



BRC SUMMER BROCHURE 2025



MEMBER REGISTRATION:
Tuesday, May 20 @ 8:00am

NON MEMBER REGISTRATION:
Friday, May 23 @ 8:00am

Burlington Recreation Center

**1110 Shea Street, Burlington , KS 66839
620-364-8484; www.burlingtonrec.com**



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BRC CLOSED THESE DATES!!

- **All SUNDAYS in the summer (June 1—August 31)**
- **MEMORIAL DAY: Monday, May 26**
- **4th of JULY—Friday, July 4**
- **LABOR DAY—Monday, September 1**



Adult Trips

Summer 2025



1. New Theatre: Clue

A bizarre group of strangers are invited to the ominous Boddy Manor. Their evening together turns into a real mystery of whodunit!

Who could the murderer be? Professor Plum with the lead pipe, Mrs. Peacock with the candlestick, or Colonel Mustard with the revolver?

Murder, blackmail, and hilarious twists & turns will draw the audience into a murder case filled with non-stop laughs!

July 2

9:00am—5:00pm

Max of 13 people

\$55 Member; \$58 Non Member

2. Lunch with Linda

Annie's Place in Topeka

Wednesday, July 9th

10:00am-3:00pm

\$10 Member; \$13 Non-Member

Max of 13

3. Museum of Deaf History, Arts & Culture

The Museum of Deaf History, Arts & Culture in Olathe, Kansas, offers a fascinating and educational journey through the rich history and vibrant culture of the Deaf community. Visitors will explore interactive exhibits that highlight the evolution of American Sign Language (ASL), the history of Deaf advocacy, and the development of Deaf culture. The museum also features artworks by Deaf artists, historical artifacts, and immersive displays that showcase the resilience and creativity of the Deaf community. Perfect for those seeking a deeper understanding of Deaf culture and history, the Museum of Deaf History, Arts & Culture provides a unique and insightful experience in the heart of Olathe. We will head to lunch after our tour.

Wednesday, July 16th

8:30am—4:00pm

\$25 Members; \$28 Non Members; Max of 13 people

4. Lunch with Linda

Annie's Place in Topeka

Wednesday, July 23rd

10:00am-3:00pm

\$10 Member; \$13 Non-Member

Max of 13

5. YaYa's Alpaca Farm Tour

Located in the scenic Garden City, Missouri, Yaya's Alpaca Farm provides a charming retreat surrounded by rolling hills. Since 2015, the farm has invited visitors to engage with their friendly alpacas on guided tours, offering a one-of-a-kind experience for animal enthusiasts of all ages. Explore the fascinating world of these elegant animals, discovering their behaviors, habitats, and delightful personalities. Enjoy an interactive experience with the alpacas, capturing special moments and creating lasting memories.

Wednesday, July 30th

8:15am-5:00pm

Limit: 13 people

\$30 Members/\$33 Non Members

6. Lunch with Linda

Chris Café in Greeley

Wednesday, August 6th

10:00am-3:00pm

\$10 Member; \$13 Non-Member

Max of 13

Fee includes transportation, tour and any admission fees.

Adult Trips

Summer 2025



7. Vietnam Veterans Wall Tour

Honoring the more than 3 million Americans who served in the U.S. Armed Forces during the Vietnam War, “The Wall That Heals”—which is 375 feet in length and bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. We will have a guided tour led by DC Ambassadors to view a variety of exhibits telling the story of the Vietnam War. We will head to lunch after the tour.

Thursday, August 14th
10:15am-3:30pm
Limit: 13 people
\$10 Members/\$13 Non Members

8. Lunch with Linda

Chris Café in Greeley

Wednesday, August 20th
10:00am-3:00pm
\$10 Member; \$13 Non-Member
Max of 13

9. Lansing Penitentiary Tour

Founded by the Kansas Territorial Legislature in 1859, the Kansas State Penitentiary is one of the country's oldest prisons, offering a fascinating glimpse into more than 160 years of history. This landmark site serves as a powerful symbol of the development of the American justice system. The captivating tales of those who lived and worked behind its imposing walls are shared by former correctional officers, assistant wardens, and wardens. We will head to lunch after our tour.

**This tour will involve significant amounts of walking and standing and due to the nature of the building is not handicap accessible.

Friday, August 29th
7:00am—4:00pm
Max of 13 people
\$45 Members; \$48 Non Members

Fee includes transportation and any admission fees.

10. Roasterie Tour, Lunch & Sunflowers

We will start our day out at The Roasterie Factory where we will be immersed in all things Coffee. You will learn the history, sample the coffee and watch a brewing demonstration among other things. After our tour we will make a short 40 minute drive to lovely Lawrence, KS where we will enjoy lunch, some time to browse on Mass street and then a stop at Grinter's Sunflowers to take in all the beauty that it holds as the Sunflowers will be in peak season!

