

Burlington Recreation Center

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

WINTER-SPRING BROCHURE 2024



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Member Registration Begins:
Tuesday, Jan 16, 2024 @ 8:00am

Non Member Registration:
Friday, Jan 19, 2024 @ 8:00am

Adult Trips

Winter-Spring 2024

BRC
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1. Johnson County Home & Garden Show

It's easy to get stir crazy during the Winter months. Maybe you've got some projects you're planning for Spring. Lets go get inspired by the hundreds of booths & exhibitors at the Johnson County Home & Garden Show. There will also be a Spring Boutique where you can shop for jewelry, candles, art, home décor & more! Lunch will be on your own and available at the concession areas and cyber café. This is a cashless facility so you must pay with card. Cost covers transportation and admission.

Friday, January 26
9:00am—4:00pm
Max of 13 people
\$25 Members; \$28 Non Members

2. Pinners Conference

Are you a Pinterest lover or maybe new to Pinterest? Maybe you've never heard of it but love crafting! Pinners is a show with 200 top businesses providing beautiful options in the world of DIY, crafts, cooking, self improvement, party planning, scrapbooking, holiday, beauty and fashion and all sorts of other great things! This will quickly become a new favorite event whether you are on Pinterest already or not! Cost covers transportation and admission.

Friday, February 2nd
9:00am—4:00pm
Max of 13 people
\$25 Members; \$28 Non Members

3. Sweet & Savory

The NOTO District in Topeka is home to many unique shops and restaurants. Our first stop will be to Hazel Hill Chocolate store where owners Nick and Terry Xidis, invest their hearts and hands in fine chocolate and confectionery. Hazel Hill, Terry's grandmother, is a symbol of their dedication to a family tradition of "the best in everything they do." Nick is a third generation Chocolatier. We will be given a tour, watch the chocolate making in real time and discuss the family history and tempering chocolate by machine. After we had our fill of sweets we will head to another popular and ever growing shop, Stumpy's Smoked Cheese, where

you will find all kinds of smoked cheese, extreme peanut butter dips, smoked crackers, various dips, smoked cheese curds, smoked pretzels and more! After this stop surely we will be hungry by then so we will head over to The Classic Bean which is Topeka's first Espresso Coffee House and Deli. They specialize in gourmet sandwiches, freshly baked breads and have freshly roasted coffee beans available to purchase by bag. Cost covers transportation and fees.

Friday, February 16
8:00am—3:30pm
Max of 13 people
\$25 Members; \$28 Non Members

4. St. Marys, Kansas

Located along US Hwy 24 in eastern Pottawatomie County. St Marys, KS, is the fastest growing incorporated city in Pottawatomie County. The city falls along the historic Oregon Trail and is filled with a unique downtown, incredible history & gorgeous catholic architecture. We will start out the morning exploring the downtown at your own pace. Lunch will be at Sugar Creek Country Store which is really a step back in time. You will find all kinds of goodies in this Amish Bulk Food Store and enjoy a yummy lunch from their New York Deli. After lunch we will make the short drive to the newly constructed, \$42 million dollar, Immaculata Church, where we will be given a tour and history behind the building! Cost covers transportation and fees.

Friday, February 9
8:30—5:30pm
Max of 13 people
\$25 Members; \$28 Non Members

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5. The New Theatre: Elvis Aloha From Vegas

Elvis: Aloha From Vegas traces The King's journey through the 70s. It was a period of reinvention, kicking off a seven-year annual residency at the International Hotel in Las Vegas, running through the sold-out shows at Madison Square Garden, and culminating in a historic international live satellite broadcast from Hawaii, all set to unforgettable songs like "Burning Love", "Suspicious Minds", and of course, "Can't Help Falling in Love."

Wednesday, February 28

9:00am—5:30pm

\$55 Members; \$58 Non Members; Max of 13 people

6. Chicken and Pickle, Overland Park

Ok, Pickleball players and fans—let's head to Chicken & Pickle in Overland Park. Cost will cover transportation. Court cost will be determined once we have a head count on players going on the trip and will need to be paid before the trip. Ball & paddle rental as well as lunch will be extra once we arrive.

Tuesday, March 5

9:30am—4:00pm

\$15 Members; \$18 Non Members; Max of 13 people

7. Humboldt, KS

Located in the middle of everywhere, this southeast Kansas town is busting at the seams with new attractive businesses and there is much more to come. Every where you look you will see improvements! Our first stop will be Octagon City Coffee where your drinks are made to order. Not a coffee drinker? You can also choose from smoothies, iced teas and lemonade! Next we will explore some of the new shops downtown at your own pace. We will meet for lunch at one of the newer establishments, HoneyBee Bruncherie, which has many breakfast and lunch options! Need a sweet dessert after lunch, we will also check out the new, Bijou Confectionary, where surely you will find something that hits the spot! Our last stop for the day will be Neosho Valley Woodworks. In a building that

was built in 1866, Pat Heir—master craftsman, will give us a tour of his working museum filled with his masterpieces! Cost covers transportation and fees.

Thursday, March 7

8:30am—4:00pm

\$20 Members; \$23 Non Members; Max of 13 people

8. KC Vintage Market

Think flea market but much larger and more upscale. This event features original art, antiques, clothing jewelry, hand-made treasures, home decor, outdoor furnishing, consumable yummys, seasonal plantings and more! There will be live music, giveaways, and delicious food! Cost covers transportation & admission.

