

# **Burlington Recreation Center**

1110 Shea Street, Burlington , KS 66839  
620-364-8484; [www.burlingtonrec.com](http://www.burlingtonrec.com)

## ***WINTER-SPRING BROCHURE 2021***



<b><u>Pg #</u></b>	<b><u>CONTENTS</u></b>
<b>2-5</b>	<b>Adult Trips</b>
<b>6-8</b>	<b>Youth Activities</b>
<b>9-10</b>	<b>Pool Options</b>
<b>11-13</b>	<b>Adult Int/Special Events</b>
<b>14-15</b>	<b>Fitness Options</b>



**Member Registration Begins:**  
**Tuesday, Jan 12, 2020 @ 8:00am**

**Non Member Registration:**  
**Friday, Jan 15, 2020 @ 8:00am**

# Adult Trips

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration  
Non Member Registration

Tuesday, Jan 12 @ 8:00am  
Friday, Jan 15 @ 8:00am

Page 2

## Lunch Bunch Trips

We are trying again to set dates for our mystery outings. Join us as we venture to who knows where to make a few memories with our travel buddies. The fee covers admission and transportation.

Wednesday, April 7  
Wednesday, May 19  
Wednesday, June 23

8:00am—5:30pm  
Max of 13 people  
\$25 Member; \$28 Non Member

## 1. Topeka Tulip Time

It's all about tulips—the day starts with a visit to Lake Shawnee for the Jerold Brinkley Tulip Time display to walk through their beautifully landscaped gardens. After lunch we will head to Ward Meade Park where they have a delightful array of gardens along with Old Prairie Town. The fee covers admissions and transportation.

Thursday, April 15  
9:00am—5:00pm  
Max of 13 people  
\$30 Members; \$33 Non Members

## 2. Hank Williams: Lost Highway

Starring members of the New York cast Hank Williams: Lost Highway is the spectacular biography of the legendary singer-songwriter frequently mentioned along with some of the all-time greats as one of the great innovators of American popular music. The play follows Williams' rise from his beginning on the Louisiana Hayride to his triumphs at the Grand Ole' Opry to his eventual self-destruction at age twenty-nine. The show is at The New Theatre and the fee includes lunch, show and transportation.

Wednesday, April 28  
9:00am—5:30pm  
Max of 13 people  
\$52 Members; \$55 Non Members

## 3. Foodie Fun

Bring a cooler in case you find something on this trip you just can't live without. We will center the day on going to small businesses who offer a variety of locally made foods. I am sure samples will be offered at several of our stops.

Wednesday, May 5  
8:30am—5:00pm  
Max of 10 people  
\$20 Members; \$23 Non Members

## 4. Greenwood, MO

Antiquing is always a fun outing, so let's give Greenwood, MO a try. This small town offers a variety of stores and you are sure to find a treasure or hidden gem. Fee covers transportation.

Wednesday, May 12  
8:00am—5:30pm  
Max of 10 people  
\$20 Members; \$23 Non Members

## 5. Hollywood Casinos and Legends

Those who like to gamble can gamble and those who like to shop can shop, or if you like to do a little of both that also can be arranged on this trip to the KC area. The fee covers transportation.

Wednesday, May 26  
8:30am—5:30pm  
Max of 13 people  
\$20 Member; \$23 Non Members

## 6. SE Kansas

Let's head off the beaten path and see what southeastern Kansas has to offer. A few of the things we will see are the haunted murder Bordello Museum in Galena, Tow-Tater (the inspiration for Tow-Mater in the movie, Cars.) The Galena Mining & Historical Museum in an old train depot, the Rainbow Bridge on Route 66, the Old Riverton Store which has been operational since 1925 and Decades of Wheels. The fee covers admissions and transportation.

Wednesday, June 2  
7:30am-5:30pm  
Max of 13  
\$40 Members; \$43 Non Members



# ***Adult Trips***

## ***Winter-Spring 2021***

**BRC**  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

**Member Registration**  
**Non Member Registration**

**Tuesday, Jan 12 @ 8:00am**  
**Friday, Jan 15 @ 8:00am**

**Page 3**

## **7. Garage Sale/Re-Sale**

Garage sale shopping in the KC area will be on the agenda first and if we have trouble finding very many of those we will catch a few Re-Sale/consignment stores. The fee covers transportation.

