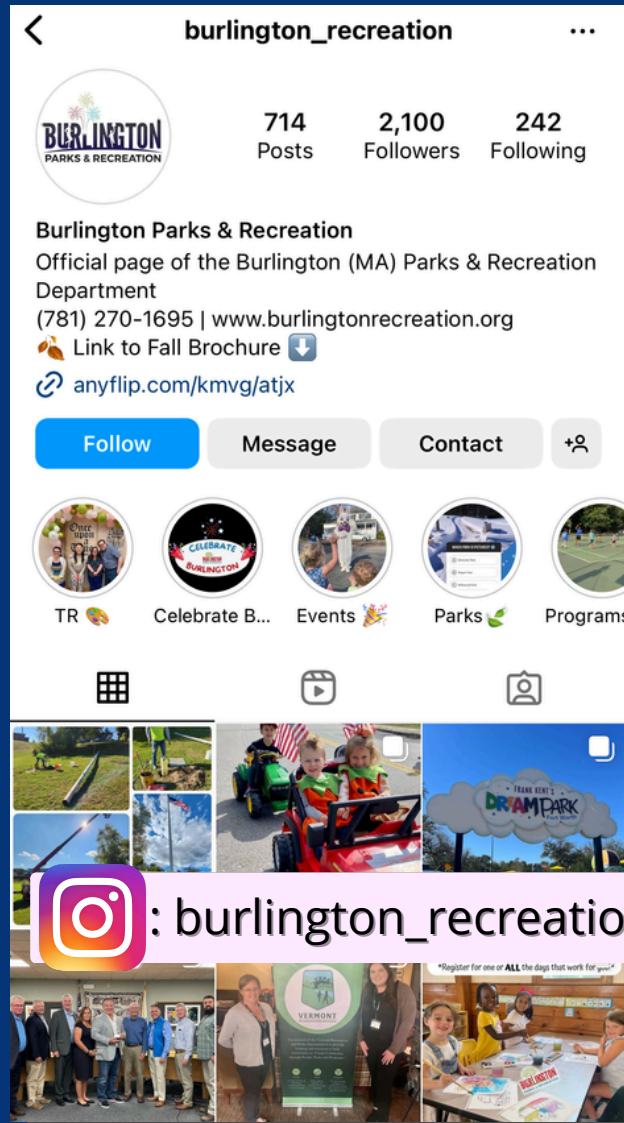


Follow all of our social media to be the first to know about new programs, events, giveaways and more! We use our social media platforms to connect with our community members on a daily basis. You never know when a pop-up event or community contest could be posted!

LIKE US, TAG US & SHARE US



: BurlingtonRecreation



: burlington_recreation



: Burlington_rec



February Vacation Programs!

Color Splash

Ages 5 - 12, Tuesday - Friday, Feb. 17 - 20

Ceramics Room, Instructor: Kidcreate Studio Staff

This class is a color splash zone! Dive into dreamy watercolor techniques as you paint everything from blooming flowers to sparkling crystals and sweeping landscapes. By the end, you'll have a gallery of watercolor masterpieces - and plenty of colorful tricks up your sleeve!

Club Cozy

Ages 5 - 12, Tuesday - Friday, Feb. 17 - 20

Ceramics Room, Instructor: Kidcreate Studio Staff

Get ready to embrace the cozy charm of winter at Club Cozy! Dive into a world of creative delights as we whip up a blizzard of projects. From crafting cozy 3D mittens, a fox with a scarf, a polar bear wearing earmuffs, and more. With a treasure trove of art supplies and expert guidance from our instructors, you'll be amazed at the masterpieces you can create.

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

Program	Time	Fee	Activity #
Color Splash	9 am - 12 pm	\$217	280401- A
Club Cozy	12:30 - 3:30 pm	\$217	280401- B
Both	9 am - 3:30 pm	\$287	280401 -C

Kids French Lessons

Ages 4 - 9, Tuesdays, 4:30 - 5:30 pm, \$130 (6 weeks)

COA Room 207, Instructor: Linh Detzel

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.

Dates	Activity #
Jan. 6 - Feb. 10	252501-A
Feb. 24 - March 31	252501-B

Intro to R/C Models

Ages 9 - 13, Tuesdays, Feb. 24 - March 31

6 - 7 pm, \$105 (6 weeks), COA Room 207

Instructor: Christian Detzel, Activity #: 200501-A

Get ready to dive into the exciting world of radio-controlled (R/C) models! This hands-on program is designed for kids who are curious about building and controlling their own R/C cars, boats, and airplanes. Whether you're racing on the ground, cruising on the water, or flying high in the sky, you'll learn all about the fascinating world of R/C modeling!

Video Game Design with Scratch

Grades 3 - 5, Fridays, Jan. 23 - March 6 (not 2/20), 4 - 5 pm, \$142 (6 weeks), Ceramics Room

Instructor: BlocksCAD Teacher, Activity #: 258701-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 the 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 a prototype game to share with friends and family, plus a solid foundation in the exciting world of coding and game development! RICM will provide Chromebooks for students to borrow during each session.

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.

SafeSitter Babysitting Course

Grades 6 - 8, Thursday, March 19, 10 am - 4 pm, \$122

Grandview Farm, Instructor: Safe Sitter® Staff

Activity: 250101-A

Safe Sitter® is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. Greater Boston Safety Training partners with the American Health and Safety Institute to include a First Aid and CPR certificate.

Chess Beginner

Ages 5 - 8, Mondays, 5 - 6 pm

\$197 (5 weeks), Ceramics Room

Instructor: International Grandmaster

Nadya Kosintseva

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

Dates	Activity #
Jan. 5 - Feb. 9 (not 1/19)	252401-A
March 2 - March 30	252401-B

Potion Makers

Grades K - 5, Thursdays, Jan. 15 - Feb. 26 (not 2/19)

5 - 6 pm, \$182 (6 weeks), COA Room 207

Instructor: Wicked Cool for Kids Staff

Activity #: 251001-A

Become a junior scientist and unlock the secrets of the laboratory to create customized soaps, lotions, and potions. Explore how chemists create formulas and make cool products for you to take home. Learn about chemical properties and reactions while making fizzing potions and secret solutions!

Drawing Workshop

Ages 8 - 12, Wednesdays, Jan. 14 - Feb. 25 (not 2/18), 3:45 - 4:45 pm, \$82 (6 weeks), Virtual

Instructor: Stacy Johnston, Activity #: 246501-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 viewfinder & thumbnail sketches. There will be plenty of time to experiment and flex & express 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 before the program starts. There are no prerequisites for this course, and it has been adapted with new, inspirational subject matter for returning Drawing Workshop students.

Buildwave: A Hands-on Building Game!

