



# FALL 2025

**REGISTRATION BEGINS AUGUST 27 AT 6PM**



[www.burlingtonrecreation.org](http://www.burlingtonrecreation.org)



BurlingtonRecreation



burlington\_recreation



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## **OFFICE HOURS**

Monday - Friday

8:30 am - 4:30 pm

\*We will be closed Sept. 1, Oct. 13  
Nov. 11, 27 & 28 and Dec. 24 & 25

**Phone: 781.270.1695**



**REGISTRATION BEGINS AT 6:00 PM ON WEDNESDAY, AUGUST 27TH**

**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](http://www.burlingtonrecreation.org). You may also register by mail.
2. If your address is not printed on your check, provide a photocopy of your driver's license.
3. If you think the staff should be aware of any medical, physical or emotional conditions regarding the participant, please provide information on the registration form.
4. The only time you will hear from us is if your program is full, canceled, or there is a change in day or time.

## **WAITING LIST**

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

## **HOW TO REGISTER BY MAIL OR DROPBOX**

1. Log on to [burlingtonrecreation.org](http://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*

### **DAVE NORDEN**

*Member*

### **GREGORY RYAN**

*Planning Board Representative*

### **JEREMY BROOKS**

*School Department 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



## Discovery Preschool

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

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

Day	Dates	Fee	Activity #
Mondays	Sept. 8 - Dec. 8 (not 10/13 & 10/20)	\$494 (12 weeks)	156810-A
Wednesdays	Sept. 10 - Dec. 10 (not 11/26)	\$534 (13 weeks)	156810-B
Mondays	Jan. 5 - Mar. 23 (not 1/19 & 2/16)	\$420 (10 weeks)	256810-A
Wednesdays	Jan. 7 - Mar. 25 (not 2/18)	\$448 (11 weeks)	256810-B

## 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, peanut free snack and lunch. A copy of your child's birth certificate should accompany the registration form of new participants.

Day	Dates	Fee	Activity #
Tuesdays	Sept. 9 - Dec. 9 (not 11/11)	\$494 (13 weeks)	151600-A
Thursdays	Sept. 11 - Dec. 11 (not 11/27)	\$534 (13 weeks)	151600-B
Tuesdays	Jan. 6 - Mar. 24 (not 2/17)	\$448 (11 weeks)	251600-A
Thursdays	Jan. 8 - Mar. 26 (not 2/19 & 3/19)	\$420 (10 weeks)	251600-B

## **Beginner Golf**

**Ages 4 & 5 (with parent help), Wednesdays  
Sept. 17 - Oct. 22, 4 - 4:45 pm, \$111 (6 weeks)  
Recreation Center Field  
Instructor: Skyhawks Sports Academy  
Activity #: 174300-A**

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot! Skyhawks will provide all equipment. Participants may NOT bring their own clubs. Please wear sneakers and bring water. **Parents may be asked to assist their players in the first few weeks as needed.**



## **Is your child entering Kindergarten for the 2025-2026 school year?**

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

## **Mommy & Me**

**Ages 2 & 3 (with a caregiver), Wednesdays  
Sept. 17 - Dec. 3, 9:30 - 10:15 am, \$199 (12 weeks)  
Function Room 2, Instructor: Marie Grinnell  
Activity #: 144500-A**

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

## **Parent and Me Music and Movement**

**Ages walking - 3, \$132 (8 weeks)**

**Ellen's School of Dance 767 Boston Rd Billerica, Instructor: Ellens School of Dance Staff**

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

<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>Activity #</b>
Thursdays	Sept. 18 - Nov. 6	4:30 - 5:15 pm	133500-A
Saturdays	Sept. 20 - Nov. 8	8:30 - 9:15 am	133500-B
Saturdays	Sept. 20 - Nov. 8	9:30 - 10:15 am	133500-C

## Little Dragons

**Ages 3 & 4, \$232 (13 weeks, uniform included), Steve Nugent's Institute 207F Cambridge St**

**Instructors: Steve Nugent & Staff**

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

Day	Dates	Time	Activity #
Thursdays	Sept. 18 - Dec. 18 (not 11/27)	3:30 - 4 pm	170000-A
Saturdays	Sept. 20 - Dec. 13	9 - 9:30 am	170000-B

## Lil Sports

**Ages 2 - 5, Saturdays, Sept. 20 - Nov. 8**

**\$118 (8 weeks), Recreation Gym**

**Instructor: Lil Sports Staff**

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

Time	Activity #
9:30 - 10:10 am	171800-A
10:15 - 10:55 am	171800-B



## Amazing Athletes

**Sundays, Sept. 14 - Oct. 19, \$154 (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.

Ages	Time	Activity #
2 & 3	9 - 9:40 am	174400-A
3 & 4	9:45 - 10:30 am	174400-B
4 - 6	10:35 - 11:25 am	174400-C

## TinyTykes Soccer

**Sundays, Sept. 14 - Oct. 19, \$137 (6 weeks)**

**Rec Center Field, Instructor: Challenger Sports**

TinyTykes has been created by childcare specialists to introduce children aged 2 - 5 years to the basic skills of soccer through a series of fun games, stories, songs and skill building activities. In addition, children will explore and learn in a relaxed and fun environment building upon their motor, social, physical and emotional skills.

Ages	Time	Activity #
2 & 3	1 - 1:45 pm	162900-A
4 & 5	2 - 2:45 pm	162900-B

## 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.

## Dance Classes at BPRD!

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

### What should we bring to class?

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

#### Girls should wear

- black leotard with pink tights

#### Boys should wear

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

## Dance Concepts

**Ages 2 & 3 (with caregiver), Fridays**

**Sept. 26 - Dec. 5 (not 11/28), 9:15 - 9:45 am**

**\$106 (10 weeks), Function Room 2**

**Instructor: Lisa Sanchez, Activity #: 130000-A**

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

## Pip Hop

**Ages 3 - 5, Fridays, Sept. 26 - Dec. 5 (not 11/28)**

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

**Instructor: Lisa Sanchez, Activity #: 133200-A**

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



## Ballet & Jazz

**Ages 4 - 6, Thursdays, Sept. 25 - Dec. 4 (not 11/27)**

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

**Instructor: Lisa Sanchez, Activity #: 130521-A**

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

## Ballet & Tap

**Ages 3 - 5, \$106 (10 weeks), Function Room 2, Instructor: Lisa Sanchez**

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

Day	Dates	Time	Activity #
Thursdays	Sept. 25 - Dec. 4 (not 11/27)	4 - 4:45 pm	130501-A
Fridays	Sept. 26 - Dec. 5 (not 11/28)	10 - 10:45 am	130501-B

# YOUTH



## Hip-Hop

**Ages 6 - 12, Mondays, Oct. 6 - Dec. 15 (not 10/13)**

**4 - 4:45 pm, \$87 (10 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 133801-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!

## Indoor Rock Climbing Clinic

**Ages 7 - 12, Saturdays, 11:30 am - 1:30 pm  
\$282 (6 weeks)**

**Central Rock Gym 10 Adam Rd Stoneham**

**Instructors: Central Rock Gym Staff**

Our youth climbing clinic is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, the ches will introduce our participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. The coaches will use a mix of climbing instruction and team-building games to facilitate each practice. Clinic participants will learn climbing vocabulary, techniques, and body awareness, all in an inviting environment.

Dates	Activity #
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Sept. 13 - Oct. 25 (not 10/11)	179101-A
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Nov. 1- Dec. 13 (not 11/29)	179101-B
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## Archery with On the Mark!

**Grades 4+, Tuesdays, 5 - 6 pm, \$166 (4 weeks)**

**Instructor: On The Mark Archery**

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

Dates	Location	Activity #
Sept. 9 - 30	Mary Cummings Estate	171401-A
Oct. 7 - 28	Mary Cummings Estate	171401-B
Nov. 4 - Dec. 2 (not 11/11)	Rotary Field	171401-C

## Flag Football

**Fridays, Sept. 19 - Oct. 17, Rec Center Field**

**Instructor: Skyhawks Sports Academy**

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football! Please bring water.

Ages	Time	Fee	Activity #
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7 - 9	4 - 5 pm	\$102 (5 weeks)	174001-A
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10 - 12	5:15 - 6:15 pm	\$102 (5 weeks)	174001-B
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## Intro to Boxing

**Grades K - 4, Saturdays, Sept. 27 - Nov. 1**

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

**MK Boxing 1 Esquire Rd, Billerica**

**Instructors: Mike Knox & Staff, Activity #: 171001-A**

Intro to Boxing is for parents looking to have their kids participate in a safe non-contact boxing program. The class will consist of conditioning, boxing combinations, shadow boxing, footwork, bag work, and some light sparring with the instructor in the ring.