Friday, March 22

8:30am—3:30pm

\$27 Members; \$30 Non Members; Max of 13 people

9. Ready, Set, Fly

From the birth of airmail to the inception of passenger air travel to the post WWII era of global route expansion, TWA led the way for 75 years. The great influence that Trans World Airlines has had on the city of Kansas City, MO is one that history can't ignore. The TWA's museum's collection traveled to twelve cities over a period of two years as a part of "America's Smithsonian" exhibit. This is a tour you don't want to miss! After our tour we will have lunch at Chappell's Restaurant & Sports Museum. "People visit Chappell's to see the sports memorabilia, but always come back for the food." -Jim Chappell. Cost covers transportation and admission.

Wednesday, April 3

8:00am—4:30pm

Max of 13 people

\$35 Members; \$38 Non Members

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10. Wichita Botanical Garden

Botanica, The Wichita Gardens was opened in 1987 as a collaboration between the Wichita Area Garden Council and the City of Wichita. Originally it had four gardens and now encompasses 17.6 acres of botanical gardens! We will be taking a tour of the gardens where over 70,000 tulip bulbs will have been planted and blooming!! After the tour we will grab lunch before heading back to Burlington. Cost covers transportation and fees.

Wednesday, April 10
9:00am---5:30pm
Max of 13 people
\$35 Members; \$38 Non Members

11. Tulip Time in Topeka

This is always a patron favorite! Each April, the gardens are one of three settings for Tulip Time when Shawnee County Parks + Recreation horticulturists and volunteers plant more than 100,000 tulips at Ted Ensley Gardens, Gage Park and Ward-Meade Botanical Gardens. We will visit both the Ted Ensley Gardens and Tulips at Twilight at Ward-Meade with a stop for dinner in between. We will also go see Gage Park if time allows. Cost covers transportation and fees.

Tuesday, April 16th
1:00pm---9:30pm
Max of 13 people
\$30 Members; \$33 Non Members

12. The New Theatre: Squabbles

The good, the bad, and the in-laws. Jerry and Alice are happily married. Then her father moves in with them. Then his mother moves in with them. Then all hell breaks loose....family style!

Thursday, April 25
9:00am---5:30pm
Max of 13 people
\$55 Members; \$58 Non Members

13. Strataca-Underground Salt Mines

Travel 650 feet underground into an active salt mine! Experience a cool and soothing subterranean world formed by salt deposits in the Permian Sea long ago. See the raw mine as it was left more than 50 years ago. After the guided tour we will depart for lunch on our way back to Burlington. Cost covers transportation and fees.

Friday, May 3
8:00am---5:00pm
Max of 13 people
\$45 Members; \$48 Non Members

14. Miami County Trolley Tour

Sample your way around Miami County near Paola as you ride their trolley to three different wineries. Each winery specializes in different things and this will give you a chance to find out what you like best. You will also enjoy the beautiful countryside along the way. The fee includes the trolley ride, wine tasting samples, catered lunch at one of the wineries and transportation.

Friday, May 10
9:00am---4:30pm
Max of 13 people
\$80 Members; \$83 Non Members

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15. BBQ & Brews

We all know when you hear Kansas City—you think BBQ! What you may not have heard of was the hidden gem, Rosedales BBQ. What started as a neighborhood hot dog & beer stand known as “The Bucket Shop” due to being able to buy a half gallon bucket full of ice cold beer for a quarter, has now served some of the most delicious BBQ for over 70 years! This is where we will start our trip filling our bellies! Afterwards we will head to Boulevard Brewing Company Tours & Recreation. Founded in 1989, Boulevard Brewing Company has grown to become the largest specialty brewer in the Midwest. We will enjoy a 1 hour walking tour of the brewery that concludes with samples in the wine tasting room. Cost covers transportation and fees.

Wednesday, May 15
9:30am—3:30pm
Max of 13 people
\$30 Members; \$33 Non Members

16. Disney100 @ Union Station

It all began with a mouse and a dream; a dream that became a story. A story now being told. Dive into the world of The Walt Disney Company and experience 100 years of magic like never before! Wonder at more than 250 artifacts and props, see costumes from some of your favorite Disney classics, and explore enchanting galleries that bring the magic of Disney to life. Featuring the latest members of the Disney family (Pixar, Star Wars, and MARVEL) along with renowned classics like Snow White and the Seven Dwarfs (1937) and recent releases such as Encanto (2021), this incredible celebration of all things Disney has something for everyone. We will have lunch after! Cost covers transportation and fees.

Friday, May 31
8:00am—3:30pm
Max of 13 people
\$45 Members; \$48 Non Members

17. Common Threads Quilt Show

The Common Threads Quilt Show celebrates the workmanship and creative expression of quilters throughout the south-central region of Kansas. It is organized and hosted by Prairie Quilt Guild of Wichita. This years quilt opportunity is, “Prairie Splendor” designed by Phyllis Stewart. You will have the choice of concessions at the quilt show or we can all take a break to go eat lunch and then return back to finish looking around! Cost covers transportation and admission.

