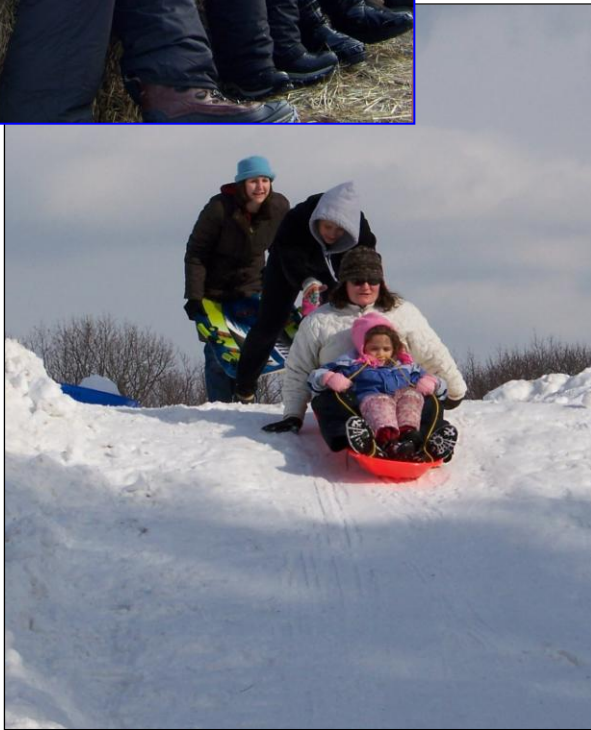


# *Parks and Recreation Department 2012 Winter/Spring Brochure*



Burlington Parks & Recreation Department  
200 Spielman Highway  
Burlington, Connecticut 06013  
PHONE: 860-673-6789 ext. 7  
FAX: 860-675-5038  
Website: [www.burlingtonct.us](http://www.burlingtonct.us)  
Email: [parksandrec@burlingtonct.us](mailto:parksandrec@burlingtonct.us)

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

<i><u>WHERE TO FIND IT</u></i>	<i><u>PAGE #</u></i>
<i>General Information</i>	<i>2 &amp; 3</i>
<i>Seasonal Activities</i>	<i>4</i>
<i>Children's &amp; Youth Programs</i>	<i>4, 5 &amp; 6</i>
<i>Adult &amp; Older Adult Programs</i>	<i>6 &amp; 7</i>
<i>Registration Forms</i>	<i>8</i>
<i>Additional Programs will be posted on-line.</i>	

TOWN OF BURLINGTON  
PARKS AND RECREATION DEPARTMENT  
GENERAL INFORMATION

**BOARD OF SELECTMEN**

Theodore C. Shafer, First Selectman  
James A. Chard  
Roger L. Powell  
Michael C. Taricani  
Kathleen K. Zabel

**PARKS AND RECREATION STAFF**

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

**Office Hours: Monday – Thursday, 8:00 a.m. - 4:00 p.m.  
Friday – 8:00 a.m. – 12:30 p.m.**

**PARKS AND RECREATION COMMISSION**

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

**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](mailto:mcbrien.j@burlingtonct.us).

**SOCIAL SERVICES**

Burlington residents needing help for pediatric dentistry, eye care, Fuel Assistance, or access to the Food Pantry, contact Eleanor Parente, 860-673-6789 ext. 208, or e-mail [parente.e@burlingtonct.us](mailto:parente.e@burlingtonct.us)

**BURLINGTON MOBILE PANTRY**

Mobile Foodshare is an outdoor food distribution intended for people in need. This program provides fresh fruit, vegetables, bread, and other perishables depending on availability.  
**Location:** Burlington Town Hall, 200 Spielman Highway, Upper Parking Lot, across from the Tennis Courts.  
**Distribution Dates: Tuesdays, Jan. 10, 24, Feb. 7, 21, March 6, 20, April 3, 17, May 1, 15 and 29 from 10:15 – 10:45 a.m.**  
Cancelations at the Burlington distribution site will be posted on WFSB Channel 3 eyewitness news first alert, WTIC 1080 radio, and [www.burlingtonct.us](http://www.burlingtonct.us)  
**Local coordinator:** Jennifer Lotstein, 860-675-3402,  
**Foodshare:** 860-286-9999 or call 860-673-6789 ext. 5.  
**Please bring your own bags, distribution is rain or shine.**

**REGISTRATION**

Registrations can be mailed or dropped off during regular business hours beginning January 3, 2012.

