

SUMMER 2026

Adult

Program Booklet

Registration Dates:

Wednesday, May 13 programs open
for viewing online

Thursday, May 21 at 7 a.m. programs
open for resident registration

See page 3 for important updates for
registration launch morning and the
new online registration virtual queue.



burlington.ca/adult



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Registration information

Season	View online	Resident registration	Non-resident registration
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.

Three ways to register on launch day:



Online
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.

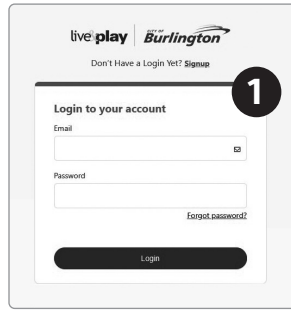
To register you will need:

- **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.

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 or call 905-335-7738.

How to register for a course

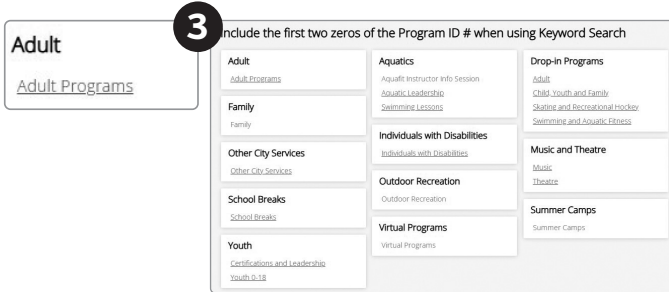
- Go to liveandplay.burlington.ca and log in.
 - If you don't have an account, click "Sign Up" and complete the "Don't Have a Login Yet?" form.
 - You'll receive an email with a temporary password and login instructions.



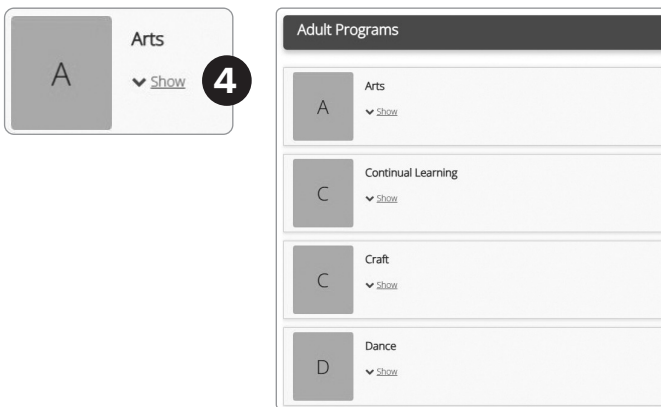
- After logging in, select the "Course Registration" tab.



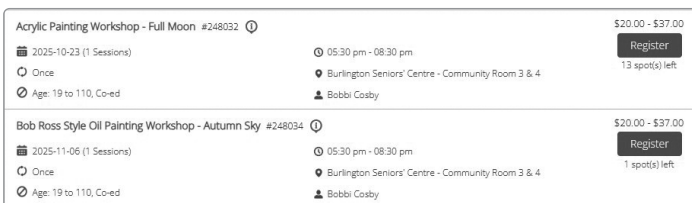
- Choose "Adult" to view Adult Programs.



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



- 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.

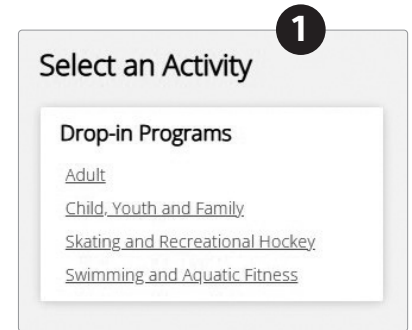
It is recommended to reserve your spot online.

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

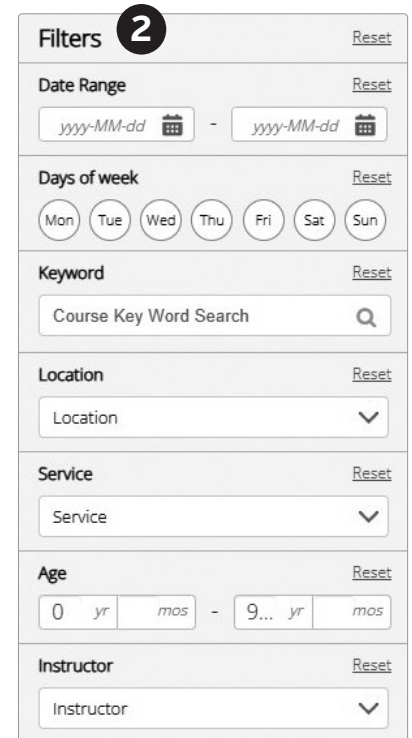
To browse available programs, visit burlington.ca/dropinandplay.

Steps to register:

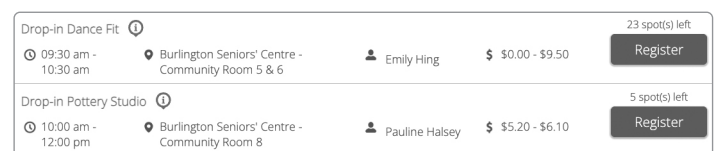
- Select "Adult" under Select an Activity.



