



BURLINGTON RECREATION CENTER FALL 2026

PROGRAM & ACTIVITY GUIDE



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MEMBER REGISTRATION BEGINS:

TUESDAY, AUGUST 25TH, 2026

**NON-MEMBER REGISTRATION
BEGINS:**

FRIDAY, AUGUST 28TH, 2026



burlingtonrec.com



1110 Shea St Burlington, KS 66839



620-364-8484

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 **IMPORTANT NOTICE** 
BRC WILL BE CLOSED:

- Labor Day
Monday, September 7
- Thanksgiving Day
Thursday, November 26
- Christmas Day
Friday, December 25
- New Years Day
Friday, January 1

*hello
Autumn*

Thank you for your understanding!



REGISTRATION INFORMATION AND POLICIES

1. Registration is not complete until form and full payment are received
2. Late registrations & refunds subject to approval
3. \$5 Late Fee
4. Payment accepted: Cash, Check, Credit (no Discover)
5. Make checks payable to BRC and submit with form

CONSENT TO PARTICIPATE

Please understand that participation in sports involves risk of injury, including serious or life-threatening harm. It is your responsibility to ensure the participant is physically able to participate.
The USD 244 Recreation Commission and its employees are not responsible for injuries resulting from participation in our programs.





📍 1110 Shea St • Burlington, KS 66839 | ☎️ (620) 364-8484 | 🌐 www.burlingtonrec.org

OUR MISSION STATEMENT

"The Recreation Commission was developed to address the total recreational needs of the community on a year-round basis. It is our hope that we can improve the quality of life for all ages through a varied program of leisure activities."

BRC STAFF

Scot Jeffers, Recreation Director..... sjeffers@usd244ks.org
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BRC BOARD MEMBERS

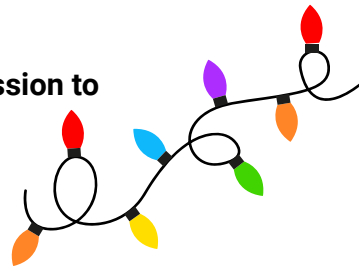
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BUILDING HOURS	INDOOR POOL HOURS	OFFICE HOURS (all year)
<i>LABOR DAY-MEMORIAL DAY</i>	<u>MON/WED/FRI</u>	<u>MONDAY-THURSDAY</u>
<u>MONDAY-THURSDAY</u>	5:15AM – 7:00AM EARLY BIRD	8:00AM – 7:00PM
5:00AM – 9:00PM	<u>MONDAY – FRIDAY</u>	<u>FRIDAY</u>
<u>FRIDAY</u>	8:30AM – 10:00AM OPEN SWIM	8:00AM – 5:00PM
5:00AM – 8:00PM	<u>MONDAY – THURSDAY</u>	<u>SATURDAY & SUNDAY</u>
<u>SATURDAY</u>	3:30PM – 7:30PM	CLOSED
9:00AM – 6:00PM	<u>FRIDAY</u>	
<u>SUNDAY</u>	3:30PM – 5:30PM	
2:00PM- 6:00PM	<u>SATURDAY-SUNDAY</u>	
	2:00PM – 5:30PM	

1.Dinner & Lights

Join us for our traditional trip to Topeka for a nice dinner followed by a trip to Winter Wonderland and a few other festive and lit up areas.

Wednesday, December 9
Depart BRC at 4pm & return by 9pm
Members \$20; Non-Members \$23
Minimum of 8; Max of 13
Fee covers transportation and admission to Winter Wonderland.



2.Tis' the Season

We will start our trip off by visiting Holiday Reflections at Union Station. Each year they continue to make this display bigger and better than the last. Once we have made our way through, we will head to lunch and get re-energized to hit head to our next stop at Crown Center. We will visit the Hallmark Christmas Experience Pop-up Shop where you might just find that last minute gift you've been searching for!

Friday, December 18
Depart BRC at 9am & return by 5pm
Members \$40; Non-Members \$43
Minimum of 8; Max of 13
Fee covers transportation and admission fees.
Lunch is on your own.