Grades K - 5, Saturdays, Jan. 17 - Feb. 28 (not 2/14)

3 - 4 pm, \$172 (6 weeks), Ceramics Room

Instructor: Buildwave Staff, Activity #: 258901-A

Want to foster your child's interest in STEAM while igniting their creative spark? Buildwave is an innovative building program that feels like a video game! Over the course of multiple sessions, students create with over 50 different building materials, including Lego®, PlusPlus®, and custom-made Buildwave materials. Each program session is a new "level" of the Buildwave game, with an audiovisual setup featuring animations and music that guide students through the different building waves. As your child creates with wave after wave of new objects, they build creative confidence, become better collaborators, and encounter design and engineering fundamentals in a unique and memorable context.

Glow & Go Art

Ages 5 - 12, Saturdays, Feb. 28 - March 21

9 - 10 am, \$167 (4 weeks), Ceramics Room

Instructor: Kidcreate Studio, Activity #: 259501-A

Get ready for a glow-tastic art adventure that will illuminate your child's imagination! Every project in this class will glow in the dark, making it as fun in the dark as it is in the light. Using an exciting mix of clay, paint, and other luminescent materials, because art that glows is just cool!

Demolition Robots

Ages 7 - 13, Mondays, Feb. 2 - March 16 (not 2/16)

5 - 6:30 pm, \$252 (6 weeks), COA Room 207

Instructor: RoboThink, Activity #: 251601-A

It's construction time, RoboThink style! In this program, students oversee their job site and build a wide range of construction vehicles to help create their own city. From a dump truck to a wrecking ball, this program has it all for any young constructor! No prior experience required- come lay some bricks with RoboThink!

Broadway MY WAY

Grades 3 - 5, Tuesday - Friday, Feb. 17 - 20

9 am - 4 pm, \$332, Grandview Farm

Instructor: Broadway MY WAY Staff

Activity #: 257201-A

Dive into a week of creativity, fun, and stage magic with Broadway MyWay! This full-day theater arts program is perfect for kids looking to explore singing, dancing, acting, and self-expression in a supportive, hands-on environment. Under the guidance of experienced teaching artists, participants will take part in workshops, improvisation, choreography, musical theater rehearsals, and games designed to build confidence, teamwork, and performance skills. By the end of the week, they'll showcase a short performance for family and friends to shine and share all they've learned.

Dungeons and Dragons

Grades 5 - 12, \$222 (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 group's experience level. Through cooperative gameplay 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 #
Tues.	Jan. 6 - March 3 (not 2/17)	4:30 - 6:30 pm	252811-A
Wed.	Jan. 7 - March 4 (not 2/18)	5:30 - 7:30 pm	252811-B
Sun.	Jan. 18 - March 15 (not 2/15)	2 - 4 pm	252811-C

Inclusion Services

See a program in our brochure you or your family member is interested in?! Inclusion support services for individuals with disabilities are available. Please visit www.burlingtonrecreation.org for more information.

ANAPHYLAXIS / EPIPEN (AUTO-INJECTOR) POLICY

Our staff is trained in the signs and symptoms of anaphylaxis and the administration of EpiPens. Staff will ensure that anyone suffering an allergic reaction will be treated and enabled to access emergency services promptly.

Parent or legal guardian is required to fill out an Authorization to Administer Medication form for each participant requiring an EpiPen. Additionally an Action Plan must be completed by the participant's physician. The original will be kept in the office and a copy will be given to the supervisor of the program the participant is attending. EpiPen must be in a clearly marked bag with participants name on it and the medication should be in its original container with the pharmacy label, which shows the date of filling, pharmacy name and address, the filling pharmacist's initials, the serial number of the prescription, the name of the patient, name of prescribing practitioner, name of prescribed medication, directions for use and cautionary statements, if any, contained in such a prescription or required by law. The EpiPen should be stored in a cooled lunch bag / container and given to the program director upon arrival at the program. The EpiPen will be kept in a designated area on site.

The Parks and Recreation Department will not administer epinephrine unless and until a fully completed Authorization Form and Action Plan is provided, regardless of whether or not an EpiPen is provided in advance by or on behalf of the parent/guardian.

The program director is responsible for making sure all staff are aware of the location of EpiPen. The designated EpiPen location should be kept out of reach of program participants.



SOMETHING FOR EVERYONE



Gunstock Mountain Family Trip

Thursday, March 19, Gunstock Mountain

Spend the no-school day at Gunstock Mountain! Whether you are already an expert or trying skiing and snowboarding for the first time, you can take advantage of this trip. Families can choose to drive themselves or take the bus; the bus will depart at 7:30 am and return around 5 pm from the Burlington Parks & Recreation Dept., located at 61 Center St. Lessons and rentals are available. **Participants under 18 must be accompanied by an adult.** Participants in Grades 8-12 can sign up for the "Gunstock Mountain Ski Club Trip" to attend without an adult. See below for more details.

Lift Ticket Only

Ages	Fee	Activity #
6 - 17	\$52	222804-A
18+	\$67	222804-B

Lift Ticket & Transportation

Age	Fee	Activity #
6 - 17	\$99	222814-A
18+	\$114	222814-B

Gunstock Mountain Ski Club Trip

**Grades 8 - 12, Thursday, March 19, 7:30 am - 5 pm
\$109, Gunstock Mountain Resort**

Instructor: BPRD Ski Staff, Activity #: 276102-A

Join us on a trip to Gunstock Mountain! The fee includes transportation, a lift ticket, and supervision from our BPRD Staff. Lessons are not included; we encourage novice skiers and riders to try our Wachusett Mountain Ski & Snowboard Program. The bus will depart and return to the Burlington Recreation Center located at 61 Center St.

Intro to Boxing

Ages 16+, \$167 (6 weeks), MK Boxing 1 Esquire Rd, Billerica, Instructors: Mike Knox & Staff

MK Boxing has a 3,300-square-foot facility with over 30 boxing bags, speed bags, conditioning mats, a professional boxing ring, and much more. Boxing will not only improve the body but also enhance the mind. Boxing can and will be safe if done correctly. Participants must bring their own gloves or may buy them at MK Boxing.

Day	Dates	Time	Activity #
Thurs.	Jan. 22 - March 5 (not 2/19)	6:30 - 7:30 pm	218203-A
Sat.	Jan. 24 - March 7 (not 2/14)	10:30 - 11:30 am	218203-B

Nashoba Saturday Evening Ski Pass

**All Ages, Saturdays, Jan. 10 - Feb. 7, 5 - 9 pm
\$249 (5 weeks), Activity #: 202004-A**

Nashoba Valley Ski Area is excited to offer a discounted "No Lesson Badge" for Saturday evenings. This is a perfect option for those skiers or riders looking for additional time on the slopes. **This pass is not part of the Nashoba Ski Program, and BPRD does not provide any supervision or transportation.** After registration, you will be contacted by BPRD to inform you when and where you can pick up your passes.