**Friday, June 11**  
**6:30am---5:00pm**  
**Max of 10 people**  
**\$20 Members; \$23 Non Members**

## **8. KC Quilt Festival**

As of now the 2021 KC Quilt Festival is still on so we are planning to take a group. This years activities and events are structured to honor the past, celebrate the present and nurture the future of time honored tradition quilting in all it's form. Fee covers transportation and admission.

**Thursday, June 17**  
**8:00am---5:00pm**  
**Max of 13 people**  
**\$35 Members; \$38 Non Members**



# Adult Trips

## Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration  
Non Member Registration

Tuesday, Jan 12 @ 8:00am  
Friday, Jan 15 @ 8:00am

Page 4

## 9. Branson Bound

Our fingers are crossed that we will be able to take our annual trip. Included in this trip will be some of the best things Branson has to offer. The first stop will be at Tangers Outlet Mall where you can grab a quick lunch at the A&W, plus check out their many awesome stores. After shopping and stretching our legs, we will go down the road and catch *The Comedy Jamboree* at Grand Country. From hilarious, clean comedy and floor pounding dancing, to today's country hits and gospel classics, this show is a hot ticket!

In the same complex, we will have dinner at the Grand Country Buffet before heading to our next exciting show—*The Haygood's*, which is Branson's most popular show. Five brothers and one sister will wow you as they play on twenty instruments. Stunning visual effects and a state of the art stage presentation are the backdrop to an amazing array of musical styles for this all new show for 2020. La Quinta Inn will once again be our home away from home each evening.

Day 2 begins with a visit to *Top of the Rock* where you will ride in golf carts along the two and a half mile ride of the Lost Canyon Nature Trail. Waterfalls, natural rock formations and covered Amish bridges dot the trek. While at *Top of the Rock*, you will ride the shuttle to the *Ancient Ozarks National History Museum*. This 35,000 square foot museum is a treasure trove of American Indian artifacts and art, dioramas showcasing massive creatures who roamed the land before humans and an impressive collection of Civil War relics. Lunchtime will find us at *The Grand Village* where you can shop and catch lunch at *Mel's Hard Luck Diner* where they have singing waiters, or *The Sugar Leaf Bakery and Café*. From the bustling streets of Jerusalem to the raging Sea of Galilee, *Jesus at the Sight & Sound Theatre* is an action packed musical stage adventure for the whole family. Witness the most miraculous event in history as Jesus sets sail with fishermen and makes disciples out of the least expected. The lives he touches will never be the same. We will catch a quick supper at *Montana Mike's* followed by *The Clay Cooper Country Express* show. Clay and his cast of 24 incredible entertainers show their versatility while performing all styles of music. The singing, dancing and hysterical comedy will keep you on the edge of your seat from start to finish.

Day 3, before heading back to Burlington we will visit the brand new *Aquarium at the Boardwalk*. You will take a walking journey through the oceans of the world. Here, you will be mesmerized by up-close views of amazing creatures, ranging from colorful fish, seahorses and jellyfish to octopi, eels and sharks. You will walk through a tunnel in the heart of the aquarium and into an ancient sunken ship. Prepare to be amazed!

After an exhilarating 3 days, we will head back to Burlington. Included in the trip fee is transportation, 2 nights lodging at *La Quinta Inn*, 2 hot buffet breakfasts at *La Quinta Inn*, dinners at *Grand Country Buffet* and *Montana Mike's*, *Comedy Jamboree Show*, *The Haygoods*, *Jesus at Sight and Sound Theatre*, *Clay Cooper Country Express Show*, *Top of the Rock*, *Lost Canyon Nature Trail Tour*, *Ancient Ozarks Natural History Museum*, *Aquarium at the Boardwalk* and two shopping opportunities. Don't miss this opportunity to see what wonderful things Branson has to offer!

