

SOMETHING FOR EVERYONE

Intro to Guitar

Grade 6 - Adults, Tuesdays, March 20 - May 15 (not April 17), 7 - 8 pm, \$74 (8 weeks)
BHS Music Room, Instructor: Brian Grzelak, Activity #: 341111-A

Are you learning the basics of guitar playing? Participants will learn how the guitar works, how to play chords, how to play melody, how to play with others, different techniques, how to read music, and basic music theory centered around guitar. *Students must bring their own guitar.*



Introduction to Ukulele

All Ages, Wednesdays, May 9 - June 13, 6:30 - 7:15 pm, \$154 (6 weeks)
Real School of Music, 56 Middlesex Turnpike, Activity #: 342704-A

This beginner class will teach the fundamentals of playing and performing songs in several different styles on this unique and fun instrument. Students will need to supply their own ukulele.

Introduction to Folk Mandolin

All Ages, Tuesdays, May 8 - June 12, 7 - 7:45 pm, \$154 (6 weeks)
Real School of Music, 56 Middlesex Turnpike, Activity #: 342604-A

This class will cover the basics of this small Celtic instrument including basic open string chord forms and strums, easy scale patterns and picking, rhythm and timing. The class will work on a selection of tunes drawn from Celtic, French and American traditions. Students will need to supply their own mandolin. Materials will be provided.

Introduction to Banjo

All Ages, Mondays, May 7 - June 18 (not May 28), 6:30 - 7:15 pm, \$154 (6 weeks)
Real School of Music, 56 Middlesex Turnpike, Activity #: 343103-A

This class gives a basic introduction to the world of banjo playing. You will learn how to play this unique American instrument in several styles- Bluegrass, frailing, clawhammer and more! No prior experience necessary.

Boating Skills & Seamanship

Ages 9 - Adult, Tuesdays, February 28 - May 22 (not April 17), 7-9pm, \$58 (12 weeks)
Meeting Room, Instructor: Larry Nobrega, FSO-PE/SO-PE, Activity #: 253003-A

This course is designed for both the experienced and novice boater. Seamanship is a natural first/next step in building a foundation for confidence and competence in safe and enjoyable boating on the water. It extends the knowledge and skills of the boater in handling and maneuvering their vessel. If you are interested in an exciting, and in depth boating safety course then this is for you!

ADULT GOLF

Golf School I: Ball Striking Skills

\$153 (5 lessons), Instructor: Barrie Bruce, PGA Golf Pro, Billerica Country Club

This school is designed for the new golfer who has little or no golfing experience. The basic fundamentals of the game will be taught in a relaxing and stress-free environment. The school consists of five one-hour lessons. All the student needs is “a pair of sneakers and a good attitude.”

Days	Dates	Time	Activity #
Saturdays	April 14 - May 12	11:30am-12:30pm	380613-A
Thursdays	April 19 - May 17	5:30-6:30pm	380613-B
Wednesdays	May 9 - June 6	7:00-8:00pm	380613-C

Golf School II: Intermediate

\$153 (5 lessons), Instructor: Barrie Bruce, PGA Golf Pro, Location: Billerica Country Club

This series of lessons is for students who have had some actual playing experiences and are trying to elevate their skills with more advanced techniques. The lessons will focus on: iron play, tee shots, fairway woods, short game and practice techniques/drills.

Days	Dates	Time	Activity #
Fridays	April 20 - May 18	5:30-6:30pm	380623-A
Tuesdays	May 8 - June 5	7:00-8:00pm	380623-B
Thursdays	May 10 - June 7	7:00-8:00pm	380623-C

Adult Golf

April 16 - June 24, 7:00 am - 1:00 pm, \$2 Registration Fee

The Recreation Department, in cooperation with Swanson Meadows Golf Course, is offering golf April through June. This program is designed so that you only pay if you play. Swanson Meadow Golf Course is a 2243 -yard, nine hole executive course located in North Billerica.