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



- Find your course and click "Register."



NEW! Online registration virtual waiting room and virtual queue

Starting with the Summer registration launch day on Thursday, May 21, you'll see something new with our online registration process - a virtual waiting room!

Important Tip for Launch Morning

1. 6:45 - 6:59 a.m. - Log in to your account to join the virtual waiting room. Don't close or refresh your browser during this time.
2. 7 a.m. - When registration begins, everyone in the online virtual waiting room will be randomly assigned a place in the virtual queue. You'll see your spot in the queue and estimated wait time, then you will simply complete your registration as usual once it's your turn.

Those who log into their account at 7 a.m. or later will also be added to the online virtual queue.

Learn more about the online virtual waiting room and virtual queue at burlington.ca/registration.

Drop-in Programs

Arts

Drop-in Crochet Circle 55+

Enjoy this time to work on your own crochet project in a social setting while learning from classmates.

Burlington Seniors' Centre

00276469 Th Jul 9-Aug 27 1:30-3:30pm \$2.80 R

Drop-in Guitar 55+

For those who already know how to play guitar, drop-in and enjoy playing with others. Bring your own guitar or arrange a rental from your local music store.

Burlington Seniors' Centre

00266242 Tu Jul 7-Aug 25 2:30-4:30pm \$5.20 R
00266243 Fr Jul 10-Aug 28 12:30-2:30pm \$5.20 R

Drop-in Pottery 55+ Open Studio

This time is available for current Pottery participants only. Use this time to work on current class projects. This time cannot be used to create any new items.

Burlington Seniors' Centre

00266241 Fr Jul 10-Aug 21 9:15-11:15am \$5.20 R

Drop-in Pottery Studio

This time is available for current Pottery participants only. Use this time to work on current class projects. This time cannot be used to create any new items.

Burlington Seniors' Centre

00275735 Sa Jul 11-Aug 29 10am-Noon *\$5.20 R
\$6.10 R

Fitness

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

00266145 Tu/Th Jul 7-Aug 27 8-9pm *\$7.10 R
\$9.50 R

Drop-in Cardio/Mobility/Stretch

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.

Mainway Ice Centre

00276493 We Jul 8-Aug 19 9:15-10:15am *\$7.10 R
\$9.50 R

Drop-in Dance Fit

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

Burlington Seniors' Centre

00276496 Sa Jul 11-Aug 29 9:30-10:30am *\$7.10 R
\$9.50 R

Drop-in High Intensity Interval Training

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

Burlington Seniors' Centre

00276489 Mo Jul 13-Aug 24 6-7pm *\$7.10 R
\$9.50 R

Drop-in 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.

Burlington Seniors' Centre

00276484 Mo Jul 13-Aug 24 7:15-8:15pm *\$7.10 R
\$9.50 R

Drop-in 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.

Burlington Seniors' Centre

00276487 We Jul 8-Aug 26 7:45-8:45am *\$7.10 R
\$9.50 R

Drop-in Walk Fit 55+

Walk Fit is designed to encourage physical activity and improve overall fitness through a variety of activities beyond just walking, such as warm-ups, stretching, and social interaction. This program is designed to be accessible and inclusive, accommodating different fitness levels.

Burlington Seniors' Centre

00276492 Mo Jul 6-Aug 24 10:30-11:30am \$7.10 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.

Burlington Seniors' Centre

00276481 Mo Jul 6-Aug 24 7:15-8:15pm *\$7.10 R
\$9.50 R

Skyway Community Centre

00278188 Th Jul 9-Aug 27 6:45-7:45pm *\$7.10 R
\$9.50 R

Tansley Woods Community Centre

00278190 We Jul 8-Aug 26 6:15-7:15pm *\$7.10 R
\$9.50 R

Games

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

00276226 Fr Jul 10-Aug 28 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

00266258 Mo Jul 6-Aug 24 9:30am-Noon \$3.10 R

00266255 Fr Jul 10-Aug 28 Noon-2:30pm \$3.10 R

Drop-in Cribbage 55+

Partners not required! Friendly game of cribbage played with two, three or 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