Youth Ski & Snowboard

Check out page 9 to learn more about our youth ski and snowboard programs!

Chess Advanced

Ages 7+, Mondays, \$197 (5 weeks)

6 - 7 pm, Ceramics Room

Instructor: International Grandmaster Nadya Kosintseva

The 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.

Dates	Activity #
Jan. 5 - Feb. 9 (not 1/19)	252411-A
March 2 - 30	252411-B

Private Voice Lessons

Ages 10+, Thursdays, January - March

\$259 (6 - 30 min Sessions), BHS Music Wing

Instructor: Julie Weller, Activity #: 247601-A

Interested in improving your singing voice? Sign up for weekly 30-minute lessons designed to help you improve the tone, range, and style of your voice while singing songs you enjoy. Flexible times, coordinated after registration with Julie Weller. Optional music theory training and aural skills can also be provided.

Music Literacy Class

Grade 7 - 12, Jan. 8 - 29, 3:15 - 4:15 pm

\$126 (4 weeks), BHS Music Wing

Instructor: Julie Weller, Activity #: 248102-A

Have you ever wondered how people can translate a bunch of lines and circles into sound? How do people read music from the page? If you are curious about this topic, the Music Literacy Class can help. In this class, we will cover rhythm, pitch, inner hearing, and music theory in a dynamic, engaging way. This class is perfect for any student interested in expanding their musical knowledge beyond technique on any particular instrument or voice. All experience levels are welcome as the class will be catered to individual interests and needs.

Learn to Skate

Ages 16+, Sundays, Jan. 4 - Feb. 22, 3:20 - 4:10 pm

\$222 (8 weeks), Burlington Ice Palace 36 Ray Ave

Instructors: FMC Ice Sports Staff, Activity #: 282403-A

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

Archery

Grades 4 - Adult, Tuesdays, \$166 (4 weeks)

6:30 - 7:30 pm, Altavesta Elementary School

980 ½ Main Street, Woburn

Instructor: On The Mark Archery Staff

Stay active this winter and enjoy learning a fun and relaxing Olympic sport: recurve archery! This martial art of archery requires only patience, focus, and discipline to succeed, emphasizing technique over just 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, combined with creative mini-games throughout the program, keep students engaged. All equipment is provided, and teams of certified USA Archery instructors lead the class.

Dates	Activity #
Jan. 6 - 27	271401-A
Feb. 3 - March 3 (not 2/17)	271401-B
March 10 - 31	271401-C

LIFT Mobility & Stretch

Ages 14+, 9:15 - 10 am

Sundays, \$62 (4 weeks)

Lift Training Collective 207C Cambridge St.

Instructor: Adrien Aries

Kickstart your week feeling refreshed and relaxed with this coach-led focused session on mobility, range of motion, and injury prevention. This class goes above and beyond static stretching; it's a recovery-focused add-on to your training routine, designed to help you move better, pain-free. This class will improve joint range of motion for better daily movement and athletic performance. You'll learn techniques to reduce the risk of strains and other exercise-related injuries.

Dates	Activity #
Jan. 11 - Feb. 1	274801-A
Feb. 8 - March 1	274801-B
March 8 - 29	274801-C

Women's Self-Defense

Ages 14+, Saturday, March 7, 3 - 4 pm, \$30

Steve Nugent's Institute 207F Cambridge St.

Instructor: Steve Nugent & Staff

Activity #: 253703-A

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

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 services. If you have any questions about what type of program is right for you or your family member, please visit www.burlingtonrecreation.org to schedule a call with a member of our therapeutic recreation team. ***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 fill out the forms just mentioned as well as an Inclusion Request Form and allow a minimum of two weeks for services to begin.**

Therapeutic Horseback Riding: Spring Block

Ages 3 through Adult with a diagnosis, Monday - Friday lesson time, April - June, \$730 (weekly lesson)

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. There will be an initial evaluation required for all new riders. You will coordinate with the farm to find a time Monday through Friday that fits with your schedule! Please note, space and schedule availability is limited at this time and weekend lessons are not available. Challenge Unlimited at Ironstone Farm is a therapeutic riding program whose focus is to help each individual achieve his/her fullest potential. The movement of the horse strengthens the development of fine and gross motor skills and provides sensory input. With this premise in mind, Challenge Unlimited staff develops exercises and activities to benefit each individual, addressing issues that are not easily addressed in a classroom setting.

Parent Problem-Solving Q&A: An Hour to Empower Yourself!

Parents & Caregivers, Wednesday, Jan. 21

7:30 - 8:30 pm, No Fee, Zoom

Instructor: The OT Parent Coaches

Activity #: 298809-A

At your wit's end with how to support your child's individual challenges?! Want some help?! Come talk to The OT Parent Coaches, Carrie Carman and Jen Papasodoro, who are experienced pediatric occupational therapists, parents, and parent coaches, to get support and learn strategies for dealing with: meltdowns, morning and bedtime routines, sensory differences, executive functioning difficulties, sibling struggles, developmental phases (from toddlers to teens!), and anything else you're feeling stuck on. You'll leave being a more empowered parent!

Family Connection Event: Sensory Friendly Photos with Santa

Families, Monday, Dec. 1, Times Vary, \$20

Grandview Farm

Join us for a sensory friendly meet and greet with Santa! Families will have the opportunity to meet Santa and snap a few photos. This event is appropriate for families with a member with a disability or sensory support

Time	Activity #
5 - 5:20 pm	200262-A
5:30 - 5:50 pm	200262-B
6 - 6:20 pm	200262-C
6:30 - 6:50 pm	200262-D

TR YOUNG ADULT PROGRAMMING



RecTogether

Ages 13 - 25 with a disability

RecTogether is a social and recreational program for young adults with disabilities. New participants please visit www.burlingtonrecreation.org to schedule an inquiry phone call with a member of our therapeutic recreation team.

RecTogether Evenings Out!

Times Vary

Winter Art Night

Jan. 9, 6 - 8 pm, \$30, Activity #: 290449-A

TR Goal Area(s): Creative Expression

Let's get crafty! KidCreate will lead the group in sculpting and painting their very own winter crafts.

Valentine's Dance

Feb. 6, 6 - 8 pm, \$30, Activity #: 290449-B

TR Goal Area(s): Social

Let's join the Out & About program at Grandview Farm for our Valentine's Day Dance! Dinner and dessert will be served.

