

FALL 2023

REGISTRATION BEGINS AUGUST 29 AT 6 PM

 www.burlingtonrecreation.org

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WHAT'S INSIDE

TABLE OF CONTENTS

Preschool Programs -----	4 - 6
Youth Programs -----	8 - 12
Youth Basketball Programs -----	13
Youth STEAM Programs -----	14 & 15
Something For Everyone -----	16 & 17
Therapeutic Recreation Programs-----	18 & 19
Adult Programs & Workshops -----	20 - 23
Adult Fitness Programs -----	24 & 25
Adult Yoga & Pilates -----	26 & 27
Adult Resistance & Interval Training ---	28 & 29
Adult Zumba & Cardio Dance -----	30
Active Adult Programs -----	33 - 35
Community Events -----	36 - 41
Facilities -----	42 & 43

OFFICE HOURS

Monday - Friday

8:30 am - 4:30 pm

*We will be closed Sept. 4, Oct. 9

Nov. 10, 23 & 24 and Dec. 25

Phone: 781.270.1695



REGISTRATION BEGINS AT 6:00 PM ON TUESDAY, AUGUST 29.

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

REGISTRATION GUIDELINES

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

WAITING LIST

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

HOW TO REGISTER BY MAIL OR DROPBOX

1. Log on to burlingtonrecreation.org and print out a registration form.
2. One registration form may be used for all of your family's registrations.
3. Fill out the registration form completely and accurately so that your family information may be entered into the computer correctly.
4. You may pay by check or money order (payable to Town of Burlington), MasterCard, Discover, Amex or Visa.
5. Send registration form, payment, and birth certificates (if required) to: Burlington Parks & Recreation Department, Registration, Town Hall, Burlington, MA 01803. You can also drop off the registration documents in the Recreation Center dropbox, which is located at 61 Center Street, next to the recreation entrance.

ABOUT US



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

RECREATION COMMISSION

DAVID NORDEN

Chair

STEVE NELSON

Vice Chair

LINDSAY CARLSON

Member

BILL GAFFNEY

Planning Board Representative

JEREMY BROOKS

School Department Representative

PROGRAM TITLE KEY

😊 = In-person Program

📶 = Virtual Program

Ⓜ = Hybrid Program

STAFF DIRECTORY

BRENDAN EGAN

Director of Parks and Recreation

KELLY LEHMAN, AFO, CPSI

Assistant Director of Parks and Recreation

BILL BAKER

Superintendent of Park Maintenance

JESSIE HAMPSON

Program Coordinator

EMMA JONES, CTRS

Therapeutic Recreation Specialist

JEFF DISALVO

Assistant Program Coordinator

KRISTEN GONZALEZ

Fitness Administrator



PRE-SCHOOL



Discovery Preschool ☺

Ages 3 - 5 (toilet trained), 9 am - Noon
\$379 (12 weeks), 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 and peanut free snack. Be sure your child is dressed appropriately for outside play. A copy of your child's birth certificate should accompany the registration form of new participants.

Days	Dates	Activity #
Mon.	Sept. 11 - Dec. 4 (not 10/9)	156810-A
Wed.	Sept. 13 - Dec. 6 (not 11/22)	156810-B

Beginner Golf ☺

Age 4 - 5 (with parent help), Tuesdays, Oct. 17 - Nov. 7
4 - 4:45 pm, \$65 (6 weeks), Recreation Center Field
Instructor: Skyhawks Sports Academy
Activity #: 174300-A

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

Pre-School Bookworms ☺

Ages 3 - 5 (toilet trained), 9 am - Noon
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 and peanut free snack. A copy of your child's birth certificate should accompany the registration form of new participants.

Days	Dates	Fee	Activity #
Tues.	Sept. 12 - Dec. 5	\$411(13 wks)	151600-A
Thurs.	Sept. 14 - Nov. 30 (not 11/9 & 11/23)	\$316 (10 wks)	151600-B

Mommy & Me ☺

Wednesdays, Sept. 6 - Nov. 29 (not 11/8)
\$90 (12 weeks), Function Room 2
Instructor: Marie Grinnell

Is your child not old enough for pre-school? This "pre-pre-school" program is perfect for both of you! You and your child (or your child and his/her 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.

Ages	Time	Activity #
2 - 3 (with a caregiver)	9:30 - 10:15 am	144500-A
3 - 4 (with a caregiver)	10:30 - 11:15 am	144500-B

TinyTykes Soccer 😊

\$105 (6 weeks), Sundays, Instructor: Challenger Sports

This curriculum has been created to promote and enhance the key areas of child development with a major focus on fun! Children will develop their balance, agility, coordination, color recognition and numerical learning, along with increasing their confidence and social skills.

Age	Dates	Times	Location	Activity #
2-3	9/10 - 10/22 (not 10/8)	1 - 1:45pm	Recreation Field	162900-A
4-5	9/10 - 10/22 (not 10/8)	2 - 2:45pm	Recreation Field	162900-B
2-3	11/12 - 12/17	1 - 1:45pm	Recreation Gym	162900-C
4-5	11/12 - 12/17	2 - 2:45pm	Recreation Gym	162900-D

Mommy (Daddy) & Me Music and Movement 😊

Ages walking - 3, Saturdays, Sept. 16 - Nov. 4, \$118 (8 weeks)

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

Any caregiver is welcome to play the role of "Mommy". This class includes lots of games to help develop fine and gross motor skills with activities like Rhythm and Instruments, Puppets, Bubble Time and much more!! This class will instill a love of music and dance at a young age.

Time	Activity #
8:30 - 9:15 am	133500-A
9:30 - 10:15 am	133500-B
10:30 - 11:15 am	133500-C

Little Dragons 😊

Ages 3 - 4, \$208 (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 #
Thurs.	Sept. 14 - Dec. 14 (not 11/23)	3:30 - 4 pm	170000-A
Sat.	Sept. 16 - Dec. 16 (not 11/25)	9 - 9:30 am	170000-B

Lil Sports 😊

Ages 2 - 5, \$70 (6 weeks), 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.

Day	Dates	Time	Location	Activity #
Saturdays	Sept. 9 - Oct. 21 (not 10/7)	9:30 - 10:15 am	Recreation Field	171800-A
Saturdays	Sept. 9 - Oct. 21 (not 10/7)	10:30 - 11:15 am	Recreation Field	171800-B
Saturdays	Nov. 4 - Dec. 16 (not 11/25)	9:30 - 10:15 am	Recreation Gym	171800-C
Saturdays	Nov. 4 - Dec. 16 (not 11/25)	10:30 - 11:15 am	Recreation Gym	171800-D

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. 22 - Dec. 8 (not 11/10 & 11/24)

9:15 - 9:45 am, \$92 (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.



Ballet & Tap ☺

Ages 3 & 4, Fridays, Sept. 22 - Dec. 8 (not 11/10 & 11/24)

10 - 10:45 am, \$92 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 130501-A

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

Pip Hop ☺

Ages 3 - 5, Fridays, Sept. 22 - Dec. 8 (not 11/10 & 11/24)

11 - 11:45 am, \$92 (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.

Storytime Dance ☺

Ages 3 - 5, Fridays, Sept. 22 - Dec. 8 (not 11/10 & 11/24)

12:30 - 1:15 pm, \$92 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 130511-A

Come stretch your imagination, as well as your toes, in the storybook dance class based on dances from your favorite fairy tales and ballet stories! Each week we will head out on a magical adventure, exploring dance along with our enchanting story. We will feature *Not a Box*, *Giraffes Can't Dance*, and many more. Your child will explore elements of creative movement, ballet, tap, and jazz, in this delightful trip to enchanted kingdoms and then bring the story home for you to enjoy. Participants should have ballet and tap shoes as well as sneakers.