April 20, 21 and 22  
7:00am—6:00pm  
Max of 23 people

\$520/person Single +\$10 Non Mem  
\$420/person Double +\$10 Non Mem  
\$390/person Triple +\$10 Non Mem  
\$370/person Quad +\$10 Non Mem  
Deposit of \$100 required

Balance must be paid by March 15

# Adult Trips

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration  
Non Member Registration

Tuesday, Jan 12 @ 8:00am  
Friday, Jan 15 @ 8:00am

Page 5

## REMINDERS

### Trip Cancellation Policy

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

### Trip Payment Policy

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

NAME: \_\_\_\_\_

### MY TRIP SELECTIONS:

April Lunch Bunch, April 7	\$25	\$28
May Lunch Bunch, May 19	\$25	\$28
June Lunch Bunch, June 23	\$25	\$28
1. Topeka Tulip Time, April 15	\$30	\$33
2. Hank Williams, April 28	\$52	\$55
3. Foodie Fun, May 5	\$20	\$23
4. Greenwood, MO, May 12	\$20	\$23
5. Casino/Legends, May 26	\$20	\$23
6. SE Kansas, June 2	\$40	\$43
7. Garage Sale/ReSale, June 11	\$20	\$23
8. KC Quilt Festival, June 17	\$35	\$38

TOTAL: \_\_\_\_\_

\*\*\*RETREAT DEPOSIT MUST BE PAID SEPARATELY

### 16. Branson Bound, April 20-22

\$520/person Single +\$10 Non Mem  
\$420/person Double+\$10 Non Mem  
\$390/person Triple +\$10 Non Mem  
\$370/person Quad +\$10 Non Mem  
Deposit of \$100 required  
Balance must be paid by March 15

Amt Collected for Overnight Trip \$ \_\_\_\_\_



# Youth Activities

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration Tuesday, Jan 12 @ 8:00am  
Non Member Registration Friday, Jan 15 @ 8:00am  
\$5 Late Fee will apply after deadline to ALL activities

Page 6

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

Friday afternoons mean BINGO at BRC! Stop by and join us for an hour of Bingo fun each Friday afternoon!

Fridays, beg Jan 8  
3:30—4:30pm

## 2.) High School Boys Summer Baseball

Boys 16-19 years of age as of January 1, 2021 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 2020.

Boys 16-19  
\$170 or \$200 if a jersey is needed  
DEADLINE: Friday, Feb 5

## 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. Several activities will make up this fun evening at the Rec!

1st—6th grade girls  
Sunday, March 7  
6:00pm—10:30pm  
\$15 Member; \$18 Non Member; \$5 Late Fee  
DEADLINE: Thursday, March 4

## 4.) Easter Coloring Contest

Show off your coloring skills by entering the Easter coloring contest. Pick up a coloring sheet any time after Monday, March 1 and turn it in by Thursday, April 1.

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

## 5.) Mother-Son Sock Hop!

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

Friday, April 9  
7:00pm—8:30pm  
\$20 couple; \$10 each +son; \$5 Late Fee  
DEADLINE: Monday, April 5

## 6.) Youth Track & Field

If you are in 3rd—6th grade and like to run, jump, throw and be outside then youth track and field is for you! Practices will be Tuesday & Fridays @ 5:30pm @ BHS Track. Meets will be Saturdays beginning April 3. The season will run from March 16—April 24. 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	Football Throw
Hurdles (50 m) (might be an age requirement)	

Kids 3rd—6th grade  
March 16—April 24

Meets on Saturdays/Practices Tues & Fridays @ 5:30pm  
DEADLINE: Monday, March 1  
Cost: \$40/person; \$5 Late Fee

## 7.) Easter Egg Hunt for Kids

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

Saturday, April 3

## 8.) Daddy Daughter Dance

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

Friday, April 30  
7:00pm—9:00pm  
\$20/couple; \$10 for each additional girl; \$5 Late Fee  
DEADLINE: Monday, April 26

# Youth Activities

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration  
Non Member Registration

Tuesday, Jan 12 @ 8:00am  
Friday, Jan 15 @ 8:00am

\$5 Late Fee will apply after deadline to ALL activities

Page 7

## 9.) Middle School Dance

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

Grades 6—8

Saturday, May 1

7:30pm—9:00pm

\$5/person pay at the door

## 10.) Kids in the Kitchen

Hey kids, let's get to cooking. Projects will be kid friendly that you could either make at home by yourself or with a bit of help. And of course, you will get to eat what you make. Gennifer Birk will lead the class and share some easy ways to make healthy foods. Come for the fun, come for the food. We will do our best to keep the kids socially distanced.