00266256 Tu Jul 7-Aug 25 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

00266254 Mo Jul 6-Aug 24 6:30-9pm *\$3.10 R
\$3.60 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

00266249 We Jul 8-Aug 26 1-3:30pm \$3.10 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

00266248 Mo-Fr Jul 6-Aug 28 12:45-4:45pm \$3.40 R

00266251 Mo-We, Fr-Sa Jul 6-Aug 29 8:30am-12:30pm \$3.40 R

Sport

Drop-in Badminton All Levels

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

Tansley Woods Community Centre

00276501	We	Jul 8-Aug 26	7-9pm	*\$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.

Burlington Seniors' Centre

00276511	Sa	Jul 18-Aug 29	9-11am	\$3.80 R \$4.70 R
00276516	Sa	Jul 18-Aug 29	11:15am-1:15pm	\$3.80 R \$4.70 R

Central Arena

00276515	Sa	Jul 11-Aug 29	12:15-2:15pm	*\$3.80 R \$4.70 R
00276519	Sa	Jul 11-Aug 29	2:30-4:30pm	*\$3.80 R \$4.70 R

Mainway Ice Centre

00276509	Mo	Jul 6-Aug 24	2:30-4:30pm	*\$3.80 R \$4.70 R
00276497	Mo	Jul 6-Aug 24	4:45-6:45pm	*\$3.80 R \$4.70 R
00276510	Tu	Jul 7-Aug 18	8-10am	*\$3.80 R \$4.70 R
00276513	Tu	Jul 7-Aug 25	4:30-6:30pm	*\$3.80 R \$4.70 R
00276518	We	Jul 8-Aug 19	Noon-2pm	*\$3.80 R \$4.70 R
00276503	We	Jul 8-Aug 26	2:15-4:15pm	*\$3.80 R \$4.70 R
00276499	Th	Jul 9-Aug 20	7-9am	*\$3.80 R \$4.70 R
00276514	Th	Jul 9-Aug 20	9:15-11:15am	*\$3.80 R \$4.70 R
00276500	Th	Jul 9-Aug 20	11:45am-1:45pm	*\$3.80 R \$4.70 R
00276504	Fr	Jul 10-Aug 21	4:30-6:30pm	*\$3.80 R \$4.70 R
00276505	Fr	Jul 10-Aug 21	6:45-8:45pm	*\$3.80 R \$4.70 R
00276508	Sa	Jul 4-Aug 22	9-11am	\$3.60 R \$4.55 R

00276517	Sa	Jul 11-Aug 22	11:15am-1:15pm	*\$3.80 R \$4.70 R
00276506	Sa	Jul 11-Aug 22	2:15-4:15pm	*\$3.80 R \$4.70 R
00276502	Sa	Jul 11-Aug 22	4:45-6:45pm	*\$3.80 R \$4.70 R
00276507	Sa	Jul 11-Aug 22	7-9pm	*\$3.80 R \$4.70 R

Drop-in Table Tennis 55+

Come out and play some table tennis! Please bring your own paddle and balls. Players should be familiar with rules as no instruction will be provided.

Burlington Seniors' Centre

00276512	Fr	Jul 10-Aug 28	2:45-4:45pm	\$3.80 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

00266141	Sa	Jul 11-Aug 29	12:15-2:15pm	*\$3.80 R \$4.70 R
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Wellness

Drop-in 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. Bring your own yoga mat.

Burlington Seniors' Centre

00276479	We	Jul 8-Aug 26	12:15-1:15pm	*\$7.10 R \$9.50 R
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Drop-in Yoga Yin

Yin Yoga is a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. Bring your own yoga mat.

Burlington Seniors' Centre

00276480	Sa	Jul 11-Aug 29	1:15-2:15pm	*\$7.10 R \$9.50 R
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Registered Programs

Arts

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

00266264 We Jul 8-Aug 26 7-9pm *\$41.60 R
\$48.80 R

Acrylic Painting - Plein Air at La Salle

Suitable for novice and intermediate painters, participants will paint "Plein Air" the La Salle park area. Participants will complete the entire painting in our 3 hour class. The \$35 material fee covers everything you'll need for the class.

LaSalle Park

00276600 Tu Aug 6 Noon-3pm *\$20.00 R
\$25.00 R

Acrylic Painting - Poppies and Pasture

Suitable for novice and intermediate painters, the project depicts a pastoral scene with trees and fields in the background with a fence and poppies in the foreground. We will complete the entire painting in our 3 hour class. The \$35 material fee covers everything you'll need for the class.

Burlington Seniors' Centre

00266312 Th Jul 16 5:30-8:30pm *\$20.00 R
\$25.00 R

Acrylic Painting - Tropical Sunset

Suitable for novice and intermediate painters, the project depicts a sunset sky behind a beach with a beautiful palm tree and tropical flowers in the foreground. We will complete the entire painting in our 3 hour class. The \$35 material fee covers everything you'll need for the class.

Burlington Seniors' Centre

00266313 Th Aug 13 5:30-8:30pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting - Boat on the Beach

Bob Ross style wet-on-wet oil painting suitable for novice and intermediate painters. The scene depicts a boat pulled up on the beach and tethered to pilings. We will complete the project in our 3-hour class. The \$35 material fee covers everything you'll need for the class.

Burlington Seniors' Centre

00266306 Th Jul 30 5:30-8:30pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting - Twin Falls

Bob Ross style wet-on-wet oil painting suitable for novice and intermediate painters. Begin by painting some background details using black acrylic paint on a white canvas. Then switch to oil paint and complete the sky, trees and two towering waterfalls tumbling into a lake in the foreground. We will complete the project in our three hour class. The material fee covers everything you'll need.

Burlington Seniors' Centre

00266307 Th Aug 27-27 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 project within the drawing and painting mediums. Pastel, watercolor, pencil, pen, acrylic or mixed media all welcome. 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. Suggested materials list based on medium will be sent the week before program starts.

Burlington Seniors' Centre

00266266 We Jul 8-Aug 26 1:30-3:30pm \$53.60 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

00266263 Mo Jul 6-Aug 24 1:45-3:45pm \$46.90 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. Bring your own supplies. A materials list will be sent the week before program starts.