Ballet & Jazz ☺

Ages 4 & 5, Fridays, Sept. 22 - Dec. 8 (not 11/10 & 11/24)

1:30 - 2:15 pm, \$92 (10 weeks), Function Room 2

Instructor: Lisa Sanchez, Activity #: 130521-A

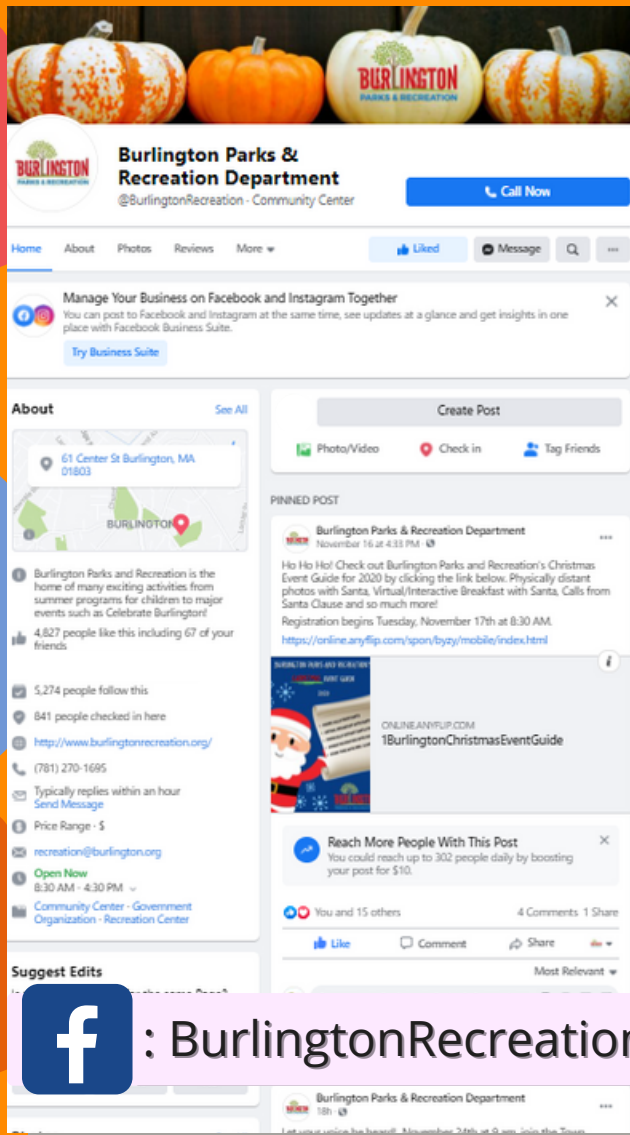
This class is a combination of ballet and jazz in which the primary objective is to tell a story or convey emotions with their bodies. These classes begin with an alternating warm-up and are followed by technique/turns/jumps, across the floor, floor work, and choreography. Children will start to learn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

CONNECT WITH US ON SOCIAL!

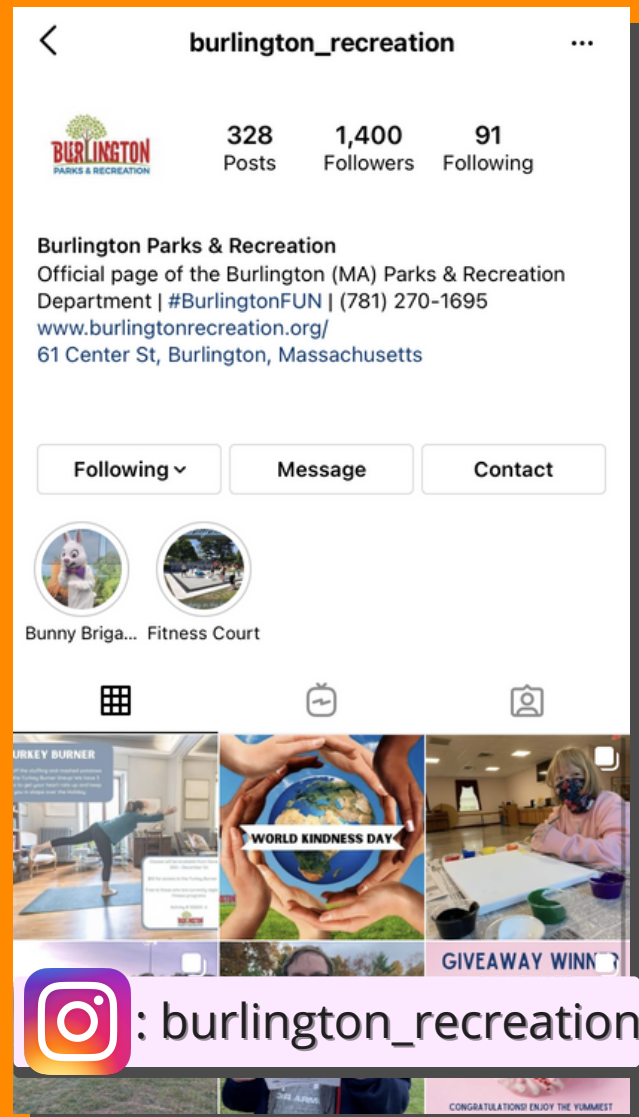



Follow all of our social media to be the first to know about new programs, events, giveaways and more! We use our social media platforms to connect with our community members on a daily basis. You never know when a pop-up event or community contest could be posted!

LIKE US, TAG US & SHARE US




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 : burlington_recreation



 : Burlington_rec

YOUTH



Hip-Hop 😊

Ages 6 -10, Mondays, Oct. 2 - Dec. 11 (not 10/9)

4 - 4:45 pm, \$69 (10 weeks), Function Rooms

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!

Futsal 😊

Ages 8-11, Sundays, Nov. 12 - Dec. 17

3 - 4 pm, \$105 (6 weeks), Recreation Gym

Instructor: Challenger Sports, Activity #: 175001-A

Get ready to witness the exhilarating world of futsal like never before! "Futsal Frenzy: The Ultimate Indoor Soccer Showdown" takes you on a thrilling journey into the heart-pounding action of this fast-paced sport. Join our expert hosts as they bring you all the high-energy excitement and showcase the skills of talented futsal teams from around the globe. This program captures every moment of the intense futsal battles that unfold on the court.

Flag Football 😊

Fridays, Sept. 15 - Oct. 20, Recreation Center Field

Instructor: Skyhawks Sports Academy

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by – USA Football – players will gain confidence and prepare for league play. Coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment.

Fee	Ages	Time	Activity #
\$99 (6 weeks)	7 - 9	4 - 5 pm	174001-A
\$105 (6 weeks)	10 - 12	5:15 - 6:15 pm	174001-B

Beat Bullying 😊

Ages 6 - 12, Saturday, Oct. 7, 3 - 3:45 pm, \$25

Steve Nugent's Institute 207F Cambridge St.

Instructor: Steve Nugent & Staff, Activity #: 158301-A

Bullying is a behavior that is intentional, repetitive, and hurtful. An imbalance of power exists between the child who is bullying and the intended target. In this class, children will learn direct and indirect techniques that will help them deal with a bully effectively.

Karate 😊

Ages 5 - 13, \$208 (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 #
Mon.	Sept. 18- Dec. 11	5:30 - 6:15 pm 6:15 - 7 pm	170501-A 170501-B
Wed.	Sept. 13 - Dec. 13 (not 11/22)	6:15 - 7 pm	170501-C
Sat.	Sept. 16 - Dec. 16 (not 11/25)	1 - 1:45 pm	170501-D

Ultimate Sports 😊

Tuesdays, Sept. 12 - Oct. 3, Recreation Center Field

Instructor: Skyhawks Sports Academy

Skyhawks has taken your favorite games from the playground and combined them into an action packed program! Each week we will focus on 1-2 of the listed games including multiple variations of Kickball, Dodgeball, Capture the Flag, and Disk Golf. Participants will learn sportsmanship, teamwork and strategy in addition to the rules of the game.

Fee	Ages	Time	Activity #:
\$65 (4 weeks)	5 - 8	4 - 5 pm	171501-A
\$75 (4 weeks)	9 - 12	5:15 - 6:30 pm	171501-B

Intro to Boxing 😊

Grades K - 8 (K - 4/5 - 8), \$145 (6 weeks)

MK Boxing 1 Esquire Rd Billerica

Instructors: Mike Knox & Staff

MK Boxing has a 3,300 square foot facility boasting over 30 boxing bags, speedbags, conditioning mats, a professional boxing ring, and much more. Boxing will not only improve the body, it will improve the mind. The sport of boxing can and will be safe if done properly. Participants must bring their own gloves or may buy them at MK Boxing. All parents will be required to sign guest registrations and waivers for their children upon arrival. Students will be broken up into age appropriate classes.

Day	Dates	Time	Activity #
Tuesdays	Sept. 19 - Oct. 24	4 - 5 pm	171001-A
Saturdays	Sept. 16 - Oct. 21	9:30 - 10:30 am	171001-B

Beginner French Lessons 😊

Tuesdays, Sept. 12 - Oct. 24 , \$106 (7 weeks)

COA Room 207, Instructor: Linh Detzel

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

Age	Time	Activity #
4 - 6	4 - 5 pm	152501-A
7 - 10	5 - 6 pm	152501-B

Brazilian Jiu-Jitsu 😊

Ages 7 - 15, Tuesdays

Sept. 26- Dec. 19 (not 10/31), 3:30 - 4:15 pm

\$192 (12 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.

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	Times	Fees	Activity #
Wednesdays	Sept. 13 - Nov. 15 (10 weeks)	4 - 4:25 pm	\$200	173101-A
Sundays	Sept. 17 - Nov. 5 (8 weeks)	2:10 - 2:35 pm	\$160	173101-B

Indoor Rock Climbing ☺

Ages 7 - 12, Saturdays, Sept. 16 - Nov. 11 (not 10/7)
11:30 am - 1:30 pm, \$310 (8 weeks)
Central Rock Gym 10 Adam Rd Stoneham
Instructors: Central Rock Gym Staff
Activity #: 179101-A

This is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, the coaches will introduce 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. All gear is included.

Is your child entering Kindergarten for the 2023-2024 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.

