

SPRING 2026

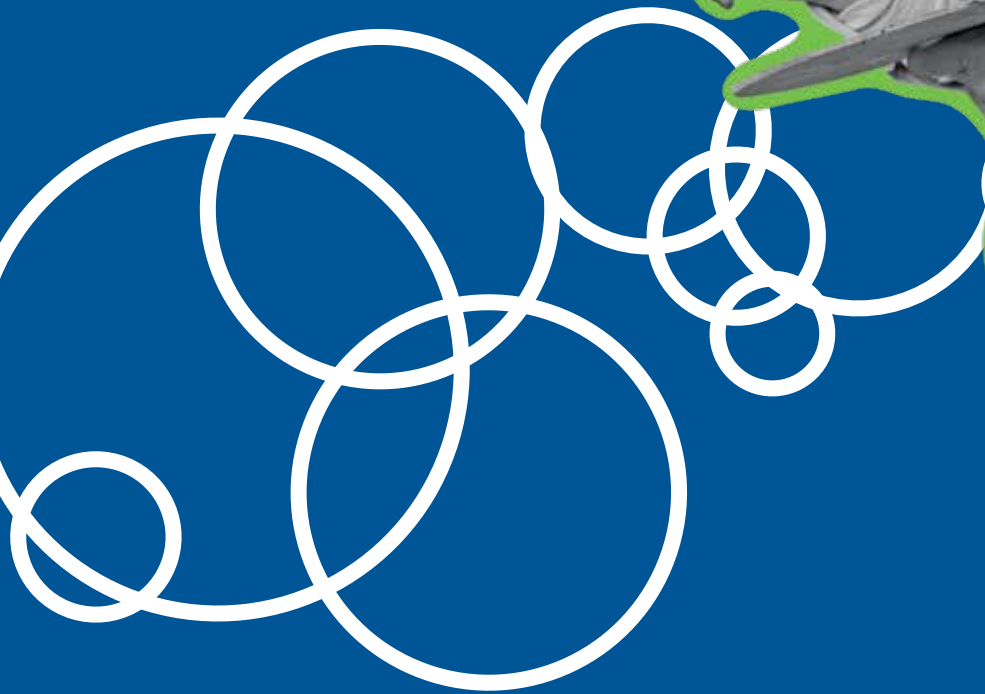
# Adult

## Program Booklet

### Registration Dates:

Wednesday, Jan. 28 programs open  
for viewing online

Thursday, Feb. 5 at 7 a.m. programs open  
for resident registration



[burlington.ca/adult](https://burlington.ca/adult)



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## Registration information

Season	View online	Resident registration	Non-resident registration
Spring 2026	Jan. 28	Thursday, Feb. 5, 7 a.m.	Friday, Feb. 13, 9 a.m.
Summer 2026	May 13	Thursday, May 21, 7 a.m.	Friday, May 29, 9 a.m.

Register early, programs need a minimum number of participants to run. Your early registration commitment makes all the difference.

## Program fees

**Tax** - All fees are advertised without tax. Applicable tax will be added on at the time of registration.

**Non-Residents** - Non-Resident fee is an additional \$13.20 per course and will be added on at the time of registration where applicable.

**Adults and Adults 55+** - Courses are open to adults 19+, unless marked 55+.

**Legend** - R-Resident fee - When two fees are listed, the adult 55+ fee is marked with an asterisk.

\*\$3.10 R - Resident 55+ years of age  
\$3.60 R - Resident 19-54 years of age

**NEW - Materials** - Materials list is attached at time of registration

## Recreation Fee Assistance

The City of Burlington offers financial support for those who qualify, making recreation programs more accessible. To learn more, call 905-335-7738, ext. 8501 (confidential voicemail) or visit [burlington.ca/feeassistance](http://burlington.ca/feeassistance).

## Three ways to register on launch day:



**Online**  
[liveandplay.burlington.ca](http://liveandplay.burlington.ca)



**By phone**  
**905-335-7738**

- Call volumes are high on registration launch day. Our staff work hard to work through each call in a timely fashion.
- Credit card information must be saved to your account, or an account credit available to cover the full payment.



**In person**

- Tansley Woods Community Centre
- Burlington Seniors' Centre

- Customer service desks open at 7 a.m. for resident registration.
- Staff have the same access to programs as is available on the City's website. In-person does not give better or more access to programs.

## To register you will need:

### • Your online registration account

If you are new to registration, create your account before launch day. If you already have an account, ensure you know your username and password.

### • Your Course ID Number

Browse the booklet or view courses online. Record the course names and ID numbers (including leading zeros, e.g., 00198256).

### • Your Method of Payment

Add and save a credit card or apply account credit in advance to facilitate payment.

### • Waitlist

If your preferred course is full, add your name to the waitlist.

### • For assistance

Call 905-335-7738 or email [liveandplay@burlington.ca](mailto:liveandplay@burlington.ca).

Program information in this document is accurate at the time of publishing. Every effort has been made to ensure accuracy. For the most current details log in to your account at [liveandplay.burlington.ca](http://liveandplay.burlington.ca) or call 905-335-7738.

## How to register for a course

1. Go to [liveandplay.burlington.ca](https://liveandplay.burlington.ca) and log in.

- If you don't have an account, click "Sign Up" and complete the "Don't Have a Login Yet?" form.
- You'll receive an email with a temporary password and login instructions.

2. After logging in, select the "Course Registration" tab.

3. Choose "Adult" to view Adult Programs.

4. Click "Show" to display all available courses within each program category.

5. Find your course and click "Register."

## How to reserve a drop-in program

Drop-in programs open for Burlington residents to register online seven days plus two hours in advance, and for non-residents three days plus two hours in advance.

It is recommended to reserve your spot online.

Walk-up registrations will be accepted only if space is available.

To browse available programs, visit [burlington.ca/dropinandplay](https://burlington.ca/dropinandplay).

Steps to register:

1. Select "Adult" under Select an Activity.

2. Use the filters to narrow your search by key word, location, service/program, or day of the week.

3. Find your course and click "Register."

## Drop-in Programs

### Fitness

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#### Drop-in Boot Camp

A full-body, high-intensity workout that combines cardio and strength training. Come and join this fun and energetic class to improve multiple aspects of your fitness including building strength, raising your heart rate, and challenging your body.

##### Skyway Community Centre

00251827 Tu/Th Sep 30-Jun 25 8-9pm \*\$7.10 R  
\$9.50 R

#### Drop-in Cardio Sculpt

This class will use resistance bands for muscle conditioning and strength training. Finish off with tension reducing stretches. Includes a warm-up followed by cardiovascular training using a variety of aerobic movements and patterns. Bring your own yoga mat and resistance band.

##### Skyway Community Centre

00270043 Th Apr 2-Jun 25 10:45-11:45am \*\$7.10 R  
\$9.50 R

#### Drop-in Cardio/Mobility/Stretch 55+

A workout that consists of a full-body warm-up, including dynamic stretches, followed by a cardio segment and a slow mobility segment focusing on full range of motion movements. Finish with a relaxing stretch and cooldown to restore and energize the body.

##### Skyway Community Centre

00251827 Th Sep 30-Jun 25 Noon-1pm \*\$7.10 R  
\$9.50 R

#### Drop-in Men's Fit 55+

A good general men's conditioning for anyone who wants to get fitter, stronger and leaner. Resistance bands will be used. Please bring your own yoga mat and resistance band.

##### Skyway Community Centre

00258609 Tu Jan 6-Jun 23 11:45am-12:45pm \*\$7.10 R  
\$9.50 R

#### Drop-in Walk Fit with Weights 55+

This full body workout is tailored specifically to your needs in a great way to stay physically and mentally fit. Exercises using light weights will be used by instructor. Please bring your own yoga mat.

##### Skyway Community Centre

00258606 Su Jan 11-Jun 21 8-9am \*\$7.10 R  
\$9.50 R

#### Drop-in Zumba

Zumba is a dance-based fitness technique that combines elements of salsa, samba, merengue, reggaeton and hip-hop with cardio exercise moves to create a fast-paced, heart-pumping workout. Please wear comfortable clothing and shoes.

##### Skyway Community Centre

00229644 Th Jan 8-Jun 25 6:45-7:45pm \*\$7.10 R  
\$9.50 R

#### Drop-in Zumba Sentao

Zumba Sentao combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

##### Burlington Seniors' Centre

00261832 We Jan 7-Jun 24 6-7pm \*\$7.10 R  
\$9.50 R

### Games

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#### Drop-in Bid Euchre 55+

Enjoy a game of Euchre. No instruction provided, intermediate to advanced level of play. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

##### Burlington Seniors' Centre

229820 Fr Sep 12-Jun 26 2:45-5:15pm \$3.10 R

#### Drop-in Board Games 55+

Join friends new and old for a lively drop-in program featuring the best board games!

##### Burlington Seniors' Centre

00229825 Mo Sep 8-Jun 26 9:30am-Noon \$3.10 R

### Drop-in Cribbage 55+

Partners not required! Friendly game of cribbage played with two, three and four players depending on attendance. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

#### Burlington Seniors' Centre

00229813 Tu Sep 9-Jun 23 9:15-11:45am \$3.10 R

### Drop-in Euchre

Try out this very popular card game held weekly. Experienced players are welcome. No instruction provided. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

#### Tansley Woods Community Centre

00229816 Mo Sep 8-Jun 22 6:30-9pm \*\$3.10 R  
\$3.60 R

### Drop-in Snooker 55+

Enjoy a game of snooker, billiards, 8-ball etc. Participants should bring their own cues, as these will not be provided. Total Capacity for area is 12 people, and participants can organize numbers at the tables.

#### Burlington Seniors' Centre

00229814 Mo-We/Fr/Sa Sep 8-Jun 27 8:30am-12:30pm \$3.40 R  
00229816 Mo-Fr Sep 7-Jun 26 12:45-4:45pm \$3.40 R

### Drop-in Party Bridge 55+

Come out and join us! Partners are not required for this friendly rotating game of bridge. No instruction will be provided; intermediate or advanced level of play is preferred for game flow.

#### Burlington Seniors' Centre

00229822 We Sep 10-Jun 24 1-3:30pm \$3.10 R

## Socials

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### Drop-in Bingo for Prizes 55+

The classic social game with a twist. Every player wins. A treasure chest of chocolates, small gifts, and treats for players to choose from. Program includes coffee, tea, conversation, and cookies. Every other week.

#### Skyway Community Centre

00258619 Tu Apr 7-Jun 23 12:30-2pm \$5.60 R

### Drop-in Documentaries and Coffee Social 55+

Join fellow participants to view a documentary film over a cup of coffee and morning snacks. Every other week.

#### Skyway Community Centre

00258621 Tu Apr 7-Jun 23 10:30am-Noon \$4.20 R

### Drop-in Free Walk and Talk Social 55+

Keep your mind and body active with a walk and talk around the indoor track. Instructor will share weekly riddles, mysteries, and brain teasers to ignite conversation. Relax in the lounge and connect with friends made on the track. Every other week.