- 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.
- Non-resident policy – Burlington residents have priority placement in all programs unless noted. Pre-registration for out-of-town residents are welcome depending on availability. Non-resident fee is \$10.
- Method of Payment – cash or check payable to the Town of Burlington, unless otherwise specified. **There is a \$25 returned check fee and a \$15 late registration fee.**
- No phone-in registrations accepted.
- Class locations are subject to change depending on space availability in the Town Hall.

**REFUND INFORMATION**

Since programs are self-supporting and commitments need to be made to instructors and staff, the following are the Department's refund policies.

- Refunds, minus a \$10 processing fee, will be given when requested in writing up to three business days prior to the start of the program.
- Refunds will be issued for medical emergencies when accompanied by a physician's note, relocation, a program participant is replaced by a new participant, or if a program is cancelled by the Department.
- No refunds will be given for any unused portion of a program. Fees are not pro-rated.

**YOUTH SPORTS LINK**

The following individuals and organizations may be contacted for program information.

**American Legion Baseball,** [www.legion-bhct.com](http://www.legion-bhct.com)  
Bill Parente, 860-675-3088  
**Burlington Junior Soccer Association,** [www.bjsasoccer.com](http://www.bjsasoccer.com)  
DJ Marcoux, [info@bjsasoccer.com](mailto:info@bjsasoccer.com)  
**Burlington Lions Club Basketball,** [www.burlingtonclions.org](http://www.burlingtonclions.org)  
Rob Cook, 860-965-6269, [RCook05@snet.net](mailto:RCook05@snet.net)  
**Burlington Little League Baseball**  
[www.burlingtonclittleleague.com](http://www.burlingtonclittleleague.com)  
Jay Stolfi, President, 860-675-0344 [jstolfi2@comcast.net](mailto:jstolfi2@comcast.net)  
**Burlington/Harwinton Lacrosse,** [www.burlingtonlax.org](http://www.burlingtonlax.org)  
Rick Keegan, 860-673-3909, [pjkjr@sbcglobal.net](mailto:pjkjr@sbcglobal.net)  
**Canton/Burlington Football & Cheer,**  
[www.cantonburlingtonfootball.com](http://www.cantonburlingtonfootball.com)  
Jay Stolfi, [jstolfi2@comcast.net](mailto:jstolfi2@comcast.net)  
**Farmington Mudhogs Football,** [www.mudhogsfootball.com](http://www.mudhogsfootball.com)  
Diane Marshall, 860-480-0885, [dianenmarshall58@gmail.com](mailto:dianenmarshall58@gmail.com)  
Phil Kennedy, 860-877-9128, [pkennedy04@netscape.net](mailto:pkennedy04@netscape.net)  
**Harwinton Youth Sports Association,**  
[www.harwintonsports.com](http://www.harwintonsports.com)  
Steve Graboski, 860-485-1698, [president@harwintonsports.org](mailto:president@harwintonsports.org)

**KEEP YOUR EYES PEELED!**

**Help us keep our parks and facilities in the best condition 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 860- 673-6789 ext. 7. Thank you!**

**FROM THE DESK OF THE FIRST SELECTMAN**



I am honored to be serving the Town of Burlington as your First Selectman. The priority of our Parks and Recreation Department is to provide a wide variety of interesting activities and quality services to our residents of all ages. Our staff is dedicated to being receptive to resident communications and welcomes input. Enjoy our winter and spring programs!

**Best Regards,  
Ted Shafer**

**PARKS AND RECREATION GENERAL INFORMATION CONTINUED**

**INCLEMENT WEATHER & CANCELLATION POLICIES**

If Regional School District #10 schools are closed, Parks and Recreation programs 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. Program cancellations are also posted on CBS Channel 3 Eyewitness News First Alert, WTIC-1080 Radio or by calling the office, 860-673-6789 extension 7.

