

Burlington Recreation Center

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

WINTER-SPRING BROCHURE 2026



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Member Registration Begins:
Tuesday, Jan 27, 2026 @ 8:00am

Non Member Registration:
Friday, Jan 30, 2026 @ 8:00am

Adult Trips

Winter-Spring 2026

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1. Lunch with Linda

Four Corners

Wednesday, March 4th

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

2. Kansas Museum of History & Lunch

Join us for a day trip to the newly renovated Kansas Museum of History, where we'll explore engaging exhibits that highlight Kansas's rich cultural heritage, from early Native nations to modern-day life. After our museum visit, we'll head into Topeka to enjoy a relaxed lunch at a local restaurant.

Wednesday, March 11

10:00am—4:00pm

Max of 13 people

\$25 Members; \$28 Non Members

Fee covers admission and transportation

3. Lunch with Linda

Four Corners

Wednesday, March 18th

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

4. Titanic @ Union Station & Lunch

Step into the story of the Titanic with this incredible new exhibition that brings its lesser-known stories, unforgettable moments, and final journey to life in a powerful way. Whether you love history or are just curious, this experience lets you connect with the people behind the ship and the moments that made it so unforgettable.

An optional virtual reality experience is available for an additional \$10 if you'd like to add it on.

Wednesday, March 25

8:00am—4:30pm

Max of 13 people

\$35 Members; \$38 Non Members

5. Lunch with Linda

Smoked Creations in Ottawa

Wednesday, April 8th

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

6. Wamego Tulip Festival

Each Spring, Wamego comes alive with thousands of visitors, vibrant colors of tulips and more than 200 craft vendors. The tulips from Holland are a must-see amongst all the arts and craft goodies! Music, beer, wine, tulips and vendors galore! Let's go have a fun Spring Saturday in Wamego!

Lunch will be on your own where you can choose from the assortment of food trucks during the event.

Saturday, April 11th

8:30am—5:00pm

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

7. Lunch with Linda

Blind Tiger in Topeka

Wednesday, April 22nd

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

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8. New Theatre: Cactus Flower

Our first stop will be Oak Park Mall where you can enjoy a coffee, smoothie, little snack and some shopping at your leisure. We will have about 45min to an hour here before heading to the theatre to see the classic comedy *Cactus Flower*! Laugh along with this witty and heart-warming story brought to life on stage. It's the perfect outing for theater lovers and anyone looking for a lively, entertaining afternoon and delicious lunch.

Wednesday, May 6th
9:00am---5:00pm
Max of 13 people
\$55 Members; \$58 Non Members

9. Lunch with Linda

Green Acres
Wednesday, May 13
10:00pm---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

10. Sweet Treats, Trains & BBQ

Join us for a fun day trip to Kansas City! We'll start with a delicious factory tour and tasting at Chip's Chocolate Factory, enjoy lunch at Fritz Railroad, and finish the day exploring the mouthwatering exhibits at the Museum of BBQ. A tasty and memorable outing for everyone!

Fee covers transportation & admission fees.

Wednesday, May 20
8:30am---5:00pm
Max of 13 people
\$25 Members; \$28 Non Members

11. Lunch with Linda

Green Acres
Wednesday, May 27
10:00am---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

12. KC Day Trip Adventure!

Join us for a fun-filled day exploring innovation and history! We'll start at the Johnson County Museum to see the fascinating First All-Electric House Exhibit, followed by lunch at Old Chicago. Afterward, we'll take a guided tour of the KC Automotive Museum and wrap up the day with a sweet treat at Syllas & Maddy's Ice Cream. Don't miss this exciting adventure!

Wednesday, June 3
9:00am---5:00pm
Max of 13 people
\$35 Members; \$38 Non Members

13. Lunch with Linda

June is Linda's last month with BRC so let's head back to where it all started and have a seat at The Kitchen Table in Fredonia and wish Linda everything wonderful for her retirement!

Wednesday, June 10
10:00am---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

14. Let's Head to Chanute

Join us for an exciting outing starting at the Martin & Osa Johnson Safari Museum, where you'll explore incredible wildlife adventures from around the world. Next, we'll enjoy lunch at The Hangout, followed by a visit to Howard's Toys for Big Boys in Chanute, KS, for some nostalgic fun and unique finds. A perfect day of history, adventure, and play!