#### Skyway Community Centre

00258623 We Apr 8-Jun 24 9-10am Free R

### Drop-in Mexican Train and Euchre Social 55+

Connect with fellow participants over a game of Mexican Train or a round of Euchre at the fireside lounge. Coffee, tea, and bakery item included. Every other week.

#### Skyway Community Centre

00258622 We Apr 8-Jun 23 9:30-11:30am \$4.20 R

## Sport

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### Drop-in Badminton - All Levels

Enjoy a game of recreational, non-competitive badminton. Bring your own racquet and birdies. Nets provided. All levels welcome.

#### Robert Bateman Community Centre

00267359 Mo Jan 5-Jun 22 8-10pm \*\$3.80 R  
\$4.70 R  
00258690 Tu Jan 6-Jun 16 5:45-7:45pm \*\$3.80 R  
\$4.70 R

### Drop-in Badminton - All Levels 55+

Enjoy a game of recreational, non-competitive badminton. Bring your own racquet and birdies. Nets provided. All levels welcome.

#### Robert Bateman Community Centre

00258818 We Jan 14-Jun 24 1-3pm \$4.70 R

### Drop-in Pickleball - All Levels

Enjoy a game of recreational, non-competitive pickleball. Bring your own paddle and ball. Nets are provided. All levels are welcome. Please note: This is an unsupervised program. Participants are expected to be respectful, share the court fairly, and demonstrate good sportsmanship at all times.

#### Skyway Community Centre

00260705	Sa	Jan 10-Jun 27	8:30-10:30am	*\$3.80 R \$4.70 R
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### Drop-in Pickleball - All Levels

Enjoy a game of recreational, non-competitive pickleball. Bring your own paddle and ball. Nets provided. All levels welcome.

#### Alton Community Centre

00257764	Mo	Jan 5-Jun 22	2:30-4:30pm	*\$3.80 R \$4.70 R
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#### Mainway Ice Centre

00243981	Th	Jan 8-Jun 25	6:45-8:45pm	*\$3.80 R \$4.70 R
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#### Skyway Community Centre

00258234	Tu	Jan 6-Jun 23	8-10pm	*\$3.80 R \$4.70 R
00258235	Th	Jan 8-Jun 25	8-10pm	*\$3.80 R \$4.70 R

### Drop-in Pickleball - Child (10+) with Adult

Enjoy a casual game of pickleball designed for families to play together in a fun, welcoming environment. This session is intended for children or youth (10-17 years) participating with an adult. It's a great way to stay active, learn together, and enjoy family time on the court. Participants must bring their own paddles and balls. Proper indoor, non-marking footwear is required. Court sharing and rotation may apply when attendance is high.

#### Skyway Community Centre

00258237	Su	Jan 11-Jun 28	1-2pm	\$1.40 R *\$3.80 R \$4.70 R
00258236	Su	Jan 11-Jun 28	Noon-1pm	\$1.40 R *\$3.80 R \$4.70 R

### Drop-in Soccer - All Levels

Enjoy a game of recreational, non-competitive soccer.

#### Alton Community Centre

00267243	Tu	Jan 6-Jun 23	5:45-7:45pm	*\$3.80 R \$4.70 R
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### Drop-in Volleyball - All Levels

Enjoy a game of recreational, non-competitive volleyball. Bring your own ball. All levels welcome.

#### Robert Bateman Community Centre

00260435	Sa	Jan 10-Jun 20	12:15-2:15pm	*\$3.80 R \$4.70 R
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### Wellness

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### Drop-in Yoga

Focus on breath, body and mind in this program that combines poses and meditation. All levels are welcome as the instructor offers modifications for all. Bring your own yoga mat.

#### Tansley Woods Community Centre

00229589	Th	Sep 11-Jun 25	11am-Noon	*\$7.10 R \$9.50 R
00229639	Th	Sep 11-Jun 25	12:15-1:15pm	*\$7.10 R \$9.50 R

#### Skyway Community Centre

00251811	Mo,We,Fr	Sep 22-Jun 26	9:30-10:30am	*\$7.10 R \$9.50 R
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### Drop-in Yoga 55+ Chair

Focus on breath, body, and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Please bring your own yoga mat.

#### Skyway Community Centre

00258331	Mo/We	Jan 5-Jun 24	10:45-11:45am	*\$7.10 R \$9.50 R
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## Registered Programs

### Arts

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#### Acoustic Jam Session - Stringed Instruments Club

This program provides participants with the opportunity to enjoy and learn music in a relaxed social environment. Please bring your own acoustic stringed instrument (guitar, ukulele, mandolin etc.) Basic instrument knowledge is necessary. Although not mandatory, it is recommended that participants have data enabled smart devices available for use (iPad/tablets) as song sheets are internet based.

##### Burlington Seniors' Centre

00263700	We	Apr 1-Jun 24	7-9pm	*\$67.60 R \$79.30 R
00263705	Sa	Apr 4-Jun 27	1-3pm	*\$67.60 R \$79.30 R

#### Acrylic Painting Workshop - Lake Sunset

This piece depicts trees, rocks and water under a sunset sky, reminiscent of the Canadian landscape. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

##### Burlington Seniors' Centre

00262867	Th	May 21	5:30-8:30pm	*\$20.00 R \$25.00 R
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#### Acrylic Painting Workshop - Misty Meadow and Lake

This piece depicts background foliage, a river and foreground flowers, painted in neutral colours. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

##### Burlington Seniors' Centre

00262902	Th	Jun 25	5:30-8:30pm	*\$20.00 R \$25.00 R
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#### Acrylic Painting Workshop - Wisteria

This piece depicts wisteria and leaves in various shades of pink, purple and green. Basic brushstroke techniques will be used. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

##### Burlington Seniors' Centre

00262857	Th	Apr 23	5:30-8:30pm	*\$20.00 R \$25.00 R
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#### Bob Ross Oil Painting Skill Builder Series - Level One

Improve your Bob Ross painting skills with this series of skill builders! Each week we will concentrate on a specific element of the Bob Ross technique and work in depth to increase our skill. The focus will be on practice rather than completing a project each week. In the final session we will complete a project that incorporates all of the lessons in the series. A Material fee of \$150 is required and will be added on at the time of registration.

##### Burlington Seniors' Centre

00262865	Tu	Mar 31-May 5	5:30-8:30pm	*\$49.50 R \$51.50 R
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#### Bob Ross Oil Painting Skill Builder Series - Level Two

Improve your Bob Ross painting skills with this series of skill builders! Each week we will concentrate on a specific element of the Bob Ross technique and work in depth to increase our skill. The focus will be on practice rather than completing a project each week. In the final session we will complete a project that incorporates all of the lessons in the series. It is strongly recommended that participants complete Level One before enrolling in Level Two. A Material fee of \$150 is required and will be added on at the time of registration.

##### Burlington Seniors' Centre

00265796	Tu	May 19-Jun 23	5:30-8:30pm	*\$49.50 R \$51.50 R
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#### Bob Ross Style Oil Painting Workshop - Appalachian Atmosphere

This scene depicts distant blue and purple mountains with trees and a winding river. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

##### Burlington Seniors' Centre

00262905	Th	Jun 18	5:30-8:30pm	*\$20.00 R \$25.00 R
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## Bob Ross Style Oil Painting Workshop - Golden Rays of Sunlight

This scene begins with a black canvas and progresses with acrylic underpainting of a forest scene in black, white and gray. The final step is painting over the acrylic with oil paints to produce a beautiful effect. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

### Burlington Seniors' Centre

00262868 Th May 7 5:30-8:30pm \*\$20.00 R  
\$25.00 R

## Bob Ross Style Oil Painting Workshop - Smuggler's Moon

This scene starts with a black canvas and depicts an atmospheric sunset of palm trees, foliage and water. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

### Burlington Seniors' Centre

00262898 Th Jun 4 5:30-8:30pm \*\$20.00 R  
\$25.00 R

## Bob Ross Style Oil Painting Workshop - The Storm

This scene depicts stormy skies and water with a lightening bolt illuminating the sky. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

### Burlington Seniors' Centre

00262901 Th May 28 5:30-8:30pm \*\$20.00 R  
\$25.00 R

## Creative Art Studio 55+

Join this social group of budding artists to work on your own pastel, watercolor, pencil, pen, acrylic or mixed media project. All levels are welcome provided beginners can work independently and have a foundation in the art form of their choosing. The instructor is available for guidance, assistance and to inspire exploration. A material list will be attached at time of registration.

### Burlington Seniors' Centre

00263156 We Apr 1-Jun 24 1:30-3:30pm \$87.10 R

## Drawing Foundations 55+

Create small projects weekly in graphite pencil, coloured pencil, and charcoal while training your brain how to see, map relationships, and mimic forms presented in still life vignettes. Rudimentary drawing techniques are taught so the class learns how to quiet the mind and capture the essence of the objects. Beginners welcome. A material list will be attached at time of registration.

### Burlington Seniors' Centre

00263191 Mo Mar 30-Jun 22 1:45-3:45pm \$73.70 R

## Introduction to Abstract Painting

In this abstract painting program, you will work with a selection of acrylic paint, learning new technical skills and theory for the first 4 weeks via small projects. In the last weeks, participants will focus on their own independent project with Instructor guidance.

### Burlington Seniors' Centre

00263717 Fr Apr 17-Jun 26 5:30-7:30pm \*\$73.70 R  
\$90.20 R

## Introduction to Acrylic Painting

Participants will work with a selection of acrylic paint, learning and practicing new technical skills and theory via small projects during the first few weeks. In the last weeks, participants will focus on their own independent project with instructor guidance. All required materials are provided and covered by the \$25 material fee.

### Burlington Seniors' Centre

00263722 Mo Apr 13-Jun 22 4:45-6:45pm \*\$67.00 R  
\$82.00 R

## Introduction to Acrylic Painting 55+

Participants will work with a selection of acrylic paint, learning and practicing new technical skills and theory via small projects during the first few weeks. In the last weeks, participants will focus on their own independent project with instructor guidance. All required materials are provided and covered by the \$25 material fee.

### Burlington Seniors' Centre

00265445 We Apr 15-Jun 24 10am-Noon \$73.70 R



## Learn to Draw 55+

All skill levels are welcome; bring a HB pencil, sketchbook and an eraser; resist purchasing new materials. The material examples presented in this introductory program will enable informed material choices and where to buy them. Demonstrations teach participants the fundamentals of drawing using graphite and colored pencils.

### Aldershot Arena

00263707 Mo Mar 30-Jun 22 3:30-5:30pm \$73.70 R

## Learn to Watercolour 55+

All skill levels are welcome; bring a pen and notepad to the first session. Demonstrations teach participants the fundamentals of watercolor painting.

### Aldershot Arena

00263706 Th Apr 2-Jun 25 9:45-11:45am \$87.10 R

## Line and Wash Workshop

Learn how to combine pen or ink line work with watercolor washes to create expressive, dynamic artwork. Participants will learn techniques for sketching with fine lines, adding depth and detail through shading, and enhancing their work with watercolor for color, texture, and mood. Materials and tools are provided and are covered by the \$24 material fee.

