WINTER 2027

Adult

Program Booklet

Registration Dates:

Wednesday, Nov. 25 programs open for viewing online

Thursday, Dec. 3 at 7 a.m. programs open for resident registration



burlington.ca/adult

CITY OF Burlington

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Registration information

Season	View online	Resident registration	Non-resident registration
Winter 2027	Wednesday, Nov. 25	Thursday, Dec. 3, 7 a.m.	Friday, Dec. 11, 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 $13.60 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.
*$3.20 R – Resident 55+ years of age
$3.70 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

1. Go to liveandplay.burlington.ca and log in.

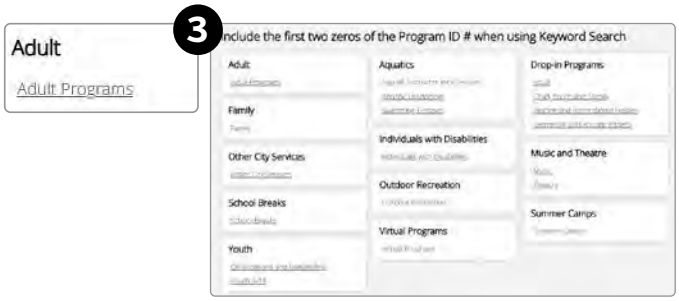
- If you don't have an account, click "Sign Up" and complete the "Don't Have a Login Yet?" form.
- You'll receive an email with a temporary password and login instructions.



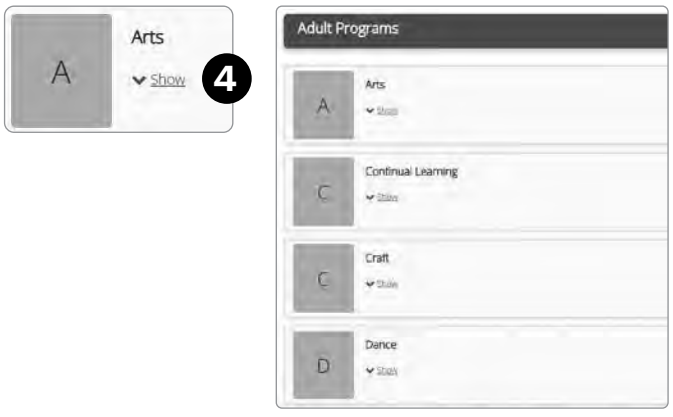
2. After logging in, select the "Course Registration" tab.



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.

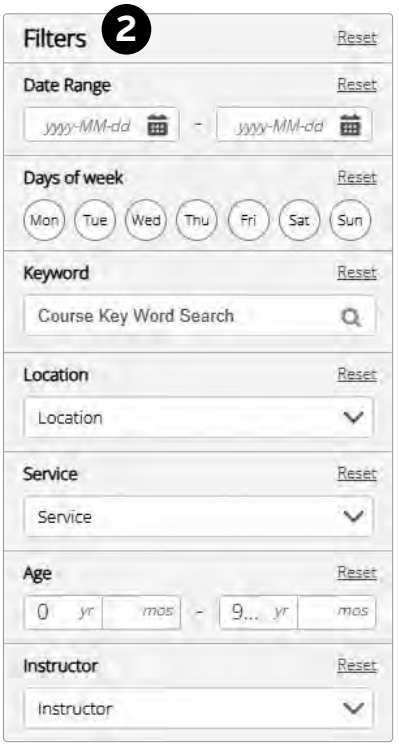
To browse available programs, visit burlington.ca/dropinandplay.

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."



Online registration virtual waiting room and virtual queue

On the resident registration launch morning a virtual waiting room and virtual queue system is in place for online registration to ensure the best system performance and a fair, smooth process.

Important tip for launch morning

1. 6:45 – 6:59 a.m. – Log in to your account at liveandplay.burlington.ca, and then navigate to the Course Registration tab to join the virtual waiting room. You can log in anytime between 6:45 – 6:59 a.m., and there is room for everyone.
   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.
   Don't close or refresh your browser during this time.

You'll see your estimated wait time, then you will be able to complete your online registration as usual once it's your turn.

For more details including frequently asked questions visit 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

00273944	Th	Sep 17-Jun 24	1:30-3:30pm	$2.90 R

Drop-in Guitar

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.

Tansley Woods Community Centre

00273943	Tu	Sep 15-Jun 22	2:30-4:30pm	*$5.40 R $6.30 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

00273946	Fr	Sep 18-Jun 25	12:30-2:30pm	$5.40 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. This program runs for two weeks prior to the end of every Pottery session.

Burlington Seniors' Centre

00273945	Sa	Feb 13, 20, Mar 20, 27	10am-Noon	*$5.40 R $6.30 R

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

Fitness

Drop-in 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!

Burlington Seniors' Centre

00273561	Sa	Sep 19-Jun 26	9:30-10:30am	*$7.30 R $9.80 R

Drop-in 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.

Tansley Woods Community Centre

00286676	We	May 19-Jun 23	5-6pm	*$7.30 R $9.80 R

Drop-in Stride, Tone and Stretch

Enjoy a full-body workout with this foundational program. Begin by walking at your own pace while incorporating various steps and arm movements to warm up your body. Move to the mat for full body toning exercises that build strength and condition muscles using a variety of hand weights, resistance bands and body weight, finishing with a core stretch on the mat. This class is suitable for all fitness levels, please bring your own yoga mat.

Tansley Woods Community Centre

00273583	Mo	Sep 28-Jun 21	8-9am	*$7.30 R $9.80 R
00273551	We	Sep 16-Jun 23	8-9am	*$7.30 R $9.80 R
00273545	Fr	Sep 18-Jun 25	8-9am	*$7.30 R $9.80 R
00273564	Fr	Sep 18-Jun 25	9:30-10:30am	*$7.30 R $9.80 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.

Tansley Woods Community Centre

00273565	Sa	Sep 19-Jun 26	8-9am	*$7.30 R $9.80 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

00266146	Su	Sep 20-Jun 27	8-9am	$7.30 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

00273571	Mo	Sep 14-Jun 21	7:15-8:15pm	*$7.30 R $9.80 R

Skyway Community Centre

00290635	Tu	Sep 15-Jun 22	6-7pm	*$7.30 R $9.80 R
00273580	Th	Sep 17-Jun 24	7:15-8:15pm	*$7.30 R $9.80 R

Tansley Woods Community Centre

00273546	We	Sep 16-Jun 23	6:15-7:15pm	*$7.30 R $9.80 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

00273574	We	Sep 16-Jun 23	6-7pm	*$7.30 R $9.80 R

Games

Drop-in Board Games 55+
Join friends new and old for a lively drop-in program featuring the best board games!

Burlington Seniors' Centre

00273951	Mo/Fr	Sep 14-Jun 25	11:30am-2pm	$3.20 R
00273961	Tu	Sep 15-Jun 22	Noon-2pm	$2.90 R

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 Alcohol and Gaming Commission of Ontario (AGCO) policy.