## Brazilian Jiu-Jitsu

**Ages 7 - 15, Tuesdays**

**Sept. 16 - Dec. 9, 3:30 - 4:15 pm**

**\$232 (13 weeks, uniform included)**

**Steve Nugent's Institute 207F Cambridge St**

**Activity #: 181103-A**

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

## 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.

## Musical Theater

**Ages 7 - 9, Thursdays, Sept. 25 - Dec. 4 (not 11/27)**

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

**Instructor: Lisa Sanchez, Activity #: 147801-A**

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



## Beginner Golf

**Ages 6 - 9, Wednesdays, Sept. 17 - Oct. 22**

**5 - 6 pm, \$116 (6 weeks), Rec Center Field**

**Instructor: Skyhawks Sports Academy**

**Activity #: 174331-A**

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot! Skyhawks will provide all equipment. Participants may NOT bring their own clubs. Please wear sneakers and bring water.

## Jr. Golf School Clinic

**Ages 6 - 14, Sundays, Sept. 7 - 28**

**9:30 - 10:45 am, \$172 (4 lessons)**

**Billerica Country Club 51 Baldwin Rd Billerica**

**Instructor: Barrie Bruce Golf School**

**Activity #: 170601-B**

Junior clinics are perfect for beginning juniors and for those who want to develop better golf skills. Clinics cover safety, setup, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. Junior golfers are grouped by age range so that students will be playing in age-appropriate peer groups.

## Learn to Skate

### Ages 4 - 15, Burlington Ice Palace 36 Ray Ave, Instructors: FMC Ice Sports Staff

This group class will teach the basics of skating for skaters with little or no experience. Skaters are grouped by age and ability as needed. Skaters must be toilet trained and helmets are required (bike helmets are acceptable). Skate rentals are available on a first-come-first-serve basis and are included in the fee. If bringing your own skates, double blade skates are not permitted.

Day	Dates	Time	Fee	Activity #
Wednesdays	Sept. 10 - Nov. 19	4 - 4:25 pm	\$275 (11 weeks)	173101-A
Sundays	Sept. 14 - Nov. 2	3:20 - 3:45 pm	\$206 (8 weeks)	173101-B

## Karate

### Ages 5 - 13, \$232 (13 weeks, uniform included), Steve Nugent's Institute 207F Cambridge St Instructors: Steve Nugent & Staff

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

Day	Dates	Time	Activity #
Mondays	Sept. 15 - Dec. 8	5:30 - 6:15 pm	170501-A
		6:15 - 7 pm	170501-B
Saturdays	Sept. 20 - Dec. 13	1 - 1:45 pm	170501-D

## CrossFit Kids & Teens

### Ages 8 - 15, 4 - 5 pm, 2x per week \$166 (4 weeks), CrossFit Exclamation 15 Wall St Instructors: Lori Becker and Kids Staff

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

Days	Dates	Activity #
Mondays & Wednesdays	Sept. 8 - Oct. 1	117301-A
Tuesdays & Thursdays	Sept. 9 - Oct. 2	117301-B
Mondays & Wednesdays	Oct. 6 - 29 (not 10/13)	117301-C
Tuesdays & Thursdays	Oct. 7 - 30	117301-D
Mondays & Wednesdays	Nov. 3 - 26	117301-E
Tuesdays & Thursdays	Nov. 4 - Dec. 2 (not 11/27)	117301-F
Mondays & Wednesdays	Dec. 1 - Dec. 24	117301-G
Tuesdays & Thursdays	Dec. 2 - Dec. 30 (not 12/25)	117301-H

## Community Events

Looking for fun the whole family can enjoy?! Check out our community events starting on page 39. You won't want to miss out on our Spooktacular Halloween event!

# Viking Sports

## North Shore Ninja Warrior

**Ages 7 - 12, Thursdays, Sept. 11 - Oct. 16**

**5:45 - 6:40 pm, \$142 (6 weeks), Rec Center Field**

**Instructor: Viking Sports Staff, Activity: 166201-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!

## Fall 2025 Field Hockey Teams

**Grades 1 - 8, 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.

<b>Current Grade (Grade in fall)</b>	<b>Activity #</b>
1	472211-A1
2	472211-A
3	472211-B
4	472211-C

<b>Current Grade (Grade in fall)</b>	<b>Activity #</b>
5	472211-D
6	472211-E
7	472211-F
8	472211-G

# Proformance Soccer

**Thursdays, Sept. 11 - Oct. 23, \$227 (7 weeks)**

**Rahanis Soccer Field**

**Instructor: ProFormance Soccer Staff**

This program will include skill practice, as well as fun soccer matches and games. There will be a heavy emphasis placed on footwork, passing, and shooting. Proformance Soccer has been running soccer training programs throughout Massachusetts for over 15 years, gaining a strong following among soccer families for its fun yet beneficial camps and clinics. We make learning and improving fun! The philosophy behind our training programs is that mastering fundamental soccer movements will lead to improved game performance.

<b>Grades</b>	<b>Time</b>	<b>Activity #</b>
K - 2	3:30 - 5 pm	174601-A
3 - 5	5 - 6:30 pm	174601-B



## Pickleball Afterschool Program

**3:30 - 5 pm, \$167 (6 weeks), Picklr Burlington 40 Ray Ave, Instructors: Picklr Staff**

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

<b>Day</b>	<b>Dates</b>	<b>Ages</b>	<b>Activity #</b>
Mondays	Sept. 8 - Oct. 20 (not 10/13)	8 - 10	174701 -A
Tuesdays	Sept. 16 - Oct. 21	11 - 14	174701 -B
Wednesdays	Sept. 17 - Oct. 22	15 - 18	174701 -C

# YOUTH BASKETBALL



## Volunteer Coaches NEEDED!

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

## Scheduling

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

### Lil Hoopsters

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

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

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

### Rookie League Basketball

**Grades 2 & 3, November - February, \$94**  
**Francis Wyman Gym, Coaches Needed!**

This developmental program will focus on how to play the game rather than running plays and winning games. Scrimmages & games will be played on Saturdays and each team will have 1 practice a week mid-week. Days & times for games and practices are TBD based on gym availability. For this program, there are no makeup dates scheduled or refunds given if a program meeting time is cancelled due to circumstances out of our control. Official Schedule to be released closer to the start date.

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

### Youth Basketball

**Grades 4 - 8, November - February, \$99**

**BHS & Francis Wyman Gyms, Coaches Needed!**

In this recreational basketball program, emphasis is placed on learning fundamentals, teamwork and having fun! Games will be held on Saturdays and each team will have 1 practice a week mid-week. Full schedule will be released closer to start date. For this program, there are no makeup dates scheduled or refunds given if a program meeting time is cancelled due to circumstances out of our control.

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

### Fall Basketball Skills Clinic

**Grade K - 8, Tuesdays, 6:15 - 7:30 pm,**  
**Sept. 16 - Oct. 21, \$55 (6 weeks), Francis Wyman Gym**  
**Instructors: Dan Georgette & John Pisapia**  
**Activity #: 165001-A**

Join us this fall for some basketball fun! This program will focus on learning and polishing your basketball fundamentals to get you ready for the winter season! Participants will be broken into groups of a similar skill level and age to ensure they are getting the most out of the program. Please bring your own ball if you have one. (Limited space available.)

# 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



**Burlington Parks & Recreation Department**  
@BurlingtonRecreation · Community Center

Manage Your Business on Facebook and Instagram Together  
You can post to Facebook and Instagram at the same time, see updates at a glance and get insights in one place with Facebook Business Suite.

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Burlington Parks and Recreation is the home of many exciting activities from summer programs for children to major events such as Celebrate Burlington!

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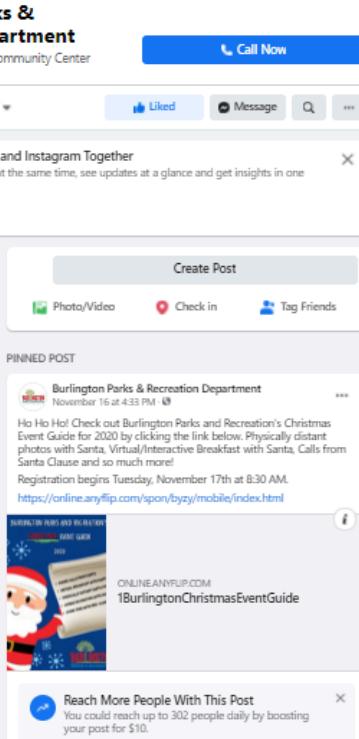
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Community Center - Government Organization - Recreation Center

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Burlington Parks & Recreation Department  
November 16 at 4:33 PM

Ho Ho Ho! Check out Burlington Parks and Recreation's Christmas Event Guide for 2020 by clicking the link below. Physically distant photos with Santa. Virtual/Interactive Breakfast with Santa. Calls from Santa Clause and so much more!

Registration begins Tuesday, November 17th at 8:30 AM.

<https://online.anyflip.com/sport/byzy/mobile/index.html>

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10/16/20 and 10/17/20 Cancellation  
Update: Flag Football has been cancelled on 10/16. Lil Sports and Field Hockey have been cancelled on 10/17.