### Tansley Woods Community Centre

00262864	Th	Apr 16	12:15-3:15pm	*\$20.00 R \$25.00 R
00262904	Th	Apr 23	10am-1pm	*\$20.00 R \$25.00 R
00262863	Th	May 21	10am-1pm	*\$20.00 R \$25.00 R

## Metal Embossing Workshop

Participants will familiarize themselves with basic tools and materials, such as metal sheets and embossing tools, and learn essential techniques like tracing, engraving, embossing, and adding texture. A materials will be sent one week prior to workshop.

### Alton Community Centre

00262862	Th	May 7	10am-1pm	*\$20.00 R \$25.00 R
00262861	Th	Jun 4	10am-1pm	*\$20.00 R \$25.00 R

## Paint Cafe - Abstract Art

Enjoy creating an abstract painting and conversation with fellow art enthusiasts! Participants will be given paint, brushes, and a canvas as the instructor guides the first half with techniques in abstraction. The second half is self-guided with instructor assistance, as participants socialize and enjoy food. Materials, coffee, and snacks are provided with the addition of a \$20 material fee.

### Burlington Seniors' Centre

00263805	Sa	May 9	1-4pm	*\$20.00 R \$25.00 R
00263806	Sa	Jun 13	1-4pm	*\$20.00 R \$25.00 R

## Watercolour 55+ Intermediate

In this intermediate watercolour painting program, you will receive personalized guidance on your paintings so you can continue to progress in your work. Previous experience required. A material list will be attached at time of registration.

### Burlington Seniors' Centre

00263190	Tu	Mar 31-Jun 23	1:30-3:30pm	\$87.10 R
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## Continual Learning

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### Current Affairs 55+

Come and join this group discussion program to explore the latest news stories from around the world!

#### Burlington Seniors' Centre

00263716	Mo	Mar 30-Jun 22	9:15-11:15am	\$30.80 R
00263725	Mo	Mar 30-Jun 22	11:30am-1:30pm	\$30.80 R
00263795	Th	Apr 2-Jun 25	11:15am-1:15pm	\$36.40 R

### Floral Card Making 55+

What's better than giving and receiving a handmade card? This fun one and half-hour session will let you create three lovely floral-themed cards, using ink and pencil crayons. Little to no artistic talent needed! A Material fee of \$10 is required and will be added on at the time of registration.

#### Burlington Seniors' Centre

00262869	Th	May 28	2:30-4pm	\$4.70 R
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### French Conversation

This course is designed for French learners with a basic level of French who would like to start conversing. You will get the opportunity to practice the structures you have learned in French Level One. The objective of this course is to practice what you have learned and use that knowledge in real situations.

#### Burlington Seniors' Centre

00262906	Th	Apr 16-Jun 25	5:30-6:30pm	*\$61.60 R
				\$68.20 R

### French Level One

The basics of French language are introduced for those new to the language. Focus on building vocabulary of common items, pronouns, tenses and phrases.

#### Burlington Seniors' Centre

00263720	Th	Apr 16-Jun 25	3:45-5:15pm	*\$67.10 R
				\$82.50 R

### Genealogy Club 55+

Are you looking for like-minded people who share your interest in family history? If you have a basic knowledge of Genealogy, join us at this program where the discussion is always lively, informative, wide-ranging and the suggestions are plentiful. Program occurs bi-weekly.

#### Burlington Seniors' Centre

00263625	Fr	Apr 10-Jun 19	9:30-11:30am	\$16.80 R
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### History Explorers Club 55+

This club will offer an analysis of various historical topics that will be discussed by class participants and invited speakers. Extensive historical knowledge is not required. Come discover and explore the importance of history! Program occurs bi-weekly.

#### Burlington Seniors' Centre

00263154	Tu	Mar 31-Jun 23	11:30am-1pm	\$16.80 R
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### History of Italian Music and Art 55+

All things Italian and beautiful! The amazing centuries of music and the beginnings of Western art. What a wonderful way to see and explore Italy. From the north to the south and places in between come and discover our heritage of fine art and music.

#### Burlington Seniors' Centre

00262918	We	Apr 1-Jun 24	9:30-11:30am	\$87.10 R
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### History of the Troubadour 55+

This class will trace the evolution of the singing and composing troubadour. They were the original news delivery system and entertainment of the world. We will discover early music and the newest singer/songwriters of today. A great deal of amazing music for all.

#### Burlington Seniors' Centre

00262917	Tu	Mar 31-Jun 23	9:15-11:15am	\$87.10 R
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### Introduction to Spanish 55+

Introduction to Spanish is for people with zero knowledge of Spanish. The objective of Introduction to Spanish is to give you a general idea of Spanish grammar, pronunciation, spelling, and numbers. This course is a requirement for Spanish 55+ Level One.

#### Burlington Seniors' Centre

00263192	Mo	Mar 30-Jun 8	10-11am	\$50.40 R
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### Investigations in Philosophy

Explore the history and scope of philosophical inquiry throughout the ages! Investigate the great thinkers of history starting with the Socratic philosophers of ancient Greece then continue through the medieval and modern eras. Select contemporary philosophy topics will be explored.

#### Burlington Seniors' Centre

00263703	Mo	Mar 30-Jun 22	4-6pm	*\$73.70 R
				\$90.20 R

## Round Table Discussion 55+

This program offers both a relaxing and respectful environment for intellectually stimulating discussion as it relates to trending local, national, or international topics. Participants are encouraged to bring a current topic of interest each week to present for discussion, everyone will have the opportunity to engage in the discussion and exchange opinions, perspectives, ideas, and facts. All participants are required to show respect for the differing opinions of their fellow classmates.

### Burlington Seniors' Centre

00263610 Th Apr 2-Jun 25 11:15am-1:15pm \$36.40 R

## Spanish 55+ Conversation

This course is designed for Spanish learners with a basic level of Spanish who would like to start conversing. You will get introduced to new vocabulary, and you will also get the opportunity to practice the structures you have learned in Spanish Level One and Two. The objective of this course is to practice what you have learned and use that knowledge in real situations.

### Music Centre

00263199 Tu Mar 31-Jun 9 11:15am-12:15pm \$61.60 R

## Spanish 55+ Level One

Learn Spanish with basic conversation, grammar and vocabulary skills. Must have experience speaking basic language or completion of the Introduction to Spanish 55+ program.

### Burlington Seniors' Centre

00263219 Mo Mar 30-Jun 8 12:30-1:30pm \$50.40 R

## Spanish 55+ Level Two

Building on the basics learned in Spanish Level One or similar experience. We will continue with conversation, grammar and vocabulary skills. Prerequisite: Spanish Level One or relevant experience.

### Burlington Seniors' Centre

00263202 Mo Mar 30-Jun 8 11:15am-12:15pm \$50.40 R

## Spanish 55+ Level Three

Building on grammar and vocabulary learned in Spanish Level Two or similar experience, we will continue with conversation, grammar and vocabulary skills. Prerequisite: Spanish Level Two or relevant experience.

### Music Centre

00263196 Tu Mar 31-Jun 9 10-11am \$61.60 R

## Technology 55+ Smartphones and Tablets

In this program, we will learn how to use the basic functions of our smartphones or tablets and how to troubleshoot common problems. Topics taught tailored to specific needs of participant group. Bring your own data enabled smartphone or tablet.

### Burlington Seniors' Centre

00263695 Th Apr 2-23 1:30-3pm \$24.40 R

## Western History - Ancient World 55+

This program starts with a chronological survey of Western history starting with prehistoric man and ancient and classic world civilizations. Some attempt at a global perspective will be made through comparisons with other great world civilizations.

### Burlington Seniors' Centre

00263701 Th Apr 2-Jun 25 1:30-3:30pm \$87.10 R

## Writing Fiction 55+ Intermediate

This series is for those who would like to continue developing their fiction writing skills. Each class will build on participants' skills and knowledge by exploring a different genre, like mystery, horror, romance, and so on. There will be lots of opportunities to write, share respectful critiques, and have fun. A previous writing course or writing experience is strongly recommended.

### Burlington Seniors' Centre

00263628 Th Apr 2-Jun 25 Noon-2pm \$87.10 R

## Writing Poetry 55+ Intermediate

This writing series is aimed at those who would like to continue developing their poetry writing skills and build on their knowledge of the basics. Classes will be structured thematically, and will include a blend of lessons, writing, and gentle critiques, and, of course, fun. A previous poetry writing course or writing experience is strongly recommended.

### Burlington Seniors' Centre

00263626 Th Apr 2-Jun 25 9:30-11:30am \$87.10 R

## Craft

### Art Journaling 55+

Express your thoughts through color, texture and imagery. Each class encourages creative exploration, experimentation and personal storytelling. Materials are provided with the addition of an \$20 material fee.

#### Burlington Seniors' Centre

00262915 Mo Mar 30-Jun 22 1-3pm \$73.70 R

### Bead Weaving 55+ Level One

Suitable for beaders with novice or limited experience; participants will learn essential bead weaving stitches through fun, simple projects which provide foundational skills for making jewelry! Participants will be encouraged to explore within project parameters. Materials and tools are provided and are included in the \$70 material fee.

#### Burlington Seniors' Centre

00263708 We Apr 1-Jun 24 12:15-2:15pm \$87.10 R

### Boutique Ladies Club 55+

Join the Boutique Ladies volunteer group and create handicrafts such as knitting, crocheting, quilting, beading, jewelry work, leather craft etc. with other craft enthusiasts! This group creates projects for fund-raising purposes. Socializing and sharing work is a focus!

#### Burlington Seniors' Centre

00263145 Th Apr 2-Jun 25 8:30-11am Free R

### Crochet 55+ Beginner

Participants will learn how to make and execute basic crochet stitches and use them to create projects following a simple pattern. Right-handed crochet will be taught.

#### Burlington Seniors' Centre

00263714 Tu Mar 31-Jun 23 1:45-3:45pm \$87.10 R

### Crochet 55+ Intermediate

Participants will continue honing their skills in crochet, using the basic stitches they have learned to work on advanced patterns and larger projects. A basic knowledge of crochet is required to take this course. Right-handed crochet will be taught.

#### Burlington Seniors' Centre

00262882 We Apr 1-Jun 10 1:45-3:45pm \$73.70 R

### Cupcake Decorating Workshop

Join a fun and inspiring workshop. This hands-on experience is perfect for everyday bakers who want to learn advanced decorating techniques in a relaxed, social setting. You'll explore piping styles, edible art, and themed designs while connecting with others and creating cupcakes that look as good as they taste. No pressure, just creativity, laughter, and sweet take-home treats. A material fee of \$12 is required and will be added on at the time of registration.

#### Burlington Seniors' Centre

00263804 Sa May 2 10am-1pm \*\$20.00 R  
\$25.00 R

### Drum Making Workshop

Participants will share sacred space together to create a 10" x 4" shamanic drum. The \$200 material fee includes all materials needed to make the drum. The material fee will be added at the time of registration.

