

Burlington Parks and Recreation Department 2010 Winter/Spring Brochure

Burlington Parks & Recreation Department

**200 Spielman Highway
Burlington, Connecticut 06013**

**PHONE: 860-6789 ext. 7
FAX: 860-675-5038**

Email: parksandrec@burlingtonct.us

*Burlington Parks & Recreation
"Creating Community through People, Parks
& Programs"*

WHERE TO FIND IT

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**TOWN OF BURLINGTON
PARKS AND RECREATION DEPARTMENT
RECREATION AND DIAL-A-RIDE INFORMATION**

BOARD OF SELECTMEN

Kathleen K. Zabel, First Selectman
James A. Chard Kristen L. Grindal-Keller
Richard A. Miller Theodore C. Shafer

BOARD OF SELECTMEN as of January 1, 2010

Catherine R. Bergstrom, First Selectman
Kenneth W. Allen James A. Chard
Kristen L. Grindal-Keller Michael C. Taricani

PARKS AND RECREATION STAFF

Director, Parks and Recreation – JoAnn B. McBrien
Administrative Assistant – Eileen Rubino
Van Drivers – Arthur Murelli , Alfred Pandolfo and
Robert Swingle

Town Hall Office Hours:

Mon., Tues., Thurs., 8:30 a.m. - 4:00 p.m.
Wednesday – 8:30 a.m. – 6:30 p.m.
Friday – 8:30 a.m. – 1:30 p.m.

PARKS AND RECREATION COMMISSION

Paul Stawarz, Chairman
Robert Cook William Parente
Dennis Marcoux Kevin Riordan
Peter J. Martin Michael Tracy

ACTIVITY LOCATIONS

Available Facilities	Malerbo		Nassahegan Rec. Complex	Town Hall Complex	Regional District #10
	Foot Center	Rec. Complex			
Playground	X		X		X
Playscapes	X	X			X
Ice Skating			X		
Softball		X	X		X
Baseball		X	X		X
Picnic Area	X				
Basketball	X				
Soccer	X	X	X		X
Swimming	X				
Tennis				X	X
Gyms					X
Senior Center				X	
Outdoor Track					X
Rails To Trails - Intersection Route 4 and 179					

Parks and playgrounds are open sunrise to sunset unless otherwise specified. **Dogs, pets, horses, snowmobiles and motorized vehicles are prohibited from all parks and athletic fields.** The tennis courts are for tennis only.

OUTDOOR SKATING RINK

The Town of Burlington maintains an artificial outdoor skating rink for your skating pleasure, located at Nassahegan Recreation Complex on Punch Brook Road. This area is ideal for young skaters and will be available daily dawn to dusk, weather permitting. No organized hockey games, youth or adults allowed.

REGISTRATION

Open registration begins January 4, 2010 in the Parks and Recreation Office during regular business hours. No phone-in registrations are accepted.

- Programs are filled on a first come, first serve basis.
- Senior Citizens (62 years or older) will be charged 50% of the advertised fee, except for bus trips or when specified.
- Participants will be notified only if a class or program is filled and your name has been placed on a Waiting List, or if a class has been cancelled. **Unless you are notified, assume you are enrolled in the class or program you registered for.** Waiting lists are kept for all activities.
- It is important to register early since the Department determines whether or not to cancel a class based on enrollment before the start date of a class. Classes that do not meet minimum enrollment will be cancelled.

Refunds are issued for the following circumstances: if a program is cancelled by the Department; on request for medical withdrawal with a physician’s note; relocation; or a program participant is replaced by a new participant. A \$5.00 fee will be charged for program withdrawals less than one week before a scheduled program. Refund requests must be made in writing and submitted to the Parks and Recreation Office.

METHOD OF PAYMENT

Cash or Check. Checks are payable to the Town of Burlington unless otherwise specified. There is a \$25 fee for any check returned by the bank.

FINANCIAL ASSISTANCE

Parks & Recreation program subsidy is available for those with financial needs through the Parks and Recreation Office, 860-673-6789 ext. 218, or e-mail mcbrien.j@burlingtonct.us. Those needing help for pediatric dentistry, eye care, fuel assistance, or food, contact Eleanor Parente, 860-673-6789 ext. 208, or e-mail parente.e@burlingtonct.us. Applications are confidential.

INCLEMENT WEATHER POLICY

If Regional School District #10 schools are closed, Parks and Recreation programs including Lions Club Basketball and Dial-A-Ride are cancelled. In the case of a delayed opening generally 90 minutes, all a.m. programs will be delayed from the original start time, unless the start time is 10:30 a.m. or later. If school is dismissed during the day, all p.m. programs are cancelled.

KEEP YOUR EYES PEELED!