Archery ☺

Grades 4 - 8, Tuesdays
5:30 - 6:30 pm, \$145 (4 weeks)

Instructor: On The Mark Archery Staff

The perfect social distancing activity for participants of all ages to enjoy! Participants receive their own bow, quiver, arrows and plenty of space on the outdoor range to focus on learning without worrying. No prior experience necessary. All coaching and equipment is provided by On the Mark Archery.

Dates	Location	Activity #
Sept. 12 - Oct. 3	Mary PC Cummings	171401-A
Oct. 10 - Nov. 7 (not 10/31)	Mary PC Cummings	171401-B
Nov. 14 - Dec. 5	Rotary Field	171401-C

Jr. Golf School Clinic ☺

Ages 6 - 14, \$140 (4 lessons), Billerica Country Club
51 Baldwin Rd, Billerica
Instructor: Barrie Bruce Golf School

Junior clinics are perfect for beginning juniors and for those who want to develop better golf skills. Clinics cover safety, set up, 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 students will be playing in age-appropriate peer groups.

Days	Dates	Time	Activity #
Sat.	Sept. 9 - 30	9:30 - 10:45 am	170601-A
Sat.	Sept. 9 - 30	1 - 2:15 pm	170601-B
Sun.	Sept. 10 - Oct. 1	9:30 - 10:45 am	170601-D

Kids Yoga ☺

Ages 5 - 8, Wednesdays, Oct. 4 - Nov. 22
3:30 - 4:15 pm, \$64 (8 weeks), Function Room
Instructor: Karen Pickette, Activity #: 111201-A

Yoga has shown to enhance focus, concentration and memory. The poses help to improve physical fitness by improving posture and balance. During this class, we will be practicing breathing exercises, mindfulness and fun kids' yoga poses. Please bring a yoga mat.

Beginner Golf ☺

Age 6 - 9 Tuesdays, Oct. 17 - Nov. 7, 5 - 6 pm,
\$75 (4 weeks), Recreation Center Field, Instructor:
Skyhawks Sports Academy, Activity #: 174331-A

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

CrossFit Kids & Teens 😊

CrossFit Kids & Teens, Ages 8-15, 4 - 5PM, 2x a week \$239 (8 weeks)

CrossFit Exclamation, 15 Wall St. Instructors: Lori Becker/Kevin Sheridan/Noah Chagnon

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 #:
Mon./Wed.	9/6-11/1 (not 10/9)	117301-A
Tues./Thurs.	9/5-10/26	117301-B
Mon./Wed.	10/30-12/20	117301-C
Tues./Thurs.	10/31-12/26 (not 11/23)	117301-D

CrossFit Kickstart 😊

Ages 7-10, Tuesdays & Thursdays 3:15-4 PM, 2x a week \$199 (8 weeks)

CrossFit Exclamation, 15 Wall St. Instructor: Lori Becker/Kevin Sheridan/Noah Chagnon

Come join us for after school fitness and fun! This program is a great way to engage your child in fun activities and get them interested in staying active. We introduce elementary aged kids to fitness & fun while focusing on achievement. Come burn off some energy and stress while learning, building confidence and making friends. Ages 7-10.

Days/ Dates	Activity #
Tues. & Thurs. 9/5-10/26	117312-A
Tues. & Thurs. 10/31-12/21	117312-B

Community Events

Looking for fun the whole family can enjoy?! Check out our community events starting on page 36. You won't want to miss out on our Spooktacular Halloween event!

CrossFit Teens 😊

Ages 12 - 16, 3 - 4 PM, 2x a week, \$239 (8 weeks), CrossFit Exclamation, 15 Wall St.

Instructors: Lori Becker/Kevin Sheridan

It is time to power down the phones and fire up some fitness! This non-sport specific class will help get your teen moving. Proper weightlifting techniques are taught, under the watchful eye of our CrossFit certified trainers, to enhance strength and power, while also focusing on basic gymnastics to increase agility, mobility and flexibility. In addition, we aim to boost self-esteem and confidence within our teens. We want to give them the strength, both physically and mentally, to tackle any obstacle thrown their way inside or out of the gym. CFE Teens is committed to helping teens achieve their goals in a fun, judgment free environment surrounded by peers. Contact CFE directly about 1x/wk options.

Days/Dates	Activity #:
Mon./Wed. 9/6-11/1 (not 10/9)	117302-A
Mon./Wed. 10/30-12/20	117302-B

SafeSitter Babysitting Course 😊

Grades 6 - 8, Thursdays (no school days), 10 am - 4 pm, \$110

Grandview Farm, Instructor: Safe Sitter® Staff

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

Session	Activity #
November 9th	150101-A
December 7th	150101-B

Field Hockey Clinics 😊

Sundays, Sept. 10 - Oct. 15, 4:15 - 5:15 pm

\$55 (6 weeks), Location: Varsity Field

Instructors: Angela Wilson & Courtney Callahan

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

Grades	Activity #
2 - 5	175201-A
6 - 8	175201-B



Kids Test Kitchen 😊

Thursdays, Oct. 12 - Nov. 16, \$150 (6 weeks) Ceramics Room, Instructor: Kids Test Kitchen Staff

Kids Test Kitchen is on a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Working as a team, participants will slice, dice, peel, measure, and cook until they've prepared a finished dish. Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. This season's menu includes: fruity flatbread, chicken cherry lettuce wraps, Squash queso, bok choy soup, and more! Please clearly disclose all food allergies and/or dietary restrictions upon registration - we are happy to make changes to the recipes to accommodate everyone.

Ages	Time	Activity #
4 - 6	3:30 - 4:30 pm	151801-A
7 - 10	5 - 6 pm	151801-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.

YOUTH BASKETBALL



Lil Hoopsters 😊

Grades K & 1, Saturdays, Jan. 6 - Feb. 10

\$37 (6 weeks), Francis Wyman Gym

Instructor: Ken Pondelli

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 - 8:45 am	171702-A
Grade 1	9 - 9:45 am	171702-B

Rookie League Basketball 😊

Grades 2 & 3, November - February, \$55

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. Schedule to be released closer to the start date.

Grade	Activity #
Grade 2 & 3 Girls	171736-A
Grade 2 & 3 Boys	171736-B

Volunteer Coaches NEEDED!

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

Youth Basketball 😊

Grades 4 - 8, November - February, \$70

BHS 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

Basketball

Schedules are subject to change based on gym availability. Schedules and updates will be posted on our website under Programs and Events > Youth basketball. Coaches are needed for all levels. Please contact the Parks and Recreation Department if interested.

YOUTH S.T.E.A.M.



Science: Architects & Engineers ☺

Grades K - 5, Monday, 9/25 - 10/30 (Not 10/9)
5 - 6 pm, \$135 (5 Weeks), Ceramics Room
Instructor: Wicked Cool For Kids Staff
Activity #: 158901-A

In this STEAM based approach to building participants will experiment with engineering principles to learn what makes structures strong. They will create and test classic architectural shapes such as columns and arches and select designs to build bridges and soaring skyscrapers. Put your skills to the test to build houses for superheroes, and construct a simple catapult.

Science: Paws, Jaws & Claws ☺

Grades K - 5, Mondays, Sept. 25 - Oct. 30 (Not 10/9)
6:15 - 7:15pm, \$135 (5 Weeks), Ceramics Room
Instructor: Wicked Cool For Kids Staff
Activity #: 159001-A

Take a look at some of your favorite wild animals and determine if they are predators or prey. Learn to identify track patterns of canines and felines (dogs and cats) and compare animals in the wild to our domesticated pets. Creep with big cats and lope like coyotes. Be sly like a fox as you learn about local predators and what they eat. Each week you'll focus on a specific species to become a wildlife expert.

SolidWorks: Apps For Kids ☺

Grades 2 - 5, Saturdays, 10/14 - 12/16 (Not 11/11, 11/25), 9 - 10 am \$170, (8 Weeks)
Ceramics Room, Instructor: BlocksCAD Teacher, Activity #: 158211-A

Bring your ideas to life with SOLIDWORKS Apps for Kids, a digital platform that introduces students to 3D design and engineering. In Apps for Kids, you will use a suite of design tools to push, pull, and prod 3D models to sculpt them as you would in real life with Play-Doh! Be as creative as you want, and draw right onto your 3D models, or decorate them with stickers! You'll make projects such as rocketships, airplanes, and wearable accessories, and learn skills in 3D printing and general computer technology. Students will finish the class with several projects that they can continue to access and show off at home. The instructor will provide Chromebooks for students to borrow during each class session.

3D Printing, Coding, and Design ☺

Fridays, 3:30 - 4:30pm \$130 (6 weeks), Ceramics Room, Instructor: BlocksCAD Teacher

Learn how to design cool 3D objects using BlocksCAD, a software program that combines 3D modeling with block-based coding. In this class, you will learn basic computer-aided design (CAD) principles while learning the foundations of coding. Students will build on introductory concepts and practice computational thinking skills. Each student gets one 3D print of their choosing over the 6-hour course. BlocksCAD will print these projects after class has concluded and provide instructions for a safe pick-up. BlocksCAD will supply Chromebooks for students to borrow during each class session. Those who have taken the course before should sign up for the advanced class.