#### Burlington Seniors' Centre

00262909 Sa May 30 9am-2:30pm \*\$25.00 R  
\$30.00 R

### Fanciful Fascinator Workshop 55+

Explore different styles of fascinators, choose from creative themes and set materials to design a bespoke fascinator! All materials are provided and are included in the \$25 material fee.

#### Burlington Seniors' Centre

00267205 Fr May 8 11am-2pm \$20.00 R

### Floating Pearls and Crystals - Necklace Workshop

Create a dazzling Floating Pearls and Crystals - Necklace with fellow craft enthusiasts! With some freshwater pearls, Czech crystals, seed beads, illusion cord, jewelry findings, and basic tools participants will learn the most straightforward of jewelry techniques. Materials and refreshments are provided with the addition of a \$30 material fee.

#### Skyway Community Centre

00262872 Fr Apr 24 5:30-7:30pm \*\$20.00 R  
\$25.00 R  
00262876 Fr May 29 11am-2pm \*\$20.00 R  
\$25.00 R  
00262870 Fr Jun 19 5:30-7:30pm \*\$20.00 R  
\$25.00 R

## Focaccia Bread Design Workshop

Craft edible art and connect through community. This program blends focaccia bread decorating with shared stories, cultural flair and joy gathering. Learn the history and techniques behind this beloved Italian bread while turning dough into botanical masterpieces. A material fee of \$12 is required and will be added on at the time of registration.

### Burlington Seniors' Centre

00262880	Tu	Apr 28	10am-1pm	*\$20.00 R \$25.00 R
00262879	Tu	Jun 2	10am-1pm	*\$20.00 R \$25.00 R

## Introduction to Needle Felting

Participants will explore sculpture through needle felting. Learn the art of creating felt ornaments, sculptures and felted paintings using roving wool and felting needles. They will have the opportunity to choose from a variety of patterns, such as birds, flowers, or landscapes, and apply their designs onto styrofoam balls and felt fabrics. A material list is provided.

### Alton Community Centre

00263715	Tu	Mar 31-Apr 28	1-3pm	*\$33.50 R \$41.00 R
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## Introduction to Paper Mache

Participants will explore sculpture through paper mache. Participants will also engage in an enjoyable and hands-on class in sculpting with two techniques of paper mache. Paper strips and paper mache pulp. A material list is provided.

### Alton Community Centre

00265163	Tu	May 12-Jun 9	1-3pm	*\$33.50 R \$41.00 R
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## Junk Journaling 55+

A junk journal is a creative, mixed media note book, build from everyday scraps and meaningful ephemera. Learn how to assemble and decorate your own journal, turning simple materials into a functional keepsake.

### Burlington Seniors' Centre

00262913	Mo	Mar 30-Jun 22	10am-Noon	\$73.70 R
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## Knitted Dishcloth - Workshop

Enjoy a dishcloth project and conversation with fellow craft enthusiasts! Using two knitting needles and cotton yarn, participants will learn to knit the easiest kitchen dishcloths ever; suitable for absolute beginners or new to knitting. Materials are provided with the addition of a \$15 material fee.

### Burlington Seniors' Centre

00262871	Fr	Apr 17-24	2-4pm	*\$20.00 R \$25.00 R
00262908	Th	Apr 30-May 7	2-4pm	*\$20.00 R \$25.00 R

## Knitting - Beginner

Learn foundational knitwear skills through simple swatch projects. Explore essential stitches, basic increases and decreases, and common cast-on and bind-off methods. Designed for beginners with little or no knitting experience. A materials list is attached at the time of registration.

### Alton Community Centre

00262883	Th	Apr 23-Jun 25	6-8pm	*\$67.00 R \$82.00 R
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## Knitting Club 55+

Calling all knitters! Join us for this informal, casual knitting circle with fellow fibre enthusiasts! Program leader will be on hand for advice and assistance.

### Burlington Seniors' Centre

00263694	We	Apr 1-Jun 24	1-3:15pm	\$36.40 R
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## Model Makers Club 55+

For novice, current or former modelers or anyone interested in trying scale modeling. Work on honing your modeling techniques, review current projects and work on a current build with like-minded classmates.

### Burlington Seniors' Centre

00263654	Th	Apr 2-Jun 25	9-11am	\$36.40 R
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## Pottery - Ancient Oil Lamp Workshop

Learn a little piece of history as we walk through the steps to build a clay oil lamp, just like those from ancient times. Once common household items, oil lamps are made using simple handbuilding techniques such as coiling and coloured slip application. In this single-session workshop you will create and decorate an oil lamp that will be fully functional! All materials are provided and included in the \$15 material fee.

### Burlington Seniors' Centre

00267134	Su	May 3	10am-1pm	*\$20.00 R \$25.00 R
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## Pottery - Basics

Learn the basic principles of working with clay using hand building techniques. Course is geared towards those with limited or no experience. Participants will receive one bag of clay. A \$27 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. Due to limited studio space, please only register for one pottery class per season.

### Burlington Seniors' Centre

00263799	Th	Apr 2-Jun 4	5:30-8:30pm	*\$99.00 R \$103.00 R
00262873	Th	Apr 2-Jun 4	1:30-4:30pm	*\$99.00 R \$103.00 R

## Pottery - Home Decor

Enjoy this project-based course where participants explore the art of ceramic decor, where they will learn the fundamentals of hand-building techniques. It offers them an opportunity to transform a space in their home with beautiful and personalized ceramic pieces, all within a friendly and supportive environment. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Clay is provided with the addition of a \$27 material fee.

### Burlington Seniors' Centre

00262875	Sa	Apr 4-May 2	12:30-3:30pm	*\$49.50 R \$51.50 R
00262910	Sa	May 16-Jun 13	12:30-3:30pm	*\$49.50 R \$51.50 R

## Pottery - Sculpture

Learn the basics of sculpting in clay using simple hand building techniques while exploring the ways functional wares and sculpture can be combined. After establishing a foundation of tool use and technical skills, students are encouraged to work at their own pace with direction from the instructor. You will have the freedom to create one or more human, animal, or non-representational sculpture(s). Feel free to come with ideas and sketches, and let's bring your vision to life! Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Clay is provided with the addition of a \$27 material fee.

### Burlington Seniors' Centre

00263269	Tu	Mar 31-May 5	2-5pm	*\$59.40 R \$61.80 R
00262911	Tu	May 19-Jun 23	2-5pm	\$59.40 R

## Pottery - Wheel Throwing

Explore using the pottery wheel and learn the basics of throwing a vessel. This program is suitable for beginners as well as those who may have previous experience, looking for a refresher. Clay is provided with the addition of a \$27 material fee. Clay will not be sold during the session. Due to limited studio space, please only register for one pottery class per season.

### Burlington Seniors' Centre

00263796	Mo	Mar 30-Jun 15	5:30-8:30pm	*\$99.00 R \$103.00 R
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## Pottery 55+ Wheel Throwing

Learn the basics of throwing a vessel on the wheel. This program is suitable for beginners as well as those needing a refresher. Participants will receive one bag of clay. A \$27 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. Due to limited studio space, please only register for one pottery class per season.

### Burlington Seniors' Centre

00263801	Fr	Apr 10-May 8	11:30am-1:30pm	\$33.50 R
00263800	Fr	Apr 10-May 8	2-4pm	\$33.50 R
00262881	Fr	May 15-Jun 12	11:30am-1:30pm	\$33.50 R
00262878	Fr	May 15-Jun 12	2-4pm	\$33.50 R

## Pottery 55+ All Levels

Learn or enhance your knowledge of the basic principles of working with clay. Use various methods such as hand building and wheel throwing. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class. Clay is provided with the addition of a \$27 material fee.

### Burlington Seniors' Centre

00263640	We	Apr 1-Jun 3	10am-1pm	\$99.00 R
00263643	We	Apr 1-Jun 3	1:30-4:30pm	\$99.00 R

## Pottery 55+ Basics

Learn the basic principles of working with clay using hand building techniques. Course is geared towards those with limited or no experience. Participants will receive one bag of clay. A \$27 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. Due to limited studio space, please only register for one pottery class.

### Burlington Seniors' Centre

00263727	Th	Apr 2-Jun 25	10am-1pm	\$128.70 R
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## Pottery Project - Luminaries

This hand building course is your opportunity to make something custom that reflects your personal style. Plan and build a ceramic base for a fully functional lamp. Use hand building techniques to complete a one of a kind piece of decor. Ideal for those with some clay experience. Materials are provided and are covered by \$27 material fee. Due to limited studio space, please only register for one pottery class per season.

### Burlington Seniors' Centre

00263726	Tu	Mar 31-Apr 28	5:30-8:30pm	*\$49.50 R \$51.50 R
00262877	Tu	May 12-Jun 9	5:30-8:30pm	*\$49.50 R \$51.50 R

## Quilting and Sewing Club 55+

In a social club environment, work on quilting and/or sewing projects with others. The participant will need a working domestic sewing machine to bring to class. No instructor on-hand.

### Burlington Seniors' Centre

00268050	Tu	Mar 31-Jun 23	1:30-3:30pm	\$36.40 R
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## Relief Wood Carving Workshop

Learn to carve a pictorial relief carving in wood, with the emphasize of the use of safe tools and their maintenance. An extra material fee of \$10 is required and covers the cost of the shared small hand tools, 8" x 8" square of basswood, and sandpaper.

### Burlington Seniors' Centre

00262907	Sa	Jun 27	9am-2:30pm	*\$25.00 R \$30.00 R
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## Small Pony Needle Felting Workshop

Participants will create a delightful pony using needle felt techniques and wool. Materials fee of \$75 include an approximate 8" x 8" ready-made wire armature and wool needed to create one of the herd.

### Burlington Seniors' Centre

00262874	Sa	Apr 11	9am-2:30pm	*\$25.00 R \$30.00 R
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## Wooden Journal Making Workshop

Learn to draw on wood and then trace an image onto wood using a small, open wood-burning unit, and hand paint using ink intense blocks and watercolour mediums. An extra material fee of \$30 is required to cover the cost of your two 11.5" x 9" pieces of baltic plywood, wood-burning tools, watercolour and ink mediums, brushes, and sandpaper.

### Burlington Seniors' Centre

00264651	Sa	May 2	9am-2:30pm	*\$25.00 R \$30.00 R
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## Dance

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### Ballroom Line Dance 55+ Level One

Steps, rhythms and music are all ballroom! Gentle movement and verbal cues and encouragement make it a fun experience for all.

### Burlington Seniors' Centre

00263621	We	Apr 1-Jun 24	12:30-2pm	\$79.30 R
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### Ballroom Line Dance 55+ Level Two

The instructor adds a little more complexity to the ballroom steps learned in Level One to offer more challenge and movement for Ballroom dancers. Verbal cues keep everyone active, dancing, learning, and progressing in each class.