Help Burlington to keep our parks and facilities in the best shape possible by reporting any vandalism or damage. If vandalism is in progress, please call the police, 860-673-4856. If you notice any damage, please call the Parks and Recreation Department at 673-6789 ext. 7. Thank you!

LOSE SOMETHING?

If you’ve lost any items, at our parks, facilities or just around town, come and check out our lost and found bin located in the hall outside the Parks and Recreation Office at the Town Hall.

PARKS AND RECREATION INFORMATION CONTINUED

TOP 5 SIGNS FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water.
2. Footing is unsure or slippery.
3. Ground is water logged or squishy.
4. Grass is easily pulled out of the ground.
5. Lightening or severe weather storms.

When games are played under these conditions, it can often cause irreversible damage to fields. It takes months, sometimes years, for fields to recover! It is also unsafe for participants, causing pulled muscles due to flips and strains

FIELD CLOSING PROCEDURES

During weekdays, field conditions will be evaluated in the early afternoon and any field closing will be posted by 3:00 p.m. on the town website. On Fridays, closings will be posted by 1:00 p.m. You may also call the Parks and Recreation Office, 860-673-6789, extension 7 or visit the Town Website, www.burlingtonct.us, click on Departments and scroll to Parks and Recreation. The message box on the upper right hand corner of the page will contain cancellation information. On weekends and holidays, field status is determined by League Administrators.

YOUTH SPORTS LINK

Sports leagues can be reached by contacting the individuals listed below:

Sport	Contact	Contact Information
American Legion Baseball	Bill Parente	860-675-3088 Bill.parente@sbcglobal.net
Burlington Junior Soccer Association	John Bergstrom	860-404-0428 www.bjsa.com
Burlington Little League Baseball	Dan Buchanan	860-673-8760
Burlington Youth Lacrosse	Rick Keegan	www.burlingtonlax.org pfkjr@sbcglobal.net 860-673-3909
Lion's Club Winter Basketball	Rob Cook	860-965-6269 RCook05@snet.net

BURLINGTON "DIAL-A-RIDE"

This town service provides van transportation for residents, 60 years and older, or persons with special needs. The service is available Monday through Friday, excluding holidays and during inclement weather by calling 673-6789 ext. 7.

On Demand Medical Services

Transportation is available for physician, physical therapy, and dialysis appointments, hospital outpatient services, and other medical needs. If possible, contact the office at least four (4) business days in advance to arrange pick-up for appointments.

Ongoing Schedule Days

We provide transportation for personal appointments i.e., banking, and hairdresser appointments as well as grocery shopping, library visits, book club, and socials. Please call at least 48 hours in advance.

Ongoing Schedule

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday		Van Trips	Book Club	
Wednesday	Van Trips		Foot Clinic & Health Screening	
Thursday	Grocery Shop	Grocery Shop	Grocery Shop	Grocery Shop
Friday			Social	

MUNICIPAL AGENT INFORMATION

Senior Citizens, do you need help obtaining information and referral services about community resources or benefits? Please call the Town Hall, 860-673-6789, extension 218 for help.

SEASONAL EVENTS

FAMILY WINTER CARNIVAL

The Burlington Parks and Recreation Department partnering with the Burlington Chamber of Commerce will sponsor a Winter Carnival at the Nassahegan Recreation Complex.

Activities will include sleigh or hay rides, snow painting or snow sculpting contest, snow volleyball, ice skating and sledding. The KIM students from Har-Bur Middle School will provide games and crafts for all! So, think snow, bring your enthusiasm and join us for a fun-filled afternoon.

When: Saturday, January 30, 2010

Inclement weather date: Saturday, February 13.

Time: 1:00 – 3:00 p.m.

Fee: \$2.00 per person.

Tickets may be purchased for this event by January 29 in the Parks and Recreation Office, or by mailing in a registration form with payment and we will send the tickets to you.

SKI BUS TRIP – JIMINY PEAK

Where: Jiminy Peak, Hancock, Massachusetts

Who: Adults and Students of all ages, Grade 5 and younger must be accompanied by an adult. **Participants must possess a basic knowledge of skiing/snowboarding.**

When: Sunday, January 31, 2010

Fee: \$58 per person includes all day, all area lift ticket and round trip bus transportation.

Those who wish to use the terrain park, "Coyote Ridge", should watch the safety video at terrainparksafety.org/press.asp, download the Smart Card release form at JiminyPeak.com. Bring the form and \$3 to purchase your terrain park pass. Bus departs Lewis S. Mills High School at 7 a.m., returning at 6:30 p.m., Bus departs Harwinton Town Hall at 7:15 a.m., returning at 6:15 a.m.

Registration deadline: January 22. **Chaperones needed.**

SEASONAL EVENTS CONTINUED

SNOW SCULPTURE CONTEST 2010

It's bound to snow, and when it does, please enter our Snow Sculpture Contest. The contest is ongoing from January 1 through March 30, 2010.

