



BRC SUMMER BROCHURE 2024



MEMBER REGISTRATION:
Tuesday, May 21 @ 8:00am

NON MEMBER REGISTRATION:
Friday, May 24 @ 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 2—Sept 1)**
- **MEMORIAL DAY: Monday, May 27**
- **4th of JULY—Thursday, July 4**
- **LABOR DAY—Monday, September 2**



Adult Trips

Summer 2024

1. Lunch with Linda

It's travel time! Join Linda for a fun outing and some good food! The fee covers transportation.

July 31

August 28

September 25

October 30

10:00am—3:00pm

Max of 13 people

\$10 Member; \$13 Non Member

2. Amelia Earhart Hanger

On this trip we will travel to Atchison Kansas and visit the newly opened Amelia Earhart Hanger where the world's last remaining Lockheed Electra 10-E aircraft—identical to the plane Amelia piloted on her fateful round-the-world flight can be seen. Many other interactive and history telling exhibits will also be included that will take you through Earhart's incredible life from growing up in Atchison to worldwide fame! Want to test your pilot skills—there is a virtual reality station where you can do just that! After a couple of hours of exploration we will head to a local sports pub for lunch before heading back to Burlington!

Wednesday, May 29

8:00am—4:00pm

\$35 Member; \$38 Non-Member

Max of 13

Fee includes transportation and any admission fees. VR simulation is an additional \$5 if you choose to give it a try!

3. 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

Fee includes transportation and any admission fees.

4. Vaile Mansion Strawberry Festival & Tour— Independence, MO

Enjoy a Victorian Fair at the Vaile Mansion and Arboretum. Craft and antique booths will share a space with the Strawberry Booth and food booth. Tours of the mansion will be available.

The Vaile mansion was built in 1881 and was coined "the most princely house and the most comfortable home in the entire west." It has 31 rooms, includes 9 marble fireplaces, painted ceilings, 6,000gallon water tank, 48,000 gallon wine cellar and is full of history!

We will have time to explore in the morning, depart for lunch at noon and depending on the group we can go back to explore the festival a little more or we will head back to Burlington. We will be home by 5.

Saturday, June 1

8:00am—5:00pm

Max of 13 people

\$30 Member; \$33 Non Member

Fee includes transportation, tour and any admission fees.

Adult Trips

Summer 2024



5. Stained Glass & Shopping

In 1911 the Thomas and Stormont Memorial Tiffany Windows were unveiled. Louis Tiffany coined the word “favrite” and later had it established as a trademark of the Tiffany Studios, to apply to the special glass he created which would minimize the use of paint or enamels applied to the surface of the glass and rather create stained glass where the color is inherent within the glass during the melting process. We will see his work on a docent led tour through The First Presbyterian Church in Topeka. The iridescent colors and all the varied hues and shades are something you won't want to miss.

Next we will head over to, The Pennant, for a delicious lunch—followed by some time to browse and shop at the Topeka's Vendor Market which provides a one-of-a-kind shopping experience. It is home to over 100 locally owned shops, offering items from vintage clothing to handmade jewelry. With over 20,000 square feet of shopping space and two floors to explore you are sure to find something you love!

Thursday, June 6

9:00am-5:00pm

Limit: 13 people

\$25 Members/\$28 Non Members

Fee includes transportation, tour and any admission fees.

6. Sweets Shop, Savory Bites & Sunshine

Let's head up to Emporia where we will travel to meet with Kim Redeker of Sweet Granada—an Emporia hot spot and specialty sweet shop which has just opened it's second location in Kansas City!! We will get a tour, insight into the candy making as well as some yummy samples and time to shop for something sweet to take home. Next, we will head over to another Emporia favorite for lunch. Radius Brewing Company is a full-service restaurant as well as the town's first brewery since prohibition. (They have their own line of craft beers which are brewed right in the middle of the dining room.) You are sure to find something yummy on the menu to fill your belly!

After lunch we will head over to the David Traylor Zoo to

soak up some sunshine—full of exotic animals and lush botanicals and landscaping. This is a small, quaint zoo that has many shaded areas and opportunities to sit and just enjoy the view as needed.

