



SUMMER 2025

REGISTRATION BEGINS APRIL 15 AT 6 PM

 : www.burlingtonrecreation.org

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OFFICE HOURS

Monday - Friday

8:30 am - 4:30 pm

*We will be closed on May 26, June 19

July 4 & Sept. 1

Phone: 781.270.1695



REGISTRATION BEGINS AT 6 PM ON TUESDAY, APRIL 15TH

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, you get your second choice, or there is a change in day or time. If both your choices are filled, your name will be placed on the waiting list and a refund will be sent to you.

WAITING LIST

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

HOW TO REGISTER BY MAIL 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.

RECREATION COMMISSION

LINDSAY CARLSON

Chair

STEVE NELSON

Vice Chair

DAVID NORDEN

Member

JEREMY BROOKS

School Department Representative

BRENDA RAPPAPORT

Planning Board Representative



STAFF DIRECTORY

BRENDAN EGAN

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



Jump Start

Ages 4 - 6, Monday - Friday, 9 am - 1 pm

\$133 (*\$109 week of June 30), Pine Glen Elementary

Director: Claire Egan

In this program, participants will participate in developmentally appropriate games and activities. This program is designed to have fun while learning about sports skills and engaging in physical activity. Participants should bring a nut-free snack, lunch, and drink. **Children must be toilet-trained.** A copy of your child's birth certificate must accompany the registration for new participants. We recommend new participants come in with birth certificates ahead of registration day. **Sessions are limited to four per child until June 2.**

Crafts & Play

(Jump Start Extended Day)

Ages 4 - 6, Monday - Friday, 1 - 3 pm

\$75 (*\$63 week of July 1), Pine Glen Elementary

Director: Marie Haley-Martin

This program will give your child a hands-on approach to learning and socializing through activities such as storytelling, art, science, and playing games. You can register for this as a stand-alone program or register for both Crafts & Play and Jump Start for your child to be with us for an extended day. **Children must be toilet-trained.** A copy of your child's birth certificate must accompany the registration for new participants.

Dates	Jump Start Activity #	Crafts & Play Activity #
June 30 - 3*	473901-A	462600-A
July 7 - 11	473901-B	462600-B
July 14 - 18	473901-C	462600-C
July 21 - 25	473901-D	462600-D
July 28 - Aug. 1	473901-E	462600-E
August 4 - 8	473901-F	462600-F

Summer Discovery

Ages 3 - 5, Monday - Friday, 9 am - 1 pm

\$133 (*\$109 week of June 30), Function Room

Director: Jenn MacLeod

With themes such as camping, the rainforest, and the ocean, children will make discoveries through stories, songs, art, science, games, and dramatic play. Children should bring a nut-free snack, lunch, and water (preferably in a refillable container). **Children must be toilet-trained.** A copy of your child's birth certificate must accompany the registration for new participants. We recommend that new participants bring in birth certificates ahead of registration day. **Sessions are limited to four per child until June 2.**

Dates	Activity #
June 30 - July 3*	463400-A
July 7 - 11	463400-B
July 14 - 18	463400-C
July 21 - 25	463400-D
July 28 - Aug. 1	463400-E
Aug. 4 - 8	463400-F

Amazing Athletes

Sundays, July 13 - August 17, \$147 (6 weeks)

Rec Center Field, Instructor: Amazing Athletes

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

Age	Time	Activity #
2 - 3	9 - 9:45 am	474400-A
3 - 4	9:50 - 10:35 am	474400-B
4 - 6	10:40 - 11:30 am	474400-C

Fall: 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 related 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.

Days	Dates	Fee	Activity #
Mon.	Sept. 8 - Dec. 8 (not 10/13, 10/20)	\$494 (12 wks)	156810-A
Wed.	Sept. 10 - Dec. 10 (not 11/26)	\$534 (13 wks)	156810-B

Fall: Pre-School Bookworms

Ages 3 - 5 (toilet trained), 9 am - 1 pm

Visco Building at Simonds Park, Director: Jenn Macleod

We all know that children are enriched by books. 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 the use of books, flannel board, puppets, and dramatic play. Art, science, and other literacy experiences will revolve around the chosen story, and imaginations will soar. Please pack a water bottle, a nut-free snack, and lunch. A copy of your child's birth certificate should accompany the registration form of new participants.

Days	Dates	Fee	Activity #
Tues.	Sept. 9 - Dec. 9 (not 11/11)	\$494 (13 wks)	151600-A
Thurs.	Sept. 11 - Dec. 11 (not 11/27)	\$534 (13 wks)	151600-B

Lil Sports

Saturdays, July 12 - Aug. 16, \$87 (6 weeks)

Rec Center Field, 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.

Ages	Time	Activity #
2 - 3	9:30 - 10:15 am	471800-A
4 - 5	10:30 - 11:15 am	471800-B

Parent & Me Music and Movement

Walking - Age 3, Wednesdays, July 9 - Aug. 6

4 - 4:45 pm, \$83 (5 weeks)

Ellens School of Dance 67 Boston Rd Billerica

Instructor: Ellens School of Dance Staff

Activity#: 433500-A

Join the fun with 45 minutes of Music and Movement. Parent and Me Music and Movement classes are interactive sessions 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 more! This class will instill a love of music and dance for all!

Little Dragons

Ages 3 - 4, (fee includes uniform) Steve Nugent's

Institute / 207F Cambridge St.

Instructors: Steve Nugent & Staff

Come join the fun and explore this introductory karate program, which 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, and coordination. Classes also cover health, nutrition, fire safety, and stranger awareness.

Day	Dates	Time	Fee	Activity #
Thurs.	July 10 - Aug. 28	3:30 - 4 pm	\$140 (8 weeks)	470000-A
Sat.	July 12 - Aug. 23	9 - 9:30 am	\$125 (7 weeks)	470000-B

TinyTykes Soccer

Ages 3 - 6, Monday - Friday, Aug. 18 - 22, 3 - 3:45 pm

\$150, Rahanis Soccer Field

Instructor: Challenger Sports, Activity #: 462900-A

This curriculum has been created to promote and enhance the key areas of child development, focusing on fun! Children will develop their balance, agility, coordination, color recognition, and numerical learning, along with increasing their confidence and social skills. Registration fee includes ball and uniform for players.

YOUTH



Park Place

(Pre-registration required) Grades K - 5 (grade completed), 9 am - 3 pm, No Fee

Rain Day Location: BHS, (Wildwood Park & Regan Playground will close at noon on Aug. 8.

Rahanis Playground will close at noon on Aug. 15.)

Take a "chance" and find out why the Park Place program has a Monopoly on fun and excitement. Our staff will offer imaginative activities and special events as well as traditional games, sports, and arts and crafts. Park Place is still free of charge (best bargain in town). There is no rain location for Park Place programs on Fridays; parks will close for inclement weather. Sessions are limited to four per child until June 2.

Wildwood Park

Director: Ashlyn Bisso

Dates	Activity #
June 30 - July 3	464621-A
July 7 - 11	464621-B
July 14 - 18	464621-C
July 21 - 25	464621-D
July 28 - Aug. 1	464621-E
Aug. 4 - 8	464621-F

Rahanis Playground

Director: Keira Coughlin

Dates	Activity #
June 30 - July 3	464631-A
July 7 - 11	464631-B
July 14 - 18	464631-C
July 21 - 25	464631-D
July 28 - Aug. 1	464631-E
Aug. 4 - 8	464631-F
Aug. 11 - 15	464631-G

Regan Playground

Director: Grace Visco

Dates	Activity #
June 30 - July 3	464641-A
July 7 - 11	464641-B
July 14 - 18	464641-C
July 21 - 25	464641-D
July 28 - Aug. 1	464641-E
Aug. 4 - 8	464641-F

Summer Basketball Skills Clinic

Tuesdays and Thursdays, July 8 - Aug. 14

\$95 (6 weeks), Wildwood Park

Instructors: John Pisapia & Dan Georgette

Come down to Wildwood Park for some summer hoop skills and scrimmages. This program will focus on learning and polishing your basketball fundamentals, all while having fun with your peers! Please bring your own ball, plus a white and black or dark colored shirt option for scrimmages.

Grade Completed	Time	Activity #
K - 3	5 - 6:15 pm	465001-A
4 - 8	6:30 - 7:45 pm	465001-B

Viking Sports

North Shore Ninja Warrior

Ages 7 - 12, Wednesdays, July 23 - Aug. 27

5:30 - 6:30 pm, \$135 (6 weeks), Recreation Field

Instructor: Viking Sports Staff, Activity: 466201-A

Viking North Shore Ninja Warrior is an action-packed adventure that brings fitness, competition, and nonstop fun together in 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. Whether they're racing against friends or just enjoying the challenge, every part of this program is designed to spark energy, confidence, and a whole lot of smiles!

Club Simonds

Grades K - 4 (grade completed), Monday - Friday, 9 am - 4 pm (Early drop-off: 8 - 9 am)

Simonds Park, Rain Day Location: Francis Wyman Elementary, Directors: Emma Martinage & Brian O'Neil

Are you looking for a fun environment to send your child this Summer? The fun is always on at Club Simonds! Spend fun-filled days playing games, making arts and crafts, cooking or performing in a skit. Daily water activities may include the wading pool and sprinklers or water games, so don't forget your bathing suit! Children should bring nut-free snack, lunch and water bottles (preferably refillable) in an insulated cooler or bag. In the event of rain, please call the cancellation line or check our Facebook page after 7 am. **Sessions are limited to four per child until June 2.**

Early Drop-Off

Dates	Activity #	Fee	Activity #	Fee
June 30 - July 3*	460001-A	\$126	460051-A	\$20
July 7 - 11	460001-B	\$153	460051-B	\$20
July 14 - 18	460001-C	\$153	460051-C	\$20
July 21 - 25	460001-D	\$153	460051-D	\$20
July 28 - Aug. 1	460001-E	\$153	460051-E	\$20
Aug. 4 - 8**	460001-F	\$137	460051-F	\$20

**Program runs Monday - Thursday only*

***Program ends at Noon on Aug. 8*

Modified Club Simonds

Participants with a disability, Grades K - 4 (grade completed), Simonds Park

Rain Day Location: Francis Wyman Elementary

If your child attends summer enrichment programs at their school or the regular day is too long or overwhelming, we offer a modified schedule that we hope may be helpful in meeting your needs. This option is appropriate for children with an IEP or 504 plan and/or those who will be receiving support as part of our summer inclusion program. Space is limited. Please direct all questions and inquiries to Emma Andrus, CTRS at eandrus@burlington.org. **Sessions are limited to four per child until June 2.**

Monday - Thursday				Friday		
Dates	Fee	9 am - 12 pm	1 pm - 4 pm	Dates	Fee	9 am - 4 pm
June 30 - July 3	\$65	495209-A	495309-A	July 11	\$30	495409-B
July 7 - 10	\$65	495209-B	495309-B	July 18	\$30	495409-C
July 14 - 17	\$65	495209-C	495309-C	July 25	\$30	495409-D
July 21 - 24	\$65	495209-D	495309-D	Aug. 1	\$30	495409-E
July 28 - 31	\$65	495209-E	495309-E	Aug. 8*	\$15	495409-F
Aug. 4 - 7	\$65	495209-F	495309-F	<i>*Program ends at Noon on Aug. 8</i>		

Inclusion Services

Inclusion services are available for all summer programs. From fostering friendships to building independence, our inclusion staff works to make our summer programs accessible and inclusive for participants with disabilities! Further information can be found on page 21. **The inclusion request deadline for summer inclusion services is Friday, May 30.**

Dance Club

Ages 6 - 10, Monday - Thursday, 9 - 11:30 am

\$120, Instructor: Christin Caplan

Come move and groove this summer! We will learn multiple styles of dance including ballet, jazz, hip hop, and modern. With different themes each day, students will dance to fun music, play creative movement games, and do some arts and crafts projects. Dancers should wear comfortable clothing (dance clothing optional!). Please bring a filled water bottle and a nut-free snack.