Days	Price	Activity #
Monday - Friday	\$17/time	380663-A
Saturday	\$20/time	380663-B



ADULT SPORTS & FITNESS

Kendo

Tuesdays, March 27 - May 29, 7-8 pm, \$154 (10 weeks)

Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff, Activity #388503-A

Kendo, the sport of modern Japanese sword, is a lightning fast sport that builds endurance & exercises discipline. If you're looking for a historical approach, we'll also teach techniques in Laido & Kenjitsu. Both forms involve the art of drawing the sword in which you envision your attacking opponent. Laido sharpens your mind by honing your focus. Kenjitsu specializes in practical sword fighting that the Samurai used in battle. Additional equipment purchase/lease is required.

Adult Fencing

Ages 16 and above, Tuesdays, March 27 - May 29, 7 - 8 pm, \$154 (10 weeks)

Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff, Activity #384703-A

Learn the "footwork" and progress to picking up a foil (the "sword") and experience a real fencing bout. Guard Up is a sanctioned USFA (United States Fencing Association) Club with USFA Certified instructors. Our courses are taught using positive coaching techniques which emphasize learning and improvement over winning. Our instructors place more emphasis on education (conceptual, historical and character) than on competition. Additional rental fee may apply.

Pick Up Basketball

Sundays, April 15 - June 24 (not May 27), 7 - 9 pm, \$28 (10 weeks)

Rec Center Gym, Activity #: 381933-A

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

Lunch Hour Basketball

Mon, Wed & Friday, 12-2 pm, \$52 annual registration

Recreation Center Gym, Activity #: 580803-A

Moderately competitive pick-up basketball games for adults who live or work in Burlington.

Registrations are accepted year round, with the fee reduced quarterly for late registrants. Locker and shower facilities are provided. Players should bring a light and dark colored shirt to differentiate teams. Space is limited!

Adult Volleyball

Mondays, April 23 - June 25 (not May 28), 8:15-10:15 pm, \$30 (9 weeks)

Recreation Center Gym, Activity #: 380803-A

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



ADULT FITNESS

Walk for Wellness At the Burlington Mall

With more people walking for their health or just for pleasure, Burlington Mall offers its first floor as a comfortable place to walk regardless of the weather conditions. For walking hours and other information about the Walk for Wellness program, please stop by Guest Services at the Burlington Mall or call the Mall office at 781-272-8668.

Sponsored by the Burlington Mall, Lahey Clinic and Burlington Recreation.

Women's Self-Defense

Ages 14 - up, Saturday, May 5, 4-5 pm, \$18

Steve Nugent's Institute, 207F Cambridge St., Activity #: 353703-A

Learn simple yet effective ways to defend yourself. This class is designed to work for anyone.
Please wear comfortable clothes without zippers.

Fit Club

April - June, Activity #: 318003-A, \$110

Fit Club offers participants an opportunity to pay one discounted fee and attend a number of classes in a variety of Recreation Department fitness programs. The fitness classes that are included in Fit Club are as follows: Butts & Guts, Body Sculpting, AM Aerobics, Flex & Stretch, Boot Camp, Fitness Blastoff, Muscle Madness Interval Training and Zumba. Fit Club members may only select two zumba classes. When registering please fill out Fit Club form indicating what classes you will be attending.

Boot Camp

Recreation Gym, Instructor: Julie Conley

This early morning class will have you energized the whole day long. You'll get a cardio work-out in this fun class full of calisthenics, drills, and team activities. If weather permits, be prepared to hit the great outdoors. Please bring a mat, weights, and water.

Day	Time	Price	Activity #
Wednesdays April 4 - June 20	5:30-6:30am	\$52 (12 weeks)	311133-A
Saturdays April 28 - June 23 (not May 26)	7:00-8:00am	\$36 (8 weeks)	311133-B

Cardio Dancercise

Age 16 and up, Thursdays, April 5 - June 21, 5-6 pm, \$40 (12 weeks)

Recreation Gym, Instructor: Marcia Nguyen, Activity #: 310033-A

Get fit and have fun grooving to Top 40 Hits of yesterday and today! A high impact, high energy workout, Cardio Dancercise incorporates easy to follow dance-like movements with body toning exercises set to popular music and heart pumping beats. Suitable for all levels, this total body workout will help you shed fat and tone muscles in a fun, party-like atmosphere.