Before heading home we will swing by the local Braum's for a sweet treat!

Wednesday, June 12

9:15am-4:00pm

Limit: 13 people

\$15 Members/\$18 Non Members

7. 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 year's 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

Fee includes transportation and any admission fees.

Adult Trips

Summer 2024

8. Unusually Interesting...

Have you heard of the Glore Psychiatric Museum in St. Joseph, MO? Well, hop in the van with us to go on a guided tour of, "One of the 50 most unusual museums in the country" and mentions in national publications on television networks including The Learning Channel, The Discovery Channel, PBS and The Science Channel. You will see historic treatments, sustainability practices, patient art work, therapy options and so much more! You will see the history of treatment for the mentally ill as well as the history of State Hospital #2 which is located in the former surgery and out patient building of the hospital.

We will also get a tour of the Wyeth Tootle Mansion. Built in 1829, this 43 room mansion was designed to emulate the castles along the Rhine River in Germany. It stands today as one of the best examples of St. Joseph's late 19th century wealth and opulence, featuring stunning woodwork, hand-painted ceilings and imported stained glass.

Lunch will follow before heading back to Burlington.

Wednesday, June 26

8:00am-5:00pm

Limit: 13 people

\$40 Members/\$43 Non Members

Fee includes transportation, tour and any admission fees.

9. Historical Independence

Sitting on a beautiful 19+ acre estate in the heart of Independence, MO is the restored 26-room mansion that is full of history of Independence and an expanding nation. Showcasing the beginning of the Santa Fe, Oregon, and California Trails and once occupied by George Caleb Bingham and by the William Waggoner family for 97 years, the Bingham-Waggoner Mansion and Estate is a lesson in history and the Victoria Era in all its finery. We will enjoy a tour of the estate followed by a delicious lunch where you will feel right at home!

Before we head home we will head to Clinton's Soda Fountain where you can sit at the marble bar and experience a moment in history. Decades ago, a young Harry Truman

worked at a pharmacy and soda fountain at this very location on Independence Square. Order a sundae—a butterscotch sundae with chocolate ice cream was Harry's favorite) or pick your own sweet treat! Either way it's sure to be a fun way to end our day trip in Independence!

Thursday, July 11

8:00am-5:00pm

Limit: 13 people

\$35 Members/\$38 Non Members

Fee includes transportation, tour and any admission fees.

10. 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

11. Baseball, Jazz & 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 Gate's BBQ for some of barbecue deliciousness that some locals call, "KC's best BBQ."

Wednesday, July 24

8:30am—4:30pm

Max of 13 people

\$40 Members; \$43 Non Members

Fee includes transportation, tour and any admission fees.

Adult Trips

Summer 2023



12. Historic Ft. Scott

Conveniently located in, "The Middle of Everywhere," Fort Scott is rich in history, unique shopping, delicious dining and a perfect stop for a day trip. We will arrive at the Fort Scott Chamber of Commerce building for a chance to snag a quick coffee and restroom break, tour the Lowell Milken Center for Unsung Heroes. Next we will enjoy lunch at Sharky's Pub & Grub. After lunch we will enjoy a 50-minute narrated trolley tour of the community including 1800's mansions, National Cemetery No. 1, beautiful Gunn Park and more! Once our tour is over you will have some time to browse the downtown shops at your leisure as well as snag some ice cream from Papa Don's Pizza if you choose!

Friday, August 9

8:30am-5:30pm

Limit: 13 people

\$30 Members/\$33 Non Members

Fee includes transportation, tour and any admission fees.

13. Experience Council Grove

Council Grove is quiet, charming and rich in history! It is nestled in the scenic tallgrass prairie of the Flint Hills. We will start our day off by hopping on a trolley for a 2-hour tour of Council Grove showcasing the beauty and history that it has to offer!

Lunch will be at Trail Days Café & Museum where diners enjoy not only a wonderful lunch but are surrounded by history. Guests go back in time to when some homes along the Santa Fe Trail served as eating places. While waiting on your food you will have time to explore the museum. After lunch you will have some time to check out the downtown shops until 3:30 before we head back to Burlington.