Friday, Sept 5th
8:00am-5:00pm
Limit: 13 people
\$35 Members/\$38 Non Members

11. Lunch with Linda

Tina's Place in Gas

Wednesday, September 10th
10:00am-3:00pm
\$10 Member; \$13 Non-Member

Adult Trips

Summer 2025



12. New Theatre: Alone Together

Parents of 3 adult sons just sent their youngest off to college. They are finally enjoying their new time alone together when one by one, each son begins returning home! This Broadway comedy is filled with joy, connection, and family love!

**We will stop at Oak Park Mall for an hour before heading to New Theater for those that want to snag a coffee/snack or do a little shopping or returning of items.

September 17th
9:00am—5:00pm
Max of 13 people
\$55 Member; \$58 Non Member

13. Lunch with Linda

Tina's Place in Gas

Wednesday, September 24th
10:00am-3:00pm
Limit: 13 people
\$10 Members/\$13 Non Members

14. Applefest in Weston, MO

For decades, Historic Weston's Applefest has been the region's biggest celebration, marking the harvest season and all things apple! Apple Alley, Apple Treats, an Apple-themed parade, and more crafters and artisans than ever before. Live music, an apple butter demonstration, kids' games, and autumn delights.

Saturday, October 4
7:30am-5:00pm
Limit: 13 people
\$20 Members/\$23 Non Members

15. Lunch with Linda

Branding Iron in Princeton

Friday, October 3rd
10:00am-3:00pm
Limit: 13 people
\$10 Members/\$13 Non Members

16. Lunch with Linda

Branding Iron in Princeton

Friday, October 24th
10:00am-3:00pm
\$10 Member; \$13 Non-Member
Max of 13

17. Jazz, Baseball and BBQ

Our trip will start at the Negro League Baseball Museum where you will see a detailed history of several countries and learn about the baseball players who crossed cultural lines and helped pave the way to make baseball what it is today. Next we will step over to the American Jazz Museum which showcases the history of jazz through interactive exhibits and films.

After exploring we will head to Burnt End BBQ at Crown Center for some lunch followed by a trip through the Kansas City Museum of BBQ!

Wednesday, October 29th
8:15am—5:00pm
Max of 13 people
\$40 Members; \$43 Non Members
Fee includes transportation and all admission fees.

Adult Trips

Summer 2025



18. Lunch with Linda

Copper Kettle in Eureka

Wednesday, November 5th
10:00am-3:00pm
\$10 Member; \$13 Non-Member
Max of 13

19. Let's Get Thrifty!

Let's head out to the KC area and see what steals and deals we can find as we do a little consignment shop hopping! We will also stop for lunch and some ice cream on the way home!

Wednesday, November 12th
8:30am—4:00pm
Max of 13 people
\$15 Members; \$18 Non Members
Fee includes transportation.

20. Lunch with Linda

Copper Kettle in Eureka

Wednesday, November 19th
10:00am-3:00pm
\$10 Member; \$13 Non-Member
Max of 13

21. Branson Overnighter

Monday, October 13th:

7:00am: Depart BRC
We will stop at McDonalds in Iola for Breakfast along the way.
11:30am: Check into Hotel
12:30: Lunch at Billy Gail's
2:00-4:00pm On your own time—relax before dinner/show
5:00pm: Dinner at Gettin' Basted
7:30pm: Grand Jubilee Show
Head back to the hotel for a good night's rest.

Tuesday, October 14th:

8:00am: Breakfast at the hotel
9:30am: Branson Scenic Railway trip—40 mile round trip through the Ozark Mountains
12:30: Lunch at Mel's Hard Luck Diner
2:00-4:00pm: Dogwood Canyon Tram Tour
Back to the hotel to freshen up.
6:30-8:00pm: Dinner at Jackie B Goode's

Wednesday, October 15th

8:30am: Breakfast at the hotel
10:00am: The landing walk and shop.
12:00pm: Lunch at Branson Café
1:00pm: Depart for Burlington with restroom/drink stops as needed.

October 13th-15th

Single: \$415/person; Double: \$375/person
7:00am Monday, October 13th to 6:00pm Wednesday, October 15th
Max of 11 people
Cost includes transportation, lodging & breakfast at hotel, and admission to shows/tours. All other meals are on your own.

\$100 deposit due at time of registration.
Final payment due Monday, September 15

