

Burlington Recreation Center

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

WINTER-SPRING BROCHURE 2025



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Member Registration Begins:
Tuesday, Jan 21, 2025 @ 8:00am

Non Member Registration:
Friday, Jan 24, 2025 @ 8:00am

Adult Trips

Winter-Spring 2025

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1. Pinterest Pinners Conference

Are you a Pinterest lover or maybe new to Pinterest? Maybe you've never heard of it but like to dig into your creative side! Pinners is a show with 200 top businesses providing beautiful options in the world of DIY, crafts, cooking, self improvement, party planning, scrapbooking, holiday, beauty and fashion and all sorts of other great things! This will quickly become a new favorite event whether you are on Pinterest already or not! Cost covers transportation and admission plus 2 hands on classes of your choice at the show!

Friday, January 31
9:00am—4:00pm
Max of 13 people
\$32 Members; \$35 Non Members

2. Lunch with Linda-Feb #1

Wednesday, February 5th
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

3. New Theatre: Rumors

When the rich behave poorly! As the posh guests arrive for a 10 year wedding anniversary party, they realize that something is terribly wrong! The servants are inexplicably absent, the food has not been cooked, the wife is missing and the husband seems to have been severely wounded in the earlobe.

Comedy unfolds as the guests try to figure out what happened, relying too heavily on a wide variety of **RUMORS!**

Wednesday, February 12
9:00am—5:00pm
Max of 13 people
\$55 Members; \$58 Non Members

4. Lunch with Linda—Feb #2

Wednesday, February 19th
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

5. Museum of Art+Light & Museum at K-State's Justin Hall

The Museum of Art & Light in Manhattan, Kansas, is a unique cultural gem offering an immersive experience in contemporary art, light installations, and interactive exhibits. Located in the heart of the city, this museum combines visual art with innovative use of light, showcasing works that explore the interplay between illumination and creativity. Visitors can expect to explore dynamic exhibits that push the boundaries of traditional art forms, featuring local, national, and international artists. The museum's sleek, modern design provides an ideal setting for its thought-provoking exhibitions, making it a must-visit for art lovers and those seeking a distinctive cultural experience in Manhattan. The Museum of Art & Light is perfect for those looking to engage with art in new, exciting ways and enjoy a captivating day out.

We will leave for lunch after the museum and then travel to Justin Hall on campus where we will meet with Professor Marla Day who will share with us a museum most don't even know exists. She will show us collections of historic textiles and clothing from various times. This is a true hidden treasure.

Wednesday, February 26
8:00am—5:00pm
Max of 13 people
\$40 Members; \$43 Non Members

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6. Museum of Deaf History, Arts & Culture

The Museum of Deaf History, Arts & Culture in Olathe, Kansas, offers a fascinating and educational journey through the rich history and vibrant culture of the Deaf community. This museum celebrates the achievements and contributions of Deaf individuals in various fields, from art and literature to education and technology. Visitors will explore interactive exhibits that highlight the evolution of American Sign Language (ASL), the history of Deaf advocacy, and the development of Deaf culture. The museum also features artworks by Deaf artists, historical artifacts, and immersive displays that showcase the resilience and creativity of the Deaf community. Perfect for those seeking a deeper understanding of Deaf culture and history, the Museum of Deaf History, Arts & Culture provides a unique and insightful experience in the heart of Olathe.

We will head to lunch after our tour.

Wednesday, March 5
8:30am—4:00pm
\$25 Members; \$28 Non Members; Max of 13 people

7. Lunch with Linda—March #1

Wednesday, March 12
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

8. Ft. Leavenworth

- Guided Fort Leavenworth Tour— includes Berlin Wall Monument, Buffalo Soldier Monument Memorial Park, Memorial Chapel, Oregon and Santa Fe Trailheads, and Fort Leavenworth National Cemetery
- Frontier Army Museum - Fort Leavenworth
- Lunch at the Solarium
- First City Museum

Friday, March 14
8:00am—6:30pm
\$35 Members; \$38 Non Members; Max of 12 people

9. It's All About the Dairy

Let's head out for a tour of Hildebrand Farm in Junction City, KS. This farm began in the 1930's all because a couple from Sweden wanted a side hobby from being a machinist on the railroad. The farm has been passed down to children and has now grown to sell their milk in over 120 stores. We will get a full tour of the farm and the work that goes along with running the large operation. As an added bonus, Cliff Cain, from Alma Creamery will be there to dive even further into dairy and how he purchases his milk from Hildebrand Farm to make his amazing Alma cheese! After our time at the farm we will have lunch before returning to Burlington.