3.New Theatre: Always....Patsy Cline

The biographical musical-comedy celebrates the legendary country singer's life and her true friendship with fan Louise Seger, featuring classic hits like "Crazy" and "Walkin' After Midnight". We will stop by Oak Park Mall before attending the show for a quick, "stretch your legs, grab a coffee/snack" stop before heading to the dinner theatre.

Wednesday, December 30
Depart BRC at 9am & return by 5pm
Members \$57; Non-Members \$60
Minimum of 8; Max of 13
Fee covers transportation, admission & gratuity for servers.

4.Headed to Humboldt

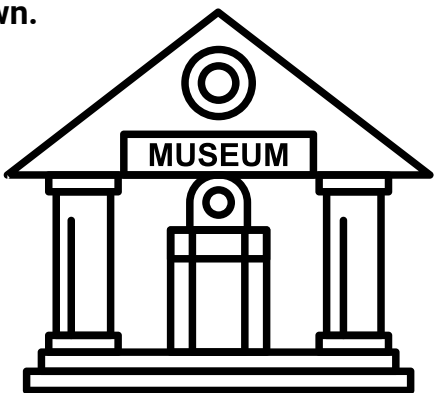
Come hungry because our first stop will be lunch at Honeybee Bruncherie, a modern brunch and lunch joint serving up tasty takes on diner specials! Next up, we will head to Whitetails & Wildlife Museum. The Whitetails & Wildlife Museum grew from one man's lifelong love of the outdoors. Southeast Kansas native Max Rickerson turned that passion into one of the most impressive taxidermy collections in North America. From predators and waterfowl to mammals and one of the world's largest collections of trophy Whitetail Deer, the museum has a little something for everyone to enjoy.

Friday, January 8
Depart BRC at 10:30am & return by 4pm
Members \$20; Non-Members \$23
Minimum of 8; Max of 13
Fee covers transportation, lunch is on your own.

5.Harry Truman Library & Museum

Come along with us for a fun day of history, good food, and a little something sweet! Our adventure will begin with a visit to the Harry S. Truman Library & Museum, where we'll step back in time and explore the life, presidency, and legacy of Harry S. Truman. After soaking up some history, we'll head out for lunch in Independence, followed by the perfect way to finish the day — ice cream! It's a great mix of learning, exploring, and enjoying some time together. We hope you'll join us for a fun day in Independence!

Wednesday, January 20
Depart BRC at 8:30am & return by 5pm
Members \$35; Non-Members \$38
Minimum of 8; Max of 13
Fee covers transportation and admission fees.
Lunch is on your own.



..... Adult Trips Fall 2026

6. Baseball & BBQ

Let's head to Kansas City—a city rich in baseball and all things BBQ! We will start off with a trip to the Negro Leagues Hall of Fame Museum followed by a BBQ lunch at a little joint that also was featured on Guy Fieri's, "Diners, Drive-ins & Dives." We will enjoy a stop for ice cream before heading back to Burlington.

Wednesday, February 10

Depart BRC at 8:30am & return by 5pm

Members \$35; Non-Members \$38

Minimum of 8; Max of 13

Fee covers transportation, admission. Lunch is on your own.



7. New Theatre: Boeing, Boeing

A 1960s French farce about a Paris bachelor juggling three flight-attendant fiancées until schedule changes cause chaos. We will stop by Oak Park Mall before attending the show for a quick, "stretch your legs, grab a coffee/snack" stop before heading to the dinner theatre.

Wednesday, February 17

Depart BRC at 9am & return by 5pm

Members \$57; Non-Members \$60

Minimum of 8; Max of 13

Fee covers transportation, admission & gratuity.

Out to Lunch

Join us for Out to Lunch, a relaxed and fun social outing designed just for our adult crew! This group trip is all about enjoying good food, great company, and a



welcoming atmosphere. Whether you're catching up with friends or meeting new ones, it's the perfect way to get out, share some laughs, and enjoy a delicious meal together. We'll keep things flexible and fun—there may even be a stop for ice cream on the way home. Come hungry, leave happy, and enjoy a simple day of connection and good conversation!