Adult Trips

Summer 2025

<u>TRIP NAME</u>	<u>DATE</u>	<u>FEE</u>	<u>AMT DUE</u>
_____ 1) New Theatre: Clue	W, July 2	_____ \$55 Member	_____ \$58 Non
_____ 2) Lunch: Annie's Place	W, July 9	_____ \$10 Member	_____ \$13 Non
_____ 3) Museum of Deaf History	W, July 16	_____ \$25 Member	_____ \$28 Non
_____ 4) Lunch: Annie's Place	W, July 23	_____ \$10 Member	_____ \$13 Non
_____ 5) YaYa's Alpaca Farm	W, July 30	_____ \$30 Member	_____ \$33 Non
_____ 6) Lunch: Chris Café	W, Aug 6	_____ \$10 Member	_____ \$13 Non
_____ 7) Vietnam Veteran's Wall	Th, Aug 14	_____ \$10 Member	_____ \$13 Non
_____ 8) Lunch: Chris Café	W, Aug 20	_____ \$10 Member	_____ \$13 Non
_____ 9) Lansing Penn	F, Aug 29	_____ \$45 Member	_____ \$48 Non
_____ 10) Roasterie & Sunflowers	F, Sept 5	_____ \$35 Member	_____ \$38 Non
_____ 11) Lunch: Tina's Place	W, Sept 10	_____ \$10 Member	_____ \$13 Non
_____ 12) New Theatre: Alone Together	W, Sept 17	_____ \$55 Member	_____ \$58 Non
_____ 13) Lunch: Tina's Place,	W, Sept 24	_____ \$10 Member	_____ \$13 Non
_____ 14) Weston, MO Applefest	Sat, Oct 4	_____ \$20 Member	_____ \$23 Non
_____ 15) Lunch: Branding Iron	W, Oct 3	_____ \$10 Member	_____ \$13 Non
_____ 16) Lunch: Branding Iron	W, Oct 24	_____ \$10 Member	_____ \$13 Non
_____ 17) Jazz, Baseball & BBQ	W, Oct 29	_____ \$40 Member	_____ \$43 Non
_____ 18) Lunch: Copper Kettle	W, Nov 5	_____ \$10 Member	_____ \$13 Non
_____ 19) Let's Get Thrifty!	W, Nov 12	_____ \$15 Member	_____ \$18 Non
_____ 20) Lunch: Copper Kettle	W, Nov 19	_____ \$10 Member	_____ \$13 Non
_____ 21) Branson Overnighter	Oct 13-15	_____ \$ 415 Single	_____ \$365 Double

Total \$ Due at Registration

Adult Interest/Special Events

Summer 2025



1. Burlington/New Strawn City-Wide Garage Sale

Extensive advertising is done for this huge sale, so please register early! Your \$5 fee helps defray the cost of advertising and puts your individual sale on the main garage sale map for all to see! Plan NOW to be a part of one of Burlington's busiest days.

Saturday, August 2

\$5.00

DEADLINE: Monday, July 21 @ 5pm

2. 4th of July

Plan to spend the July 4th holiday right here in Burlington! Enjoy a cool dip at the outdoor pool from 1-5pm. Veterans and seniors (55 years and over) will be given free admission! All other patrons will receive \$1.00 off regular admission! There will be a fireworks display at dusk at Kelley Park.

3. 7th Annual BRC Triathlon

Be sure to mark Saturday, August 9 on your calendar! Swim, bike and run as an individual or get a team of three together and enter the team triathlon. Coffey County Circuit participants can get 3 points if they enter one of the individual triathlons. Team participants get one point. **Triathlon will be held on Saturday, August 9!** Registration begins at 7:30am.

- **Team division must be 3 members who each perform 1/3 of race.**
- **Lightning or threat of severe weather postpones/cancels event. NO REFUNDS**
- **All bikers must wear approved helmet for ride**
- **Ages 14+ ONLY for all events**

Xtreme Division: Starts @ 8am

Swim (500m), bike (12 miles), run (3.2miles)

Fun Division: Starts @ 8:30am

Swim(300m), bike(6 miles), run (3.2miles)

Team Division: Starts @ 9:00am

Swim(400m), bike(8miles), run (3.2 miles)

Saturday, August 9

\$30 Indiv (includes T-shirt if registered by July 25)

\$60 Team (includes T-shirt if registered by July 25)

Ages 14+

Registration begins at 7:30am.

4. OK KIDS, Sept 5-7, 2024

How about some great outdoor family fun right here in your back yard?! Mark your calendar for the annual OK Kids event! Look for a detailed itinerary of activities soon! A wide variety of outdoor activities are being planned, including: camping, fishing, archery, air rifle, trap shooting, canoeing, ropes challenge, camp fire activities and MORE! Check out the OK kids website at www.okkidscc.com!

5. Movie Mondays

Each Monday we have a group that get together for a wholesome, feel good movie at 1:30. Popcorn and water included. We would love to have you join! Have a movie recommendation—we would love to hear it!

Free

Mondays @ 1:30

6. Tuesday Cards

Each Tuesday we have a group that gets together for a few games of cards and conversation at 1:00. Come in for some afternoon enjoyment on Tuesdays!

Free

Tuesdays @ 1:00

Youth Activities

Summer 2025



SUMMER CAMPS

1. Little Cats Summer Basketball Camp

Make sure to get your kiddos signed up for this great camp hosted by Burlington Wildcats Coach Logan and Burlington Ladycats Coach McGown that will include fundamental drills, competitive competitions & more! Each kid will get a handout with drills & skill work to take home and do on their own! **Fee will include T-shirt.**

Grades K-6th as of August 2024

Both boys and girls

July 29th-July 31st

K-3rd 10:30am-12:00pm

4th-6th 8:00am-10:00am

\$25 Member; \$28 Non Member; \$5 Late fee

Deadline: Friday, July 11

Youth Activities

Summer 2025

YOUTH TRIPS/ACTIVITIES

1. Emporia Zoo, Splash Park & Ice Cream

We will start off our morning exploring the beautiful Emporia Zoo. Once we are done there we will head over to Peter Pan Park to enjoy our picnic lunches followed by some fun at the splash park and playground! When we are all nice and worn out we will stop by Braum's for a sweet treat before heading back home!