Burlington Seniors' Centre

00273959	Fr	Sep 18-Jun 25	2:45-5:15pm	$3.20 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

00273958	Tu	Sep 15-Jun 22	9:15-11:45am	$3.20 R

Drop-in Euchre
Try out this very popular card game held weekly. Must be familiar with gameplay. No instruction provided. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Tansley Woods Community Centre

00273956	Mo	Sep 14-Jun 21	6:30-9pm	*$3.20 R $3.70 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

00273960	We	Sep 16-Jun 23	1-3:30pm	$3.20 R

Drop-in Snooker 55+
Enjoy a game of snooker! Limited cues available, participants are encouraged to bring their own. Total capacity for area is 12 people, and participants can organize numbers at the tables.

Burlington Seniors' Centre

00273955	Mo-Fr	Sep 14-Jun 25	12:45-4:45pm	$3.50 R
00273957	M/W/F/Sa	Sep 14-Jun 26	8:30am-12:30pm	$3.50 R

Socials

Drop-in Bingo for Prizes Social 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 cold beverage and snacks. Program offered every other week.

Skyway Community Centre

00291061	Tu	Sep 15-Jun 8	12:30-2pm	$5.60 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.

Alton Community Centre

00274833	Tu	Sep 15-Jun 22	5:45-7:45pm	*$4.00 R $5.00 R

Brant Hills Community Centre

00274851	Tu	Sep 15-Jun 22	1-3pm	*$4.00 R $5.00 R
00274853	Th	Sep 17-Jun 24	1-3pm	*$4.00 R $5.00 R

Robert Bateman Community Centre

00274858	Mo	Sep 14-Jun 21	8-10pm	*$4.00 R $5.00 R

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

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

00287163	We	Sep 16-Jun 23	1:15-3:15pm	$4.00 R
00287637	Fr	Sep 18-Jun 25	1:15-3:15pm	$4.00 R

Drop-in Basketball - All Levels

Non-competitive basketball. Bring your own basketball. All levels welcome.

Tansley Woods Community Centre

00294733	Sa	Sep 19-Jun 26	7-9pm	*$4.00 R $5.00 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 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

00274828	Sa	Sep 12-Jun 19	8:30-10:30am	*$4.00 R $5.00 R
00266144	Sa	Sep 12-Jun 26	8:30-10:30am	*$4.00 R $5.00 R

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

00274845	Mo	Sep 14-Jun 21	2:30-4:30pm	*$4.00 R $5.00 R

Brant Hills Community Centre

00274827	We	Sep 16-Jun 23	11:15am-1:15pm	*$4.00 R $5.00 R

Burlington Seniors' Centre

00274816	Sa	Oct 3-Jun 26	9-11am	*$4.00 R $5.00 R
00274810	Sa	Oct 3-Jun 26	11:15am-1:15pm	*$4.00 R $5.00 R

Central Arena

00274823	Fr	Sep 18-Jun 25	Noon-2pm	*$4.00 R $5.00 R
00274831	Fr	Sep 18-Jun 25	2:15-4:15pm	*$4.00 R $5.00 R
00274849	Sa	Sep 19-Jun 26	12:15-2:15pm	*$4.00 R $5.00 R
00274843	Sa	Sep 19-Jun 26	2:30-4:30pm	*$4.00 R $5.00 R

Mainway Ice Centre

00274819	Mo	Sep 14-Jun 21	9-11am	*$4.00 R $5.00 R
00274852	Tu	Sep 15-Jun 22	9-11am	*$4.00 R $5.00 R
00274859	Tu	Sep 15-Jun 22	4-6pm	*$4.00 R $5.00 R
00274837	We	Sep 16-Jun 23	10am-Noon	*$4.00 R $5.00 R
00274838	Th	Sep 17-Jun 24	4:30-6:30pm	*$4.00 R $5.00 R
00274817	Th	Sep 17-Jun 24	6:45-8:45pm	*$4.00 R $5.00 R
00274836	Fr	Sep 18-Jun 25	9:30-11:30am	*$4.00 R $5.00 R
00274808	Fr	Sep 25-Jun 25	4:30-6:30pm	*$4.00 R $5.00 R
00274811	Fr	Sep 25-Jun 25	6:45-8:45pm	*$4.00 R $5.00 R

Robert Bateman Community Centre

00287634	Tu	Sep 15-Jun 22	1:15-3:15pm	*$4.00 R $5.00 R
00287635	Th	Sep 17-Jun 24	1:15-3:15pm	*$4.00 R $5.00 R
00274809	Sa	Sep 19-Jun 26	5:30-7:30pm	*$4.00 R $5.00 R
00274835	Sa	Sep 19-Jun 26	7:45-9:45pm	*$4.00 R $5.00 R

Skyway Community Centre

00293632	Mo	Sep 14-Jun 21	8-10pm	*$4.00 R $5.00 R
00293631	Mo	Sep 14-Jun 21	8-10pm	*$4.00 R $5.00 R
00274850	Tu	Sep 8-Jun 22	8-10pm	*$4.00 R $5.00 R
00274846	Th	Sep 10-Jun 24	8-10pm	*$4.00 R $5.00 R

Tansley Woods Community Centre

00274813	Mo	Sep 14-Jun 21	11am-1pm	*$4.00 R $5.00 R
00274830	Tu	Sep 15-Jun 22	1:30-3:30pm	*$4.00 R $5.00 R
00303372	Sat	Jan 9-Jun 26	7-9pm	*$4.00 R $5.00 R

Drop-in Pickleball - All Levels 55+

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

00274844	Mo/We	Sep 9-Jun 23	12:15-2:15pm	$4.00 R
00274854	Fr	Sep 4-Jun 25	10:45am-12:45pm	$4.00 R

Drop-in Soccer

Enjoy a game of recreational, non-competitive soccer.

Brant Hills Community Centre

00287626	Mon	Sep 9-Jun 21	7-9pm	*$4.00 R $5.00 R

Drop-in Table Tennis

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.

Brant Hills Community Centre

00274814	Mo	Sep 14-Jun 21	9-11am	*$4.00 R $5.00 R
00274848	We	Sep 16-Jun 23	9-11am	*$4.00 R $5.00 R
00300119	We	Sep 23-Jun 23	6-8pm	*$4.00 R $5.00 R
00274840	Fr	Sep 18-Jun 25	9-11am	*$4.00 R $5.00 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

00274857	Fr	Sep 18-Jun 25	2:45-4:45pm	$4.00 R

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

Wellness

Drop-in Power Yoga
A dynamic, energizing yoga class designed to build strength, flexibility, balance, and endurance through flowing sequences and challenging postures. Suitable for participants with some yoga experience.

Tansley Woods Community Centre

00286685	Mo	May 17-Jun 21	5:15-6:15pm	*$7.30 R $9.80 R

Drop-in Yoga
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.

Skyway Community Centre

00273587	Mo/We/Fr	Sep 14-Jun 25	9:30-10:30am	*$7.30 R $9.80 R

Tansley Woods Community Centre

00274861	Th	Sep 17-Jun 24	11:45am-12:45pm	*$7.30 R $9.80 R

Drop-in Yoga - Chair 55+
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.