Cardio Kick-boxing

Wednesdays, April 4 - June 27, 7-7:45 pm, \$95 (13 weeks)

Steve Nugent's Institute, 207F Cambridge Street, Activity #311403-A

A great cardiovascular and muscle-strengthening class, using techniques of professional kick-boxers. You will use speed bags, heavy bags, wave masters, jump ropes, and focus mitts. This is a great weight loss and toning class. Be prepared to sweat!

ADULT FITNESS

AM Aerobics

8:30-9:30am, Recreation Gym, Instructors: Judy Landers & Patricia Marfione

AM aerobics offers a great cardio-vascular work-out. Most classes consist of low impact aerobics, weights, dyna-bands, body bars and floor work. Participants must have their own weights and floor mat. Classes may vary by level of intensity and choreography.

Day	Dates	Fee	Activity #
Mondays	April 2 - June 18 (not April 16 or May 28)	\$29 (10 weeks)	310043-A
Fridays	April 6 - June 22	\$34 (12 weeks)	310043-B
BOTH	April 2 - June 22	\$53	310043-C

Zumba / Cardio Dance

Location: Recreation Gym

Spice up your exercise program with Zumba and Cardio Dance. 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. Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

Dates	Time	Instructor	Price	Activity #
Tuesdays April 3 - June 19	5:45 - 6:45 pm	Tisha Wilson	\$40 (12 weeks)	316403-A
	7 - 8 pm			316403-B
Thursdays April 5 - June 21	6-7 pm	Lauren Mattson	\$40 (12 weeks)	316403-C
	7-8 pm	Marcia Nguyen		316403-D
Saturdays April 14 - June 23 (not May 26)	8-9 am	Gina Manganiello	\$33 (10 weeks)	316403-E
Sundays April 15 - June 24 (not May 27)	8-9 am	Lauren Mattson	\$33 (10 weeks)	316403-F

Cardio & Core

Fridays, April 6 - June 22, 5:30 - 6:30 a.m., \$40 (12 weeks)

Rec. Center Gym, Instructor: Julie Conley, Activity # 312503-A

Thinking about doing an early-morning class? Try this one! Cardio Core combines a blast of cardio exercises with intense core Pilates. We'll begin the class with 30 minutes of high-energy moves which will increase your heart rate, burn calories, and rev up your metabolism. Then, we'll keep the energy going with some intense mat-based Pilates. You will need a thick mat, sneakers (for the cardio portion), and a water bottle.

Muscle Madness Interval Training

Mondays, April 2 - June 18 (not April 16 or May 28), 6-7 pm, \$34 (10 weeks)

Recreation Gym, Instructor: Alison Gnerre, Activity #: 311503-A

This 60 minute class is designed to improve your strength and endurance in the major muscle groups while burning calories. Weight room exercises like squats, presses, lifts and curls combined with great music, and instruction will inspire you to get the results you came for - and fast!

ADULT FITNESS

Strengthen, Stretch & Tone with the Stability Ball

Tuesdays, April 3 - June 19, 12-1:15 pm, \$52 (12 weeks)
Recreation Gym, Instructor: Joan Howard, Activity #311903-A

The stability ball is effective for developing balance and core strength by utilizing the neuromuscular system in a way that no other piece of equipment can. This class will integrate fundamental core strengthening with dynamic stretching and toning. You will experience a total body conditioning workout like never before. Please bring a yoga mat and stability ball.

Body Sculpting

Mondays: April 2 - June 18 (not April 16 or May 28), Wednesdays: April 4 - June 20, 5-6 pm
Recreation Gym, Instructor: Michelle Flaherty

Body Sculpting is a strength training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting the metabolism. Any fitness level can enroll. Strong, toned muscles increase your metabolism and burn calories. Body Sculpting also helps to prevent osteoporosis. Bring a mat, water bottle, and weights.

