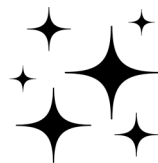


# ADULT PROGRAMS



## SIP INTO SUMMER: MIXOLOGY CLASS\*

Instructor: Tremezzo Ristorante  
 Date: Tuesday, June 4  
 Time: 6 - 8 p.m.  
 Location: Tremezzo Ristorante, 2 Lowell Street  
 Cost: \$50



Shake, stir, and sip your way into summer! Tremezzo mixologists will guide you through the art of crafting specialty **vodka martinis** and a **bourbon cocktail** that will transport you to sunny days and warm nights. Take home your masterpieces, along with the recipes, so you can recreate them. Don't miss this chance to elevate your cocktail game and embrace the spirit of summer with Tremezzo!

**\*21+ years old only - a valid ID must be brought to class**

## YOGA FOR THE FULL-FIGURED WOMAN

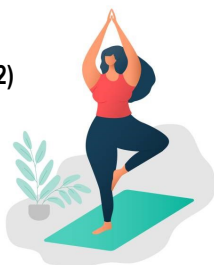
Instructor: Jennifer Ryan  
 Location: The Yoga Loft  
 Cost: \$95 per 8 week session

**Mondays | 4 - 5 p.m.**

**June 3 - July 29 (no 7/1)**  
or **August 12 - October 7 (no 9/2)**  
**8 weeks each session**

**Thursdays | 7 - 8 p.m.**

**June 6 - August 1 (no 7/4)**  
or **August 15 - October 3**  
**8 weeks each session**



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, towel, and wear comfortable clothes.**

## BEGINNER / INTERMEDIATE TAP

Supervisor: Meghan Sullivan  
 Dates: Tuesdays, July 9 - August 20 (no 7/30)  
**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**



## BELLS, BALLS AND BANDS

Dates: Tuesdays, June 4 - July 30  
 (no 7/2), 8 weeks  
 Time: 10 - 11 a.m.  
 Cost: \$95



Work your entire body using a combination of light kettle bells, Pilates balls and different kinds of exercise bands. Each class will focus on different body parts and muscles, always including the core and balance.

All levels welcome; no experience necessary. **Please bring a yoga mat, towel, and wear comfortable clothes.**

## UPHOLSTERY WORKSHOP

Instructor: Louise Redgate  
 Dates: Thursdays, August 15 -  
 October 10 (no 8/29), 8 weeks  
 Time: 6:30 - 9:30 p.m.  
 Location: Town Hall Auditorium  
 Cost: \$90



Give new life to a piece of your old furniture by learning to reupholster. You will cover your piece with new fabric, learn to tie springs and re-pad. A supply list will be provided as your project progresses.

Be aware - you will have homework!  
 The class motto is, "If you can carry it, bring it!"

## Casual Play

This class is for those who would like to play a gentle game of Pickleball. Players who enjoy soft serving and playing at the net are invited to this safe, non-competitive, and fun session.

**Mondays, July 8 - 29**  
4 weeks

**Supervisor:**  
Jim Buckley

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

**\$20**

## Beginner

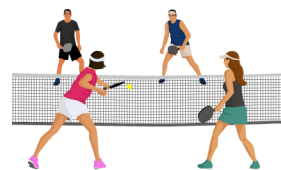
Only for players just starting to play Pickleball and has no other sports background. Minimal understanding of the rules of the game.

**Tuesdays, July 9 - 30**  
4 weeks

**Supervisor:**  
Tom Pazyra

**5 - 6 p.m. | 6 - 7 p.m.**

**\$20**



## PICKLEBALL at the Hall

**Location: Town Hall Pickleball Courts**  
Each player should bring their own paddle.  
A composite paddle is recommended.

**WILMINGTON**  
**RESIDENTS ONLY**

## 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**  
**July 11 - August 29**  
8 weeks

**Supervisors:**

Mike McInnis

Nancy Perez

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

**6:30 - 8 p.m.**

**\$40**

**\$40**

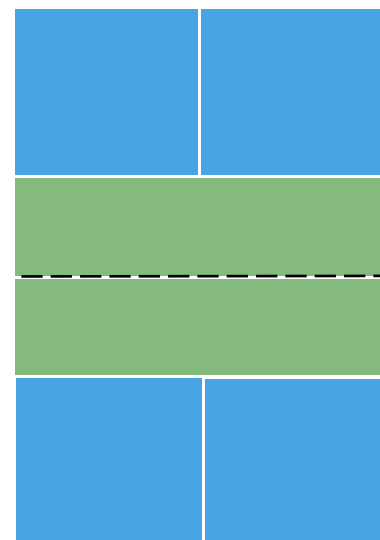
**Saturdays**  
**July 13 - August 31**  
8 weeks

**Supervisor:**

Mike McInnis

**9 - 10:30 a.m.**

**\$40**



## 35+ BASKETBALL LEAGUE

**Supervisor:** Peter Otovic

**Dates:** Wednesdays, September 4 - October 23  
8 weeks

**Time:** 6 - 9 p.m.

**Location:** Middle School Gym

**Cost:** \$60

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

***Players without a 35+ mesh shirt must pay a \$25 shirt fee.***



## ADULT GOLF LESSONS

**Instructor:** Barrie Bruce

**Dates:** Thursdays, September 5 - October 3, 5 weeks

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

**Location:** Billerica Country Club

**Cost:** \$225

This 5-week class teaches ball striking skills to beginner and intermediate golfers. Golf clubs are provided if needed.