Skyway Community Centre

00291303	Mo	Sep 14-Jun 21	10:45-11:45am	$7.30 R

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

00302236	We	Jan 6-Mar 17	7-9pm	*$59.40 R $69.30 R
00302217	Sa	Jan 9-Mar 20	1-3pm	*$59.40 R $69.30 R

Acrylic Painting Workshop - 3D Landscape
In this class, participants will paint a three dimensional landscape. The scene will be divided into layers with each layer being painted on clear acrylic. Once the layers are dry, they will assemble into a shadow box to complete the 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

00302232	Th	Jan 7	5:30-8:30pm	*$20.00 R $25.00 R

Bob Ross Oil Painting Workshop - Buckthorn
In this class, participants will paint scenic buckthorn featuring sky, clouds, trees, foreground features, and a large tree down the right-hand side of the canvas. 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

00302233	Th	Feb 4	5:30-8:30pm	*$20.00 R $25.00 R

Bob Ross Style Oil Painting Workshop - Scotch Thistle

In this class, participants will paint a bouquet of Scotch thistles featuring a mottled painterly background. 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

00302235	Th	Mar 4	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

00302216	We	Jan 6-Mar 17	1:30-3:30pm	$75.90 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

00302234	Mo	Jan 4-Mar 15	1:45-3:45pm	$69.00 R

Introduction to Guitar

Learn the basics of guitar in a fun, relaxed, and welcoming environment. Explore beginner-friendly chords, practice simple strumming patterns, and play along to classic, familiar songs. Whether your goal is to become the ultimate campfire guitarist or simply try something new, you'll build skills while connecting with others who share your interest in music. Bring your own guitar. No previous musical experience required.

Burlington Seniors' Centre

00303528	Mo	Jan 4-Feb 1	5-6pm	*$29.00 R $32.00 R
00303529	Mo	Feb 8-Mar 15	5-6pm	*$29.00 R $32.00 R

Introduction to Watercolour 55+

All skill levels are welcome; bring a pen and notepad, and resist purchasing new materials. The material examples presented in this introductory first session will enable informed material choices and where to buy them. Demonstrations teach participants the fundamentals of watercolour painting, which participants can apply to their favourite subject choices or an assigned one.

Aldershot Arena

00302208	Th	Jan 7-Mar 18	Noon-2pm	$75.90 R
00302209	Th	Jan 7-Mar 18	9:45-11:45am	$75.90 R

Spring Card Making

What's better than giving and receiving a handmade card? You will create three lovely spring-themed cards, using ink and pencil crayons. Little to no artistic talent needed! A materials fee of $10 is required and will be added on at the time of registration.

Tansley Woods Community Centre

00302294	Th	Mar 4	12:30-3pm	*$10.00 R $12.00 R

Ukulele - Beginner

In this fun and interactive program, you will explore the basics of ukulele. The instructor keeps things fun using familiar songs and encouragement in every class. Bring your own ukulele.

Burlington Seniors' Centre

00302213	Fr	Jan 8-Mar 19	5:30-6:30pm	*$63.80 R $70.40 R
00302214	Fr	Jan 8-Mar 19	3-4pm	*$63.80 R $70.40 R

Ukulele - Intermediate

In this fun and interactive program, you will build on fundamentals of ukulele. The instructor keeps things fun using familiar songs and encouragement in every class. Bring your own ukulele.

Burlington Seniors' Centre

00302212	Fr	Jan 8-Mar 19	6:45-7:45pm	*$63.80 R $70.40 R
00302211	Fr	Jan 8-Mar 19	4:15-5:15pm	*$63.80 R $70.40 R

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

Valentine's Card Making

What's better than giving and receiving a handmade card? You will create three lovely Valentine's themed cards, using ink and pencil crayons. Little to no artistic talent needed! A materials fee of $10 is required and will be added on at the time of registration.

Tansley Woods Community Centre

00302292	Th	Jan 14	12:30-3pm	*$10.00 R $12.00 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

00302237	Tu	Jan 5-Mar 16	1:30-3:30pm	$75.90 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

00302263	Mo	Jan 4-Mar 15	9:15-11:15am	$29.00 R
00302264	Mo	Jan 4-Mar 15	11:30am-1:30pm	$29.00 R
00302261	Th	Jan 7-Mar 18	11:15am-1:15pm	$31.90 R
00302238	Th	Jan 7-Mar 18	11:15am-1:15pm	$31.90 R

Genealogy Club 55+

Are you researching your family tree, and looking for like minded people who share your interest? Join Genealogy Club, where discussion is lively, informative, wide ranging and the suggestions are plentiful. Participants need a working knowledge of genealogy research. This program occurs bi-weekly.

Burlington Seniors' Centre

00302276	Fr	Jan 8-Mar 19	9:30-11:30am	$17.40 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

00302265	Tu	Jan 5-Mar 16	11:30am-1pm	$15.00 R

History of German Art, Architecture, and Music 55+

Participants will discover the very rich history of the arts of Germany; the foundation of most of our music, buildings and art today. Explore the cities, concert halls, beautiful music, fine art, buildings and the periods of architecture that shaped our world. From 1050 C.E. to the present, the exciting world of German fine art.

Burlington Seniors' Centre

00302274	We	Jan 6-Mar 17	9:30-11:30am	$75.90 R

History of Musical Composers 55+

Participants will spend each week learning, listening and admiring the life and works of a great composer. Centuries of great music, the inner lives of past and present composers, their reasons for composing pieces and the glorious sounds they made and make will be covered. Enjoy the inspiration and the universal love of their music.

Burlington Seniors' Centre

00302271	Tu	Jan 5-Mar 16	9:15-11:15am	$75.90 R

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

00302281	Mo	Jan 11-Mar 1	10-11am	$40.60 R

Medieval and Early Modern Philosophy

Participants will examine the philosophies of the greatest thinkers in medieval and modern history with a view towards making use of their wisdom in our modern lives and dilemmas. Focus will primarily be on Western European philosophers with occasional reference to other traditions such as those of ancient China and India. Besides coverage of the basic material, time will be allotted to interactive discussion and debate, and the utilization of their wisdom in our everyday affairs.

Burlington Seniors' Centre

00302267	Mo	Jan 4-Mar 15	4-6pm	*$69.00 R $84.00 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.

Music Centre

00302277	Mo	Jan 11-Mar 1	12:30-1:30pm	$40.60 R
00302279	Tu	Jan 5-Mar 2	10-11am	$52.20 R

Spanish 55+ Level Two

Building on grammar and vocabulary learned in Introduction to Spanish and Spanish Level One or similar experience. Participants will practice conversation, grammar and vocabulary skills. Prerequisite: Introduction to Spanish and Spanish Level One or relevant experience.