Day	Fee	Activity #	Day	Fee	Activity #
Mondays	\$29 (10 weeks)	310083-A	Wednesdays	\$34 (12 weeks)	310083-B

Butts and Guts

5:30-6:30am, \$28 (12 weeks), Recreation Gym, Instructor: Julie Conley

Wake up the muscles with this core muscle conditioning class. This is a full hour of total body conditioning, targeting large muscle groups, such as the abdominals, glutes, chest, quads, and shoulders. By using various apparatus to add resistance, you will tone muscles and take inches off your measurements. You will also improve your posture and confidence! Come check out all the fun this class has to offer. Butts and Guts is suitable for any level of fitness, since modifications can be made to any exercise. Please bring a mat, hand weights, and water.

Day	Dates	Activity #	Day	Dates	Activity #
Tuesdays	April 3 - June 19	314303-A	Thursdays	April 5 - June 21	314303-B

Flex & Stretch

Wednesdays, April 4 - June 20, 7-8 pm, \$40 (12 weeks)
Recreation Gym, Instructor: Alison Gnerre, Activity #310173-A

This hour-long class incorporates Pilates, body conditioning, and basic stretching. The first 30 minutes will be resistance training using free weights, bands, and tubes. In the second 30 minutes, a full body stretch will increase flexibility and muscle elasticity. Stretching is essential in preventing exercise-induced injuries of muscles and tendons. A broad range of fitness participants will enjoy this class because it is moderately paced and safe, yet effective.

Fitness Blastoff

Wednesdays, April 4 - June 20, 6-7pm, \$40 (12 Weeks)
Recreation Gym, Instructor: Brenda Jo Hubbard, Activity #: 315703-C

Blast off fat and sculpt muscle with minimal choreography. This class incorporates five minute cycles of aerobic drills including sports specific moves, low-impact aerobics, kick-boxing exercises, alternating calisthenics and weight lifting. This type of interval training brings the heart rate up and down in cycles. It's a great way to burn calories and gain strength all in one session. Bring weights and a mat for some maximum fun.

ADULT PILATES & YOGA

Pilates and Strength Training

Mondays, April 2 - June 18 (not April 16 or May 28), 7-8pm, \$44 (10 weeks)

Rec. Gym, Instructor: Alison Gnerre, Activity #: 311303-A

This program is designed to help you create a fit, long, lean, strong body by combining sculpting, balancing and flexibility exercise. Pilates is a great compliment to weight training, producing strength without bulk. The workout begins with a warm-up and weight training, followed by core-strengthening moves, and ends with a tension-releasing cool down. Focus is placed on correct breathing and proper alignment. Please bring a mat, hand weights, and stability ball.

Pilates Weight Loss Boost

BHS Dance Studio, Instructor: Barbara Hospod

Kick your metabolism into high gear with an intensive, energy-boosting mat workout. Take advantage of the body's natural ability to burn fat throughout the day and alleviate stress while building overall strength and endurance. Pilates exercises are combined in innovative and powerful sequences that gradually increase in rhythm, pace and intensity to help rev up the body's fat burning capacity. The end of each class will concentrate on abdominal work. Please bring a mat.

Days	Dates	Time	Location	Price	Activity #
Mondays	April 2 - June 18 (not April 16 or May 28)	12:15-1:15pm	Function Room 1	\$44 (10 weeks)	311333-A
Thursdays	April 5 - June 14 (not April 19)	7:15-8:15pm	BHS Dance Studio	\$44 (10 weeks)	311333-B

Yogalates

Mondays, April 2 - June 18 (not April 16 or May 28), 7-8:15pm, \$54 (10 weeks)

BHS Dance Studio, Instructor: Joan Howard, Activity #312213-A

This class will offer a unique blend of yoga and pilates. We will combine the core work of abdominal asanas (pilates) as we move through multiple, varied, and magnificent yoga flows. Combining yoga and pilates will strengthen, stretch and tone the entire body. Each class includes yogic breathing, relaxation and meditation techniques that quiet and calm the mind.