Burlington Seniors' Centre

00266260 Tu Jul 7-Aug 25 1:30-3:30pm \$53.60 R

Continual Learning

Current Affairs 55+

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

Burlington Seniors' Centre

00274947 Mo Jul 6-Aug 24 10am-Noon \$22.40 R
00266276 Th Jul 9-Aug 27 11:15am-1:15pm \$22.40 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

00276303 Fr Jul 10-Aug 21 9:30-11:30am \$11.20 R

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

00276006 Tu Jul 7-Aug 18 11:30am-1pm \$9.60 R

Prepare for Registration Day 55+

We recognize that sometimes navigating how to register can feel challenging! Please join us for this session to help you prepare and troubleshoot so you feel ready and confident when it is time to register. If possible, please bring your personal device [smartphone, tablet, or laptop] so we can assist you on the same device you will use on Registration Day. During the session, staff will provide an overview of the registration process, assist with creating an account if needed, address or problem solve specific issues if possible, and provide the opportunity to practice registering in a test course.

Burlington Seniors' Centre

00266271 Fr Aug 7 9:30-11am Free R

Round Table Discussion 55+

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

Burlington Seniors' Centre

00266272 Th Jul 9-Aug 27 11:15am-1:15pm \$22.40 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

00276360 Th Jul 9-30 1:30-3pm \$24.40 R

The History of French Art and Culture 55+

This class will explore French art, music, architecture, and the creative minds which develop them. Participants will explore Medieval through Renaissance movements, and 19th century Impressionism and 20th century Modern movements. Discover historic French buildings, music, and visual art.

Burlington Seniors' Centre

00266275 We Jul 8-Aug 26 9:30-11:30am \$53.60 R

The History of Musical Forms 55+

This program will investigate the types of music written over the centuries, specifically classical music including quartets, sonatas, overtures and concertos. Participants will explore many great composers who used these forms to bring great beauty and creative spirit. Discover what musical forms are and how they shape the listening experience.

Burlington Seniors' Centre

00266274 Tu Jul 7-Aug 25 9:15-11:15am \$53.60 R

Ukulele - Beginner

This course teaches the fundamentals of playing, covering parts of the instrument (body, neck, frets, strings), tuning, holding, strumming, and reading chord charts. Participants learn to play their first chords and songs from some different genres by reading chord charts and rhythm maps. A step-by-step approach is used to build skills in a fun, relaxing environment, and singing is highly encouraged.

Burlington Seniors' Centre

00280916 Fr Jul 10-Aug 28 3-4pm *\$44.80 R

\$49.60 R

00280925 Fr Jul 10-Aug 28 4:15-5:15pm *\$44.80 R

\$49.60 R

Ukulele - Intermediate

This course is for students with some experience playing ukulele. Knowledge of several chords and strumming patterns is beneficial. More challenging chords, songs, and rhythms are explored through the playing of songs from several different genres and playing styles. A step-by-step approach is used to build more complex skills in a fun, relaxing environment, and singing is highly encouraged. Bring your own ukulele.

Burlington Seniors' Centre

00280947 Fr Jul 10-Aug 28 5:30-6:30pm *\$44.80 R

\$49.60 R

00280949 Fr Jul 10-Aug 28 6:45-7:45pm *\$44.80 R

\$49.60 R

Craft

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

00266288 Th Jul 9-Aug 27 8:30-11am Free R

Crochet - 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. A material list will be attached at time of registration.

Skyway Community Centre

00276405 Sa Jul 11-Aug 29 1:30-3:30pm *\$53.60 R

\$65.60 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

00266284 Tu Jul 7-Aug 25 1:45-3:45pm \$53.60 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. A material list will be attached at time of registration.

Burlington Seniors' Centre

00275765 We Jul 8-Aug 26 1:45-3:45pm \$53.60 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

00276635 Sa Jul 18 10am-1pm *\$20.00 R

\$25.00 R

00276636 Sa Aug 8 10am-1pm *\$20.00 R

\$25.00 R

Mala Necklace Workshop

Create a Mala Necklace with fellow craft enthusiasts! Participants will learn to string and handknot semi-precious stones and wooden beads, the most straightforward of jewelry techniques. Materials are provided with the addition of a \$30 material fee.

Burlington Seniors' Centre

00276652	Sa	Jul 18	10am-1pm	*\$20.00 R \$25.00 R
00276711	Sa	Aug 15	10am-1pm	*\$20.00 R \$25.00 R

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

00266287	Th	Jul 9-Aug 27	9-11am	\$22.40 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

00275745	Sun	Jul 26	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

00276604	Th	Jul 9-Aug 27	1:30-4:30pm	*\$79.20 R \$82.40 R
00276613	Th	Jul 9-Aug 27	5:30-8:30pm	*\$79.20 R \$82.40 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

00266285	Th	Jul 9-Aug 27	10am-1pm	\$79.20 R
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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

00275718	Sa	Jul 11-Aug 29	12:30-3:30pm	*\$79.20 R \$82.40 R
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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

00275715	Tu	Jul 7-Aug 25	2-5pm	*\$79.20 R \$82.40 R
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Pottery - 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

00277200	We	Jul 8-Aug 26	5-8pm	*\$79.20 R \$82.40 R
00276603	Mo	Jul 6-Aug 24	5:30-8:30pm	*\$69.30 R \$72.10 R

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

00277192	We	Jul 8-Aug 26	10am-1pm	\$79.20 R
00277193	We	Jul 8-Aug 26	1:30-4:30pm	\$79.20 R
00266291	Fr	Jul 10-Aug 28	11:30am-1:30pm	\$53.60 R
00266281	Fr	Jul 10-Aug 28	2-4pm	\$53.60 R

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

00275719	Tu	Jul 7-Aug 25	5:30-8:30pm	*\$79.20 R \$82.40 R
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Safety Pin Brooch Workshop

Create a set of three Safety Pin Brooches with fellow craft enthusiasts! Participants will learn to use standard pliers to create trinket charms and chain elements on three safety pin brooches using pearls, crystals and charms with the most straightforward of jewelry techniques. Materials are provided with the addition of a \$30 material fee.