Friday, June 21
8:00am—5:30pm
Max of 13 people
\$40 Members; \$43 Non Members

18. The New Theatre: Newsies

Set in the turn-of-the-century New York City, NEWSIES, spins the inspirational tale of Jack Kelly—a charismatic newsboy who dreams of a better life. When the unscrupulous newspaper tycoon, Joseph Pulitzer, raises prices at the newsboys’ expense, Jack along with spitfire reporter, Katherine Plummer, rouse the down trodden “newsies” to stand up against Pulitzer and fight for what’s right!

Wednesday, July 17
9:00am—5:30pm
Max of 13 people
\$55 Members; \$58 Non Members

19. Lunch with Linda

If you haven’t signed up for a lunch outing with Linda you are missing out. She has found all kinds of awesome eateries to go try out as well as taking suggestions from those wanting to sign up to get out on the road and explore some new restaurants. Grab a family member or friend or two and get these next Lunch with Linda trips on your calendar!

Wednesdays
01/24, 02/21, 03/27, 04/24, 05/22, 06/26
10:00am—2:00pm
Max of 13 people
\$10 Members; \$13 Non Members

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REMINDERS

Trip Cancellation Policy

If you cancel out of a trip that has a waiting list and we are able to fill your spot, you will be refunded all but \$5. BRC keeps a \$5 cancellation fee. If we are unable to fill your spot, no money will be refunded.

Trip Payment Policy

All trips must be paid for at time of registration, whether it is in person or over the phone. We accept cash, check, credit and debit cards. If you call in and register by phone, please have your credit card or debit card ready. Also, due to a system upgrade, we require the 3 digit code on the back of your card EACH TIME you register for an activity. Please be prepared to provide this. Your payment secures your spot on the trip. This ensures that all trips are kept full and paid for. Sorry, no exceptions will be made.

NAME: _____

MY TRIP SELECTIONS:

1. JC County Home & Garden, Jan 26	\$25	\$28
2. Pinners Conference, Feb 2	\$25	\$28
3. Sweet & Savory, Feb 16	\$25	\$28
4. St. Marys, KS, Feb 9	\$25	\$28
5. Elvis Aloha From Vegas, Feb 28	\$55	\$58
6. Chicken & Pickle OP, March 5	\$15	\$18
7. Humboldt, KS, March 7	\$20	\$23
8. KC Vintage Market, March 22	\$27	\$30
9. Ready, Set, Fly, April 3	\$35	\$38
10. Wichita Botanical Garden, April 10	\$35	\$38
11. Tulip Time in Topeka, April 16	\$30	\$33
12. Squabbles, April 25	\$55	\$58
13. Strataca, Salt Mines, May 3	\$45	\$48
14. Miami County Trolley, May 10	\$80	\$83
15. BBQ & Brews, May 15	\$30	\$33
16. Disney100, May 31	\$45	\$48
17. Common Threads Quilt, June 21	\$40	\$43
18. Newsies, July 17	\$55	\$58
19. Lunch with Linda		
January 24	\$10	\$13
February 21	\$10	\$13
March 27	\$10	\$13
April 24	\$10	\$13
May 22	\$10	\$13
June 26	\$10	\$13

TOTAL: _____

Youth Activities

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1.) Friday B-I-N-G-O

Come on over after school on Friday afternoons and join us for an hour of Bingo fun!

Fridays, beg Jan 5
3:30—4:30pm

2.) High School Boys Summer Baseball

Boys 16-19 years of age as of January 1, 2024 can play high school boys summer ball (15 years old if space is available). If you are 19 years of age, you must have played in 2023. Must have 12 signed up to play.

Boys 16-19

\$200; additional \$30 if a jersey is needed

DEADLINE: Friday, March 15 by 7pm

3.) Girls Night Out

Swimming, pizza and fun will be on the agenda for this girls-only evening out! Bring a towel and a swimsuit.

1st—6th grade girls

Friday, March 1

6:00pm—11:00pm

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

DEADLINE: Friday, February 21

4.) Easter Coloring Contest

Show off your coloring skills by entering the Easter coloring contest. Pick up a coloring sheet any time after Monday, March 4 and turn it in by Friday, March 29.

- 4 and under
- 5-7 years
- 8-11 years
- 12-15 years

5.) Mother-Son Date Night!

Mom's and son's, here is your chance for some dancing fun! But, if dancing is NOT your thing, don't worry! We will have games such as limbo, hula hoop, free throw shoot, lots of great music and refreshments! Join us for this special mother-son activity!

Friday, March 29

7:00pm—8:30pm

\$20 couple; \$10 each +son; \$5 Late Fee

DEADLINE: Friday, March 22

6.) Youth Track & Field

If you are in 3rd—6th grade and like to run, jump, throw and be outside then youth track and field is for you! Practices will be Tuesday & Fridays @ 5:30pm @ BHS Track. The season will run from March 12—April 27. Must have 10 kids to hold this event.