Grades K+

Tuesday, Jan 26, Feb 9, Feb 23 & March 9

3:30pm

Fee \$10; Limit 10

Deadline: Tuesday, January 19

## 11.) Crafty Kids

Let's have some hands-on craft fun. We will paint a couple ceramic projects, make some seasonal crafts and enjoy a snack.

Grades K+

Tuesdays, Feb 2, Feb 16, March 2 & March 16

3:30pm

Fee \$10; Limit 10

Deadline: Tuesday, January 26

## 12.) May Day Baskets

Where did the custom of giving May baskets come from? Come to this class to learn all about it and then make a May basket to brighten someone's day. Jill from KSU Research & Extension will be leading the class.

Tuesday, April 27 @ 3:30pm

No Fee; Limit of 10

Deadline: Tuesday, April 20

## 13.) Kid Fit

Do you need to run off some steam? Come on Wednesdays beginning at 3:30pm. You will have access to run or walk on the track and for those who want to, we will do a few strength and stretching exercises each day @ 4:10. Prizes will be earned for every 5 miles ran/walked with the largest prize being a 'Kid Fit' t-shirt that can be earned for hitting 20 miles.

Wednesdays

January 20-March 10

3:30pm

Fee: \$10

## 14.) Cheerleading

Go Big Red! In this class you will learn sideline chants, floor cheers, jumps, and a short dance routine. The fee covers instruction and a t-shirt.

**Due to the new KSHSAA guidelines for Winter sports, we will be unable to perform at a BHS basketball game this year. Instead, we will perform on February 19th at the Rec Center gym at 6:00pm. We understand this is not ideal but at this time it is the best we can do. We appreciate you understanding and look forward to working with your girls.**

1st Grade and up.

Thursdays, beginning January 7

Grades 1-2: 3:30-4:00 pm

Grades 3+: 4:00-4:30 pm

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

**DEADLINE:** Monday, January 4

**PERFORMANCE:** Friday, February 19

## 15.) Rec Center Rocks

Hey kids, have you or your parents heard of the Burlington, KS Rocks community? Let's keep it going strong! Come in and decorate some rocks and then we will load up in the BRC vans and go hide them to brighten others' days! Parents are welcome to help decorate and follow in personal vehicles! Each kiddo will get 3 rocks to decorate. Fee covers supplies and transportation.

Grades K+; Limit 10

Tuesday, January 19th @ 3:30

Fee \$10



# Youth Activities

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration Tuesday, Jan 12 @ 8:00am  
Non Member Registration Friday, Jan 15 @ 8:00am  
\$5 Late Fee will apply after deadline to ALL activities

Page 8

## 15.) 2020 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 2021**. Late sign-ups **WILL ONLY** be placed on teams **IF** space is available. All players will be provided a jersey.

**Registration Deadline —Monday, March 22 @ 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 <sup>st</sup> grade	
\$25	Midget Boys	1 <sup>st</sup> —2 <sup>nd</sup> Grades (machine pitch)	Not 10 before Sept 1
\$25	Pixie Girls	1 <sup>st</sup> —2 <sup>nd</sup> Grades (machine pitch)	Not 10 before Sept 1
\$25	Minor Boys	3 <sup>rd</sup> —4 <sup>th</sup> Grades	Not 12 before Sept 1
\$25	Pigtail Girls	3 <sup>rd</sup> —4 <sup>th</sup> Grades	Not 12 before Sept 1
\$40	Major Boys	5 <sup>th</sup> —6 <sup>th</sup> Grades	Not 14 before Sept 1
\$40	Ponytail Girls	5 <sup>th</sup> —7 <sup>th</sup> Grade	Not 15 before Sept 1
\$50	Junior Boys	7 <sup>th</sup> —9 <sup>th</sup> Grade	Not 17 before Sept 1
\$50	Junior Girls	8 <sup>th</sup> —10 <sup>th</sup> Grade	Not 18 before Sept 1