Chair Yoga

Mondays, April 2 - June 18 (not April 16 or May 28), 12:00-1:00pm

Function Rm. 2, \$54 (10 weeks), Instructor: Angela Wasson, Activity #: 311293-A

For adults with limited mobility. Good for adults that have arthritis, multiple sclerosis, Parkinson's and other challenges. Physical movements, breathing practices and stress reduction techniques are practiced while seated in a chair. All levels welcome.

Gentle Yoga

Instructor: Angela Wasson

A focus on mild to moderate stretching and muscle strengthening are key to this class. Learn to reduce stress and relax through exercise that will release tension from the mind as well as the body. If you're recuperating from an illness or surgery, if you suffer injuries such as chronic back pain, or if you're a beginner, this class is for you! Please bring mat, blanket or large towel.

Day	Date	Time	Location	Price	Activity #
Monday	April 2 - June 18 (not April 16 or May 28)	10:30- 11:45am	Function Rm 1&2	\$54 (10 weeks)	311223-A
Wednesday	April 4 - June 20	5-6:15pm	Function Rm 1	\$64 (12 weeks)	311223-B

ADULT YOGA

Yoga

Wednesdays, April 4 - June 20, 6:15-7:30pm, \$64 (12 weeks)
Function Room 1, Instructor: Angela Wasson, Activity #: 311223-C

Yoga quiets the mind and energizes and aligns the body. It is an ancient practice that greatly reduces the stress of modern life. Postures, breathing and meditation / relaxation are combined to stretch, strengthen and relax and refresh the body and mind. Wear loose, comfortable clothing and bring a mat, blanket or large towel and an old neck tie to class.

Advanced Beginner Yoga

Wednesdays, April 4 - June 20 (not April 18), 6 - 7:15 pm, \$59 (11 weeks)
BHS Dance Studio, Instructor: Caroline Mallard, Activity #311283-A,

A yoga class for those who have some experience with yoga and wish to pursue it further or those interested in a more challenging class. Students new to yoga are welcome and the class will be taught to accommodate multiple levels of ability. This is a traditional yoga class and will include breathing practices, physical postures and movements as well as relaxation techniques.

Hatha Yoga

Instructor: Joan Howard (A-D), Larry Brown (E)

Hatha yoga is the most commonly practiced tradition of yoga. Hatha yoga is an entire philosophy of being with the goal of achieving peace, harmony and union of breath, body and mind, creating the union of mind, body and spirit. It is an ancient, time tested practice of well being and calm abiding. This class will incorporate four basic yoga principles: centering and relaxation to calm the mind; yoga postures to stretch, strengthen and tone the body; breathing techniques to increase lung capacity, strengthen internal organs and deepen one's ability to relax; and meditation practice as a means to reduce stress and achieve spiritual self-enlightenment. Please bring a mat and wear loose, comfortable clothing. This class is appropriate for beginners to advanced practitioners as each person works at his or her own pace.

Day	Dates	Time	Fee	Location	Activity #
Mondays	April 2 - June 18 (not April 16 or May 28)	9-10:15am	\$54 (10 weeks)	Function Rm 1&2	311203-A
Wednesdays	April 4 - June 20	7-8:15pm	\$64 (12 weeks)	Function Rm 2	311203-B
Thursdays	April 5 - June 21	9-10:30am	\$64 (12 weeks)	Function Rm 1	311203-C
Saturdays	April 7 - June 23 (not May 26)	9-10:15am	\$59 (11 weeks)	Rec Gym	311203-D
Saturdays	March 24 - June 16 (not May 26)	8:30-9:45am	\$64 (12 weeks)	Function Rm 1&2	311203-E

ADULT YOGA & MORE

Kundalini Yoga

Function Rm. 1 & 2, Instructor: Joan Howard

Kundalini yoga is the oldest known yoga practice. It has been practiced for over 7,000 years. The word Kundalini refers to the body's primal energy which is housed in the spine. Through the practice of Kundalini yoga, one can unlock and tap into the body's energy, raising it from the base of the spine to the top of the skull. This awakens the nucleus projection of every cell in the body. In this type of yoga, the experience is most important, not the form. You don't have to be able to twist yourself like a pretzel or be in great physical shape. Come unlock the creative potential within as you raise your Kundalini energy with this life changing practice. Please bring a yoga mat, towel, or small blanket, and water.