**ACTIVITY LOCATIONS**

Available Facilities	Malerbo		Nassahegan Rec. Complex	Town Hall Complex	Regional District #10
	Foote 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	X			
Basketball	X				
Soccer	X	X	X		X
Swimming	X				
Tennis				X	X
Gyms					X
Senior Center				X	
Outdoor Track					X
<b>Rails To Trails - Intersection Route 4 and 179</b>					

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 town tennis courts are for tennis only.

**SEASONAL PAVILION RENTALS**

Looking for a great place to hold a birthday party or a family reunion? How about our Pavilions at either Foote Road Recreation Center or the Malerbo Complex? It's simple, inexpensive to reserve, and available to Burlington residents only. For further information call the Parks and Recreation Office.

**OUTDOOR SKATING RINK**

The Town of Burlington maintains an artificial outdoor skating rink, located at the Nassahegan Recreation Complex on Punch Brook Road. **The rink is open daily from dawn to dusk and on Fridays and Saturdays, there will be "skating under the lights" from 4:30 – 8:30 p.m., weather permitting.** This area is ideal for young skaters and families. No organized hockey games allowed, youth or adults.

**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. If unclear about whether to play, please call your coach or the Parks and Recreation Office.

**FIELD CLOSING PROCEDURES**

On weekdays, field closings will be posted by 3:00 p.m. On Fridays, closings will be posted by 12 noon. Closing information will be posted on the Town Website, [www.burlingtonct.us](http://www.burlingtonct.us), click on Departments and scroll to Parks and Recreation. The message box on the right will contain Field information. You may also call the Parks and Recreation Office, 860-673-6789, extension 7. On weekends and holidays, field status is determined by League Administrators.

**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, year round, excluding weekends, holidays and during inclement weather. People interested in using the van for Ongoing Schedule days and On Demand Medical Services may call for pick-up, 860-673-6789 ext. 7, 8 a.m. and 4 p.m., Monday through Thursday and Friday, 8 a.m. and 12:30 p.m, **48 hours in advance.**

**ONGOING SCHEDULE DAYS**

We provide transportation for personal appointments i.e., banking, and hairdresser appointments, grocery shopping, library visits, book club, van trips and socials at the Senior Center. **Please call 48 hours in advance.**

**ON DEMAND MEDICAL SERVICE**

**The Town also provides transportation for physician, physical therapy and dialysis appointments, hospital outpatient services, and any other medical needs. Please call 4 business days in advance.**

**FREQUENTLY ASKED QUESTIONS**

- The Dial-A-Ride Service is curb to curb.
- For the van to access driveways, there must be space for turnaround, free of tree limbs that can damage the bus.
- Scooter clients must be able to transfer to a van seat.
- All clients must wear seatbelts.
- There is no charge for this Town service, however, contributions are always accepted.
- Cancellations must be received 24 hours in advance unless there are mitigating **circumstances. Driver schedules are determined by client schedules.**

**SEASONAL ACTIVITIES**

**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 22, 2012  
**Fee:** \$45 per person includes all day, all area lift ticket and round trip motor coach transportation.  
 This trip includes an all day, all area lift ticket to Jiminy Peak. Participants will be picked up at their choice by either Lewis Mills High School or Harwinton Town Hall. Bus departs Lewis S. Mills High School at 6:45 a.m., returning at 6:30 p.m., Bus departs Harwinton Town Hall at 7:10 a.m., returning at 7:00 p.m.  
**Reg. deadline:** January 13, 2012 Chaperones needed.

**COMMUNITY SKATE DAYS**

*The International Skating Center*  
 1375 Hopmeadow Street, Simsbury, CT  
**Days:** Saturdays, February 4 and March 10, 2012  
**Time:** 1:30 p.m. – 2:45 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 office, show proof of residency, and a coupon will be issued entitling residents to a \$5.00 per person admission fee for skating, or a \$25 family four pack for skating and rentals. No coupons will be issued at the center.

**VALENTINE THE CLOWN**

*The Burlington Parks & Recreation Department will once again sponsor "Valentine the Clown".*  
 Valentine will entertain children with Valentine stories silly games and face painting. Refreshments will be served.