You will need to pack a sack lunch and water bottle. Please bring a change of clothes, towel and a little money for Braum's ice cream.

1st-6th; Limit of 12

Monday, June 2nd

9:30am-4pm

Fee: \$10 Member; \$13 Non-member; \$5 Late Fee

Deadline Friday, May 30

2. Summer Series: Movie, Pizza Ranch & the Burlington Pool

B&B Theaters is having their summer series movies again. What's better than a movie, pizza & pool day? Sign up for one or sign up for them all!

Fee covers movie ticket, BRC pool, transportation and lunch. Movie concessions and arcade at Pizza Ranch is on your own.

1st-8th Grade; Limit of 12

Thursday, June 13

9:00am-4:30pm

We will be back to the rec by 5pm for pick-up

Fee: \$25/day Member; \$28/day Non-member; \$5 Late Fee

June 10th— The Bad Guys

June 17th— Garfield

July 1st— Dispicable Me

July 15— Sing 2

July 29th— Wild Robot

3. Picnic at the Zoo Park, Topeka Sky Zone & Ice Cream

Everyone loves a trampoline but even more fun when there are lots of them all put together and other fun added in to make it more exciting! Let's head to Sky Zone and jump out some energy! After Sky Zone we will head to snag some ice cream before returning to the Rec Center.

Fee includes transportation and admission. A parent MUST fill out a waiver on Sky Zone's website before their child can go. We can help you with that if you need.

Please send a sack lunch for your kiddo and a little extra money for ice cream stop on the way home!

Friday, June 27 & Friday, July 25

10:00am-4:30pm

\$25 Member/trip; \$28 Non-Member/trip; \$5 Late

1st-6th Grade ; Limit of 12

Deadline: Friday, June 13

****You can sign up for one or both trips. Deadline is the same.**

4. A Day at Great Wolf Lodge

Great Wolf now offers day passes! We will spend the day splashing and playing at the beautiful indoor/outdoor establishment. You will need to send \$\$ for lunch. (Kids hamburger/chicken nugget meals that come with a small drink start at \$10.99)

Monday, July 7

8:30am-5:00pm

\$55 Member; \$58 Non-Member; \$5 Late

3rd-8th Grade ; Limit of 12

Deadline: Friday, June 21

Youth Activities

Summer 2025



YOUTH TRIPS/ACTIVITIES

8. Kids Run Club

Where are our runners at?! This is for those with a love for running or just looking to get some extra conditioning in. We will have a warm-up, a workout and some sort of running game at the end for a cool down.

Camp will be run on Thursday mornings for 8 weeks beginning June 5th.

8:30-9:30am

1st-6th grade

BHS Track

FREE to attend but must register.

9. MOTHER/SON DATE NIGHT

We have a special night full of FUN planned for you at the Outdoor Pool! Pool games, water bounce house obstacle course, cotton candy...! Come make some memories!

Don't forget to bring some \$ for a treat from TBerry's Tasty Treats Ice Cream truck!!

- **Friday, June 6th—8-10pm**
- **\$25/couple; \$10 each additional son**

Youth Activities

Summer 2025



SPORTS LEAGUES

1. Flag Football

It's time for Flag Football! Games will be Saturday mornings, beginning September 13 and run for approximately 6 weeks. Flags will be provided for each player. Volunteer coaches are needed!

Grades 1/2 and 3/4

BHS Baseball Field

Saturday mornings, Sept 13—Oct 18

\$35 Member; \$38 Non Member; \$5 Late

DEADLINE: Monday, July 21

2. Youth Soccer

It is time to sign up for the youth soccer league!! Boys and girls 6-13 years can play in this competitive league. Games will be Tuesday nights, starting September 9 and will run approximately six weeks through October 14. You will compete in one of three age divisions: Midgets, Minors or Majors. 8th graders who do not turn 14 before September 1st, 2024 will also be eligible. Shin-guards are required. Volunteer coaches needed.

Kids 6—13 years old

BHS Baseball Field

Tuesday nights, Sept 9—Oct 14

\$25 Member; \$28 Non Member; \$5 Late

DEADLINE: Monday, July 21

DIVISIONS:

Midgets	1st and 2nd grade
Minors	3rd & 4th grade
Majors	5—8th grade (under 14 yrs by Sept 1)

3. Youth Volleyball

We are looking for 5—6 graders to join our youth volleyball league! Games will begin on Monday, Sept 15 and run approximately six weeks. ****NOTE:** All registrations received after Monday, August 11 will be placed on teams IF spots are available!

Grades 5 & 6

Mondays, Sept 15—Oct 20

\$25 Member; \$28 Non Member; \$5 Late

DEADLINE: Monday, July 28th

4. Junior Golf

Calling all our Junior Golfers! Join Coach Julie Dawson for this opportunity to get some golf tournaments in.