Thursday, March 20
8:15am—5:00pm
Max of 13 people
\$45 Members; \$48 Non Members

10. Lunch with Linda—March #2

Wednesday, March 26
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

11. Lunch with Linda—April #1

Wednesday, April 2
10:00pm—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

12. Steamboat Arabia & River Market

Let's head out and enjoy the beautiful Spring weather. We will start our morning off with a tour of the Steamboat Arabia Museum. After our tour you will have some time to browse around the River Market outdoors. We will then head to lunch before returning back to Burlington.

Wednesday, April 9
8:00am—5:00pm
Max of 13 people
\$30 Members; \$33 Non Members

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13. Lunch with Linda—April #2

Wednesday, April 16
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

14. New Theatre: Jersey Boys

An Uplifting tale of four blue collar Italian boys from the East Coast, with vocal harmonies to climb to extraordinary heights!

From the gritty streets of Newark to the dazzling lights of Broadway, this quartet battles adversity, embraces brotherhood, and creates a unique sound that would forever change the beat of American music.

This Tony Award-winning musical tells the rags-to-riches journey of Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi. Set to the heart-pounding sounds of their iconic group The Four Seasons, with music that defined a generation—hits like “Sherry,” “Big Girls Don’t Cry,” “Walk Like A Man,” and “Can’t Take My Eyes Off You”

Wednesday, April 23
9:00am—5:00pm
Max of 13 people
\$55 Members; \$58 Non Members

15. Overland Park Botanical Garden

A visit to the Overland Park Arboretum & Botanical Gardens in Overland Park, Kansas, offers a peaceful escape into nature, where lush landscapes and beautifully curated gardens await. Spanning over 300 acres, the arboretum features a diverse array of themed gardens, including a stunning rose garden, water features, a butterfly garden, and wooded trails. Whether you're a garden enthusiast, a photography lover, or just looking for a tranquil spot to reconnect with nature, the Overland Park Arboretum & Botanical Gardens is a must-visit destination that offers beauty and serenity year-round.

We will head to lunch after our garden tour.

Wednesday, April 30
8:30am—4:30pm
Max of 13 people
\$30 Members; \$33 Non Members

16. Kansas Aviation Museum

The Kansas Aviation Museum in Wichita, Kansas, offers an exciting journey through the rich history of aviation in the heart of America's "Air Capital." Located in a historic art deco building that was once Wichita's original airport terminal, this museum celebrates Kansas' pivotal role in the development of aviation, from early flight pioneers to modern aerospace achievements. Here we will take a guided tour where we will explore a vast collection of aircraft, engines, and aviation memorabilia, including rare artifacts from both military and civilian aviation. The museum also features engaging exhibits on the history of local aircraft manufacturers, such as Beechcraft and Cessna, and interactive displays that give a hands-on experience of flight mechanics and technology. The museum's stunning art deco architecture, combined with its immersive exhibits and flight simulators, make it an unforgettable experience for aviation enthusiasts, families, and history buffs alike. A visit to the Kansas Aviation Museum is an ideal way to discover the legacy of flight and its lasting impact on the state of Kansas and the world.

We will head to Stearman Field Bar & Grill after our tour where you can dine surrounded by airplane décor and looking out to the Lloyd Stearman Field landing strip.

Wednesday, May 7
8:00am—5:00pm
Max of 13 people
\$30 Members; \$33 Non Members

17. Lunch with Linda—May #1

Wednesday, May 14
10:00am—3:00pm
Max of 13 people
\$10 Members; \$13 Non Members

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18. Kaufmann Stadium Tour

A tour of Kauffman Stadium, home of the Kansas City Royals, is a must for baseball fans and sports enthusiasts visiting Kansas City, Missouri. Known for its iconic design, beautiful views, and rich baseball history, Kauffman Stadium is one of Major League Baseball's most beloved ballparks. Whether you're a lifelong Royals fan or just discovering the team's storied history, a tour of Kauffman Stadium offers an unforgettable look at the heart of Kansas City's sports culture.