### Burlington Seniors' Centre

00263622	Fr	Apr 10-Jun 26	1-2:30pm	\$73.20 R
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## Hip Hop - Beginner

Participants will learn basic hip hop moves and how to execute them in short routines taught in class.

### Tansley Woods Community Centre

00263724	We	Apr 1-Jun 24	7:30-8:30pm	*\$72.80 R \$80.60 R
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## Line Dancing - Beginner

This program is for beginners with little to no dance experience. Join this fun and energetic class where you will learn basic line steps, choreography and dance terminology with like-minded participants!

### Aldershot Arena

00262886	Th	Apr 2-May 7	4-5:30pm	*\$36.60 R \$45.00 R
00262884	Th	May 14-Jun 18	4-5:30pm	*\$36.60 R \$45.00 R

## Line Dancing 55+ Beginner

This program is for beginners with little to no dance experience. Join this fun and energetic class where you will learn basic line steps, choreography and dance terminology with like-minded participants!

### Burlington Seniors' Centre

00263699	Tu	Mar 31-Jun 23	3:30-5pm	\$79.30 R
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## Line Dancing 55+ Beginner Plus

This program is for beginners who wish to build on their base knowledge of line dancing in a fun and energetic class; you will learn basic line steps, choreography and dance terminology with like-minded participants!

### Burlington Seniors' Centre

00263704	We	Apr 1-Jun 24	3:45-5:15pm	\$79.30 R
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## Fitness

## 20/20/10

This class is the total package. It includes 20 minutes of cardio, 20 minutes of muscle conditioning and then a deep 10 minute stretch. Participants encouraged to bring resistance bands or similar. Bring your own yoga mat.

### Aldershot Arena

00232930	Mo	Mar 30-Jun 22	2:15-3:15pm	*\$69.00 R \$83.00 R
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### Brant Hills Community Centre

00232958	Th	Apr 2-Jun 25	9-10am	*\$89.70 R \$107.90 R
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## Balance and Bone Health 55+

Join this program that will target bone health and balance. This program will incorporate muscle strengthening, coordination, and balance exercises.

### Burlington Seniors' Centre

00232914	Mo	Mar 30-Jun 22	3:30-4:30pm	\$75.90 R
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## Barre Fitness

This will be a low-impact barre workout combined with moderate to higher-intensity intervals and energy. The instructor injects a fusion of ballet barre and cardio interval training into this workout. No previous dance experience necessary. Bring your own yoga mat and light hand weights.

### Burlington Seniors' Centre

00267817	Tu	Apr 7-Jun 23	1:30-2:30pm	*\$82.80 R \$99.60 R
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## Better Bones

A progressive and fun fitness class. This program incorporates light to moderate cardio and weight bearing exercises which helps maintain bone health and provide modified strength training techniques.

### Mountainside Community Centre

00232931	Mo	Mar 30-Jun 22	9-10am	*\$75.90 R \$91.30 R
00233039	Fr	Apr 10-Jun 26	9-10am	*\$82.80 R \$99.60 R



## Better Bones 55+

A progressive and fun fitness class. This program incorporates light to moderate cardio and weight bearing exercises which helps maintain bone health and provide modified strength training techniques.

### Burlington Seniors' Centre

00233021	We	Apr 1-Jun 24	2:30-3:30pm	\$89.70 R
00233006	Fr	Apr 10-Jun 26	9-10am	\$82.80 R

## Boot Camp

A full-body, high-intensity workout that combines cardio and strength training. Come and join this fun and energetic class to improve multiple aspects of your fitness including building strength, raising your heart rate, and challenging your body.

### Tansley Woods Community Centre

00233042	Sa	Apr 18-Jun 27	9:15-10:15am	*\$69.00 R
				\$83.00 R

## Cardio Sculpt, Balance, and Stretch

Join this workout that incorporates cardio, muscle conditioning and stability work ending in a feel-good stretch. This includes a warm-up followed by cardiovascular training using a variety of aerobic movements and patterns. All abilities are welcome and will be accommodated. Bring your own yoga mat and resistance band.

### Mountainside Community Centre

00232920	Mo	Mar 30-Jun 22	10:15-11:15am	*\$75.90 R
				\$91.30 R
00233077	We	Apr 1-Jun 24	9:15-10:15am	*\$89.70 R
				\$107.90 R

## Chair Fitness

A low impact, seated, total body fitness class including cardio, strength and resistance training, and core exercise. The benefits of this class are that it builds strength, improves cardio and balance contributing overall to better mobility, function and wellness.

### Mountainside Community Centre

00233141	Fr	Apr 10-Jun 26	10:15-11:15am	*\$82.80 R
				\$99.60 R

## Core Strength

This workout will focus on core, balance and stretch and incorporate elements of barre, Pilates and strength training. The core is the foundation of our entire body and our focus will be our front and back body including our glutes and hips. Participants should feel comfortable with both mat and standing work. Bring your own yoga mat and resistance band.

### Aldershot Arena

00233065	We	Apr 1-Jun 24	10:15-11:15am	*\$89.70 R
				\$107.90 R

## Dance Fit

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

### Brant Hills Community Centre

00233124	Mo	Mar 30-Jun 22	1-2pm	*\$75.90 R
				\$91.30 R

## Dance Fit 55+

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

### Burlington Seniors' Centre

00232902	Tu	Mar 31-Jun 23	3:15-4:15pm	\$89.70 R
00233056	Fr	Apr 10-Jun 26	11:45am-12:45pm	\$82.80 R

## Easy Does It 55+

Fitness at a slower and gentler pace with all the same full-body workout benefits. The instructor offers modifications that encourage beginners and anyone wanting an accessible program to join in the fun. Bring your own yoga mat and any preferred equipment.

### Burlington Seniors' Centre

00232913	Tu	Mar 31-Jun 23	1:45-2:45pm	\$89.70 R
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## Gentle Barre 55+

Enjoy this slower paced program which focuses on smaller pulsing movements, less intense choreography and light resistance training. It will allow for increased balance along with being a total body workout that targets the hips, glutes, abs and arms. Bring your own yoga mat.

### Burlington Seniors' Centre

00267818	Tu	Apr 7-Jun 23	12:15-1:15pm	\$82.80 R
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## High Intensity Interval Training

This class will make you push your limits with our interval training and end with a nice long stretching sequence. Bring your own yoga mat.

### Burlington Seniors' Centre

00233059	Mo	Mar 30-Jun 22	6-7pm	*\$75.90 R \$91.30 R
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## Ladies Fit

A low-impact workout targeting areas women ask to concentrate on most. A great fit for anyone wanting to get leaner and stronger. This program will both challenge you and encourage you to come back for more. Bring your own yoga mat and resistance band.

### Brant Hills Community Centre

00233034	Mo	Mar 30-Jun 22	11:45am-12:45pm	*\$75.90 R \$91.30 R
00232892	We	Apr 1-Jun 24	10:30-11:30am	*\$89.70 R \$107.90 R

## Low Impact Training

The objective of this program is to complete a series of full body low-impact exercises using your own body weight. Program includes both standing and mat work. Yoga mat required, participants are encouraged to bring resistance bands or similar.

### Aldershot Arena

00233067	Mo	Mar 30-Jun 22	1-2pm	*\$69.00 R \$83.00 R
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### Brant Hills Community Centre

00232977	Th	Apr 2-Jun 25	10:15-11:15am	*\$89.70 R \$107.90 R
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### Burlington Seniors' Centre

00232896	Mo	Mar 30-Jun 22	7:15-8:15pm	*\$75.90 R \$91.30 R
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## Low Impact Training 55+

The objective of this program is to complete a series of full body low-impact exercises using your own body weight. Program includes both standing and mat work. Yoga mat required, participants are encouraged to bring resistance bands or similar.

### Aldershot Arena

00232961	Th	Apr 2-Jun 25	2:30-3:30pm	*\$89.70 R \$107.90 R
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## Men's Fit 55+

A good general men's conditioning for anyone who wants to get fit, stronger and lean. Resistance bands will be used. Please bring your own yoga mat and resistance band.

### Burlington Seniors' Centre

00232999	Fr	Apr 10-Jun 26	10:30-11:30am	\$82.80 R
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## Pilates - All Levels

A Pilates program that allows for emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

### Mountainside Community Centre

00233135	Tu	Mar 31-Jun 23	10-11am	*\$89.70 R \$107.90 R
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## Pilates 55+ All Levels

A Pilates program that allows for emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

### Burlington Seniors' Centre

00232909	Tu	Mar 31-Jun 23	8:30-9:30am	\$89.70 R
00232903	We	Apr 1-Jun 24	8:30-9:30am	\$89.70 R

## Pilates - Chair

A Pilates program designed for those who wish to remain seated or use the chair for stability. Emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

### Brant Hills Community Centre

00232928	Mo	Mar 30-Jun 22	11:30am-12:30pm	*\$75.90 R \$91.30 R
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## Pilates 55+ Chair

A Pilates program designed for those who wish to remain seated or use the chair for stability. Emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

### Burlington Seniors' Centre

00232988	Tu	Mar 31-Jun 23	9:45-10:45am	\$89.70 R
00233044	We	Apr 1-Jun 24	9:45-10:45am	\$89.70 R

### Pilates for Men 55+

This Pilates program is a low-impact flexibility and muscular strength program designed for men. It will help build endurance to create proper postural alignment, core strength and muscle balance. Bring your own yoga mat.

#### Burlington Seniors' Centre

00232998 Mo Mar 30-Jun 22 8:45-9:45am \$75.90 R

### Reel Rhythms

This class is a fun fusion of dance and fitness, inspired by viral moves and trending beats from today's social scenes. This upbeat class combines simple choreography with feel-good movement, all set to the hottest online hits. No dance experience needed, just bring your energy and move to the rhythm!

#### Mountainside Community Centre

00233001 We Apr 1-Jun 24 6:45-7:45pm \*\$69.00 R  
\$83.00 R

### Sit Fit

This program is a gentle and fun way to get fit and stay active. It is a full body workout offering cardio, strength, balance and stretching exercises. Though mostly seated, participants are invited to stand for exercises to improve balance. Seated options will also be provided. Participants are encouraged to bring resistance bands.

#### Burlington Seniors' Centre

00233101 Sa Apr 11-Jun 27 11:30am-12:30pm \*\$75.90 R  
\$91.30 R

### Sit Fit 55+

This program is a gentle and fun way to get fit and stay active. It is a full body workout offering cardio, strength, balance and stretching exercises. Though mostly seated, participants are invited to stand for exercises to improve balance. Seated options will also be provided. Participants are encouraged to bring resistance bands.

#### Burlington Seniors' Centre

00232940 Tu Mar 31-Jun 23 9-10am \$89.70 R

### Strength, Balance and Stretch 55+

This is a total body workout that will focus on strength training, balance and stretching. Both bodyweight and weighted exercises will be utilized throughout this class. Bring your own yoga mat and resistance band.