2:07 PM · 10/16/20 · Twitter Web App

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# YOUTH S.T.E.A.M.



## Personalize It!

**Ages 5 - 12, Saturdays, Nov. 1 - 22**

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

**Instructor: Kidcreate Studio, Activity #: 159401-A**

At our Personalize It! art class, we make art that's all about YOU! Make your very own monogrammed zipper bag, fabulous yarn wrapped wall decor, decorate your own canvas sneakers, and more! **Kids will need to bring a pair of white canvas sneakers to personalize in the second class.**

## Descendants-Inspired Art

**Ages 5 - 12, Saturdays, Oct. 4 - 25**

**4:15 - 5:15 pm, \$167 (4 weeks), Ceramics Room**

**Instructor: Kidcreate Studio, Activity #: 158701-A**

To mark the Halloween season, kids can pay tribute to the Disney® hit show "The Descendants" and make art inspired by the characters and their infamous parents, creating everything from crowns to poisoned apples!

## Ghastly Goo

**Ages 5 - 9, Saturday, Oct. 25**

**5:45 - 6:45 pm, \$62, Ceramics Room**

**Instructor: Kidcreate Studio, Activity #: 159501-A**

We'll brew up a slimy concoction in this gooey art class and make a special jar to contain it (1 container per artist). Come ready for a slimy, ghoulish good time! The kids are welcome to wear their costumes to class.

## Color Me Merry!

**Ages 5 - 12, Saturday, Dec. 6, 9 am - 12 pm**

**\$77, Function Room**

**Instructor: Kidcreate Studio, Activity #: 158801-A**

Get ready for a holly-jolly time as we spread festive cheer like never before. Create a delicious, colorful candy house that looks like gingerbread but isn't! We'll, use a blend of sweet treats and other art materials to make a sparkling, merry mansion. Be merry with us!

## Buildwave: A hands-on building game!

**Grades K - 5, Saturdays, Oct. 11 - Nov. 15, 3 - 4 pm**

**\$172 (6 weeks), Ceramics Room**

**Instructor: Buildwave Staff, Activity #: 158901-A**

During each class, your child will receive wave after wave of materials they'll love, like blocks, bricks, and other hands-on pieces. The waves of building are structured like a game, with energetic music and visuals elevating the experience for maximum engagement. Each wave, they build, then disassemble. It's an opportunity for your child to discover their creativity again and again, but it's also an opportunity for them to fail without judgment. We guide your child through these moments of frustration and equip them with strategies to adapt. To them, they're playing an outrageously fun game, but they're also learning fundamental skills they'll carry forever.

## Kids' Test Kitchen

**Grades: 1 - 5, Thursdays, Oct. 9 - Nov. 13**

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

**Instructor: Kids Test Kitchen Staff**

**Activity #: 151801-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.

## Kids French Lessons

**Ages 4 - 9, Tuesdays, Sept. 16 - Oct. 28  
4:30 - 5:30 pm, \$152 (7 weeks), COA Room 207  
Instructor: Linh Detzel, Activity #: 152501-A**

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

## Minecraft Innovators

**Grades 2 - 5, Thursdays, Sept. 18 - Oct. 23, 5 - 6:30 pm  
\$172 (6 weeks), COA Room 207  
Instructor: Right Brain Curriculum Staff  
Activity #: 156401-A**

Become a part of our Minecraft community and help us create a spectacular city for future residents. Build, budget, and furnish your dream home, launch a marketing campaign for your own business, and shape the city's future as a council member—your vote truly matters! Guided by our expert Right Brain Curriculum teachers, you'll discover how math, economics, and community-building drive urban success, all while having a blast in our Minecraft world! Don't miss out—sign up today and start building the future!

## Dungeons & Dragons

Join Burlington Parks and Recreation Department in celebrating FOUR years of the popular Dungeons & Dragons program by registering for Mr. Dungeon's Adventure-versary! This one-time special event will provide fun for all ages!

## Chess Beginner

**Ages 6 - 8, Mondays, 5 - 6 pm  
\$197 (5 weeks), Ceramics Room, Instructor:  
International Grandmaster Nadya Kosintseva**

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

Dates	Activity #
Sept. 8 - Oct. 6	152401-A
Oct. 20 - Nov. 17	152401-B
Nov. 24 - Dec. 22	152401-C

## Battle Robots

**Ages 7 - 13, Mondays, Oct. 20 - Nov. 24, 5 - 6 pm  
\$252 (6 weeks), COA Room 207  
Instructor: RoboThink, Activity #: 151601-A**

Let's duke it out, RoboThink-style! In this program, students will be building and customizing a variety of different battle robots, then competing in a wide range of different activities. By using gears, motors, axles and our own special hardware, your child will be in for the battle of a lifetime. No experience necessary, just come to battle and have fun!

## Mr. Dungeon's Adventure-versary

**Grades 5 - 12, Saturday, Sept. 27, 5 - 8 pm, \$50  
Function Room, Instructor: David Murray  
Activity: 151101-A**

David (aka Mr. Dungeon) has been rolling dice at the Rec Center for four years! Come celebrate this milestone the only way we know how: with an awesomely epic one-shot adventure! Players will have the opportunity to play with members of their regular group, as well as players from different groups.

## Dungeons and Dragons

**Grades 5 - 12, \$222 (8 weeks), Ceramics Room, Instructor: David Murray**

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

Day	Dates	Time	Activity #
Sundays	Sept. 21 - Nov. 9	2 - 4 pm	152811-A
Tuesdays	Sept. 16 - Nov. 4	4:30 - 6:30 pm	152811-B
Wednesdays	Sept. 17 - Nov. 5	5:30 - 7:30 pm	152811-C

## 3D Printing, Coding & Design

Grades 3 - 5, Fridays, Sept. 19 - Oct. 24  
4 - 5 pm, \$142 (6 weeks), Ceramics Room  
RICM Staff, Activity #: 158601-A

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

## 3D Printing, Coding & Design: Minecraft Makery

Grades 3 - 5, Fridays, Nov. 7 - Dec. 19 (not 11/28), 4 - 5 pm, \$142 (6 weeks), Ceramics Room  
RICM Staff, Activity #: 158602-A

Grab your pickaxe and get crafting with RICM, a web-based tool that introduces kids to 3D modeling through blocks-based coding! Using drag-and-drop coding commands, you will manipulate simple 3D shapes to transform them into your favorite Minecraft objects and characters! This will be a highly interactive course where you will learn primarily through building, eventually turning a series of cubes into a fearsome Creeper or friendly Axolotl. You will finish the class with several projects that you can import into Minecraft, and one will be brought to life using a 3D printer! Each student will get one complimentary 3D print after class concludes. **RICM will provide Chromebooks.**

## Virtual Drawing Workshop

Ages 8 - 12, Wednesdays, Oct. 1 - Nov. 5  
3:45 - 4:45 pm, \$82 (6 weeks), Virtual

**Instructor: Stacy Johnston, Activity #: 146501-A**

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

## Engineering and Design Lab

Grades 4 - 6, Wednesdays, Sept. 24 - Oct. 29  
4 - 5 pm, \$157 (6 weeks), Ceramics Room  
RICM Staff, Activity #: 156501-A

Get ready to geek out as we dive into the exciting world of engineering! This hands-on class offers a mash-up of STEAM-related topics, perfect for young innovators who are keen on discovering how they can bring their engineering ideas to life. Students will program their own interactive robots and guide them through obstacle courses, investigate the science of renewable energy by designing and testing wind turbines, explore structural engineering by building model bridges designed to bear weight, and more! Through collaborative group work and engaging activities, students will develop essential skills in problem solving, critical thinking, coding, and applied science. **RICM will provide Chromebooks.**



# **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 participant's name on it and the medication should be in its original container with the pharmacy label, which shows the date of filling, pharmacy name and address, the filling pharmacist's initials, the serial number of the prescription, the name of the patient, name of prescribing practitioner, name of prescribed medication, directions for use and cautionary statements, if any, contained in such a prescription or required by law. The EpiPen should be stored in a cooled lunch bag / container and given to the program director upon arrival at the program. The EpiPen will be kept in a designated area on site.

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

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



# SOMETHING FOR EVERYONE



## Glistening Snowflakes

**Ages 12+, Saturday, Dec. 13, 9 - 10:30 am, \$77**  
**Ceramics Room, Instructor: Kidcreate Studio**  
**Activity # 147904-A**

'Tis the season to make things sparkle! In this workshop we'll teach artists how to use UV resin, pigments and other materials to create glistening snowflake ornaments! Space is limited.