We will head to a BBQ spot for lunch after our tour.

Wednesday, May 21

8:00am—5:00pm

Max of 13 people

\$30 Members; \$33 Non Members

19. Lunch with Linda—May #2

Wednesday, May 28

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

20. Phog Allen Tour-Allen Fieldhouse

If you are a basketball fan or just someone interested in the history behind basketball there is no better place to go visit than where you can see the **Original Rules of Basketball!** Tour includes stops to:

Booth Family Hall of Athletics, Allen Fieldhouse, Hoglund Ballpark, Horejsi Family Volleyball Arena, Kansas Basketball Practice Gym, Legends Concourse Celebrated by Central Bank, Men's Basketball Locker Room, Kansas Athletics Media Room, Original Rules of Basketball, Men's Basketball Locker Room, MBB/WBB Coaches' Offices, Wagnon Student-Athlete Center, Kansas Athletics Weight Room, Anschutz Family Sports Pavilion

Lunch will be at FreeState Brewery afterwards.

\$45 Member; \$48 Non-Member

Friday, June 4

8:30am—4:00pm

Max of 13 people

21. Lunch with Linda—June #1

Wednesday, June 11

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

22. KC Regional Quilt Show

This year's quilt show is in KC at the Overland Park Convention Center. There will be options to eat at the convention center or for those that want to leave to eat lunch and then come back we can do that as well.

\$25/ includes ticket and transportation

Friday, June 13

8:00am—5:00pm

Max of 13 people

23. Lunch with Linda—June #2

Wednesday, June 25

10:00am—3:00pm

Max of 13 people

\$10 Members; \$13 Non Members

24. The New Theatre: Clue

The Comedy Smash Hit, Adapted From One of the Most Popular Board Games in America!

A bizarre group of strangers are invited to the ominous Boddy Manor. Their evening together turns into a real mystery of whodunit!

Who could the murderer be? Professor Plum with the lead pipe, Mrs. Peacock with the candlestick, or Colonel Mustard with the revolver?

Murder, blackmail, and hilarious twists & turns will draw the audience into a murder case filled with non-stop laughs!

July 2nd

9:00am-5:00pm

\$55 Members; \$58 Non

Max of 13

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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:

1. Pinner Conference, Jan 31	\$32	\$35
2. Lunch with Linda #1, Feb 5	\$10	\$13
3. New Theatre; Rumors, Feb 12	\$55	\$58
4. Lunch with Linda #2, Feb 19	\$10	\$13
5. Museum of Art+Light, Feb 26	\$40	\$43
6. Museum of Deaf History, March 5	\$25	\$28
7. Lunch with Linda, #1 March 12	\$10	\$13
8. Ft. Leavenworth, March 14	\$35	\$38
9. Hildebrand Dairy Farm, March 20	\$45	\$48
10. Lunch with Linda #2, March 26	\$10	\$13
11. Lunch with Linda #1, April 2	\$10	\$13
12. Steamboat & Market, April 9	\$30	\$33
13. Lunch with Linda #2, April 16	\$10	\$13
14. New Theatre: Jersey Boys, Apr 23	\$55	\$58
15. OP Botanical Garden, Apr 30	\$30	\$33
16. KS Aviation Museum, May 7	\$30	\$33
17. Lunch with Linda #1, May 14	\$10	\$13
18. Kaufmann Stadium Tour, May 21	\$30	\$33
19. Lunch with Linda #2, May 28	\$10	\$13
20. Phog Allen Tour, June 4	\$45	\$48
21. Lunch with Linda #1, June 11	\$10	\$13
22. KC Quilt Trip, June 13	\$25	\$28
23. Lunch with Linda #2, June 25	\$10	\$13
24. New Theatre: Clue, July 2	\$55	\$58

TOTAL: _____

Youth Activities

Winter—Spring 2025

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

Come on over after school on Friday afternoons and join us for an hour of Bingo fun!