Burlington Seniors' Centre

00302282	Mo	Jan 11-Mar 1	11:15am-12:15pm	$40.60 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

00302288	Th	Jan 7-28	1:30-3pm	$25.20 R

Western History - Medieval and Renaissance Europe 55+

Participants will survey the Medieval and Renaissance periods of Western history (circa 400 to 1500 AD) starting with the fall of Rome and the Dark Ages, and including the various invasions of Western Europe during this period and the rise of Feudalism. Participants will also review aspects of the everyday lives of peoples living in these times and societies and the most notable achievements of the period. The program will close by examining the changes that began to occur at the end of this period in the Renaissance and their significance for humanity.

Burlington Seniors' Centre

00302283	Th	Jan 7-Mar 18	1:30-3:30pm	$75.90 R

Writing Poetry 55+

Join this poetry series, designed to help you explore different styles, write freely, and share supportive feedback in a welcoming space. Each week you will explore a variety of styles and genres of writing poetry. No experience needed, just a love of learning, creating, and connecting with others.

Tansley Woods Community Centre

00302270	Th	Jan 7-Mar 18	9:30-11:30am	$75.90 R

Craft

Art Journaling 55+

Express your thoughts through colour, texture and imagery. Each class encourages creative exploration, experimentation and personal storytelling. Materials are provided with the addition of an $20 material fee. A material list will be attached at time of registration.

Burlington Seniors' Centre

00302468	Mo	Jan 4-Mar 15	10am-Noon	$69.00 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

00302465	Th	Jan 7-Mar 18	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

00302489	Sa	Jan 9-Mar 20	1:30-3:30pm	*$75.90 R $92.40 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. A material list will be attached at time of registration.

Burlington Seniors' Centre

00302492	Tu	Jan 5-Mar 16	1:45-3:45pm	$75.90 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

00302494	We	Jan 6-Mar 17	1:45-3:45pm	$75.90 R

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

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 $15 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00302584	Su	Feb 28	10am-1pm	*$20.00 R $25.00 R

Jewelry - Bag Charm Workshop

Make a stylish bag charm on a carabiner using beads and findings, this project is perfect for accessorizing your favourite bag or for use as a hand strap. A material fee of $30 covers supplies and is applied at time of registration.

Burlington Seniors' Centre

00302939	Sa	Mar 6	9:30am-12:30pm	*$20.00 R $25.00 R

Art Journaling 55+

Express your thoughts through colour, texture and imagery. Each class encourages creative exploration, experimentation and personal storytelling. Materials are provided with the addition of an $20 material fee. A material list will be attached at time of registration.

Burlington Seniors' Centre

00302469	Mo	Jan 4-Mar 15	1-3pm	$69.00 R

Knitting - Seasonal Hat

Knit a simple hat in medium weight wool yarn for a timeless seasonal look. Participants will learn to join in the round, alternate knit and purl stitches to create a folded ribbing, and use double-pointed needles to shape the crown. Recommended for participants who can cast on and knit stitch. A material list is provided at time of registration.

Burlington Seniors' Centre

00302887	Sa	Jan 9-Feb 6	10am-Noon	*$34.50 R $42.00 R

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

00302471	We	Jan 6-Mar 17	1-3:15pm	$31.90 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

00302467	Th	Jan 7-Mar 18	9-11am	$31.90 R

Pottery - Box Tray

Create a versatile box tray using simple slab building techniques. This ware can be a valet tray, mounted key tray, or a soap box with drain. All materials are provided and included in the $15 material fee.

Burlington Seniors' Centre

00302588	Su	Mar 7	10am-1pm	*$20.00 R $25.00 R

Pottery - Intro to Ceramics

This beginner program is a playful, hands on class where students rotate between the wheel and hand building to explore the fundamentals of working with clay. This process focused session teaches centering, shaping, and basic forming techniques while encouraging creative experimentation. Small ceramic work based on instructor discretion will be made to keep. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00302567	Mo	Jan 4-Feb 1	5:30-7:30pm	*$34.50 R $42.00 R
00302568	Th	Jan 7-Feb 4	5:30-7:30pm	*$34.50 R $42.00 R

Pottery - Intro to Glazes

This beginner program is a playful, hands on class where students explore the fundamentals of working with glazes, slips, underglazes, and stains. This process focused session teaches basic application of underglaze, stains, slips, layered glazing techniques while encouraging creative experimentation. A test tile ring of glaze interactions will be made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00302566	Mo	Feb 8-Mar 15	5:30-7:30pm	*$34.50 R $42.00 R
00302558	Th	Feb 11-Mar 18	5:30-7:30pm	*$41.40 R $50.40 R

Pottery - Valentine's Sweethearts Workshop

Learn to cut and decorate a seasonal ornament. This program is suitable for beginners as well as those with prior experience. Participants will receive a pair of ceramic sweethearts ornaments (a heart with a sweet message). A $15 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay.

Burlington Seniors' Centre

00302520	Su	Jan 24	2-5pm	*$20.00 R $25.00 R

Pottery - Wheel Clinic - Everyday Mug

Learn the basics of wheel throwing with clay to create a charming mug with a bulbous shape and hand-pulled handle. Some lifting required. Due to specialized qualitative program and limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302496	Sa	Jan 9-Feb 6	3-5pm	*$100.00 R $125.00 R
00302497	Sa	Feb 13-Mar 20	3-5pm	*$120.00 R $150.00 R

Pottery - Wheel Clinic - Lidded Jar with Gallery Fit

Learn the basics of wheel throwing with clay to create a rustic storage jar with a gallery fitted lid. Some lifting required. Due to specialized qualitative program and limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302499	Fr	Jan 8-Feb 5	7-9pm	*$100.00 R $125.00 R
00302500	Fr	Feb 12-Mar 19	7-9pm	*$120.00 R $150.00 R

Pottery - Wheel Clinic - Planter with Saucer

Learn the basics of wheel throwing with clay to create a cylindrical planter with subtle texture and minimalist decoration, and a matching saucer with a raised rim. Some lifting required. Due to specialized qualitative program and limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302733	Fr	Jan 8-Feb 5	4:30-6:30pm	*$100.00 R $125.00 R
00302502	Fr	Feb 12-Mar 19	4:30-6:30pm	*$120.00 R $150.00 R

Pottery 55+ Creative Ceramic Circle

Connect with fellow ceramic enthusiasts in this self-directed program for intermediate to advanced potters. Enjoy dedicated program time to create, experiment, and share inspiration in a supportive creative environment. Participants need to be intermediate /experienced potters. No instructor, self-guided project work only. Portioned clay is provided; a $27 material fee applies at time of registration.