Date	Time	Place
Sat., Feb. 11	11:00 a.m.	Town Hall Auditorium

**Maximum: 40 children**  
**Fee:** \$2 per person, **Family max:** \$10

**FAMILY WINTER CARNIVAL**

*The Burlington Parks & Recreation Department partnering with the Burlington Chamber of Commerce* will sponsor a Winter Carnival on Saturday, Feb. 11, inclement weather date Feb. 18, at the Nassahegan Recreation Complex. Activities include; sleigh or hay rides, snow painting or snow sculpting contest, snow volleyball, ice skating, sledding; and more! (Please bring your own sleds) So think snow, bring your enthusiasm and join us for a fun filled afternoon. Refreshments and hot chocolate will be provided.  
**Time:** 1:00 – 3:00 p.m. **Fee:** \$2 per person.  
 Tickets may be purchased for this event by February 8, at the Parks and Recreation Office, or by mailing the registration form with a check and we will send the tickets to you.

**JELLY BEAN CONTEST**

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 April 5. Regional School District #10 staff may also participate – the closest guesser in each school will go home with the jar of candy.

**EGGSTRAVAGANZA**

**The Parks and Recreation Department partnering with the Public Library,** will present entertainment as part of the Eggstravaganza. An outdoor egg hunt, weather permitting, will be held after the entertainment. The hunt will be lead by the famous Peter Rabbit.  
**Date:** Saturday, March 31. **Time:** 11:00 a.m.  
**Max. participants:** 100 children. Fee: \$2.00 per person  
**Where:** Town Hall Auditorium.  
**Pre-registration is required by March 21. You may register in person at the Parks and Recreation Office or by mail. Further information to be distributed via the schools.**

**CHILDREN AND YOUTH PROGRAMS**

**BIDDY BASKETBALL**

*Coach Parker Strong: Parker is a Math Teacher at East Hampton High School and the Boys Varsity Basketball Coach. Formerly he was the Girls Varsity Coach at Housatonic Valley Regional High School and the Boys Freshman Basketball Coach at Lewis S. Mills High School.*  
 Biddy Basketball is an opportunity for boys and girls grades K and 1 and their parents, to learn basic skills of basketball; dribbling, shooting, and passing a basketball in a fun based environment. Each player will receive a basketball.  
**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, you will receive a schedule as to which weekly clinic you will be assigned. Parents are encouraged to assist the coach.  
**Dates:** Sundays, January 22, 29, February 5, 12, 26, March 4, 11 and 18. **No Clinic February 19. No make-up days.**

Days	Clinic Times	Location	Fee
Sundays	12:30 – 4:00 p.m.	Lake Garda Gym	\$37

**Reg. Deadline:** January 13, 2012, **Max:** 65 participants

**BURLINGTON JUNIOR SOCCER ASSOCIATION**

**Opening Day - Saturday, April 28, 2012**  
 In addition to Micro, Recreational and Travel Soccer, BJSAs now offers the **U5 DINOMITES SOCCER PROGRAM.** U5 Dinomites is an introductory soccer program designed to provide an age appropriate family soccer experience for 3 and 4 year old children. This age specific, story based approach, is built around the introduction and development of the core motor skills required to play the game of soccer. The program encourages active parent participation making the U5 Dinomites program a fun adventure for the whole family!  
**Dinomites U5 program:** Burlington Residents \$50.00, Non-Residents \$60.  
**All Other Programs:** Burlington Residents \$75.00, non-Residents \$85.00  
**Family Charge:** First two children are full fee; each additional child is half price. **Late Fee:** \$25 for registrations postmarked after April 1, 2012.  
**Walk-In Registration: Tuesday, January 24, 2012 from 6 – 8 p.m. at the Burlington Town Hall. Register online or by mail, please visit [www.bjsasoccer.com](http://www.bjsasoccer.com).**

**CHILDREN AND YOUTH PROGRAMS CONTINUED**

**BURLINGTON/HARWINTON YOUTH LACROSSE**

Registration for the Spring 2012 season will be held on **January 29<sup>th</sup> at Courtside Sports Center from 12:00 p.m. – 6:00 p.m.** The season will start in March and run through June. Registration is open to boys and girls in grades K – 8 and no prior experience is necessary. Games will be played throughout the Farmington Valley. For more information contact Rick Keegan at [pfkjr@sbcglobal.net](mailto:pfkjr@sbcglobal.net) or visit their website at [www.burlingtonlax.org](http://www.burlingtonlax.org)