Fridays, beg Jan 3
3:30—4:30pm

2.) High School Boys Summer Baseball

Boys 16-19 years of age as of January 1, 2025 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 2024. Must have 12 signed up to play.

Boys 16-19
\$200; additional \$30 if a jersey is needed
DEADLINE: Friday, March 14 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 6
6:30pm—11:00pm
\$15 Member; \$18 Non Member; \$5 Late Fee
DEADLINE: Monday, March 3

4.) Easter Coloring Contest

Show off your coloring skills by entering the Easter coloring contest. Pick up a coloring sheet any time after Tuesday, April 1 and turn it in by Thursday, April 17.

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

5.) Mother-Son Date Night!

We are changing gears for Mother/Son Date Night this year and we hope you are just as excited as we are! This year we will be planning a special Mother/Son Date Night at the Outdoor Pool!! More details to come so keep your eyes open for more details towards the end of the school year!!

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 @ BHS Track. Days/times to be determined. The season will run from March 11—April 27. 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)	(might be an age requirement)

Kids 3rd—6th grade
March 12—April 27
Meets on Saturdays/Practices TBD
DEADLINE: Friday, March 7
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 19

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 25
7:00pm—8:30pm
\$25/couple; \$10 for each additional girl; \$5 Late Fee
DEADLINE: Thursday, April 17

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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, April 26

7:30pm—9:00pm

\$5/person pay at the door

10.) Crafty Kids

Always a kid favorite! Let's have some fun and do some neat crafts for you to take home and share with your family!

Grades K-2nd

Tuesdays, March 4, 11, 25 & April 1

3:30-4:15

Fee \$25; Limit 10

Deadline: Friday, February 7

11.) Crafty Kids

Always a kid favorite! Let's have some fun and do some neat crafts for you to take home and share with your family!

Grades 3rd-6th

Tuesdays, March 4, 11, 25 & April 1

4:15-5:00

Fee \$25; Limit 10

Deadline: Friday, February 7

12.) May Day Baskets

Let's get together and make some May Day baskets! We will put together our baskets and then hop in the BRC van and go deliver them!

Grades 1st-6th

Thursday, May 1

3:30-5:00

Fee: \$10

Deadline: Monday, April 14

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

Tuesdays, January 21st-March 11th

3:30-4:15pm; Max of 12 kids

(sessions will depend on number of participants)

FREE

14.) LadyCat Softball Camp

Make sure to get your kiddos signed up for this great camp hosted by the Burlington Lady Cats and Coach Derek Birk. This camp will include fundamental drills, competitive competitions and more! This is a great opportunity to get extra practice time in just before softball season starts!

Who: 3rd -8th Grade

When: March 18-20

5:30-6:00pm — Pitching Session

6:00-7:00pm — Fielding & Hitting

Cost: \$25 Member; \$28 Non-member

Deadline: March 17

15.) Madden Tournament

Grab some buddies over Spring Break and join Trevor for a fun day gaming against each other in the Madden Tourney!

Who: 4th & Up

When: March 19

10am-Until there's a winner.

Cost: \$5 Member

Deadline: March 10

(Feel free to bring drinks/snacks!)

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16.) 2025 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 2025**. Late sign-ups **WILL ONLY** be placed on teams **IF** space is available. All players will be provided a jersey.

Registration Deadline —Friday, March 14 @ 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	
\$25	Midget Boys	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$25	Pixie Girls	1 st —2 nd Grades (machine pitch)	Not 10 before Sept 1
\$30	Minor Boys	3 rd —4 th Grades	Not 12 before Sept 1
\$30	Pigtail Girls	3 rd —4 th Grades	Not 12 before Sept 1
\$45	Major Boys	5 th —6 th Grades	Not 14 before Sept 1
\$45	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

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

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. Must be at least 15 years of age by May 2025.**

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

March 17 (will meet from 9:30am-12:30pm)

March 18-19 (will meet from 10:00am-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 17

1 pm—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

\$45/first hr

\$55/first hr

up to 25 swimmers

25-50 swimmers

51-75 swimmers

Non Member Fee:

\$45/first hr

\$55/first hr

\$65/first hr

up to 25 swimmers

25-50 swimmers

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

January 7-April 29

1:30—2:30pm

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!