Burlington Seniors' Centre

00302457	Tu	Jan 5-Feb 2	11am-1pm	$34.50 R
00302459	Tu	Jan 5-Feb 2	8:30-10:30am	$34.50 R
00302458	Tu	Feb 9-Mar 16	11am-1pm	$41.40 R
00302460	Tu	Feb 9-Mar 16	8:30-10:30am	$41.40 R

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

Pottery 55+ Intro to Ceramics

This beginner program is a playful, hands on class where students rotate between the wheel and hand building to explore the fundamentals of working with clay. This process focused session teaches centering, shaping, and basic forming techniques while encouraging creative experimentation. Small ceramic work based on instructor discretion will be made to keep. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00302597	Th	Jan 7-Feb 4	10am-Noon	$34.50 R
00302569	Th	Jan 7-Feb 4	1:30-3:30pm	$34.50 R
00302595	Fr	Jan 8-Feb 5	2-4pm	$34.50 R
00302596	Th	Feb 11-Mar 18	10am-Noon	$41.40 R
00302565	Th	Feb 11-Mar 18	1:30-3:30pm	$41.40 R
00302594	Fr	Feb 12-Mar 19	2-4pm	$41.40 R

Pottery 55+ Intro to Glazes

This beginner program is a playful, hands on class where students explore the fundamentals of working with glazes, slips, underglazes, and stains. This process focused session teaches basic application of underglaze, stains, slips, layered glazing techniques while encouraging creative experimentation. A test tile ring of glaze interactions will be made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00302504	Fr	Jan 8-Feb 5	11:30am-1:30pm	$34.50 R
00302506	Fr	Feb 12-Mar 19	11:30am-1:30pm	$41.40 R

Pottery Project - Beginner Level - Book Ends

Learn the basics of sculpting in clay using simple hand building techniques to create a pair of book ends for a small collection of books. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302590	Tu	Feb 9-Mar 16	5:30-7:30pm	*$41.40 R $50.40 R

Pottery Project - Intermediate Level - Figurative Sculpture

Learn the basics of sculpting in clay using simple hand building techniques, principles in surface decoration and glaze application to create a human or animal form. From realistic anatomical studies to stylized, abstract narratives, this project will highlight clay as an expressive medium. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302575	Sa	Feb 13-Mar 20	12:30-2:30pm	*$41.40 R $50.40 R

Pottery Project - Intermediate Level - 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. Portioned clay is provided with the addition of a $27 material fee. This covers costs associated with firing, glazing, and clay. Some lifting required.

Burlington Seniors' Centre

00302592	Tu	Jan 5-Feb 2	5:30-7:30pm	*$34.50 R $42.00 R
00302573	Sa	Jan 9-Feb 6	12:30-2:30pm	*$34.50 R $42.00 R

Pottery Project 55+ Beginner Level - Book Ends

Learn the basics of sculpting in clay using simple hand building techniques to create a pair of book ends for a small collection of books. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302576	Tu	Jan 5-Feb 2	2-4pm	$34.50 R

Pottery Project 55+ Intermediate Level - Figurative Sculpture

Learn the basics of sculpting in clay using simple hand building techniques, principles in surface decoration and glaze application to create a human or animal form. From realistic anatomical studies to stylized, abstract narratives, this project will highlight clay as an expressive medium. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302580	Tu	Feb 9-Mar 16	2-4pm	$41.40 R

Pottery Project 55+ Intermediate Level - Functional Ware

Learn the basics of hand building with clay using coil, pinch and slab techniques to build a flower vase and mug. Emphasis will be on construction using provided templates, surface decoration and glaze application. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302515	We	Jan 6-Feb 3	10am-Noon	$34.50 R
00302512	We	Jan 6-Feb 3	1-3pm	$34.50 R

Pottery Project 55+ Intermediate Level - Seasonal Decor

Learn the basics of hand building with clay using coil, pinch and slab techniques to build seasonal home decor. Emphasis will be on construction using provided templates, surface decoration and glaze application. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a $27 material fee.

Burlington Seniors' Centre

00302514	We	Feb 10-Mar 17	10am-Noon	$41.40 R
00302511	We	Feb 10-Mar 17	1-3pm	$41.40 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

00302463	Tu	Jan 5-Mar 16	1-4pm	$38.50 R

Seasonal 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 will 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 $15 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00302585	Su	Feb 14	10am-1pm	*$20.00 R $25.00 R

Seasonal Shortbread Workshop

Join a fun and inspiring workshop. This hands-on experience is perfect for everyday bakers who want to learn to make seasonal shortbread cookies 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

00302525	Fr	Feb 12	5:30-7:30pm	*$20.00 R $25.00 R
00302527	Sa	Feb 13	3-5pm	*$20.00 R $25.00 R

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

Dance

Egyptian Belly Dance - Beyond the Basics

Continue your journey into the joy of Egyptian Belly Dance. Designed for dancers who have completed Introduction to Egyptian Belly Dance, this course builds on foundational techniques. Participants will explore complex hip and upper-body movements, intricate combinations, and layering techniques while further developing body awareness, and musicality. Participants will explore prop work, offering new opportunities for self-expression, along with group choreography that encourages synchronization, connection, and ensemble performance.

Burlington Seniors' Centre

00303303	Th	Jan 7-Mar 18	5:15-6:15pm	*$63.80 R $70.40 R

Introduction to Egyptian Belly Dance

Discover the joy of Egyptian Belly Dance. This course introduces the foundational techniques that form the heart of this elegant and expressive dance style. Participants will learn and refine essential hip and upper-body movements while developing greater body awareness, and musicality. Participants will have a solid understanding of fundamental principles, and will learn a complete choreography which can serve as a foundation for continued study.

Burlington Seniors' Centre

00302339	Mo	Jan 4-Mar 15	5:15-6:45pm	*$63.00 R $77.00 R
00302338	Fr	Jan 8-Mar 19	5:30-7pm	*$69.30 R $84.70 R

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

00302349	We	Jan 6-Mar 17	7:30-8:30pm	*$63.80 R $70.40 R
00302343	Sa	Jan 9-Mar 20	3:45-4:45pm	*$63.80 R $70.40 R

Line Dance 55+ Level One

This class will begin at an absolute beginner level and progress to easy intermediate level if possible. Dance Music of all genres will hopefully entertain and inspire you, including Country Two-Step, Waltzes, and various Latin rhythms such as the Rhumba and Cha Cha

Burlington Seniors' Centre

00302340	Mo	Jan 4-Mar 15	12:30-1:30pm	$58.00 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

00302347	Tu	Jan 5-Mar 16	3:30-5pm	$69.30 R

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

00302344	We	Jan 6-Mar 17	3:45-5:15pm	$69.30 R

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

00298612	Mo	Jan 4-Mar 15	2:45-3:45pm	*$71.00 R $85.00 R

Brant Hills Community Centre

00299018	Th	Jan 7-Mar 11	9-10am	*$71.00 R $85.00 R

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

00299033	Mo	Jan 4-Mar 15	3:30-4:30pm	$71.00 R

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

00301074	Tu	Jan 5-Mar 16	1:30-2:30pm	*$78.10 R $93.50 R

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

00298799	Mo	Jan 4-Mar 15	9-10am	*$71.00 R $85.00 R
00298748	Fr	Jan 8-Mar 19	9-10am	*$78.10 R $93.50 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

00301095	We	Jan 6-Mar 17	1-2pm	$78.10 R
00301092	We	Jan 6-Mar 17	2:30-3:30pm	$78.10 R
00301101	Fr	Jan 8-Mar 19	9-10am	$78.10 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

