Swim Team  
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Kids Kamp  
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Youth Sports  
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The 2nd Annual

5K/10K & KIDS FUN RUN

NOVEMBER 28th • THANKSGIVING DAY

Start Time: 8am - Lincoln Trails

Home Depot Parking Lot, 1000 Groveland Lane, Lincoln

For information go to LincolnRec.net
WELCOME

2010 First Street
Lincoln, CA 95648

(916) 434-3220

Mon-Fri
8:30am -12pm, 1- 4:30pm
Closed from 12-1pm

www.LincolnRec.net

CITY OF LINCOLN
COMMUNITY CENTER

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Water Aerobics

Take advantage of the water’s natural resistance in a low impact environment. This class is a combination of shallow & deep water aerobics and suitable for all fitness levels. Passes are available for sale at the pool during program times. **Ages 15+**

9/4 - 11/1 • M/W • 6:30 - 7:15pm

Lap Swim

Participants may swim laps, water walk, or exercise at their own pace. The following equipment is available for use: kick boards, pull buoys, and noodles. **Ages 15+**

9/3 - 10/31 • T/Th • 6:30 - 7:30pm

Water Fitness Passes

Passes are good for Water Fitness and Lap Swim!

- $50 10 visit punch card
- $95 20 visit punch card

Lincoln Lightning

Ability to demonstrate the following:
- Freestyle - minimum of 25 yards
- Backstroke - minimum of 15 yards
**Ages: 6-18**

AQ19.157 • $150/$160NR

Lightning Bugs

Ability to demonstrate the following:
- Freestyle - minimum of 10 yards
**Ages: 4-12**

AQ19.158 • $150/$160NR

Mandatory Tryouts/Evaluations

8/22, 8/23 (3-5pm) • 8/24 (9:30am-1pm)

* This is an open evaluation, appointments are not needed.

Participants must attend ONE of the mandatory tryout/evaluation times if he/she WAS NOT on the Lincoln Lightning or Lightning Bugs during our summer 2019 season. If participant wants to advance from Bugs to Lightning you must attend a tryout.

Other Dates and Information

Registration deadline for returning swimmers is 8/28. Payment is due at time of registration.

Registration and payment for new swimmers will be required at first practice.

Teams will be posted on 9/3 at www.lincolnparks.net, McBean Pool and Community Center.

**Specific practice schedule will be determined once participants are assigned to a team.**
Fall Into Fun Kids Kamp

Join the Fall Into Fun Kids Kamp program and participate in fun activities during their Fall Break from School. Your child will have the chance to make Thanksgiving arts and crafts, go on a fun-filled turkey hunt, enjoy high-energy activities and a field trip to Blue Oaks Cinema on Wednesday. Don’t miss out on the fun and exciting things the Fall Into Fun Kids Kamp has to offer for your child! It’s going to be a gobblin’ good time!

Age: 5-12
When: 11/25-11/27 • Mon - Wed • 9am - 3:30pm
Weekly Fee: $90
Daily Fee: $45 Daily/$55 for Field Trip
Field Trip: Blue Oaks Cinema
Super Starter: (7:30am - 9am): $20 week*/$10 day
Fun Finale: (3:30pm - 6pm): $25 week*/$15 day
Location: Foskett Ranch Elementary School

*Super Starter and Fun Finale weekly rates can only be purchased when registering for Kids Kamp weekly rates.

For more information go to www.LincolnRec.net

LINCOLN YOUTH SPORTS IS HIRING

We will be hiring for the position of Recreation Aide.
Recruitment will begin early fall!
Information will be posted online at www.lincolnca.gov
Dance Classes

Come experience Expressions Academy of Dance’s approach to building self-confidence and giving students the solid foundation they need to become fearless dancers and individuals.