How to enter: Make a sculpture, take a picture (photos cannot be returned), and send the picture along with the category, age group, description of the sculpture, names(s), ages(s), and address of the artist(s).

Categories: Snow Fort; Open (Animals, etc.); Snowmen.

Age Groups: Child (K – Grade 2 ; Child (Grade 3 – 6); Child and Adult; Adult Only; Groups – Neighborhood. **Submit entries to:** Burlington Parks & Recreation Department, 200 Spielman Highway, or send them as an attachment to parksandrec@burlingtonct.us. Prizes will be awarded in each age group.

COMMUNITY NIGHTS AT SKI SUNDOWN

New Hartford, Connecticut

Fridays, January 8, February 5 or March 5, 6 – 10 p.m.

It's easy to enjoy winter fun at Ski Sundown! Town residents, simply go to Ski Sundown on any of the above three Fridays, show a valid I.D. (proof of residency) at the ticket window, and receive a \$5.00 discount off your ticket or a \$10 discount off a first-time rental and lesson package.

VALENTINE THE CLOWN

The Burlington Parks & Recreation Department partnering with the Burlington Public Library will once again sponsor "Valentine the Clown."

Valentine will entertain children with valentine stories, silly games and face painting. Refreshments will be served.

You may register for this program at the Parks and Recreation Department only. Pre-registration is required. Due to a Congressional District Grant there will be no fee for this program.

Date	Times	Place
Sat., February 6	10:30 & 12:30	Burlington Public Library

Space limited: 50 per performance.

YOUTH AND CHILDREN'S PROGRAMS

TEEN NIGHT OUT

Rock and Bowl, Simsbury, CT

Join your friends for a night of bowling and fun.

Who: 7th and 8th Graders

When: Friday, January 15, 2010

A bus will leave Har-Bur Middle School at 6:15 p.m., returning at 9:30 p.m.

Bowl.....Pizza.....Soda.....Transportation

Fee: \$20.00; Enrollment limited to 60 participants.

Registration deadline: January 8, 2010

OOPS

Staff has made every effort to prepare this brochure as accurately as possible. Nonetheless, errors may make it to print. Circumstances may require that adjustments be made to program fees, schedules, etc. We reserve the right to make such changes and apologize for any inconvenience that these errors or adjustments may cause.

COMMUNITY SKATE DAYS

The International Skating Center

1375 Hopmeadow Street, Simsbury, CT

Days: Saturdays, February 6 and March 13, 2010

Time: 1:00 p.m. – 1:45 p.m.

Burlington residents have an opportunity to pay a discounted rate for one or both of these public skating sessions! Simply stop by the Parks and Recreation Department, show proof of residency, and a coupon will be issued entitling residents to a \$5.00 admission fee. No coupons will be issued at the center.

JELLY BEAN CONTEST

Sponsors: *The Burlington and Harwinton Parks and Recreation Departments.*

This contest is always popular with students as well as staff members. So.....students stop by your respective school office for a look at the contest jar. Guess how many candies are in the jar without exceeding the total number of candies. Prizes will be awarded to the closest three guesses in each school. Winners will be announced on March 31. Regional School District #10 staff may also participate – the closest guesser in each school will go home with the jar of candy.

EGGSTRAVAGANZA

The Burlington Parks & Recreation Department partnering with the Burlington Public Library proudly present "Matica Circus" of Harwinton and "Peter Rabbit".

In this family friendly acro-comedic act, Heidi Kirchofer and Joel Melendez delight audiences of all ages with acts of daring and tremendous skill. Witness with awe extreme uni-cycling, juggling, Chinese yo-yo, devil sticks, and some awesome balance on a really big rolling globe! Audience participation is a must, and all around merriment and good times will be had by all.

"Peter Rabbit" will join us to lead an outdoor egg hunt, weather permitting after the program. **You may register for this program at the Burlington Public Library only. Pre-registration is required. Due to a Congressional District Grant, there will be no fee for this program.**

Date	Times	Location
Sat., March 27	11 a.m.	Burlington Public Library

BIDDY BASKETBALL

Instructor: *Steven Schibi*

Biddy Basketball is an opportunity for boys and girls grades K and 1 and their parents, to learn the basic skills of basketball. Everyone will learn the concepts of dribbling, shooting, and passing a basketball in a fun based environment. Additionally, each player will receive a basketball to take home.

Participants will attend all eight clinic dates listed below:

Each clinic is 50 minutes in duration. Clinic times will be adjusted according to enrollment. Prior to the program start, participants will receive a schedule as to which weekly clinic they will be assigned. Parents are encouraged to assist.