#### Aldershot Arena

00232954 We Apr 1-Jun 24 9-10am \$89.70 R

### STRONG Nation

A high-intensity workout combining body weight, muscle conditioning, cardio, and plyometric training moves synced to original music. Squat, lunge, punch, and burpee your way to improved endurance, strength, and coordination. All fitness levels welcome. Modifications provided.

#### Burlington Seniors' Centre

00233003 Tu Mar 31-Jun 23 6-7pm \*\$89.70 R  
\$107.90 R

### Total Body Conditioning

A full body workout that combines strength training and aerobic conditioning, which is suitable for all fitness levels. This program will benefit your overall strength and cardiovascular endurance.

#### Mountainside Community Centre

00233110 We Apr 1-Jun 24 7:30-8:30am \*\$89.70 R  
\$107.90 R  
00233048 Mo Mar 30-Jun 22 7:45-8:45am \*\$75.90 R  
\$91.30 R  
00233037 Tu Mar 31-Jun 23 7:15-8:15pm \*\$89.70 R  
\$107.90 R

### Total Fit 55+

Designed for those who want to stay active and have fun, this low impact workout focuses on cardio, strength, stretching and balance training. Participants are encouraged to bring a resistance band.

#### Burlington Seniors' Centre

00233070 Tu Mar 31-Jun 23 10:15-11:15am \$89.70 R

### Walk Fit 55+

This full body workout is tailored specifically to your needs in a great way to stay physically and mentally fit. Use of body weight exercises will be used by instructor. Please bring your own yoga mat.

#### Burlington Seniors' Centre

00233055 Mo Mar 30-Jun 22 2:30-3:30pm \$75.90 R

## Yoga Fit

This is an effective and exciting mind and body workout. It is a safe practice that will make you sweat and work hard, connecting breath with movement. It combines aerobic and anaerobic movements, as well as elements from Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance and balance.

### Tansley Woods Community Centre

00233087	We	Apr 1-Jun 24	3:15-4:15pm	*\$89.70 R \$107.90 R
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## Zumba Gold Chair + Toning 55+

Dance to a mix of lively Latin rhythms, international hits, and well-known favorites all from the comfort of a chair! Part of the class incorporates light resistance training with hand weights, offering a fun and accessible way to boost overall fitness, balance, and muscle strength. This class is especially beneficial for older adults, beginners, or anyone with mobility considerations.

### Skyway Community Centre

00269490	Tu	Mar 31-Jun 26	1-2pm	\$89.70 R
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## Games

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### American Mah Jongg 55+ Beginner

Learn how this exciting and challenging tile game is played and build confidence to play in a group. Designed for those with little or no experience. You will be introduced to the basics of the game. The most recent scoring card from the National Mah Jongg League will be provided.

### Aldershot Arena

00267432	Fr	Apr 10-Jun 26	Noon-2pm	\$80.40 R
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### American Mah Jongg - Beginner

Learn how this exciting and challenging tile game is played and build confidence to play in a group. Designed for those with little or no experience. You will be introduced to the basics of the game. The most recent scoring card from the National Mah Jongg League will be provided.

### Tansley Woods Community Centre

00263613	Mo	Mar 30-Jun 8	Noon-2pm	*\$60.30 R \$73.80 R
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## American Mah Jongg - Intermediate

This class is customized for those students who have completed Hong Kong Mahjong Basics, students are encouraged to participate in this hands-on skill upgrade class. The instructor will guide the students to play efficient Mahjong through game play.

### Tansley Woods Community Centre

00263614	Mo	Mar 30-Jun 8	2:30-4:30pm	*\$60.30 R \$73.80 R
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## Bridge - Beginner Plus 55+

Learn the basics of Standard American Bridge. This course introduces new bridge players to the basic concepts of bridge, suit bidding, and play of the hand. Students will have an opportunity to play hands each session that allows them to practice what was taught.

### Burlington Seniors' Centre

00262889	Th	Apr 2-Jun 11	10:30am-12:30pm	\$73.70 R
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## Chinese Connection and Heaven Nine Games

Learn two popular Chinese Dominoes game that originated during the Song Dynasty around the 12th century. Chinese Connections and Heaven Nine games feature forward and backward memory game play allowing participants to utilize strategy while also relying on a little bit of luck.

### Burlington Seniors' Centre

00262888	Sa	Apr 11-May 16	1-3pm	*\$40.20 R \$49.20 R
00262895	Sa	May 30-Jun 20	1-3pm	*\$26.80 R \$32.80 R

## Dungeons and Dragons

Join this popular role playing game as we embark on a fantasy adventure over several weeks. Bring your own character if you have it, or create a new one! Dungeon Master will lead game and assist as needed.

### Burlington Seniors' Centre

00262896	Mo	Mar 30-Jun 8	7-9pm	*\$60.30 R \$73.50 R
00263155	We	Apr 1-Jun 24	7-9pm	*\$87.10 R \$106.60 R

### Duplicate Bridge 55+

Standard American Bridge with Five Card Majors will be played in partners. Volunteer Program leader will be on hand to assist and support but there will be no instruction. Please be aware of the rules of the game for game flow. For players who know basic conventions and are able to play at a consistent speed.

#### Burlington Seniors' Centre

00263693 Th Apr 2-Jun 25 1-3:30pm \$40.30 R

### Euchre - Beginner

This beginner Euchre program introduces players to the basics of the game in a relaxed, social setting. With simple instructions and plenty of practice, participants can enjoy learning strategy while building confidence and having fun.

#### Tansley Woods Community Centre

00262890 Th Apr 2-May 21 3:30-5:30pm \*\$53.60 R  
\$65.60 R

### Hong Kong Mahjong - Beginner plus

This program is customized for those students who have completed Hong Kong Mahjong Beginner or equivalent. The instructor will guide the students in casual Mahjong game play.

#### Tansley Woods Community Centre

00267387 Tu Mar 31-Jun 9 11:45am-1:45pm \*\$73.70 R  
\$90.20 R

### Hong Kong Mahjong 55+ Basics

This class is ideal for those students who do not have previous knowledge of the Hong Kong Style Mahjong. Students will be introduced to the most popular version, Hong Kong Style, of this game that originated in China. Four players use a set of tiles based on Chinese symbols and characters. The instructor will guide you through game play.

#### Aldershot Arena

00262894 Fr Apr 10-May 15 9-11am \$40.20 R  
00262892 Fr May 22-Jun 26 9-11am \$40.20 R

#### Burlington Seniors' Centre

00262912 Tu May 26-Jun 30 Noon-2pm \$40.20 R

### Hong Kong Mahjong 55+ Beginner Plus

This program is customized for those students who have completed Hong Kong Mahjong Beginner or equivalent. The instructor will guide the students in casual Mahjong game play.

#### Burlington Seniors' Centre

00263616 We Apr 1-Jun 10 Noon-2pm \$73.70 R

### Ladies Billiard Club 55+

Join other ladies who play snooker, billiards, and pool for social gameplay. Limited cues are available, participants are encouraged to bring their own.

#### Burlington Seniors' Centre

00262891 Tu Mar 31-Jun 9 9:30-11:30am \$37.40 R  
00263697 Th Apr 2-Jun 25 8:30am-12:30pm \$44.20 R

### Mahjong 55+ Beginner - Sichuan Style

Sichuan Mahjong "Bloody Battle to the End" style is an extremely popular Mahjong game that originated in China. Four players use a set of tiles based on Chinese symbols and characters. The instructor will guide you through game play.

#### Burlington Seniors' Centre

00267433 We Apr 1-Jun 24 9:45-11:45am \$87.10 R

### Mahjong 55+ Intermediate - Hong Kong Style

After completion of the Hong Kong Mahjong Basic and Hong Kong Mahjong Beginner Plus classes, students are encouraged to participate in this intermediate level class. This class will discuss special situations on rules, scoring, offensive and defensive strategies on the most popular version, Hong Kong Style, of this game that originated in China. The instructor will guide you through game play.

#### Burlington Seniors' Centre

00263612 Tu Mar 31-Jun 9 2:30-4:30pm \$73.70 R  
00262887 Sa Apr 18-Jun 13 10:15am-12:15pm \*\$60.30 R  
\$73.80 R

## Mahjong 55+ Intermediate - Sichuan Style

After completing the Sichuan Mahjong Beginner Basic class, students are encouraged to participate in the Sichuan Mahjong Intermediate class. The objectives of the intermediate class are to provide useful information to guide students to play efficient and smart Sichuan Mahjong especially in late game situation as it is "Bloody Battle to the End" style. Scoring will be emphasized. The instructor will guide you through game play.

### Burlington Seniors' Centre

00263619 We Apr 1-Jun 10 2:30-4:30pm \$73.70 R

## Mahjong Hong Kong Style - Rules and Penalties Workshop

This workshop is ideal for those players who are experienced in the Hong Kong Style Mahjong and would like to know more about the rules and penalties.

### Burlington Seniors' Centre

00263618 Sa Apr 4 10:15am-12:15pm \*\$20.00 R  
\$25.00 R

## Mahjong Hong Kong Style - Scoring Workshop

The Hong Kong Style Mahjong Scoring System is based on the pattern of the winning hand, special elements and winning conditions. The value of the hand sometimes can be tricky to evaluate with different special elements and winning conditions, especially since it continues to have new scoring elements over time. This workshop is ideal for those players who are experienced in Hong Kong Style Mahjong and would like to know more about the scoring system.

### Burlington Seniors' Centre

00268772 Sa May 23 1-3pm \*\$15.00 R  
\$18.00 R

## Mexican Train Dominoes and Euchre Social 55+

Join us for a fun and friendly game of Mexican Train Dominoes, which requires a bit of strategy, planning, and a little luck but is perfect for all skill levels. Or join us for a hand of Euchre! Coffee, tea and pastry included.

### Aldershot Arena

00263698 Tu Mar 31-Jun 23 9-11am \$54.60 R

## Socials

### Spring Dance Social

Step into spring on our large dance floor. Features a volunteer and participant curated playlist. Song requests encouraged. Hip new mocktails, non alcoholic beverages, snacks, and treats available for purchase. Coffee, tea, and cookies included.

### Burlington Seniors' Centre

00233012 Sa May 9 1:45-4pm \*\$10.60 R  
\$13.80 R

### Aldershot Monthly Luncheon 55+

Join us for a meal shared with friends and neighbours. Enjoy, conversation, good food and the company of others.

### Aldershot Arena

00233072 Tu Apr 14 Noon-1:30pm \$12.70 R  
00233017 Tu May 19 Noon-1:30pm \$12.70 R  
00233128 Tu Jun 9 Noon-1:30pm \$12.70 R

### Bingo for Blooms Social 55+

A friendly game of Bingo where everyone is a winner. Lucky card holders will have the first choice of flowers to take home. All players will take home a seasonal plant. Light refreshments provided.

### Burlington Seniors' Centre

00233142 Fr Apr 17 10:30am-Noon \$10.60 R  
00233106 Fr May 15 10:30am-Noon \$10.60 R  
00233068 Fr Jun 12 10:30am-Noon \$10.60 R

### Breakfast at the Bistro 55+

Doors will be open at 8:30 a.m. for coffee and tea service. Breakfast will be served from 9 to 9:45 a.m. followed by musical entertainment at 10 a.m. Space is limited so please preregister online or with Customer Service prior to the event.