Wednesday, June 17
8:45am---5:00pm
Max of 13 people
\$30 Members; \$33 Non Members

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15. Lunch with Linda

June is Linda's last month with BRC so let's head back to where it all started and have a seat at The Kitchen Table in Fredonia and wish Linda everything wonderful for her retirement!

Wednesday, June 24
10:00am---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

16. Out for Lunch

Abigail's Bar & Grill in Topeka

Wednesday, July 8
10:00am---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

17. New Theatre: Legally Blonde

Our first stop will be Oak Park Mall where you can enjoy a coffee, smoothie, little snack and some shopping at your leisure. We will have about 45min to an hour here before heading to the theatre to see, Legally Blonde. This fun and uplifting story follows Elle Woods, a fashionable and determined young woman who defies expectations by going to Harvard Law School to prove herself. Full of humor, heart, and inspiration, it's a story about confidence, friendship, and following your dreams.

Wednesday, July 22
9:00am---5:00pm
Max of 13 people
\$55 Members; \$58 Non Members

18. Out for Lunch

Abigail's Bar & Grill in Topeka

Wednesday, July 29
10:00am---3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

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19.OKC Overnighter April 27-29th

Experience the beauty, history, and culture of Oklahoma City this spring!

Day 1 – Travel & Bricktown

9:30 AM – Depart Burlington Recreation Center
11:30 AM – Lunch at *Doo-Dah Diner* (Wichita, KS)
Early Afternoon – Continue travel to Oklahoma City
2:00 PM – Bricktown Water Taxi
Narrated ride through the Bricktown Canal
3:00–4:30 PM – Free time in Bricktown
Shopping, galleries, and canal-side attractions
4:30–6:00 PM – Hotel check-in and rest
6:00 – Dinner @ Toby Keith's Bar & Grill. We will head back to the hotel after dinner.

Day 2 – Memorial, Gardens & Art

7:30–8:30 AM – Continental breakfast at the hotel
9:00–12:00 PM – Oklahoma City National Memorial & Museum
12:00PM–1:00 PM – Tower Grille
1:00–2:30 PM – Myriad Botanical Gardens & Crystal Bridge
2:30–4:00 PM – Factory Obscura
Immersive, hand-crafted art experience
4:00 PM – Return to hotel to rest
6:00 PM – Dinner at Bricktown Brewery

Day 3 – Western Heritage & Return Home

7:30–9:15 AM – Breakfast and hotel check-out
10:00–11:30 AM – National Cowboy & Western Heritage Museum
12:00–1:00 PM – Lunch at Eight Street Grill
1:00 PM – Depart for Burlington
Stops as needed
5:30–6:00 PM – Approximate arrival at Burlington Recreation Center

****Notes:****

Comfortable walking shoes recommended
Some walking but resting spots will be available
Dining locations subject to change
•Times are approximate

April 27-29th

Single: \$450/person; Double: \$320/person

8:00am Monday, April 27 to 6:00pm Wednesday, April 29

Max of 10 people

Cost includes transportation, lodging & breakfast at hotel, and admission fees. All other meals are on your own.

\$100 deposit due at time of registration.

Final payment due Friday, March 27

20.The Spring “Green” Tour

Spring—the time the weather may be unpredictable but things start turning green again and colors start popping out. Let's go check out some area farms, gardens, greenhouses and see all they have to offer then head to a close by lunch spot. This will be spread out into 5 different dates. Fee covers transportation for all 5 trips. Lunch will be on your own.

Friday, March 20 (First Day of Spring):

Arnold's Greenhouse & Lunch at Pizza Parlor

Friday, April 10th:

Lulabelle's Flower Farm & Lunch at Wildcat Grill

Friday, May 8th:

Strawder's & Daughter's Tree Farm & Nursery & Lunch at Heidi Inn

Friday, June 12th:

Osage City Garden & Produce & Lunch at Marilyn's Place

Friday, July 10:

Neosho Gardens & Lunch at Hays House

All trips:

9am-3pm

\$30 Member; \$33 Non-Member (for all 5 trips)

Max of 11

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NAME: _____

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.