Wednesday, August 14

8:30am-5:00pm

Limit: 13 people

\$35 Members/\$38 Non Members

Fee includes transportation, tour and any admission fees.

14. Discovering the Flint Hills

The Flint Hills Discovery Center in Manhattan was opened in April 2012. It is a 35,000 square foot facility showcasing all the beauty that the Flint Hills has to offer. There are interactive exhibits and some temporary exhibits also. Upon arrival we will receive a brief introduction regarding the building and the exhibits that are a must see. You will then be able to explore the center at your leisure. We will have lunch at Tallgrass Taphouse. Before departing to head back home we will go by the Call Hall Dairy Bar, part of K-State's Animal Science and Industry department, for some ice cream where all of the dairy products follow a "farm to spoon" principle. From the genetics and breeding programs of our herd, to the nutrition and development, and finally the production and processing of raw milk, all aspects from start to finish, happen within a 2 mile radius of the retail locations.

Wednesday, August 21

8:00am—5:00pm

Max of 13 people

\$25 Members; \$28 Non Members

Fee includes transportation any admission fees.

15. Car Lovers Dream

Do you have a love for cars? Midwest Dream Car Collection in Manhattan, KS is the most prestigious in the region and has something for everyone! There are custom cars, muscle cars, exotic cars and classic cars. Exhibits are routinely rotated so visitors are always enjoying something new! We will enjoy a tour of the facility where you will get to "dream" of the perfect car for you! Next we will head across the road to PowerCat Sports Bar & Grill for a tasty lunch!

Wednesday, September 4

8:30am—4:00pm

Max of 13 people

\$25 Members; \$28 Non Members

Fee includes transportation, tour and any admission fees.

Adult Trips

Summer 2024



16. Quindaro Ruins Museum Tour

Quindaro only lasted for six years—but one hundred sixty years+ later, it still fascinates people for its link to the Underground Railroad. The Kansas town sprang up on the south banks of the Missouri River between Leavenworth and Kansas City in early 1857 when the Kansas-Nebraska Act spurred “free soilers” and pro-slavery forces to battle over the future of the state. We will tour the museum which is housed in the Old Vernon Elementary School building. The exhibits depict some of the hardest times in U.S. history but also are a celebration of a place where black lives were appreciated and protected during that era.

Tuesday, September 10

8:00am-4:00pm

Limit: 13 people

\$25 Members/\$28 Non Members

Fee includes transportation, tour and any admission fees.

17. WWI Museum & Memorial

As you approach the iconic Liberty Memorial, you're greeted by its towering structure, symbolizing the courage and sacrifice of those who served during World War I. We will begin our visit with a tour of the museum's exhibits, which offer a comprehensive and immersive journey into the global conflict. We will explore artifacts, photographs, and interactive displays that vividly depict the war's impact on individuals, nations, and the world at large.

After our visit to the Memorial we will depart for lunch at Brick House, KC where everyone is sure to find something to suit their appetite!

Wednesday, September 18

8:30am-4:30pm

Limit: 13 people

\$35 Members/\$38 Non Members

Fee includes transportation, tour and any admission fees.