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

**Ages 18+, Wednesday, Nov. 5, 7:30 - 8:30 pm**  
**No Fee, Virtual, Instructor: The OT Parent Coaches**  
**Activity #: 153203-A**

At your wit's end with your child's challenges?! Want some help?! Come talk to The OT Parent Coaches ([www.theotparentcoaches.com](http://www.theotparentcoaches.com)), Carrie Carman and Jen Papasodoro, who are experienced pediatric occupational therapists, parents, and parent coaches. They will provide support and offer strategies for dealing with: meltdowns, morning and bedtime routines, mealtime madness, sensory differences, sibling struggles, developmental phases (from toddlers to teens!), or anything else you're feeling stuck on. You'll leave as a more empowered parent!

## Boat America

**Ages 9+, Tuesdays**  
**Sept. 16 - Dec. 9 (not 11/11)**  
**7 - 9 pm, \$85 (12 weeks), COA Room 207**  
**Instructor: Larry Nobrega, FSO-PE/So-PE**  
**Activity #: 153003-A**

U. S. Coast Guard Auxiliary's Boat America course is an 8-session boating safety class open to adults and youth 12 years of age and older. This NASBLA approved course provides the knowledge needed to obtain a Massachusetts or New Hampshire boating certificate. Topics include Introduction to boating, State and Federal Boating Laws, Safety Equipment, Safe Operation and Navigation, Boating Emergencies, Trailering, Watersports and Boating Following the 8-session Boat America class, there will be 3 optional sessions on Coastal Navigation.

## Sew What

**Mondays, Sept. 8 - Dec. 15 (not 10/13), 6 - 9 pm, No Fee (14 weeks), COA Room 136, Activity #: 154003-A**  
This class is a chance for you to get together with other people who have projects that need to be finished and to lend your help and support. Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

## Learn to Skate

**Ages 16+, Burlington Ice Palace 36 Ray Ave, Instructors: FMC Ice Sports Staff**

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. Each class is half instructor led, and half time for solo practice. Skate rentals are available on a first-come-first-serve basis and are included in the fee. If bringing your own skates, double blade skates are not permitted.

Day	Dates	Time	Fee	Activity #
Wednesdays	Sept. 10 - Nov. 19	4:10 - 5 pm	\$297 (11 weeks)	182403-A
Sundays	Sept. 14 - Nov. 2	3:20 - 4:10 pm	\$222 (8 weeks)	182403-B

## Archery with On the Mark!

**Grades 4+, Tuesdays, 5 - 6 pm, \$166 (4 weeks)**

**Instructor: On The Mark Archery**

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

Dates	Location	Activity #
Sept. 9 - 30	Mary Cummings Estate	171401-A
Oct. 7 - 28	Mary Cummings Estate	171401-B
Nov. 4 - Dec. 2 (not 11/11)	Rotary Field	171401-C

## Chess Advanced

**Ages 8+, Mondays, 6 - 7 pm, \$197 (5 weeks)**

**Ceramics Room, Instructor: International Grandmaster Nadya Kosintseva**

This class is designed for chess players who have a solid understanding of chess rules and experience playing full games. The program focuses on advanced tactics, strategic planning, opening principles, and endgame techniques. Students will deepen their skills through interactive lessons, in-depth analysis of master games, challenging puzzles, and competitive play under guidance. Emphasis is placed on critical thinking, decision-making, and improving overall game performance.

Dates	Activity #
Sept. 8 - Oct. 6	152411-A
Oct. 20 - Nov. 17	152411-B
Nov. 24 - Dec. 22	152411-C

## Private Tennis Lessons

**Ages 5+, September & October, \$207, (4 - 1 hour**

**private sessions), Rahalis Tennis Courts**

**Instructor: Scott Barrett, Activity #: 160904**

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.

## LIFT Mobility & Stretch

**Ages 14+, 9 - 10 am Sundays & 8 - 9 am Wednesdays**

**\$121, 2x per week (4 weeks)**

**Lift Training Collective 207C Cambridge St**

**Instructor: Adrien Aries**

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

Dates	Activity #
Oct. 5 - 29	174801-A
Nov. 2 - 26	174801-B

## Women's Self-Defense

**Ages 14+, Saturday, Oct. 18, 3 - 4 pm, \$37**

**Steve Nugent's Institute 207F Cambridge St**

**Instructor: Steve Nugent & Staff**

**Activity #: 153703-A**

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

## 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](mailto:eandrus@burlington.org). For Inclusion Services, please complete the inclusion request form at [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org). All support services are pending staff availability and assessment by the Therapeutic Recreation Specialist. Please allow a minimum of 10 business days for services to begin. \*Note: For new participants, intake forms are required to be filled out and returned at least two weeks prior to the beginning of a program.

## **Therapeutic Horseback Riding: Winter Block**

**Ages 3+ with a diagnosis, Monday - Friday lesson time, January - March, \$672 (weekly lesson), Ironstone Farm 450 Lowell Street Andover, Instructors: Ironstone Staff, Activity #: 293009-A**

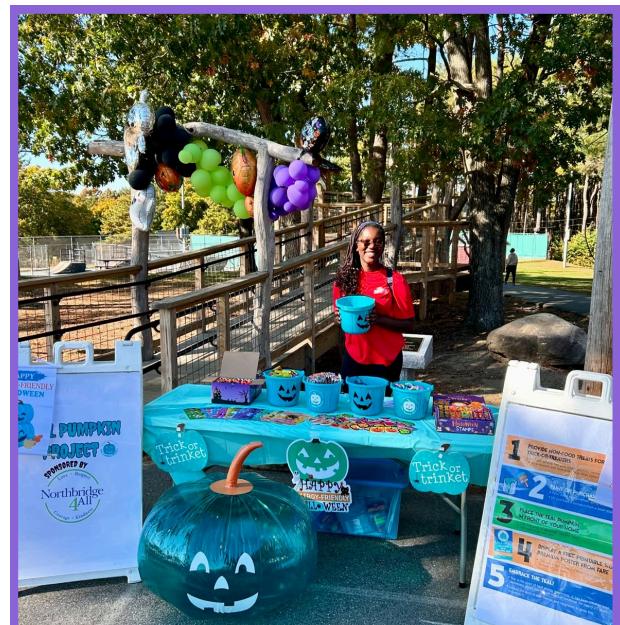
In partnership with Burlington's Disability Access Commission and Ironstone Farm, we are excited to offer this program for thirty minute private sessions. There will be an initial evaluation required for all new riders. You will coordinate with the farm to find a time Monday through Friday that fits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

## **Family Connection Event: Sensory Friendly Truck Day**

**All Ages, Friday, Sept. 12, 5:30 - 6:30 pm**

**Town Common**

Join us on the Town Common for Sensory Friendly Truck Day! Enjoy the fun of Truck Day without loud sirens, horns or flashing lights. This is a great event for the whole family.



## **Family Connection Event: Teal Pumpkin Project at the Halloween Spooktacular**

**All Ages, Saturday, Oct. 18, 2:30 - 7 pm**

**Simonds Park**

Join us at the Halloween Spooktacular and visit our Teal Pumpkin Project table to learn more how to join us in making Halloween allergy friendly and inclusive for all! Burlington residents only. See page 39 for full event description.

# TR YOUNG ADULT PROGRAMMING



## RecTogether

**Ages 13 - 25 with a disability**

RecTogether is a social and recreational program for young adults with disabilities. We welcome and encourage people with disabilities to come together and experience recreation and leisure activities, both new and exciting as well as tried and true favorites. Sign up for one or all of the outings that interest you! A caregiver guide is available with program specific information.

### RecTogether Evenings Out!

Dates and times vary

#### Dinner at 110 Grill

**Sept. 19, 6 - 8 pm, \$32, Activity #: 190449-A**

*TR Goal Area(s): Social*

Enjoy an evening out to dinner with friends! Gluten sensitive options available.

#### Halloween Candy Art

**Oct. 3, 6 - 8 pm, \$37, Activity #: 190449-B**

*TR Goal Area(s): Social, Creative Expression*

Kid's Create Studio will lead the group through creating "Halloween Scenes" made out of candy!

#### Halloween Cake Decorating Class

**Oct. 24, 6 - 8 pm, \$47, Activity #: 190449-C**

*TR Goal Area(s): Creative Expression*

Sugar Connection Bake Shop will lead our group through a Halloween themed cake decorating class! Each participant will get to decorate their own mini cake with spooky sprinkles, frightful frosting and more!

#### Follow Your Art Studio

**Nov. 14, 6 - 9 pm, \$37, Activity #: 190449-D**

*TR Goal Area(s): Creative Expression*

Let's head to Follow Your Art Studio for an evening of fall art!

#### Music Class at Creative Arts

**Dec. 4, 6 - 8 pm, \$32, Activity #: 190449-E**

*TR Goal Area(s): Social, Creative Expression*

A night of music instrument exploration! Try out piano, guitar, ukulele, percussive instruments and more.

**\*\*This is a Thursday night outing\*\***

### RecTogether Saturday Adventures!

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

#### Goat Yoga

**Sept. 13, Activity #: 190439-A**

*TR Goal Area(s): Exercise, Social*

The goat yoga class led by a certified instructor at Chip-in farm, features movement and stretching accompanied by friendly baby goats!