Session	Grades	Dates	Activity #
Getting Started With 3D Modeling & Design	3 - 5	Sept. 22 - Oct. 27	158601-A
Advanced 3D Design	4 - 6	Nov. 3 - Dec 22 (Not 11/10 & 11/24)	158601-B

Dungeons and Dragons 😊

Grades 5 - 12, \$175 (8 weeks), Ceramics Room, Instructor: David Murray

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

Days	Dates	Time	Activity #
Tuesdays	Sept. 19 - Nov. 14 (not 10/31)	4:30 - 6:30 pm	152811-A
Wednesdays	Sept. 20 - Nov. 8	5:30 - 7:30 pm	152811-B
Sundays	Sept. 17 - Nov. 12 (not 10/8)	2 - 4 pm	152811-C

Drawing Workshop ✨

Ages 8 - 12, Wednesdays, Sept. 13 - Oct. 18

3:45 - 4:45 pm, \$70 (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, 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.

Art & Design Club ✨

Ages 8 - 12, Mondays, 10/2 - 11/13 (not 10/9)

3:45 - 4:45 pm, \$70 (6 weeks), Virtual

Instructor: Stacy Johnston, Activity #: 143201-A

Art & Design Club - Watercolor Spotlight Series (Course 1 of 4) - Through engaging demonstrations and guided exercises, and with plenty of time to experiment and create individual works of art, we'll have fun learning about the art of watercolor painting. Topics will include color theory and mixing, watercolor washes, saving whites and lights, creating texture, subject matter selection, planning your painting, sketching, laying in base washes, and adding in the details. A \$27 materials fee is due prior to the first class through Venmo, or a check or cash can be dropped off at the Burlington Parks and Recreation office (allowing ample time for ordering & picking up materials).

Fall Painting 😊

Ages 5 - 8, Saturdays, 10 am - Noon

\$20 per class or \$50 for all 3 classes

Function Room 1, Instructor: Sunniya Saleem,

Spend time creating a fall-inspired painting to decorate your home with. Join us to have fun with paint, de-stress, and create your masterpiece in a relaxing environment.

Oct. 14	147501-A
Nov. 11	147501-B
Dec. 9	147501-C
All 3 Classes	147501-D

Reading & Drawing with Friends ✨

Ages 5 - 7, Saturdays, Sept. 16 - Oct. 28 (Not 10/7)

\$70 (6 weeks), Virtual, Instructor: Stacy Johnston

Reading & Drawing with Friends provides an online space for friends, to read and draw together during one-hour sessions. Instructor Ms. Johnston will lead the group through read alouds, with books displayed on the Shared Screen, for all to view and to read from. We'll also enjoy some engaging book discussions and creative drawing prompts.

Time	Activity #
10 - 11 am	147401-A
3:45 - 4:45 pm	147401-B

SOMETHING FOR EVERYONE



Women's Self-Defense ☺

Ages 14 & above, Saturday, Oct. 21, 3 - 4 pm, \$25

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.

Boating Skills and Seamanship ☺

Ages 9 - Adult, Tuesdays, Sept. 12 - Dec. 5 (Not 11/21)

7 - 9 pm, \$80 (12 weeks), COA Room 207

Instructor: Larry Nobrega, FSO-PE/So-PE

Activity #: 153003-A

The U.S. Coast Guard Auxiliary's Boating Skills and Seamanship is a comprehensive course designed for both the experienced and the novice boater. This edition features full-color graphics and updated text.

To meet NASBLA requirements, Chapters 1 - 8 and Appendix A must be taught, along with your state specific boating laws. Chapters 9 - 13 are optional.

Archery ☺

Grades 9 - Adult, Tuesdays, 5:30 - 6:30 pm, \$145

(4 weeks), Instructor: On The Mark Archery Staff

The perfect social distancing activity for participants of all ages to enjoy! Participants receive their own bow, quiver, arrows and plenty of space on the outdoor range to focus on learning without worrying. No prior experience necessary. All coaching and equipment is provided by On the Mark Archery.

Dates	Location	Activity #:
Sept. 12 - Oct. 3	Mary PC Cummings	181503-A
Oct. 10 - Nov. 7 (not 10/31)	Mary PC Cummings	181503-B
Nov. 14 - Dec. 5	Rotary Field	181503-C

Private Tennis Lessons ☺

Ages 5+, September & October, \$45 (1 hour)

Rahanis Tennis Courts, Instructor: Scott Barrett or

Scott Stack, 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 time with Scott Barrett that works for your schedule.

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	Times	Fees	Activity #
Wednesdays	Sept. 13 - Nov. 15 (10 weeks)	4:10 - 5pm	\$220	182403-A
Sundays	Sept. 17 - Nov. 5 (8 weeks)	2:20 - 3:10pm	\$176	182403-B

Teen/Adult Boxing 😊

Grade 9 & up, Tuesdays, Sept. 19 - Oct. 24 (6 weeks)
6:30 - 7:30 pm, \$145, MK Boxing, 1 Esquire Rd
Billerica, Instructors: Mike Knox & Staff
Activity #: 118203-A

Boxing for teenagers and adults consists of conditioning, footwork, heavy bags, mitt work with partners and learning different boxing combinations.

Family Disc Golf Clinic 😊

Ages 9+, Saturday, Sept. 30, \$25 (per family)
5 - 6:30 pm, Simonds Park
Instructor: Roseanne Ham, Activity #: 112704-A

Have fun with your family while learning one of the fastest growing sports in the country, disc golf. During this clinic you will learn the skills, rules, how to keep score, and course play (playing a few of the holes at Simonds Park's Disc Golf Course). All you will need to bring is a bottle of water. Discs will be provided for the event.

Kick Boxing & Muay Thai 😊

Grade 9 & up, Thursdays, Sept. 21 - Oct. 26 (6 weeks) 6 - 7pm, \$145, MK Boxing, 1 Esquire Rd Billerica
Instructors: Mike Knox & Staff, Activity #: 111403-A

Muay Thai, consist of combinations of boxing, kickboxing, elbows and knee striking. Types of activities will include Mitt work, Thai pads, bag work, conditioning and learning proper techniques with a partner.



Dance With Me 😊

Ages 6+, Wednesdays, Oct. 4 - Nov. 8
5 - 6 pm, \$110 per pair (6 weeks)
Location: Recreation Gym

Instructor: Christin Caplan, Activity #: 133901-A

Grab an adult and learn to dance! A child and adult family member will partner up and learn a choreographed dance together! No dance experience necessary!

Sew What 😊

Mondays, Sept. 11 - Dec. 11 (not 10/9)

6 - 9 pm, No Fee (13 weeks), Council on Aging, 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.

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 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 Jones, CTRS at 781-270-1937 or ejones@burlington.org ***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.**

Out & About 😊

Ages 25+ with a disability

Throughout the fall season we will enjoy a nights out on the town. Activities may include, going to the movies, dining out or exploring our local community! Sign up for one or all of the outings that interest you. A separate brochure and registration form is available. Please contact ejones@burlington.org to inquire.

Spectacular Saturdays 😊

Ages 25+ with a disability, dates vary

Spectacular Saturdays is a social and recreational program for adults with disabilities. The program will consist of a variety of fun activities including but not limited to art, fitness and community outings! A separate brochure is available. Please contact Emma Jones, CTRS at ejones@burlington.org to inquire.

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.

RecTogether 😊

Ages 13 - 25 with a disability, dates vary

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. Our goal is to provide social and engaging experiences for participants. Sign up for one or all of the outings that interest you! A separate brochure is available. Please contact Emma Jones, CTRS at ejones@burlington.org to inquire.

Adaptive Gymnastics 😊

Mondays, Sept. 18 - Oct. 30 (not 10/9)

\$75 (6 weeks), BHS Gymnastics Gym

Instructor: Haylee Lang

A high ratio of staff to participants and specialized instruction will provide participants with the opportunity to progress at their own pace in a supportive and positive class environment. Participants will use gymnastics equipment to focus on strength, balance, flexibility and body awareness. Participants should wear comfortable clothing and bring water.

Grades	Time	Activity #:
1 - 5	3:30 - 4:30 pm	191609-A
6 - 12	4:30 - 5:30 pm	191609-B

Cooking & Connections ☺

13+ with a disability, Wednesdays, Sept. 13 - Oct. 4 5:45 - 7:45 pm, \$125 (4 weeks), Function Room 2

Instructor: Kids Cooking Green Staff, Activity #: 197809-A

Learn more about cooking and build social connections while you're at it! Chef Lori and her team will lead us through a recipe each week and we will then enjoy the meal together. No prior cooking experience is necessary.