Dates	Location	Activity #
June 30 - July 3	Grandview Farm	433001-A
July 28 - 31	Grandview Farm	433001-B
Aug. 18 - 21	Grandview Farm	433001-C

Monday Night Summer Soccer

Ages 5 - 14, Mondays, June 30 - Aug. 18, 5:30 - 7:30 pm, \$210 (8 weeks), MSMS Field

Instructor: ProFormance Soccer Staff

Activity #: 474501-A

This FUN, action-packed program will include both individual skill training (passing, dribbling, shooting & defending) and game play. The program is led by top local coaches and will keep players active and improving throughout the summer. Players will be grouped by age/gender/skill level.

Challenger Soccer Camp

Monday - Friday, Aug. 18 - 22, Rahanis Soccer Field

Instructor: Challenger Sports

We incorporate the best coaching methodologies from around the world and bring them to players across all of North America... including your community. Players will work on technical foundational skills in a fun and safe environment. It's more than just a soccer camp; it's a cultural, educational, and informational program that uses soccer to teach core values of responsibility, integrity, respect, sportsmanship and leadership. **The registration deadline is August 4. No refunds will be issued beyond this date.**

Ages	Time	Fee	Activity
7 - 15	9 am - Noon	\$215	463501-A
7 - 15	9 am - 3 pm	\$280	463501-B
7 - 15	8 - 9 am	\$45	463501-C
7 - 15	3 - 4 pm	\$45	463501-D

Hip-Hop

Ages 6 - 10, Mondays

July 7- September 22 (not 8/11 & 9/1)

4 - 4:45 pm, \$78 (10 weeks)

Recreation Gym (7/28 COA Room 207)

Instructor: Christin Caplan, Activity #: 433801-A

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

Field Hockey Clinic

Grades K - 8 (grade completed)

Monday & Wednesday

July 14 & 16, 5 - 8 pm, \$70, Varsity Field

Instructors: Carolyn Bonnetti, Courtney Callahan and Angela Wilson, Activity #: 415201-A

Get trained in all aspects of field hockey: positioning, dribbling, dodging, passing, defending and scoring. Players will improve their fundamentals, game sense, and develop a better understanding of the sport. Wear comfortable clothing, sneakers/cleats, shin guards, a molded mouth-guard, and goggles. Field hockey sticks will be available to borrow. No experience necessary! Rain date will be July 18.

Fall Field Hockey Team

You can find further information on our fall field hockey team on page 17. Team options for participants in kindergarten through middle school. Join in on the action this fall with this fun and active sport!

Learn to Skate

Ages 6 - 15, Sundays, June 29 - Aug. 17, 3 - 3:25 PM

\$175 (8 weeks), Burlington Ice Palace 36 Ray Ave

Instructors: FMC Ice Sports Staff

Activity #: 473101-A

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

Youth Tennis Lessons

Monday - Friday, \$65 (*\$52 week of June 30), Rahanis Tennis Courts, Director: Scott Barrett

This program is for beginners to experienced players. Our staff will keep you coming back all summer. Participants should bring a tennis racquet and water. Balls will be provided. A few peewee racquets are available at the program on a first-come, first-serve basis.

Date	Ages 4 - 7	Ages 8 - 12	Ages 10 - 16
June 30 - July 3*	460901-A	460921-A	460941-A
July 7 - 11	460901-B	460921-B	460941-B
July 14 - 18	460901-C	460921-C	460941-C
July 21 - 25	460901-D	460921-D	460941-D
July 28 - Aug. 1	460901-E	460921-E	460941-E
August 4 - 8	460901-F	460921-F	460941-F

RAIN DAY POLICY

Rain days will not be made up. At the end of the week you will receive a reimbursement for any days missed due to our cancellation of the program.

PEEWEEES

Ages 4 - 7, 4 - 4:45 pm

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

BEGINNER/ADVANCED BEGINNER

Ages 8 - 12, 5 - 6 pm

Basic stroke development for new players, intro to volley, serve and various games that improve tennis skills.

INTERMEDIATE

Ages 10 - 16, 6 - 7 pm

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

Gymnastics at BHS

Grades 1 - 12 (grade completed), Monday - Thursday, 8:30 am - 1:30 pm

\$130, BHS Gym, Director: Caroline Spinali & Sarah Gubnitsky

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

Sessions are limited to two per child until June 2.

Dates	Girls Grades	Activity #	Boys Grades	Activity #
July 7 - 10	Grades 1 & 2	461211-B	Grades 1 & 2	461221-B
	Grades 3 - 5	461231-B	Grades 3 - 5	461241-B
	Grades 6 - 12	461251-B	Grades 6 - 12	461261-B
July 14 - 17	Grades 1 & 2	461211-C	Grades 1 & 2	461221-C
	Grades 3 - 5	461231-C	Grades 3 - 5	461241-C
	Grades 6 - 12	461251-C	Grades 6 - 12	461261-C
July 21 - 24	Grades 1 & 2	461211-D	Grades 1 & 2	461221-D
	Grades 3 - 5	461231-D	Grades 3 - 5	461241-D
	Grades 6 - 12	461251-D	Grades 6 - 12	461261-D
July 28 - July 31	Grades 1 & 2	461251-E	Grades 1 & 2	461221-E
	Grades 3 - 5	461231-E	Grades 3 - 5	461241-E
	Grades 6 - 12	461251-E	Grades 6 - 12	461261-E

Swim Clinic

Burlington Swim and Tennis Club

Ages: 4 - 17, Aug. 11 - 15, \$150 (5 lessons), Burlington Swim and Tennis Club 1 Country Club Lane

Instructor: Burlington Swim and Tennis Club Staff

This is a swim clinic for non-members of the Burlington Swim and Tennis Club. Participants come to the same lesson time each day for the duration of the program. See level descriptions and times listed below.

Level	Description	Time	Activity
1	New swimmer, cannot be in the pool unassisted. Must be potty trained and willing to get in the pool without a parent/guardian.	10 - 10:30 am	466301-A
2	Swimmer can support themselves in the pool (doggy paddle) and is ready to begin working on strokes.	10:30 - 11 am	466301-B
3	Swimmer can swim the backstroke and freestyle independently.	11 - 11:30 am	466301-C
4	Swimmer knows all the strokes and is ready to improve technique and turns.	11:30 am - 12 pm	466301-D

Karate Frenzy

Grades K - 6 (grade completed), Monday - Friday

Aug. 18 - 22, 9 am - Noon, \$285 (uniform included)

Steve Nugent's Institute, 207F Cambridge St.,

Instructor: Steve Nugent & Staff, Activity #470531-A

Each day emphasis will be on the basic development of your child's physical, emotional, and mental well-being through the integration of physical education, self-defense and general martial arts concepts. They will learn karate techniques, flexibility, concentration and sportsmanship. Participants will be challenged physically and mentally in fun and unique ways.

Karate

Ages 5 - 13, (fee includes uniform)

Steve Nugent's Institute 207F Cambridge St.

Instructors: Steve Nugent & Staff

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

Day	Dates	Time	Fee	Activity #
Mon.	July 7- Aug. 25	5:30 - 6:15 pm	\$140	470501-A
		6:15 - 7 pm	(8 weeks)	470501-B
Sat.	July 12 - Aug. 23	1 - 1:45 pm	\$125 (7 weeks)	470501-D

Aquatic Opportunities

Check out pages 18 & 19 for more aquatic opportunities! This section highlights how to get a pool pass for the wading pool at Simonds Park as well as pool hours! Additionally, **NEW** this summer Burlington Parks and Recreation is partnering with Burlington Swim and Tennis Club (BSTC) to offer family day passes for non-member families to spend a summer day at BSTC!

Girls Wellness Academy

Grades 3 - 5, Tuesdays

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

Recreation Gym (7/29 COA Room 207)

Instructor: Leanne Eggimann

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

Dates	Activity #
June 3 - July 8	419601-A
July 15 - Aug. 19	419601-B

Flag Football

Monday - Friday, Aug. 11 - 15, 9 am - 3 pm, \$199, Simonds Park

Instructor: Skyhawks Sports Academy

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football! Participants should bring multiple waters, 2 snacks, lunch, and sunscreen. Each participant will receive a Skyhawks certificate and Tshirt. **The registration deadline is August 1. No refunds will be issued beyond this date.**

Ages	Activity #
6 - 8	474001-A
9 - 12	474001-B

Cheerleading Camp

Ages 6 - 9, Co-Ed, Monday - Friday, Aug. 11 - 15, 9 am - Noon, \$140, Simonds Park

Instructor: Skyhawks Sports Academy, Activity #: 463001-A

Get ready to rally with Skyhawks Cheerleading! This fun-filled program teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free. Participants will also learn valuable teamwork and leadership skills. The program ends with a performance where each cheerleader shines. Become a cheer champion with Skyhawks! Participants should bring multiple waters, 2 snacks, and sunscreen. Each participant will receive a Skyhawks certificate and T-shirt. **The registration deadline is August 1. No refunds will be issued beyond this date.**

Kids' Test Kitchen

Grades 1 - 5, Saturdays, July 12 - Aug. 16, 10 - 11 am

\$195 (6 weeks), Ceramics Room

Instructor: Kids Test Kitchen Staff

Activity # 451801-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.

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.

Jr. Golf School Clinic

Ages 6 - 14, Monday - Friday, 9 - 10:15 am

\$185 (5 lessons), Billerica Country Club 51 Baldwin

Rd. Billerica, Instructor: Barrie Bruce Golf School

Golf is a great game for juniors, and our clinics are geared toward NEW golfers AND those who want to improve their skills. Golfers are grouped by age range, and we will teach safety, golf etiquette, club basics (irons, woods, short game), and swing skills. Equipment and practice balls can be provided as needed.

Dates	Activity #
July 7 - 11	470601-A
Aug. 4 - 8	470601-B

Youth French Lessons

Ages: 4 - 8, Tuesdays, July 1 - 22, 4:30 - 5:30 pm

\$70 (4 weeks), COA Room 207

Instructor: Linh Detzel, Activity #: 452501-A

BONJOUR! Come learn French for the summer!! Learn a new language for travel, about the beach, farm animals, and fun summer foods. There will be music, arts and crafts, etc. We will do some speaking, writing, all levels.

YOUTH STEAM



Dungeons and Dragons

Grades 5 - 12, 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 and skill level. Through cooperative game play with puzzle solving and basic math, participants will strengthen teamwork, improvisation, and social skills!