April 1st-May 8th

Tuesday & Thursdays

6:15-7:00am

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

Must have a minimum of 5 to hold this class.

Adult Interest & Special Events

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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 3

\$40/team; \$5 Late Fee

8 teams max

DEADLINE: Monday, January 27 @ 5pm

2.) Slow Pitch Co-Ed Adult Softball

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

Wednesday, March 5

6:00pm

BRC Conf Room

10 Team Max

BRC Conference Room; Limit 8

3.) Mother-Son Date Night!

We are changing gears for Mother/Son Date Night this year and we hope you are just as excited as we are! This year we will be planning a special Mother/Son Date Night at the Outdoor Pool!! More details to come so keep your eyes open for more details towards the end of the school year!!

4.) 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, March 19

6:00pm

5.) 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 19

6.) 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 30 at

7.) 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 25

7:00pm—8:30pm

\$25/couple; \$10 for each additional girl; \$5 Late Fee

DEADLINE: Thursday, April 17

Adult Interest & Special Events

Winter-Spring 2025

BRC
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8.) 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

9.) Tuesday Cards

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

Tuesdays @ 1:00pm
Ongoing

10.) Sourdough Made Simple

Join Calah King in her kitchen for beginner sourdough tips & tricks. Replace store bought bread for simple, gut friendly ingredients and unparalleled flavor. Learn her process, take home some recipes, sample some goods, and if you want—some sourdough starter!

(BRING YOUR OWN CLEAN JAR.)

Transportation is included from the Rec Center for those that would like to ride the van. (Not required to attend.)

Monday, February 10th

Leave BRC at 12:45

Workshop is from 1-3pm at Calah's

Return to Rec by 3:30

\$20 Members; \$23 Non-Members

Max of 13 people

11.) Let's Talk Insurance

Join Matt Harmon with Integrity Insurance along with Kirsten Wonser for an insurance workshop covering all the basics. There will be dedicated time for any and all questions. So whether you are looking for more information regarding personal, business, commercial and/or life insurance—you will not want to miss this workshop!

Monday, March 10th

10am

BRC Conference Room

FREE to attend but need to sign up!

12.) Assistive Technology

Assistive technology is any tool or technology that helps a person complete functional tasks with ease and efficiency. Assistive technology is beneficial for people with disabilities or older adults, but most people use assistive technology every day. Do you wear glasses? Have you ever used a step stool? If you said yes, then you have used assistive technology. Join us for this session to learn more about different tools that might be helpful for you and your loved ones. Join us for this great workshop led by Cassiday Collins with the Coffey County K-State Research and Extension Office.

Monday, April 14

10am

BRC Conference Room

FREE but please call or come in to sign up so we have attendance numbers for Cassiday

13.) Tips and Tricks to Tackling Hoarding and Decluttering

Is clutter taking over your home—or someone you love's? Join this eye-opening program led by Cassiday Collins, Coffey County K-State Research and Extension Office, on hoarding and decluttering, where we'll explore the challenges and solutions for creating a more organized and peaceful living space. Discover practical strategies for letting go of excess, tips for maintaining a clutter-free home, and insights into the emotional and psychological aspects of hoarding. Whether you're looking to take the first step or support someone in need, this program will provide the tools and encouragement you need to make meaningful change. Don't let clutter control your life—take charge today!

Monday, May 12

10am

BRC Conference Room

FREE but please call or come in to sign up so we have attendance numbers for Cassiday

Winter Fitness

Winter-Spring 2025

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1.) 2025 Fitness Challenge

Keep your fitness promise this year! Walk, run, swim, bike, lift or any of the above and more! Just move your body with intentional effort! We are here to encourage you! Stay accountable, focused and consistent with the BRC Fitness Challenge! See the Fitness Challenge handout and review the 5 Simple Steps and get started today!

FEE: \$25/person

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

You must pick only ONE goal in which you are aiming for and tracking points. The cost is \$25 for the Fitness Challenge. All patrons that reach their goal will get some BRC swag! All patrons that complete at least 50% of their goal at BRC will divvy up the money pot at the end of year plus get their BRC swag. Instruction packets on how to track your points are available at the front desk!