Burlington Seniors' Centre

00276755	Sat	Jul 11	10am-1pm	*\$20.00 R \$25.00 R
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Wet Felt Vessel Workshop

Create a Wet Felt Vessel with fellow craft enthusiasts using one of the oldest techniques to make cloth! Participants will learn to wet-felt wool to create a wool vessel using a variety of natural fibres in a variety of colours and textures. Materials are provided with the addition of a \$20 material fee.

Burlington Seniors' Centre

00276751	Sa	Aug 1	10am-1pm	*\$20.00 R \$25.00 R
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Dance

Jazz - Beginner

Participants will learn basic jazz steps and how to execute them in basic jazz routines taught in class. Participants will learn steps such as Ball Change, Pivot Turn, Isolations, Jazz Walk, Pas de Bourree, Grape Vine, and Foot Positions.

Tansley Woods Community Centre

00266292	We	Jul 8-Aug 26	7:30-8:30pm	*\$44.80 R \$49.60 R
00276403	Sa	Jul 11-Aug 29	3:45-4:45pm	*\$44.80 R \$49.60 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

00266294	Tu	Jul 7-Aug 25	3:30-5pm	\$42.70 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

00266293	We	Jul 8-Aug 26	3:45-5:15pm	\$48.80 R
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Day Trips

Day Trip - Stratford Theatre - Guys and Dolls

Musical Comedy theatre production and lunch at Anna Mae's Bakery and Restaurant. Performance at the historical Festival Theatre. Free time to explore gift shops and galleries. Reception and check in opens at 8:30 a.m., bus departs at 9:30 a.m. No refunds available for daytrips.

Burlington Seniors' Centre

00276865	We	Jul 29	9:30am-6:30pm	*\$159.00 R \$162.10 R
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Fitness

20/20/10 55+

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. Please bring your own yoga mat.

Burlington Seniors' Centre

00264998	Th	Jul 9-Aug 27	8:30-9:30am	\$55.20 R
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Active Aging Walks

Come walk along Burlington's beautiful paths and trails while enjoying the calming power of nature. This program is designed for active older adults and seniors who can walk independently and are able to maintain a steady walking pace throughout the session. Each session blends social walking with light fitness elements, offering a balance of gentle movement and purposeful activity to improve cardiovascular health, mobility, strength, and endurance. Beyond the physical benefits, the program encourages connection, sensory engagement, and an opportunity to unplug while building strength and balance one step at a time.

Burlington Seniors' Centre

00278711	Tu	Jul 7-Aug 25	9:30-11am	*\$67.20 R \$78.40 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. Please bring your own equipment

Burlington Seniors' Centre

00265060	Mo	Jul 6-Aug 24	3:30-4:30pm	\$34.50 R
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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

00265073	Fr	Jul 3-Aug 28	9-10am	\$26.70 R
00265089	We	Jul 8-Aug 26	2:30-3:30pm	\$55.20 R
00278192	We	Jul 8-Aug 26	1-2pm	\$55.20 R

Dance Fit 55+

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

Burlington Seniors' Centre

00265000 Fr Jul 10-Aug 28 11:45am-12:45pm \$55.20 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 preferred equipment. Wear comfortable shoes and clothing.

Burlington Seniors' Centre

00265003 Tu Jul 7-Aug 25 1:30-2:30pm \$55.20 R

Ladies Fit

A low-impact workout targeting the zones 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. Please bring your own yoga mat and resistance band.

Mainway Ice Centre

00265084 We Jul 8-Aug 19 10:30-11:30am *\$48.30 R
\$58.10 R

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.

Burlington Seniors' Centre

00265023 Th Jul 9-Aug 27 9:45-10:45am \$55.20 R

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

00265004 Fr Jul 10-Aug 28 10:30-11:30am \$55.20 R

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. Please bring your own yoga mat.

Burlington Seniors' Centre

00265043 Tu Jul 7-Aug 25 10-11am *\$55.20 R
\$66.40 R

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. Please bring your own yoga mat.

Burlington Seniors' Centre

00265036 Tu Jul 7-Aug 25 8:30-9:30am \$55.20 R
00265085 We Jul 8-Aug 26 8:30-9:30am \$55.20 R

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. Please bring your own yoga mat.

Burlington Seniors' Centre

00265002 Mo Jul 6-Aug 24 10-11am \$48.30 R
00265005 Tu Jul 7-Aug 25 9:45-10:45am \$55.20 R
00265088 We Jul 8-Aug 26 9:45-10:45am \$55.20 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

00265086 Mo Jul 6-Aug 24 8:45-9:45am \$48.30 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

00264999 Sa Jul 11-Aug 29 11:30am-12:30pm *\$55.20 R
\$66.40 R

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

Stretch and Tone

Move through a series of stretches and toning exercises to lengthen and strengthen the body. This program has you using a variety of methods such as static and dynamic movements. Please bring your own yoga mat.