Day	Fee	Dates	Time	Activity #
Tues.	\$185 (8 weeks)	July 8 - Aug. 26	4:30 - 6:30 pm	452811-A
Wed.	\$185 (8 weeks)	July 9 - Aug. 27	5:30 - 7:30 pm	452811-B
Thurs.	\$185 (8 weeks)	July 10 - Aug. 28	5:30 - 7:30 pm	452811-C

3D Printing, Coding, and Design

Grades 3 - 5, Fridays, July 18 - Aug. 22, 5 - 6 pm , \$135 (6 weeks), Ceramics Room

Instructor: Rhode Island Computer Museum Teacher Activity #: 458601-A

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

Broadway MY WAY

Grades 3 - 5 (grade completed), Monday - Friday, Aug. 4 - 8, 9 am - 4 pm, \$350, Grandview Farm

Instructor: Broadway MY WAY Staff, Activity #: 457201-A

Broadway My Way is a one-of-a-kind musical theater experience designed for young performers who love to sing, dance, and act! Participants will participate in Broadway-approved training, offering a fun, engaging, and skill-building program led by theater professionals. Over five exciting days, participants will develop their performance skills, explore storytelling and character development, and rehearse for a final showcase of a Broadway Show for family and friends. No prior experience is needed—just a passion for performing and a willingness to shine on stage! **The registration deadline is July 21. No refunds will be issued beyond this date.**

Community Events

Looking for fun activities the whole family can enjoy? Check out our community events on page 38!

STEAM-sational Art

Ages 5 - 12, Monday - Friday, Aug. 11 - 15

Function Room 2, Instructor: Kidcreate Studio Staff

Calling all smarty-pants! In this program, you'll create your own pinball machine, a creative Venus flytrap, a colorful kaleidoscope, and more! **Registration deadline August 4.**

Nailed It: Hawaii Challenge!

An Art-tastic Game

Ages 5 - 12, Monday - Friday, Aug. 11 - 15

Function Room 2, Instructor: Kidcreate Studio Staff

Aloha! This is perfect for unleashing your creativity and powering up your problem-solving skills! Just like in the wildly popular series "Nailed It!", we'll provide you with everything needed to recreate a Hawaiian-inspired awesome final product, but it's up to YOU to decide how you make it happen. **Registration deadline August 4.**

Program	Time	Fee	Activity #
STEAM-sational Art	8:45 am - 12:30 pm	\$210	466501-A
Nailed It	1:00 - 3:30 pm	\$210	466501-B
Both	Full Day	\$280	466501-C

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

Summer Storytime Art

Ages 5 - 12, Thursdays, July 24 - Aug. 14, 4 - 5:15 pm

\$155 (4 weeks), Ceramics Room

Instructor: Kidcreate Studio, Activity #: 466401-A

This class is a great way to develop your child's love of art and reading! Beautifully illustrated children's books will inspire us in each class, and each story will start us on a creative journey through the imagination! We'll create masterpieces using a variety of art supplies. We'll ride bikes with *Curious George*, get wild with *Where the Wild Things Are*, figure out where those caps went in *Caps for Sale*, and more.



App Inventors

Grades 3 - 6 (grade completed), Monday - Friday

Aug. 11 - 15, Function Room 1

Instructor: Circuit Lab Staff, Activity #: 467701-A

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea and need to know how to make it? We use MIT App Inventor software to create fun, creative Android phone and tablet apps in this no-experience-required course. We will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps and have the opportunity to develop their own apps with Circuit Lab instructors' support. Students should bring a peanut-free snack.

Program	Time	Fee	Activity #
App Inventors	9 am - 12 pm	\$210	467701-A
Hands-On-Electronics	12:45 - 3:45 pm	\$210	466701-B
Both	Full Day	\$380	467701-C

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

Hands-On-Electronics

Grades 3 - 6 (grade completed), Monday - Friday

Aug. 11 - 15, Function Room 1

Instructor: Circuit Lab Staff, Activity #: 466701-B

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools, including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding), to experiment with LEDs, resistors, motors, and programming. Each class day allows participants to design a hands-on project with the guidance of skilled Circuit Lab instructors. Students should bring a peanut-free snack.

YOUTH SUMMER PROGRAM OPEN HOUSE!

Join Burlington Parks and Recreation Department for an OPEN HOUSE to meet youth summer program directors!



Why should my family attend?

Summer programs while exciting can also be overwhelming especially for new participants! This open house will be an opportunity to meet directors, ask program questions and ease anxiety related to attending programs.

This “preview” of what to expect may help improve your family’s summer program experience with the potential for easier drop-off transitions, fewer home-sick phone calls and more!

Have further support questions? Check out our inclusion support services. Further information can be found on page 21.

When?

Wednesday, June 4, 6 - 7 pm

Where?

Grand View Farm, 55 Center St.
Burlington, MA

What is the “Open House?”

This is an opportunity for youth participants and their families to meet the program directors that will be leading their favorite summer programs all season long!

Social stories (story with photos on what to expect) for each of the programs listed below will be available for families to take home with them.

Summer Discovery

Jump Start

Club Simonds

Parks Place

Gymnastics

Tennis

Middle School Parks



COMPLETED 8TH GRADE? VOLUNTEER WITH US!

We have volunteer opportunities for those who have completed grade 8. If you like working with people, enjoy recreational activities or have a particular skill, you may be able to use your talents volunteering at one of our programs or special events. Summer volunteers should register using the activity numbers below. **Registering only indicates your interest in volunteering, and does not guarantee placement.** Following registration, the Summer Program Directors will contact you in June to discuss available weeks and placement.

Interested in learning more about what to expect at each program? Use the color code below to find the section of the brochure that the program description is in.

= Preschool = Youth = Therapeutic Recreation

Jump Start

Dates	Activity #
June 30 - July 3	465201-A
July 7 - 11	465201-B
July 14 - 18	465201-C
July 21 - 25	465201-D
July 28 - Aug. 1	465201-E
August 4 - 8	465201-F

Summer Discovery

Dates	Activity #
June 30 - July 3	465301-A
July 7 - 11	465301-B
July 14 - 18	465301-C
July 21 - 25	465301-D
July 28 - Aug. 1	465301-E
August 4 - 8	465301-F

Club Simonds

Dates	Activity #
June 30 - July 3	465401-A
July 7 - 11	465401-B
July 14 - 18	465401-C
July 21 - 25	465401-D
July 28 - Aug. 1	465401-E
August 4 - 8	465401-F

Wildwood Park Place

Dates	Activity #
June 30 - July 3	465501-A
July 7 - 11	465501-B
July 14 - 18	465501-C
July 21 - 25	465501-D
July 28 - Aug. 1	465501-E
August 4 - 8	465501-F

Rahanis Park Place

Dates	Activity #
June 30 - July 3	465601-A
July 7 - 11	465601-B
July 14 - 18	465601-C
July 21 - 25	465601-D
July 28 - Aug. 1	465601-E
August 4 - 8	465601-F
August 11 - 15	465601-G

Regan Park Place

Dates	Activity #
June 30 - July 3	465701-A
July 7 - 11	465701-B
July 14 - 18	465701-C
July 21 - 25	465701-D
July 28 - Aug. 1	465701-E
August 4 - 8	465701-F

Gymnastics*

Dates	Activity #
July 7 - 11	465801-A
July 14 - 18	465801-B
July 21 - 25	465801-C
July 28 - Aug. 1	465801-D

Tennis

Dates	Activity #
June 30 - July 3	465901-A
July 7 - 11	465901-B
July 14 - 18	465901-C
July 21 - 25	465901-D
July 28 - Aug. 1	465901-E
August 4 - 8	465901-F

RecTogether*

Dates	Activity #
August 11 - 15	466001-A
Aug. 18 - 22	466001-B



*Accepts volunteers who have completed grade 9 and above.

MIDDLE AND HIGH SCHOOL



Middle School Parks

Grades 5 - 8 (grade completed), Monday - Friday, 9 am - 3 pm, Fox Hill School

Rainy Day Location: Fox Hill School, Director: Ryan Morey

Each week will have new activities and trips geared toward middle school aged kids. Trips will be offered each day of the program as described below. The week of August 4 a half day trip will be held on Friday, with the park closing at the trip's conclusion on August 8. Staff members are responsible for children only when they are participating in park activities. After you have registered, you will receive a newsletter specific for that week which will include dates and times. In case of inclement weather on a trip day, an alternative indoor trip will be scheduled. **Sessions are limited to three per child until June 2.**

Dates	Trips	Fee	Activity #
June 30 - July 3*	Open Swim, Singing Beach, Canobie Lake Park, Kimball Farm	\$239	461701-A
July 7 - 11	Open Swim, Salsbury State Park, Water Country, Launch, Dave & Busters	\$268	461701-B
July 14 - 18	Open Swim, Singing Beach, Funtown Splashtown, In the Game, Boda Borg	\$309	461701-C
July 21 - 25	Open Swim, Salisbury State Park, Six Flags, Kings, SkyZone	\$278	461701-D
July 28 - Aug. 1	Open Swim, Singing Beach, Water Country, Chunky's, Fun City	\$255	461701-E
Aug. 4 - 8	Open Swim, Salisbury State Park, Canobie Lake Park, Level 99, Altitude	\$282	461701-F

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

***All children participating in this program are required to have a swim test prior to the start of the program (even if they were tested previously). A lifeguard and staff will be available at the Open Swim for Christian's Law testing. Please see the Christian's Law section of our website for more info.**

Summer Basketball Skills Clinic

Grades 4 - 8 (grade completed)

Tuesdays and Thursdays, July 8 - Aug. 14

6:30 - 7:45 pm, \$95 (6 weeks), Wildwood Park

Instructors: John Pisapia & Dan Georgette

Activity #: 465001-B

Come down to Wildwood Park for some summer hoop skills and scrimmages. This program will focus on learning and polishing your basketball fundamentals, all while having fun with your peers! Please bring your own ball, plus a white and black or dark colored shirt option for scrimmages.

Brazilian Jiu-Jitsu

Ages 7 - 15, Tuesdays, July 8 - Aug 26., 3:30 - 4:15 pm

\$140 (8 weeks, uniform included)

Steve Nugent's Institute 207F Cambridge St.

Activity #: 481103-A

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

Fall 2025 Field Hockey Teams

Grades K - 7 (grade completed)

Sept. - Oct., \$175, Time & Location: TBD

Directors: Courtney Callahan and Angela Wilson

We are excited that Burlington Youth Field Hockey will continue to play in the Baystate Youth Field Hockey league for the 2025 season! We will have teams for players in Grades 1-8. We will be traveling to surrounding towns to play as well as hosting games at home in Burlington. Grades 1-4 will play on a 60 by 40 field size. Grades 5-8 will play the full field. Games and practices will be determined at a later date. A uniform will be provided. All players will need their own equipment including a stick, goggles labeled with the ASTM 2713 stamp, mouthguard, and shinguards.