Adult Trips

Summer 2024

<u>TRIP NAME</u>	<u>DATE</u>	<u>FEE</u>	<u>AMT DUE</u>
_____ 1) Lunch with Linda	W, July 31	_____ \$10 Member	_____ \$13 Non
	W, August 28	_____ \$10 Member	_____ \$13 Non
	W, Sept 25	_____ \$10 Member	_____ \$13 Non
	W, Oct 30	_____ \$10 Member	_____ \$13 Non
_____ 2) Amelia Earhart Hangar	W, May 29	_____ \$35 Member	_____ \$38 Non
_____ 3) Disney 100 @ Union Station	F, May 31	_____ \$45 Member	_____ \$48 Non
_____ 4) Vaile Mansion & Festival	Sa, June 1	_____ \$30 Member	_____ \$33 Non
_____ 5) Stained Glass & Shopping	Th, June 6	_____ \$25 Member	_____ \$28 Non
_____ 6) Sweet Shop, Savory Bites	W, June 12	_____ \$15 Member	_____ \$18 Non
_____ 7) Wichita Quilt Show	F, June 21	_____ \$40 Member	_____ \$43 Non
_____ 8) Unusually Interesting	W, June 26	_____ \$40 Member	_____ \$43 Non
_____ 9) Independence, MO	Th, July 11	_____ \$35 Member	_____ \$38 Non
_____ 10) New Theatre: Newsies	W, July 17	_____ \$55 Member	_____ \$58 Non
_____ 11) Baseball, Jazz & BBQ	W, July 24	_____ \$40 Member	_____ \$43 Non
_____ 12) Historic Ft. Scott	F, Aug 9	_____ \$30 Member	_____ \$33 Non
_____ 13) Experience Council Grove	W, August 14	_____ \$35 Member	_____ \$38 Non
_____ 14) Discovering Flint Hills	W, August 21	_____ \$25 Member	_____ \$28 Non
_____ 15) Car Lovers Dream	W, Sept 4	_____ \$25 Member	_____ \$28 Non
_____ 16) Quindaro Ruins Museum	Tu, Sept 10	_____ \$25 Member	_____ \$28 Non
_____ 17) WWI Museum & Memorial	W, Sept 18	_____ \$35 Member	_____ \$38 Non

Total \$ Due at Registration

Adult Interest/Special Events

Summer 2024



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 3

\$5.00

DEADLINE: Monday, July 22 @ 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. Additional activities are pending.

3. Family & Friends Bike Scavenger Hunt

Dust off those bike wheels! The nice weather is here and it's time to get out in the sunshine! On Wednesday June 19th we will meet at the Rec Center at 5:30 to hand out checklists of "stops" that must be made on your ride! Take a picture of your group with the said object/landmark/building as your 'Proof'. All participants must meet back at the Rec Center by 7:00. Those that are able to complete their checklist will receive a gift certificate to put towards a future BRC activity!

Once back we will go over checklists and enjoy some pizza!

Wednesday, June 19

5:30-7:30pm

\$10/family

Deadline: Monday, June 10

4. 6th Annual BRC Triathlon

Be sure to mark Saturday, August 10 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 10!** 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 10

\$30 Indiv (includes T-shirt if registered by July 26)

\$60 Team (includes T-shirt if registered by July 26)

Ages 14+

Registration begins at 7:30am.

5. OK KIDS, Sept 6-8, 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!

Adult Interest/Special Events ***Summer 2024***



6. Movie Mondays

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

Free
Mondays @ 1:30

7. 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 2024



SUMMER CAMPS

1. Coach Rice's Middle School Volleyball Camp

Don't miss this wonderful opportunity to work with BMS Volleyball coach Sarah Rice. She will focus on the fundamental skills of volleyball to help you get ready for the upcoming season. You must register by May 31 or pay an additional fee. Proceeds from camp go to the BMS Volleyball program.

Grades 5th-6th: 9:00-10:00am

Grades 7th-8th: 10:00-11:00am

June 11-13 @ BRC Gym

9:00am-11:00am

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

Deadline: Friday, May 31

2. 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 30th-August 1st

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

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

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

Deadline: Friday, July 12

3. Burlington Ladycat Volleyball Camp

****TBD**

Youth Activities

Summer 2024



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 ice cream.

1st-6th

Monday, June 3rd

9:30am-4pm

Fee: \$15 Member; \$18 Non-member; \$5 Late Fee

Deadline Friday, May 31

2. Bowling, Splash Park & Ice Cream

Let's go knock down some pins at Flint Hills Lanes in Emporia! Lunch will be had at the bowling alley. Next we will head to Peter Pan Park splash to play in the water and cool off! Our next stop will be Braum's for some ice cream before we head home! Fee includes transportation, bowling and lunch cost. (Kids will need money for any snacks while at bowling, arcade games—if they want to play, and ice cream stop.)

1st-8th

Thursday, June 13

11:15am-4pm

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

Deadline Friday, June 7

3. 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 after lunch 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 little extra money for ice cream stop!