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

## 16.) 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](http://www.burlingtonrec.com)
- BRC Facebook page

## 17.) 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

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration

Tuesday, Jan 12 @ 8:00am

Non Member Registration

Friday, Jan 15 @ 8:00am

\$5 Late Fee will apply after deadline to ALL activities

Page 9

## 1. BRC Indoor Pool Hours

### Weekday Hours

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

### Weekend Hours

Saturday and Sunday	2:00—5:30pm
---------------------	-------------

## 2.) Morning Water Aerobics

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

**Mondays, Wednesdays, Fridays**

**8:30am**

**\$1/class**

## 3.) Indoor Swim Lessons

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

**March 15—18**

**4:00—4:30pm**

**Levels I, II, III IV, V, VI**

**\$15 Member; \$20 Non Member**

**DEADLINE: Wed, March 10 @ 5pm**

## 4.) Spring Break Pool Hours

BRC indoor pool will continue regular morning hours, but will add these extended afternoon hours!

Mon, March 22	1pm—7:30pm
Tues, March 23	1pm—7:30pm
Wed, March 24	1pm—7:30pm
Thur, March 25	1pm—7:30pm
Fri, March 26	1pm—5:30pm

## 5.) 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, 2021

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.**

**March 22-24**

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

**May 19-21**

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

**Members \$130; Non Members \$140**

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

## 6.) 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.

**Thursday, March 25 & Tuesday, May 18**

**9am—3pm**

**\$50 Member; \$55 Non Member**

# Pool Options

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration

Non Member Registration

\$5 Late Fee will apply after deadline to ALL activities

Tuesday, Jan 12 @ 8:00am

Friday, Jan 15 @ 8:00am

Page 10

## 7. 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](mailto:jlogan@usd244ks.org) or 620-364-8484.

## 8.) 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

## 9.) 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

\$60 for five, 30 min lessons Member

\$65 for five, 30 min lessons Non Member

## 10.) Deep Water Aerobics w/Justin

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

Tuesdays @ Indoor Pool

March 16-April 27 @ 6:00pm

Minimum of 5

\$15 session; \$3 drop in

Payable to BRC

## 11.) 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 instructor, Justin Logan.

Mondays & Wednesdays @ Indoor Pool

January 25-March 8

1:30—2:30pm

Minimum of 5

\$20 Members; \$23 Non Members



# ***Adult Interest & Special Events***

***Winter-Spring 2021***

**BRC**  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

**Member Registration**  
**Non Member Registration**

**Tuesday, Jan 12 @ 8:00am**  
**Friday, Jan 15 @ 8:00am**

**\$5 Late Fee will apply after deadline to ALL activities**

**Page 11**

## **1.) Health Insurance Made Easy**

Deciding on insurance plans is always a huge dilemma. Let Pam Luthi, who has been a licensed health insurance agent since 2008, help you muddle through the many options. She will break down what you have and what you need and will speak in common terms so it is easy to understand. With all of the changes to our healthcare in the past 10 years, Pam will provide an easy to understand explanation for the Affordable Care Act, Medicare, Medicare Advantage Plans, group health insurance & medical sharing plans. Pam grew up in Fredonia, moved to Topeka in 1985 and comes to an office here in Burlington on Wednesdays. She is always happy to answer questions. The workshop is free to the public but numbers will be limited to allow for social distancing so you must sign-up. Masks are mandatory.

**Wednesday, January 27**

**1:00pm**

**BRC Conference Room; Limit of 10**

## **2.) 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 Feb 1**

**\$40/team; \$5 Late Fee**

**8 teams**

**DEADLINE: Monday, January 25 @ 5pm**

## **3.) Tuning Into the Times**

You have been stuck inside for all of these months. Now is the time to learn something new and broaden your horizons. We all need to continue to keep our body and mind fresh. Jill from the KSU Research & Extension will give you tips and ideas of how you can grow and improve. Class size will be limited, so sign-up is mandatory as is the wearing of masks.