Family Connection Event: Sensory Trick or Treating ☺

All Ages, Thursday, Oct. 26, 4 - 5 pm

Location: Visco Building at Simonds Park

Activity #: 197509-A

Join us for a sensory friendly trick or treating experience! Get in the Halloween spirit and trick or treat in a fun and comfortable environment. The whole family is welcome to attend. Costumes are welcomed but not required!

Family Connection Event: Sensory Friendly Truck Day ☺

All Ages, Friday, Sept. 15, 6 - 7 pm

Location: 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.

Therapeutic Horseback Riding ☺

Ages 3 through adult with a diagnosis, Monday - Friday lesson time, November - December

\$245 (8 weeks), Ironstone Farm 450 Lowell Street Andover

Instructors: Ironstone Staff, Activity #: 193009-A

In partnership with Burlington's Disability Access Commission and Ironstone Farm, we are excited to once again offer this program for thirty minute private sessions. There will be an initial evaluation required for all new riders. You will coordinate with the farm to find a time Monday through Friday starting in November 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. A separate information packet with the necessary forms will be available upon registration. Please contact the Parks & Recreation Department for details.

Inclusion Services

See a program in our brochure you or your family member is interested in?! Reach out to Emma Jones, CTRS at 781-270-1937 or ejones@burlington.org to inquire about inclusion services for any of our programs.

ADULT & WORKSHOPS



Introduction to Golf ☺

**\$199 (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".

Days	Dates	Time	Activity #
Tuesday	Sept. 5 - Oct. 3	5:30 - 6:30 pm	180613-A
Wednesday	Sept. 6 - Oct. 4	5:30 - 6:30 pm	180613-B
Saturday	Sept. 9 - Oct. 7	11:30 am - 12:30 pm	180613-C
Sunday	Sept. 10 - Oct. 8	11:30 am- 12:30 pm	180613-D

Dungeons and Dragons ☺

Tuesdays, Sept. 19 - Nov. 14 (not 10/31)

7 - 9 pm, \$175 (8 weeks), Ceramics Room

Instructor: David Murray, Activity #: 152813-A

Adventure awaits! Come play the tabletop roleplaying game Dungeons and Dragons. Craft a unique character and embark on a quest with your fellow adventurers. All experience levels are welcome. Newcomers will learn the mechanics of the game, and veterans will get the opportunity to play with a new group.

Social Latin Dance ☺

Mondays, 7:30 - 8:15 pm

\$70/person or \$130/couple (4 weeks)

Kadanse Dance Studio, Instructors: Kadanse Studio Staff

Learn dances such as Salsa, Bachata and Merengue! Partners are not necessary for any of the dances, but are welcome.

Dates	Singles	Couples
Oct. 2 - Oct. 23	131503-A	131503-B
Nov. 6 - Nov. 27	131503-C	131503-D

Volleyball ☺

Mondays, Sept. 11 - Dec. 18 (not 10/9)

7:15 - 9:15 pm, \$56 (14 weeks), Recreation

Gym Activity #: 180703-A

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

Lunch Hour Basketball ☺

Mon, Wed & Fri, October - March

(not 10/9 11/10, 11/24, 12/25, 1/1, 1/15 & 2/19)

12 - 2 pm \$40, 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.

Pick-Up Basketball ☺

Thursdays, Sept. 7 - Dec. 21 (not 11/23)

8 - 10 pm, \$60 (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.

Badminton ☺

Tuesdays, Sept. 5 - Dec. 19, 8:15 - 10:15 pm

\$63 (16 weeks), Recreation Gym

Activity #: 188103-A

Whether you are an amateur or an expert badminton player, this program allows badminton players an opportunity to play friendly pick up games! Participants are required to bring their own racquets.

Flower Arranging ☺

Given Erwin Florist 165 Bedford St. Unit 3,

Instructor: Cindy Mattson, Florist

Create a beautiful flower arrangement to take home! For each class, all flowers and vase are included. Classes are fun, creative, and no experience is necessary.

Halloween Boo-Quet - \$60

Saturday, Oct. 28, 6 - 7:30 pm, Activity #: 146931-A

Build a "Boo-Quet" using fresh pumpkins and flowers, just in time for Halloween.

Thanksgiving Arrangement - \$60

Saturday, Nov. 18, 6 - 7:30 pm, Activity #: 146931-B

Make a lovely Thanksgiving table centerpiece using fresh flowers and a candle. Impress your friends and family when you tell them you made it yourself.

Boxwood Tree - \$70

Saturday, Dec. 2, 6 - 7:30 pm, Activity #: 146931-C

Start your holiday decorating off by joining Given Erwin Florist of Burlington to learn how to make a boxwood tree. This hands-on class is fun and sure to get you in the holiday spirit.

Christmas - \$60

Sunday, Dec. 10, 10 - 11:30am, Activity #: 146931-D

Please join us to make a holiday centerpiece. A mixed evergreen bouquet loaded with plenty of fragrance will be enhanced with fresh flowers, pine cones and shiny glass balls. We'll add a couple taper candles to complete the design.

Pottery & Ceramics ☺

Saturdays, Oct. 7 - Nov. 4, 10:30 am - 12 pm

\$171 (5 weeks), Ceramics Room, Instructor:

Ceramica Paint Studio Staff, Activity #: 141207-A

Our popular ceramic painting class is back with a twist! In this program you will create 4 pieces (pictured below). You will make a pumpkin lantern using the slab technique, and a wall hanging tree by sculpting with clay. For the coupe plate you will learn to translate images, and for the round box leaf you will learn a masking technique. Price includes all the materials, firing, and instruction.



Next Level Pickleball ☺

Wednesdays, Nov. 8 - Dec. 20 (not 11/22)

7 - 8 am, \$66 (6 weeks), Recreation Gym

Instructor: Kevin Martin

PPR Certified Coach Activity #: 180403-A

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.

Learn to Play Pickleball ☺

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!

Days	Dates	Time	Fee	Location	Activity #:
Thursdays	Oct. 5 - Nov. 2	5 - 6:30	\$83 (5 dates)	Simonds Park	160633-A
Tuesdays & Fridays	Nov. 7 - Dec. 1 (not 11/10 & 11/24)	5 - 6 pm	\$66 (6 dates)	Recreation Gym	160633-B
Tuesdays & Fridays	Dec. 5 - 22	5 - 6 pm	\$66 (6 dates)	Recreation Gym	160633-C

Drop-in Pickleball 😊

\$5 drop-in fee, Recreation Gym

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

Day	Dates	Time	Level
Mondays	Nov. 6 - Dec. 18	2 - 3:30 pm	Advanced/Upper Intermediate
Tuesdays	Nov. 7- Dec. 19	9 - 10:30 am 2:30 - 4 pm	Social Mixed
Thursdays	Nov. 9 - Dec. 21	9 - 10:30 am 2:30 - 4 pm	Mixed Social

Pickleball Skill Levels

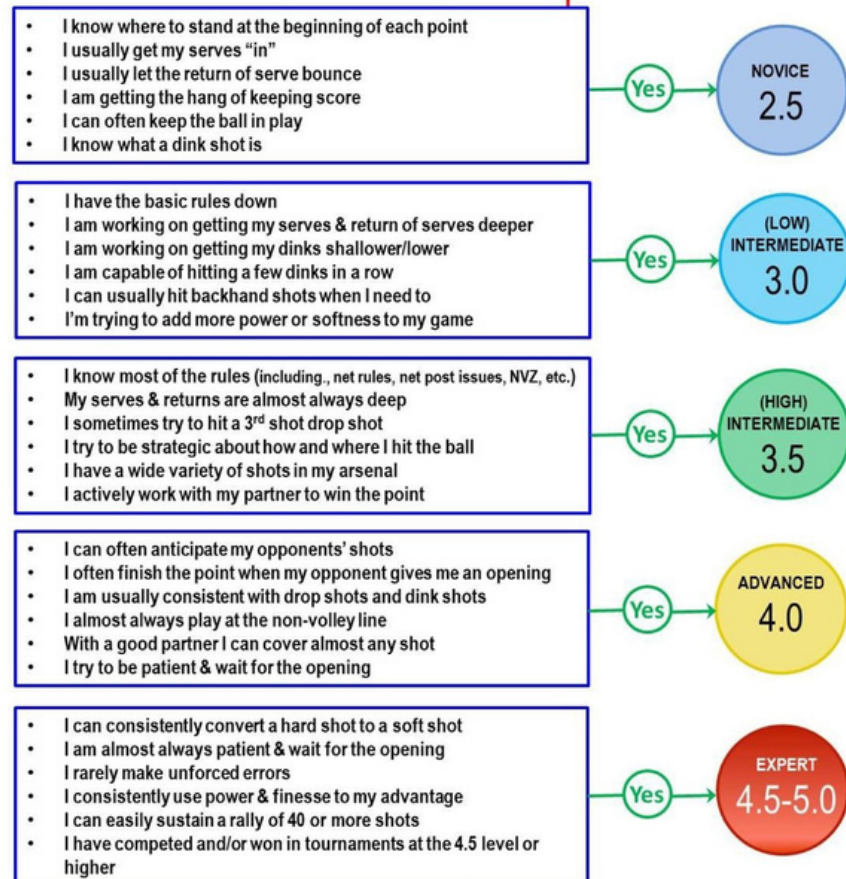
Players should self-select their appropriate level of play. If you find you're winning consistently you should move up. If you're being outplayed, losing consistently, you should move down. Pickleball is more fun and enjoyable when teams pair off against teams of near-equal abilities. If you want to 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" to 5 or More Statements

= "No" to 5 or More Statements



Adapted from © 2015 The Pickleball Guru, LLC

Social

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

Advanced/Upper Intermediate

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

Mixed

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

Turmeric - The Golden Herb ☺

Monday, Sept. 18, 5 - 6 pm, \$35, COA Room 207

Instructor: Anjana Bhargava, Activity #: 115703-A

Turmeric is the most comprehensive and powerful herbal ingredient in Ayurvedic treatments and traditional remedies since time immemorial. The active ingredient has been found to be curcumin. Even though it is a powerful herb, wrong use of this herb can create certain health problems. Anjana Bhargava, an Ayurvedic Practitioner will guide you the right way of using turmeric in your cooking and its therapeutic and medicinal benefits.