Friday, June 28 & Friday, July 19

12:15pm-4:30pm

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

1st-8th Grade

Deadline: Friday, June 14

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

4. Sea Life & Fritz

Let's head to check out the amazing Sea Life Aquarium in Kansas City. After checking out all of the amazing exhibits there we will head to Fritz KC for a lunch that gets delivered by a toy train. Fee covers transportation, Sea Life ticket and a kids meal at Fritz!

Monday, July 8

8:30am-4:00pm

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

3rd-8th Grade

Deadline: Friday, June 21

Youth Activities

Summer 2024



YOUTH TRIPS/ACTIVITIES

6. Deanna Rose Farmstead

Let's go have a fun day at the farm! We will have a short guided tour of the farmstead, feed some of the animals, enjoy a hayrack ride and enjoy a picnic lunch. Afterwards we will enjoy some time exploring the rest of what the farmstead has to offer. We will make a quick stop for ice cream on our way home!

You will need to pack a sack lunch and water bottle.
Please bring money for ice cream stop on the way home.

1st-8th

Monday, July 22

8:00am-4:00pm

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

Deadline: Friday, July 7

7. Dodgeball Days

We know that dodgeball is one of the most requested games at the Rec after school but sometimes it can be hard to find the gym space. We have added some time in to a few Fridays this Summer specifically for you to get your friends together and come have some fun playing dodgeball in the morning before lunch time and the pool opening up! Get your friends together and come have some fun!

Fridays: May 31, June 14, July 12 & July 26

10:00am-11:30am

FREE

8. Kids Run Club

Where are our runners at?! We are looking at putting on a Kids Run Club camp. If your kids are interested please call and get your name on the list. This is all for those with a love for running. We will have warm-ups, a workout and some sort of running game at the end following by stretching.

More details will be announced at a later date.
Would like to gauge interest first.

Deadline to get your name on the list is Wednesday, June 29th.

FREE; Must have at least 5 in each group pre-registered to hold the camp.

Camp would be run on Tuesday mornings for 9 weeks beginning June 4th.

8:00-9:00am 4th-8th

9:00-9:30am 1st-3rd

**Contact Katie at 620.364.8484 or
kschuster@usd244ks.org to get on the list.**

****We will be adding in some more
kids activities not listed in brochure.
To stay the most up to date on all
activities follow us on Facebook!**

Youth Activities

Summer 2024



SPORTS LEAGUES

1. Flag Football

It's time for Flag Football! Games will be Saturday mornings, beginning September 14 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 14—Oct 26

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

DEADLINE: Monday, July 22

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 10 and will run approximately six weeks through October 15. 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 10—Oct 15

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

DEADLINE: Monday, July 22

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 18 and run approximately six weeks. ****NOTE:** All registrations received after Monday, August 12 will be placed on teams IF spots are available!

Grades 5 & 6

Mondays, Sept 16—Oct 21

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

DEADLINE: Monday, August 12

4. Junior Golf

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

Practices: Wednesdays before tournaments (others will be announced)

Instructor: Julie Dawson 620.874.5056

Transportation: No transportation provided

Fee: \$50

Tournament Sites/dates: TBA

Divisions: Any boy or girl age 9 by June 1, 2024 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.

5. Tackle Football

5th and 6th Graders

Starting Saturdays in September

Fee: \$110

DEADLINE: Monday, July 22nd

****Parent Meeting: Wednesday, July 24th**

Youth Activities

Summer 2024



INSTRUCTIONAL LEAGUES

1. Instructional Volleyball

Join us for Instructional Volleyball this fall. Basic skills will be introduced to help players prepare for future leagues.

4th & 5th Grade

Wednesdays, October 2, 9, 16 & 23rd

5:30-6:30pm

\$25 Member; \$28 Non-Member; \$5 late

DEADLINE: Monday, September 30

2. 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 18, 25, Oct 2 & Oct 9

4:30-5:15pm

HS Softball Field

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

DEADLINE: Friday, September 6

3. 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 5, 12, 19, 26; October 3, 10

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

Deadline: Monday, July 22nd

4. Instructional Golf

Don't miss this opportunity to participate in a summer golf program! BRC, in conjunction with high school golf coach Julie Dawson, will offer a summer instructional golf program at Rock Creek Country Club. There will be a beginners class (1st-4th grade) and an advanced class (5th-8th grade). Clubs will not be provided so be sure to bring your own!