Events will include:

100m	3rd and 4th grade standing Long Jump
200m	5th and 6th grade High Jump
400m	Shot Put
800m	Softball Throw
Long Jump	
Hurdles (50 m)	(might be an age requirement)

Kids 3rd—6th grade

March 12—April 27

Meets on Saturdays/Practices Tues & Fridays @ 5:30pm

DEADLINE: Friday, March 8

Cost: \$40/person; \$5 Late Fee

7.) Easter Egg Hunt for Kids

The Easter bunny is ready to make its annual visit to Burlington! Pictures, Easter eggs and prizes make this a great day for the kids! Once again you will get Easter eggs and travel to local businesses to claim your Easter treasure! This event is sponsored by the Burlington Jaynes. Ages birth—11 years old.

Saturday, March 30

8.) Daddy Daughter Dance

Are you ready to shake, rattle and roll at the 22nd annual Daddy Daughter Dance? Dads, don't miss out on this memorable event with your daughter! You will dance the night away to the tunes of the oldies. Girls, wear your finery and plan to have a good time with dear ole' dad! Girls of any age are invited to attend this event with their dad or father figures (uncle, grandpa, friend, etc). An hors' d'oeuvres table will be set up for refreshments. Pictures start at 6pm for an additional fee.

Friday, April 26

7:00pm—8:30pm

\$20/couple; \$10 for each additional girl; \$5 Late Fee

DEADLINE: Friday, April 19

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9.) Middle School Dance

Middle schoolers—enjoy a dance just for you amidst the beautifully decorated gym at the Rec Center. The D.J. will be playing some of your favorite songs and light snacks will be included! Support this event and have fun with your friends! This is not just for Burlington kids—everyone is invited! \$5/person at the door!

Grades 6—8

Saturday, April 27

7:30pm—9:00pm

\$5/person pay at the door

10.) Pre-Schoolers & Play

Parents with pre-school kiddos, take a break—bring your kiddos to us for an hour on these once a month dates for a fun craft/activity, free play, snack and maybe even a story!

3-4 years old

Mondays, Feb 5, March 4, April 8, May 6

10:30-11:30am

Fee \$25; Limit 10

Deadline: Friday, January 26

11.) Crafty Kids

Always a kid favorite! Let's have some fun and do some neat crafts for you to take home and share with your family!

Grades K-2nd

Mondays, Feb 5, March 4, April 8

3:30-4:00

Fee \$15; Limit 10

Deadline: Monday, January 24

12.) Crafty Kids

Always a kid favorite! Let's have some fun and do some neat crafts for you to take home and share with your family!

Grades 3rd-6th

Mondays, Feb 5, March 4, April 8

4:00-4:30

Fee \$15; Limit 10

Deadline: Monday, January 24

13.) March Madness Bracket Challenge

It's March Madness time and a new NCAA Basketball Champion will emerge. If you think you have the skill, luck and knowledge to pick the winners, turn in a bracket! Once you pay you will be given a link to fill out a bracket online. **Only one tournament bracket per person. Points will be updated every Monday. The tie breaker will be the final score of the championship game.**

Top finisher will receive a gift card and of course bragging rights until next year!

3rd Grade and Up

Fee: \$5; Once you pay you will be given a link to fill out a bracket online.

DEADLINE: Monday, March 18

14.) Weights with Trevor

Middle schoolers, join Trevor at the rec center on Wednesdays from 3:30-4:30pm for a weight's workout. You will be guided through a workout using machine weights and dumbbells. Safety and proper lifting technique will be a key focus along with knowledge of lifting for a lifetime of fitness.

Boys & Girls 6th-8th Grade

Thursdays, Feb 8th-April 25th

3:30-4:30pm; Max of 12 kids

(sessions will depend on number of participants)

FREE

15.) Youth Disc Golf

Disc golf has gotten super popular over the last few years. If you've ever thought of trying it but aren't sure where to start join Trevor for this Youth Disc Golf program!

Boys & Girls 4th-8th Grade ; Max of 12

Tuesdays; April 2nd-May 7th

3:30-4:30pm

Deadline: Friday, March 29th

FREE

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16.) Hitting League

Wanting to get some extra swings in this winter? Join our new youth hitting league for baseball and softball! Players will be put on teams of 3-4 (depending on numbers) and will compete throughout the week at a designated time for 6 weeks. Games will be played in our indoor cage and points awarded based off of where the ball is hit in the cage. Each team will need to provide their own official score keeper. **Volunteer coaches needed!**

Who: 12u; 14u; 18u

When: February 20-April 2

At selected time during the week by teams coach. (one double header per week)

Cost: \$20 Member; \$23 Non-Member

Deadline: February 6

***Must have enough for two teams per division.**

17.) Instructional Hitting

With baseball/softball season around the corner join us after school while receiving instructions on how to better your swing in our indoor batting cage. Participants will need to supply their own bat and helmet.

Who: 3rd Grade and Up

When: Tuesdays; February 13-March 26

3:30-5:00pm

Cost: FREE

Max of 12

Deadline: February 6

18.) LadyCat Softball Camp

Make sure to get your kiddos signed up for this great camp hosted by the Burlington Lady Cats and Coach Nordstedt. This camp will include fundamental drills, competitive competitions and more! This is a great opportunity to get extra practice time in just before softball season starts!