8.785 Brewing Company, Topeka

December 2

We will be soaking in the Holiday spirit as we travel to 785 Brewing Company as they are set up in their "Frosted" holiday spirit

Bert's Tavern, Yates Center

9. Trip #1: January 13

10. Trip #2: January 27

"They only look expensive" Don't let the outside fool you- Bert's Tavern is serving up some delightful dishes!

The Big Biscuit, Lawrence

11. Trip #1: February 3

12. Trip #2: February 24

Serving up breakfast and lunch classics with a twist! After lunch we will hunt down a good ice cream spot before heading back to Burlington.

Depart BRC at 10am & return by 3pm

Member \$13; Non-Member \$16

Minimum of 8; Max of 13

Fee includes transportation. Lunch/icecream is on your own.

..... Adult Trips Fall 2026

<u>Trip Name</u>	<u>Date</u>	<u>Member Fee</u>	<u>Non-Member Fee</u>	<u>Amt Due</u>
_____ 1) Dinner & Lights	W, Dec 9	_____ \$20	_____ \$23	_____
_____ 2) Tis' The Season	F, Dec 18	_____ \$40	_____ \$43	_____
_____ 3) The New Theatre: Always Patsy Cline	W, Dec 30	_____ \$57	_____ \$60	_____
_____ 4) Headed to Humboldt	F, Jan 8	_____ \$20	_____ \$23	_____
_____ 5) Harry Truman Library & Museum	W, Jan 20	_____ \$35	_____ \$38	_____
_____ 6) Baseball & BBQ	W, Feb 10	_____ \$35	_____ \$38	_____
_____ 7) The New Theatre: Boeing, Boeing	W, Feb 17	_____ \$57	_____ \$60	_____
_____ 8) Lunch: 785 Brewing Company	W, Dec 2	_____ \$13	_____ \$16	_____
_____ 9) Lunch: Bert's Tavern	W, Jan 13	_____ \$13	_____ \$16	_____
_____ 10) Lunch: Bert's Tavern	W, Jan 27	_____ \$13	_____ \$16	_____
_____ 11) Lunch: The Big Biscuit	W, Feb 3	_____ \$13	_____ \$16	_____
_____ 12) Lunch: The Big Biscuit	W, Feb 24	_____ \$13	_____ \$16	_____

Total \$ Due at Registration: _____



 REMINDERS

Trip Cancellation Policy

If you cancel a trip that has a waiting list and we are able to fill your spot, you will be refunded all but a \$5 cancellation fee (retained by BRC). If we are unable to fill your spot, no refund will be issued.

Trip Payment Policy

All trips must be paid for at the time of registration, whether in person or over the phone. We accept cash, check, credit, and debit cards. If registering by phone, please have your credit or debit card ready. Due to a system upgrade, the 3-digit security code on the back of your card is required EACH TIME you register for an activity. Payment confirms and secures your spot on the trip. This policy helps ensure trips remain full and properly reserved. No exceptions will be made.

..... Adult Interest/Special Events Fall 2026

BOOFEST



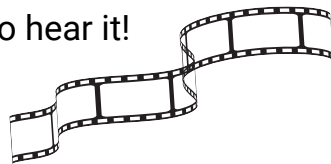
BOOFEST is coming to Kelley Park! Burlington Promotions and BRC are partnering to host an evening of family fun on **Saturday, October 3**. Free hot dogs, chips, and bottled water will be available while supplies last. Activities will include hayrack rides through the park, a candy cannon, candy hunt, costume contest, pumpkin decorating, money dig, pumpkin patch, Hot Wheels racing, and a Touch-a-Truck experience. Be sure to mark your calendars and watch for more event details to be announced in September. Please note that this event will replace the costume contest and candy hunt that BRC has traditionally held at the high school.

Movie Mondays

Join us every Monday for a wholesome, feel-good movie at 1:30 PM! Popcorn and water are included—we'd love to have you join us. Have a movie recommendation? We'd love to hear it!