### Burlington Seniors' Centre

00232996 Sa Apr 18 8:30-11am \$7.30 R  
00233096 Sa May 23 8:30-11am \$7.30 R  
00233011 Sa Jun 13 8:30-11am \$7.30 R

## Coffee and Community Conversation 55+

Monthly presentation and discussion with a guest speaker. Bring your lunch and dine while you learn.

### Burlington Seniors' Centre

00259740	Th	Apr 9	Noon-1:30pm	Free R
00259741	Th	May 7	Noon-1:30pm	Free R
00259742	Th	Jun 4	Noon-1:30pm	Free R

## Intermediate Ballroom and Latin Line Dancing Social 55+

Waltz, Tango, Cha Cha, Rumba, Swing and more. Playlist features jukebox classics from the 50's and 60's in addition to ABBA, Michael Jackson and Backstreet Boys. Build on basic dance steps and routines weekly. Includes refreshment and time for conversation at the break.

### Aldershot Arena

00262885	We	Apr 1-Jun 10	11:45am-1:15pm	\$61.60 R
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## June Celebration Lunch and Dance Social 55+

Celebrate June Seniors month with live music, hamburgers, hot dogs, salads, ice cream, and plenty of dancing. Coffee, tea, and lemonade included.

### LaSalle Park

00233132	Th	Jun 25	Noon-2:30pm	\$21.00 R
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## Spring Afternoon Tea Social 55+

Don your festive fascinator and celebrate Spring. Join friends new and old for an afternoon of tea and conversation. Home made sandwiches, pastries, and fresh baked scones served with Devonshire cream, preserves, and seasonal treats. Unable to accommodate gluten free diets.

### Burlington Seniors' Centre

00233108	Sa	Apr 4	1:30-3pm	\$25.00 R
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## Spring Karaoke Social 55+

A fun and safe space to sing together and move to the rhythm. Playlists are created from participant requests. Lyrics are available in projected and printed formats. Small hand percussion instruments are welcome. Light refreshments included at the break.

### Burlington Seniors' Centre

00232953	Fr	Apr 17	2-3:30pm	\$10.60 R
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## Summer Time Name the Song Social 55+

Guaranteed Summer time music fun. Hosted by our volunteer team with a jam packed playlists of musical trivia and sound bites through the decades. Ice cream, snacks, and cold beverages included. Who will be crowned the Name the Song Champion?

### Burlington Seniors' Centre

00232891	Fr	Jun 12	2-3:30pm	\$10.60 R
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## Supper Club Social

Enjoy a beautifully prepared three course meal with friends old and new. Each supper will build upon a seasonally appropriate theme reflected in the decorations, live music and meal. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets.

### Burlington Seniors' Centre

00232987	Th	Apr 9	5-6:45pm	*\$21.00 R \$24.10 R
00232936	Th	May 7	5-6:45pm	*\$21.00 R \$24.10 R
00233079	Th	Jun 4	5-6:45pm	*\$21.00 R \$24.10 R

## Thursday Lunch and Dessert Social 55+

This program provides a relaxed and casual environment to enjoy a lunch and dessert with others. Light conversation suggestions and background music available.

### Burlington Seniors' Centre

00232978	Th	Apr 2	12:15-1:45pm	\$12.70 R
00232941	Th	Apr 16	12:15-1:45pm	\$12.70 R
00233428	Th	Apr 30	12:15-1:45pm	\$12.70 R
00233009	Th	May 14	12:15-1:45pm	\$12.70 R
00232910	Th	May 28	12:15-1:45pm	\$12.70 R
00233123	Th	Jun 11	12:15-1:45pm	\$12.70 R

## Trivia and Pizza Night

Test your knowledge at our monthly trivia night! Pizza, pop and chips included. Six categories varying from history to today's events and pop culture to politics. Participants are encouraged to submit category suggestions for future trivia nights! Join a team or bring your friends and create your own!

### Burlington Seniors' Centre

00233004	Th	Apr 23	4:30-6pm	*\$15.90 R \$19.00 R
00232924	Th	May 21	4:30-6pm	*\$15.90 R \$19.00 R
00232976	Th	Jun 18	4:30-6pm	*\$15.90 R \$19.00 R

## Victorian Afternoon Tea Social

An extra special Victorian inspired tea service. Devonshire scones, classic sponge cake with strawberries, and petite empire cookies. Wear your fascinator, a fancy hat, or don a tiara as we celebrate the Victoria Long Weekend. The social will begin and end with conversation rounds that feature fun discussion starters, riddles, and queries. Unable to accommodate gluten free diets.

### Burlington Seniors' Centre

00233027	Sa	May 16	1:30-3pm	*\$25.00 R \$28.10 R
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## Sport

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### Badminton - All Levels

Come out and enjoy a game of badminton. Players of all levels are welcome but basic understanding of rules and badminton etiquette is required. Please bring your own racket and birdie.

### Brant Hills Community Centre

00232918	Sa	Apr 11-Jun 27	6-8pm	*\$45.60 R \$56.40 R
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### Badminton 55+ All Levels

Come out and enjoy a game of badminton. Players of all levels are welcome but basic understanding of rules and badminton etiquette is required. Please bring your own racket and birdie.

### Burlington Seniors' Centre

00232983	Mo	Mar 30-Jun 22	1-3pm	\$41.80 R
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### Gentle Pickleball 55+

Join this slower, gentler, non-instructional pickleball program. Participants will pair together based on similar skill levels to rotate through gameplay and rest periods. Game length may need to be adjusted based on capacity. Some knowledge of volleying, scoring and court boundaries required. Please bring your own paddle and ball.

### Burlington Seniors' Centre

00233120	Tu	Mar 31-Jun 23	11:30am-1:15pm	\$61.10 R
00233016	Th	Apr 2-Jun 25	8:30-10:30am	\$61.10 R

## Pickleball - Level 0.5-1.0

Non-instructional setting where staff assist with rotation of players. Geared towards players who are relatively new to pickleball looking to play. Game length may be adjusted based on capacity. Players required to play at advertised level. Some knowledge of etiquette, volleying, scoring, and court boundaries expected however staff will provide reminders. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

### Brant Hills Community Centre

00268044	Fri	Apr 3-Jun 26	Noon-2pm	*\$38.00 R \$47.00 R
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### Central Arena

00233019	Tu	Mar 31-Jun 23	9-11am	*\$49.40 R \$61.10 R
00232945	Th	Apr 2-Jun 25	9-11am	*\$41.80 R \$51.70 R

## Pickleball 55+ Level 0.5-2.0

Non-instructional program for adults 55 years and older who want to play and practice the game with others of similar levels. Staff will assist with pairing players of similar skill levels to rotate through games and rest periods. Game length may need to be adjusted based on capacity. Some knowledge of volleying, scoring and court boundaries are required, though reminders are offered. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

### Burlington Seniors' Centre

00232962	Mo	Mar 30-Jun 22	8:30-10:30am	\$41.80 R
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### Pickleball - Level 1.0-2.0

Non-instructional setting where staff assist with rotation of players. Geared towards newer players looking to play and practice with others of similar skill level. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, fundamental skills and adherence to advertised level are required. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

#### Alton Community Centre

00233026	Tu	Mar 31-Jun 23	3-5pm	*\$45.60 R \$56.40 R
00232970	We	Apr 1-Jun 24	12:15-2:15pm	*\$45.60 R \$56.40 R

#### Central Arena

00232969	Tu	Mar 31-Jun 23	11:15am-1:15pm	*\$49.40 R \$61.10 R
00233078	Th	Apr 2-Jun 25	11:15am-1:15pm	*\$41.80 R \$51.70 R

#### Mainway Ice Centre

00232890	Mo	Mar 30-Jun 22	11:15am-1:15pm	*\$41.80 R \$51.70 R
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### Pickleball 55+ - Level 1.0-2.0

Non-instructional setting where staff assist with rotation of players. Geared towards newer players looking to play and practice with others of similar skill level. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, fundamental skills and adherence to advertised level are required. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

#### Central Arena

00233050	We	Apr 1-Jun 24	10am-Noon	*\$49.40 R \$61.10 R
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### Pickleball - Level 2.0-3.0

Non-instructional setting where staff assist with rotation of players. Geared towards more experienced players who want quicker more agile game play, though the focus remains recreational and social in nature. Game length may be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Bring your own paddle and ball.

#### Alton Community Centre

00233119	Mo	Mar 30-Jun 22	9-11am	*\$41.80 R \$51.70 R
00232973	Tu	Mar 31-Jun 23	12:45-2:45pm	*\$45.60 R \$56.40 R
00232935	We	Apr 1-Jun 24	2:30-4:30pm	*\$45.60 R \$56.40 R
00232885	Th	Apr 2-Jun 25	10:30am-12:30pm	*\$45.60 R \$56.40 R

#### Brant Hills Community Centre

00232904	We	Apr 1-Jun 24	9-11am	*\$49.40 R \$61.10 R
00232921	Fri	Apr 10-Jun 26	11:15am-1:15pm	*\$45.60 R \$56.40 R

#### Mainway Ice Centre

00233054	Mo	Mar 30-Jun 22	5:45-7:45pm	*\$41.80 R \$51.70 R
00233038	We	Apr 1-Jun 24	8-10pm	*\$49.40 R \$61.10 R
00233051	Th	Apr 2-Jun 25	9-11am	*\$49.40 R \$61.10 R

### Pickleball 55+ - Level 2.0-3.0

Non-instructional setting where staff assist with rotation of players. Geared towards more experienced players who want quicker more agile game play, though the focus remains recreational and social in nature. Game length may be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Bring your own paddle and ball.

#### Brant Hills Community Centre

00232886	Mo	Mar 30-Jun 22	1:30-3:30pm	*\$41.80 R \$51.70 R
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#### Tansley Woods Community Centre

00232985	Th	Apr 2-Jun 25	2:15-4:15pm	*\$45.60 R \$56.40 R
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### Pickleball 55+ Level 2.0-3.5

Non-instructional program for adults 55 years and older who want to play and practice the game with others of similar levels. Staff will assist with pairing players of similar skill levels to rotate through games and rest periods. Game length may need to be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced, and games may be abbreviated to address capacity. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball

#### Burlington Seniors' Centre

00233099 Mo Mar 30-Jun 22 10:45am-12:45pm \$41.80 R

### Pickleball - Level 3.5+

Non-instructional setting where staff assist with rotation of players. This level of play is geared towards advanced players who can control ball placement and spin, anticipate shots, handle various ball speeds, maintain greater patience in dinks and rallies, and execute a wide variety of shots. Game length may be adjusted based on capacity. Etiquette is strictly enforced. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

#### Alton Community Centre

00232990 Mo Mar 30-Jun 22 12:15-2:15pm \*\$41.80 R  
\$51.70 R  
00233032 Fri Apr 10-Jun 26 9-11am \*\$45.60 R  
\$56.40 R

#### Mainway Ice Centre

00232889 Mo Mar 30-Jun 22 8-10pm \*\$41.80 R  
\$51.70 R  
00232895 Tu Mar 31-Jun 23 9-11am \*\$45.60 R  
\$56.40 R  
00233071 Tu Mar 31-Jun 23 11:15am-1:15pm \*\$49.40 R  
\$61.10 R  
00232967 We Apr 1-Jun 24 5:30-7:30pm \*\$49.40 R  
\$61.10 R

### Pickleball 55+ - Level 3.5+

Non-instructional setting where staff assist with rotation of players. This level of play is geared towards advanced players who can control ball placement and spin, anticipate shots, handle various ball speeds, maintain greater patience in dinks and rallies, and execute a wide variety of shots. Game length may be adjusted based on capacity. Etiquette is strictly enforced. See "Player skill level" section at [burlington.ca/pickleball](http://burlington.ca/pickleball). Please bring your own paddle and ball.