Practices: Wednesdays mornings 9-10am at RCCC starting June 4th

Instructor: Julie Dawson 620.874.5056

Transportation: No transportation provided

Fee: \$50

Tournament Sites/dates:

Burlington— June 5

Caney— June 12

Fredonia—June 19

Eureka— June 26

Divisions: Any boy or girl age 9 by June 1, 2025 through age 18 is eligible to play.

Boys: 9-11; 12-14; 15-18

Girls: 9-11; 12-14; 15-18

Ages 9-11 will play 6 holes; Ages 12-18 will play 9 holes.

DEADLINE: May 30th

5. Tackle Football

5th and 6th Graders

Starting Saturdays in September

Fee: \$120

DEADLINE: Monday, July 21st

****Parent Meeting: Wednesday, July 23rd**

Youth Activities

Summer 2025



INSTRUCTIONAL LEAGUES

1. Pre-School Soccer

Join us for pre-school soccer! All **4 year old's** are invited to come and learn basic soccer skills to prepare for future soccer leagues. We introduce beginner skills with fun and exciting drills. **NOTE: pre-school soccer is for 4 year old's only.**

4 year olds

Wednesdays; Sept 17, 24, Oct 1

4:30-5:15pm

HS Softball Field

\$15 Member; \$ 18 Non Member; \$5 Late

DEADLINE: Friday, September 5

2. Kindergarten Soccer

The league for Kindergartners will be 8 on 8 and take place Thursday nights for approximately 6 weeks.

Kindergartners

HS Softball Field

September 4, 11, 18, 25

\$25 Member; \$28 Non Member; \$5 Late

Deadline: Monday, July 21st

3. Instructional T-Ball

Join us for instructional T-ball! All **3 & 4 year old's** are invited to come and learn basic t-ball skills to prepare for future baseball/softball leagues. We introduce beginner skills with fun and exciting drills. **Each child will need to have an adult with them on the field! COACHES NEEDED!**

Ages 3 & 4

June 4, 11 & 18

Max of 20

5:00-5:45pm @ High School Softball Field

\$15 Member; \$18 Non-Member; \$5 Late

DEADLINE: Tuesday, May 27

Youth Activities

Summer 2025



FALL FAVORITE

1. Glow Show Dance Fun

Learn a simple routine then get your “glow” on and perform at the annual Glow Show at the BHS football game in October. The fee covers instruction and glow materials (poms, etc) that you will be using at the Glow Show! This is a pompon class that learns a dance for the Glow Show and then is finished. We are excited to have Miss Bri (Birk) instructing our Glow Show dancers again this year! We will announce the date of the game performance at a later date.

1st grade-2nd Grade: 3:30-4:15pm

3rd grade & up: 4:15-5:00pm

Thursdays beginning August 28—October Performance

\$35 Member; \$38 Non Member; \$5 Late

DEADLINE: Monday, August 25

FITNESS OPTIONS SUMMER 2025

1. Deep Water Aerobics

This evening **outdoor pool** class will be held by Aquatics Director Justin Logan. Join him in the pool for some deep water aerobics and to get a great water workout.

Monday & Thursday Nights 6:00-6:45pm

July 7-August 14

\$25 for the session or \$3 Drop-in fee

2.) Morning Water Aerobics

Do you enjoy the water? Start your morning off with this great water aerobic class. Everyone is welcome, young and old. This is a class for all fitness levels. You are encouraged to work at your own pace and enjoy the water and camaraderie of your classmates.

Mondays, Wednesdays & Fridays @ 8:30am

Ongoing

\$1/class/person

Payable to BRC

3.) Pickleball

Pickleball is a combination of tennis, badminton and ping pong and is something all ages can play. The rules are simple, the game is easy to learn, and you can have fun playing immediately. Stop by and give it a try!

Most mornings at 8am

If you would like more information stop by the front desk! We can get you introduced to one of the regulars and connected on the app they use to schedule the court!

4.) 7th Annual BRC Triathlon

Be sure to mark Saturday, August 9 on your calendar! Swim, bike and run as an individual or get a team of three together and enter the team triathlon. Coffey County circuit participants can get 3 points if they enter one of the individual triathlons. Team participants get one point. **Triathlon will be held on Saturday, August 9!** Registration begins at 7:30am.

- *Team division must be 3 members who each perform 1/3 of race.*
- *Lightning or threat of severe weather postpones/cancels event. NO REFUNDS*
- *All bikers must wear approved helmet for ride*
- *Ages 14+ ONLY for all events*

Xtreme Division: Starts @ 8am

Swim (500m), bike (12 miles), run (3.2 miles)

Fun Division: Starts @ 8:00am

Swim(300m), bike(6 miles), run (3.2miles)

Team Division: Starts @ 8:00am

Swim(400m), bike(8miles), run (3.2 miles)

DATE: Saturday, August 9

FEE: \$30 Indiv (includes T-shirt if registered by July 25)

\$60 Team (includes T-shirt if registered by July 25)

WHO: Ages 14+

WHEN: Registration begins at 7:30am

5. Karate & Aikido

Learn and gain balance, self-discipline, confidence and endurance. Classes for ages 6+ to adults. Contact BRC or Bill Conroy for more information, 620.364.8484.