Free

Mondays at 1:30 pm



Tuesday Cards

Join us every Tuesday at 1:00 PM for a few games of cards and great conversation! Come in and enjoy a relaxing afternoon—we'd love to have you.

Free

Tuesdays at 1:00 pm

Christmas Craft Fair

The holiday season is just around the corner, and Christmas always seems to arrive sooner than expected! Get into the Christmas spirit at the 47th Annual Christmas Craft Festival, where you'll find a wonderful selection of handmade gifts, holiday décor, and unique arts and crafts. Vendors will fill the gym, commons, and hallways of Burlington High School with a wide variety of homemade creations. Several local businesses will also be hosting open houses throughout the day, making it the perfect opportunity to spend the day shopping and enjoying everything Burlington has to offer.

Saturday, November 21

9am-4pm

Burlington High School

Christmas Gift Annex

Continue your holiday shopping at the 22nd Annual Christmas Gift Annex! Once again, Burlington Middle School will offer even more Craft Festival shopping with a great selection of unique gifts and specialty items. The Gift Annex features crafters who were unable to fit into the high school venue, along with direct sales vendors, home-based businesses, and other specialty exhibitors. Be sure to stop by and explore an even wider variety of holiday gifts while enjoying everything the Christmas Craft Festival has to offer.

Saturday, November 21

9am-4pm

Burlington Middle School

Holiday Homes Tour

Experience the magic of the season at the Holiday Homes Tour! Tour beautifully decorated area homes, gather fresh holiday decorating ideas, and enjoy a festive Sunday afternoon with family and friends. You can explore the tour on your own or sign up to ride the Burlington Recreation Center van for added convenience. Tickets for the home tour are available in advance for \$7 at Hoover's Thriftway or the Burlington Recreation Center (BRC), or they may be purchased at the door for \$10. Those wishing to ride the BRC van may purchase a van ticket from BRC for an additional \$2.

We are looking for homes and hosts to help continue this cherished holiday tradition. If you would like to open your home and share your holiday spirit, please contact Katie for more information.

Sunday, December 13

12:45pm-3:00pm



Chair Aerobics

Chair Aerobics is a great way to stay active without standing for a traditional workout. This low-impact class is ideal for individuals with limited mobility, those recovering from an injury, or anyone looking to try a different form of exercise. Participants will work on improving balance, strength, and endurance through a variety of seated exercises led by Katie.



Tuesdays & Thursdays at 11am
Sept 1-Oct 29; Nov 3-Dec 31
Jan 5-Feb 28
\$10/session; \$3 drop in
Payable to BRC

Pickleball

Pickleball is a fun combination of tennis, badminton, and ping pong



that can be enjoyed by all ages. The rules are simple, the game is easy to learn, and you can jump in and start having fun right away! Stop by and give it a try—you might just find your new favorite activity!

Want to learn more? Stop by the front desk!
We'll be happy to introduce you to some of our regular players and help get you connected on the PlayTime Scheduler app used to schedule court times.

**CHECK
IT OUT**



2026 Fitness Challenge

- Must have an active BRC Membership to participate
- Select your point level fitness goal from the chart at the bottom of this page
- Earn points with any physical activity—walk, run, swim, bike, lift, and more. Just follow the points sheet to track your progress toward your goal!
- Track your points each time you exercise. (Refer to the BRC Fitness Challenge Points Equivalency Sheet to tally the points for the activity you have completed)
- You can earn 5 bonus points a day if you complete your workout at the Rec Center
- Turn in Fitness Challenge Worksheet daily, weekly or monthly. Totals are tallied and posted monthly.
- BRC Fitness Challenge will have a prize for all who meet their goal. Points are charted from January 1 through December 31

2026 FITNESS GOALS

Beginner: 1,000 points
Intermediate: 1,200 points
Advanced: 1,400 points

..... Pool Activities Fall 2026

Morning Water Aerobics

Do you enjoy the water? Start your morning off right with this great water aerobics class! This class is open to everyone—young and old—and designed for all fitness levels. Move at your own pace while enjoying the water and the camaraderie of your classmates. Come get active, stay cool, and have fun!