2025 FITNESS GOALS

Walkers/Runners:	500 miles
Swimmers:	50 miles
Bikers:	1,000 miles
Weight Room:	75 hours
Cross-Training:	1,000 points
55+:	800 points

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

\$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

January 7-April 29

1:30—2:30pm

Minimum of 5

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

Must have a minimum of 5 to hold this class.

Winter Fitness

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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!

April 1st-May 8th
Tuesday & Thursdays
6:15-7:00am
\$20/session; \$4 Drop-In

9. T.Training & Fitness by Tiah Ditto

Tiah Ditto is a 2015 Burlington High School graduate who is now killing it in the fitness industry—pushing people to be their best and most healthy self! We all know life is crazy busy and schedules are all over the place—let this online coaching approach keep you accountable and headed in the right direction!

Straight from the trainer herself:

“Are you ready to kickstart your fitness journey? Let’s unleash your full potential with a fierce and refreshing new routine with ONLINE coaching!

Say good-bye to fatigue and hello to a bespoke blend of workouts, meal plans, and weekly check-ins that are the secret to your success!

Your exclusive app is like having a fitness wizard in your pocket, and during our bi-weekly calls we will hone in on your fitness and nutritional goals and ensure that your personalized workouts and meal plans match your needs. A coach who will keep you accountable and lead you the right way.

Join her Facebook Group at T.Training & Fitness and get connected!

Text “GO” to 620.364.9006 because your dream body is just a message away! Let’s make this journey legendary!”

**Tiah is a NASM Certified Personal Trainer and graduate from Emporia State University, Bachelors of Science in Health and Human Performance and Master’s of Science, HPER (Health Education).

10.Reflections of Soul Dance classes offered:

Friday 9:15-10AM:
Creative movement and pre-ballet
3-5ys

FRIDAY 10-11AM
Classical Ballet
12-18ys

Friday 11AM-Noon
Ballet & Tap Combo
1-4 Grade

Monday 5:30
Ballet & Tap Combo
2-5 Grade

Monday 630
Rebuild & Restore
18+

**MONDAY Classes begin
Monday Jan 6, 2025**

**FRIDAY classes begin
Friday February 6, 2024**

Pre registration required.

Contact Kristine to register or for more information

EMAIL: reflectionsofsoulba@gmail.com

PHONE or TEXT

620-490-0461

Spring Break Youth Trips

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1. Movie Monday

Get Spring Break started off right! We will head to Emporia or Topeka to B&B Theaters to enjoy a movie to be determined closer to Spring Break and what is available.

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! If your child would like snacks or drinks from the concessions they will need money for that also.

Grades 3rd-6th

Monday, March 17

Leave time will be determined once we pick a movie.

Limit of 12

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

Deadline: March 1

2. Chuck-E-Cheese

Let's fill the van(s) and head to Chuck-E-Cheese in Overland Park! Included in the cost is transportation, 90 minutes of unlimited game play, 2 slices of pizza and unlimited soft drink refills, a prize bag and e-tickets to be used on a future visit!

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 18

Leave BRC at 10am; Return to BRC by 4:00

Limit of 12

\$35 members; \$38 non-members; \$5 late fee

Deadline: March 1

3. Flint Hills Lanes

Who doesn't love bowling? Better yet—on Wednesdays you can get 2 hours of bowling and lunch all rolled into one great price!! Cost covers transportation, lunch (your choice of hamburger, hot dog or grilled cheese with french fries and a small drink) bowling and shoe rental.

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

Wednesday, March 19

Leave BRC at 11:15; Return to BRC by 3:30pm

Limit of 12

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

Deadline: March 1

4. Museum @ Prairie Fire & Pin Stripes Bowling

Let's head to Overland Park for the day! We will take part in various fun activities with our guide at the Museum at Praire Fire. After our fun at the museum we will head to Pin Stripes for some bowling! Our last stop will be for some ice cream to enjoy on our ride home!

****Please bring a sack lunch and \$ for an ice cream stop on the way home!**

Grades 3rd-6th

Friday, March 21

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

Limit of 12

\$25 members; \$28 Non-members

Deadline: March 1