Mainway Ice Centre

00265008 Th Jul 9-Aug 27 2:15-3:15pm *\$41.40 R
\$49.80 R

Total Body Conditioning

An interval training workout for your body that includes bursts of higher intensity activities followed by rest and lighter activities. This is a great way to improve both overall strength and cardiovascular endurance. Bring your own yoga mat.

Burlington Seniors' Centre

00264997 Mo Jul 6-Aug 24 7:30-8:30am *\$48.30 R
\$58.10 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

00278194 Tu Jul 7-Aug 25 9-10am \$55.20 R

Zumba Gold

Zumba Gold is a modified Zumba class that recreates the original moves you love at a lower-intensity. Please wear comfortable clothing and shoes.

Mainway Ice Centre

00265075 Mo Jul 6-Aug 17 9-10am *\$41.40 R
\$49.80 R

Games

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.

Burlington Seniors' Centre

00266300 Fr Jul 10-Aug 28 2:30-4:30pm \$53.60 R

American Mah Jongg 55+ Intermediate

Learn how this exciting and challenging tile game is played and build confidence to play in a group. Build on your basic knowledge of the American Mah Jongg version, you will be introduced more in-depth strategies of the game. The most recent scoring card from the National Mah Jongg League will be provided and is covered by the \$3.50 material fee.

Burlington Seniors' Centre

00266297 Mo Jul 6-Aug 24 2:45-4:45pm \$46.90 R

Chinese Dominoes Game 55+ Heaven Nine

Learn a popular Chinese Dominoes game that originated during the Song Dynasty around the 12th century. 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

00275896 Mo Jul 13-Aug 24 12:30-2:30pm \$40.20 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

00275845 Mo Jul 6-Aug 24 7-9pm *\$46.90 R
\$57.40 R
00266296 We Jul 8-Aug 26 7-9pm *\$53.60 R
\$65.60 R

Duplicate Bridge 55+

Standard American Bridge with Five Card Majors will be played in partners. 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.

Burlington Seniors' Centre

00266303 Th Jul 9-Aug 27 1-3:30pm \$24.80 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

00275752 Tu Jul 7-Aug 25 9:30-11:30am \$27.20 R

00275753 Th Jul 9-Aug 27 8:30am-12:30pm \$27.20 R

Mahjong 55+ Beginner - Hong Kong Style

Learn 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 teach you the rules of the game and guide you through game play.

Burlington Seniors' Centre

00266305 Tu Jul 7-Aug 25 Noon-2pm \$53.60 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

00275877 We Jul 8-Aug 26 Noon-2pm \$53.60 R

Mahjong 55+ Intermediate - Hong Kong Style

Build on your basic knowledge of 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.

Burlington Seniors' Centre

00266299 Tu Jul 7-Aug 25 Noon-2pm \$53.60 R

00275863 Tu Jul 7-Aug 25 2:30-4:30pm \$53.60 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

00275758 We Jul 8-Aug 26 9:45-11:45am \$53.60 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

00266304 We Jul 8-Aug 26 2:30-4:30pm \$53.60 R

Mahjong Workshop - Hong Kong Style - Multiple Ways to Win

In Hong Kong Style Mahjong, the number of "Waiting to Win" tiles can be ranged from one to many. Players sometimes easily miss the "Waiting to Win" tiles if the winning pattern is too complex. In this workshop, we will examine some of these "Waiting to Win" patterns and introduce methodology to identify all the possible winning tiles.

Burlington Seniors' Centre

00266308 Once Jul 6 12:30-2:30pm *\$20.00 R
\$25.00 R

Socials

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

00266682	Fr	Jul 10	11am-12:30pm	\$10.60 R
00266692	Fr	Aug 14	11am-12:30pm	\$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 pre-register online or with Customer Service prior to the event.

Burlington Seniors' Centre

00266690	Sa	Jul 11	8:30-11am	\$7.30 R
00266688	Sa	Aug 15	8:30-11am	\$7.30 R

Burlington Men's Shed

Help us develop the new "Men's Shed" of Burlington to become a part of the Global Men's Shed Movement. A welcoming and inclusive space where men meet weekly to strengthen social connections, share and develop skills, work on meaningful community projects, and participate in an active lifestyle.

Burlington Seniors' Centre

00266763	Th	Jul 6-Aug 27	9-11am	\$22.40 R
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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 end of program.

LaSalle Park

00276841	We	Jul 8-Aug 26	12:30-2pm	\$44.80 R
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LaSalle Park Lunch Social 55+

Join friends for a series of 3 light lunch dates at the beautiful LaSalle Park Pavilion. Volunteers and staff will host conversation starters and riddles.

LaSalle Park

00266685	Tu	Jul 14-Aug 11	12:30-2pm	\$38.10 R
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LaSalle Park Walk and Talk 55+

Beat the heat with a guided early morning walk throughout the LaSalle Park property. Join fellow participants for walking conversation followed by coffee, muffins, and conversation indoors. Participants must be able to independently navigate natural terrain and varying incline.