Current Grade (Grade in fall)	Activity #	Current Grade (Grade in fall)	Activity #
K (1 in fall)	472211-A1	4 (5 in fall)	472211-D
1 (2 in fall)	472211-A	5 (6 in fall)	472211-E
2 (3 in fall)	472211-B	6 (7 in fall)	472211-F
3 (4 in fall)	472211-C	7 (8 in fall)	472211-G

Co-ed Volleyball

Grades 6 - 9 (grade completed), Monday - Friday

July 28 - Aug. 1, 3 - 5 pm, \$75, Recreation Gym

Instructor: Wingsze Seaman & Emily Milano

Activity #: 472601-A

This developmental program is a great opportunity to develop volleyball skills and learn how to play the game. The program is suitable for all skill levels.

High School Tennis

Grades 8 - 12 (grade completed), 6 - 7 pm

\$75 (*\$60 week of June 30), Rahanis Tennis Courts

Instructor: Scott Barrett

This program is for both beginners and more experienced players. Clinics will take place each weeknight evening from 6 - 7 p.m. Matches against other towns may be scheduled in the afternoons; the schedule of matches is TBD. Matches are not guaranteed. Participants are responsible for their own transportation to matches.

Dates	Activity #
June 30 - July 3*	460912-A
July 7 - 11	460912-B
July 14 - 18	460912-C
July 21 - 25	460912-D
July 28 - Aug. 1	460912-E
Aug. 4 - 8	460912-F

AI Superpreneurs

Grades 6 - 9, Monday - Friday

July 21 - 25, 9 am - Noon, \$250, Ceramics Room

Instructor: Sumeit Aggarwal, Activity #: 466701-A

Explore how AI is revolutionizing the world of business: helping you spot opportunities and make smarter decisions, all while having fun creating, growing, and winning in the world of startups. You'll learn to leverage AI tools to solve real-world problems, stream operations, create innovative products, and analyze market trends. Next, develop a business idea, plan, and pitch your AI-driven solution. Whether you're interested in tech startups, social impact ventures, or future-forward innovations, this program will give you the skills and insights needed to lead in the AI-powered business world!, **Participants are required to bring their own laptops/tablets.**

AI for Investing

Grades 6 - 9, Monday - Friday

July 7 - 11, 9 am - Noon, \$250, Ceramics Room

Instructor: Sumeit Aggarwal, Activity #: 466601-A

Discover how artificial intelligence is transforming the world in investing! In this hands-on program, you will learn how AI is used to make smarter financial decisions and how the stock market works. We will practice investing concepts like investment goals, risk tolerance, valuation metrics, portfolio diversification, etc. Whether you are curious about stocks, bonds, or funds, this program will show you how AI is shaping the future of investing. **Participants are required to bring their own laptops/tablets.**

CrossFit Kids and Teens

Ages 8-15, 4 - 5pm, 2x per week, \$149 (4 weeks)

CrossFit Exclamation 15 Wall St.

Instructor: Lori Becker & CFE Kids Staff

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

Days	Dates	Activity #
Mon. & Wed.	July 7- July 30	417301-A
Tues. & Thurs.	July 8 - July 31	417301-B
Mon. & Wed.	Aug. 4 - Aug. 27	417301-C
Tues. & Thurs.	Aug. 5 - Aug. 28	417301-D

SOMETHING FOR EVERYONE



Simonds Park Wading Pool

Pool Pass Required; Pool Opens on June 14. Passes are available at the Recreation Center starting May 7.

Burlington residents are welcome to use the Simonds Park wading pool free of charge. In order to prevent overcrowding and unauthorized use by non-residents, Burlington families must obtain a pool pass to gain admittance to the wading pool throughout the summer. Passes may be obtained at the Parks & Recreation Department office. **There will be a \$20 replacement fee for a lost pass.

Supervision: A Parks & Recreation Department supervisor will be on duty at the pool during hours of operation. Please bring your receipt with you to check in. There will NOT be a lifeguard on duty. Children must be accompanied by adults. **Burlington groups wishing to use the wading pool must get permission in advance and pay a fee for a group pass.*

Wading Pool Hours: June 14 - June 30

Monday: Noon - 8 pm

Tuesday - Sunday: 10 am - 8 pm

Wading Pool Hours: July 1 - 31

Monday, Tuesday & Thursday: 3 - 8 pm

Wednesday & Friday - Sunday: 10 am - 8 pm

****Friday, July 4: Closed***

Wading Pool Hours: Aug. 1 - 8

Monday, Tuesday & Thursday: 3 - 7 pm

Wednesday & Friday: 10 am - 7 pm

Saturday & Sunday: 10 am - 7 pm

Wading Pool Hours: Aug. 9 - 23

Monday: Noon - 7 pm

Tuesday - Friday: 10 am - 7 pm

Saturday & Sunday: 10 am - 7 pm

Archery with On the Mark!

Grade 4 - Adult, Tuesdays, 6 - 7 pm

\$160 (4 weeks), Mary PC Cummings Estate 12

Blanchard Rd. Instructor: On The Mark Archery Staff

Recurve archery is one of the oldest forms of martial arts that involves patience, focus, discipline, and perseverance to achieve a goal. This fun and engaging class keeps students challenged while integrating key concepts of shooting a traditional recurve bow. All equipment is provided, and teams of certified USA Archery instructors train students. Prizes awarded to the top ace!

Dates

Activity

July 8 - 29

481503-A

Aug. 5 - 26

481503-B

Chess Advanced

Ages 7+, Mondays, July 28 - Aug. 25

6 - 7 pm \$190 (5 weeks), Ceramics Room

Instructor: International Grandmaster

Nadya Kosintseva, Activity#: 452411-A

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

Community Events

Looking for fun activities the whole family can enjoy?
Check out our community events on page 38!

Family Day Pass Burlington Swim and Tennis Club

Families, Dates Vary, Noon - 7 pm, \$80 per date
Burlington Swim and Tennis Club
1 Country Club Lane, Burlington

The family day pass is a chance for non-member families to experience a day at The Burlington Swim and Tennis Club! A daily guest pass will be issued to each member of a single household. Upon entry, the entire family must check in with a Burlington Swim and Tennis Club manager. Children ages 13 and under must pass a swim test to swim independently. Without passing a swim test, participants must swim with a parent within reach (parent must be in the pool). Participants must be toilet trained to swim in the big pool; swim diapers are allowed in the kiddie pool. Family pass includes access to bathrooms, snack shack, tennis/pickleball courts and playground! ***Register one member of your household only.* Refund deadline 3 days prior to the pass date. Limit 3 dates per household.**

Date	Activity #:	Date	Activity #:
Aug. 4	466801-A	Aug. 18	466801-K
Aug. 5	466801-B	Aug. 19	466801-L
Aug. 6	466801-C	Aug. 20	466801-M
Aug. 7	466801-D	Aug. 21	466801-N
Aug. 8	466801-E	Aug. 22	466801-O
Aug. 11	466801-F	Aug. 25	466801-P
Aug. 12	466801-G	Aug. 26	466801-Q
Aug. 13	466801-H	Aug. 27	466801-R
Aug. 14	466801-I	Aug. 28	466801-S
Aug. 15	466801-J	Aug. 29	466801-T

Sew What

Mondays, July 7 - Aug. 25, 6 - 9 pm

No Fee (8 weeks), COA Room 136, Activity #: 454003-A

Get together with other people who have projects that need to be finished and to lend your help and support. Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

Teen/Adult Learn to Skate

Ages 16+, Sundays, June 29 - Aug. 17, 3 - 3:50 pm
\$191 (8 weeks), Burlington Ice Palace 36 Ray Ave
Instructors: FMC Ice Sports Staff
Activity#: 482403-A

It's never too late to learn how to skate! Learn to skate or enhance your skills in a fun and comfortable environment. Skaters will be grouped by age or ability. Skate rentals are available on a first-come, first-served basis and are included in the fee. If bringing your own skates, double-blade skates are not permitted.

Fishing Permit

Mill Pond Reservoir, April 1 - Oct. 31
Dawn to Dusk, Permit Fee: \$10 (Ages 15+)
Activity #: 905023-A

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



Private Tennis Lessons

Ages 5+, July & August, \$185
(4 - 1 hour sessions), Rahanis Tennis Courts
Instructor: Scott Barrett, Activity #: 460904

Interested in trying tennis or want to improve your tennis game? Improve your game with this 1 hour private lesson. Once registered, you will coordinate a times with Scott Barrett that works for your schedule.

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.

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 support. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact our Therapeutic Recreation Specialist, Emma Andrus, CTRS at 781-270-1937 or eandrus@burlington.org ***Note: For new participants, a few mandatory forms are required to be filled out and returned at least two weeks prior to the beginning of a program. For Inclusion Services, please see page 21 for further information. All support services are pending staff availability and assessment by the Therapeutic Recreation Specialist.**

Sensory Friendly Celebrate Burlington

All ages with a disability, Friday, Aug. 1, 6 - 8 pm Town Common, Activity #: 400657-A

We understand that for some, our Celebrate Burlington event can be a crowded, loud and overwhelming experience. Therefore, in an effort to increase accessibility we are offering a sensory friendly event from 6 to 8 pm on Friday, Aug. 1 for those who would prefer to enjoy a limited number of activities in a more sensory friendly environment.

Pre-registration for each event is required. Please only register if you have a disability or if you are accompanying an individual with a disability. Burlington residents only. Spots are extremely limited.

Neuroadaptive Training with Inclusive Fitness

Ages 12+ with a disability, Wednesdays, July 9 - Aug. 27 (6 sessions), \$500

Inclusive Fitness 20 Third Ave Suite B Burlington Instructor: Inclusive Fitness Coaches

Get your summer strength on! At Inclusive Fitness we're helping neurodivergent athletes and individuals with disabilities build strength, confidence, and community in a sensory-friendly fitness center. This summer, we're offering **1:1 sessions** at our new Burlington location. Expert coaches will work with you or your athlete to design a custom fitness program based on your goals. Personal training is also available for parents and caregivers at the same price. Participants have the flexibility to choose any six Wednesdays within the date range that work for them!

Time	Activity #
10 - 10:45 am	499309-A
11 - 11:45 am	499309-B
12 - 12:45 pm	499309-C
1 - 1:45 pm	499309-D
2 - 2:45 pm	499309-E
3 - 3:45 pm	499309-F
4 - 4:45 pm	499309-G
5 - 5:45 pm	499309-H

Summer Inclusion Program ~ Deadline: Friday, May 30

If your child receives special education services in school or requires any accommodations in programs, they may qualify for free inclusion support. Our Therapeutic Recreation Specialist will work with your family to ensure the appropriate accommodations are being made, and our qualified support staff will work with your child as needed in the various programs that he/she may attend in order to provide your child with a rewarding and fun experience. Our Therapeutic Recreation Specialist, support staff and program directors will work as a team to modify activities and/or equipment, provide emotional and behavioral support and facilitate social interaction so that all children can participate to their fullest potential. **Burlington Parks and Recreation utilizes a group inclusion model and 1:1 support is granted only on an as-needed basis, pending assessment by the Therapeutic Recreation Specialist and pending staff availability.** Support staff as well as a sensory friendly indoor space will be available for quiet breaks at Club Simonds.

In order to accommodate with a sufficient number of staff members, the deadline to notify us for summer program support is May 30. If we are not notified by May 30, additional support services cannot be guaranteed. Thank you for your cooperation and understanding.