Day	Dates	Time	Price	Activity #
Thursdays	April 5 - June 21	5:45-7 pm	\$64 (12 weeks)	311263-A
Sundays	April 15 - June 24 (not May 27)	6:30-7:45pm	\$54 (10 weeks)	311263-B



Power Vinyasa Yoga

This class will offer powerful breath with dynamic, flowing movements. This style is often referred to as meditation in motion. Vinyasa cultivates strength, endurance, flexibility, balance, focus and serenity. Vinyasa means that poses will flow from one to another in conjunction with the breath. A combination of strength and power to sculpt and tone your muscles while freeing your mind and using your breath. Power Vinyasa will radically change your body and awaken the sacred within your soul. All levels are welcome to participate in this challenging free form of yoga.

Day	Dates	Time	Fee	Location	Instructor	Activity #
Sundays	April 15 - June 24 (not May 27)	5-6:15pm	\$54 (10 weeks)	Function Rm. 1	Joan Howard	312013-A
Mondays	April 2 - June 18 (not April 16 or May 28)	5:30-6:45pm	\$54 (10 weeks)	Function Rm. 1	Karen Pickette	312013-B

Sahaja Yoga Meditation

Adults, Tuesdays, April 3 - May 1, 7-8pm, Free (5 weeks)
Function Room 1 & 2, Activity #: 311253-A

Sahaja meditation is a powerful stress releasing strategy. Stress relief is the all-but-certain immediate health benefit that every mediator experiences. The sense of inner calm you experience during thought-less awareness boosts your emotional resilience which ensures that you can effectively cope with stressful events in the future.

ADULT: HANDS-ON

The Real Dirt on Gardening

Wednesdays, March 14 - May 2, 6:00 - 7:30 pm, \$50 (8 weeks)

Ceramics Room, Instructor: Peter Coppola, Master Gardener, Activity #: 357303-A

Prune your shrubs and prune your expenses, minimize your yard work, have a great lawn, and save the planet by developing a basic understanding of plants, vegetables, and gardening techniques.

Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance.



No Maintenance Gardening

Sunday, February 26, 1 - 4 pm, \$20

Ceramics Room, Instructor: Peter Coppola, Master Gardener, Activity #: 254903-A

This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialog session will cover the reasons behind your favorite subjects: planting, watering, fertilizing, and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard!

Ceramics

7 - 9 pm, \$100 (10 weeks), Ceramics Room, Instructor: Carol Collins

Once you have learned the basic techniques, you will be able to produce beautifully finished ceramic pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

Day	Dates	Activity #
Tuesdays	April 3 - June 12 (not April 17)	341203-A
Thursdays	April 5 - June 14 (not April 19)	341203-B

If each class does not meet the minimum, we will hold Adult Ceramics on Thursday evenings.

Sew What?

Mondays, April 2 - June 11 (not April 16), 6-9pm, \$4 (10 weeks)

Senior Center, Room 136, Instructor: Lydia Brown, Activity #354003-A

Do you have an unfinished sewing project, need help cutting out your project or need some encouragement and support in getting the project finished? If so, then this is the opportunity that you have been looking for! Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

ADULT CREATIVE EXPRESSION

Glee For Adults

Tuesdays, May 8 - June 12, 7:30 - 8:15 pm, \$154 (6 weeks)
Real School of Music, 56 Middlesex Turnpike, Activity #: 341303-A

Perk up your week with a fun night out singing the songs you love from the hit show. Learn some basic vocal techniques as you sing the music you love under the direction of a professional vocal instructor. Class Requirements: Wear comfortable clothing. All levels welcome.