MY TRIP SELECTIONS:

1. Lunch with Linda , March 4	\$10	\$13
2. Kansas Museum, March 11	\$25	\$28
3. Lunch with Linda , March 18	\$10	\$13
4. Titanic, March 25	\$35	\$38
5. Lunch with Linda, April 8	\$10	\$13
6. Wamego Tulip Festival, April 11	\$20	\$23
7. Lunch with Linda April 22nd	\$10	\$13
8. Cactus Flower, May 6	\$55	\$58
9. Lunch with Linda, May 13	\$10	\$13
10. Sweets, Trains, BBQ, May 20	\$25	\$28
11. Lunch with Linda , May 27	\$10	\$13
12. KC Day Trip, June 3	\$35	\$38
13. Lunch with Linda , June 10	\$10	\$13
14. Chanute, June 17	\$30	\$33
15. Lunch with Linda, June 24	\$10	\$13
16. Out For Lunch, July 8	\$10	\$13
17. Legally Blonde, July 22	\$55	\$58
18. Out For Lunch, July 29	\$10	\$13
19. OKC Overnighter, April 27-29	Single	\$450
	DbI	\$320
20. Spring "Green" Tour, March 20, April 10, May 8, June 12, July 10	\$30	\$33

TOTAL: _____

Youth Activities

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1.) Instructional Volleyball

4th graders join us for volleyball skills camp led by Middle School coaching staff. Basic skills will be introduced to prepare for future leagues. Don't miss this great opportunity for your girls to work on volleyball fundamentals and have some fun!

FREE but must fill out registration.

Practices will be held on Wednesday nights:

February 4th, 11th, and 18th.

5:15-6:15pm

2.) High School Boys Summer Baseball

Boys 16-19 years of age as of January 1, 2026 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 2025. Must have 12 signed up to play.

Boys 16-19

\$200; additional \$35 if a jersey is needed

DEADLINE: March 20 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

Thursday, March 5

7:00pm—11:00pm

\$20 Member; \$23 Non Member; \$5 Late Fee

DEADLINE: Monday, March 2

4.) Easter Coloring Contest

Show off your coloring skills by entering the Easter coloring contest. Pick up a coloring sheet any time after March 2 and turn it in by April 3.

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

5.) 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 @ BHS Track. Days/times to be determined. The season will run from March 23—May 2. 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)	(6th grade only)

Kids 3rd—6th grade

March 23—May 2

Meets on Saturdays: April 11, 18, 25 & May 2

Practices TBD

DEADLINE: March 13

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

6.) 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, April 4

7.) Daddy Daughter Dance

Are you ready to shake, rattle and roll at the 23rd 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, May 1

7:00pm—8:30pm

\$30/couple; \$10 for each additional girl; \$5 Late Fee

DEADLINE: Thursday, April 16

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8.) 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, May 2

7:30pm—9:00pm

\$5/person pay at the door

9.) Cupcake/Cookie Make & Take

Love is in the air...let's have some fun decorating some cupcakes and cookies for Valentine's Day. You can either make them for yourself or share them with family/friends! Who doesn't love some extra sweets! Each kiddo will leave with 3 cupcakes and 3 sugar cookies in a box.

Grades K-2nd 3:30-4:15

3-6th 4:15-5:00

Tuesday, February 10th

Fee \$25; Limit 12 per class

Deadline: February 2nd

10.) Kids in the Kitchen

Let's have some fun making some easy recipes that any kiddo can do!

Grades K-2nd

Tuesdays, Feb 17, 24, March 3, 10

3:30-4:15

Fee \$25; Limit 10

Deadline: Friday, February 7

11.) Kids in the Kitchen

Let's have some fun making some easy recipes that any kiddo can do!

Grades 3rd-6th

Tuesdays, Feb 17, 24, March 3, 10

4:15-5:00

Fee \$25; Limit 10

Deadline: Friday, February 7

12.) Make & Take May Day Baskets

Let's get together and make some May Day baskets for you to take home with you so you can surprise someone on May 1!

Grades 1st-6th

April 30

3:30-5:00

Fee: \$10

Deadline: Monday, April 20

13.) Weights with Trevor

Middle schoolers, join Trevor at the rec center on Tuesdays from 3:30-4:15pm 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

Wednesdays, January 21st-March 11th

3:30-4:15pm; Max of 10 kids

(sessions will depend on number of participants)

FREE

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14.) 2026 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 2026.** Late sign-ups **WILL ONLY** be placed on teams **IF** space is available. All players will be provided a jersey.