Instructor Bill Conroy

Tuesdays & Wednesdays@ 6:30pm

\$10/month

FITNESS OPTIONS SUMMER 2025

7.

6.) 2025 Fitness Challenge

Keep your fitness promise this year! Walk, run, swim, bike, lift or any of the above and more! Just move your body with intentional effort! We are here to encourage you! Stay accountable, focused and consistent with the BRC Fitness Challenge! See the Fitness Challenge handout and review the 5 Simple Steps and get started today!

FEE: \$25/person

Please let staff know which goal you are choosing at time of sign-up.

If you complete at least 50% of your points earned at the Rec Center—your name will be put in a drawing where patrons will win a monetary prize determined by the amount of patrons signed up! Instruction packets on how to track your points are available at the front desk!

2025 FITNESS GOALS

Walkers/Runners:	500 miles
Swimmers:	50 miles
Bikers:	1,000 miles
Weight Room:	75 hours
Cross-Training:	1,000 points
55+:	800 points

T.Training & Fitness by Tiah Ditto

Tiah Ditto is a 2015 Burlington High School graduate who is now killing it in the fitness industry—pushing people to be their best and most healthy self! We all know life is crazy busy and schedules are all over the place—let this online coaching approach keep you accountable and headed in the right direction!

Straight from the trainer herself:

“Are you ready to kickstart your fitness journey? Let’s unleash your full potential with a fierce and refreshing new routine with ONLINE coaching!

Say good-bye to fatigue and hello to a bespoke blend of workouts, meal plans, and weekly check-ins that are the secret to your success!

Your exclusive app is like having a fitness wizard in your pocket, and during our bi-weekly calls we will hone in on your fitness and nutritional goals and ensure that your personalized workouts and meal plans match your needs. A coach who will keep you accountable and lead you the right way.

Text “GO” to 620.364.9006 because your dream body is just a message away! Let’s make this journey legendary!”

****Tiah is a NASM Certified Personal Trainer and graduate from Emporia State University, Bachelors of Science in Health and Human Performance and Master’s of Science, HPER (Health Education).**

Join her Facebook Group at T.Training & Fitness and get connected!

FITNESS OPTIONS SUMMER 2025

8. Restore & Rebuild

This 60 minute adult fitness class aims to renew your body by increasing muscle, improving flexibility and restoring the body to its personal best.

R&R is a combination of floor barre, yoga, Pilates, conditioning, strength training, progressing ballet technique & stretches.

This class increases muscle memory, improves flexibility, increases stamina, mobility and muscle growth.

Participants will learn breathing techniques to increase blood flow, improve posture and range of motion. Body balls, yoga mats, resistance bands and weights will be used in the class.

Participants may be barefoot or wear aerobic shoes. Each exercise movement introduced is designed to build upon each other to achieve the greatest benefit.

Two time options:

Tuesdays/Thursday @ 5:30pm

June 3-26

July 8-24

Fee:

Attend twice per week: \$10 per week

Attend once per week: \$6 per class

**For more info or to register email Kristine Stohs at:
reflectionsofsoulba@gmail.com**

YOU MUST PRE-REGISTER FOR THESE CLASS SESSIONS.
YOU CAN DO THIS BY EMAILING KRISTINE AT THE EMAIL
ABOVE.

SUMMER 2025 POOL ACTIVITIES

Outdoor pool opens Saturday, May 24 @ 1pm

1. GENERAL POOL INFO

- **Age Restrictions:** All children under the age of 7 must be accompanied by a responsible adult or supervisor. The supervisor must stay within arms reach of the child at all times. If not, the child will not be admitted into the pool area.
- **Inclement Weather Rule:** Anytime the outdoor pool is closed due to inclement weather, the indoor pool at BRC will be opened at 1:00pm (Monday through Friday).
- **72 Temp Requirement @ Noon:** The outdoor pool will be closed anytime the daily temperature is below 72 degrees at noon. The indoor pool will be opened at 1:00pm if the temperature is below the 72 degrees (Mon-Fri).
- **Empty, Clear Bottles ONLY:** No outside food or drink allowed into the pool. You CAN bring your EMPTY, TRANSPARENT water bottles to the pool and have them filled with ice and water at the concession stand for 25 cents each time.

2) BURLINGTON AQUATICS CLUB

The Burlington Aquatic Club is entering it's fifth season in the league with Lyndon, Overbrook, Osage City and Lebo. If interested in joining, contact us at BRC. **All meets starts at 8am and finish around Noon.**

Practice Schedule:

- **MWF 7:00am @ Indoor Pool.** First practice is May 28th.