**JUNIOR GOLF CAMP**

**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. Equipment provided for those who need it at no extra charge.  
**Session I.** Tuesdays, January 24, 31, Feb. 7, 14, 21  
**Session II.** Tuesdays, April 3, 10 and 17

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

**Reg. Deadline:** January 20 and March 30 respectively.

**FRIDAY NIGHT LIVE**

**For all Burlington and Harwinton 5<sup>th</sup> Grade Students.**  
Get together with your friends! We'll have music with a DJ, Kickball, basketball and or volleyball and refreshments. All students must be signed in and out by a parent or responsible adult. Parents are needed to chaperone. Fee will be collected and registration forms completed at check-in.

Date	Time	Location	Fee
Friday	7:30 –	Courtside Sports Ctr.	\$6.00
Feb. 17	9:00 p.m.	517 Burlington Rd. Harwinton	

**To register or for questions call Suzanne at Harwinton Recreation Department, 860-485-0626 by February 10.**

**KIDS NIGHT OUT**

**For Burlington Students in Grades 2 - 4**  
Wear your pjs, bring a sleeping bag and pillow and join your friends for a fun night out. Snacks (including popcorn) and beverages will be served. Activities will include – G rated movie – Ping Pong – Bowling.

**Volunteer Chaperones are needed.**

Date	Time	Location	Fee
Friday	6:15 – 8:30 p.m.	Town Hall	\$5.00
March 2		Senior Center	

**Inclement Weather Date:** Sat., March 3

**Reg. Deadline:** Feb. 27; **Min:** 30 **Max:** 50

**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.	Lake Garda School	3:45 – 5:45	\$21
March 14			

**Registration Deadline:** March 7; **Max:** 35 participants

**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:** Bunny with Pockets

Date	Location	Time	Fee
Thursday,	Har-Bur Middle School	2:50 – 5:00	\$21
March 22			

**Registration Deadline:** March 14; **Max:** 25 participants

**BURLINGTON LITTLE LEAGUE REGISTRATION**

**Dates:** Saturdays, January 14 and January 21, 2012

**Times:** 9 a.m. – 12:00 noon

**Location:** Burlington Town Hall

**TRYOUTS**

**Date:** Saturday, February 26, 2012

**Times:** AAA 1:00 – 3:00 p.m.

Majors: 3:00 – 6:00 p.m.

Juniors: 3:00 – 6:00 p.m.

**Location:** Valley Sports Center, 310AlbanyTpke, Canton

**Little League Projected Opening Day:** April 21, 2011

**Dinner Dance:** April 28 at Chippanee Country Club.

**OLYMPIC FEVER ON ICE**

**Instructors: Melissa Gregory and Denis Petukhov**  
Participants will be taught the fundamentals of skating.

**Where:** International Skating Center, Simsbury, CT

**Youth and Teen Program** **Who:** Ages 5 and up

**Sessions:** I. Sat., Jan. 21 – Feb. 18

II. Sat., March 3 – March 31

**Time:** 5:30 – 6:15 p.m. **Fee:** \$105 per session.

**Reg. deadlines:** Jan. 13 and Feb. 24 respectively. **Gloves, long pants and helmets required. Rental skates available for \$3 per class.**

**TUMBLEBUNNY & GYMNASTIC CLASSES**

**Instructor: David Avezzio**

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

**Session I.** Wednesdays, January 18, 25, Feb. 1, 8, 15, 29 (No Class Feb. 22.)

**Session II.** Mondays, March 26, April 2, 9, 23, 30 and May 7 (No Class April 16)

Ages	Times	Location	Fee
2 – 3 years	4:00 – 4:40	Lake Garda Gym	\$65
3 ½ - 6 ½	4:45 – 5:25	Lake Garda Gym	\$65

**Reg. Deadline:** January 12 and March 20 respectively

**YOUTH FIELD HOCKEY CLINICS**

**Coordinator: Andrea Dussault, played field Hockey for Canton High School and went on to play at Babson College. She was named All-Conference (NEW8) and Regional All-American for Division II Field Hockey.**

This program is designed so girls in Grades 6 – 8 have the opportunity to learn basic skills in a game environment.