Who: 3rd Grade and Up

When: March 12-14

5:00-6:00pm @ High School Softball Field

Cost: \$15 Member; \$18 Non-member

Deadline: March 11

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19.) 2024 Youth Baseball and Softball Leagues

All boys and girls playing recreation league baseball/softball must enroll in the league/grade/age categories as listed below. Players will be placed on teams **based on the school grade they are COMPLETING in May 2024**. Late sign-ups **WILL ONLY** be placed on teams **IF** space is available. All players will be provided a jersey.

Registration Deadline —Monday, March 18 @ 7:00pm

<u>FEE:</u>	<u>LEAGUE</u>	<u>GRADE</u>	<u>REQUIREMENTS</u>
\$12	Coach Pitch (Co-Ed)	Must be entering Kind or 1 st grade	
\$25	Midget Boys	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$25	Pixie Girls	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$25	Minor Boys	3 rd —4 th Grades	Not 12 before Sept 1
\$25	Pigtail Girls	3 rd —4 th Grades	Not 12 before Sept 1
\$40	Major Boys	5 th —6 th Grades	Not 14 before Sept 1
\$40	Ponytail Girls	5 th —7 th Grade	Not 15 before Sept 1
\$50	Junior Boys	7 th —9 th Grade	Not 17 before Sept 1
\$50	Junior Girls	8 th —10 th Grade	Not 18 before Sept 1

Non Member Fee \$5
Late Fee \$5 (Only if approved by Trevor and IF space is available)

20.) BRC Late Fee Policy on All Activities

BRC has in place a \$5 late fee for ALL sign-ups received after the deadline for ALL activities. The late fee is not a punishment, but rather an ENCOURAGEMENT to sign up by the deadline. In many cases, supplies are ordered, teams divided, and t-shirts ordered by the number enrolled on the deadline. Adding additional kids after the deadline causes extra costs for additional supplies, t-shirts, and sometimes to find extra coaches, which is why we have the late fee in place. BRC asks your help to get signed up ON or BEFORE the deadlines on all activities. We appreciate your help and support of BRC programs!

Activity Deadlines can be found:

- In the BRC brochure
- BRC monthly email activity newsletter
- www.burlingtonrec.com
- BRC Facebook page

21.) BRC Payment Policies

All activities **MUST be paid for at the time of registration**. We accept cash, check, credit or debit cards. If you call to register by phone, please have a credit or debit card ready (but know that we still need the signed registration form for a complete enrollment). Also, **due to a system up-grade, we now need the 3 digit CVC code on the back of your card each time**. Please be prepared to provide this. **Please do NOT leave forms on the counter with instructions to use a card on file**. Payment secures a spot in that activity. We will not enroll without payment.

Pool Options

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1. BRC Indoor Pool Hours

Weekday Hours

Monday, Wednesday, Friday 5:15—7:00am
Monday—Friday 8:30—10:00am
Monday—Thursday 3:30—7:30pm
Friday 3:30—5:30pm

Weekend Hours

Saturday and Sunday 2:00—5:30pm

2.) Morning Water Aerobics

Water workouts are easy on your joints. They are also fun, social, and a great way to gain fitness and flexibility. This is a class for all fitness levels. You are encouraged to work at your own pace and enjoy the water and time with friends!

Mondays, Wednesdays, Fridays
8:30am
\$1/class

3.) Spring Break Pool Hours

BRC indoor pool will continue regular morning hours as well as our regular late afternoon hours. We will attempt to add extended hours based on the ability to find lifeguard coverage. Updates will be posted to our Facebook page.

4.) Lifeguarding

Do you need a summer job and/or want to work a few hours during the school year? By successfully completing the lifeguarding course you will be eligible to be a lifeguard at the Recreation Center indoor and/or outdoor pools! The lifeguarding course includes First Aide and CPR training. Students need to bring suit and towel each day. There will be a lunch break each day. **There will be a 10 student maximum and 5 student minimum for this class. Must be at least 15 years of age by May 2024.**

No refunds will be given if you are unable to meet these pre-requisites.

March 12-14 (will meet from 9:00am-5:00pm)

Members \$130; Non Members \$140; Must be paid before first day of class.

5.) Lifeguard Recertification

Need to renew your lifeguard recertification? Get signed up on one of the following dates to take your recertification classes. Upon successful recertification you are eligible to work as a lifeguard at BRC. No refunds will be given if you are unable to meet the pre-requisites.

Monday, March 11
8am—2pm
\$50 Member; \$55 Non Member
FREE FOR CURRENT BRC LIFEGUARDS!

6. First Aide/CPR/AED Training

First Aide/CPR classes are available upon request. Class has online and in-person options. If you choose the online option, you will complete the First Aide/CPR instruction online at your own pace. Upon completion of the online class, Justin will set a date and time to complete the final exam and for you to demonstrate the skills. Contact Justin if interested at jlogan@usd244ks.org or 620-364-8484.