Dinner at The Chateau

Feb. 20, 6 - 8 pm, \$35, Activity #: 290449-C

TR Goal Area(s): Social

Let's head to The Chateau and enjoy dinner with friends! Gluten sensitive options are available.

Premier Martial Arts

March 6, 6 - 8 pm, \$25, Activity #: 290449-D

TR Goal Area(s): Exercise

We will head to Premier Martial Arts in Burlington to participate in introductory level Martial Arts skills and games! No previous experience is necessary.

Gymstreet USA

March 19, 6 - 8:30 pm, \$38, Activity #: 290449-E

TR Goal Area(s): Exercise

The group will travel to Gymstreet USA to explore inflatable bounce houses, obstacle courses, and more!

This is a Thursday night outing

RecTogether Saturday Adventures!

Saturdays, 10 am - 2 pm, \$47 per date

Sports Zone 101

Jan. 24, Activity #: 290439-A

TR Goal Area(s): Exercise, Teamwork

Enjoy a fun day of games! Sports Zone 101 will lead us through a variety of fun indoor sports and activities.

Snapology

Feb. 7, Activity #: 290439-B

TR Goal Area(s): Teamwork, Problem Solving

Snapology instructors will lead the group through a variety of LEGO activities. Activities include a tallest tower challenge, zoo creations, and more!

Dance Inn!

Feb. 28, Activity #: 290439-C

TR Goal Area(s): Creative Expression

The group will head to Dance Inn for an introductory level dance class focused on self-expression! No previous dance experience is necessary.

Trombetta's Indoor Mini Golf

March 14, Activity #: 290439-D

TR Goal Area(s): Social

The group will play the indoor 18 hole mini golf course followed by ice-cream (included)!

Butterfly Place & Wegmans

March 28, Activity #: 290439-E

TR Goal Area(s): Connecting with nature

Let's get ready for spring with a trip to the Butterfly Place! The group will then head to Wegmans for lunch (included).

A caregiver guide is available with program specific information at www.burlingtonrecreation.org.

TR ADULT PROGRAMMING



Out & About

Ages 25+ with a disability

Throughout winter we will enjoy nights out on the town. Sign up for one or all of the outings that interest you.

Karaoke at Jammin With You!

Jan. 23, 6 - 9 pm, \$40, Activity #: 295099-A

TR Goal Area(s): Social, Creative Expression

Karaoke with friends will fill our Friday night with fun! The group will head to the Jammin With You Studio for a karaoke jam session.

Valentine's Dance

Feb. 6, 6 - 8 pm, \$30, Activity #: 295099-B

TR Goal Area(s): Social

Let's join the RecTogether program at Grandview Farm for our Valentine's Day Dance! Dinner and dessert will be served.

Dinner at Red Heat Tavern

Feb. 26, 6 - 8:30 pm, \$35, Activity #: 295099-C

TR Goal Area(s): Social

Let's head to Red Heat Tavern in Wilmington to enjoy dinner with friends! Gluten sensitive options are available. ***This is a Thursday night outing***

Cooking Class

March 13, 6 - 8 pm, \$35, Activity #: 295099-D

TR Goal Area(s): Exercise

The group will take part in a hands-on cooking experience guided by a Kids Test Kitchen instructor. After cooking, the group will eat the meal they've created!

Art Studio 760

March 27, 6 - 8 pm, \$35, Activity #: 295099-E

TR Goal Area(s): Creative Expression

Let's head to Art Studio 760 to design our very own stained glass picture frames!

Spectacular Saturdays

Ages 25+ with a disability

Saturdays, 10 am - 2 pm, \$40 per date

Join us for this social and recreational program.

Activity Day

Jan. 10, Activity #: 290575-A

TR Goal Area(s): Social, Exercise

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

Munroe Center for the Arts

Jan. 31, Activity #: 290575-B

TR Goal Area(s): Creative expression

Let's head to the Munroe Center for the Arts, where an instructor will guide the group through creating their very own visual arts project!

Activity Day

Feb. 21, Activity #: 290575-C

TR Goal Area(s): Social, Exercise

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

Farrington Nature Linc

March 7, Activity #: 290575-D

TR Goal Area(s): Connecting with nature

Let's head to Farrington Nature Linc for outdoor exploration and exciting nature activities!

Activity Day

March 21, Activity #: 290575-E

TR Goal Area(s): Social, Exercise

Games/crafts, fitness class, bowling at Kings!

New Participants

If you are a new participant please visit www.burlingtonrecreation.org to schedule an inquiry phone call with a member of our therapeutic recreation team.

A caregiver guide is available for both programs with program specific information at www.burlingtonrecreation.org.



Burlington Parks & Recreation
connects you to

COMMUNITY
FAMILIES
FUN!

Visit www.burlingtonrecreation.org to get involved!

SPONSOR BENEFITS

PRE-EVENT PROMOTION

- Name mentioned in all media releases
- Name listed as sponsor in program brochure (must be confirmed pre-press)
- Posts with links to business' social media pages
- Business listed on digital messaging boards

DAY OF EVENT PROMOTION

- Name displayed on event sponsor or donor sign
- One 10 x 10 promotional space at the event
- Banner (2' x 4') hung at event (to be provided by sponsor)
- Choose to target a focal area or have a presence at unique areas
- Acknowledgement to event attendees by event emcee

POST-EVENT PROMOTION

- Name mentioned on a thank you to sponsors on Parks & Recreation Facebook event page following the event with a link to your business' social media pages

TIER I EVENTS

- Easter Egg Hunt
- Spooktacular
- Tree Lighting
- Truck Day
- Trucktober

TIER II EVENTS

- Community Yard Sale
- Fishing Festival
- Fitness Event
- Campout
- Tennis Tournament
- Springapalooza
- Turkey Trot

TIER III EVENT

- Eggs-cursion
- Gingerbread House
- Sneaker Prom
- Special Someone Soiree
- Track Meet

ADULT



The Healing Art of Khichadi – One-Pot Balance for Body & Mind

Monday, March 23, 5 - 6:30 pm, \$62, COA Room 207

Instructor: Anjana Bhargava, Activity #: 259603-A

Step into the heart of Ayurveda through the comforting simplicity of Khichadi, India's ultimate one-pot healing meal. In this hands-on workshop, discover how this humble blend of rice, lentils, ghee, and spices becomes a powerful recipe for detoxification, digestion, and deep nourishment. We will use an Insta-Pot to prepare our one-pot meal.

Soap Making 101

Age 18+, Saturdays, January 10 - 31, 9 - 11 am

\$20 (4 weeks), Ceramics Room

Instructor: Cathy Beyer, Activity #: 257603-A

Learn how to make soap from lye and oil using the cold process method. Class will include learning about safety, properties of oil and fat in soap, recipes, molds, saponification process, curing soap, and wrapping. Class will include demonstrations as well as making your own soap to take home! **Additional materials fee (approx. \$30) will be charged upon start of class by instructor.**

Waltz You Be My Valentine?