#### Inclusive Fitness & Wegmans

**Sept. 27, Activity #: 190439-B**

*TR Goal Area(s): Connecting with nature*

Exercise and team-building activities await at the NEW Inclusive Fitness studio location in Burlington! The group will then enjoy Wegman's for lunch (included).

#### Alpaca Ranch

**Oct. 18, Activity #: 190439-C**

*TR Goal Area(s): Connecting with nature*

The alpaca ranch is a fall favorite! Join us to meet the alpacas, take a farm tour and complete a nesting orb craft.

#### Wamesit Lanes

**Nov. 8, Activity #: 190439-D**

*TR Goal Area(s): Exercise*

Let's head to the lanes for a day of bowling and fun with friends. Pizza is included for lunch!

#### Swiftie Art Day

**Nov. 22, Activity #: 190439-E**

*TR Goal Area(s): Creative Expression*

Let's head to Art Signals Studio for a day filled with Swiftie themed art!

# TR ADULT PROGRAMMING



## Out & About

### Ages 25+ with a disability

Throughout the fall season we will enjoy a nights out on the town. Sign up for one or all of the outings that interest you. A parent/guardian/caregiver guide is available with program specific information [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org).

#### Dinner at The Chateau

**Sept. 12, 6 - 8 pm, \$32, Activity #: 195099-A**

*TR Goal Area(s): Social*

Let's enjoy dinner out with friends! Gluten sensitive options available.

#### Bowling at King's

**Sept. 25, 6 - 8 pm, \$32, Activity #: 195099-B**

*TR Goal Area(s): Creative expression*

A night of bowling with friends!

**\*\*This is a Thursday night outing\*\***

#### Spooktacular Drama Class

**Oct. 17, 6 - 8 pm, \$37, Activity #: 195099-C**

*TR Goal Area(s): Creative expression, Social*

Full Spectrum Drama will lead our group through a Halloween themed adaptive drama class! Halloween costumes are welcome but not required. Pizza will be served for dinner.

#### Movie Theater Rental

**Nov. 7, 6:30 - 9 pm, \$37, Activity #: 195099-D**

*TR Goal Area(s): Social*

Our group will enjoy a night at the movies in our very own theater! Popcorn and soft drinks included.

#### Pizza & Paint Night!

**Nov. 21, 6 - 8 pm, \$37, Activity #: 195099-E**

*TR Goal Area(s): Creative expression, Social*

The group will enjoy pizza for dinner followed by a step by step canvas paint class!

## Spectacular Saturdays

### Ages 25+ with a disability, \$37 (per date)

**Saturdays, 10 am - 2 pm**

Spectacular Saturdays is a social and recreational program for adults (ages 25+) with disabilities. Please sign up for the activities and trips that are of interest to you! A parent/guardian/caregiver guide is available with program specific information at [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org). Lunches must be packed from home unless otherwise noted.

#### Activity Day

**Sept. 20, Activity #: 190575-A**

*TR Goal Area(s): Exercise, social*

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

#### Stone Zoo

**Oct. 4, Activity #: 190575-B**

*TR Goal Area(s): Social*

A day of exploring and fun awaits at the Stone Zoo!

#### Activity Day

**Oct. 25, Activity #: 190575-C**

*TR Goal Area(s): Exercise, social*

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

#### Trombetta's Indoor Mini Golf

**Nov. 15, Activity #: 190575-D**

*TR Goal Area(s): Exercise, social*

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

#### Activity Day

**Dec. 6, Activity #: 190575-E**

*TR Goal Area(s): Exercise, social*

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



# BECOME A COMMUNITY PARTNER



Burlington Parks & Recreation connects you to **COMMUNITY FAMILIES FUN!**

*Visit [www.burlingtonrecreation.org](http://www.burlingtonrecreation.org) to get involved!*

## SPONSOR BENEFITS

### PRE-EVENT PROMOTION

Name mentioned in all media releases

Name listed as sponsor in program brochure (must be confirmed pre-press)

Posts with links to business' social media pages

Business listed on digital messaging boards

### DAY OF EVENT PROMOTION

Name displayed on event sponsor or donor sign

One 10 x 10 promotional space at the event

Banner (2' x 4') hung at event (to be provided by sponsor)

Choose to target a focal area or have a presence at unique areas

Acknowledgement to event attendees by event emcee

### POST-EVENT PROMOTION

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

#### **TIER I EVENTS**

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

#### **TIER II EVENTS**

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

#### **TIER III EVENT**

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

# ADULT & WORKSHOPS



## Healing Teas & Spices: Ayurveda from Your Kitchen

**Tuesday, Nov. 4, 5 - 6:30 pm, \$57, COA Room 207, Instructor: Anjana Bhargava, Activity #: 154203-A**

Transform your pantry into a pharmacy. Learn the medicinal power of everyday spices like turmeric, cumin, and fennel. You will make digestive teas, balancing spice blends, and simple remedies for common ailments.

## Holistic Approach to Grace and Vitality

**Monday, Nov. 17, 6:15 - 7:45 pm, \$62, COA Room 207**

**Instructor: Anjana Bhargava, Activity #: 154503-A**

This session provides a holistic perspective on aging, grounded in Ayurveda, the ancient science of life. Discover how the natural aging process is explained through the lens of doshas (Vata, Pitta, Kapha) and how Ayurvedic wisdom helps manage the physical, mental and emotional changes that come with age. You'll learn about age-specific changes in digestion, immunity, memory, energy, and sleep—and how to respond to them!

## iPhone Photography

**Thursdays, Nov 6 - 20, 5 - 6:30 pm, \$55 (3 weeks)**

**COA Room 207, Instructor: Justin Cybulski**

**Activity #: 157803-A**

Unlock the full potential of your iPhone camera in this hands-on photography class. Whether you're taking casual shots or creating a photo album, you'll learn practical tips and tricks to improve your mobile photography. Learn how to capture unique photos, edit them, organize your images for easy access, and share your favorites with friends or family. Perfect for beginners and enthusiasts alike. **All participants are required to bring their own iPhone.**

## Badminton

**Tuesdays, Sept. 2 - Dec. 16 (not 11/11)**

**7:30 - 9:30 pm, \$79 (15 weeks), Recreation Gym**

**Activity #: 188103-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.

## Lunch Hour Basketball

**Mon, Wed & Fri, October - March**

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

**12 - 2 pm, \$57, Recreation Gym**

**Activity #: 182003-A**

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

## Volleyball

**Mondays, Sept. 8 - Dec. 15 (not 10/13)**

**7:15 - 9:15 pm, \$75 (14 weeks)**

**Recreation Gym, Activity #: 180703-A**

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

## Pick-Up Basketball

**Thursdays, Sept. 4 - Dec. 18 (not 11/27)**

**8 - 10 pm, \$79 (15 weeks)**

**Recreation Gym, Activity #: 181933-A**

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

## Adult Beginner French for Travel

**Tuesdays, Sept. 16 - Oct. 28, 5:30 - 6:30 pm**

**\$152 (7 weeks), COA Room 207**

**Instructor: Linh Detzel, Activity #: 152503-A**

Bonjour! This beginner class is designed for adults who wish to learn French for travel purposes. Whether it's for business or leisure, learn how to check into a hotel/the airport, order from a restaurant menu, shop at a market, or get directions. There will be reading, writing, and speaking some French.

## 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

**Tuesdays and Thursdays, 7:15 - 8 pm, \$72 (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 #:
Oct. 7 - 30	134503-A
Nov. 4 - 25	134503-B
Dec. 2 - 23	134503-C

### Wedding Dance Survival Guide!

**Thursdays, Oct. 2 - 23, 6:30 - 7:15 pm**

**\$82 (4 weeks), Activity #: 134103-A**

Whether you're the guests or the happy couple preparing for an event or just want to have fun, you'll leave this class with the confidence and skills to dance at your next social event!

### A Beginner Country Two-Step!

**Thursdays, Nov. 6 - 20, 6:30 - 7:15 pm**

**\$67 (3 weeks), Activity #: 134403-A**

Whether you love country music or want to love it, we have the perfect class for you. Throughout the three weeks of the class we will progress through the basics of country western two-step and have you ready to step out onto the dance floor!

### A Beginner's Salsa Series!

**Thursdays, Dec. 4 - 18, 6:30 - 7:15 pm**

**\$67 (3 weeks), Activity #: 134203-A**

Forget the gloomy forecasts and join us for a month of sizzling Salsa! This class will have you shaking, grooving, and laughing your way through those slushy days. By the end of the month, you'll be ready to dance on your own at the salsa club.

## Intro to Boxing for Adults

**6:30 - 7:30 pm, \$167 (6 weeks)**

**MK Boxing 1 Esquire Rd Billerica**

**Instructors: Mike Knox & Staff**

This class is geared for late teens and adults that wish to learn boxing basics. We will focus on footwork, bag work, boxing combinations, mitt work, conditioning and light sparring. This is a 6 week class.