Meets:	June 14	@ Lebo
	June 21	@ Overbrook
	June 28	@ Lyndon
	July 5	@ Burlington
	July 12	@ Osage City

3) OUTDOOR POOL HOURS

MONDAY—THURSDAY: 1-6pm

FRIDAY-SUNDAY & HOLIDAYS: 1-5pm

WEDNESDAYS EVENING SWIM: 6-8pm

4) INDOOR POOL HOURS

MON & WED & FRI:

5:15—7:00am Early Bird Swim

MONDAY—FRIDAY:

8:30-10am Open Swim

5) ADMISSION PRICES

MEMBERS:	\$2.00
2-54	\$2
Under 2 years	\$1
55+	\$1/each

NON-MEMBERS: **\$3.00**

(All ages)

EVENING SWIM: 6-8pm Half Price

(If coming for Evening Swim only)

Members: \$1.00 Non-Members \$1.50

SUMMER 2025 POOL ACTIVITIES

Outdoor pool opens Saturday, May 24 @ 1pm

6) FIRST FUN FRIDAY EVENTS

Help us, help you market your business! If you are a business owner in the City of Burlington, feel free to contact Aquatics Director Justin Logan at the Rec Center to sponsor these pool side events!

- **June 6 First Friday Fun sponsored by Integrity Insurance, Matt Harmon (1-4pm)**
More details on this Friday to come later!! Be watching our Facebook page!
- **July 11 First Friday Fun sponsored by Trustpoint Insurance (1-4pm)**
More details on this Friday to come later!! Be watching our Facebook page!
- **Aug 1 First Friday Fun TBA (1-4pm)**
More details on this Friday to come later!! Be watching our Facebook page!

7) DECK ART DAY

- Each **1st and 3rd Monday of the month**, chalk will be available to decorate the pool deck!

8) THROWBACK THURSDAY

Join us Thursday evenings from 6-8pm for our Throwback Thursday nights! These nights will feature music played from different decades and guards and concession workers rocking some groovy clothing from those decades!

<u>June 12</u>	50's and 60's day
<u>July 10</u>	70's and 80's day
<u>Aug 9</u>	90's and 2000's day

9.) 7th ANNUAL BRC TRIATHLON

Be sure to mark Saturday, August 9 on your calendar! Swim, bike and run as an individual or get a team of three together and enter the team triathlon. Coffey County circuit participants can get 3 points if they enter one of the individual triathlons. Team participants get one point. **Triathlon will be held on Saturday, August 9!** Registration begins at 7:30am. **Postpone date will be 8/10 if need be —same times.**

- *Team division must be 3 members for performing entire 1/3 of race.*
- *Lightning or threat of severe weather postpones/cancels event. NO REFUNDS*
- *All bikers must wear approved helmet for ride*
- *Ages 14+ ONLY for all events*

Xtreme Division: Starts @ 8am
Swim (500m), bike (12 miles), run (3.2 miles)

Fun Division: Starts @ 8:30am
Swim(300m), bike(6 miles), run (3.2miles)

Team Division: Starts @ 9:00am
Swim(400m), bike(8miles), run (3.2 miles)

DATE: Saturday, August 9

FEE: \$30 Indiv (includes T-shirt if registered by July 21)
\$60 Team (includes T-shirt if registered by July 21)

WHO: Ages 14+

WHEN: Registration begins at 7:30am

10) God's Store House Donation Day

BRC Members—on August 8th in lieu of your regular admission fee, bring a donation to help support God's Store House. **Non-Members will still need to pay regular admission fee.**

Donation Ideas: Hygiene items, soups, cake mixes, Ramen noodles, cereal, canned goods.

SUMMER 2025 POOL ACTIVITIES

Outdoor pool opens Saturday, May 24 @ 1pm

11) MOTHER/SON DATE NIGHT

We have a special night full of FUN planned for you at the Outdoor Pool! Pool games, water bounce house obstacle course, cotton candy...! Come make some memories!

Don't forget to bring some \$ for a treat from TBerry's Tasty Treats Ice Cream truck!!

- Friday, June 6th—8-10pm
- \$25/couple; \$10 each additional son

11) SUMMER SOLSTICE NIGHT SWIM

Come celebrate the start of Summer with the longest day of sunlight for a night swim!!

- Friday, June 20th—8-10pm
- \$1 admission

12) JUSTIN'S BIRTHDAY BASH

Come help Justin celebrate his birthday at the outdoor pool with \$1 admission for members from 1-5pm and ice cream deals all day!

- Friday, June 20th—1-5pm

13) 4TH OF JULY BASH

Celebrate this great country with BRC at the outdoor pool! \$1 off your regular admission. Veterans and patrons 55+ are FREE!

- Friday, July 4th—1-5pm

14) LITTLE LIFEGUARD DAY

- For ages 5+. Have a kid wanting to become a lifeguard in the future? How about they get to hang out with their favorite lifeguard for an hour and 15mins and learn the basics of being a lifeguard! They will attend a "mock" lifeguard in-service and learn the basic skills of being a lifeguard! Then they will get to show off those skills in the first 15mins of pool being open in a mock rescue with their buddy lifeguard!
- Tuesday, July 15 from 12:00—1:15pm
- Cost: \$5

15) SUPER FAMILY SWIM

Final Sundays of each month, come join us from 6-8pm for our Family Swim! Admission is just \$1/person to get in and we will have **Dave's Roadside Grill, Dave Lendo's food truck set up both nights!** Come out for a fun family night and get some good grub too!