Mondays, Wednesdays & Fridays at 8:30am

Ongoing

\$1/class/person

Payable to BRC



Deep Water Aerobics

Start your day with an energizing workout in the pool! This early morning Deep Water Aerobics class, led by Justin, provides a great low-impact, full-body workout using the resistance of the water to improve strength, endurance, and cardiovascular fitness. Join Justin in the pool and kick off your morning with a fun and refreshing way to exercise.

Mondays & Thursdays at the Indoor Pool

August 24- October 8

6:15am- 7:00am

Minimum of 5

\$20 Members; \$23 Non-Members; \$3 drop in

Aquatics for Arthritis

The Arthritis Foundation Aquatic Program (AFAP) is a water exercise program designed for individuals with arthritis and related conditions. Developed through a partnership between the Arthritis Foundation and the YMCA of the USA, and now supported by the Aquatic Exercise Association, this low-impact program helps reduce pain, stiffness, and fatigue while improving flexibility, mobility, muscle strength, and coordination. Classes will be led by certified instructor Lindsey Beyer.

Tuesdays & Thursdays at the Indoor Pool

October 6- November 12 (6 weeks)

12:30pm- 1:30pm

Minimum of 5

\$20 Members; \$23 Non-Members; \$3 drop in

Group Swim Lessons

Keep your swimming skills sharp all winter long! Join our group swim lessons in November to build confidence, improve technique, and work toward the next skill level. Lessons are open to youth ages 3 years and older and are designed to help swimmers develop their abilities in a fun and supportive environment.

3+ years of age

November 2-5 (Monday-Thursday)

Level 1,4,5,6 @ 5:30pm; Level 2,3 @ 6:05pm

\$20 Members; \$25 Non-Members; Max of 6 per class

DEADLINE: Wednesday, October 28 at 7pm

Private Swim Lessons

Prefer a more personalized learning experience? Private swim lessons offer one-on-one instruction tailored to each swimmer's individual needs and goals. Whether you're just getting started or looking to refine your skills, our instructors will help you build confidence and improve at your own pace. Call us today to sign up for a session of private swim lessons!

5+ years of age

\$75 for five 30-minute lessons



Lifeguard Certification

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 life guarding course includes First Aid and CPR training. Students need to bring suit and towel each day. No refunds will be given if you are unable to meet these pre-requisites.

Pr-requisites for Life guarding

1.) Be at least 15 years of age on the last regularly scheduled day of the course.

2.) Swim 300 yards (6 lengths in our pool) continuously, using the strokes in the following order:

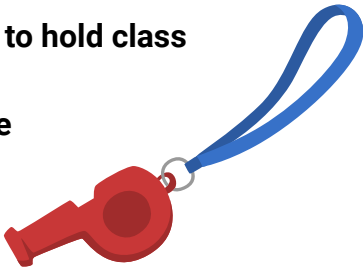
- 100 yards of front crawl using rhythmic breathing performed either by breathing to side or front) and a stabilizing, propellant kick
- 100 yards of breaststroke
- The last 100 yards may be a mix: front crawl/breast stroke
- Retrieve item from the bottom of 8ft

**Will begin with online portion of classes.

November 9-12

\$130 Member; \$140 Non Member
10 students max; Must have 5 min to hold class

**Contact Justin at BRC if you have any questions!



First Aid/CPR/AED Training

First Aid/CPR Certification Classes are available upon request. Participants may choose between an online or in-person learning option. Those selecting the online option will complete the First Aid/CPR coursework at their own pace. After finishing the online portion, Justin will schedule a date and time for the required skills demonstration and final exam.

To register or learn more, contact Justin at jlogan@usd244ks.org or 620-364-8484.

A minimum of 5 participants is required to hold a class.



PRIVATE POOL PARTIES

Would you like to have the indoor pool all to yourself for a birthday party, family reunion, and more?