Thursdays, Feb. 5 - 26, 6:30 - 7:15 pm

\$82 (4 weeks), Ignis Arts Ballroom Studio

630 Boston Rd Suite 201A Billerica

Instructor: Ignis Arts Ballroom Studio Staff

Activity #: 233803-A

Experience the graceful Waltz this February! This beginner class welcomes newcomers and those brushing up on basics. Learn elegant steps and flowing turns as you glide to timeless music. No partner needed-partners rotate, so you can practice and meet others in a welcoming atmosphere. Try something new or boost your dance skills and leave ready to Waltz with confidence and style.

Badminton

Wednesdays, Jan. 7 - March 18, 7:45 - 9:45 pm

\$63 (11 weeks), Recreation Gym, Activity #: 288103-A

Whether you are an amateur or an expert badminton player, this program allows players to play friendly pick-up games! Participants are required to bring their own racquets and indoor court shoes. Participants are encouraged to learn rules prior due to no instructor present.

Volleyball

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

7:30 - 9:30 pm, \$55 (9 weeks), Recreation Gym

Activity #: 280703-A

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

Pick-Up Basketball

Thursdays, Jan. 8 - March 19, 7:45 - 9:45 pm

\$63 (11 weeks), Recreation Gym, Activity #: 281933-A

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Players should bring a light and dark colored shirt.

Lunch Hour Basketball

Mon, Wed & Fri, October - March

(not 10/13, 11/26, 12/24, 12/31, 1/19 & 2/16)

12 - 2 pm, \$57, Recreation Gym

Activity #: 182003-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.

Sew What

Mondays, Jan. 5 - March 23 (not 1/19 & 2/16)

6 - 9 pm, No Fee (10 weeks), COA Room 136

Activity #: 254003-A

This class is a chance for you to get together with other people who have projects that need to be finished and to lend your help and support. Please bring your own sewing machine.

PICKLEBALL SKILL LEVELS



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.

Pickleball Skill Levels

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

Yes

NEWBIE
2.0

- 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

Yes

(LOW)
INTERMEDIATE
3.0

- 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

Yes

(HIGH)
INTERMEDIATE
3.5

- 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

Yes

ADVANCED
4.0

- 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

Yes

EXPERT
4.5-5.0

Adapted from © 2015 The Pickleball Guru, LLC

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.



A Beginner Bachata Series

Thursdays, Jan. 8 - 29, 6:30 - 7:15 pm
\$82 (4 weeks), Ignis Arts Ballroom Studio
630 Boston Rd Suite 201A Billerica
Instructor: Ignis Arts Ballroom Studio Staff
Activity #: 234203-A

Start the new year with Bachata! This beginner class welcomes newcomers and those refreshing their basics. Learn essential steps, body movement, and partner work to the rhythms of Bachata music. No partner needed-partners rotate, so you can practice and meet others in a relaxed, supportive setting. Whether for a night out or just to try something new, you'll leave ready to dance Bachata with confidence.

Learn to Play Pickleball

Wednesdays, \$87 (5 weeks), 5 - 6:15 pm
Recreation Gym

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. Come see what the excitement is all about!

Dates	Activity #
Jan. 7 - Feb. 4	260633-A
Feb. 11 - March 25 (not 3/4 & 3/11)	260633-B

A Beginner Rumba Series

Thursdays, March 5 - 26, 6:30 - 7:15 pm
\$82 (4 weeks), Ignis Arts Ballroom Studio
630 Boston Rd Suite 201A Billerica
Instructor: Ignis Arts Ballroom Studio Staff
Activity #: 234103-A

Discover the romantic world of Rumba this March! This beginner class welcomes newcomers and those looking to refresh their basics. Learn smooth steps, hip action, and elegant movements to soulful Latin music. No partner needed-partners rotate, letting you practice and meet others in a friendly, relaxed setting. Try something new or boost your dance skills and leave ready to dance the Rumba with confidence and style.

Next Level Pickleball

Tuesdays, \$87 (5 weeks), 5 - 6:15 pm
Recreation Gym

Instructor: Kevin Martin, PPR Certified Coach

Are you an "improving" player looking to bring your game to the next level? This clinic is for players who can consistently make serves and keep the ball in play. We will focus on areas of your game that require improvement. 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	Activity #
Jan. 6 - Feb. 3	280403-A
Feb. 10 - March 24 (no 3/3 & 3/10)	280403-B

Drop-in Pickleball

\$5 drop-in fee, Recreation Gym

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
Tuesdays	Jan. 6 - March 24	1 - 2:30 pm; 2:30 - 4 pm	Social; Mixed
Wednesdays	Jan. 7 - March 25	2 - 3:30 pm	Advanced/Intermediate
Thursdays	Jan. 8 - March 26	10:15 - 11:45 am	Social

ZOOM: FREQUENTLY ASKED QUESTIONS



HOW CAN I TROUBLESHOOT MY CAMERA NOT WORKING?

Mac

- Check to make sure there aren't any other programs or apps using a camera (such as facetime, photo booth)
- Restart your computer
- If the camera still does not work in Zoom, check to see if the camera works with facetime or photo booth
- If the camera is not working for these apps, contact Apple support
- If it works in these apps, uninstall Zoom and reinstall
- If that does not work please contact recreation@burlington.org for troubleshooting help

HOW TO LOG ONTO ZOOM

ON A BROWSER

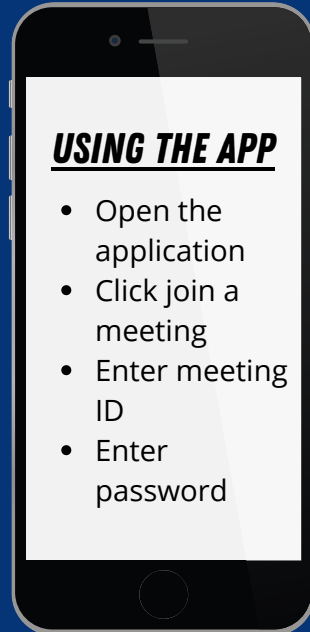
- Visit www.zoom.us
- Click join a meeting (top right hand corner)
- Enter meeting ID
- Enter password

Windows

- Check to make sure there aren't any other programs using a camera
- Restart your computer
- If that does not work please contact recreation@burlington.org for troubleshooting help

USING THE APP

- Open the application
- Click join a meeting
- Enter meeting ID
- Enter password



FREQUENTLY ASKED QUESTIONS

Where to find your zoom meeting ID and password

- The meeting ID and password are located either in the email sent to you or on your receipt. If you are unable to locate the meeting ID and password please contact recreation@burlington.org.

