

**ADULT PROGRAMS**  
Masks may be required for "in person" programs.

**ADULT GOLF LESSONS**

**Instructor:** Barrie Bruce  
**Location:** Billerica Country Club  
**Cost:** \$189

Wednesdays  
July 7 - August 4  
6 - 7 p.m.



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

**WILMINGTON BOCCE LEAGUE**

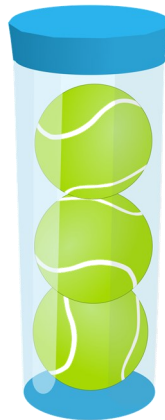
**Instructor:** Jack Cushing  
**Ages:** 14 & up (Wilmington Residents only)  
**Dates:** Mondays & Tuesdays, May 3 - June 15  
(no 5/31 & 6/1), 6 Weeks  
Your schedule will be one night each week;  
Make-up games are on Wednesdays.  
**Times:** 6 p.m. and later  
**Location:** Jack Cushing Courts, 72 Middlesex Ave.  
**Cost:** \$15 per person



This program begins with one week of instruction, followed by five weeks of league play. Participants can register individually, or in teams of two - four players.

**TENNIS ROUND ROBIN**

**Instructor:** Lana Cranston  
**Dates:** Tuesdays, May 25 - August 3 (no 7/6),  
10 Weeks  
**Times:** 5:30 - 7:30 p.m.  
**Location:** Boutwell Tennis Courts/  
Wilmington High School Courts  
**Cost:** \$85



This two-hour program is designed to provide opponents for individuals to create match play. Participants will receive instruction to improve their skills. Players must be able to serve and keep score, and should bring their own racquet and a can of new tennis balls.

**BURN BABY BURN**

**Instructor:** Kim Mytych, Resin 8 With Me  
**Dates:** Wednesday, May 26  
**Times:** 6 - 8 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$60 (All supplies included)

Customize your own charcuterie or cutting board! Select a pattern prior to class. Using a wood burning tool, "Burn" that pattern onto your board during class.



**ADULT KAYAKING CLINIC**

**Instructor:** Joe Tammaro  
**Dates:** Tuesday - Thursday, August 17 - 19  
**Location:** Silver Lake (by the Fishing Pier)  
**Time:** 6 - 7:30 p.m.  
**Cost:** \$140 (all equipment provided)



In this new class, participants will learn kayaking, canoeing and water safety skills on Silver Lake!



**Namaste!**

**YOGA FOR THE FULL-FIGURED WOMAN**

**Instructor:** Jennifer Ryan  
**Location:** The Yoga Loft (3 Lopez Road)  
**Cost:** \$95 per 8-week 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!

<p><b><u>Mondays</u></b>  <b>May 17 - July 19</b>                  (no 5/31 &amp; 7/5)  <b>4 - 5 p.m.</b></p>	Please bring a yoga mat and wear a mask to class.	<p><b><u>Thursdays</u></b>  <b>May 20 - July 15</b>                  (no 7/8)  <b>7 - 8 p.m.</b></p>
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**FITNESS DELIVERED TO YOU**

**Instructor:** Gina Manganiello  
**Dates:** Monday, April 12 - Sunday, June 6, 8 Weeks

**zoom**

Try a new class from the comfort of your own home! Pick the number of classes you would like to attend each week, and then choose your classes!

Classes include:

Total Body Conditioning	Mat Pilates
Myofascial Restorative Bodywork	BollyX
Resistance Band	Barre
HIIT and Low Impact Full Body Circuit	Let's Lift
Full Body Muscle - Stability Ball	Tabata
30 Minute Express Classes	Core Workout

Visit [www.wilmingtonma.gov/recreation](http://www.wilmingtonma.gov/recreation). Click on the link on the right for Virtual Fitness Classes for detailed class descriptions.

Choice of 2 classes per week	\$60
Choice of 4 classes per week	\$80
Choice of 13 classes per week	\$110
Choice of 13 classes per week <i>plus taped segments</i>	\$130