**Dates:** January 12, 19, 26, Feb. 2, 9, 16, 23, March 1

Day	Time	Location	Fee
Thursdays	6 - 7 p.m.	Courtside Sports	\$35

**Reg. deadline:** January 6 **Min.:** 16 players, **Max.** 32.

**CHILDREN AND YOUTH PROGRAMS CONTINUED**

**CARTOON CLASSROOM**

**Instructor: Jon Squier**

Bring your imagination to this series of 5 cartoon “fun shops”. Students remain after school to take part in this program. Final art will be transferred on tee shirts of the student’s own design. **Dates:** April 3, 10, 24, May 1 & 8, no class April 17

Days	Time	Place	Fee
Tuesdays	3:40 – 4:40 p.m.	Lake Garda School	\$100

**Minimum: 8 students Maximum: 25**

**Eligibility:** Grades 2 – 4; **Registration Deadline:** March 28

**SPRING VACATION SOCCER CAMP**

**Instructors: UK International Soccer Camp Staff**

The UK Classic Soccer Camp experience is designed for the recreational and developmental player. Fee includes t-shirt.

**When:** Monday – Thursday, April 16 - 20

**Where:** Malerbo Recreation Complex

Camp	Ages	Time	Fee/person
Fun in the Sun	4 – 6 years	9 – 10:30 a.m.	\$70
Skill ‘n’ Thrills	7 – 9 years	9 – 12 noon	\$100
Compete with Your Feet	10+ years	9 – 12 noon	\$100

**Reg. Deadline:** April 2, 2012 **Minimum:** 8 per group

**SPRING KICKBALL FOR KIDS**

- There will be two age/grade groups: 1<sup>st</sup> and 2<sup>nd</sup> grade, and 3<sup>rd</sup> and 4<sup>th</sup> grade as of September 2011.
- Enrollment limited to 25 students in each age category.
- **Parent volunteers are needed.**
- Games will be held on Wednesdays from 5:30 – 6:30
- Each child will receive a t-shirt and a kickball.

**When:** April 25 – June 6

**Where:** Fields 5 & 6 on the south side of Lake Garda School.

**Fee:** \$25.00 **Registration deadline:** March 30.

For further information contact the Parks & Recreation Department or Jason Farren at 860-673-0852.

**SAVE THE DATE!!!**



**Shine on 5K Run/Walk  
In Memory of  
Karen DuCotey  
May 20, 2012**

**ADULT AND OLDER ADULT PROGRAMS**

**KICKBOX COMBO**

**INSTRUCTOR: Lisa Babcock and Mary Yabrosky**

This class offers a variety of instruction in overall toning, strengthening and cardio moves. Hand weights and a mat are highly recommended. **One half of the proceeds of this class will be donated to Project Graduation, Class of 2012.**

**Dates:** Mondays & Wednesdays

**No Classes:** Jan. 16, Feb. 20, May 28

Dates	Time	Place	Fee per Session
<b>I.</b> Jan. 9 – Apr. 11	6:30 – 7:30	L. S. Mills Aerobics Room	<b>I.</b> \$91/ one class \$135/two classes per week
<b>II.</b> Apr. 23 – June 11			<b>II.</b> \$49/ one class \$60/two classes per week

**Walk-In Special: Students \$5.00 per class, Adults \$10.00** (With signed waiver). 100% of student walk-in fees will go to Project Graduation.

**YOGA AND RELAXATION – EVENING**

**Instructor: Martha McDonald**

A class for all ages and levels blending different yoga styles, breathing exercises, and meditation. Please bring a mat, wear comfortable clothing, and refrain from eating a heavy meal 2 hours prior to class.

**Sess. I:** Jan. 10 – Feb. 21; **Sess. II:** Feb. 28 – April 10

Day	Time	Place	Fee
Tuesdays	5:00 – 6:00 p.m.	Town Hall Auditorium	\$64

**Reg. Deadline:** January 10 and February 13 respectively.

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

*Parks & Recreation Dept. Summer Employment Positions*  
**Lifeguards- Playground Counselors**  
**Junior Playground Counselors**  
Further information will be posted on the Town Website  
[www.burlingtonct.us](http://www.burlingtonct.us) on February 1, 2012.

**ADULT FIELD HOCKEY PROGRAM**

**Coordinator: Andrea Dussault**

This game based program is designed to enhance field hockey skills while promoting physical fitness.