Day	Dates	Activity #
Tuesdays	Sept. 23 - Oct. 28	184103-A
Thursdays	Sept. 25 - Oct. 30	184103-B

## Mystical Mind Wellness Retreat

**Friday, Oct. 24, 10 - 2 pm, \$172**

**Grandview Farm, Instructors: Maria Gonzalez & Melissa Martel, Activity #: 111803-A**

Step away from the everyday and treat yourself to a half-day luxury retreat designed to help you reset, reconnect, and feel deeply nourished—without leaving town. This peaceful Friday escape includes four soul-refreshing experiences: Yoga & Gentle Stretching – Ease tension and reconnect with your body, Walking Meditation with Qigong – Move mindfully and breathe deeply outdoors, Reflective Writing & Poetry – Clear emotional clutter and invite clarity, Floral Art Creation – Express joy through mindful flower arranging. Retreat includes light refreshments, all materials, a wellness gift bag, and your own fall floral arrangement to take home.

## Adult Chess

**Mondays, 7 - 8 pm, \$197 (5 weeks), Ceramics Room**

**Instructor: International Grandmaster**

**Nadya Kosintseva**

This class is designed for adult learners of all levels who are interested in improving their chess skills. Whether you're a casual player looking to sharpen your game or a competitive player aiming to deepen your understanding, this class offers a balanced mix of instruction, analysis, and practical play opportunities.

Dates	Activity #
Sept. 8 - Oct. 6	152403-A
Oct. 20 - Nov. 17	152403-B
Nov. 24 - Dec. 22	152403-C

## Introduction to Golf

**\$237 (5 lessons), Billerica Country Club 51 Baldwin Rd Billerica, Instructor: Barrie Bruce, PGA Golf Pro**

Our Intro to Golf program is designed for the new-to-the-game golfer with little (or no) golf experience. Basic fundamentals of the game are taught in a relaxed, stress-free clinic setting. Program consists of five (5) one-hour lessons, spaced one week apart. Equipment and practice balls will be provided as needed. All you need to bring is "a pair of sneakers and a good attitude".

Day	Time	Dates	Activity #
Wednesdays	5:30 - 6:30 pm	Sept. 3 - Oct. 1	180613-A
Saturdays	11:30 am - 12:30 pm	Sept. 6 - Oct. 4	180613-B

## Drop-in Pickleball

**\$5 drop-in fee, Recreation Gym**

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

Days	Dates	Time	Level
Tuesdays	Nov. 4 - Dec. 16	1 - 2:30 pm 2:30 - 4 pm	Social Mixed
Wednesdays	Nov. 5 - Dec 17	2 - 3:30 pm	Advanced/Upper Intermediate
Thursdays	Nov. 6 - Dec 18	10:15 - 11:45 am	Social

## Learn to Play Pickleball

**5 - 6:30 pm, \$84 (4 weeks), Instructor: Kevin Martin, PPR Certified Coach**

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

Day	Dates	Location	Activity #
Wednesdays	Sept. 24 - Oct. 15	Simonds Park	160633-A
Wednesdays & Fridays	Dec. 10 - 19	Recreation Gym	160633-B

## Next Level Pickleball

**\$84 (4 weeks), Instructor: Kevin Martin, PPR Certified Coach**

Are you an "improving" player looking to bring your game to the next level? This clinic is for the player that can serve, score, and keep the ball in play. 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.

Day	Dates	Time	Location	Activity #
Wednesdays	Oct. 29 - Nov. 19	5 - 6:30 pm	Simonds Park	180403-A
Mondays	Nov. 24 - Dec. 15	2:15 - 3:45 pm	Recreation Gym	180403-B

# PICKLEBALL SKILL LEVELS



## Pickleball Skill Levels

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

### Pickleball Skill Levels

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



**Yes** = "Yes" to 5 or More Statements



**No** = "No" to 5 or More Statements

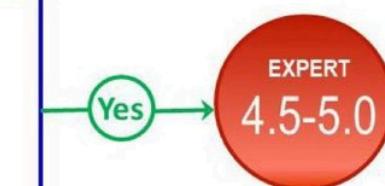
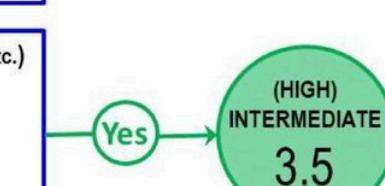
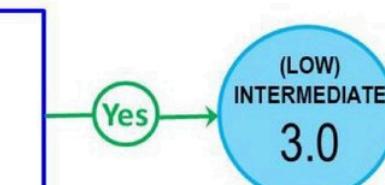
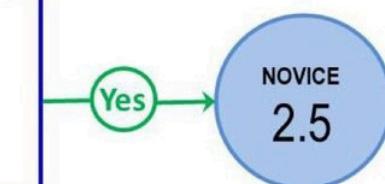
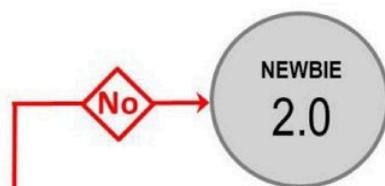
- I know where to stand at the beginning of each point
- I usually get my serves "in"
- I usually let the return of serve bounce
- I am getting the hang of keeping score
- I can often keep the ball in play
- I know what a dink shot is

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

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

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

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



#### 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.



# ADULT FITNESS



## No Limit Fitness Card

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

### Students

10 class card	\$137	110711-A
20 class card	\$252	110711-B

### Adults

10 class card	\$162	110713-A
20 class card	\$272	110713-B

## Fit Club

**October - December, \$252, Activity #: 118213-A**

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

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

## Tai Chi

**Sundays, Oct. 5 - Dec. 7, 6 - 7 pm (not 11/30)**

**\$62 (9 weeks), Function Room 1**

**Instructor: James Regan, Activity # 105803-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.

## The Ultimate Dance Journey: 8 Weeks, Endless Styles

**Ages 16+, Saturdays, Oct. 4 - Nov. 22, \$87**

**9 - 10 am, Function Room, Instructors:**

**Tisha Wilson, Marcia Mailloux, Lauren Mattson  
and Christin Caplan, Activity #: 117603-A**

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

## Brazilian Jiu-Jitsu

**Mondays, Sept. 15 - Dec. 8, 7 - 8 pm, \$232 (13 weeks) Steve Nugent's Institute 207F Cambridge St**

**Instructor: Steve Nugent & Staff**

**Activity #: 181203-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.

# ZUMBA & CARDIO DANCE



## 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 #
Tuesdays	Oct. 7 - Dec. 16 (Not 11/11)	6:15 - 7:15 pm	Tisha Wilson	\$90 (10 weeks)	116403-A
Wednesdays	Oct. 8 - Dec. 10	6:30 - 7:30 pm	Sarah Hamilton	\$90 (10 weeks)	116403-D
Thursdays	Oct. 9 - Dec. 18 (not 11/27)	6:30 - 7:30 pm	Marcia Mailloux	\$90 (10 weeks)	116403-B
Sundays	Oct. 5 - Dec. 14 (not 11/30)	8 - 9 am	Lauren Mattson	\$90 (10 weeks)	116403-C

## Pound

**Thursdays, Oct. 9 - Dec. 18 (not 11/27)**

**5 - 5:45 pm, \$90 (10 weeks), Recreation Gym**

**Instructor: Tisha Wilson, Activity #: 119303-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.

## Tap & Jazz

**Thursdays, Sept. 18 - Dec. 11 (not 10/23 & 11/27)**

**7 - 8 pm, \$122 (11 weeks), Function Room**

**Instructor: Bonnie Murphy, Activity #: 130403-A**

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

## Zumba Special!

October - December

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

3 Zumba Classes - 15% off

4 Zumba Classes - 20% off

## Cardio Dance

**Mondays, Oct. 6 - Dec. 15 (not 10/13)**

**5 - 6 pm, \$87 (10 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 112003-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.

# **YOGA & PILATES**



## **Gentle, Relaxing & Restorative Yoga**

**Mondays, Oct. 6 - Dec. 15 (not 10/13)**

**4:30 - 5:30 pm, \$85 (10 weeks), Function Room**

**Instructor: Karen Pickette, Activity #: 119903-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.

## **Pilates Fundamentals and More**

**Tuesdays, Oct. 7 - Dec. 16 (not 11/11 & 11/25)**

**5:30 - 6:30 pm, \$81 (9 weeks), Function Room 2**

**Instructor: Barbara Hospod, Activity #: 111333-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!

## **Fun Friday Flow Yoga**

**Fridays, Oct. 10 - Dec. 19 (not 11/28), 9 - 10 am**

**\$85 (10 weeks), Grandview Farm**

**Instructor: Karen Pickette, Activity #: 112203-A**

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

## **Mindful Movement & Meditation**

**Wednesdays, Oct. 8 - Dec. 17 (not 11/26)**

**\$85 (10 weeks), 4:30 - 5:30 pm, Function Room**

**Instructor: Karen Pickette, Activity #: 115503-A**

This class will help us improve our body by stretching, strengthening and toning. Mindful movement can help us boost our energy, focus, and resilience. The class will focus on standing and seated postures incorporating gentle stretches and a guided meditation to end the class. This will be a great mid-week energy boost.