**Wednesday, February 24**

**1:00pm**

**BRC Conference Room; Limit of 10**

## **4.) Spring Sampler**

Coffey County Chamber of Commerce and Burlington Recreation Center are partnering to once again offer the Spring Sampler! Area businesses, direct sales reps, craft vendors, non-profits, etc are all encouraged to rent a booth and display their wares or services. This is a cash and carry event.

**Saturday, March 6**

**9:00am—2:00pm**

**BRC**

**\$30 for an 8x10 booth plus additional fees for table rental and electricity (limited amount available)**

## **5.) Slow Pitch Co-Ed Adult Softball**

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

**Wednesday, March 3**

**6:00pm**

**BRC Conf Room**

## **6.) Practice Being Safe**

Is that email you just got legitimate or is someone trying to get your info? How about the phone call asking for your personal information? Learn some of the latest scams and cons the "low life's" are using to try to make a buck. Jill from KSU Research & Extension will give you tips on being safe at home, in your vehicle and when you are out and about. Emergency preparedness and internet safety will be a large part of this class. The size of the class will be limited to allow for social distancing so make sure to sign-up in advance. Wear a mask please.

**Wednesday, March 24**

**1:00pm**

**BRC Conference Room; Limit 10**

# ***Adult Interest & Special Events***

***Winter 2019-2021***

**BRC**  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

**Member Registration**  
**Non Member Registration**  
**\$5 Late Fee will apply after deadline to ALL activities**

**Tuesday, Jan 12 @ 8:00am**  
**Friday, Jan 15 @ 8:00am**

**Page 12**

## **7.) Mother-Son Sock Hop!**

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

**Friday, April 9**

**7:00pm—8:30pm**

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

**DEADLINE: Monday, April 5 @ 5pm**

## **8.) Summer Director's Meeting**

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

**Wednesday, April 7**

**6:00pm**

## **9.) 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 3**

## **10.) 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**

**Women's League meeting**

**Thursday, April 22 at 6pm**

**Thursday, April 29 at 6pm**

## **11.) Daddy Daughter Dance**

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

**Friday, April 30**

**7:00pm—8:30pm**

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

**DEADLINE: Monday, April 26 @ 5pm**

## **12.) Old 75 Crap Fare**

Dig deep and find your best "crap" and bring it to the Old 75 Crap Fare. Garage sale items, flea market items, repurposed items, new and used—anything goes at this "outside crap fare." Rent a parking space for \$5/spot at BRC.

**Saturday, June 12**

**8:00am—1:00pm**

**Downtown Burlington**

**\$5/parking space**

## **14.) Non Competitive Pickleball**

How about a little low-key pickleball? This game is easy to learn, fun to play and allows you to get some exercise without even realizing it. Beginners encouraged to attend and more advanced players can come but should plan to play at a beginners pace.

**Thursdays @ 1:00pm**

**Beginning January 14**





# ***Adult Interest & Special Events***

## ***Winter 2019-2021***

**BRC**  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

**Member Registration**      **Tuesday, Jan 12 @ 8:00am**  
**Non Member Registration**      **Friday, Jan 15 @ 8:00am**  
**\$5 Late Fee will apply after deadline to ALL activities**

**Page 13**

## **15.) Monday Movies**

Several ladies have been watching a movie on Monday Afternoons the last several months. We are going to expand that to the big blow-up screen in the gym. So bring a lawn chair or use one of our chairs and enjoy an afternoon kicking back and watching a classic movie. We might even break out the popcorn machine!

**Mondays @ 1:00pm beginning January 25**  
**BRC Gym**

## **16.) Adult Ping Pong**

Do we have any ping pong players out there? We have a beautiful ping pong table that was donated to us by Max Houser and it needs some use.

**Wednesdays @ 1:00pm beginning January 13**  
**BRC Gym**

## **17. Private Swim Lessons,** **Spring Break Pool Hours,** **First Aide/AED/CPR**

For this information, see the Pool Section of this brochure Page 10

## **18. 2021 Fitness Challenge &** **55+ and Fit**

For this information, see the Fitness Section of this brochure Page 14

# Winter Fitness

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration  
Non Member Registration

Tuesday, Jan 12 @ 8:00am  
Friday, Jan 15 @ 8:00am

\$5 Late Fee will apply after deadline to ALL activities

Page 14

See fitness schedule for specific session dates and times.