**Dates:** January 12, 19, 26, Feb. 2, 9, 16, 23, March 1

Day	Time	Location	Fee
Thursdays	7 - 8 p.m.	Courtside Sports Center	\$50.00

**Reg. deadline:** January 4 **Min.:** 10 players, **Max.** 18.

**ADULT GYM PROGRAM**

This program is designed for the sports enthusiast. The first three program dates will be devoted to playing Volleyball; the last three dates basketball. This program may be amended after the registration deadline.

**Dates:** January 13, 20, 27 Volleyball

February 3, 10, 17 Basketball

**Time:** 7:00 – 8:30 p.m., **Fee:** \$20.00

**Location:** Har Bur Middle School; **Min.:** 12, **Max.:** 20

**Registration Deadline:** January 3, 2012

**TONING AND SHAPING – Mornings & Afternoon**

**Instructor: Lisa Moulton, Certified Zumba Instructor**

Class segments include a combination of stretching, body sculpting, yoga, pilates, Zumba and light training. An exercise mat and weights are recommended.

**Location:** Burlington Town Hall Auditorium

**Session I:** January 20 – March 12, 2012

**Session II:** March 16 – June 4, 2012

**No Class:** Feb. 20, April 6, April 16 – 20, May 11, 14 – 18, 28

Days	Times	Fees per session
Mondays,	Mon. 1:15 – 2:15	\$55/one class /wk.
Wednesdays &	Wed. & Fri. 9:15 – 10:15 a.m.	\$95/two classes/wk.
Fridays		\$140/three classes/wk.

**Walk-ins \$4 per class, must be registered for at least one class.**

**ADULT AND OLDER ADULT PROGRAMS CONTINUED**

**TONING AND SHAPING - EVENINGS**

**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. Exercise mat or towel recommended and weights are optional.

**Dates: I:** January 9 – March 26. (No class Jan. 16 & Feb. 20) Due to Monday holidays, the following classes will be held on Wed, Jan.18 (aud.) & Feb. 22. (Sr.Ctr). Jan 23 class in Sr. Ctr.

**II:** April 2 – June 18 (no class Apr. 16 & May 28)

Day & Time	Place	Fee per session
Mondays 7:15 – 8:15 p.m.	Town Hall Auditorium	\$55 one class/week

**Walk-ins \$4 per class, must be registered for one class.**

**A.M. YOGA**

**Instructor:** Anjali Desai

In this mixed level class you will learn classical postures with a focus on diaphragmatic breathing, pranayama and a systematic approach to relaxation and meditation. Wear comfortable clothing, bring a yoga mat and refrain from eating a big meal before class. (No classes Feb. 20 and April 16)

**Session I:** January 23, 30, Feb. 6, 13, 27, March 5

**Session II:** March 12, 19, 26, Apr. 2, 9, 23 & 30

Day	Time	Place	Sessions & Fee
Mondays	9:30 – 10:45 a.m.	Town Hall Auditorium	I. \$48. II. \$56

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

**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 18 – June 6, weather permitting. No make-ups.

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

**Reg. deadline:** April 11, **Min.:** 36 players, **Max.** 42.

**ADULT - READY, SET, GOLF**

**Instructor:** Chet Dunlop, Jr., PGA

This program is designed for the novice as well as the experienced player who needs to get back to the basics of the swing. Equipment is provided for those who need it.

**Sess. I.** Jan. 24, 31, Feb. 7, 14 and 21; **Sess. II.** Apr. 3, 10 & 17

Days	Times	Place	Fee
Tuesday	<b>I.</b> 6 – 7 <b>II.</b> 6 – 8 last class 6 – 7 p.m.	Burlington Golf Center	\$84/session

**Reg. Deadline:** January 20 and March 30 respectively.

**TOTAL BODY FITNESS - EVENINGS**

**Instructor:** Susan Coffey

This program includes warm-up, toning, stretching, weight training and cardiovascular conditioning routines. The cardio segments incorporate basic moves that are especially designed for all ages as well as fitness and intensity levels. An exercise mat or towel and hand weights are recommended. No class 4/17 & 19.

