

ADULT PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled

35+ BASKETBALL

Supervisor: Peter Otovic 
Dates: Wednesdays, September 14 - November 2,
8 Weeks
Time: 6:30, 7:30 and 8:30 p.m. games
Location: Middle School Gym
Cost: \$52

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 \$21 shirt fee.

ADULT OPEN GYM

Supervisor: Chris O'Rourke 
Dates: Wednesdays, December 7 - April 26,
(No 12/28, 2/22 & 4/19), 18 Weeks
Time: 8 - 9:30 p.m.
Location: Woburn Street School Gym
Cost: \$5 cash per night

Drop in for informal games of pick-up basketball.
Enjoy a workout in the middle of the week.

COACH CLINIC

Instructor: Ken O'Regan 
Grades: 9 - Adult
Dates: Thursday, October 6 *or*
Tuesday October 11
Time: 6:30 - 8:30 p.m.
Location: Shawsheen School Gym
Cost: Free

This class is mandatory for all first-time coaches and assistant coaches seeking volunteer/community service hours, and is recommended for any coaches wishing to improve their skills. Learn to run a fun and effective practice, review the rules we play by and get some tips for game day. Register online or call the Recreation Department.

REFEREE CLINIC

Instructor: Ron Searles 
Ages: 15 - Adult
(must be 16 by 12/1/16)
Dates: Tuesday, November 1 &
Monday, November 7
Time: 7 - 8:30 p.m.
Location: Shawsheen School Gym
Cost: Free

Learn the skills necessary to be a Recreation basketball referee. The Clinic will include classroom instruction and floor work. Priority hiring for WRBL referee positions will be given to those who attend the clinic. Register online or call the Recreation Department.

CARDIO BOOT CAMP

Instructor: Dottie Larffarello
Dates: Mondays & Wednesdays,
October 17 - December 14, (No 10/31 & 11/23),
8 Weeks
Time: 7 - 8 p.m.
Location: Woburn Street Gym
Cost: \$71 

Move through stations to achieve a head-to-toe workout! This program will include intervals of **Tabata**, a workout featuring eight rounds of high intensity exercises that last four minutes. Exercise at your own pace under the guidance of a seasoned instructor. Each student should bring a mat and hand weights (1 - 5 lbs. depending on your level of fitness).

GOLF LESSONS

Instructor: Barrie Bruce 
Location: Billerica Country Club
Cost: \$169

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

Saturdays	Thursdays
September 10 - October 8	September 15 - October 13
11:30 a.m. - 12:30 p.m.	5:30 - 6:30 p.m.

ADULT PROGRAMS

UPHOLSTERY WORKSHOP

Instructor: Louise Redgate
Dates: Thursdays, September 15 - November 17,
 (no 10/27 & 11/3), 8 Weeks
Time: 6:30 - 9:30 p.m.
Location: Town Hall Auditorium
Cost: \$68



Give new life to a piece of your old furniture by learning to reupholster. You'll 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!"

BOXWOOD TREE CLASS

Instructor: Cindy Mattson
Date: Wednesday, December 7
Time: 6:30 - 8:30 p.m.
Location: Given Erwin Florist
 328 Cambridge St.,
 Burlington
Cost: \$42



Create this "live" holiday centerpiece in just one evening!
 All supplies are included.
 Bring scissors and wire cutters to class.

ADULT DANCE CLASSES

Instructor: Nicolette McCoy
Location: Lorraine Spada School of Dance
 52 Main Street, Suite #3
Cost: \$52

These six-week courses are perfect for beginners or returning students. Fun, exercise and new skills in each class!

Beginner Jazz

Mondays
October 17 - November 28,
(No 10/31)
7:30 - 8:30 p.m.

Jazz
 Shoes
 recommended
 but not
 required



Beginner/Intermediate Tap

Thursdays,
October 13 - November 17
7:30 - 8:30 p.m.

Tap
 Shoes
 Required



YOGA FOR THE FULL-FIGURED WOMAN

Instructor: Jennifer Ryan
Location: The Yoga Loft
 3 Lopez Rd.
Cost: \$83 per 8-week session



This class introduces beginners and returning students 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! Bring a yoga mat to each class.

Thursdays

October 6 - December 1,
(No 11/24)
7:15 - 8:15 p.m.

Mondays

October 10 - November 28
4 - 5 p.m.

PICKLEBALL

Supervisors: Bob DiPalma
Dates: Mondays, Tuesdays & Thursdays,
 September 12 - November 3,
 8 Weeks
Time: 3 - 5 p.m.
Location: Textron Tennis Courts
Cost: \$20

Pickleball is a fun sport that combines elements of tennis, badminton and Ping-Pong. It is played on a badminton sized court with a slightly modified tennis net.



Pre-registration is required.

(Non-resident registration will begin September 19 if space is available)

LEARN TO SKATE

Instructors: Wilmington Figure Skating Club
Dates: Fridays,
 September 9 - October 28
 or
 November 4 - December 23, (No 11/25)
Time: 5:20 - 6:10 p.m.
Location: Ristuccia Arena
Equipment: Single Blade Skates

8 Weeks	\$135
7 Weeks	\$120

Cost includes a one-time annual \$15 USFSC registration fee (7/1/16 - 6/30/17)



Adults can take lessons in a separate class at the same time as the kids!
 Class consists of 25 minutes of instruction followed by 25 minutes of practice.