- 🕒 Saturday mornings before 2pm
- 🕒 Friday evenings after 5:30pm



All parties must be paid in advance with paperwork signed and on file. A \$25 required deposit will be collected to hold your private pool party date.

MEMBER FEE

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

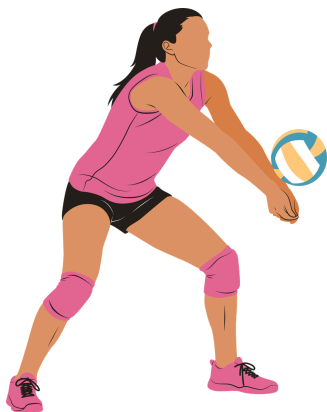
NON-MEMBER FEE

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

6 on 6 Women’s Volleyball

Ladies, gather your team and join us for our annual 6-on-6 Women's Volleyball League! This is a call your own game league with no officials present. Games will be played on Wednesday evenings and the season will run for approximately 6 weeks. A minimum of 4 teams is required, so sign up today and get ready for another fun season of volleyball! 4 team minimum, 8 team maximum.

Wednesdays, starting September 16
\$30/team
DEADLINE: Tuesday, September 8



Indoor Golf League

The Golf Simulator League is back for Season 2! Grab a golfing buddy and join the fun. Form a 2-person team and enjoy another season of friendly competition on the virtual course!

Nine teams max per division

Session 1: October 12-December 13
Deadline: October 5 or until full

Session 2: January 11-March 7
Deadline: January 4 or until full

*If you play in session 1 you will not be able to enter session 2 unless there are openings once we hit the deadline.

Teams can be coed or all male/female

FEE: \$250/team



4 on 4 Women’s Volleyball

Ladies, grab your friends and join us for Call Your Own Game 4-on-4 volleyball! Games begin September 16 and run for approximately 6 weeks. Registration is limited to the first 10 teams, so sign up early to reserve your spot! 4 team minimum.

Wednesdays, starting November 4
\$30/team
DEADLINE: Monday, October 26

Men’s League Basketball

Men, it's time to dust off those old sneakers and call up the boys! Join our Adult 5-on-5 Basketball League for six weeks of fun, competition, and camaraderie. Games will be played on Wednesday nights for approximately six weeks beginning January 13. Whether you're looking to stay active, relive your glory days, or just enjoy some friendly competition, this league is for you. Gather your team or sign up and get ready to hit the court!

Meeting: Wednesday, January 6 (Each team MUST have a member present or they will not be allowed to enter.)

Games Wednesdays beginning January 13
**Fee will depend on number of teams.

Coed 6 on 6 Volleyball

Grab your friends and enjoy a fun night on the court! This recreational 6-on-6 Co-Ed Volleyball League is a great way to stay active and enjoy some friendly competition. Teams may have no more than three men on the court at a time. Games will be played with a men's height net (7'11"), and teams will call their own matches. 4 team minimum, 8 team maximum.

League Begins: Mondays, starting February 1
\$40 per team; \$5 Late Fee
Deadline: Monday, January 25, by 5:00pm

Kids in the Kitchen

Join us for a fun-filled afternoon of making basic, delicious after-school snacks! Kids will learn simple kitchen skills while creating tasty treats they can recreate at home.

Who: 1st–3rd: 3:30-4:15pm & 4th-6th 4:15-5:00pm

When: Tuesdays, October 13, 20, 27 & November 3

\$40 Members; \$43 Non-Members (covers materials)

Deadline: Friday, October 2

Crafty Kids

Let's see what kind of creative crafts we can come up with this fall! From festive decorations to fun seasonal projects, this class is always a kid favorite and tends to fill up quickly.

Tuesdays (Maximum of 12 kids per class)

K–2nd Grade: 3:30–4:15pm

3rd Grade & Up: 4:15–5:00pm

Dates: November 10, 17, 24 & December 1

Cost: \$30 Members; \$33 Non-Members

(Fee includes all materials)

Deadline: Monday, November 2

Boo Boogie Bash

Put on your favorite costume and don't forget your dancing shoes—it's time for the Boo Boogie Bash! We'll turn up the music and dance the night away to your favorite spooky Halloween tunes along with today's biggest hits.