Grades 1st-8th: 9:00-10:00am

June 17, 18, 19, 20 & 21

Fee: \$30 Member; \$33 Non member; Late \$5

Deadline: Monday, June 10

5. 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.

Ages 3 & 4

May 29; June 5, 12 and 19th

5:15-6:00pm @ High School Softball Field

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

DEADLINE: Tuesday, May 28

Youth Activities

Summer 2024



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 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 29—October Performance

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

DEADLINE: Monday, August 26

Youth Activities

Summer 2024



LIFEGUARD TRAINING

1.) 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.**

Pre-requisites for Lifeguarding

- 1.) Be at least 15 years of age by May 29, 2023
- 2.) Swim 300 yards (6 lengths in our pool) continuously, using the strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing (performed either by breathing to side or front) and a stabilizing, propellant kick
 - 100 yards of breaststroke
 - The last 100 yards may be a mix: front crawl/breast stroke

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

May 22nd (will meet from 9:00am-5:00pm)

Must have online portion completed before this class! Online can take around 6 hours.

You can email Justin Logan at jlogan@usd244ks.org or call the Rec Center: 620.364.8484 to sign up. We will need your full name, email and good phone number to reach you at.

Members \$130; Non Members \$140

FEE MUST BE PAID BEFORE THE START OF THE FIRST CLASS!

2.) 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.

**May 21st
10am—3pm
\$50 Member; \$55 Non Member**

FITNESS OPTIONS SUMMER 2024

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 8-August 8

\$20 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.) 6th Annual BRC Triathlon

Be sure to mark Saturday, August 10 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 10!** 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 10

FEE: \$30 Indiv (includes T-shirt if registered by July 26)

\$60 Team (includes T-shirt if registered by July 26)

WHO: Ages 14+

WHEN: Registration begins at 7:30am

5. 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

FITNESS OPTIONS SUMMER 2024

6.) BOOTCAMP

Come kickstart your fitness journey with a new bootcamp instructed by Deborah Wilson, Certified Personal Trainer and Corrective Exercise Specialist. This class will include weight lifting, cardio, and core work. All ages and fitness levels are welcome. We can modify movements when necessary to accommodate for injuries or different fitness levels. Please bring a water bottle and wear comfortable athletic clothing with tennis shoes.

Starting August 5th 2024
Mondays 4:30-5:30pm
\$100 for session (3 months/12 classes)
\$10 drop in class fee

Call, Text or Email to reserve your spot
Email: Deborah.d.wilson93@gmail.com
Cell: 913.250.7948

7.) Personal Training by Deborah

Offered by Deborah Wilson who is a Certified Personal Trainer, Corrective Exercise Specialist, and owner of Gains and Glory Pro Fitness located in Lyndon, KS. She specializes in weight loss and hypertrophy (visible muscle growth.) She also works to further mobility and functional movement for those who have been released for exercise after completing rehab for injuries.

Personal training is by appointment only.
Email: Deborah.d.wilson93@gmail.com
Cell: 913.250.7948

8. 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 2024

9. 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 7am-Ongoing

Tuesdays @ 8:30-Class begins May 21, 2024

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**

10. Adult & Teen Ballet Class

This 6 week 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. This is great for Mother & daughter or Friends.

Thursdays @ 9:00am

May 23-June 27

\$36 for the session.

Register by May 20, 2024.

**To register email Kristine at:
reflectionsofsoulba@gmail.com**

11.) 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.

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

12. 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!

SUMMER 2024 POOL ACTIVITIES

Outdoor pool opens Saturday, May 25 @ 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 29th. They will have access to practice @ Outdoor Pool from 5:00-6:00pm Adult Swim.