Registration Deadline —Friday, March 20 @ 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	
\$30	Midget Boys	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$30	Pixie Girls	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$35	Minor Boys	3 rd —4 th Grades	Not 12 before Sept 1
\$35	Pigtail Girls	3 rd —4 th Grades	Not 12 before Sept 1
\$50	Major Boys	5 th —6 th Grades	Not 14 before Sept 1
\$50	Ponytail Girls	5 th —7 th Grade	Not 15 before Sept 1
\$55	Junior Boys	7 th —9 th Grade	Not 17 before Sept 1
\$55	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)

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

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
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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

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. There will be a lunch break. **This is a blended learning class. MUST complete online portion prior to first in-person day.** There will be a 10 student maximum and 5 student minimum for this class. Must be at least 15 years of age by June 2026 and provide student's email (not parents).

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

March 17-18th (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 16
10am—5pm
\$60 Member; \$65 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



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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
February 3-April 2
12:30—1:30pm
Minimum of 5
\$20 Members; \$23 Non Members; \$4 Drop in

10.) Group Swim Lessons

We will put out more information on Group Swim Lessons once we have things finalized.

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

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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 2

\$40/team; \$5 Late Fee

8 teams max

DEADLINE: Monday, January 26 @ 5pm

2.) Slow Pitch Co-Ed Adult Softball

All interested teams **MUST** have a team representative attend this meeting.

Wednesday, March 4

BRC Conference Room

6:00pm

BRC Conf Room

10 Team Max

Start Date: March 25th

3.) 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.

Thursday, April 2

6:00pm

4.) 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, April 4

5.) 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
6pm

Wednesday, April 23 at

Women's League meeting
6pm

Wednesday, April 23 at

6.) 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, May 1

7:00pm—8:30pm

\$30/couple; \$10 for each additional girl; \$5 Late Fee

DEADLINE: Thursday, April 16

7.) 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

8.) Tuesday Cards

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

Tuesdays @ 1:00pm
Ongoing



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9.) Spring into Fitness 5K

Kick off the start of spring with movement, fresh air, and community fun at the Spring Into Fitness 5K! This energizing event is part of the Coffey County Wellness Circuit and is designed for all ages and all fitness levels—walkers, joggers, runners, and families are all welcome.

Whether you're chasing a personal best or simply enjoying a morning run/walk with friends, the Spring Into Fitness 5K is a great way to celebrate wellness, community, and the arrival of spring. Come out, get active, and earn credit toward the Coffey County Wellness Circuit!

Pre-Registration encouraged.

In-person registration begins: 7:00am

Race start time: 7:30am

BRC Parking lot

\$25/person

10.) Genealogy 101 with Erin Petterson

Just starting your genealogy research but not sure where to look? Or maybe you've researched in the past and are curious about what resources are available now? This Genealogy 101 class will introduce you to helpful sources, show you how to organize your findings into a family tree, and share tips for getting started or picking research back up with confidence.

Friday, March 27th

10:30-11:30am

BRC Conference Room

FREE but please call or come in to register.

Winter Fitness

Winter-Spring 2026

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

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1.) 2026 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!

FREE to participate

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

You must pick one fitness goal level in which you are aiming for and tracking points. All patrons that reach their goal will get some BRC swag! Instruction packets on how to track your points are available at the front desk!

2026 FITNESS GOAL LEVELS

Beginner:	1,000 points
Intermediate:	1,200 points
Advanced:	1,400 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 2—February 27; March 4-April 29; May 30-June 30

\$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

February 3-April 2

12:30—1:30pm

Minimum of 5

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

Must have a minimum of 5 to hold this class.

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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 31-May 7th

Tuesday & Thursdays

6:15-7:00am

\$20/session; \$4 Drop-In

Must have a minimum of 5 to hold this class.