Show off your costume for a chance to win one of our costume contest prizes:

- 🍊 Scariest Costume
- 🍊 Prettiest Costume
- 🍊 Cutest Costume



Grab your friends and join us for a frightfully fun night of music, dancing, and Halloween fun!

Who: Grades 6-8

When: Saturday, October 24

Time: 7:30–9:00pm

Admission: \$5 per person (pay at the door)

Halloween Coloring Contest

Show off your creativity and enter our Halloween Coloring Contest for a chance to win a prize! Pick up a coloring sheet at the Rec Center beginning October 1, then **return your completed masterpiece by Wednesday, October 28.**

Age Categories:

4 years & under

5–7 years

8–11 years

12–15 years

Winners will be selected from each age group. We can't wait to see your spooky, colorful creations!



Boys Night Out

Pizza, Swimming...Who's in??? This overnight party at the Rec Center is for boys grades 1-6! It offers an opportunity for the boys to have lots of fun all in one place! Boys are supervised at all times by BRC staff and will participate in activities such as swimming, gym activities, late-night movies, and night tag. Pizza will be provided after the evening swim.

Boys should bring a pillow, sleeping bag, swimsuit/towel and limited toiletries.

Who: Boys, 1st–6th Grade

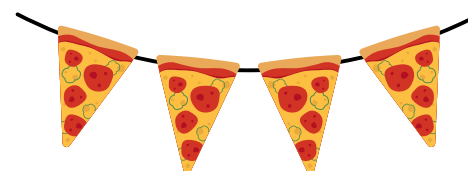
When: Thursday, October 29

Time: 8:00pm–7:00am

\$15 Members; \$18 Non-Members; \$5 late fee

Deadline: Wednesday, October 28

***All participants must be signed in & out by a parent.**



Fun Fridays

We will be rotating Fridays after school with BINGO and Movie days. These will start at 3:30pm.

FREE to attend.

Popcorn will be provided for the Movies, but once you are in for the movie-you must stay and watch until you are picked up.

BINGO DAYS:

October 16,30, November 13, December 4, 18

MOVIE DAYS:

October 9, 23, November 6, December 11



Decorate an Ornament

Get into the holiday spirit by creating three unique keepsake ornaments to decorate your tree or give as special gifts! This festive class is the perfect way to celebrate the season while making memories that will last for years to come.

Grades K-3: 3:30-4:00pm
Grades 4-6: 4:30-5:00pm
Dates: Thursdays December 3, 10, 17
\$25 Members; \$28 Non-Members; \$5 Late Fee
Maximum Enrollment: 12 participants per class
Deadline: Monday, November 23

Christmas Coloring Contest

Show off your creativity and join our Christmas Coloring Contest for a chance to win a prize! Pick up a coloring sheet at the Rec Center after December 1 and return your completed masterpiece by Monday, December 21.

Prizes will be awarded in each of the following age categories:

- Age Categories:
- 4 years & under
- 5-7 years
- 8-11 years
- 12-15 years



We can't wait to see your festive and colorful creations!

Preschool Soccer

Join us for Pre-School Soccer! All 4-year-olds are invited to come learn the basics of soccer and get ready for future league play. We focus on introducing beginner skills through fun and exciting drills to keep kids engaged and active! Come build skills, confidence, and a love for the game! **Note: Pre-School Soccer is for 4-year-olds only.**

Wednesday Sept 16, 23, 30
5:30-6:30pm (subject to change)
HS Softball Field
\$15 Member, \$18 Non-Member, \$5 Late Fee
DEADLINE: Friday, September 4

Weights with Trevor

Middle schoolers, join Trevor at BRC on Wednesdays from 3:30–4:30 p.m. for a strength training workout! Participants will be guided through exercises using machine weights and dumbbells while learning proper lifting techniques and safe workout practices. Safety, form, and building a foundation for a lifetime of fitness will be the focus of this program.