[NEW Participants click here to request inclusion support](#)

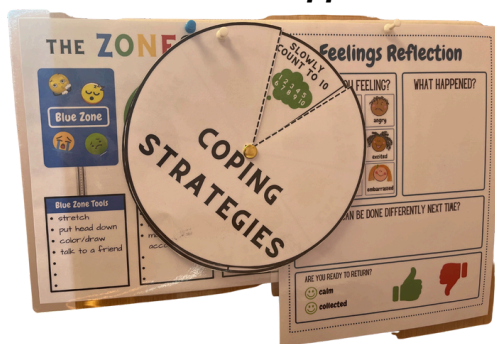
[RETURNING Participants click here to request inclusion support](#)

What does inclusion support look like?

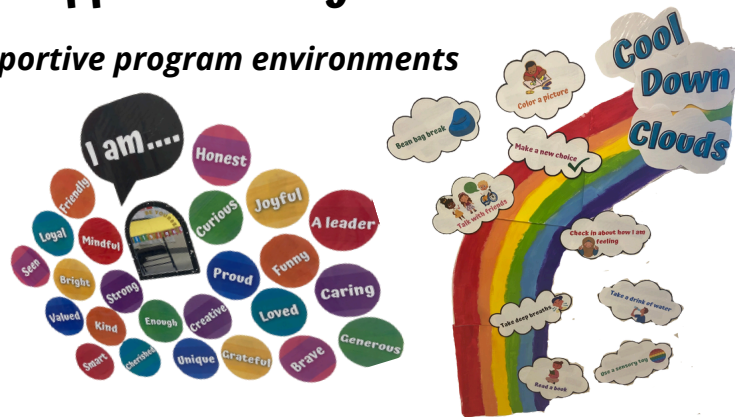
Inclusion support is a process designed to increase independence within programs over time. Inclusion support will look different for each individual participant! The Therapeutic Recreation Specialist will utilize a comprehensive inclusion support assessment to determine which support strategies may work best for that unique participant.

Examples of inclusion support strategies

Individualized support tools



Supportive program environments



Team of inclusion staff who work with participants in small groups and 1:1 on as needed basis to provide support

Meet and greet with program directors with social stories! Check out page 12 for further "Open House" information.



RecTogether

Ages 13 - 25 with a disability, 9 am - 3 pm, \$230

Grandview Farm

RecTogether is a social and recreational summer day program for participants ages 13 to 25 with cognitive and/or developmental disabilities. This program is designed to foster inclusion, empowerment and independence. Please direct all inquiries to Emma Andrus, CTRS at 781-270-1937 or eandrus@burlington.org

Dates	Activity #
Aug. 11 - 15	496409-A
Aug. 18 - 22	496409-B

Family Connection Event: Paint in the Park!

Families, Thursday, July 24, 6 pm - 7:30 pm

\$25 per family, Simonds Park

Instructor: Sunniya Saleem

Activity #: 400657-B

Join us for an evening of family fun outdoors this summer! First we will have pizza for dinner followed by a step by step canvas paint class. Sensory friendly support tools will be available during the program. This is the perfect opportunity to connect as a family and meet other families in the Burlington area.

Out & About

Ages 25+ with a disability, dates vary

Twice a month we will enjoy a night out on the town. Activities may include, going to the movies, dining out or exploring our local community! Sign up for one or all of the outings that interest you.

Mini Golf & Ice-Cream

July 10 / 6 - 9 pm / \$25 / Activity #: 495099-A

A summer-time favorite of mini-golf and ice-cream awaits! *This is a Thursday night outing*

Canobie Lake Park

July 25 / 6 - 10 pm / \$30 / Activity #: 495099-B

Join us for a night of rollercoasters, rides and fun at Canobie Lake Park! Please bring money from home if you wish to purchase snacks.

Movies

Aug. 8 / Time: TBD / \$20 / Activity #: 495099-C

Let's enjoy a night at the movies! Your ticket, snack and drink are all included. Time will be determined when show times are released. It will be in the evening after 5 pm.

Dinner at 110 Grill

Aug. 15 / 6 - 8 pm / \$25 / Activity #: 495099-D

Delicious dinner awaits at 110 Grill! The menu features pasta, salads, sandwiches and more! Gluten free options available.

Therapeutic Horseback Riding

Fall Block

Ages 3 through adult with a diagnosis

September - December, Monday - Friday lesson time

\$510 (weekly lesson) Ironstone Farm 450 Lowell Street

Andover Instructors: Ironstone Staff

Activity #: 493009-A

In partnership with Burlington's Disability Access Commission and Ironstone Farm, we are excited to once again 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 for a weekly lesson for the duration of the fall block September through December. 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. A separate information packet with the necessary forms will be available upon registration.

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.

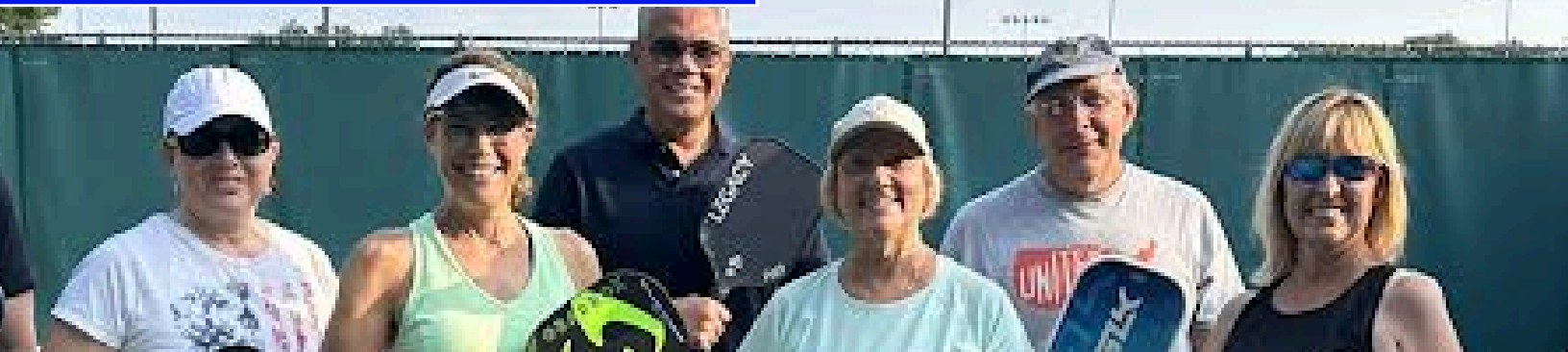
Parent or legal guardian is required to fill out an Authorization to Administer Medication form for each participant requiring an EpiPen. Additionally an Action Plan must be completed by the participant's physician. The original will be kept in the office and a copy will be given to the supervisor of 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.



ADULT



Introduction to Golf

\$225 (5 lessons)

Billerica Country Club 51 Baldwin Rd. Billerica

Instructor: Barrie Bruce Golf Staff

Introduction to Golf is perfect for the new-to-the-game golfer with no (or very little) golf experience. The basics of golf are taught in our stress-free clinic setting. Each program is five (5) one-hour lessons spaced one week apart to allow for practice in between. Equipment/practice balls provided as needed.

Days	Dates	Time	Activity #
Thurs.	July 10 - Aug. 7	5:30 - 6:30 pm	480613-A
Sat.	July 19 - Aug. 16	11:30 am - 12:30 pm	480613-B

Lunch Hour Basketball

Mon, Wed & Fri, April - September, 12 - 2 pm, \$40

Recreation Gym, Activity #: 382003-A

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

Badminton

Tuesdays, July 8 - Aug. 26, 8:15 - 10:15 pm

\$33 (8 weeks), Recreation Gym, Activity #: 488103-A

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

Pick-Up Volleyball

Mondays, July 7 - Aug. 25, 8 - 10 pm

\$33 (8 weeks), Recreation Gym, Activity #: 480703-A

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

Intermediate Golf

Sundays, July 20 - Aug. 10, 10 - 11 am, \$210 (4 lessons)

Billerica Country Club 51 Baldwin Rd. Billerica

Instructor: Barrie Bruce Golf Staff

Activity #: 480623-A

For those with some course experience but who need a tune-up! Okay, so you hit good shots on the range but can't always do the same on the course. Let us help you move past that! Our one-hour Intermediate golf classes focus on specific skills to help you manage your game and lower your scores. We will cover drills to make every practice session effective and discuss specific "trouble shots." This includes: How to improve your iron shots, help with correcting your slice/hook, how does "touch" relate to the short game, how to work on a simple and effective chipping method, and skills to avoid 3-putting.

Brazilian Jiu-Jitsu

Mondays, July 7 - Aug. 25, 7 - 8 pm

\$140 (8 weeks, fee includes uniform)

Steve Nugent's Institute 207F Cambridge St.

Instructor: Steve Nugent & Staff Activity #: 481203-A

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

Pick-Up Basketball

Wednesdays, July 2 - Aug. 27, 8 - 10 pm

\$37 (9 weeks), Recreation Gym, Activity #: 481933-A

Moderately competitive pick-up basketball games for adults. Players should wear a light and dark colored shirt each evening.

Learn to Play Pickleball

5 - 6:30 pm, Simonds Park Courts, Instructor: Kevin Martin, PPR Certified Coach

Have you wanted to try pickleball but don't feel comfortable just showing up during an open play session? Are you unsure 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 combines tennis, racquetball, and ping-pong, and four people play it 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!

Days	Dates	Cost	Activity #
Wed.	June 4 - June 25	\$77 (4 sessions)	360633-B
Mon.	Aug. 18 & 25	\$45 (2 sessions)	460633-A

Next Level Pickleball

Wednesdays, June 4 - 25, 11 am - 12:30 pm, \$77 (4 weeks), Simonds Park Courts

Instructor: Kevin Martin, PPR Certified Coach, Activity #: 380403-B

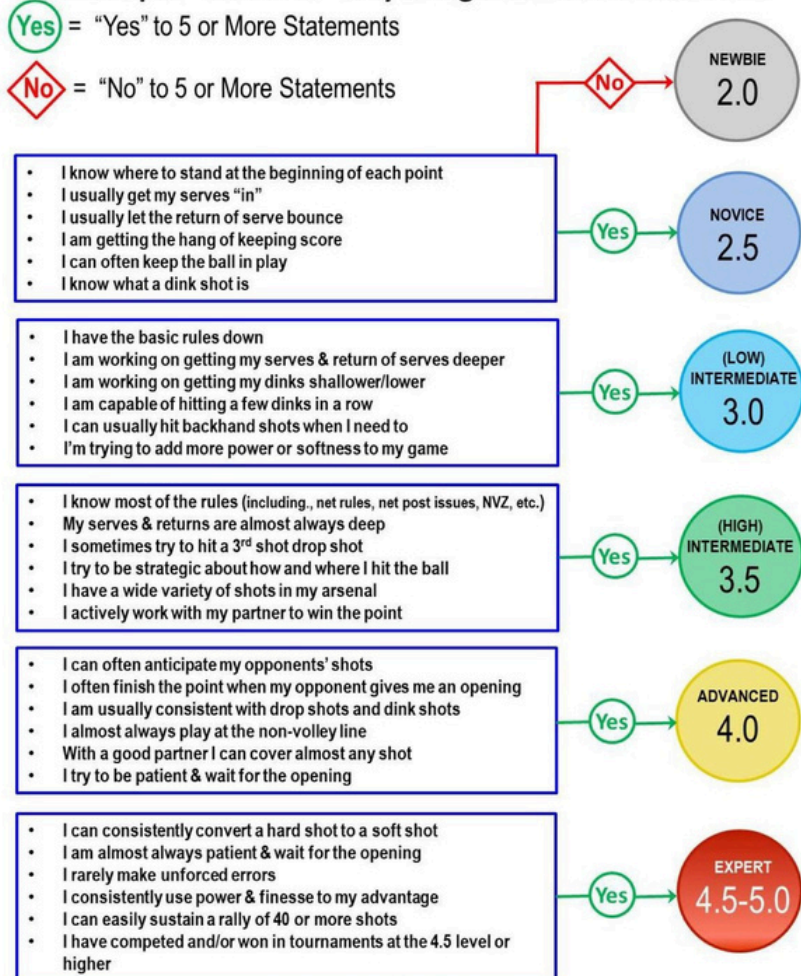
Are you an "improving" player looking to bring your game to the next level? This clinic is for the player that can serve, and keep the ball in play. We will target areas of your game that need more work. Drills, drills, drills will help you remember the proper technique for each type of shot and when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

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



Adapted from © 2015 The Pickleball Guru LLC

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.