## **Evening Flow**

**Tuesdays, Oct. 7 - Dec. 16 (not 11/11), 7 - 8 pm**

**\$85 (10 weeks), Function Room**

**Instructor: Paulette Savage, Activity #: 110216-A**

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

## **Hatha Yoga**

**Thursdays, Oct. 9 - Dec. 18 (not 11/27)**

**9 - 10 am, \$85 (10 weeks), Recreation Gym, Instructor: Paulette Savage, Activity #: 111203-A**

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

## **Pilates Essentials**

**Tuesdays, Oct. 7 - Dec. 16 (not 11/11 & 11/25)**

**4:30 - 5:20 pm, \$79 (9 weeks), Function Room 1**

**Instructor: Barbara Hospod, Activity #: 111373-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!

### **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.

## **Yoga Sculpt**

**Mondays, Oct. 6 - Dec. 15 (not 10/13)**

**10 - 11 am, \$85 (10 weeks), Function Room**

**Instructor: Karen Pickette, Activity #: 115003-A**

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

## **Yoga Barre Blend**

**Instructor: Karen Pickette**

Together, barre and yoga can help you achieve a healthy body. You'll have the strength you need, and will be able to develop toned and 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. All levels are welcome.

## **Flow, Focus & Meditate**

**Mondays, Oct. 6 - Dec. 15 (not 10/13)**

**6 - 7 pm, \$85 (10 weeks), Function Room**

**Instructor: Karen Pickette, Activity #: 110903-A**

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

## **Yoga, Core and More**

**Tuesdays, Oct. 7 - Dec. 16 (not 11/11), 9 - 10 am**

**\$85 (10 weeks), Recreation Gym**

**Instructor: Paulette Savage, Activity #: 171273-A**

This class will focus on developing core strength, balance and stability through various poses and exercises. Breath will be combined with movement to bring about a mind body connection and muscle awareness, targeting the core: abdominals, back and glutes. Gentle stretching will be sprinkled in throughout. This class is appropriate for all fitness levels. Please bring a mat.

## **Pilates Endurance Fusion**

**Wednesdays, Oct. 8 - Dec. 17 (not 11/26)**

**9 - 9:50 am, \$85 (10 weeks), Grandview Farm**

**Instructor: Barbara Hospod, Activity #: 111303-A**

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

Day	Dates	Time	Fee	Location	Activity #
Saturdays	Oct. 11 - Dec 13 (not 11/29)	10:15 - 11:15 am	\$79 (9 weeks)	COA Room 207	110603-A
Wednesdays	Oct. 8 - Dec 17 (not 11/26)	6 - 7 pm	\$85 (10 weeks)	Function Room 1	110603-B

# RESISTANCE & INTERVAL TRAINING



## Lunchtime Lift Express

**Tuesdays, Oct. 7 - Dec. 16 (not 11/11), 12 - 12:45 pm  
\$85 (10 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 115603-A**

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

## Pickleball

Looking for pickleball program opportunities? Check out page 26 for programs, drop-in opportunities and more!

## Lunchtime Total Body Express

**Thursdays, Oct. 9 - Dec. 18 (not 11/27)  
12 - 12:45 pm, \$85 (10 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 110803-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 an hour has passed because this workout is so much fun. Bring your mat and water bottle.

## Pure Strength

**Instructor: Brenda Jo Hubbard**

Iron is tough, but you are tougher! Build strength, not bulk, in this innovative weight lifting 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.

## HYROX Class

**Saturday, 8 - 9 am, 1x a week \$136 (4 weeks)  
CrossFit Exclamation 15 Wall St**

**Instructor: CFE Staff**

A fun mix of running + functional exercises—like sled pushes, rowing, and bodyweight movements. Perfect for building endurance and strength at your own pace! Great for runners looking to add strength, CrossFit/functional fitness athletes looking for a new challenge; anyone training for a Hyrox or similar competition like a triathlon or Spartan race.

Dates:	Activity #
Sept. 13 - Oct. 4	114903-A
Oct. 11 - Nov. 1	114903-B

## Learn to Lift

**Saturdays, 9 -10 am, \$166 (6 weeks), CrossFit Exclamation 15 Wall St. Instructor: Lori Becker**

This "Women's only" class was made specifically with women in mind! Designed to teach you proper lifting techniques in a supportive and empowering space surrounded by other amazing women. You'll gain strength, skill, and confidence—perfect for beginners or those looking to level up!

Dates:	Activity #
Sept. 13 - Oct. 18	116203-A
Oct. 25 - Nov. 29	116203-B

Days	Dates	Time	Fee	Location	Activity #
Wednesdays	Oct. 8 - Dec. 17	4 - 5 pm	\$85 (11 weeks)	Recreation Gym Virtual	114213-A 114213-VIRA
Saturdays	Oct. 11 - Dec 13 (not 11/29)	9 - 10 am	\$74 (9 weeks)	COA Room 207 Virtual	114213-B 114213-VIRB

## CrossFit for Beginners

**6 - 7 pm, Mondays and Thursdays, 2x per week, \$166 (4 weeks)**

**CrossFit Exclamation 15 Wall St, Instructor: CFE Staff**

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

<b>Dates :</b>	<b>Activity #</b>
Sept. 8 - Oct. 2	110503-A
Oct. 6 - 30	110503-B
Nov. 3 - 24	110503-C

## Lift and Burn

**Fridays, Oct. 10 - Dec. 19 (not 11/28)**

**9 - 10 am, \$85 (10 weeks), Recreation Gym**

**Instructor: Christin Caplan, Activity #: 101053- A**

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



## Work it Out

**Mondays, 8:30 - 9:15 am, Oct. 6 - Dec. 15**

**(not 10/13), \$85 (10 weeks), Zoom**

**Instructor: Brenda-Jo Hubbard, Activity #: 115103-A**

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

## 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.

## Curvy Girls Bootcamp

**Mondays & Thursdays, 6 or 7 pm, 2x per week**

**\$166 (4 weeks), CrossFit Exclamation 15 Wall St, Instructor: Lori Becker**

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

<b>Dates:</b>	<b>Activity #</b>
Sept. 8 - Oct. 2	115513-A
Oct. 6 - 30	115513-B
Nov. 3 - 24	115513-C

# ACTIVE ADULTS & SENIORS



## Barre Gold

Age 50+, Wednesdays, Oct. 8 - Dec. 17 (not 11/26)

11 am - 12 pm, \$85 (10 weeks), Function Room

Instructor: Karen Pickette, Activity #: 112107-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. You'll engage in a series of exercises that combine elements of ballet, Pilates, and yoga!

## Cardio Dance Gold

Age 50+, Fridays, Oct. 10 - Dec. 19 (not 11/28)

10 - 11 am, \$82 (10 weeks), Recreation Gym

Instructor: Christin Caplan, Activity #: 110033-A

This class is a combination of low-impact aerobics, dance choreography, toning, and stretching. Move and groove to a fusion of popular music while improving your cardiovascular endurance and muscle tone.

## 49+ Fitness

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

2x a week, \$166 (4 weeks), CFE Fitness

15 Wall St, Instructor: Lori Becker

Join us for this full-body, small-group strength training program for anyone. Designed for people looking for a good mix of strength training and mobility work.

Dates	Activity #
Sept. 8 - Oct. 2	111527-A
Oct. 6 - 30	111527-B
Nov. 3 - 24	111527-C

## Yoga Gold

Age 50+, Mondays, Oct. 6 - Dec. 15 (not 10/13)

11:15 am - 12:15 pm, \$82 (10 weeks), Function Room

Instructor: Karen Pickette, Activity #: 119803-A

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

## B.E.S.T.

Age 50+, Mondays, Oct. 6 - Dec. 22 (not 10/13)

10:45 - 11:45 am, \$90 (11 weeks), Zoom

Instructor: Trish Marfione, Activity #: 111807-A

This class is for those 55+ who want to have fun while strength training, balancing, moving & stretching. Bring a mat, sneakers, comfortable clothing and hand weights.

## Fit for Pickleball and Life

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

2x a week, \$166 (4 weeks)

CFE Fitness 15 Wall St, Instructor: Lori Becker

Move Better. Play Stronger. Specially designed for 50+ people, classes are led by certified 50+ fitness coaches who understand the unique needs of mature athletes. Great for both a seasoned player or just starting out

Dates	Activity #
Sept. 8 - Oct. 2	113513-A
Oct. 6 - 30	113513-B
Nov. 3 - 24	113513-C

## Zumba Gold

Age 50+, \$80 (10 weeks), Instructor: Mary Ellen Reardon

Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. Dress to workout and bring water. Enjoy the Latin and other international rhythms. Dance yourself into fitness with Zumba Gold!