Do you need an account to access Zoom?

- No, you do not need to create an account to access a Zoom class or meeting.

How to change the view

- To change the view on a tablet or phone, there will be dots on the bottom of the screen. Click on these dots to scroll through the pages and change the layout of videos. If you are using a PC, there will be a view changer on the top right corner.

How to join with computer audio

- Once you enter the meeting you should be prompted with the option to use computer audio. Your computer must have a built in microphone or plugged in headphones with a microphone.

Why can people not hear me?

- Instructors may choose to mute all participants which would restrict you from being heard by other participants. If your instructor has not muted you, please look to see if you have clicked the microphone off by looking at the microphone icon in the bottom of your screen.

ADULT FITNESS



No Limit Fitness Card

Are you looking for more flexibility in your fitness routine? Own your fitness this winter 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 winter 2026: Lift and Burn, Lunchtime Lift, Lunchtime Total Body Express, Tai Chi, Cardio Dance, Pound, Cardio Dance Gold, Yoga Gold, Barre Gold, Zumba Gold, The Ultimate Dance Journey, Pure Strength, Work it out and all Pilates.)**

 = No Limit Fitness Card Eligible

Adults		
10 class card	\$165	210713-A
20 class card	\$275	210713-B

Students		
10 class card	\$137	210711-A
20 class card	\$252	210711-B




Fit Club

January - March, \$252, Activity #: 218213-A

Fit Club options offer participants an opportunity to pay one discounted fee and attend a variety of fitness classes. All classes available with Fit Club have a dumbbell image next to them.

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

 = Fit Club Eligible

ZUMBA & CARDIO DANCE



Pound

Thursdays, Jan. 8 - March 19, 5 - 5:45 pm

\$92 (11 weeks), Recreation Gym

Instructor: Tisha Wilson, Activity #: 219303-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 inspire you to get fast results.

The Ultimate Dance Journey:

8 Weeks, Endless Styles

Ages 16+, Saturday, Jan. 10 - Feb. 28, 9 - 10 am

\$80 (8 weeks), Function Room

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

Activity# 217603-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!

Zumba

\$92 (11 weeks), Recreation Gym

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system that's 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 and captivate for life.

Cardio Dance

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

5 - 6 pm, \$79 (9 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 212003-A

This class incorporates interval training with 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 include a warm-up, varied dance choreography, full-body conditioning, and a cool-down/stretch.

Tap & Jazz

Thursdays, Jan. 8 - March 19, 7 - 8 pm

\$122 (11 weeks), Function Room 1

Instructor: Bonnie Murphy, Activity #: 230403-A

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

Zumba Special!

January - March

Sign up for 3 Zumba classes to receive 15% off! To receive a discount, you must register for all 3 classes at the same time.

Day	Dates	Time	Instructor	Activity #
Tues.	Jan. 6 - March 17	6:30 - 7:30 pm	Tisha Wilson	216403-A
Thurs.	Jan. 8 - March 19	6:30 - 7:30 pm	Marcia Mailloux	216403-B
Sun.	Jan. 11- March 22	8 - 9 am	Lauren Mattson	216403-C

YOGA & PILATES



Yoga Barre Blend

\$92 (11 weeks), Instructor: Karen Pickette

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

Day	Date	Time	Location	Activity #
Sat.	Jan. 10 - March 21	10:15 - 11:15 am	COA Room 207	210603-A
Wed.	Jan. 7 - March 18	6 - 7 pm	Function Room	210603-B

Yoga Sculpt

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

10 - 11 am, \$79 (9 weeks), Function Room

Instructor: Karen Pickette, Activity #: 215003-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 discover a new kind of strength. Adding hand weights to yoga poses is good for your heart, bones, and muscles, and will help you get stronger. Please bring a set of light weights and a resistance band or strap to the class. All levels are welcome.

Evening Flow

Tuesdays, Jan. 6 - March 17, 7 - 8 pm

\$92 (11 weeks), Function Room

Instructor: Paulette Savage, Activity #: 210216-A

End your day in the best way: stretching, bending, and breathing. This yoga flow will help relieve stress in the body and de-clutter the mind. 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.

Pilates Fundamentals & More

Tuesdays, Jan. 6 - March 17 (not 2/17), 5:30 - 6:30 pm, \$85 (10 weeks), Function Room

Instructors: Barbara Hospod, Activity #: 211333-A

Enjoy exploring and practicing the essential Pilates exercises in 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 progressions and modifications. Feel the benefits of greater grounding, deep inner core strength, lengthened muscles, and improved posture and balance. This class is excellent for beginners who want to learn Pilates, as well as for those who would like to get back to basics and enhance their skills. Please bring a mat, a desire to move, and a smile!

Inclusion Services

See a program in our brochure you or your family member is interested in?! Inclusion support services for individuals with disabilities are available. Please visit www.burlingtonrecreation.org for more information.

Gentle, Relaxing, Restorative Yoga

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

4:30 - 5:30 pm, \$79 (9 weeks), Murray Kelly Wing, Instructor: Karen Pickette, Activity #: 219903-A

This class is structured around rejuvenating and healing the body. Class is held at a slow pace and focuses on stretching the entire 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.

Mindful Movement & Meditation

Wednesdays, Jan. 7 - March 18, 4:30 - 5:30 pm

\$92 (11 weeks), Function Room

Instructor: Karen Pickette, Activity #: 215503-A

This class will help us improve our bodies by stretching, strengthening, and toning. Mindful movement can help us boost our energy, focus, and resilience. The class will focus on standing and seated postures, incorporating gentle stretches and a guided meditation to conclude. This will be a great midweek energy boost.

Hatha Yoga

Thursdays, Jan. 8 - March 19, 9 - 10 am

\$92 (11 weeks), Recreation Gym

Instructor: Paulette Savage, Activity #: 211203-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 welcome.

Pilates Endurance Fusion

Wednesdays, March 4 - 25

9 - 9:50 am, \$40 (4 weeks), Grandview Farm

Instructor: Barbara Hospod, Activity #: 211303-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.

Flow, Focus & Meditate

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

6 - 7 pm, \$79 (9 weeks), Function Room

Instructor: Karen Pickette, Activity #: 210903-A

Flow Yoga will blend meditation, breathwork, and energizing movements. The class will begin with gentler movements to warm up the body, then move into flowing sequences. Flow yoga can improve strength, flexibility, and coordination, while reducing stress. We will end the class with a guided meditation.

Fun Friday Flow Yoga

Fridays, Jan. 9 - March 20, 9 - 10 am

\$92 (11 weeks), Grandview Farm

Instructor: Karen Pickette, Activity #: 212203-A

This class will involve a sequence of poses linked together to provide a comprehensive 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!