LaSalle Park

00266691	Tu	Jul 7-Aug 25	8:30-10am	\$48.80 R
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LaSalle Park Walk, Stretch and Talk 55+

A guided morning walk and stretch throughout the LaSalle Park property. Join fellow participants for medium paced walking conversation followed by coffee, muffins, and conversation indoors. Participants must be able to independently navigate natural terrain and varying incline.

LaSalle Park

00276843	We	Jul 8-Aug 26	9:30-11:30am	\$48.80 R
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Mexican Train Dominoes and Euchre Social 55+

Two fantastic games in one beautiful space. Players of all levels are most welcome. A cold beverage and snack provided. **No class on Aug 6th.

LaSalle Park

00266687	Tu	Jul 7-Aug 25	10am-Noon	\$33.60 R
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Movie Social - My Big Fat Greek Wedding

Cool down and enjoy a movie in the comfort of the seniors' centre. A beverage, movie snacks and treats provided. My Big Fat Greek Wedding.

Burlington Seniors' Centre

00266757	Fr	Aug 21	1-3:30pm	\$10.80 R
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Movie Social - Thelma

Cool down and enjoy a movie in the comfort of the seniors' centre. A beverage, movie snacks and treats provided. Thelma -synopsis- A 93 year old woman falls victim to a phone scam. She sets out to find the perpetrators with the help of her grandson and friend.

Burlington Seniors' Centre

00266761	Fr	Jul 24	1-3:30pm	\$10.80 R
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Summer Afternoon Tea Social

Devonshire scones, sandwiches, classic pastries, and an assortment of tea flavours. Wear your fascinator or fancy hat as we celebrate the tradition of afternoon tea. Prizes for best dressed. Games and riddles sprinkled in. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00266760 Sa Jul 18 1-2:30pm *\$25.00 R
\$28.10 R

Summer Karaoke and Ice Cream Social 55+

A fun and safe space to sing together and move to the rhythm. Playlists are created from participant requests. Lyrics are projected on screen. Small hand percussion instruments are welcome. Includes an ice cream sundae bar.

Burlington Seniors' Centre

00266679 Fr Jul 17 1-2:30pm \$10.60 R

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. This month's theme: Tuscan Sun.

Burlington Seniors' Centre

00266689 Th Jul 23 5-6:45pm *\$21.00 R
\$24.10 R
00266683 Th Aug 20 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

00266726 Th Jul 16 12:15-1:45pm \$12.70 R
00266721 Th Aug 13 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

00266686 Th Jul 9 4:30-6pm *\$15.90 R
\$19.00 R
00266775 Th Aug 6 4:30-6pm *\$15.90 R
\$19.00 R

Sport

Badminton - All Levels

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

Robert Bateman Community Centre

00266139 Mo Jul 6-Aug 24 8-10pm *\$26.60 R
\$32.90 R

Badminton 55+ All Levels

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

Burlington Seniors' Centre

00265108 Mo Jul 6-Aug 24 1-3pm \$26.60 R

Bocce 55+

Meet at LaSalle Park for a social game of Bocce Ball in the sunshine. Learn the game and strategies followed by recreational play on dedicated Bocce Ball courts. Games not played due to inclement weather will be credited on account.

LaSalle Park

00265094 Th Jul 9-Aug 27 9-11am \$30.40 R

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

Gentle Pickleball 55+

Join this slower, gentler, non-instructional pickleball program. Participants will be paired together based on similar skill levels to rotate through gameplay and rest periods. Some knowledge of volleying, scoring and court boundaries required though reminders are offered. Please bring your own paddle and ball.

Burlington Seniors' Centre

00265092	Tu	Jul 7-Aug 25	11:30am-1:30pm	\$30.40 R
00265120	Th	Jul 9-Aug 27	8:30-10:30am	\$30.40 R

Pickleball - Level 0.5-1.0

Non-instructional game play practice for all adult ages. Participants will be paired with others of similar skill levels to rotate through games and rest periods. Players with a skill level above 1.0 are required to register and participate only at this level. Some knowledge of volleying, scoring and court boundaries gained through experience, though reminders are offered through instruction. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Mainway Ice Centre

00265116	Tu	Jul 7-Aug 18	11:30am-1:30pm	*\$26.60 R \$32.90 R
00265114	Th	Jul 9-Aug 20	4:30-6:30pm	*\$26.60 R \$32.90 R

Pickleball 55+ Level 0.5-2.0

Non-instructional game play practice for adults 55 years and older. Participants will be paired with others of similar skill levels to rotate through games and rest periods. Some knowledge of volleying, scoring and court boundaries required, though reminders are offered. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Burlington Seniors' Centre

00265109	Mo	Jul 6-Aug 24	8:30-10:30am	\$26.60 R
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Pickleball - Level 1.0-2.0

Non-instructional program for those who want to play and practice the game with others of similar levels. Participants will be paired and rotated through game and rest periods. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, fundamental skills and adherence to advertised level are required. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Alton Community Centre

00265104	Mo	Jul 6-Aug 24	9:30-11:30am	*\$26.60 R \$32.90 R
00265107	We	Jul 8-Aug 26	12:15-2:15pm	*\$30.40 R \$37.60 R
00265106	Th	Jul 9-Aug 27	11:45am-1:45pm	*\$30.40 R \$37.60 R
00265113	Fr	Jul 10-Aug 28	1:30-3:30pm	*\$30.40 R \$37.60 R

Mainway Ice Centre

00265122	Tu	Jul 7-Aug 18	1:45-3:45pm	*\$26.60 R \$32.90 R
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Pickleball - Level 2.0-3.0

Geared towards more experienced players who want quicker, more agile gameplay, though the focus remains recreational and social in nature. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced, and games may be abbreviated to address capacity. See "What Level am I" sheet at burlington.ca/pickleball. Bring your own paddle and ball.