Dates: Sundays, January 10, 17, 24, 31, February 7, 21, 28 and March 7. **No Clinic February 14. No make-up days.**

Days	Clinic Times	Location	Fee
Sundays	12:30 – 4:00 p.m.	Lake Garda Gym	\$35

Reg. Deadline: January 5.

Max: 60 participants

YOUTH AND CHILDREN'S PROGRAMS CONTINUED

TUMBLEBUNNY & GYMNASTIC CLASSES

Instructor: David Avezzie

Jump! Stretch! Slide! Run! Walk! Swing! Summersault!

Sess. I: Mondays, Jan. 11, 25, Feb. 1, 8, 22, March 1

Sess. II: Mondays, March 15, 22, 29, Apr. 5, 19 & 26.

Times: 4:00 – 4:40 p.m.	2-year old class
4:45 – 5:25 p.m.	3 – 4 year old class
5:30 – 6:10 p.m.	4 1/2 – 7 year old class

Class Location: Lake Garda School Gym **Fee:** \$60

In-Person Registration Dates : **Session I:** Wed., January 7, 7 - 8 p.m. **Session II:** Wed., March 11, 7 – 8 p.m.

Registration Location: Burlington Town Hall Lobby.

OLYMPIC FEVER ON ICE

Instructors: Melissa Gregory and Denis Petukhov, U.S.

Olympians, 6-time U.S. National Medalists, International Events Champions, and Champions on Ice Tour Performers.

This is a unique opportunity for Burlington residents to participate in an ice skating program. You will be taught the fundamentals of skating from how to tie your skates, to learning your first spin and jump.

Where: International Skating Center, Simsbury, CT

Youth and Teen Program

Who: Ages 5 and up,

Dates: Session I. Sundays, January 24 – February 21, 2010

Session II. Sundays, February 28 – March 28, 2010

Time: 5:45 – 6:30 p.m. **Fee:** \$99 per person per session

Rental skates are available for \$3, but feel free to bring your skates and gloves for a great time.

Reg. deadline: January 19 & February 19 respectively.

JUNIOR GOLF

Instructor: Chet Dunlop, Jr., PGA

For juniors between the ages of 8 and 14 who are new to the game as well as more experienced players. Focus will be first and foremost, the enjoyment of the game and sportsmanship. Rules, course strategy and fundamentals of the swing will be presented. Equipment provided for those who need it at no extra charge.

Session I. Fridays, Jan. 29, Feb. 5, 12, 19, 26

Session II. Tuesdays, April 6, 13 & 20

Sessions	Times	Place	Fee
I.	4 – 5 p.m.	Burlington Golf Center	\$72
II.	4 – 6 p.m.		
	Last class 4 – 5 p.m.		

Reg. Deadline: Jan. 27 and April 5 respectively.

FIFTH GRADE FUN NIGHT

When: Friday, March 26, 2010 **Time:** 7:30 – 9:00 P.M.

Where: Har-Bur Middle School Gymnasium, **Fee:** \$6.00

This fun-filled celebration will be sponsored by the Burlington Parks & Recreation Department and the Harwinton Recreation Department and is open to all students in grade 5. Activities will include a DJ, dancing, volleyball or basketball and refreshments. All students must be signed in by an adult.

Chaperones for this event are needed! **Pre-registration required to the Harwinton Recreation Department, 100 Bentley Drive, Harwinton, CT 06791 by March 22, 2010.**

THE SECRET GARDEN

Presented by Newington Children's Theater

Based upon the children's literary classic, this musical adaptation will entertain both children and adults. The story centers on 10 year-old Mary, who is sent to live at Misselthwaite Manor with her uncle after the death of her parents. Once there, she finds her new home gloomy, her uncle is rarely home, and his young son, Colin, never leaves his room convinced he is in poor health. When Mary discovers a strange walled garden that has been locked up for years, she enlists the help of the gardener's apprentice and together they coax the garden back to life. The garden seems to have a magical effect on all who enter it, and Colin's health is restored. This version also introduces the large and endearing Sowerby family who serves the Manor and befriends young Mary.

Date: Saturday, February 20, 2010

Location: Lewis S. Mills Auditorium

Time: 2:00 p.m. **Fee:** \$6.00 per ticket

Tickets for the show may be obtained in the Parks and Recreation Office or by sending in a request for tickets and payment and we will mail the tickets back to you.

HAR-BUR SPRING CERAMICS

Instructor: Mark Forsberg

Students in grades 5 and 6 will have an opportunity to remain after school and participate in a hands-on, take home project.

Project: To be announced.

Date	Location	Time	Fee
Tuesday, Mar. 30	Har-Bur Middle School	2:50 – 5:00 p.m.	\$18.00

Registration deadline: March 23 **Max:** 30 participants

LAKE GARDA SPRING CERAMICS

Instructor: Mark Forsberg

Students in grades 2 - 4 will have an opportunity to remain after school and participate in a hands-on, take home project.