7.) Private pool parties

Would you like to have the indoor pool all to yourself for a birthday party, family reunion, etc? The pool can be rented on Saturday mornings before 2pm and Friday evenings after 5:30pm for private parties. All parties must be paid for in advance with paperwork signed and on file. There is a \$25 required deposit on all private pool parties that will be collected to hold your private pool party date on the BRC calendar. Contact Justin at 620-364-8484

Member Fee:

\$35/first hr	up to 25 swimmers
\$45/first hr	25-50 swimmers
\$55/first hr	51-75 swimmers

Non Member Fee:

\$45/first hr	up to 25 swimmers
\$55/first hr	25-50 swimmers
\$65/first hr	51-75 swimmers

Pool Options

Winter - Spring 2024

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

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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8.) Private Swim Lessons

Private lessons for kids: Is your child uncomfortable with group swimming lessons? Try private swim lessons for a little one on one instruction time. Private lessons are a great way for your child to get used to the water and to get started learning to swim. In addition, **adult “bucket list lessons”** are now available for those adults who have swimming lessons on their bucket list, but don't want to take lessons with kids! All private swim lessons are available by appointment at any time by calling Justin at 364-8484.

By appointment
\$75 for five, 30 minute lessons.

9.) Aquatics for Arthritis

This Arthritis Foundation Aquatic Program is a water exercise program for people with arthritis and related conditions. It was developed jointly by the Arthritis Foundation and the YMCA of the USA and is currently supported by the Aquatics Exercise Association. AFAP is designed to reduce fatigue, pain and stiffness, and improve mobility, muscle strength, and coordination. The course will be led by Aquatics Director, Justin Logan as well as Lindsey Beyer, Coffey County Health Department.

Tuesdays & Thursdays @ Indoor Pool
January 23-March 5
1:30—2:30pm
Minimum of 5
\$20 Members; \$23 Non Members; \$4 Drop in

10.) Group Swim Lessons

Work on your swimming skills during the winter months! Lessons will be held in March to perfect skills and advance to the next level. Ages 3 years+. There will be a maximum of 6 students per level.

March 11-14
Levels 1,4,5,6: 4:00-4:30pm
Levels 2,3: 4:35-5:05pm
\$15 Members; \$20 Non-Members
Deadline: Monday, February 26

11.) Deep Water Aerobics

This is a Tuesday & Thursday class which will be led by Justin Logan. Join him in the pool for some deep water aerobics and to get a great water workout!

March 26nd-May 2nd
Tuesday & Thursdays
6:15-7:00am
\$20/session; \$4 Drop-In
Must have a minimum of 5 to hold this class.

Adult Interest & Special Events

Winter-Spring 2024

BRC
1110 Shea Street,
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620-364-8484
www.burlingtonrec.com

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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1.) Co-Ed 6 on 6 Volleyball

Grab your friends and enjoy a night out on the court playing volleyball. This league will be 6 on 6 with no more than 3 men on a team. The net heights will be men's height (7ft 11in) and you will call your own.

Mondays beginning February 5

\$40/team; \$5 Late Fee

8 teams

DEADLINE: Monday, January 29 @ 5pm

2.) Slow Pitch Co-Ed Adult Softball

All interested teams should have a team representative attend this meeting.

Wednesday, March 6

6:00pm

BRC Conf Room

BRC Conference Room; Limit 10

3.) Mother-Son Date Night!

Mom's and son's, here is your chance for some dancing fun! But, if dancing is NOT your thing, don't worry! We will have games such as limbo, hula hoop, free throw shoot, lots of great music and refreshments! Join us for this special mother-son activity!

Friday, March 29

7:00pm—8:30pm

\$20 couple; \$10 each +son; \$5 Late Fee

DEADLINE: Friday, March 22

4.) Summer Director's Meeting

The summer directors from area communities will meet to review league rules, playing dates, times, tournament locations, and other relevant concerns.

Wednesday, March 20

6:00pm

5.) Easter Egg Hunt for Kids

The Easter bunny is ready to make its annual visit to Burlington! Pictures, Easter eggs and prizes make this a great day for the kids! Once again you will get Easter eggs and travel to local businesses to claim your Easter treasure! This event is sponsored by the Burlington Jaynes. Ages birth—11 years old.

Saturday, March 30

6.) Men & Women's Softball League

There will be a mandatory meeting for all teams in May. Rules will be reviewed and any other concerns addressed for the upcoming season. All teams must have a representative present at this meeting.

Men's League meeting

Thursday, April 18 at 6pm

Women's League meeting

Thursday, April 25 at 6pm

7.) Daddy Daughter Dance

Are you ready to shake, rattle and roll? Dads, don't miss out on this memorable event with your daughter! You will dance the night away to the tunes of the oldies. Girls, wear your finery and plan to have a good time with dear ole' dad! Girls of any age are invited to attend this event with their dad or father figures (uncle, grandpa, friend, etc). An hors' d'oeuvres table will be set up for refreshments. Pictures will start at 6pm for an additional fee.

Friday, April 26

7:00pm—8:30pm

\$20/couple; \$10 for each additional girl; \$5 Late Fee

DEADLINE: Friday, April 19



Adult Interest & Special Events

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Member Registration
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Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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8.) Monday Movies

Several ladies have been watching a movie on Monday Afternoons. So come and enjoy an afternoon kicking back and watching a heart warming, wholesome movie.

Mondays @ 1:30pm
Ongoing

9.) Tuesday Cards

Come enjoy some cards and great conversation every Tuesday at 1:00pm

Tuesdays @ 1:00pm
Ongoing

Winter Fitness

Winter-Spring 2024

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620-364-8484
www.burlingtonrec.com

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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1.) 2024 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.