Alton Community Centre

00265119	Mo	Jul 6-Aug 24	12:15-2:15pm	*\$26.60 R \$32.90 R
00265112	Tu	Jul 7-Aug 25	12:15-2:15pm	*\$30.40 R \$37.60 R
00265093	We	Jul 8-Aug 26	2:30-4:30pm	*\$30.40 R \$37.60 R
00265105	Th	Jul 9-Aug 27	9:30-11:30am	*\$30.40 R \$37.60 R
00265118	Th	Jul 9-Aug 27	2:15-4:15pm	*\$30.40 R \$37.60 R
00265103	Fr	Jul 10-Aug 28	11:15am-1:15pm	*\$30.40 R \$37.80 R

Mainway Ice Centre

00265091	We	Jul 8-Aug 26	8-10pm	*\$30.40 R \$37.60 R
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Pickleball 55+ Level 2.0-3.5

Non-instructional program for those who want to play and practice the game with others of similar levels. Participants will be paired and rotated through game and rest periods. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, and fundamental skills are required. Players unable to adhere to advertised level will be asked to withdraw. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Burlington Seniors' Centre

00265115 Mo Jul 6-Aug 24 10:45am-12:45pm \$26.60 R

Pickleball - Level 3.5+

This level of play is geared towards advanced adult 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. Non-instructional setting where staff assist with rotation of players. Those not able to adhere to playing at advertised level will be asked to withdraw. Please bring your own paddle and ball.

Alton Community Centre

00265111 Mo Jul 6-Aug 24 2:30-4:30pm *\$26.60 R
\$32.90 R

00265095 Tu Jul 7-Aug 25 9-11am *\$30.40 R
\$37.60 R

00265098 Tu Jul 7-Aug 25 2:30-4:30pm *\$30.40 R
\$37.60 R

00265110 We Jul 8-Aug 26 9-11am *\$30.40 R
\$37.60 R

00265117 Fr Jul 10-Aug 28 9-11am *\$30.40 R
\$37.60 R

Mainway Ice Centre

00265101 Mo Jul 6-Aug 24 8-10pm *\$26.60 R
\$32.90 R

00265102 Th Jul 9-Aug 20 6:45-8:45pm *\$26.60 R
\$32.90 R

00265100 We Jul 8-Aug 26 5:30-7:30pm *\$30.40 R
\$37.60 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.

Alton Community Centre

00265121 Tu Jul 14-Aug 25 5:45-7:45pm *\$26.60 R
\$32.90 R

Brant Hills Community Centre

00265099 Mo Jul 6-Aug 24 7-9pm *\$26.60 R
\$32.90 R

Tansley Woods Community Centre

00265097 Sa Jul 11-Aug 22 4:30-6:30pm *\$26.60 R
\$32.90 R

Wellness

Functional Fitness 55+

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

00265129	Tu	Jul 7-Aug 25	11am-Noon	\$55.20 R
00277830	Th	Jul 9-Aug 27	11am-Noon	\$48.30 R

Qigong

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

Burlington Seniors' Centre

00265131	Mo	Jul 6-Aug 24	6:15-7:15pm	*\$48.30 R \$58.10 R
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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

00265125	Fr	Jul 10-Aug 28	9:15-10:15am	\$55.20 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 guide you through a sequence of gentle, repetitive movements that help you focus on breath, energy, and strength, fostering a connection between mind and body. This practice is beneficial to all regardless of age and fitness level.

Burlington Seniors' Centre

00265136	Mo	Jul 6-Aug 24	5-6pm	*\$48.30 R \$58.10 R
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Tai Chi 55+

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

Burlington Seniors' Centre

00265134	Fr	Jul 10-Aug 28	8-9am	\$55.20 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. Bring your own yoga mat and yoga straps.

Burlington Seniors' Centre

00265128	Mo	Jul 6-Aug 24	10-11am	\$48.30 R
00265127	Mo	Jul 6-Aug 24	11:30am-12:30pm	\$48.30 R
00265130	We	Jul 8-Aug 26	11am-Noon	\$55.20 R
00265132	Fr	Jul 10-Aug 28	10-11am	\$55.20 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

00265133	Mo	Jul 6-Aug 24	5:30-6:30pm	*\$48.30 R \$58.10 R
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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. Bring your own yoga mat, and yoga straps.

Burlington Seniors' Centre

00265123	Mo	Jul 6-Aug 24	11:15am-12:15pm	\$48.30 R
00265135	Fr	Jul 10-Aug 28	11:15am-12:15pm	\$55.20 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.

Mainway Ice Centre

00265124	Fr	Jul 10-Aug 28	10:45-11:45am	*\$41.40 R \$49.80 R
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Contact Information

Email:
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Website:
burlington.ca/adult



For up-to-date drop-in schedules
and program descriptions visit
burlington.ca/dropinandplay



View our Criteria and
Admission Standards at
burlington.ca/playstandards

burlington.ca/adult

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