Boys & Girls Grades 6-8
Wednesdays, September 23-October 28
3:30-4:30pm
FREE (must fill out registration form)



Cheer

Go Big Red! Cheer the Wildcats on to victory and perform at the half-time of a BHS varsity boys' basketball game! You will learn sideline chants, floor cheers, jumps, and a short dance routine instructed by your very own high school cheerleaders—Ella Ervin, Jule Rolf & Kynslie Noonan. The fee covers instruction and a t-shirt. Performance date TBD.

Grades 1-6
Wednesdays, November 4th-February Performance
Time: 3:30-4:30pm Grades 1&2
4:00-4:30pm Grades 3-6
\$40 Member; \$43 Non-Member; \$5 late
Deadline: Friday, October 23



Recreation Wrestling

Kids ages 4 and up who are interested in learning about wrestling should enroll in the Rec Wrestling Program! Participants will learn basic wrestling holds, terminology, and skills in a fun and supportive environment. The BHS wrestling team will lead practices on Mondays for three weeks, followed by a local tournament in December. Each wrestler will receive a t-shirt and medal for participating in the tournament.

For those interested in continuing with competitive wrestling tournaments, the Burlington Wrestling Club offers a separate program that begins after the Rec Wrestling Program ends. Rec Wrestling practices will be held in the BHS wrestling room. Please enter through the Activity Entrance. Practices will run from 5:15–6:15 p.m. More information will be available soon!

Ages 4-12
Practices: Mondays: Beginning in November
Tourney: TBA
\$15 Member; \$18 Non-Member

Burlington Wrestling Club

MORE INFORMATION TO COME AT A LATER DATE.

**Instructional Basketball
with the ‘Cats**

Kindergarten, 1st, and 2nd graders are invited to learn the game of basketball by participating in our annual instructional camp! Participants will learn basketball fundamentals from Coach Logan and the Burlington Wildcats basketball team in a fun and encouraging environment. Instructional basketball will be held on Wednesdays from January 6–January 27, with January 29 serving as game day. The fee includes the cost of the clinic and a t-shirt. Times may be adjusted based on the number of participants.

K-2nd grade
\$15 Members; \$18 Non-Member; \$5 Late

PRACTICES: Wednesdays, Jan 6, 13, 20, 27
3:30-4:15pm
GAME: Wednesday, Jan 27
5:15-6pm
DEADLINE: Wednesday, December 16

3 on 3 Youth Basketball

Are your 1st or 2nd graders ready to start learning and playing basketball? Boys and girls are welcome to join our fun 3 on 3 basketball league!

1st and 2nd Graders
Thursdays, January 21, 28 & Feb 4, 11
\$25 Member; \$28 Non-Member; \$5 Late
DEADLINE: Friday, December 4



Youth Basketball

Boys and girls in grades 3–6 are eligible to participate in Burlington’s competitive basketball league.

Practices will begin after teams have been selected. Games will be played on Saturdays beginning January 2, and the season will run for approximately six weeks.

Grades 3-6
Games: Saturdays, beginning January 2nd & running approximately 6 weeks
\$25 Member; \$28 Non-Member; \$5 Late
DEADLINE: Monday, October 26

DIVISIONS:

Minor Boys	3rd & 4th grade
Minor Girls	3rd & 4th grade
Major Boys	5th & 6th grade
Major Girls	5th & 6th grade

BRC Basketball Draft Combine

This year we are excited to bring back the BRC Basketball Draft Combine, hosted by Coach Logan and Coach McGown, as part of our youth basketball season. The combine is included in the youth basketball registration fee.

During the combine, both boys and girls will participate in drills. Recreation coaches will observe the players to help put faces to names during the drafting process. They will also learn new drills and practice ideas to use with their youth basketball teams throughout the season.

BOYS AND GIRLS COMBINED

3rd-4th Grade: Monday, November 2nd & Tuesday, November 3rd
3:45-5:00pm

5th-6th Grade: Wednesday, November 4th & Thursday November 5th
3:30-5:00pm
FREE with Rec Basketball sign up!