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.

For ALL Ignis Arts Ballroom Programs

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

Newcomer Class Passes

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

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

Dates	Activity #:
July 3 - 31	434503-A
Aug. 4 - 28	434503-B
Sept. 4 - 29	434503-C

A Beginner American Tango Series!

Thursdays, July 3 - 24, 6:30 - 7:15 pm

\$75 (4 weeks), Activity #: 434103-A

Join us this July for a fun and accessible introduction to American Tango- and get ready to move with confidence and style on the dance floor.

A Beginner Swing Series!

Thursdays, August 7 - 28, 6:30 - 7:15 pm

\$75 (4 weeks), Activity #: 434403-A

Swing is a versatile dance that can be danced anywhere from your next wedding reception to a night out in the club! With easy-to-follow instructions, you'll be dancing to the upbeat swing tunes in no time!

A Beginner Foxtrot Series!

Thursdays, Sept. 4 - 25, 6:30 - 7:15 pm

\$75 (4 weeks), Activity #: 434203-A

Learn this classic ballroom dance's timeless moves and lowing style as you glide across the floor to beautiful, rhythmic music. Whether you're preparing for an event or just want to have fun, you will leave this class with confidence and skills to dance the Foxtrot with style!

Chess Club

Mondays, July 28 - Aug. 25, 7 - 8 pm, \$190 (5 weeks)

Ceramics Room, Instructor: International

Grandmaster Nadya Kosintseva

Activity #: 452403-A

Chess Club offers Grandmaster instruction to practice or improve your game. All skill levels are welcome. Participants can be paired with another participant for blitz or longer club games, and they can learn new strategies and tactics during game analysis.

Ayurvedic Pain Management

Monday, August 25, 5:30 - 7 pm, \$65, COA Room 207

Instructor: Anjana Bhargava, Activity #: 402423-A

Ayurvedic pain management offers a natural, holistic approach to relieving pain by addressing the root cause rather than just masking the symptoms. Rooted in ancient healing traditions, Ayurveda focuses on restoring balance to the body's energy systems (doshas) and promoting overall health and well-being. This integrative approach provides a personalized, sustainable way to manage chronic pain, improve mobility, and enhance quality of life.

Early Bird Tennis Lessons

Fridays, July 11 - Aug. 8, 8:30 - 9:30 am

\$52 (5 weeks) Rahanis Tennis Courts

Instructor: Scott Barrett, Activity: 480913-A

Join us bright and early on the tennis court to learn the basics and refine your skills. This program is for participants new to the sport and intermediate-level players. Please bring water and your own racquet.

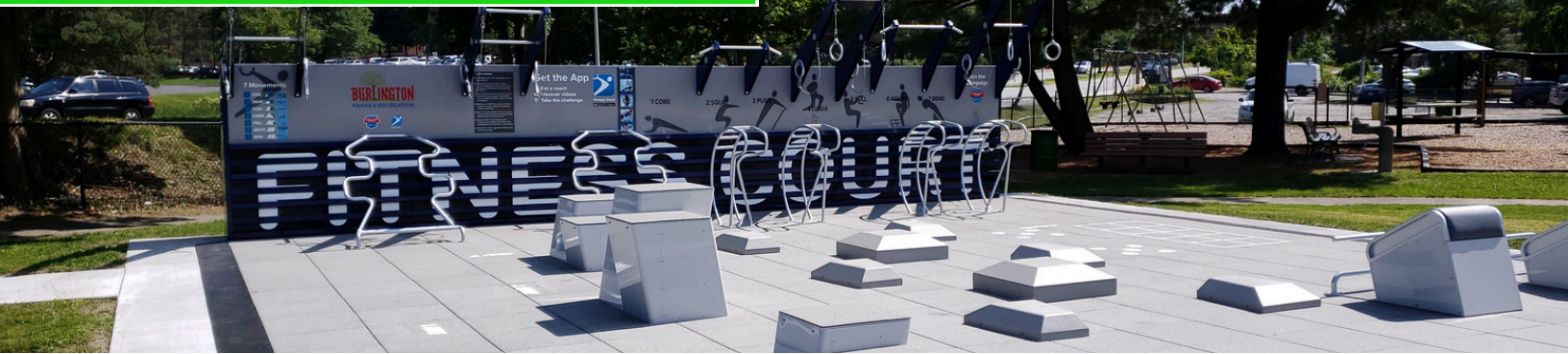
Ayurvedic Skin Care and Beauty

Monday, August 18, 5:30 - 7 pm, \$65, COA Room 207

Instructor: Anjana Bhargava, Activity #: 402433-A

Ayurvedic skin care and beauty is a holistic approach to achieving healthy, radiant skin through the ancient wisdom of Ayurveda. Rooted in the principles of balance, this natural healing system emphasizes using plant-based ingredients, herbal remedies, and self-care rituals tailored to your unique skin type and dosha (body constitution). The practice focuses on balancing the three doshas—Vata, Pitta, and Kapha—to promote overall wellness, which is reflected in clear, glowing skin. Ayurvedic beauty routines often include pure, natural oils, herbs, and botanicals, such as turmeric, sandalwood, neem, aloe vera, and rose water.

ADULT FITNESS



Fit Club

July - Sept., \$250, Activity #: 418213-A

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

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

No Limit Fitness Card

Are you looking for more flexibility in your fitness routine? Own your fitness this summer with the 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 summer 2025: Cardio Dance, Ab-sanity, B.E.S.T*, Pure Strength, Lift and Burn, Work it Out, Tai Chi, Total Body, All Pilates and Pound)**

Students	Fee	Activity #
10 class card	\$130	410711-A
20 class card	\$245	410711-B

Adults	Fee	Activity #
10 class card	\$155	410713-A
20 class card	\$265	410713-B

Outdoor Morning Lift Express

Tuesdays, July 8 - Sept. 23, (not 8/12), 7 - 7:45 am
\$85 (11 weeks), TRW Outdoor Fitness Court
(Rain location, Recreation Gym)

Instructor: Christin Caplan, Activity #: 415603-A

This energetic and fun class involves muscle-controlled exercises using the outdoor fitness court equipment and body weight exercises. You won't even realize an hour has passed because this workout is so much fun. Bring your mat and water bottle. All fitness levels welcome!

Ab-sanity

Wednesdays, July 9 - Sept. 24

9 - 9:45 am, \$82 (12 weeks), Zoom

Instructor: Brenda Jo Hubbard, Activity #: 412316-A

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

Morning Total Body Express

Thursdays, July 10 - Sept. 25 (not 8/14)

8 - 8:45 am, \$84 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 410803-A

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

Tai Chi

Sundays, July 13 - Sept. 21 (not 8/31), 6 - 7 pm

\$50 (10 weeks), Rec Center Field

Instructor: James Regan, Activity #: 405803-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.

Pure Strength

Recreation Gym or Zoom, Instructor: Brenda Jo Hubbard

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

Days	Dates	Times	Fee	Location	Activity #
Wed.	July 9 - Sept. 24	4 - 5 pm	\$92 (12 weeks)	Recreation Gym (7/30 Grand View) Virtual	414213-A 414213-VIRA
Sat.	July 12 - Sept. 27 (not 8/30)	9 - 10 am	\$84 (11 weeks)	Recreation Gym Virtual	414213-B 414213-VIRB

Fresh Start Bootcamp Plus

**Mondays & Thursdays, 9:30 - 10:30am, 2x a week
\$149 (4 weeks), CrossFit Exclamation, 15 Wall St.**

Instructor: Lori Becker

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

Date	Activity#
July 7 - July 31	411033-A
Aug. 4 - Aug. 29	411033-B

CrossFit for Beginners

**Mondays & Thursdays, \$149, 2x per week (4 weeks)
CrossFit Exclamation, 15 Wall St.**

Instructors: CFE Staff

Our beginner program will show you CrossFit fundamental movements and proper techniques in a small group setting. We'll teach you the basics, emphasize proper technique, and you'll get a great workout too. Following the instruction portion of the class, you will participate in a CrossFit-style workout. You'll get a great workout and have fun too! All learning styles and fitness levels are welcome. You DO NOT need to be in shape to start, you just need to show up and we'll help you achieve your health and fitness goals!

Date	Time	Activity #
July 7 - July 31	6 - 7 pm	410503-A
Aug. 4 - Aug. 28	6 - 7 pm	410503-B

Lift and Burn

**Fridays, July 11 - Sept. 26 (not 8/15), 9 -10 am
\$85 (11 weeks), Recreation Gym**

Instructor: Christin Caplan. Activity #: 401053-A

Looking to lose weight, tone up and have fun? Then this class is for you! This class 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.

Curvy Girls Bootcamp

**Mondays & Thursdays, 2x per week
\$159 (4 weeks), CrossFit Exclamation, 15 Wall St.**

Instructor: Lori Becker , Activity #: 415513-A

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.

Date	Time	Activity #
July 7 - July 31	6 - 7 pm	415513-A
July 7 - July 31	7 - 8 pm	415513-B
Aug. 4 - Aug. 28	6 - 7 pm	415513-C
Aug. 4 - Aug. 28	7 - 8 pm	415513-D

Couch to 5K

**June - August, \$249, 2x per week, (12 weeks)
Burlington Run Club, 156 Cambridge St. Suite 7
Instructors: BRC Staff, Activity #: 425503-A**

Fall is the perfect time to crush your 5K goals, and our Couch to 5K program is here to help! With flexible scheduling options available 7 days a week, you can choose from a mix of resistance training or strictly running classes. Whether you're a beginner or looking to improve your time, we've got you covered. Once registered, you can book classes on the app!



YOGA, PILATES & CARDIO DANCE

Sunset Yoga

Tuesdays, \$60 (6 weeks), The Park at Burlington Mall, (Rain location: COA Room 207)

Instructor: Karen Pickette

When the sun is setting, there is a magical feeling in the air, that of the light changing and another small cycle closing. This is the perfect time to practice and remind yourself of letting go, surrender and trustfulness in your life journey.