Project: To be announced.

Date	Location	Time	Fee
Wed, Mar. 31	Lake Garda School	3:45 – 5:45	\$18.00

Reg. deadline: March 23

Space is limited to the first 35 participants.

RED CROSS BABYSITTER'S TRAINING

Instructor: Red Cross Staff

Get the knowledge, skills and confidence to care for infants and children. This course combines video, activities, discussion and hands-on skills for a complete learning experience. Participants will learn how to respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, recognize safety and hygiene issues, manage young children, feed, diaper and care for infants. All students should bring a snack and beverage each day.

Dates	Times	Location	Fee
Tues. & Thurs. April 13 & 15	9 a.m. – 12:30	Burlington Senior Center	\$90

Min: 10 **Max:** 20 participants, **Reg. Deadline:** April 6

YOUTH AND CHILDREN'S PROGRAMS CONTINUED

PARKS & RECREATION DEPARTMENT

KICKBALL FOR KIDS

Parents remember playing kickball as a child. Now your child can enjoy this timeless activity in a non-competitive atmosphere that promotes fun and exercise.

- There will be two age/grade groups: 1st and 2nd grade, and 3rd and 4th grade (as of September 2010).
- Each co-ed team will consist of 10 members in their age bracket.
- Parent volunteers to monitor games.
- Each game will last 7 innings, or 90 minutes.
- Games to be held on Wednesdays at 6 p.m. at Lake Garda School. The season begins May 19 and concludes on June 23.
- Each child receives a t-shirt and a kickball. On the last day an end-of-the-season pizza party will be held.
- Enrollment will be limited to 40 students in each age category. For further information contact the Parks & Recreation Department or Jason Farren at 860-673-0852.

Fee: \$25.00 **Registration deadline:** May 5

BABE RUTH BASEBALL LEAGUE

The Town of Burlington, Parks and Recreation Department in conjunction with Avon, Canton, Simsbury, New Hartford, Barkhamsted and Winsted will offer dedicated participants an opportunity to play competitive baseball in the Northwest Connecticut Babe Ruth League. The league stresses not only the development of positive personal values and sound community spirit, but also further development of baseball skills. **Eligibility:** Youths ages 13 through 15. Participants must be 13, but may not turn 16 before May 1, 2010

Division I: 13 year olds **Division II:** 14 and 15 year olds

Fee: \$110

Deadline for mail-in or walk-in registration: May 1, 2010.

LITTLE LEAGUE BASEBALL AND SOFTBALL
SPRING 2010 REGISTRATION

Burlington Little League consists of several divisions for boys and girls beginning with T-Ball for 5 and 6 year olds through the Junior Division, for 13 and 14 year olds.

Registration for Baseball and Softball will be held January 9 and 16, from 9:00 – 1:00 p.m. in the Town Hall Auditorium.

Fee: \$90 per person with a 10% discount for siblings.

BURLINGTON LACROSSE – SPRING 2010
REGISTRATION

Walk-in Registration will be held at the Burlington Town Hall on Saturday, January 16th from 9 a.m. – 12 noon. Snowdate: Saturday, January 23. This will be the only walk-in registration held.

Boys and Girls from Burlington and Harwinton in Grades 2 to 8 are eligible. The season begins in early March and runs until mid June.

Registration Forms will be available at Town Hall, at the Walk-In registration, and on our website. For additional information, please visit www.burlingtonlax.org or contact Rick Keegan at 860-673-3909 or via email pfkjr@sbcglobal.net.

BURLINGTON JUNIOR SOCCER ASSOCIATION
SPRING 2010 SOCCER REGISTRATION

Register "Online" (now same price as mail in registration) at www.bjsasoccer.com mail in a completed registration form, or "walk-in" to register at the Burlington Town Hall on the following date:

Saturday, January 23, 2009 from 9 a.m. to 12 noon.

Micro Soccer is available for Boys and Girls that will be in Pre-School, Kindergarten or First Grade in the spring. Players must be 5 years old by 12/31/10 to play in the Micro program. BJSa Micro games are played in Burlington

Recreational Soccer is available for Boys and Girls that are currently in grades 2 through 8. Grades 2 through 3 play in Burlington. Grades 4 through 8 will have games in Burlington and may also have games in Farmington, Avon and Simsbury.

Travel Soccer will be holding tryouts for the Fall 2010 and Spring 2011 season in June 2010. BJSa typically forms these competitive Boys and Girls teams for the age groups U9 through U14. Games are played in Burlington, towns throughout Connecticut, and tournaments out-of-state. There is additional cost for travel soccer including uniforms, referee fees, tournament fees, etc. that are the responsibility of each player. Teams are announced in June after school has let out.