Days	Dates	Time	Location	Activity #:
Tues.	Oct. 7 - Dec. 16 (not 11/11)	11 am - 12 pm	Recreation Gym	116407-A
Sat.	Oct. 4 - Dec. 13 (not 11/29)	10 - 11 am	Murray Kelly Wing	116407-D

# Burlington Club 50

Burlington Club 50 is in full swing! Our Program Committee has been hard at work not only planning a diverse offering of clubs throughout the year for active adults aged 50 and over, but restructuring the club to meet the current demand for programming. Many of the clubs will continue to meet on an ongoing basis and some have specific program dates. **Clubs with grey titles have fees for participation.** You will only need to pay when you are able to join us! You can find more information on each of these programs on our website ([burlingtonrecreation.org](http://burlingtonrecreation.org)) or by contacting the Program Committee using the email listed below.

We require all members to register annually for the clubs they are interested in participating. Registration is easy; you can register online! Visit our website, [burlingtonrecreation.org](http://burlingtonrecreation.org), click on register and search for the activity or activity number 510007. As always, you can register right at the Parks & Recreation office.

- Additionally, the Club allows non-residents to register for clubs for a \$15 annual fee.
- For most Club 50 programs you just have to register once a year; registration begins each spring and remains open while space is available.
- **For Pickleball only, registration happens three times per year; in the Spring, Fall, and Winter.**

If you have any specific questions about the format or a club, please reach out to the Club 50 Program Committee at [burlclub50@gmail.com](mailto: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.

## 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.

## 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 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 - 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!

Day	Activity #
Tuesdays	510007-K
Thursdays	510007-L

## 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.

## Whist

**April 2025 - March 2026**

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

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

## Sing A Long Club

**Thursdays, Sept. 4 - Dec. 11, 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.

## Join us!

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

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

## Pickleball Club

**November - December in the Recreation Gym**

Pickleball is one of the fastest growing sports in the nation! It is great exercise, easy to learn and tons of fun! See Summer 2025 Brochure for October outdoor dates & times.

Day	Time	Level	Activity #
Sundays	3:15 - 5:15 pm	Beginner	510007-U
Saturdays	5:30 - 7:30 pm	Social	510007-V
Saturdays	3:30 - 5:30 pm	Intermediate	510007-W

## 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 and Minute Man Trails. Rides may be followed by a relaxing lunch at a nearby restaurant.

## Bocce

**First and third Tuesday of every month**

**6 - 7:30 pm, September - October**

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

Bocce ball has become one of the most played sports 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. We meet at 4th Ave, at the green space near the pickle ball courts.



# ZOOM: FREQUENTLY ASKED QUESTIONS

## HOW CAN I TROUBLESHOOT MY CAMERA NOT WORKING?

### Mac

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

## HOW TO LOG ONTO ZOOM

### ON A BROWSER

- Visit [www.zoom.us](http://www.zoom.us)
- Click join a meeting (top right hand corner)
- Enter meeting ID
- Enter password

### USING THE APP

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

### Windows

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

## FREQUENTLY ASKED QUESTIONS

### Where to find your zoom meeting ID and password

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

### Do you need an account to access Zoom?

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

### How to change the view

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

### How to join with computer audio

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

### Why can people not hear me?

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

# 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.

## **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](http://www.burlingtonrecreation.org) or pick up a flyer at the Parks and Recreation Center.***

## **2026 Trips, Tours & Shows**

New trips, tours and shows will be listed in the winter brochure! Check back next season to see the trips, tours and shows Burlington Parks and Recreation Department is offering for 2026!

# COMMUNITY EVENTS



## Municipal Truck Day

**Sponsored by CN Wood, L.A. Puopolo Services, Rashidi Property Services, Mass Port Authority Quinn Builders, Kohler by Rite Window, Exit Realty Sonia Rollins & Assoc., Northeastern Bright Bear Academy**  
**All Ages, Sunday, Sept. 14, 10 am - 2 pm**

### Town Common

"Kids" of all ages are invited to enjoy a fun-filled, unique experience that gives children and their families an up-close look at their favorite "big trucks" and the opportunity to meet the people that protect, serve, and build. Come hear the sirens and horns and get a close-up view of a variety of vehicles. Check out page 18 for the Sensory Friendly portion of the event.

## Halloween Spooktacular & Candy Crane Drop

**Sponsored by East Coast Tree, Kohler by Rite Window, Northeastern**  
**All Ages, Saturday, Oct. 18, 2:30 - 7 pm**

### Simonds Park

Ghosts and goblins will fill the air; witches may fly by so beware! With Halloween just days away, who knows what evil spirits are headed our way. Throw on your costume and come on down, there's no better place for tricks or treats, than right here in town! ***This event is for Burlington residents only and pre-registration is required for the Candy Crane Drop. For each activity number, multiple times are available to register for.***

Age	Activity #:
Candy Crane Drop	3 & Under 100650
	4 & 5 100651
	6 & 7 100652
	8 & older 100653

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

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

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

## Trucktober

**Sponsored by Kohler by Rite Window & Northeastern**

**All Ages, Saturday, Oct. 4  
11 am - 2 pm, Town Common**

Join us on the Town Common for our Annual Trucktober! This event features local food trucks with cuisines for all taste buds, live music, & more. We also will have our 4th annual Power Wheel Derby! In this Derby, kids ages 2 - 8 will bring their own power wheel battery powered vehicle and race down Center Street. ***Preregistration is required.*** Exact Derby schedule and more information regarding the Derby will be emailed out the week leading up to the event.

Activity	Age	Appox. Time	Activity #:
Power Wheel Derby	2 & 3	11:30 am	100649-A
	4 & 5	12:15 pm	100649-B
	6 - 8	1pm	100649-C

## 5K Turkey Trot

**Sponsored by East Coast Tree, Kohler by Rite Window**

**Saturday, Nov. 22, \$30 per person, 8 am check-in  
Burlington High School, Activity #: 100981-A**

Mark your calendars for our 5K Turkey Trot! The race will leave from the high school and follow the same route as the Burlington Education Foundation. Awards will be given to the following: Top Two Overall (M,F); Top Two Burlington Residents (M,F); and top in each age category. Shirts will be provided for each participant registered no later than November 1st. Shirts will be given to other participants while supplies last.

## Tree Lighting

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

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

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

# PARKS & FACILITIES



## SIMONDS PARK



- TWO LIGHTED LITTLE LEAGUE BASEBALL FIELDS
- ONE SOFTBALL FIELD
- TWO LIGHTED TENNIS COURTS
- TWO LIGHTED BASKETBALL COURTS
- ONE WADING POOL
- ONE PLAYGROUND

- ONE SKATE PARK WITH HALF-PIPE
- ONE STREET HOCKEY COURT
- PICNIC AREA
- ONE CONCESSION STAND
- RESTROOMS
- VISCO BUILDING

## TRW PARK



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

## WILDWOOD PARK



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

## REGAN PARK



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

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



## RAHANIS PARK



- TWO MULTI-PURPOSE FIELDS
- TWO SOFTBALL FIELDS
- SIX TENNIS COURTS
- ONE BASKETBALL COURT
- BURLINGTON DOG PARK
- ONE SAND VOLLEYBALL COURT

- GAGA PIT
- ONE PLAYGROUND
- PICNIC AREA
- RESTROOMS

## VETERAN'S PARK



- ONE SOFTBALL FIELD
- ONE BASKETBALL COURT
- ONE PLAYGROUND

## WILDMERE PARK



- ONE BASKETBALL COURT
- ONE PLAYGROUND

## TOWN COMMON



- BANDSTAND

## NOT PICTURED

- 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 2025 - 2026 school year.

## **Birth Certificates**

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

## **Refund Guidelines**

1. If you decide to cancel a registration, please notify the Parks & Recreation Department as soon as possible prior to the program starting date.

2. If you give sufficient notice of cancellation, the Parks & Recreation Department may be able to give you a full or partial refund. There will be a \$15 processing charge for all refunds given. Please inquire about a refund at the time you cancel your registration.

3. If you cancel your registration for a program for which the Parks & Recreation Department has paid deposits, purchased equipment or incurred other expenses on your behalf; your refund, if any, will be reduced by the amount of the expenses incurred.

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

## **Financial Assistance**

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

## **Non-Residents**

Non-residents may register for programs beginning Wednesday, September 3rd at 8:30 am after resident registration has begun. At the Director of Parks and Recreation's discretion, some programs or events may only be open to Burlington residents. There is an additional \$15 fee for non-residents.

## **Cancellations**

Please call the Cancellation Line at (781)270-1695 (option 3), visit our Facebook page ([www.facebook.com/burlingtonrecreation](http://www.facebook.com/burlingtonrecreation)) when you have any doubt about weather cancellations. In most instances, we will try to notify participants of a change or cancellation by email if it is unexpected. 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**

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