Ballroom Dance I

Mondays, March 26 - May 21 (not April 16), 7-8 pm, \$40/person or \$80/couple (8 weeks)
Function Rooms 1 & 2, Instructors: Studio 665, Activity #331113-A

Join Burlington Rec as the basic steps of the Fox Trot, Cha Cha, Waltz, and Swing dance are covered. Just the thing for that upcoming wedding!



Ballroom Dance II

Mondays, March 26 - May 21 (not April 16), 8-9 pm, \$40/person or \$80/couple (8 weeks)
Function Rooms 1 & 2, Instructors: Studio 665, Activity #331113-B

Building on the foundation from the Ballroom I, this course seeks to improve those steps, as well as provide an introduction to Tango and Rumba. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dances.

Adult Tap Dancing

Thursdays, April 12 - June 14, 8-9 pm, \$70 (10 weeks)
Function Room, Instructor: Bonnie Murphy, Activity # 330403-B

Class will begin with a warm-up followed with some jazz moves. Then the tap begins! Students will develop rhythm, balance and timing. Tap shoes are recommended. Bonnie has been dancing since she was 3 and has taught dance for over 15 years and owned her own school for 3 years.

Adult Advanced Tap

Thursdays, April 12 - June 14, 7 - 8 pm, \$70 (10 weeks)
Function Room, Instructor: Bonnie Murphy, Activity #: 330403-A

Tap is now even more fun as you explore intricate footwork, improvisation and more complex rhythms. You will be able to quicken your footwork and develop clean and rhythmically accurate sounds. Tap shoes are recommended. Bonnie has been dancing since she was 3 and has taught dance for over 15 years and owned her own school for 3 years.

ADULTS & SENIORS

Computers For Seniors – Level 1

Saturdays, March 3 - April 14 (not April 7), 10:35 - Noon, \$55

Recreation Dept Computer Lab, Instructor: Margaret Montore, Activity #: 352607-A

This is a basic introduction to personal computers for those with very little or no experience, designed to teach you the different ways a computer can enhance your life. You do not need to own a computer to take this course. You will learn to navigate the computer using the mouse and keyboard, conduct an internet search, and learn how email is sent and received. The pace of this course will be adjusted to the level of the participants.

Computers For Seniors – Level 2

Saturdays, March 3 - April 14 (not April 7), 9 - 10:25 am, \$55

Recreation Dept Computer Lab, Instructor: Margaret Montore, Activity #: 352617-A

The Level 2 class will review and extend the concepts learned in the Level 1 class. After reviewing basic concepts, learn to customize the desktop and Internet Explorer, conduct effective internet searches, save frequently visited website as favorites, read, forward and delete email, and view email attachments. We will also see how to shop online and discuss some of the safety concerns of the internet. The pace of this course will be adjusted to the level of the participants.

Senior Citizen's Ceramics

Thursdays, April 5 - June 14 (not April 19), 9:30-11:30am, \$80 (10 weeks)

Ceramics Room, Instructor: Carol Collins, Activity #341207-A

Produce beautifully finished ceramics pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

Zumba Gold

Age 50 - up, Instructor: Mary Ellen Reardon, \$24 (12 weeks)

Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising. Zumba Gold is done at a much lower intensity. The same Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold strives to improve our balance, strength, flexibility and most importantly, the heart. Wear comfortable clothing and bring water. Enjoy the Latin and other international rhythms. Dance yourself into fitness with Zumba Gold!

Day	Dates	Time	Location	Activity
Tuesdays	April 3 - June 19	10:50-11:50am	Rec. Gym	316407-A
Tuesdays	April 3 - June 19	12-1pm	Murray Kelly Wing	316407-B
Wednesdays	April 4 - June 20	8:30-9:30am	Rec. Gym	316407-C



ZUMBA
GOLD

SENIORS & SPECIAL NEEDS

The Key To Healthy Aging

(Formerly Senior Strength & Stretch)

Seniors, Fridays, April 6 - June 22, 9:45 - 10:45 am, \$34 (12 weeks)
Recreation Center Gym, Instructor: Patricia Marfione, Activity #311807-A

Exercise is the key to staying strong, energetic and healthy as you get older. This class is only for those 55+ who want to age well, live life to the fullest and have fun while strength training, balancing, moving and stretching. Bring a mat, wear sneakers, comfortable clothing and hand weights. Other fun equipment will be provided.