BJSa Fees (non refundable): Burlington Residents \$55.00, Non-Residents \$65.00 Families with more than two children registered will receive a 50% discount for each additional child. **Late Fee – add \$40 for registrations postmarked after March 1, 2010.**

ADULT & OLDER ADULT PROGRAMS

ADULT BASKETBALL

Supervision: Staff

Back by popular demand, this adult basketball program will be held Thursdays, January 7, 14, 21, 28, Feb. 4, 11 & 18 in the small gym at Har-Bur Middle School. There will be no make-up days. This program is limited to Burlington and Harwinton residents, only.

Days	Time	Where	Fee
Thursdays	7 - 9 p.m.	Har-Bur Middle School	\$20

Reg. deadline: January 6. **Minimum:** 20 players.

ADULT CO-ED SOCCER

Have you ever dreamed of being a world-class soccer player but never had the chance? We have the next best thing – Adult Co-Ed Soccer Under the Lights! Games will be played in accordance with current FIFA Rules of Play, no slide tackles and one official to call each game. Must have prior soccer experience. Only those registered may participate. **Dates:** April 28 – June 9, weather permitting. 7 weeks, no make-up days.

Day	Time	Location	Fee
Wednesday	8 - 9:30 p.m.	Nassahegan Rec. Complex	\$45

Reg. deadline: April 21, 2010; **Min.:** 36 players, **Max.** 42.

ADULT & OLDER ADULT PROGRAMS CONTINUED

YOGA AND RELAXATION – EVENING

Instructor: *Martha McDonald*

A class for all ages and levels blending Hatha Yoga, breathing exercises, and meditation. Enjoy balance, breath, strength and grace while relieving stress and tension. Please bring a mat, wear comfortable clothing, and refrain from eating a heavy meal 2 hours prior to class.

Day: Wednesdays; **No Class:** April 14

Sessions	Time	Place	Fee
I. Jan 13 – Mar. 3	5:30 –	Town Hall	\$72 per session
II. Mar. 17 – May 5	6:30 p.m.	Auditorium	

Reg. Deadlines: Jan. 13 and March 17 respectively.

Minimum: 6; **Maximum:** 20 participants

A.M. YOGA

Instructor: *Anjali Desai*

Yoga draws the mind inward thus awakening energy through coordination of breath and movement. You will learn classical postures with a focus on diaphragmatic breathing, pranayama and a systematic approach to relaxation and meditation. This is a mixed level class. Wear comfortable clothing, bring a yoga mat and refrain from eating a big meal before class. **No Classes:** Jan. 18, Feb. 15 and April 12

Day & Dates:	Time	Place	Fees/Session
Mondays			
I. Jan. 11, 25, Feb. 1, 8, 22 & March 1	9:30 – 10:45a.m.	Town Hall Auditorium	I. \$48 II. \$56
II. March 8, 15, 22, 29, April 5, 19 & 26			

Min.: 6; **Max.:** 20 participants

TOTAL BODY FITNESS P.M.

Instructor: *Susan Coffey*

This program includes warm-up, toning, stretching, weight training and cardiovascular conditioning routines. Continuous movement is combined with a wide variety of music that is fun for all! The cardio segments incorporate basic moves that are especially designed for all ages as well as fitness and intensity levels. Have fun, burn fat and reduce stress while you tone and tighten your arms, shoulders, back, abs, buttock and legs! An exercise mat or towel and hand weights are recommended.

Days: Tuesdays and Thursdays **No Classes:** February 16, April 13 and 15. *** **The following classes will be held in the Senior Citizen's Center: Feb. 25, March 4, 11, 18, 25, Apr. 1 and 8.**

Sessions	Time	Place	Fee/Session
I. Jan. 12 – March 25	6:15– 7:15	Town Hall Auditorium **see notation above.	\$55 one class \$100 two classes/week
II. March 30 – June 17	p.m.		

Walk-ins \$4.00 per class, but participants must be registered for at least one class.

TONING AND SHAPING - AFTERNOON

Instructor: *Lisa Moulton, Certified Zumba Instructor*

This 21 week program of 36 classes spans over 2 sessions and consists of a complete body workout that utilizes both the major and smaller muscle groups to develop tone, definition and strength. Class segments include a combination of stretching, body sculpting, yoga, pilates, Zumba and weight training. An exercise mat and weights are strongly recommended.

Day: Mondays & Wednesdays **No Classes:** Jan. 18, Feb. 10, 15, April 12, 14, May 12 and 31.

Sessions	Time	Place	Per Session Fee
I. January 11 – March 22	1 – 2 p.m.	Town Hall Auditorium	\$50 one class \$95 two classes per week
II. March 24 – June 7			

Walk-ins \$4.00 per class, but participants must be registered for at least one class.