<u>Meets:</u>	June 8	@ Lyndon
	June 15	@ Burlington
	June 22	@ Lebo
	June 29	@ Overbrook
	July 6	@ 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

<u>MEMBERS:</u>	\$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 2024 POOL ACTIVITIES

Outdoor pool opens Saturday, May 25 @ 1pm

6) FIRST FRIDAY FUN 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 2 First Friday Fun (1-4pm)**
More details on this Friday to come later!! Be watching our Facebook page!
- **July 12 First Friday Fun TBA (1-4pm)**
Multiple pool games will be played for concession deals!
- **Aug 9 Coffey Co Library First Friday Fun (1-4pm)**
This event will be tied to the Summer Reading Program so you must be signed up through the library. More details to be announced!

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 13</u>	50's and 60's day
<u>July 11</u>	70's and 80's day
<u>Aug 8</u>	90's and 2000's day

9.) 6th ANNUAL BRC TRIATHLON

Be sure to mark Saturday, August 10 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 10!** Registration begins at 7:30am.

- *Team division must be 3 members for performing entire 1/3 of race.*
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- *All bikers must wear approved helmet for ride*
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Xtreme Division: Starts @ 8am

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

Team Division: Starts @ 9:00am

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

DATE: Saturday, August 10

FEE: \$30 Indiv (includes T-shirt if registered by July 26)

\$60 Team (includes T-shirt if registered by July 26)

WHO: Ages 14+

WHEN: Registration begins at 7:30am

10) God's Store House Donation Day

BRC Members—on July 26th 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.

July 26th — 1:00-5:00pm

SUMMER 2024 POOL ACTIVITIES

Outdoor pool opens Saturday, May 25 @ 1pm

11) JUSTIN'S BIRTHDAY BASH

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

- Friday, June 21st—1-5pm

12) 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!

- Thursday, July 4th—1-5pm

13) SOFTBALL/BASEBALL SWIM

Celebrate the end of another great year of softball/baseball! All players and family members, coaches and sponsors are invited to be a part of this FUN celebration with \$3 meal deals (hotdog/chips/drink)!

- Sunday, July 7th—6-8pm

14) 6th ANNUAL BURLINGTON SWIM MEET

We host the league's opening swim meet! The BRC pool looks awesome with bleachers all along the long island with flags across the pool with the lane lines! Join the swim team to get in on this awesome event!

- Saturday, June 15 @ 8am

15) 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 16 from 12:00—1:15pm
- Cost: \$5

16) SUPER FAMILY SWIM

Final Sundays of each month, come join us from 6-8pm for our Family Swim! For just \$7, a family of 3 gets admission to the pool, PLUS a hotdog, water and chips for each! (each additional family member \$2)

- Sunday, June 30 6-8pm
- Sunday, July 28 6-8pm

17. 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 8-August 8
\$20 for the session or \$3 Drop-in fee

SUMMER 2024 POOL ACTIVITIES

Outdoor pool opens Saturday, May 25 @ 1pm

18) 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!!

- **July 19 @ 8:30pm**
- **Admission will be \$5**

19) 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!

- **No set days as the library is short staffed but will be @ 2:50pm (during Pool Break) when there is story time!**

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 11 — 3:30-5pm**
- **Cost: \$5 per family**

21) 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 11, 1-3pm**
- **Free for Members; \$1 for Non-members**

22) 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**

23) 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.

<u>FEE:</u>	\$25 for a 2 hour party	Member
	\$35 for a 2 hour party	Non Member

Summer 2024 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.

- \$15/session/pair Member
- \$20/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!

- \$15/session/person Member
- \$20/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 3—June 7
Session B: June 10—June 14

Deadline to Register

Wed, May 29 by 5pm
Wed, June 5 by 5pm

Levels/Times

LEVELS: I, IV, V 10:30—11:00am
LEVELS: II, III, VI 11:05—11:35am

Session C: July 8-July 12

Wed July 3 by 5pm

Levels/Times

LEVELS: I, IV, V, VI 6:00-6:30pm
LEVELS: II, III 6:35-7:05pm

Tadpole Lesson Options:

Tadpole A: June 10—June 14
Tadpole B: July 8-July 12

Deadline to Register

Wed, June 5 by 5pm
Wed, July 3 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**