00298838	Sa	Jan 9-Mar 20	9:15-10:15am	*$78.10 R $93.50 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.

Mountainside Community Centre

00298768	We	Jan 6-Mar 17	9:15-10:15am	*$78.10 R $93.50 R

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

00298711	Th	Jan 7-Mar 18	12:30-1:30pm	$78.10 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

00298767	Fr	Jan 8-Mar 19	10:15-11:15am	*$78.10 R $93.50 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

00298566	We	Jan 6-Mar 17	9:45-10:45am	*$78.10 R $93.50 R

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

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

00298977	Mo	Jan 4-Mar 8	1-2pm	*$63.90 R $76.50 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

00301063	Tu	Jan 5-Mar 16	3:15-4:15pm	$78.10 R
00301102	Fr	Jan 8-Mar 19	11:45am-12:45pm	$78.10 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

00301072	Tu	Jan 5-Mar 16	1:45-2:45pm	$78.10 R

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

00301080	Tu	Jan 5-Mar 16	12:15-1:15pm	$78.10 R

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

00301030	Mo	Jan 4-Mar 15	6-7pm	*$71.00 R $85.00 R

HIIT Barre Fitness

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.

Burlington Seniors' Centre

00301100	Th	Jan 7-Mar 18	6:30-7:30pm	*$63.90 R $76.50 R

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

00298991	Mo	Jan 4-Mar 8	11:45am-12:45pm	*$63.90 R $76.50 R

Tansley Woods Community Centre

00298836	We	Jan 6-Mar 17	10:30-11:30am	*$78.10 R $93.50 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

00298603	Mo	Jan 4-Mar 15	1:30-2:30pm	*$71.00 R $85.00 R

Brant Hills Community Centre

00299015	Th	Jan 7-Mar 11	10:15-11:15am	*$71.00 R $85.00 R

Burlington Seniors' Centre

00299032	Mo	Jan 4-Mar 15	7:15-8:15pm	*$71.00 R $85.00 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.

Aldershot Arena

00298602	Th	Jan 7-Mar 18	2:30-3:30pm	$78.10 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

00301104	Fr	Jan 8-Mar 19	10:30-11:30am	$78.10 R

Tansley Woods Community Centre

00298875	We	Jan 6-Mar 17	9:15-10:15am	$78.10 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. Bring your own yoga mat.

Burlington Seniors' Centre

00301075	Tu	Jan 5-Mar 16	7:15-8:15pm	*$78.10 R $93.50 R

Mountainside Community Centre

00298750	Tu	Jan 5-Mar 16	10-11am	*$78.10 R $93.50 R
00298809	Sa	Jan 9-Mar 20	8:30-9:30am	*$78.10 R $93.50 R

Robert Bateman Community Centre

00298708	Th	Jan 7-Mar 18	10-11am	*$78.10 R $93.50 R

Tansley Woods Community Centre

00298885	Mo	Jan 4-Mar 15	10:45-11:45am	*$71.00 R $85.00 R
00298892	We	Jan 6-Mar 17	5-6pm	*$78.10 R $93.50 R

Pilates - All Levels 55+

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

00301067	Tu	Jan 5-Mar 16	8:30-9:30am	$78.10 R
00301093	We	Jan 6-Mar 17	8:30-9:30am	$78.10 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

00298975	Mo	Jan 4-Mar 8	11:30am-12:30pm	*$63.90 R $76.50 R

Pilates - Chair 55+

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

00301078	Tu	Jan 5-Mar 16	9:45-10:45am	$78.10 R
00301091	We	Jan 6-Mar 17	9:45-10:45am	$78.10 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

00299038	Mo	Jan 4-Mar 15	8:45-9:45am	$71.00 R

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

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

00301110	Sa	Jan 9-Mar 20	11:30am-12:30pm	*$78.10 R $93.50 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

00301066	Tu	Jan 5-Mar 16	9-10am	$78.10 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

00298613	We	Jan 6-Mar 17	8:30-9:30am	$78.10 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

00301079	Tu	Jan 5-Mar 16	6-7pm	*$78.10 R $93.50 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

00298769	Mo	Jan 4-Mar 15	7:45-8:45am	*$71.00 R $85.00 R
00298802	We	Jan 6-Mar 17	7:30-8:30am	*$78.10 R $93.50 R

Total Body Motion

A gentle functional fitness class combining slow, intentional movements, flowing stretches and bodyweight exercises to improve stability, mobility, flexibility and overall strength. Move your joints and muscles through a comfortable range of motion to help ease tension, support daily activities and promote overall well-being. Modifications are provided to suit individual needs. Participants should be comfortable with both standing and mat work. Bring your own yoga mat and resistance band.

Robert Bateman Community Centre

00298704	Mo	Jan 4-Mar 15	9-10am	*$71.00 R $85.00 R
00298706	We	Jan 6-Mar 17	9-10am	*$78.10 R $93.50 R

Total Fit

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.

Mountainside Community Centre

00298766	Mo	Jan 4-Mar 15	10:15-11:15am	*$71.00 R $85.00 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

00301076	Tu	Jan 5-Mar 16	10:15-11:15am	$78.10 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

00299042	Mo	Jan 4-Mar 15	2:30-3:30pm	$71.00 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

00298837	We	Jan 6-Mar 17	3:15-4:15pm	*$78.10 R $93.50 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.

Aldershot Arena

00302411	Tu	Jan 5-Mar 16	1:45-3:45pm	$75.90 R

American Mah Jongg - Intermediate

This class is customized for those students who have completed the American Mah Jongg Beginner class, 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

00302430	Mo	Jan 4-Mar 15	2:30-4:30pm	*$69.00 R $84.00 R

Chinese Dominoes Game - Heaven Nine

The Heaven Nine Game is a popular strategic Chinese Dominoes game that originated during the Song Dynasty around the 12th century. It is dubbed as the Chinese bridge game. The goal is to win points by taking tricks, much like the Rubber Bridge game. It applies forward, backward and associated memory, and utilizes strategies such as squeeze play to maximize gains and minimize losses while also relying on a little of luck.

Burlington Seniors' Centre

00302404	Sa	Jan 16-Mar 20	1-3pm	*$69.00 R $84.00 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

00302385	Mo	Jan 4-Mar 15	7-9pm	*$69.00 R $84.00 R
00302383	We	Jan 6-Mar 17	7-9pm	*$75.90 R $92.40 R

Duplicate Bridge Club 55+

Standard American Bridge with Five Card Majors will be played in partners. 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. Partner not guaranteed, partner provided if available; refund available for session if no partner is secured.

Burlington Seniors' Centre

00302387	Th	Jan 7-Mar 18	1-3:30pm	$35.20 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

00302382	Th	Jan 7-Mar 18	2-4pm	*$62.10 R $75.60 R

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

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

00302380	Tu	Jan 5-Mar 16	9:30-11:30am	$31.90 R
00302381	Th	Jan 7-Mar 18	8:30am-12:30pm	$38.50 R

Mahjong Intermediate - Hong Kong Style

This program is customized for those students who have completed Hong Kong Mahjong Beginner class. The objective of this class is to build a strong foundation on how to play the Hong Kong Style effectively. Several key principles of playing efficient Hong Kong Style Mahjong will be discussed. The instructor will guide the students in casual Mahjong game play.