KICKBOX COMBO

INSTRUCTOR: *Lisa Babcock and Mary Yabrosky*

This class offers a variety of instruction in overall toning, strengthening and cardio moves commonly used in a wide range of classes such as kickboxing, boot camp, step aerobics and more. The program moves to the beat of fun music, is results oriented and adaptable to all fitness levels. Hand weights and a mat are highly recommended.

Session I: January 4 – April 8

Fee: \$66. one class/wk, \$110 two classes/wk.

Session II: April 19 – June 10

Fee: \$42 one class/wk, \$70 two classes/wk.

No Classes on the following dates: Jan. 18, Feb. 15, Feb. 25, April 12 and 15, May 31

Days	Time	Place
Mondays	6:30 – 7:30 p.m.	L. S. Mills Aerobic Room
Thursdays	5:45 – 6:45 p.m.	Har-Bur Middle School Gym

You may register for this program at the first class. A class schedule will be distributed by the instructor at the first class.

ADULT GOLF – DISCOVER YOUR GAME

Instructor: *Chet Dunlop, Jr., PGA*

Come and explore your natural ability while learning how to be the source of your own development. We will address the mechanics of the swing, while also considering how to access awareness and concentration. Learn how to release natural instincts and to develop your own personal relationship with the game. Program will introduce new golfers to the game or enhance the enjoyment and skill level of experienced players. Five hours covers the full swing, the short game, strategy and rules of the game. Equipment is provided for those who need it at no extra charge.

Session I: Fridays, Jan. 29, Feb. 5, 12, 19, 26;

Session II: Tuesdays, April 6, 13 & 20.

Sessions	Times	Place	Fee
I.	6 – 7 p.m.	Burlington Golf Center	\$84
II.	6 – 8 p.m. Last class 6 – 7 p.m.		

Reg. Deadline: Jan. 27 and April 5 respectively.

ADULT & OLDER ADULT PROGRAMS CONTINUED

TONING AND SHAPING P.M.

Instructor: Susan Coffey

This all age's non-aerobic workout is an innovative blend of physical activity that is set to a wide assortment of music. It is a great class for someone who enjoys variety! The program consists of a complete body workout that utilizes both the major and smaller muscle groups to develop tone, definition, flexibility and strength. Class segments include a combination of stretching, body sculpting, yoga, Pilates and weight training. An exercise mat or towel is recommended and weights are optional. **Days:** Mondays **No Classes:** Jan. 18 and Feb. 15, April 12 and May 31.

Sessions	Time	Place	Fee/Session
I. Jan. 11 – March 22	7:15– 8:15 p.m.	Town Hall Auditorium	\$55 one class
II. March 29 – June 14			

Walk-ins \$4.00 per class, but participants must be registered for at least one class.

TAKE A RIDE WITH US.....JUMP ON BOARD

Seating will be filled on a first come, first served basis. A calendar of events will be available on the last Thursday of the month, Registration begins on the following Monday. Lunch and any cost of admission will be incurred by the participant. Please call 673-6789 ext. 7 or stop by the Parks and Recreation office to sign up.

Wednesday, February 3: Stew Leonards shopping, Lunch at San Souci Restaurant, Newington

Tuesday, February 9: Westfarms Mall

Wednesday, March 3: Christmas Tree Shoppes, Manchester

Tuesday, March 9: Mohegan Sun Casino

Wednesday, April 7: Route 44 Shopping: TJ Maxx, Marshalls, The Shoppes in Canton, Walmart, etc.

Tuesday, April 13: Mark Twain House

CHINESE NEW YEAR CELEBRATION

THE YEAR OF THE TIGER

Come join us for a Chinese buffet lunch, complete with fortune cookies, to celebrate the Chinese New Year, the Year of the Tiger. There will be Wii Bowling in the Senior Center after lunch. So form your teams, and enjoy a fun-filled afternoon!

Date: Wednesday, February 24. **Time:** 12 noon. **Fee:** \$5.00
To register for the above luncheon, please call the Parks and Recreation Office, 673-6789 ext. 7. Dial-a-Ride is available.

SPRING LUNCHEON – “AND NOW...MARK TWAIN!”

Come for lunch and stay for a program entitled “And Now...Mark Twain!”

Richard Clark, an actor with over thirty years experience in regional and New York Theater, will present a delightful look at the life and work of America's foremost humorist. This one-person play is full of wit and wisdom and the special brand of storytelling that made Mark Twain a legend in his time.

Date: Tuesday, April 27 **Time:** 12 noon

Location: Town Hall Senior Center **Fee:** \$5.00

To register for the above luncheon program, please call the Parks & Recreation Office, 673-6789 ext. 7. Dial-a-Ride is available.