The Art of Using Ayurvedic Spices ☺

Tuesday, Oct. 17, 5 - 6 pm, \$35, Function Room 1

Instructor: Anjana Bhargava, Activity #: 157803-A

The pure joy of preparing a meal starting with the aroma of the spices from my spice box to the rainbow colors of turmeric, cloves, red chilies and green bay and curry leaves, are like a slice of heaven. They stimulate your senses with their smells and colors and become part of the soul food for both your mind and body.

The Sanskrit word for health, Svastha, means state in which mind, soul and senses are established harmoniously to experience a feeling of wellness, being grounded and bliss. Ayurveda provides a treasure chest of spices and herbs to help to achieve these health goals.

Women and Investing 101 ✨

Sept. 26th & Oct. 3rd, 12 - 1:30pm, Zoom, \$70,

Instructor: Sumeit Aggarwal, Activity #: 102403-A

This workshop is designed for women who want to play a more active role in their investment strategy. If investing scares you or you want to make sure you have a clear understanding of its risks and rewards, or if you are simply looking for where to begin, this is the class for you. In this 2-part workshop, we will go over basics of Investing, discuss step-by-step approach to investing, and cover different types of investments and retirement plans. You will also learn how to gain confidence in your research, evaluate alternatives, and design a portfolio.

Women and Investing 201 ✨

Nov. 7th & Nov. 14th, 12 - 1:30pm, Zoom, \$70, Instructor: Sumeit Aggarwal, Activity #: 102403-B

This workshop is designed for women who want to take their investing skills to the next level. In this 2-part workshop, we will discuss advanced investing topics, including asset allocation, diversification strategies, understanding fees and rate of return, monitoring your investments, interactive online tools for stock research, and building an effective watchlist. Beginner level knowledge of investing is required. Beginners are encouraged to attend our "Women and Investing 101" class as a pre-requisite.

Pranayama: The Power of Breathing ☺

Tuesday, Oct. 3, 5 - 6 pm, \$35, Function Room 1,

Instructor: Anjana Bhargava, Activity #: 102423-A

Experience pranayama, the art and science of yogic breathing. We'll focus on our breathing techniques as we practice Yoga poses, developing the body as pranayama develops the mind. It is believed that this practice cleanses 72,000 nadis, or channels, in the body, and also helps purify the blood and respiratory systems. Pranayama's health benefits include reduced anxiety, lower/stabilized blood pressure, increased energy, muscle relaxation, improved concentration, and more. It's great for adults, and beneficial for your kids too. Bring your yoga mat or do it sitting on a chair.

First Time Home Buyers ☺

Wednesday, October 11th, 7 - 9 pm, COA Room 207

No Fee, Instructors: Pat Linskey and Joanne Delaney,

Elite Realty Experts, Activity #: 154603-A

In this class we will review steps to buying a home: how to obtain a pre-approval, shopping for the best rate and how much of a down payment is needed. (A mortgage consultant will be available.) Topics covered in the workshop include buying vs renting, finding the right home, making an offer, what to expect at home inspection, closing cost, attorney fees etc. Pre-registration is required.

Home Owners: Thinking of Selling? ☺

Wednesday, October 18th 7 - 9 pm, COA Room 207

No Fee, Instructors: Pat Linskey and Joanne Delaney,

Elite Realty Experts, Activity #: 155003-A

Find out what buyers are looking for. Low cost ways to make improvements to help sell your home. Topics covered in this workshop include staging and landscaping ideas, what to expect at home inspection and costs associated with selling your home. Pre-registration is required.

ADULT FITNESS



Fit Club

October-December, \$225, 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: Ab-sanity Plus Stretch, B.E.S.T*, Monday Madness Interval Training, Pure Strength, Lift and Burn, Cardio Dance, Tai Chi, Total Body Blast, Pound, All Pilates, Absanity Plus Stretch, Work it out, Zumba **(limited to 1 Zumba Class)** and Yoga Gold*. *B.E.S.T., Yoga Gold, and Zumba Gold have age restrictions.

 = Fit Club Eligible

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 2023: Lift and Burn, Cardio Dance, Total Body, Pound, all Pilates, Butts and Guts, Monday Madness Interval Training, Pure Strength and Absanity Plus Stretch)**

Adults

10 class card \$150 110713-A

20 class card \$260 110713-B

Students

10 class card \$125 110711-A

20 class card \$240 110711-B

Tai Chi ☺

Saturdays, Oct. 7 - Dec. 9 (not, 11/11&11/25)

9 - 10 am, \$30 (8 weeks), Murray Kelly Wing

Instructor: James Regan, Activity #: 105803-A

Drawing from Dr. Paul Lam's Tai Chi programs, this is a gentle form of exercise with self-paced combinations of poses. Explore safe, graceful and relaxing movement. Participants must wear flat, well-fitting shoes.

Crank of Dawn ☺

Mondays, Sept 11- Dec. 18 (not 10/9)


5:45 - 6:45 am, \$152 (14 weeks), Recreation Gym

Instructor: Julie Conley, Activity #: 113863-A

Start your day off right with this high energy cycling class. Head out on a journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class! Limited bikes available, register early! Cycling shoes recommended but not required!

Program Title Key

☺ = In-person Program

 = Virtual Program

Ⓜ = Hybrid Program

Weightlifting 😊

Saturdays, 8 - 9 am, 1x a week, \$99 (5 weeks)

CrossFit Exclamation, 15 Wall St.

Instructor: Lori Becker/Craig Foster

This course is designed to teach you the fundamentals of weightlifting including bench press, deadlift, back squat and Olympic lifting (clean and jerk and snatch). Our coaches focus on technique and take an interactive approach to teaching. Athletes will start with learning how to approach and hold the barbell, learn proper positioning, cues and movement progression to develop good barbell technique. Classes are led by our USA Weightlifting Level 1 Sport Performance Coaches. Adults and teens age 16+. All levels are welcome.

Dates:

Activity #:

Sept. 9 - Oct. 14
(not 9/30)

112803-A

Oct. 21 - Nov. 18

112803-B

Brazilian Jiu-Jitsu 😊

Mondays, Sept. 25-12/11, 7 - 8 pm

\$192 (12 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.

Curvy Girls Stretch, Balance & Core 😊

Wednesday 6- 7PM 1x a week \$159 (8 weeks)

CrossFit Exclamation, 15 Wall St.

Instructor: Lori Becker

Curvy Girls Stretch, Balance and Core is a ladies-only class that includes a series of stretches to help with flexibility, range of motion, balance and posture. Also includes body weight and light weight exercises to strengthen your core along with weekly healthy habit challenges. Let's get the kinks out together!

Dates:

Activity #

Sept. 6 - Oct. 25

112403-A

Nov. 1 - Dec. 20

112403-B

Learn to Play Disc Golf 😊

Thursdays, 9 - 10 am, Sept. 14 - Oct. 5

\$40 (4 weeks), Simonds Park

Instructor: Roseanne Ham, Activity #: 178003-A

Have you ever thought to give disc golf a try? Here is your opportunity. In this class you will learn the skills, rules, and scoring of the game. You will also play some of the holes at Simonds Park, Burlington's home town course. All you need to bring is a bottle of water. Discs will be provided.

Work it Out 🏋️‍♀️

Wednesdays, 9 - 9:45 am, Oct. 4 - Dec. 13

\$72 (11 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.

The COMBO:

Total Body Tread + Strength 😊

\$99 (5 weeks) STRIDE FITNESS studio, 156 Cambridge St

At STRIDE, everyone starts together and finishes together using a personalized level 1-4 system. Every class, you decide whether to WALK using incline or JOG/RUN during the treadmill-based cardio sets that are combined with targeted strength training using free weights and resistance bands. This is a 45-minute, coach-led total body class for all fitness levels.