Yoga, Core and More

Tuesdays, Jan. 6 - March 17, 9 - 10 am

\$92 (11 weeks), Recreation Gym

Instructor: Paulette Savage, Activity #: 271273-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.

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.

RESISTANCE & INTERVAL TRAINING

Pure Strength

\$92 (11 weeks), 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.

Day	Dates	Time	Location	Activity #
Wed.	Jan. 7 - March 18	4 - 5 pm	Recreation Gym Virtual	214213-A 214213-VIRA
Sat.	Jan. 10 - March 21	9 - 10 am	COA 207 Virtual	214213-B 214213-VIRB

Lift and Burn

Fridays, Jan. 9 - March 20

9 - 10 am, \$92 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 201053-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, Jan. 5 - March 16 (not 1/19 & 2/16)

8:30- 9:15 am, \$75 (9 weeks), Zoom

Instructor: Brenda-Jo Hubbard

Activity #: 215103-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.

Lunchtime Lift Express

Tuesdays, Jan. 6 - March 17, 12 - 12:45 pm

\$92 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 215603-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 with exercises like squats, presses, lifts, and curls. Also, this workout combines Hi/Lo and kickboxing cardio moves.

Lunchtime Total Body Express

Thursdays, Jan. 8 - March 19, 12 - 12:45 pm

\$92 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 210803-A

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

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.

Brazilian Jiu-Jitsu

Mondays, Jan. 5 - March 23, 7 - 8 pm

\$226 (12 weeks),

Steve Nugent's Institute 207F Cambridge St.

Instructor: Steve Nugent & Staff

Activity #: 281203-A

Brazilian Jiu-Jitsu is a ground-based martial art that uses principles of leverage, angles, pressure, and timing 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 men and women of all athletic abilities.

Cycle and Strength

Mondays, Jan. 5 - March 16 (not 1/19 & 2/16)

8:45 - 9:45 am, \$99 (9 weeks), Recreation Gym

Instructor: Christin Caplan, Activity # 213853-A

Get the best of both worlds in this power-packed 60-minute class! Start with 30 minutes of high-intensity indoor cycling to torch calories, boost endurance, and get your heart pumping. Then hit the floor for 30 minutes of total-body strength training focused on building lean muscle, boosting metabolism, and sculpting your entire body. Whether you're looking to improve cardio fitness, build strength, or get an efficient full-body workout, this class has you covered.

Curvy Girls Bootcamp

Mondays & Thursdays, 6 - 7 pm, \$181 (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, 50s, 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	Activity#
Jan. 5 - 29	215513-A
Feb. 2 - 26	215513-B
March 2 - 26	215513-C

Tai Chi

Sundays, Jan. 11 - March 22, 6 - 7 pm

\$75 (11 weeks), Function Room 1

Instructor: James Regan, Activity #: 205803-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.

Power Hour

Wednesdays, Jan. 7 - March 18, 6:30 -7:30 pm

\$92 (11 weeks), Recreation Gym

Instructor: Sarah Hamilton, Activity # 214803-A

This class is the perfect mix of cardio and resistance training to burn calories, build lean muscle, and have fun while doing it! The first 30 minutes will be spent dancing, and the second half will be dedicated to total-body strength training.

CrossFit for Beginners

Mondays and Thursdays, 6 - 7 pm

2x per week. \$181 (4 weeks)

CrossFit Exclamation 15 Wall St

Instructors: Lindsay Clayson, Craig Foster

Nick Luz and Meg Carley

Our beginner program will teach you the foundational CrossFit movements and proper techniques in a small group setting. We'll teach you the basics and other movements typical in CF workouts, and work with you to find modifications that best suit 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 need to show up, and we'll help you achieve your health and fitness goals!

Dates	Activity#
Jan. 5 - 29	210503-A
Feb. 2 - 26	210503-B
March 2 - 26	210503-C

ACTIVE ADULTS & SENIORS



Yoga Gold

Age 50+, 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	Location	Time	Fee	Activity #
Mon.	Jan. 5 - March 16 (not 1/19 & 2/16)	Function Room	11 am - 12 pm	\$79 (9 weeks)	219803-A
Fri.	Jan. 9 - March 20	Grandview	10:30-11:30 am	\$85 (11 Weeks)	219803-B

Barre Gold

Age 50+, Wednesdays, Jan. 7 - March 18

11 am - 12 pm, \$85 (11 weeks), Function Room

Instructor: Karen Pickette, Activity #: 212107-A

Barre Gold is a dynamic fitness class 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. Whether you're a beginner or a seasoned athlete, Barre Gold offers modifications and challenges to suit your needs, ensuring a rewarding workout experience!



B.E.S.T.

Age 50+, Mondays, Jan. 5 - March 23

(not 1/19 & 2/16), 10:45 - 11:45 am, \$82 (10 weeks)

Zoom, Instructor: Trish Marfione

Activity #: 211807-A

Exercise is the key to staying strong, energetic, and healthy as you get older. 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.

Cardio Dance Gold

Age 50+, Fridays, Jan. 9 - March 20

10 - 11 am, \$85 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 210033-A

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

Soap Making 101

Age 18+, Saturdays, January 10 - 31, 9 - 11 am

\$20 (4 weeks), Ceramics Room

Instructor: Cathy Beyer, Activity #: 257603-A

Learn how to make soap from lye and oil using the cold process method. Class will include learning about safety, properties of oil and fat in soap, recipes, molds, saponification process, curing soap, and wrapping. Class will include demonstrations as well as making your own soap to take home!

Additional materials fee (approx. \$30) will be charged upon start of class by instructor.

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.

50+ Low Impact Strength and Conditioning

Mondays and Thursdays, 9:30 -10:30 am

2x a week, \$181 (4 weeks), CFE Fitness

15 Wall St, Instructor: Lori Becker

Looking to Feel Stronger, Healthier, and More Confident? If you've been thinking about getting back into fitness or starting for the first time, now is the perfect time! Small group sessions for personalized attention. Workouts focused on mobility, strength, and injury prevention. Fun and effective workouts to help you feel your best.

Dates	Activity #
Jan. 5 - 29	211527-A
Feb. 2 - 26	211527-B
March 2 - 26	211527-C

Beginner iPhone

Thursdays, March 12 - 19, 5 - 6:30 pm

\$32 (2 weeks), COA Room 207

Instructor: Justin Cybulski Activity #: 257803-A

This guide is for anyone completely new to smartphones or just looking to get more comfortable. Classes will cover customizing, downloading apps, messaging friends and family, listening to music, taking and editing photos, social media, and much more. You can get your questions answered and get the most out of your iPhone.