Dates	Time	Activity #
June 10 - July 15	6 - 7 pm	412883-A
July 29 - Sept. 2	6 - 7 pm	412883-B

Pilates Essentials

Tuesdays, July 8 - Sept. 23, 4:30 - 5:30 pm

\$92 (12 weeks), Function Room 1

Instructor: Barbara Hospod, Activity #: 411373-A

Ideal for newcomers/beginners looking to learn or enhance their Pilates journey. This class covers the core principles of Pilates, focusing on breath, alignment, and controlled movement. You'll build core strength, improve balance, and enhance flexibility through key exercises with modifications, while learning proper technique and body awareness. Please bring a mat. Looking forward to moving with you!

Gentle, Relaxing & Restorative Yoga

Mondays, July 7 - Sept. 22 (not 9/1)

4:30 - 5:30 pm, \$84 (11 weeks), Function Room 1

Instructor: Karen Pickette, Activity # 419903-A

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

Evening Flow

Tuesdays, July 8 - Sept. 23, 7 - 8 pm, \$92 (12 weeks), COA Room 207

Instructor: Paulette Savage, Activity #: 410216-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.

Yoga Barre Blend

Saturdays: COA Room 207, Wednesdays: Function Room 1, Instructor: Karen Pickette

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

Day	Dates	Time	Fee	Activity #
Sat.	July 12 - Sept. 20 (not 8/30)	10:15 - 11:15 am	\$78 (10 weeks)	410603-A
Wed.	July 9 - Sept. 24	6 - 7 pm	\$92 (12 weeks)	410603-B

Yin Meditation

Wednesdays, July 9 - Sept. 24, 4:30 - 5:30 pm

\$92 (12 weeks), Function Room 1

Instructor: Karen Pickette, Activity #: 411103-A

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

Yoga Sculpt

Mondays, July 7 - Sept. 22 (not 9/1)

10 - 11 am, \$84 (11 weeks), COA Room 207

Instructor: Karen Pickette, Activity #: 415003-A

Yoga Sculpt will help you take your practice to the next level and allow you to find a new kind of strength. Adding hand weights to yoga poses is good for your heart, your bones, your muscles and will get you stronger. Please bring a set of light weights and a resistance band or strap to the class. All levels are welcome.

Pilates Fundamentals & More

Tuesdays, July 8 - Sept. 23, 5:30 - 6:30 pm

\$92 (12 weeks), Function Room 1

Instructor: Barbara Hospod, Activity #: 411333-A

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

Work it Out

Mondays, July 7 - Sept. 22 (not 9/1), 9 - 9:45 am

\$77 (11 weeks), Zoom

Instructor: Brenda-Jo Hubbard, Activity#: 415103-A

It's plain and simple...this 45 minute class focuses on toning your major muscles, tightening your core, and sneaking in some cardio for the heart. A light set of dumbbells are preferred along with a soft surface for core work.

Yoga, Core and More

Tuesdays, July 8 - Sept. 23, 9 - 10 am

\$92 (12 weeks), Recreation Gym

Instructor: Paulette Savage, Activity #: 471273-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.

Pilates Morning Flow

Wednesdays, July 9 - Aug. 13, 9 - 10 am

\$55 (6 weeks), COA Room 207

Instructor: Barbara Hospod, Activity #: 411433-A

Begin your day with a MINDFUL, but ENERGIZING Pilates Routine which will enhance core stability and build strength. Traditional Pilates exercises and variations will target upper and lower body, with a strong focus on abs, by adding resistance and stimulating flexibility. Feel the benefits of improved balance, coordination, and posture. Different props may be utilized at times and include: the mini - ball, and resistance tubing (supplied) and hand weights. All levels welcome! Foam rollers will be passed as as they will be incorporated into the workout. Please bring personal hand-held weights (2-4 lbs), and a mat.

Pilates Strong

Mondays, July 7 - Aug. 25, 6 - 7 pm

\$68 (8 weeks), Recreation Gym

Instructor: Tonia Egan, Activity #: 419203-A

Be your strongest self by working from the inside out with Pilates Strong. In this class we use Classical Pilates fundamentals which concentrate on mind body connection, strengthening and lengthening the body while building overall core strength. This class is for everybody as each student will be challenged by using props, modifications and progression add ons which will match individual fitness levels. Various props may be used but all you need to bring is a mat. Come join us for a fun summer while you build a stronger you.

Hatha Yoga

Thursdays, July 10 - Sept. 25, 9 - 10 am

\$92 (12 weeks), Recreation Gym

Instructor: Paulette Savage, Activity # 411203-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.

Zumba

Recreation Gym

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

Day	Dates	Time	Instructor	Fee	Activity #
Tues.	July 8 - Sept. 23	6:15 - 7:15 pm	Tisha Wilson	\$92 (12 weeks)	416403-A
Wed.	July 9 - Sept. 24	6:30 - 7:30 pm	Sarah Hamilton	\$92 (12 weeks)	416403-B
Thurs.	July 10 - Sept. 25	6:30 - 7:30 pm	Marcia Mailloux	\$92 (12 weeks)	416403-C
Sun.	July 6 - Sept. 21 (not 7/13 & 8/31)	8 - 9 am	Lauren Mattson	\$78 (10 weeks)	416403-D

Zumba Special!

July - September

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

3 Zumba Classes - 15% off

4 Zumba Classes - 20% off

Stretch and Socialize

Tuesday, June 3, 6 pm, No Fee, The Park at Burlington Mall, Instructor: Karen Pickette

Unwind with a peaceful Sunset Yoga Class, where gentle flows and mindful breathing align with the beauty of the setting sun. Whether you're a beginner or an experienced yogi, this class offers a serene way to relax, recharge, and connect with yourself. Afterward, keep the good vibes going at Common Craft, where you can socialize, mingle with fellow yoga lovers and savor the atmosphere.

Cardio Dance

**Mondays, July 7 - Sept. 22 (not 8/11 & 9/1), 5 - 6 pm
\$78 (10 weeks), Recreation Gym**

Instructor: Christin Caplan, Activity #: 412003-A

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

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.

Pound

**Thursdays, July 10 - Sept. 25, 5 - 5:45 pm
\$92 (12 weeks), Recreation Gym**

Instructor: Tisha Wilson, Activity #: 419303-A

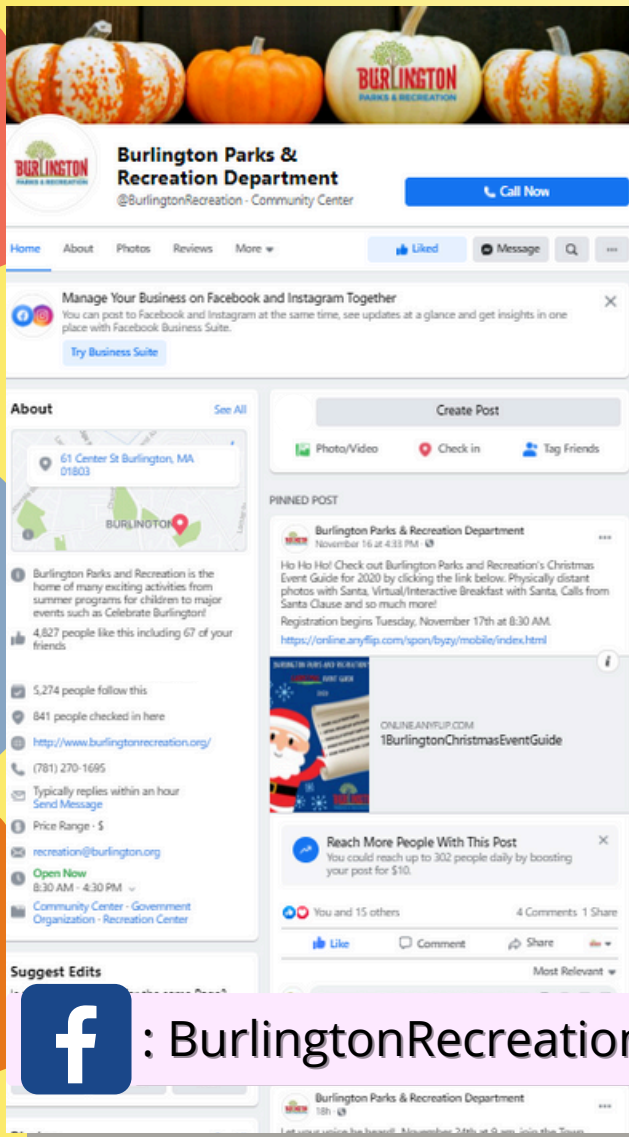
Pound is a full-body, cardio jam session, combining light resistance with constant simulated drumming. It uses cardio, Pilates, isometric movements, and plyometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite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

CONNECT WITH US ON SOCIAL!

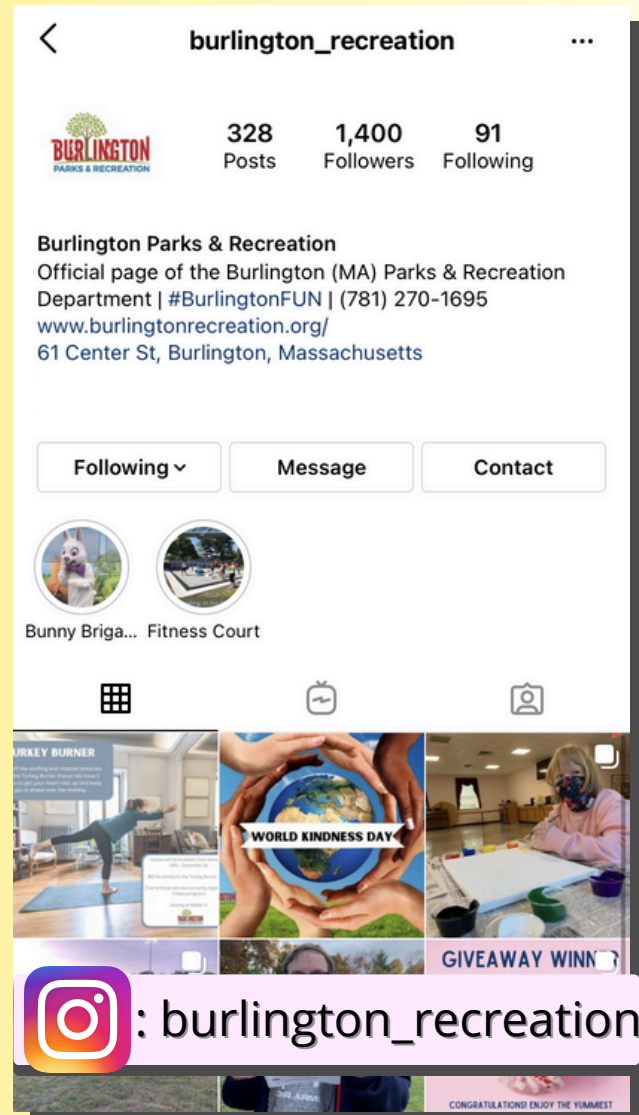


Follow all of our social media to be the first to know about new programs, events, giveaways and more! We use our social media platforms to connect with our community members on a daily basis. You never know when a pop-up event or community contest could be posted!