NEW THIS YEAR—You must pick only ONE goal in which you are aiming for and tracking points. To help with accountability and motivation the cost will be \$25 for the Fitness Challenge. All patrons that reach their goal will get some BRC swag! If you complete at least 50% of your points earned at the Rec Center—your name will be put in a drawing where three 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!

2024 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

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. Chair Aerobics W/ Linda

Chair aerobics is an alternative way to exercise when you can't stand up and workout. It is excellent for those with limited mobility, recovering from an injury or for those just wanting to try something different.

Tuesdays and Thursdays @ 11:00am

Jan 9—March 28

\$10/session; \$3 drop in

Payable to BRC

4. 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. We have a very steady group of pickleball players that like to meet up in the mornings and sometimes once a week in the evening. They have their own group app to track who is signed up to play. If you are interested in being a part of this group and joining this fun group—let us know! We can get you to the right people! Stop by and give it a try!

Most days @ 8am

Tuesdays @ 6pm

Ongoing

No charge

5.) Aquatics for Arthritis

This Arthritis Foundation Aquatic Program is a water exercise program for people with arthritis and related conditions. It was developed jointly by the Arthritis Foundation and the YMCA of the USA and is currently supported by the Aquatics Exercise Association. AFAP is designed to reduce fatigue, pain and stiffness, and improve mobility, muscle strength, and coordination. The course will be led by Aquatics Director, Justin Logan as well as Lindsey Beyer, Coffey County Health Department.

Tuesdays & Thursdays @ Indoor Pool

January 23-March 5

1:30—2:30pm

Minimum of 5

\$20 Members; \$23 Non Members; \$4 Drop In

Must have a minimum of 5 to hold this class.

Winter Fitness

Winter-Spring 2024

BRC
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620-364-8484
www.burlingtonrec.com

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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6.) Deep Water Aerobics

This is a Tuesday & Thursday class which will be led by Justin Logan. Join him in the pool for some deep water aerobics and to get a great water workout!

March 26nd-May 2nd
Tuesday & Thursdays
6:15-7:00am
\$20/session; \$4 Drop-In

7. Burlington Karate Academy

Learn traditional forms of katas, blocks and kicks. Learn and gain balance, self-discipline, confidence and endurance. Classes for ages 6+ to adults. Private lessons are also available. Contact Sensei Cofer for more information, 913-683-0072.

Sensei Michael Cofer
Tuesdays & Wednesdays @ 6:30pm
\$40/monthly or \$120 quarterly
Payable to BRC

8. Darla's Bodyshop & Personal Training

If you have taken a fitness class in the last 31 years at BRC you most likely have taken a class instructed by Darla Dale and were sad to hear that she is retiring from teaching classes. GOOD NEWS though!! Darla will still be offering personal training sessions and would love to have you as a client! Here's what she says:

"I am a 30 year ACE certified personal trainer! If you need accountability, motivation, encouragement or just have no idea what you need to do to reach your fitness goals, call me. I can give you all the details on getting started. I believe in hard work and consistency not fad "diets" or weight loss pills. As little as \$95 can get you on your way! "

Check out and join her FB Group: "Darla's Bodyshop" and get connected!

9. 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!

Winter Fitness

Winter-Spring 2024

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10. Ballet Blast

This 60+ adult fitness class uses isometric exercises as well as weights and resistance bands. Dance elements from ballet, jazz & Pilates will be implemented. Ballet Blast will help you increase mobility, flexibility, stamina and muscle growth. You will build muscle around important joints including knees, ankles & hips. Attention to core, lower back, arms & thighs will be given. Aerobic shoes, jazz sneakers or jazz shoes may be worn for this class.

Monday's @ 5:30pm

Winter Session 1: Jan 8,15,22, 29 & Feb 5,12,19 & 26

Winter Session 2: March 4,11,18,25 & April 1,8,15,22

\$48/session

Tuesday's @ 4:30pm

Winter Session 1: Jan 9,16,23,30 & Feb 6,13,20,27

Winter Session 2: March 5,12,19,26 & April 2,9,16,23

Register by January 7, 2024 for Winter Session. To register email: Kristine@reflectionsofsoulba@gmail.com

11. Recreational Teen Tap

This 8 week Tap Class will include the basics of tap and a variety of fun combinations. A simple routine will also be taught. Tap shoes are suggested for this class.

Monday's @ 3:45-4:30pm

Winter Session 1: Jan 8,15,22, 29 & Feb 5,12,19 & 26

Winter Session 2: March 4,11,18,25 & April 1,8,15,22

\$48/session

Register by January 7, 2024 for Winter Session. To register email: Kristine@reflectionsofsoulba@gmail.com

12. Adult Tap Class

This 8 week Tap Class will include the basics of tap and a variety of fun combinations. A simple routine will also be taught. Tap shoes are suggested for this class.

Friday's @ 12:15-1:00pm; Ages 18+

Winter Session 1: Jan 5,12,19, 26 & Feb 2,9,16 & 23

Winter Session 2: March 1,8,15,22 & April 5,12,19,26

\$48/session

Register by January 7, 2024 for Winter Session. To register email: Kristine@reflectionsofsoulba@gmail.com

13. Adult Ballet Class

This 8 week adult Ballet Class will be geared towards beginner-advanced beginner level. Basic feet & arm positions, exercises at the barre and center floor combinations will be taught. Ballet or jazz shoes are suggested for this class.