## 1.) 2021 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!

### 2021 FITNESS GOALS

Walkers/Runners:	500 miles
Swimmers:	50 miles
Bikers:	1,000 miles
Weight Room:	75 hours
Elliptical:	750 miles
Cross-Training:	1,000 points

## 2.) 55+ and Fit!

Don't let life pass you by—get out of your chair and move! Join 55+ and Fit and work towards some rewarding incentives! Any activity can be chosen, but should be 15-20 minutes long or longer and done at BRC to count as a workout. Keep track of your progress on the flowchart downstairs and see how close you are to the next incentive prize! If you need accountability, find our fitness flyer and join one of our many class options!

BRC members 55+  
Jan 4—Dec 31, 2021  
FREE

## 3. Women on Weights

Women on Weights is a great resistance class to create a lean body. Exercise will focus on strength for your upper body and high reps for lower body. All fitness levels are encouraged to attend this class. Call Darla @ 620-364-9638 to register.

Darla Dale  
T/Th at 8:00am (Jan 5—Feb 11)  
\$65/session; \$5 drop in  
Payable to Darla Dale

## 4. 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

## 5. Chair Aerobics w/ Salli

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.

Salli Stewart  
Mondays and Thursdays @ 11:00am  
Jan 11—April 19  
\$25/session; \$3 drop in  
Payable to BRC

## 6. Weights with Misty

Get a full body workout using dumbbells. Learn basic strength training moves that you can incorporate into your fitness routine. Contact Misty @ 364-6193 for more information.

Misty Marchant  
Mondays & Wednesdays @ 5:30pm  
Jan 4—Feb 10  
\$50 session; \$5 drop in  
Payable to Misty Marchant

## 7. 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!

Tuesdays @ 7pm  
Fridays @ 10am  
Ongoing  
No charge



# Winter Fitness

Winter-Spring 2021

BRC  
1110 Shea Street,  
Burlington, KS 66839  
620-364-8484  
[www.burlingtonrec.com](http://www.burlingtonrec.com)

Member Registration Tuesday, Jan 12 @ 8:00am  
Non Member Registration Friday, Jan 15 @ 8:00am  
\$5 Late Fee will apply after deadline to ALL activities

Page 15

**See fitness schedule for specific session dates and times.**

## **9. 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**

## **10. Relaxation Yoga**

Join this yoga class to learn basic yoga postures and proper alignment. Contact Misty Marchant for more information. 620-364-6193.

**Misty Marchant**  
**Wednesdays @ 6:30pm, Jan 6—Feb 10**  
**\$25/session; \$5 drop in**  
**Payable to Misty Marchant**

## **11. Daily Basis Bootcamp**

30-45 minutes of full body, cross-training workouts. Success will be measured in progress and growth not pounds. Come prepared to sweat, push yourself and—most importantly—growth!

**Melissa Daily**  
**T/TH @ 5:30pm; \$35/session; \$5 drop in; Jan 5-Jan 28**  
**Payable to Melissa Daily**

## **12. Noon Yoga**

Noon yoga is a slower paced class that focuses on stretching and proper alignments.

**Sarah Stockwell**  
**Tuesdays & Thursdays @ 12:15pm**  
**Monthly**  
**\$30/monthly session; \$5 drop in**  
**Payable to BRC**

## **13. Flow & Roll**

Come take some time to energize, or relax with some flowing stretches. Then move to taking care of our fascia or connective tissue. This will increase blood flow, decrease pain and muscle soreness and helps with increased mobility. Must have own mat and roller.

**Darla Dale**  
**January 5-February 11**  
**Tuesdays & Thursdays @ 9:00am**  
**\$30/12 classes**  
**Payable to Darla**

## **14. Yoga Stretch**

Join Darla for a new afternoon Yoga class where focus and relaxation will flow into stretching and breath work. We all need a little extra TLC for our bodies and our minds.

**Darla Dale**  
**January 5-February 11**  
**Tuesdays & Thursdays @ 4:30pm**  
**\$65/session (12 classes)**  
**Payable to Darla**