Tansley Woods Community Centre

00302399	Mo	Jan 4-Mar 15	12:15-2:15pm	*$69.00 R $84.00 R

Mahjong 55+ Basics - Hong Kong Style

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 Pool

00302391	Fr	Jan 8-Feb 26	10am-Noon	$55.20 R

Burlington Seniors' Centre

00302409	Tu	Jan 5-Mar 16	Noon-2pm	$75.90 R
00302410	Th	Jan 7-Mar 18	12:30-2:30pm	$75.90 R

Mahjong 55+ Intermediate - Hong Kong Style

This program is customized for those students who have completed Hong Kong Mahjong Beginner class. The objective of this class is to build a strong foundation on how to play the Hong Kong Style effectively. Several key principles of playing efficient Hong Kong Style Mahjong will be discussed. The instructor will guide the students in casual Mahjong game play.

Burlington Seniors' Centre

00302397	We	Jan 6-Mar 17	12:15-2:15pm	$75.90 R

Mahjong 55+ Advanced - Hong Kong Style

After completion of the Hong Kong Mahjong Intermediate class, students are encouraged to participate in this advanced 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.

Aldershot Arena

00302431	Tu	Jan 5-Mar 16	11:30am-1:30pm	$75.90 R

Burlington Seniors' Centre

00302407	Tu	Jan 5-Mar 16	2:15-4:15pm	$75.90 R
00302406	Sa	Jan 9-Mar 20	10:15am-12:15pm	$75.90 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

00273483	Sa	Jan 9	1-3pm	*$20.00 R $25.00 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

00302394	We	Jan 6-Mar 17	9:45-11:45am	$75.90 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

00302400	We	Jan 6-Mar 17	2:30-4:30pm	$75.90 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

00302784	Fr	Feb 19	11am-12:30pm	$10.90 R
00302800	Fr	Mar 19	11am-12:30pm	$10.90 R

Board Game Social 55+
Bring your own board game or enjoy a stock game of Mexican train, Mah Jong, backgammon, chess, decks of cards. All welcome. No instruction provided. Non-competitive play. Keep your mind sharp and solve the mystery of the day, featured riddles, and crossword. Occurs every other week. Includes cold beverage and treat.

Tansley Woods Community Centre

00303230	We	Jan 13-Mar 10	10:30am-Noon	$25.75 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

00302779	Sa	Jan 9	8:30-11am	$7.30 R
00302772	Sa	Feb 13	8:30-11am	$7.30 R
00302787	Sa	Mar 6	8:30-11am	$7.30 R

Burlington Men's Shed 55+
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

00302774	Th	Jan 7-Mar 18	9-11am	$31.90 R

Documentaries and Conversation Social 55+
Thought provoking and entertaining documentaries followed by casual group conversation. Cold beverages and snack provided. Occurs every other week.

Skyway Community Centre

00303220	Tu	Jan 19-Mar 16	2:30-4pm	$25.75 R

Euchre Social 55+
Join us for a fun and friendly game of Euchre. Coffee, tea and bakery item included.

Aldershot Arena

00302789	Tu	Jan 5-Mar 16	9-11am	$50.60 R

Intermediate Ballroom and Latin Line Dancing Social 55+
Waltz, Tango, Cha Cha, Rumba, Swing and more. Playlist features jukebox classics, rock and roll, disco, and more. Build on basic dance steps and routines weekly. Includes refreshment and time for conversation at the end of program.

Burlington Seniors' Centre

00302782	We	Jan 6-Mar 17	11am-12:30pm	$61.60 R

Mexican Train Dominoes Social 55+
Join us for a fun and friendly game of Mexican Train. Coffee, tea and bakery item included.

Aldershot Arena

00303184	Tu	Jan 5-Mar 16	9-11am	$50.60 R

Monthly Sing Along and Karaoke Social 55+
Featuring classic and modern favourites! Our Karaoke parties often become dance parties. Playlists are created from participant requests. Lyrics are projected on screen. Small hand percussion instruments and feathered boas provided. Cookies and beverages served at the break.

Burlington Seniors' Centre

00302796	Fr	Jan 8-Mar 12	1-3pm	$16.80 R

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

Musical Memories Social - Gentle Movement and Connection 55+

Welcome to a warm, uplifting social circle for older adults experiencing changes in memory and cognitive health. This class uses familiar, timeless music to spark cherished memories, stimulate brain health and promote over-all well-being. Every session provides a comforting routine, reduces stress and builds meaningful social bonds in a supportive space. Caregivers attend with loved ones.

Burlington Seniors' Centre

00303114	Th	Jan 14-Feb 25	10:30-11:30am	Free R

Tansley Woods Community Centre

00303115	We	Jan 20-Mar 3	10:30-11:30am	Free R

Speaker Session 55+

Monthly presentation and discussion with a guest speaker. Registration encouraged.

Burlington Seniors' Centre

00303264	Fr	Jan 15	10-11:15am	Free R
00303266	Fr	Feb 12	10-11:15am	Free R
00303267	Fr	Mar 12	10-11:15am	Free 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.

Burlington Seniors' Centre

00302786	Th	Jan 21	5-6:45pm	*$21.60 R $24.70 R
00302780	Th	Feb 18	5-6:45pm	*$21.60 R $24.70 R
00303251	Th	Mar 18	5-6:45pm	*$21.60 R $24.70 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 seasonal touches.

Burlington Seniors' Centre

00303259	Th	Jan 7	12:15-1:45pm	$12.90 R
00302783	Th	Jan 21	12:15-1:45pm	$12.90 R
00302775	Th	Feb 4	12:15-1:45pm	$12.90 R
00302793	Th	Feb 18	12:15-1:45pm	$12.90 R
00302770	Th	Mar 4	12:15-1:45pm	$12.90 R
00302798	Th	Mar 18	12:15-1:45pm	$12.90 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

00302769	Th	Jan 14	4:30-6pm	*$15.90 R $19.00 R
00302790	Th	Feb 11	4:30-6pm	*$15.90 R $19.00 R
00302792	Th	Mar 11	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 rules and badminton etiquette is required. Please bring your own racket and birdie.

Brant Hills Community Centre

00299023	Sa	Jan 9-Mar 13	6-8pm	*$40.00 R $50.00 R

Badminton - All Levels 55+

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

00301039	Mo	Jan 4-Mar 15	1-3pm	$40.00 R

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

00301081	Tu	Jan 5-Mar 16	11:30am-1:30pm	$44.00 R
00301096	Th	Jan 7-Mar 18	8:30-9:30am	$44.00 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. Please bring your own paddle and ball.