Wednesdays @ 10:00am; Ages 18+

Winter Session 1: Jan 10,17,24, 31 & Feb 7,14,21 & 28

Winter Session 2: March 6,13,20,27 & April 3,10,17,24

\$48/session

Register by January 7, 2024 for Winter Session. To register email: Kristine@reflectionsofsoulba@gmail.com

Winter Fitness

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Friday, Jan 19 @ 8:00am

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14. 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.

Twice per week options:

Monday & Wednesday 7am: Advanced Beginner, Intermediate Level-Class begins January 3rd

Tuesday & Thursday 7am: All Levels-Class begins January 4th

8 Week Session Options:

Mondays @ 4:30-All Levels

Winter Session 1: Jan 8,15,22,29 & Feb 5,12,19,26

Winter Session 2: March 4,11,18,25 & April 1,8,15,22

\$48/session

Tuesdays @ 5:30pm

Winter Session 1: Jan 9,16,23,30 & Feb 6,13,20,27

Winter Session 2: March 5,12,19,26 & April 2,9,16,23

Wednesdays at 8:30am-All Levels

Winter Session 1: Jan 10,17,24,31 & Feb 7,14,21,28

Winter Session 2: March 6,13,20,27 & April 3,10,17,24

Register by January 7, 2024 for Winter Session. To register email: Kristine@reflectionsofsoulba@gmail.com

Spring Break Youth Trips

BRC
1110 Shea Street,
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620-364-8484
www.burlingtonrec.com

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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1. Movie Monday

Get Spring Break started off right! We will head to Emporia or Topeka to B&B Theaters to enjoy a movie to be determined closer to Spring Break and what is available.

We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something! If your child would like snacks or drinks from the concessions they will need money for that also.

Grades 2nd & Up
Monday, March 11

Leave time will be determined once we pick a movie.
Limit of 13 unless we have enough to fill a second van
\$20 members; \$23 non-members; \$5 late fee
Deadline: Friday March 1

2. Chuck-E-Cheese

Let's fill the van(s) and head to Chuck-E-Cheese in Overland Park! Included in the cost is transportation, 90 minutes of unlimited game play, 2 slices of pizza and unlimited soft drink refills, a prize bag and e-tickets to be used on a future visit!

We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something!

Grades 1st & Up
Tuesday, March 12

Leave BRC at 10am; Return to BRC by 3:30
Limit of 13 unless we have enough to fill a second van
\$35 members; \$38 non-members; \$5 late fee
Deadline: Friday March 1

3. Flint Hills Lanes

Who doesn't love bowling? Better yet—on Thursdays you can get bowling and lunch all rolled into one great price!! Cost covers transportation, lunch (your choice of hamburger, hot dog or grilled cheese with french fries and a small drink) bowling and shoe rental.

We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something!

Grades 1st & Up
Thursday, March 14

Leave BRC at 11:15; Return to BRC by 3:30pm
Limit of 13 unless we have enough to fill a second van
\$25 members; \$28 Non-members; \$5 late fee
Deadline: Friday, March 1

Home School Field Trips

BRC
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620-364-8484
www.burlingtonrec.com

Member Registration
Non Member Registration

Tuesday, Jan 16 @ 8:00am
Friday, Jan 19 @ 8:00am

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1. Flint Hills Lanes

Who doesn't love bowling? Better yet—on Thursdays you can get bowling and lunch all rolled into one great price!! Cost covers transportation, lunch (your choice of hamburger, hot dog or grilled cheese with french fries and a small drink) bowling and shoe rental.

We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something!

Grades 1st & Up
Thursday, March 21

Leave BRC at 11:15; Return to BRC by 3:30pm
Limit of 13 unless we have enough to fill a second van
\$25 members; \$28 Non-members; \$5 late fee
Deadline: Friday, March 1

2. Deanna Rose Farmstead

Deanna Rose Children's Farmstead is the perfect place to learn, grow, and have fun. We will be scheduled for a guided tour and visit more than 250 animals and birds, learn about growing flowers and vegetables, experience a Kanza Indian encampment or a one-room school house, and take a stroll through main street to the fishing pond. The cost also will include a horse drawn hayride and a reserved spot for us to enjoy lunch.

You will need to bring a packed lunch for this trip!
We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something!

Grades 1st & Up
Thursday, April 18

Leave BRC at 9:00am; Return to BRC by 3:30pm
Limit of 13 unless we have enough to fill a second van
\$25 members; \$28 Non-members; \$5 late fee
Deadline: Due to this being a popular place with limited tours available we will need a headcount by, Friday, February 23rd!

3. Movie & Ice Cream

We will head to Emporia or Topeka to B&B Theaters to enjoy a movie to be determined closer to the movie date and see what is showing!

We will stop for ice cream on the way home so send extra \$ if you'd like your child to be able to purchase something! If your child would like snacks or drinks from the concessions they will need money for that also.

Grades 1st & Up
Tuesday, May 7

Leave time will be determined once we pick a movie.
Limit of 13 unless we have enough to fill a second van
\$20 members; \$23 non-members; \$5 late fee
Deadline: Friday, May 3