**Dates: I:** Jan. 10 – Mar. 29; **II:** April 3 – Jun. 21

Days & Time	Place	Fee per session
Tues. & Thurs. 6:15 – 7:15 p.m.	Town Hall Auditorium	\$55 one class/week \$100 two class/week

**Walk-ins \$4 per class, must be registered for at least one class.**

**MUNICIPAL AGENT INFORMATION**

Senior Citizens, do you need help obtaining information and referral services about community resources or benefits or assistance filling out forms? Please call 860-673-6789, ext. 218.

**SENIOR CITIZEN CLUB ACTIVITIES**

**Bingo** – Mondays at 1:30 p.m.

**Monthly Potluck** – Third Friday of every month – 12:30

**Monthly Meeting** – First Wed. of every month – 1 p.m.

All activities are held in the Senior Citizen Center.

For questions call Joan Tharau at 860-675-3828.

**WELLNESS PROGRAMS**

**BLOOD PRESSURE SCREENING**

**Bristol Burlington Health District**

**Dates:** Wed., Jan. 18, Feb. 15, March 21 and April 18.

**WALKING CLUB**

Walk in the Town Hall corridors! No ruts, no curbs, no cars, no bad weather. Have your blood pressure checked before and after the walk and stay for refreshments.

**Meet in the Senior Center. Dates:** Wed., Jan. 18, Feb. 15,

March 21, April 18 **Times:** 2 – 4 p.m.

**COFFEE WITH THE COPS**

**Officers Bryce Linskey, Tom Null or Bob Russell**

**Dates:** Tuesdays, January 31 and March 27

**Time:** 10:00 a.m.

**Location:** Town Hall Senior Center

**"HEART OF MY HEART" VALENTINE BRUNCH**

Wear Red, White or Pink (optional) and join us on this special day, complete with many Valentine treats.

**Date:** Tuesday, Feb.14, 2012. **Time:** 11:00 a.m.

**Place:** Senior Citizen's Center, **Fee:** \$6.00

Please call 860-673-6789 ext. 7 to register before Feb. 9.

**Attention Senior Citizens**

**If you wish to receive a monthly newsletter or a detailed Dial-A-Ride Schedule, please give us your name and address for mailing, or an e-mail address. You may call the Parks and Rec. Office with this information.**

**LUNCH BUNCH AND VAN TRIPS**

Dial-A-Ride is available for home pick-up beginning at 11 a.m. or meet us at the Senior Center at 11:30 a.m. for the January and February trips.

**Fri., Jan. 27:** Amici Restaurant and Shopping Shoppes in Canton.

**Fri., Feb. 24:** Applebee's in Torrington, shopping at Target.

Dial-A-Ride pick-up begins at 9:00 a.m. for the following March and April trips.

**Fri., March 23:** Christmas Tree Shoppes.

**Fri., April 27:** Mohegan Sun Casino.

**Minimum:** 5 participants per trip.

**Cost of lunch will be incurred by participant. Space Limited.**

**Reservations required 24 hours in advance.**

**SAVE THE DATE!!!**

**Wednesday April 11, 2012**

**"Duck Tour" Bus Trip to Boston**

**Recreation Activity Registration Form**  
**Burlington Parks and Recreation Department - 200 Spielman Highway – Burlington, CT 06013**  
**860-673-6789 ext. 7, [parksandrec@burlingtonct.us](mailto:parksandrec@burlingtonct.us)**

Parent/Guardian: \_\_\_\_\_  
Last Name First Name

Address: \_\_\_\_\_

Town (other than Burlington) \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell & Emergency Phones: \_\_\_\_\_

e-mail address: \_\_\_\_\_

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

**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 \$10.00 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 \_\_\_\_\_



### PROJECT GRADUATION

Project Graduation is an alcohol free, substance free after graduation party for seniors of Regional School District #10. The goal and objective of Project Graduation is to keep our students safe on the most dangerous night of the year, for people in their age category. Upcoming meetings: Jan. 25, Feb. 29, March 28, Apr. 25 and May 30 in High School Room A-130 at 7 p.m. Fundraising activities include: a "Prom Fashion Show" on March 1 with a snow date of March 8, a community wide raffle in April, and a tag sale in May at the Harwinton Fairgrounds. Call 860-673-6789 ext. 7 or 860-485-0626 for information.