Brant Hills Community Centre

00299022	Fr	Jan 8-Mar 12	Noon-2pm	*$36.00 R $45.00 R

Central Arena

00298630	Tu	Jan 5-Mar 16	9-11am	*$44.00 R $55.00 R
00298624	Th	Jan 7-Mar 18	9-11am	*$44.00 R $55.00 R

Pickleball - Level 0.5-2.0 55+

Non-instructional program for those 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. Please bring your own paddle and ball.

Burlington Seniors' Centre

00301037	Mo	Jan 4-Mar 15	8:30-10:30am	$40.00 R

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. Please bring your own paddle and ball.

Alton Community Centre

00298956	Tu	Jan 5-Mar 2	3-5pm	*$24.00 R $30.00 R
00298960	We	Jan 6-Mar 3	12:15-2:15pm	*$32.00 R $40.00 R

Central Arena

00298627	Tu	Jan 5-Mar 16	11:15am-1:15pm	*$44.00 R $55.00 R
00298647	Th	Jan 7-Mar 18	11:15am-1:15pm	*$44.00 R $55.00 R

Mainway Ice Centre

00298728	Mo	Jan 4-Mar 15	11:15am-1:15pm	*$40.00 R $50.00 R

Pickleball - Level 1.0-2.0 55+

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. Please bring your own paddle and ball.

Central Arena

00298643	We	Jan 6-Mar 17	10am-Noon	$44.00 R

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

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. Bring your own paddle and ball.

Alton Community Centre

00298901	Mo	Jan 4-Mar 1	9:30-11:30am	*$24.00 R $30.00 R
00298954	Tu	Jan 5-Mar 2	12:45-2:45pm	*$28.00 R $35.00 R
00298964	We	Jan 6-Mar 3	2:30-4:30pm	*$28.00 R $35.00 R
00298965	Th	Jan 7-Mar 11	10:30am-12:30pm	*$40.00 R $50.00 R
00298968	Fr	Jan 8-Mar 12	11:45am-1:45pm	*$32.00 R $40.00 R

Brant Hills Community Centre

00299012	We	Jan 6-Mar 10	9-11am	*$40.00 R $50.00 R

Mainway Ice Centre

00298730	Mo	Jan 4-Mar 15	5:45-7:45pm	*$40.00 R $50.00 R
00298718	We	Jan 6-Mar 17	8-10pm	*$44.00 R $55.00 R
00298734	Th	Jan 7-Mar 18	9-11am	*$44.00 R $55.00 R

Pickleball - Level 2.0-3.0 55+

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. Bring your own paddle and ball.

Brant Hills Community Centre

00298993	Mo	Jan 4-Mar 8	1:30-3:30pm	$36.00 R

Tansley Woods Community Centre

00298841	Th	Jan 7-Mar 11	2:15-4:15pm	$40.00 R

Pickleball - Level 2.0-3.5 55+

Non-instructional program for those 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. Please bring your own paddle and ball.

Burlington Seniors' Centre

00301038	Mo	Jan 4-Mar 15	10:45am-12:45pm	$40.00 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. Please bring your own paddle and ball.

Alton Community Centre

00298905	Mo	Jan 4-Mar 1	12:15-2:15pm	*$24.00 R $30.00 R
00298909	Tu	Jan 5-Mar 9	9:30-11:30am	*$32.00 R $40.00 R
00298970	Fr	Jan 8-Mar 12	9:30-11:30am	*$32.00 R $40.00 R

Mainway Ice Centre

00298739	Mo	Jan 4-Mar 15	8-10pm	*$40.00 R $50.00 R
00298726	Tu	Jan 5-Mar 16	11:15am-1:15pm	*$44.00 R $55.00 R
00298716	We	Jan 6-Mar 17	5:30-7:30pm	*$44.00 R $55.00 R

Pickleball - Level 3.5+ 55+

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. Please bring your own paddle and ball.

Mainway Ice Centre

00298737	Th	Jan 7-Mar 18	11:15am-1:15pm	$44.00 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

00298958	Tu	Jan 5-Mar 9	5:45-7:45pm	*$32.00 R $40.00 R

Tansley Woods Community Centre

00298842	Sa	Jan 9-Mar 20	4:30-6:30pm	*$44.00 R $55.00 R

Wellness

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

00302766	Tu	Jan 5-Feb 2	11am-Noon	$35.50 R
00301097	Th	Jan 7-Feb 4	11am-Noon	$35.50 R
00301087	Tu	Feb 9-Mar 16	11am-Noon	$42.60 R
00302490	Th	Feb 11-Mar 18	11am-Noon	$42.60 R

Yoga - Beginner 55+

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

00301099	Th	Jan 7-Mar 18	8:30-9:30am	$78.10 R

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

00298845	Mo	Jan 4-Mar 15	9:30-10:30am	*$71.00 R $85.00 R

Yoga - Chair 55+

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

00301043	Mo	Jan 4-Mar 15	11:15am-12:15pm	$71.00 R
00301058	Mo	Jan 4-Mar 15	10-11am	$71.00 R
00301094	We	Jan 6-Mar 17	11am-Noon	$78.10 R
00301107	Fr	Jan 8-Mar 19	10-11am	$78.10 R

Skyway Community Centre

00298712	We	Jan 6-Mar 17	10:45-11:45am	$78.10 R

Tansley Woods Community Centre

00298876	Tu	Jan 5-Mar 16	9-10am	$78.10 R

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

Yoga - Flow

A dynamic, energizing yoga class designed to build strength, flexibility, balance, and endurance through flowing sequences and postures. Suitable for participants with some yoga experience.

Mountainside Community Centre

00298810	We	Jan 6-Mar 17	1-2pm	*$78.10 R $93.50 R

Tansley Woods Community Centre

00298874	Mo	Jan 4-Mar 15	5:15-6:15pm	*$71.00 R $85.00 R

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.

Brant Hills Community Centre

00299020	Th	Jan 7-Mar 11	6:15-7:15pm	*$71.00 R $85.00 R

Mountainside Community Centre

00298804	Tu	Jan 5-Mar 16	12:45-1:45pm	*$78.10 R $93.50 R
00298807	Th	Jan 7-Mar 18	9-10am	*$78.10 R $93.50 R

Tansley Woods Community Centre

00298852	Fr	Jan 8-Mar 19	Noon-1pm	*$78.10 R $93.50 R

Yoga - Hatha 55+

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

00301083	Tu	Jan 5-Mar 16	9:15-10:15am	$78.10 R
00301089	Tu	Jan 5-Mar 16	11:45am-12:45pm	$78.10 R
00301109	Fr	Jan 8-Mar 19	11:15am-12:15pm	$78.10 R
00301106	Fr	Jan 8-Mar 19	12:30-1:30pm	$78.10 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

00298846	Fr	Jan 8-Mar 19	10:45-11:45am	*$78.10 R $93.50 R

Yoga - Low Impact 55+

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

00301098	Th	Jan 7-Mar 18	9:45-10:45am	$78.10 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.

Mountainside Community Centre

00298803	Tue	Jan 5-Mar 16	2-3pm	*$78.10 R $93.50 R



Contact Information
Email:
liveandplay@burlington.ca
Phone:
905-335-7738
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**

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