LIKE US, TAG US & SHARE US



 : BurlingtonRecreation



ACTIVE ADULTS & SENIORS



Zumba Gold

Age 50+, 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.

Days	Dates	Time	Fee	Location	Activity #
Tues.	July 8 - Aug. 26	11 am - Noon	\$68 (8 weeks)	Recreation Gym	416407-A
Sat.	July 12 - Aug. 23	10 - 11 am	\$62 (7 weeks)	Murray-Kelly Wing	416407-D

Barre Gold

Age 50+, Wednesdays, July 9 - Sept. 24

11 am - 12 pm, \$84 (12 weeks), COA Room 207

Instructor: Karen Pickette, Activity #: 412107-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!

Yoga Gold

Ages 50+, 11 am - 12 pm, Recreation Gym

Instructor: Karen Pickette

Yoga Gold builds 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 with slow flow to begin, standing and seated postures, and relaxation.

Days	Dates	Fee	Activity #
Tues.	July 8 - Sept. 23	\$82 (12 weeks)	419803-A
Thurs.	July 10 - Sept. 25	\$82 (12 weeks)	419803-B

Cardio Dance Gold

Fridays, July 11 - Sept. 26 (not 8/15)

10 - 11 am, \$74 (11 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 410033-A

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

B.E.S.T.

Ages 50+, Mondays, July 7 - Sept. 22 (not 9/1)

12 - 1 pm, \$74 (11 weeks), Zoom

Instructor: Trish Marfione, Activity #: 411807-A

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

50 + Strength and Conditioning

Ages 50+, Mondays and Thursdays (2x per week)

July 7 - Aug. 28, 9:30 - 10:30 am, \$259 (8 weeks)

Crossfit Exclamation, 15 Wall St.

Instructor: Lori Becker, Activity #: 411527-A

This 50+ program is designed for people looking for a good mix of strength training and mobility work. All classes include a warm-up, workout, and stretching. They are led by 50+ Coaches who know exactly what you need!

Active Aging

Ages 50+, Thursdays, July 10 - Sept. 25

12 - 12:45 pm, \$82 (12 weeks), Zoom

Instructor: Brenda Jo Hubbard, Activity #: 413703-A

This virtual fitness class balances fun with exercise. Increase range of motion, develop your mind-to-body connection, and gain strength to do daily activities. Mats and weights are needed.

Burlington Club 50

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

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

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

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

Hiking Club

April 2025 - March 2026

Hikes will vary in length; up to 3 miles long

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

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

Game Night

**April 2025 - March 2026, Game nights are on the second Thursday of each Month, Location Varies
Activity #: 510007-T**

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

Golf Club at King Rail

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

Golf Club at King Rail

Fees: About \$20 for 9 holes

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

Activity #: 510007-E

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

Golf Club at Swanson Meadow

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

Fees: About \$20 for 9 holes

Swanson Meadow Golf Course

216 Rangeway Rd. North Billerica, MA

Activity #: 510007-F

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



Tennis Club

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

Rahanis Playground Tennis Courts

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

Day	Activity #
Tuesdays	510007-K
Thursdays	510007-L

Whist Club

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!

Sing A Long Club

**Thursdays, April 2025 - March 2026
(not June - August)**

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

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

Bocce Club

First & Third Wednesday of every month

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

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

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

Biking Club

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

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

Pickleball Club

April 21 - October at Simonds Park

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

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

Join Club 50!

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





TRIPS, TOURS & SHOWS

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

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

Fleetwood Macked: The Ultimate Tribute

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

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

Lobstahs & Laughs: The Bobby Darling Show

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

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

Tom Jones Tribute

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

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

Christmas with Tony Bennett & Barbara Streisand

Wednesday, Dec. 3, \$136 per person, Danvers, Activity #: 01038

Sharon Owens & Carmen Romano come together to honor two of the greatest musical legends of our lifetime – Barbra Streisand & Tony Bennett.

Christmas at the Newport Mansions

Monday, Dec. 8, \$145 per person, Newport, RI, Activity #: 01039

Experience the magic of Christmas in Newport, RI! Explore the opulent Gilded Age mansions, including The Breakers and Marble House, adorned in festive holiday splendor.

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



Summer Performances

Grab a blanket, picnic and some friends and join us for outdoor entertainment this summer! In the event of inclement weather on the day of a concert; check the status of the concert by visiting one of our social media platforms. A decision will generally be posted by 3 pm. Performances will be held on the Burlington Town Common beginning at 6:30 pm. Unless otherwise noted, all performances are sponsored by Burlington Parks & Recreation Department in partnership with the Simonds Trust. *Performers are subject to change.

Family Concerts

6:30 - 8 pm, Town Common

Sponsored by Kohler by Rite Window

Tuesday, June 24: Rico Barr Band

Also sponsored by

Exit Realty Sonia Rollins & Associates

Tuesday, July 1: Elvis

Tuesday, July 8: Cactus Gang

Tuesday, July 15: White Street Band

Tuesday, July 22: Mystic River Band

Tuesday, July 29: Moose Juice

Tuesday, August 5: 4EverFab

Children's Shows

6:30 - 7:30 pm, Town Common

Wednesday, June 25: Bryson Lang

Wednesday, July 2: Mr. Aaron

Wednesday, July 9 : BJ Hickman

Wednesday, July 16: Rainforest Reptile Show

Sponsored by Primrose School

Wednesday, July 23: Wayne Potash

Wednesday, July 30: Toe Jam Puppet Band

Wednesday, August 6: Lindsay's Puppet Pals

Children's Shows

1 - 2 pm, Simonds Park

Thursday, July 3: Magic by George

Thursday, July 10: Science Heroes

Thursday, July 17: Ooch

Thursday, July 24: Johnny the K

Thursday, July 31: Joys of Nature

Thursday, August 7: Flying High Dogs

Celebrate Burlington 2025!

Saturday, August 2, 11 am, Town Common

Join us at our annual Celebrate Burlington event! This year is looking to be one of the best events yet! We hope to offer more events, more performers and to top it all off....FIREWORKS! We have planned to have the events on the Common run from 11 am until 4 pm followed by a concert on the bandstand beginning at 7 pm. To end the day, we will shoot off FIREWORKS at 9 pm.

Attractions may include: fire engine rides, remote car racing, a giant water slide, trackless train rides, and much more! A large raffle will also be held during the carnival. There is no charge to participate in the activities. Please bring money for food. Restrooms available at Simonds Park & Town Hall. The fireworks can best be seen from the Town Common.

The success of Celebrate Burlington is due to the support of our many sponsors and non-profit partners. Want to be a part of this year's event? Reach out to Kelly at klehman@burlington.org or 781.270.1695 to find out how you can be a part of this year's event.

Community Gardens

May - October, Francis Wyman School

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

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

Great American Campout

Sponsored by Kohler by Rite Window

June 6 - 7, No Fee, 5 pm (rain or shine) Simonds Park
Activity #: 405833-A

Join us as we participate in The Great American Campout 2025! We will be joining thousands of people across the nation as they take part in this annual event that provides a fun-filled evening for all generations to get outside and connect with nature. We ask that you bring your own tent. If you do not have a tent, but would like to participate, please contact us. This event is for Burlington residents only and pre-registration for this event is required.

Rahanis Park Open

Sponsored by Kohler by Rite Window

Saturday and Sunday, July 12 - 13, Singles: \$25 Doubles: \$40
Rahanis Park Tennis Courts

Our 20th annual tennis tournament, the Rahanis Park Open, is moving back to July! Those looking to enter the tournament need to pre-register; please register based on your tennis ranking, which are explained below.

Group	Ranking	Activity #:
Men A Singles	4 - 4.5	405041-A
Men B Singles	3 - 3.5	405041-B
Men A Doubles	9 max (combined rating)	405041-C
Men B Doubles	7 max (combined rating)	405041-D
Women A Singles	4 - 4.5	405041-E
Women B Singles	3 - 3.5	405041-F
Women A Doubles	9 max (combined rating)	405041-G
Women B Doubles	7 max (combined rating)	405041-H
Junior Singles (13 and under)	2.5 - 3	405041-I
Mixed A Doubles	9 max (combined rating)	405041-J
Mixed B Doubles	7 max (combined rating)	405041-K

Community Yard Sale

Sponsored by Nicole Cella, Exit Premier Real Estate

Saturday, May 17, 9 am - 2 pm

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

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

Family Fishing Festival

All Ages, Saturday, May 17, \$25 (per family)
10 am - 1 pm (rain or shine), Mill Pond Reservoir
Activity #: 305011-A

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

4 - 4.5 ranking: Player has begun to master the use of power and spins and is beginning to handle pace, has sound footwork, can control depth of shots, and is beginning to vary tactics according to opponents. This player can hit first serves with power and accuracy and place the second serve and can rush the net successfully.

3 - 3.5 ranking: Player has achieved improved stroke dependability and direction on moderate pace shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage and is developing teamwork in doubles.

SPRINGAPALOOZA 2025!

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



BURLINGTON
Public Library
Connect, Discover, Enjoy

**SPECIAL EVENT
MAY 4TH**



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

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

**MILLENNIUM
FALCON
INFLATABLE**

**LIGHTSABER
TRAINING**

**STAR WARS
CHARACTERS**

**& MUCH
MORE!**

SPRINGAPALOOZA 2025!

Vernal Pool Exploration with Burlington Conservation

Wednesday, April 9, 10 - 11 am

Mill Pond Reservoir, No Fee

Activity #: 300637-A

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

Bird Walk with Burlington Conservation

Wednesday, April 23, 9 am, No Fee

Mary PC Cummings Park

Activity #: 300638-A

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

Goat Yoga

Ages 3* - Adult, Saturday, May 31, \$25

Regan Park, Instructor: Chip-In Farm Staff

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

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

Lightsaber Training at the May the 4th Event

Sunday, May 4th, 10 am - 12 pm

Wildwood Park, Instructor: Steve Nugent

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

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

Family Fishing Festival!

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

Community Yard Sale

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

Activity #: 300599

Community Health Fair

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

Mother's Day Painting in the Treehouse!

Ages 5 - 8, Saturday, May 10, 10 - 11:30 am

\$25, Universally Accessible Treehouse at Simonds Park

Instructor: Sunniya Saleem Activity #: 347501-B

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



PARKS & FACILITIES



SIMONDS PARK



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

TRW PLAYGROUND



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

WILDWOOD PARK



- TWO MULTI-PURPOSE FIELDS
- TWO BASKETBALL COURTS
- PLAYGROUND
- WALKING TRAIL
- PICNIC AREA
- FITNESS EQUIPMENT
- GAGA BALL PIT

REGAN PLAYGROUND



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

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



RAHANIS PLAYGROUND



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

VETERAN'S PLAYGROUND



- SOFTBALL FIELD
- BASKETBALL COURT
- PLAYGROUND

WILDMERE PLAYGROUND



- BASKETBALL COURT
- PLAYGROUND

TOWN COMMON



- BANDSTAND

NOT PICTURED

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

POLICIES & PROCEDURES

Age Requirement

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

Grade Requirement

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

Birth Certificates

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

Refund Guidelines

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

Financial Assistance

Financial assistance is available! Please contact the office for more information.

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 (facebook.com/burlingtonrecreation), or follow us on Twitter (@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. 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.