Zumba Gold

Age 50+, \$85 (11 weeks)

Tuesdays: Recreation Gym

Saturdays: 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.

Day	Dates	Time	Activity #
Tues.	Jan. 6 - March 17	11 am - 12 pm	216407-A
Sat.	Jan. 10 - March 21	10 - 11 am	216407-C



Inclusion Services

See a program in our brochure you or your family member is interested in?! Inclusion support services for individuals with disabilities are available. Please visit www.burlingtonrecreation.org for more information.

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.

Game Night

April 2025 - March 2026, Game Nights are on the second Friday of each month, 7 pm

Location TBA each month, 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 when new game nights are announced.

Hiking and Snowshoeing Club

April 2025 - March 2026

**Outings will vary in length; up to 3 miles long
Outings are announced monthly and are weather dependent, Activity #: 510007-G**

Outings will be monthly, dependent on the weather and vary in length: up to 3 miles. Our club will plan hikes monthly throughout the year. Outings will be announced by e-mail and dependent on weather. Weather appropriate attire and hiking shoes are highly recommended. Sunscreen, hydration, bug repellent are recommended in the warmer months. Snow shoes and or spikes are optional for winter walking in the snow. Most trails are easy to intermediate and are within 20 miles of Burlington.

Sing A Long Club

April 2025 - March 2026, 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

Jan. - March in the Recreation Gym

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.

Day	Time	Level	Activity #
Tues.	7:30 - 9:30 pm	Social	510007-O
Sat.	5:45 - 7:45 pm	Social	510007-P
Sat.	3:45 - 5:45 pm	Intermediate	510007-Q

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!



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

Viva Las Elvis

Thursday, April 16, \$138 per person, Castleton Banquet Center Windham, NH, Activity #: 01040

Now is your chance to see the "KING" live in concert with Viva Las Elvis featuring Dan Fontaine. This show features an undeniable realistic Elvis experience featuring the Memphis Sun Mafia band. Show includes a plated luncheon.

Simon Pearce Glass Blowing

Wednesday, June 24, \$189 per person, Vermont, Activity #: 01041

Enjoy a fun filled day in Vermont. Start with a stop at the famous Vermont Country Store, then head to Simon Pearce to watch master glassblowers and potters at work before shopping for the finished product. The trip concludes with a stop at King Arthurs Factory.

Tall Ships - America's 250th Anniversary

Tuesday, July 14, \$165 per person, Danversport Yacht Club & Boston Harbor, Activity #: 01042

Join us in celebrating America's 250th Anniversary with a trip to see the Tall Ships. This magnificent fleet of international and military ships from the 18th & 19th century are sailing into Boston Harbor and will be here just a short time. The day will feature a harbor cruise, which will give magnificent views of the entire fleet, as well as a luncheon at the Danversport Yacht Club.

NH Turkey Train

Wednesday, October 7, \$159 per person, Meredith, NH, Activity #: 01043

Join us as we travel to central NH for a day of fun and wonderful autumn sight seeing. All aboard the Turkey Train to see the beautiful views and enjoy a Turkey Luncheon provided by Hart's Turkey Farm. The trip also makes a mystery stop that is sure to "sweeten your day".

Neil Diamond & Friends

Thursday, October 22, \$138 per person, Castleton Banquet Center Windham, NH, Activity #: 01044

Experience some of the greatest hits from some of the greatest entertainers of all time - Neil Diamond & Friends will have you dancing and singing your day away!

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



Tree Lighting

Sponsored by Kohler by Rite Window, Exit Realty Sonia Rollins & Assoc., & Nicole Cella, Exit Premier Real Estate

Tuesday, Dec. 2, 5:30 pm, Town Common, (Inclement Weather Date: Friday, Dec. 5)

Please celebrate with Burlington Parks & Recreation, our neighbors, friends and family for the 52nd Annual Holiday Tree Lighting. Once again this year, it will feature entertainment, fireworks and a visit from Santa!

Special Someone Soiree

Friday, Feb. 6, 6 - 8 pm, Hilton Boston Woburn

2 Forbes Rd Woburn, \$65 per couple

\$25 per additional child

Activity #: 200521-A (couple)

Activity #: 200521-B (additional child)

Treat your favorite little one like a princess and escort them to the event of the season - the Special Someone Soiree! This unforgettable evening of fun will include dancing, refreshments, and flowers. Photos will once again be provided. That "special someone" such as a father, grandfather, uncle or friend are welcome as the "date" of the evening. Register early; space is limited.

Characters Come to Life: Superheroes!

Saturday, March 14, 10 am - 12 pm, Grandview Farm

\$40 per couple \$20 per additional child

Activity #: 200201-A (couple)

Activity #: 200201-B (additional child)

Characters come to life is back for another year! Superheroes are flying into Burlington to meet you all! Join us at Grandview Farm for a super experience featuring meet n' greets, activities, a live performance, and maybe even a visit or two by some of our local every day heroes as well! **Couple registration includes admission for 1 adult and 1 child. All participants under 18 must be accompanied by an adult.**

Gingerbread House Making

Tuesday, Dec. 9, 4:30 - 5:30 pm, \$25 per family

Murray Kelly Wing, Activity #: 200617-A

Join us for some Gingerbread House Making fun! This is a great opportunity to connect as a family over the holiday season. Gingerbread houses and decorating candies are included. It is guaranteed to be a tasty and fun time for all!

Calling Santa

Special arrangements have been made to transfer phone calls from Santa in the North Pole to the children of Burlington. Calls will be made on the selected day between 5:30 and 7 pm. This event is open to Burlington residents only.

Date	Activity #:
Dec. 9	200598-A
Dec. 10	200598-B
Dec. 11	200598-C

Trip Alert!

Check out the Gunstock trip on page 18!

PARKS & FACILITIES



SIMONDS PARK



- TWO LIGHTED LITTLE LEAGUE BASEBALL FIELDS
- ONE LIGHTED SOFTBALL FIELD
- ONE LIGHTED TENNIS COURT
- TWO LIGHTED BASKETBALL COURTS
- ONE WADING POOL
- ONE PLAYGROUND
- DISC GOLF COURSE
- FOUR LIGHTED PICKLEBALL COURTS
- ONE SKATE PARK WITH HALF-PIPE
- ONE STREET HOCKEY COURT
- PICNIC AREA
- 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
- GAGA BALL PIT

REGAN PARK



- ONE LITTLE LEAGUE BASEBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND
- GAGA BALL PIT

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 BALL 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](#)

Visit www.burlingtonrecreation.org for a full map of all the parks in Burlington.

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 2025 - 2026 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), or follow us on X (@Burlington_Rec) 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.