7. Reflections of Soul Dance classes offered:

BALLET BARRE BLAST :

This 60 minute non- impact fitness class uses isometric exercises as well as weights and resistance bands. Dance elements from ballet & jazz will be implemented. Ballet Barre Blast will help you increase mobility, flexibility, stamina and muscle growth. BBB will help build muscle growth around important joints including knees, ankles & hips. Aerobic shoes, jazz sneakers, ballet or jazz shoes may be worn. Participants are encouraged to bring their own yoga/ exercise mat, towel & water bottle.

TUESDAY'S 5-5:45PM

WINTER SESSION 1 /\$30

January 13-February 17, 2026 (6 Week Session)
Ages 18+

WINTER SESSION 2 /\$30 February 24-March 31,
2026 (6 Week Session) Ages 18+

SPRING SESSION /\$30 April 14-May 19,
2026 (6 Week Session) Ages 18+

RESTORE & REBUILD:

This 60 minute class aims to renew and rebuild your body by increasing muscle, improving flexibility and restoring the body to your personal best. R&R includes floor barre, Pilates, conditioning & strength training, progressing ballet technique and stretching. R&R helps to increase muscle memory, stamina & mobility. Improve flexibility and muscle growth. Participants can wear aerobic shoes or go barefoot for this class. Participants are encouraged to bring their own yoga/exercise mat, towel & water bottle.

TUESDAY'S 6PM

WINTER SESSION 1 /\$30

January 13-February 17, 2026 (6 Week Session)
Ages 18+

WINTER SESSION 2 /\$30

February 24-March 31, 2026 (6 Week Session)
Ages 18+

SPRING SESSION /\$30

April 14-May 19, 2026 (6 Week Session)
Ages 18+

TO REGISTER:

Email Kristine Stohs reflection-sofsoulba@gmail.com

DANCE CLASSES

Classical Ballet, Tap & Jazz offered Friday mornings.

Ages 4-6/ 7-10/ 11-18

Email Kristine Stohs for more information & to register.

February 6-May 3, 2026.

(No classes April 3, 2026)

reflectionsofsoulba@gmail.com



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8.) Spring into Fitness 5K

Kick off the start of spring with movement, fresh air, and community fun at the Spring Into Fitness 5K! Hosted by your local recreation center, this energizing event is part of the Coffey County Wellness Circuit and is designed for all ages and all fitness levels—walkers, joggers, runners, and families are all welcome.

Whether you're chasing a personal best or simply enjoying a morning run/walk with friends, the Spring Into Fitness 5K is a great way to celebrate wellness, community, and the arrival of spring. Come out, get active, and earn credit toward the Coffey County Wellness Circuit!

Saturday, March 21st

Pre-Registration encouraged.

In-person registration begins: 7:00am

Race start time: 7:30am

BRC Parking lot

\$25/person

(Deadline to receive a shirt: Monday, March 2)



Spring Break Youth Trips

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1. Movie, Pizza Ranch/FunZone

Get Spring Break started off right! We will head to Emporia to enjoy a matinee movie then head to lunch at Pizza Ranch. Fee Covers movie ticket, lunch & transportation.

Snacks/drinks from concession stand and arcade money are on your own.

Grades 3rd-6th

Monday, March 16

Leave time will be determined once we pick a movie.

Limit of 12

\$25 members; \$28 non-members; \$5 late fee

Deadline: March 2

2. The Rush FunPlex in Shawnee

The fun never stops at The Rush Funplex in Shawnee! Challenge your friends to a round of mini golf or team up for an epic laser tag showdown. Dive into the foam pit or bump and spin your way to fun in the bumper cars. There's something for everyone to enjoy at The Rush Funplex We will enjoy 3 hours of unlimited play here.

Fee includes 3 hours of play time, pizza and a soda.

Arcade credits are an additional cost if you choose to send money for the arcade/additional concessions.

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-6th

Tuesday, March 17

Leave BRC at 8:30am; Return to BRC by 5:00

Limit of 12

\$45 members; \$48 non-members; \$5 late fee

Deadline: March 2

2. College Basketball Experience

INTERACTIVE is what sets The College Basketball Experience apart from any other museum in the world. Let's go get in the game! We will head to lunch at McDonald's after.

Fee covers admission and transportation. Please send money for lunch.

Grades 1st-6th

Thursday, March 19

Leave BRC at 8:30; Return to BRC by 4:00pm

Limit of 12

\$25 members; \$28 Non-members; \$5 late fee

Deadline: March 2