Day	Dates	Time	Activity #
Sundays	Oct. 1 - 29	7 - 7:45 am	112903-A
Thursdays	Oct. 5 - Nov. 2	9 - 9:45 am	112903-B
Sundays	Nov. 12 - Dec. 10	7 - 7:45 am	112903-C
Thursdays	Nov. 30 - Dec. 28	9 - 9:45 am	112903-D

YOGA & PILATES



Pilates Morning Flow ☺🔗

Wednesdays, Oct. 4 - Dec. 13 (not 10/25), 9 - 10 am

\$72 (10 weeks), Grandview Farm

Instructor: Barbara Hospod, Activity #111433-A

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

Hatha Yoga ☺

Thursdays, Oct. 5 - Dec. 14 (not 11/23)

9 - 10 am, \$72 (10 weeks), Function Rooms

Instructor: Paulette Savage, Activity #: 111203-B

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 Fusion ☺🔗

Thursdays, Sept. 14 - Dec. 14 (not 11/23)

5:45 - 6:45 am, \$85 (13 weeks), Recreation Gym

Instructor: Julie Conley, Activity #: 111133-A

Come alive with this no impact, high-energy workout.

We'll build strength and length by incorporating powerful, flowing movements using your own body weight resistance. This workout is designed to promote better posture and flexibility and is suitable for everyone. Please bring a mat and water.

Gentle, Relaxing and Restorative Yoga ①

Mondays, Oct. 2-Dec. 11 (not 10/9), 4:30 - 5:30 pm

\$68 (10 weeks), Recreation Gym or Zoom

Instructor: Karen Pickette

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.

In person Activity #: 119903-A

Virtual Activity #: 119903-VIRA

Pilates Fundamentals and More ☺🔗

Tuesdays, Oct. 3 - Dec. 12, 5:30 - 6:30pm

\$79 (11 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!

Yoga Sculpt ☺

Mondays, Oct. 2 - Dec. 11 (not 10/9)

\$68 (10 weeks), 10 - 11 am, Function Rooms

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, Core and More ☺

Tuesdays, Oct. 3 - Dec. 12, 9 - 10 am, \$72 (11 weeks)

Function Rooms , 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.

Ab-sanity Plus Stretch 🌟🏋️

Mondays, Oct. 2 - Dec. 18 (not 10/9), 9 - 9:45 am

\$68 (11 weeks), Zoom, Instructor:

Brenda Jo Hubbard, Activity #: 112316-A

This ab workout consists of 30 minutes of core training and 15 minutes of stretching. No equipment is necessary other than a soft floor or mat.

Yin Meditation ☺

Wednesdays, Oct. 4 - Dec. 13

\$72 (11 weeks), 4:45 - 5:45 pm, Function Rooms

Instructor: Karen Pickette, Activity #: 111243-A

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

Prenatal Yoga ☺

Saturdays, Oct. 7- Dec. 16 (not 11/25)

11:30 - 12:30 pm, \$68 (10 weeks), COA 207

Instructor: Karen Pickette, Activity #:116003-A

Prenatal yoga is a form of gentle yoga designed to complement the growing needs of a pregnant body during all three trimesters. The main focus is on restorative poses that keep you safe while practicing movement, stretching, and deep breathing. Props needed are blocks, mat, blanket or bolster.

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.

Yoga Barre Blend ☺

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

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

Day	Dates	Time	Fee	Activity #
Saturdays	Oct. 7-Dec 16 (not 11/25)	10:15 - 11:15 am	\$68 10 weeks	110603-A
Wednesdays	Oct. 4 - Dec. 13	6 - 7 pm	\$72 11 weeks	110603-B

RESISTANCE & INTERVAL TRAINING



Pure Strength (H) 🏋️

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.

Days	Dates	Time	Fee	Location	Activity#
Wednesdays	Oct. 4 - Dec. 13	4 - 5 pm	\$72 (11 weeks)	Recreation Gym Virtual	114213-A 114213-VIRA
Saturdays	Oct. 7-Dec 16 (not 11/25)	9 - 10 am	\$68 (10 weeks)	COA Room 207 Virtual	114213-B 114213-VIRB

Total Body Blast 😊 🏋️

Mondays, Oct. 2 - Dec.11 (not 10/9), 7 - 8 am

\$68 (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.

Butts & Guts 😊

Tuesdays, Oct. 3 - Dec. 12

5:45 - 6:45 am, \$72 (11 weeks), Recreation Gym

Instructor: Julie Conley, Activity #: 114303-A

Come and join the early morning muscle madness! This class will transform your shape and rev up your metabolism for the entire day. There is heavy concentration in the stubborn areas of the abdominals and glutes with something different every class. Please bring a mat, water, sneakers, and a set of hand weights.

Monday Madness

Interval Training 😊 🏋️

Mondays, Oct. 2- Dec. 11 (not 10/9), 6 - 7 pm

\$72 (10 weeks), Recreation Gym

Instructor: Delores Wesley, Activity #: 111503-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.

Lift and Burn 😊 🏋️

Fridays, Oct. 6 - Dec. 15 (not 11/10 & 11/24)

9 - 10 am, \$64 (9 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.

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 😊

Monday & Thursday, 6PM or 7PM
2x a week \$259 (8 weeks), CrossFit Exclamation,
15 Wall St. Instructor: Lori Becker

Curvy Girls Bootcamp is a ladies-only, fun, full-body workout designed for women in their 20s-30s-40s-50-60s and beyond who want to live a healthier lifestyle. Workouts are modified for all levels to get you results in a safe and effective manner. Super motivating environment. Small group class. Build your confidence and strength & have some fun too.

Dates	Time	Activity #
Sept. 11 - Nov. 6 (not 10/9)	6 - 7 pm	115513-A
Sept. 11 - Nov. 6 (not 10/9)	7 - 8 pm	115513-B
Oct. 23 - Dec. 18 (not 11/23)	6 - 7 pm	115513-C
Oct. 23 - Dec. 18 (not 11/23)	7 - 8 pm	115513-D

CrossFit Lite 35+ 😊

Tuesdays & Thursdays, 9:30 - 10:30 am
2x a week \$199 (8 weeks)
CrossFit Exclamation, 15 Wall St.

Instructors: Lori Becker & Kevin Sheridan

Are you ready to kick start your fitness? Our program will help you feel more energized and motivated every morning! Our coaches will challenge you with new strength and conditioning workouts every day. Each and every class is a different workout. Our classes are a combination of strength training, cardiovascular intervals and core conditioning. This is the perfect class for anyone starting out, getting back into a fitness routine or looking for a new conditioning workout. Expect a great workout in a very welcoming environment. If you're 35, 45, 55+, this is for you.

Dates	Activity #:
Sept. 12 - Nov. 2	112503-A
Oct. 24 - Dec. 14 (not 11/23)	112503-B

CrossFit for Beginners 😊

Monday or Thursday, 6PM or 7PM, 1x a week
\$159 (8 weeks) CrossFit Exclamation, 15 Wall St. Instructor: Kevin Sheridan

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!

Days	Dates	Time	Activity #:
Mondays	Sept. 11 - Nov. 6 (not 10/9)	6 pm	110503-A
		7 pm	110503-B
Thursdays	Sept. 14 - Nov. 2	6 pm	110503-C
		7 pm	110503-D
Mondays	Oct. 16 - Dec. 4	6 pm	110503-E
		7 pm	110503-F
Thursdays	Oct. 19 - Dec. 14 (not 11/23)	6 pm	110503-G
		7 pm	110503-H

Class Styles...

Fitness classes are being offered in-person, virtually on Zoom or hybrid. Check the program description to find the class style that works for you.

ZUMBA & CARDIO DANCE



Recreation Gym or Zoom

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. 3 - Dec. 12	6:15 - 7:15 pm	Tisha Wilson	\$84 (11 weeks)	In person: 116403-A Virtual: 116403-VIRA
Wednesdays	Oct. 4-- Dec. 13	6:30 - 7:30 pm	Sarah Hamilton	\$84 (11 weeks)	In person: 116403-D
Thursdays	Oct. 5- Dec. 14 (not 11/23)	6:30 - 7:30 pm	Marcia Mailloux	\$78 (10 weeks)	In person: 116403-B Virtual: 116403-VIRB
Sundays	Oct. 1 - Dec. 10 (not 11/26)	8 - 9 am	Lauren Mattson	\$78 (10 weeks)	In person: 116403-C Virtual: 116403-VIRC

Pound 😊🔊

Thursdays, Oct. 5 - Dec. 14

5:00-5:45 pm \$78 (11 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. 14 - Dec. 14 (not 11/23), 7 - 8 pm

\$130 (13 weeks), Function Rooms

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. 2 - Dec. 11 (not 10/9)

5 - 6 pm, \$69 (10 weeks), Function Rooms

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.

