

ADULT PROGRAMS

Namaste

YOGA FOR THE FULL-FIGURED WOMAN

Instructor: Jennifer Ryan
Location: The Yoga Loft (5 Waltham St.)
Cost: \$95 per 8 week session



Mondays

March 18 - May 13 (no 4/15)
 8 weeks
 4 - 5 p.m.

Thursdays

March 21 - May 16 (no 4/18)
 8 weeks
 7 - 8 p.m.

This class introduces beginners to yoga in a fun and relaxed setting. Movements are modified for a non-intimidating approach to improving your health. Take this class as a gift to yourself! Please bring a yoga mat and wear comfortable clothes.

SPRING HAS SPRUNG

Instructor: Cindy Mattson
Date: Saturday, March 30
Time: 10 a.m. - 12 p.m.
Location: Given Erwin Florist
 165 Bedford Street,
 Burlington
Cost: \$60



Create a floral Easter display with tulips, daffodils, pussy willows, and other spring flowers. All materials provided.

CHAIR YOGA

Instructor: Jennifer Ryan
Dates: Wednesdays, March 27 - May 1, 6 weeks
Time: 10 - 11 a.m.
Location: Town Hall Auditorium
Cost: \$75



Chair Yoga is a great way to benefit from the yoga practice without using the traditional mat setup and getting up and down from the ground. It is widely used for students coming off of injuries, sedentary individuals, mature students, or those who work at a desk all day. You will follow movement with breath, while finding modifications from a chair. Standing poses will be incorporated using the chair for balance and support.

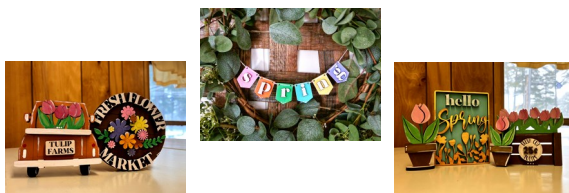
Please wear comfortable clothing and bring a mat, if you have one, for under the chairs. No experience necessary.

SIGNS BY DESIGN - "SIGNS OF SPRING"

Instructor: Terry Pino, *Terry Pino Designs*
Dates: Thursdays, April 4 and 11, 2 weeks
Time: 6 - 8 p.m.
Location: Town Hall Auditorium
Cost: \$65

Customize 7 small spring pieces with colors of your choice on prepared wood surfaces. Make them for yourself or give them as gifts! All materials provided.

Samples are on display in the Recreation Office.



BAKING BASICS:

Springtime Brunch & Breakfast Treats

Instructor: Steven Tulloch, *Two Desserts Baking*
Dates: Wednesdays, May 15 - June 5, 4 weeks
Time: 6 - 8:15 p.m.
Location: WHS Consumer Science Room
Cost: \$165

Create goodies perfect for a spring brunch or breakfast to boost your confidence and skill as a baker! You will learn the fundamentals of baking and pick up plenty of tips and tricks while making **muffins, scones, coffee cake**, and other delectable treats! Each week you will take home delicious treats to share.



BEGINNER / INTERMEDIATE TAP

Instructor: Meghan Sullivan
Dates: Mondays, April 1 - May 13 (no 4/15), 6 weeks
Time: 7 - 8 p.m.
Location: Legacy Studios, 1 Burlington Ave.
Cost: \$55



Learn basic tap steps and fun combinations week to week. Dance just like the American classics! Tons of fun while you get in shape. Perfect for beginners or returning students.

TAP SHOES ARE REQUIRED



WILMINGTON RESIDENTS ONLY

INTERMEDIATE INDOOR PICKLEBALL

Woburn Street School Gym

Thursdays, March 7 - 28
4 weeks

Supervisor:

Mike McInnis

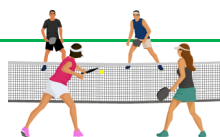
Lauren Healy

6 - 7:15 p.m.

7:15 - 8:30 p.m.

\$20

PICKLEBALL AT THE HALL



Location: Town Hall Pickleball Courts

Each player should bring their own paddle - a composite paddle is recommended

Casual Play

Enjoy casual and friendly pickleball playing with other experienced players.

No instruction in this session.

Mondays
April 1 - June 3
(no 4/15, 5/27), 8 weeks

Supervisor:

Jim Buckley

6 - 7 p.m.

\$40

Intermediate

Players must understand the fundamental rules and keep score. Have the ability to move quickly towards the non-volley zone (NVZ) when the opportunity is there. Can sustain short rallies. Have learned proper court positioning while having basic knowledge of stacking/understanding situations where it can be effective. **No instruction in these sessions.**

Thursdays
April 4 - May 30
(no 4/18), 8 weeks

Supervisor:

Mike McInnis

Lauren Healy

5 - 6:30 p.m.

\$40

Saturdays
April 6 - June 8
(no 4/20, 5/4), 8 weeks

Supervisor:

Mike McInnis

9 - 10:30 a.m.

\$40

INTERMEDIATE GOLF LESSONS

Instructor: Barrie Bruce

Dates: Mondays, April 15 - May 6, 4 weeks

Time: 5:30 - 6:30 p.m.

Location: Billerica Country Club

Cost: \$215



This class is for those with some course experience and will focus on specific skills to help players manage their game and lower their scores.

TENNIS - INTERMEDIATE SKILLS

Instructor: Rob Mailey

Dates: Tuesdays, June 4 - August 6, 10 weeks

Times: 5:30 - 7:30 p.m.

Location: Boutwell School Courts / WHS Tennis Courts

Cost: \$100



This two-hour program for experienced players will provide instruction and match play to improve skills. Players must be able to serve and keep score, and should bring their own racquet and a can of new tennis balls.

INTRO TO GOLF LESSONS



Instructor: Barrie Bruce

Location: Billerica Country Club

Cost: \$225

This five week class teaches ball striking skills to beginner and intermediate golfers. Golf clubs are provided if needed.

Tuesdays	Sundays
April 9 - May 7	April 14 - May 12
5:30 - 6:30 p.m.	11:30 - 12:30 p.m.

Wednesdays	Wednesdays
May 22 - June 19	July 17 - August 14
7 - 8 p.m.	5:30 - 6:30 p.m.

WILMINGTON BOCCE LEAGUE

(Wilmington Residents only)

Instructor: Jack Cushing

Ages: 14 & up

Dates: Mondays and Tuesdays, April 29 - June 11
(no 5/27 or 5/28), 6 weeks

You will play one night each week

Time: 6 p.m. and later

Location: Jack Cushing Courts (72 Middlesex Ave.)

Cost: \$15 per person



35+ BASKETBALL LEAGUE

Supervisor: Peter Otovic

Dates: Wednesdays, April 24 - June 12, 8 weeks

Time: 6 - 9 p.m.

Location: Middle School Gym

Cost: \$60 (Players without a 35+ mesh shirt must pay a \$25 shirt fee.)



This league offers those ages 35 and over structured team play with refereed games for fun and fitness.

The first week begins with one week of instruction, followed by five weeks of league play.

** Participants must register with teams of 2 - 4 players. **



Season End Tournament:
Saturday, June 15 at 10 a.m.