#### Mainway Ice Centre

00232932 Th Apr 2-Jun 25 11:15am-1:15pm \*\$49.40 R  
\$61.10 R

### Pickleball Workshop - Beginner Basics

Designed for participants who want to learn how to play pickleball. This workshop will teach you the fundamental skills of this game and is suitable for those with either some experience or no experience at all! Topics covered include equipment, grips, safety, court layout, non-volley zone [kitchen], rules, ready position, basic strokes, serving, scoring, and basic game play.

#### Alton Community Centre

00243959 Th Apr 9 1-3pm \*\$13.80 R  
\$16.50 R  
00243960 Th May 7 1-3pm \*\$13.80 R  
\$16.50 R  
00243961 Th Jun 4 1-3pm \*\$13.80 R  
\$16.50 R

#### Mainway Ice Centre

00243982 Th Apr 16 6:45-8:45pm \*\$13.80 R  
\$16.50 R  
00243983 Th Apr 30 6:45-8:45pm \*\$13.80 R  
\$16.50 R  
00243984 Th May 14 6:45-8:45pm \*\$13.80 R  
\$16.50 R  
00243985 Th May 28 6:45-8:45pm \*\$13.80 R  
\$16.50 R  
00243986 Th Jun 11 6:45-8:45pm \*\$13.80 R  
\$16.50 R  
00243988 Th Jun 25 6:45-8:45pm \*\$13.80 R  
\$16.50 R

## Pickleball Workshop - Beginner Basics Plus

Recommended as a follow up to Beginner Basics and will reinforce what was learned in that workshop. New skills will be introduced. Participants will learn the drop and volley serve, serving rules, return of serve, dinking, positioning, court etiquette, line calling, forehand and backhand shots.

### Alton Community Centre

00243962	Th	Apr 16	1-3pm	*\$13.80 R \$16.50 R
00243963	Th	May 14	1-3pm	*\$13.80 R \$16.50 R
00243964	Th	Jun 11	1-3pm	*\$13.80 R \$16.50 R

## Pickleball Workshop - Skills and Drills

For those who have a solid understanding of the fundamentals and want to further develop their skills through drilling exercises. Participants will work on strategic serving, volleying, shot accuracy, third shot drop, doubles strategies, blocking, lobs, and overhead smashing.

### Alton Community Centre

00243965	Th	Apr 23	1-3pm	*\$13.80 R \$16.50 R
00243966	Th	May 21	1-3pm	*\$13.80 R \$16.50 R
00243967	Th	Jun 18	1-3pm	*\$13.80 R \$16.50 R

## Pickleball Workshop - Skills and Drills Advanced

For those looking to learn or develop some new advanced skills such as power serving, footwork (split step/ shuffling/ crossover steps), drives, shutting down bangers, specialty shots, overhead lobs with switching, and a discussion on how, why and when to spin.

### Alton Community Centre

00243968	Th	Apr 30	1-3pm	*\$13.80 R \$16.50 R
00243970	Th	Jun 25	1-3pm	*\$13.80 R \$16.50 R

## Volleyball - All Levels

Looking to get active and have some fun? Join this round-robin style program where every week we'll mix up the teams so you get a chance to play with and against everyone. Recreational level play with a bit of competition thrown in for fun.

### Tansley Woods Community Centre

00233121	Sa	Apr 11-Jun 27	4:30-6:30pm	*\$45.60 R \$56.40 R
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### Alton Community Centre

00232905	Tu	Mar 31-Jun 23	5:45-7:45pm	*\$49.90 R \$61.10 R
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## Wellness

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## Functional Training 55+

Previously known as STAND, Functional Training 55+ is a function-focused exercise program delivered in a small group format. This unique program is designed to train and develop participants muscles by practicing everyday activities, such as sit to stand and climbing stairs in a safe setting. This functional training improves the strength, balance, coordination, and endurance required for daily living.

### Burlington Seniors' Centre

00267826	Tu	Mar 31-May 12	11am-Noon	\$48.30 R
00267828	Th	Apr 2-May 14	11am-Noon	\$48.30 R
00267827	Tu	May 19-Jun 23	11am-Noon	\$41.40 R
00267829	Th	May 21-Jun 25	11am-Noon	\$41.40 R

## Qigong

Join this centuries old practice that combines body-posture and movement, breathing, and meditation to promote wellness. All levels welcome.

### Tansley Woods Community Centre

00269711	Sa	May 2-Jun 27	11:45am-12:45pm	*\$55.20 R \$66.40 R
00233083	Mo	May 4-Jun 22	6:15-7:15pm	*\$48.30 R \$58.10 R

## Qigong 55+

Join this centuries old practice that combines body-posture and movement, breathing, and meditation to promote wellness. All levels welcome.

### Burlington Seniors' Centre

00232957	Fr	May 1-Jun 26	9:15-10:15am	\$62.10 R
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## Tai Chi

Tai Chi is a Chinese martial art practiced for its defensive training, health benefits and meditation. This experience will allow you to practice a sequence of gentle repetitive movements which leads you to focus on breath, energy and strength for both mind and body connection. This practice is beneficial to all regardless of age and fitness level.

### Tansley Woods Community Centre

00269709	Sa	May 2-Jun 27	10:30-11:30am	*\$55.20 R \$66.40 R
00232997	Mo	May 4-Jun 22	5-6pm	*\$48.30 R \$58.10 R

## Tai Chi 55+

Tai Chi is a Chinese martial art practiced for its defensive training, health benefits and meditation. This experience will allow you to practice a sequence of gentle repetitive movements which leads you to focus on breath, energy and strength for both mind and body connection. This practice is beneficial to all regardless of age and fitness level.

### Burlington Seniors' Centre

00233109	Fr	May 1-Jun 26	8-9am	\$62.10 R
00246182	Tu	May 5-Jun 23	8-9am	\$68.40 R

## Yoga 55+ Beginner

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Bring your own yoga mat.

### Burlington Seniors' Centre

00233090	Th	Apr 2-Jun 25	8:30-9:30am	\$89.70 R
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## Yoga - Chair

An inclusive and mindful program designed to remain seated or using the chair for stability with the same emphasis on stretching, breathing and strengthening. Clear modifications provided to optimize participation for all. Please bring your own yoga mat.

### Tansley Woods Community Centre

00232919	Mo	Mar 30-Jun 22	9:30-10:30am	*\$75.90 R \$91.30 R
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## Yoga 55+ Chair

An inclusive and mindful program designed to remain seated or using the chair for stability with the same emphasis on stretching, breathing and strengthening. Clear modifications provided to optimize participation for all. Please bring your own yoga mat.

### Burlington Seniors' Centre

00232916	Mo	Mar 30-Jun 22	11:15am-12:15pm	\$75.90 R
00233111	Mo	Mar 30-Jun 22	10-11am	\$75.90 R
00232966	Fr	Apr 10-Jun 26	10-11am	\$82.80 R

## Yoga - Flow

It is a type of yoga that focuses on the connection between breath, movement, and the mind. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. Please bring your own yoga mat.

### Burlington Seniors' Centre

00232960	Tu	Mar 31-Jun 23	10:15-11:15am	*\$69.00 R \$83.00 R
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## Yoga - Foundations

This is the perfect class for anyone wanting to build their experience in the foundations of yoga asana practice, and is suitable for those just starting out as well as those with more experience on the mat. Increase your confidence in correct positioning and the specific use of props to help you align more effectively in each posture. Please bring your own yoga mat.

### Burlington Seniors' Centre

00232926	Sa	Apr 11-Jun 27	10:45-11:45am	*\$75.90 R \$91.30 R
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## Yoga - Hatha

Focus on breath, body, and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Please bring your own yoga mat.

### Mountainside Community Centre

00232948 Tu Mar 31-Jun 23 12:45-1:45pm \*\$89.70 R  
\$107.90 R

### Burlington Seniors' Centre

00233113 Tu Mar 31-Jun 23 9:15-10:15am \*\$82.80 R  
\$99.60 R

### Tansley Woods Community Centre

00233064 Fr Apr 10-Jun 26 Noon-1pm \*\$82.80 R  
\$96.60 R

### Alton Community Centre

00233140 Tu Mar 31-Jun 23 5:30-6:30pm \*\$89.70 R  
\$107.90 R  
00269678 Th Apr 2-Jun 25 6:15-7:15pm \*\$89.70 R  
\$107.90 R

## Yoga 55+ Hatha

Focus on breath, body, and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Please bring your own yoga mat.

### Burlington Seniors' Centre

00232938 Tu Mar 31-Jun 23 11:45am-12:45pm \$89.70 R  
00232922 Fr Apr 10-Jun 26 11:15am-12:15pm \$82.80 R  
00232986 Fr Apr 10-Jun 26 12:30-1:30pm \$82.80 R

## Yoga - Low Impact

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

### Tansley Woods Community Centre

00233030 Fr Apr 10-Jun 26 10:45-11:45am \*\$82.80 R  
\$99.60 R

## Yoga 55+ Low Impact

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

### Burlington Seniors' Centre

00232923 Th Apr 2-Jun 25 9:45-10:45am \$89.70 R

## Yoga - Yin

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

### Alton Community Centre

00232964 Tu Mar 31-Jun 23 6:45-7:45pm \*\$89.70 R  
\$107.90 R

### Mountainside Community Centre

00233129 Tu Mar 31-Jun 23 2-3pm \*\$89.70 R  
\$107.90 R

## Contact Information

Email:  
[liveandplay@burlington.ca](mailto:liveandplay@burlington.ca)

Phone:  
**905-335-7738**

Website:  
[burlington.ca/adult](http://burlington.ca/adult)



For up-to-date drop-in schedules  
and program descriptions visit  
**[burlington.ca/dropinandplay](http://burlington.ca/dropinandplay)**



View our Criteria and  
Admission Standards at  
**[burlington.ca/playstandards](http://burlington.ca/playstandards)**

**[burlington.ca/adult](http://burlington.ca/adult)**