ZOOM: FREQUENTLY ASKED QUESTIONS

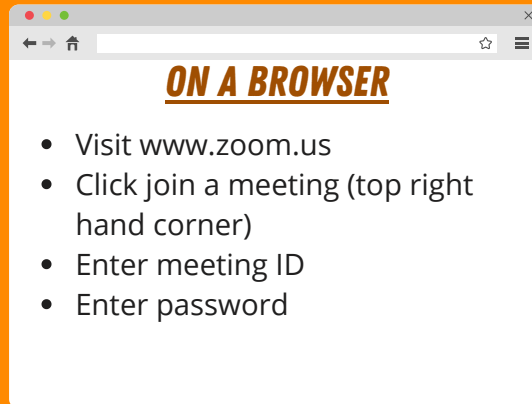


HOW CAN I TROUBLESHOOT MY CAMERA NOT WORKING?

Mac

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

HOW TO LOG ONTO ZOOM

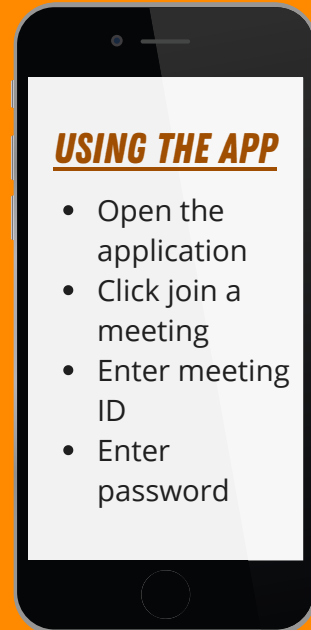


Windows

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

USING THE APP

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



FREQUENTLY ASKED QUESTIONS

Where to find your zoom meeting ID and password

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

Do you need an account to access Zoom?

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

How to change the view

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

How to join with computer audio

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

Why can people not hear me?

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

ACTIVE ADULTS & SENIORS



Yoga Gold ^(H)

Function Rooms & Zoom, Instructor: Karen Pickette

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

Days	Dates	Time	Fee	Location	Activity #:
Tuesdays	Oct. 3-- Dec. 12	12 - 1 pm	\$69 (11 wks)	In person	119803-A
Thursdays	Oct. 5- Dec. 14 (not 11/23)	11-12pm	\$64 (10 wks)	In person Zoom	119803-B 119803-VIRB

B.E.S.T.

Mondays, Oct. 2 - Dec. 18 (not 10/9), 12 - 1 pm, \$67 (11 weeks)

Zoom, Instructor: Trish Marfione, Activity #: 111807-A

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

Low Impact Aerobics

Wednesdays, Oct. 4 - Dec. 13, 11 am -12 pm, \$67 (11 weeks)

Recreation Gym, Instructor: Paula Rayworth

Activity #: 113407-A

Come, join in on a fun, low impact aerobics class, moving to your favorite music from yesterday through today's hits.

Cardio Dance Gold

Fridays, Oct. 6 - Dec. 15 (not 11/10 & 11/24)

10 - 11 am, \$62 (9 weeks)

**Recreation Gym, Instructor: Christin Caplan
Activity #: 110033-A**

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

Zumba Gold ^(H)

Age 50+, Recreation Gym (Tues) Murray Kelly Wing (Sat.) or Zoom, Instructor: Mary Ellen Reardon

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

Days	Dates	Time	Fee	Location	Activity #
Tuesdays	Oct. 3- Dec. 12	11 am - 12 pm	\$68 (11 weeks)	In person Zoom	116407-A 116407-VIRA
Saturdays	Oct. 7- Dec. 16 (not 11/25)	10 - 11 am	\$62 (10 weeks)	In person Zoom	116407-D 116407-VIRD

Burlington Club 50

Burlington Club 50 is back in full swing this fall! (With some pretty significant changes, actually!) 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. You can find more information on each of these programs on our website (burlingtonrecreation.org) or by contacting the Program Committee using the email listed below.

Here are the major changes that were implemented last year:

- We will now require all members register annually for the clubs they are interested in participating. Registration is easy; you can now register online! Visit our website, 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. This will allow us to communicate in a more effective manner with all of our members.
- Additionally, the Club will now allow non-residents to register for clubs for a \$10 annual fee.

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

Bowling Club 😊

Tuesdays, Oct. 2023 - April 2024, 9:45 am
\$15 (3 strings and shoe rental) each week
Woburn Bowladrome, 32 Montvale Ave Woburn
Activity #: 510007-C

If bowling is your sport, this club is right up your alley! This club is designed for fun, exercise and camaraderie; it is not league bowling. We offer both a men's & women's club.

Golf Club at Swanson Meadows 😊

Wednesdays, April 12 - Oct. 25, 9 - 10 am
Fees vary; based on frequency and style of play
216 Rangeway Road North Billerica
Activity #: 510007-F

Play golf with your friends and neighbors, in a competitive, fun, social environment. The club will match you with another twosome or threesome and you will be on the course in no time!

Game Night 😊

April 2023 - March 2024, Game Nights are on the
second Monday of each month, 7 pm start
Location: Burlington Public Library or TBD
Activity #: 510007-T

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

Golf Club at King Rail 😊

Tuesdays, Beginning in April, 7 - 8 am
Fees vary; based on frequency and style of play
King Rail Course 1 King Rail Dr Lynnfield
Activity #: 510007-E

This golf club is a great way to meet and play golf with your friends and neighbors, in a competitive, fun, social environment. The club will match you with another twosome or threesome and you will be on the course in no time!

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.

Tennis Club 😊

8:30 - 11 am, April 2023 - October 2023

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 2023 - March 2024

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 2023 - March 2024

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!

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! Tournaments are typically held each season.

Pickleball Club is outside at Simonds Park through October. Please see our Summer brochure for outdoor dates and times.

Day	Time	Level	Activity #
Sundays	4:15 - 6:15 pm	Beginner	510007-U
Saturdays	1:30 - 3:30 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 Wednesday of every month

6 - 7:30 pm, September - October, 3rd 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 Third Ave Burlington on the green space between Osterio Nino and Tony C's.

Sing A Long Club 😊

Thursdays, Sept. 7 - Dec. 14, 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.



ANAPHYLAXIS / EPIPEN (AUTO-INJECTOR) POLICY

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

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

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

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



COMMUNITY EVENTS



Municipal Truck Day ☺

Sponsored by Tayari Dental, Stride Fitness, Wegmans, Northeastern University, and C.N. Wood Co., Inc

All Ages, Sunday, Sept. 17, 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 19 for the Sensory Friendly portion of the event.

Trucktober ☺

Sponsored by School of Rock, Stride Fitness and Northeastern University

All Ages, Saturday, Oct. 14, 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, inflatables and live music.

We also will have our second 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. ***The Power Wheel Derby is for Burlington residents only and preregistration is required.*** Derby schedule and more information will be emailed out the week leading up to the event.

Activity	Age	Activity #:
Power Wheel Derby	2 - 3	100649-A
	4 - 5	100649-B
	6 - 8	100649-C

Halloween Spooktacular & Candy Crane Drop ☺

Sponsored by Wegmans, Northeastern University, Burlington Orthodontics and East Coast Tree

All Ages, Saturday, Oct. 28, 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. Join us at Simonds Park and don't let the fun that is Halloween pass you by! 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 there are multiple times available to register for.***

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

Tree Lighting ☺

Sponsored by School of Rock and Northeastern University

Sunday, Dec. 3, 4 pm, Town Common

(Inclement Weather Date: Tuesday, Dec. 5)

Please celebrate with Burlington Parks & Recreation, our neighbors, friends and family for the 50th Annual Holiday Tree Lighting. Once again this year, it will feature entertainment, fireworks and a visit from Santa!

Rahanis Park Open 😊

Saturday and Sunday, Sept. 16 & 17, Singles: \$25 Doubles: \$40, Rahanis Park Tennis Courts

Our 19th annual tennis tournament, the Rahanis Park Open, is moving to the fall! This year it will be held on Sept. 16th and 17th. Those looking to enter the tournament need to pre-register; please register based on your tennis ranking, which are explained below.

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

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

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

5K Turkey Trot 😊

**Sponsored by Stride Fitness
and Wegmans**

Saturday, Nov. 18, \$25 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.

Fitness Frenzy 😊

**Sponsored by Tayari Dental, Stride Fitness and
Northeastern University**

Saturday, Oct. 7, Location: TRW Field and Fitness Court
Come join us for some outdoor fitness fun with a variety of classes! Join us for our free fitness classes or join Chip-In Farm for some simple yoga, while smiling, laughing and having fun with baby goats. Open to adults and children 2.5 and older. ***Pre-registration is required for Goat Yoga Only***

Activity	Time	Fee	Activity #
Goat Yoga	10:00am	\$25	115803-A
	11:00am	\$25	115803-B

Free Fitness Frenzy Classes:

10-10:45 am, Total Body Tone-up, Instructor: Kristen Gonzalez
11-11:45 am, Outdoor Zumba, Instructor: Tisha Wilson

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 2023 - 2024 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 \$10 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 Tuesday, September 5th 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 \$10 fee for non-residents.

Cancellations

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

Make-Ups

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

Serving People with Disabilities

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 Jones, CTRS at ejones@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.