- Sunday, June 29 6-8pm
- Sunday, July 27 6-8pm

16. Deep Water Aerobics

This evening **outdoor pool** class will be held by Aquatics Director Justin Logan. Join him in the pool for some deep water aerobics and to get a great water workout.

Monday & Thursday Nights 6:00-6:45pm
July 7-August 14
\$25 for the session or \$3 Drop-in fee

SUMMER 2025 POOL ACTIVITIES

Outdoor pool opens Saturday, May 24 @ 1pm

17) DIVE-IN MOVIE NIGHT!

Come join us for a special movie night at the Outdoor Pool! Bring your own floatie and relax in the shallow end. Free popcorn will be provided!! **MOVIE TBD**

- July 18 @ 8:45pm
- Admission will be \$5

18) POOL SIDE STORY TIME

Need a break from splashing around in the pool? Join "Poolside Story-Time" with the Coffey County Library, Burlington! Take a short break and hear your favorite story!

19) LATE NIGHTS @ THE POOL

TBERRY'S TASTY TREATS ICE CREAM TRUCK WILL BE HERE ON JULY 11TH AND AUGUST 8TH NIGHTS!

- June 20th—8-10pm
- July 11th—8-10pm
- August 8th—8-10pm

20) DOGGY DIP

Bring your favorite doggy for a dip at the pool. All dogs MUST be on a leash and owners MUST clean up ANY mess their dog leaves. Also, valid proof of shots is required. If your dog shows aggression towards any other dogs or people, you will be asked to leave.

- Sunday, August 17 — 3:30-5pm
- Cost: \$5 per family

21) REC SPORTS DAY

FREE ADMISSION when you wear a Rec Sports "uniform" shirt! Doesn't matter how old it is—the older the better! We want to see them all!

- July 14th

22) BACK TO SCHOOL BASH

Come enjoy the pool one last time before school starts for \$1 admission and concession stand specials all day long! We want to empty the freezers & fridge!

- Sunday, August 17, 1-3pm
- Free for Members; \$1 for Non-members

23) POOL RENTAL

Groups or individuals may rent the outdoor pool. There is a **two-hour minimum for rental**. You must schedule parties with Aquatics Director, Justin Logan. You may bring your own food and non-alcoholic drinks when you rent the pool!

- Must be a Friday, Saturday, or Sunday
- Must be after 6pm
- **Member: \$375 for a 2 hour party; \$180/additional hour**
- **Non-member: \$400 for a 2 hour party; \$180/additional hour**

24) PARTY COVE RENTAL

Want to rent our special Party Cove area for your special day? Party Cove features access to the playground, Splash Park, and covered benches. When you rent Party Cove, this area is reserved for your group. You will be required to pay the daily fee for each person in your group in addition to the Party Cove rental fee. You may bring your ice cream and cake into your Party Cove event.

NOTE: The Splash Park will remain open to the public during these rental times.

FEE: **\$25 for a 2 hour party**
 \$35 for a 2 hour party

Member
Non Member

Summer 2025 POOL ACTIVITIES

SWIMMING LESSONS

Tadpole Lessons

(Parent/Child Class)

These lessons will be offered for pre-school kids from 9 months—3 years. This will be a parent-child class taught by Aquatics Director, Justin Logan. Once the child is 3 years old, they will be ready for Group Swim lessons, Level I.

- \$20/session/pair Member
- \$25/session/pair Non Member

Public Lessons

Kids ages 3+ are encouraged to sign up for swimming lessons to learn to move through the water with comfort and efficiency. To enroll in group swim lessons, kids must be a minimum of 3 years old. If younger than 3, look into our Tadpole Swim lessons!

- \$20/session/person Member
- \$25/session/person Non Member
- Max of 18 per class/level

Private Lessons

Private lessons are now offered year-round at BRC! To sign up for private lessons, complete a BRC form which shows your availability. Upon receiving your form and payment, AD Justin will match you with an instructor and contact you with date and time! Must be 4 years of age and older for private lessons.

- Member: \$75/5 lessons
- Non-Member: \$80/5 lessons

Public Lesson Options:

Session A: June 9—June 13
Session B: June 23—June 27

Deadline to Register

Wed, June 4 by 5pm
Wed, June 18 by 5pm

Levels/Times

LEVELS: 1,4,5,6 10:30—11:00am
LEVELS: 2,3 11:05—11:35am

Session C: July 7-July 11

Wed July 2 by 5pm

Levels/Times

LEVELS: 1,4,5,6 6:00-6:30pm
LEVELS: 2,3 6:35-7:05pm

Tadpole Lesson Options:

Tadpole A: June 23—June 27
Tadpole B: July 7-July 11

Deadline to Register

Wed, June 18 by 5pm
Wed, July 2 by 5pm

Tadpole Class Times:

Tadpole A: 10:30am—11:00am
Tadpole B: 6:00pm—6:30pm

**KEEP UPDATED ON UPCOMING PROGRAMS AND/OR CHANGES BY
FOLLOWING OUR FACEBOOK PAGE AND/OR OUR WEBSITE AT
WWW.BURLINGTONREC.COM**