Club 55+

The Recreation Department Club 55+ Program Committee has announced the following program schedule for active senior citizens. Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call the Recreation Department to register and become a Club 55+ member. For more information, call 781-270-1695, Monday through Friday 8:30 am - 4:30 pm.

Activity	Day
Golf	April - October
Bocce	May - October
Horseshoes	May - October
Tennis	May - October

Spectacular Saturdays

(Adults with a Disability)

Director: Lydia Brown

Again we will be offering our full day of activities on Saturdays for adults and young adults with a disability. Karate, bowling and creative programs such as art and drama are scheduled for this year. Don't forget the ever-popular Kitchen Science component where participants create weekly menus and help to prepare a great lunch for all.

A separate brochure and registration form will be available. Please contact the Recreation Department for details.

Out and About

(Adults with a Disability)

Director: Lydia Brown

Our popular summer evening program for adults with a disability will be continuing through the year! We will see movies, dine out, attend sporting events, musical performances and local theater events. We will meet twice per month on Friday evenings and occasionally on Thursday evenings. A calendar of events will be available. Sign up for them all or select the outings of interest! Please contact the Recreation Department for details.

Special Olympics Softball

A Special Olympics softball team is being formed this winter in preparation for the spring softball season. Indoor practices will start in April at a public school gym in Burlington. Adults with a disability from Burlington and neighboring communities are welcome to participate. The program will be run by volunteer coaches and helpers.

For more information, please contact: Lydia Brown 781-272-0420 or Mark Landers 617-448-3206

COMMUNITY PRESENTATIONS

Eliminate Food Cravings Forever

Thursdays, April 12 & 19, 7-9 pm, COA Leisure Rm., \$30,
Instructor: Terry Carrier, author of Waist Management, Activity #353903-A

Come and learn a simple yet powerful and effective method for eliminating cravings for junk food or other unhealthy substances. EFT (Emotional Freedom Technique) is a technique which works with meridians, those channels of energy which run through the body. It is similar to acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points. Whether you want to lose weight or just eat healthy, you will find EFT to be an enormously helpful tool to curb cravings and break poor eating habits. This presentation will end with a group hypnosis session to instill healthy eating habits, so dress comfortably and bring a pillow, mat and blanket for comfort.

First Time Home Buyers Seminar

Monday, April 23, 7-9 pm, Recreation Conference Room, Free
Instructors: Pat Linskey and Joanne Delaney, Homesource Realty Group, Activity #: 354603-A

The real estate and mortgage market has changed drastically over the past year. This seminar is a chance to have your questions answered by knowledgeable professionals. The following topics will be covered: obtaining a pre-approval, shopping for the best rate and program, history (rates, financing, etc.), benefits of working with a certified buyer's real estate agent, buying vs. renting, steps to buying a home, finding the right home that fits your needs, and the procedure from making an offer to closing.

Free Finance Workshops

Burlington Public Library, Fogelberg Room, Instructor: Barb Davis, Financial Advisor at Edward Jones
You'll learn key principles of saving and investing and also learn specific strategies to help you reach your long-term financial goals.

Workshop	Day & Date	Time	Activity #
Preparing Your Estate Plan (with a local estate attorney)	Tues., Feb. 21	7-8 pm	254703-D1
	Sat., Feb. 25	2-3 pm	254703-D2
Defining Your Legacy	Tues., March 6	7-8 pm	254703-E1
	Sat., March 10	2-3 pm	254703-E2
The Entrepreneurial Equation	Tues., March 20	7-8 pm	254703-F1
	Sat., March 24	2-3 pm	254703-F2