BINGO

B-1.....of our winners enjoy a good old fashioned game of Bingo! There are several opportunities to play in the months ahead for persons 60 years and older. Bingo is held on 1:30 p.m. Mondays in the Burlington Senior Center and Thursdays in the Canton Senior Center at 40 Dyer Avenue in Canton.

GOOD MORNING BOOK DISCUSSION GROUP 2010

Facilitator: Diana Rudzinski, Assistant Library Director

Start your morning with a good book, good food and good friends and join our discussion group.

Location: Burlington Public Library

Day: Tuesdays, **Time:** 11:00 a.m.

January 19: One Thousand White Women by Jim Bergus.

February 16: House of Sand and Fog by Andre Dubus III.

March 16: Hotel at the Corner of Bitter and Sweet by J. Ford.

April 20: The Shack by Wm. Paul Young.

Detailed information about the books is available on the Bulletin Boards in the Senior Center or outside the Parks and Recreation Office or in the Burlington Library.

FOOT CLINIC

Greater Bristol Visiting Nurse Association

Dates: Wednesdays, Jan. 20, Feb. 17, March 17, April 21.

Location: Town Hall Senior Center

Time: 1:00 – 3:00 p.m. **Fee:** \$10.00

Call 583-1644 for an appointment. Space is limited to the first 10 callers. Clinic made possible by the James Parker Trust and the Main Street Community Foundation.

BLOOD PRESSURE SCREENING

Bristol Burlington Health District Nurse

Dates: Wednesdays, Jan. 20, Feb. 17, March 17, April 21.

Location: Town Hall Senior Center; **Time:** 2:00 – 4:00 p.m.
Drop in blood pressure screening.

AARP DRIVERS SAFETY COURSE

Instructor: AARP personnel

Eight hours of classroom instruction to refine existing skills and develop safe, defensive driving techniques. Produced by the American Association of Retired Persons (AARP) and conducted in two half-day sessions, this Driver's Safety Course teaches preventive measures to use when driving that save lives. Completion of this course may qualify participants for discounted insurance rates. **Minimum:** 10 participants

Dates	Time	Place	Fee
Mon. & Wed. April 12 & 14	9 a.m. - 1 p.m.	Town Hall Senior Center	No Fee*

*No fee, however pre-registration is required. Please bring AARP membership card to class, if you have one.

PROJECT GRADUATION

After Graduation Party for Graduating Seniors of Regional School District #10. Upcoming meetings and events: Jan.

27, Feb. 24, March 31, April 28, May 26 and June 9 in the LSM High School at 7 p.m. in room A1-30. Fundraising activities include: A Pasta Dinner being held at L.S. Mills Cafeteria, Fri., Feb. 19, 5 – 7 p.m., \$5 per person, \$20 per family, a community wide raffle in April, and a tag sale in May at the Harwinton Fairgrounds. For further information, or to volunteer to help, call 673-6789 ext. 7 or 485-0626.

Recreation Activity Registration Form
Burlington Parks and Recreation Department - 200 Spielman Highway – Burlington, CT 06013

Parent/Guardian: _____
Last Name First Name

Address: _____

Town (other than Burlington) _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Emergency Phone: _____ e-mail address: _____

	ACTIVITY & SPECIFICS	PARTICIPANT'S LAST NAME	FIRST NAME	GRADE	D.O.B.	FEE
1.						
2.						
3.						
4.						
				FEE TOTAL:		
				Make Checks Payable to:		
	Please include specifics of activity Level, Time, Day, if necessary			Town of Burlington		

Non-Residents please add \$10.00 per participant per program.
LATE FEE: Add \$15.00 if submitted after advertised registration deadline.

Refunds are issued only in the following circumstances:

1. If a program is cancelled by the Department.
2. On request for medical reasons, injury, or relocation.
3. If a program participant is replaced by a new participant.
4. A \$5.00 fee will be charged for program withdrawals, less than one week before a scheduled program.
5. Refund request must be made in writing and submitted to the Parks and Recreation Office.

Does your child have any problem or disability (learning, emotional, hearing loss, allergies, etc.) of which the supervisor(s) should be made aware? _____

WAIVER FORM

I recognize that there are risks of injury involved in members of my family participating in recreational activities conducted by the Town of Burlington. Therefore, in consideration of the Town of Burlington conducting recreational activities and enrolling members of my family in such activities or permitting members of my family to participate in such activities, I do hereby, on behalf of myself and all members of my immediate family, release the Town of Burlington and its employees and agents from all liability with respect to an injury received by me or any member of my family arising from such activities.

Photographs that are taken of participants in our programs may be used in our publicity, unless participant, parent or guardian indicates otherwise.

 Signature of Parent/Guardian (if participant is under 18) or Participant Date