Location: Expressions Dance Academy, 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

Dance Discovery, Mommy & Me Ballet
This 45 minute class is a magical way for you and your toddler to experience dance and movement together. Each week will begin with a fun song and dance warm up where they will be introduced to Ballet basics. This class includes dance, yoga, rhythm, music, singing and basic tumbling. Ages: 2 - 3

Sat • 10:30-11:15am
AC3.089 • 8/10 - 8/31 • $50/$55NR
AC3.243 • 9/7 - 9/28 • $60/$65NR
AC3.244 • 10/12 - 11/2 • $60/$65NR
AC3.245 • 11/9 - 11/23 • $45/$50NR

Creative Movement
This class promotes creativity, dreams and pretend. This class includes Ballet, basic tumbling skills, yoga, creative movement and imagination. Dancers will move with scarves, wands and ribbons. They will make music with tambourines, maracas and rhythm sticks, and dream with their whole heart. Our purpose is to create a class that is fun, where each child feels excited, accepted and inspired. Ages: 3 - 4

Sat • 9:30-10:15am
AC3.088 • 8/10 - 8/31 • $50/$55NR
AC3.240 • 9/7 - 9/28 • $60/$65NR
AC3.241 • 10/12 - 11/2 • $60/$65NR
AC3.242 • 11/9 - 11/23 • $45/$50NR

Hip Hop Mini’s
This class is designed for the kids who just love to move and groove! This class combines Jazz and Hip Hop in a fun and age appropriate way! We learn the basic techniques of both genres, and create exciting and energetic dances. Ages: 4 - 6

Sat • 9:30-10:15am
AC3.090 • 8/10 - 8/31 • $50/$55NR
AC3.246 • 9/7 - 9/28 • $60/$65NR
AC3.247 • 10/12 - 11/2 • $60/$65NR
AC3.248 • 11/9 - 11/23 • $45/$50NR

Hip Hop
With clean, upbeat music we inspire our dancers to move to the rhythm. Our Hip Hop/Jazz classes fill dancers with energy and excitement. While focusing on both Hip Hop and Jazz techniques from classic styles to new modern aspects. Ages: 6 - 8

Fri • 5:30 - 6:25pm
AC3.093 • 8/9 - 8/30 • $55/$60NR
AC3.255 • 9/6 - 9/27 • $70/$75NR
AC3.256 • 10/11 - 11/1 • $70/$75NR
AC3.257 • 11/8 - 11/22 • $65/$60NR

Ballet & Tap
This class is for the dancer who loves to move! Each week class begins with Ballet and changes shoes half way through! Students will learn new Ballet and Tap fundamentals, all the while having fun being creative and imaginative. The Ballet & Tap combo gives the students the ability to try two styles within one class, so that they may experience both the classics of Ballet and the fun of tap! Ages: 4 - 6

Sat • 10:30-11:25am
AC3.091 • 8/10 - 8/31 • $55/$55NR
AC3.249 • 9/7 - 9/28 • $70/$75NR
AC3.250 • 10/12 - 11/2 • $70/$75NR
AC3.251 • 11/9 - 11/23 • $55/$60NR

Ballet Level 1
Our Ballet program follows the RAD (Royal Academy of Dance) Curriculum of teaching. Ballet has a long history of producing beautiful and strong dancers that exude poise and grace. We strive for excellence in technique, proper terminology, and teaching the importance of confidence while dancing. Everyone should get a chance to take Ballet, to learn new skills, meet new friends and ignite self worth. Ages: 6 - 9

Fri • 5:30-6:30pm
AC3.092 • 8/9 - 8/30 • $55/$60NR
AC3.252 • 9/6 - 9/27 • $70/$75NR
AC3.253 • 10/11 - 11/1 • $70/$75NR
AC3.254 • 11/8 - 11/22 • $55/$60NR

What to Wear

Ballet, Creative Movement, Dance Discovery, and Ballet & Tap:
• Any color leotard, pink tights, ballet shoes (Tap shoes for Ballet & Tap)

Hip Hop & Hip Hop Mini’s:
• Any color leotard and black on the bottom (leggings, pants, capris, or shorts)
Bare feet or tan jazz shoes
All classes must have their hair up in a ponytail, braid or bun

* Dress Code items available for purchase at Expressions Academy of Dance

If you have any questions regarding Expressions Academy of Dance classes or dress code, give the office a call, and we will be happy to assist you. (916) 543-0299.
Gymnastics

These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available.

Location: Community Center
No class dates: 10/31, 11/28, 11/29, 11/30

Little Dippers
Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.
Ages: 1.5 - 3

Tues • 10-10:45am
AC3.097 • 8/20 - 9/24 • $54/$59NR
AC3.258 • 10/1 - 11/5 • $60/$65NR
AC3.259 • 11/12 - 12/17 • $60/$65NR

Wed • 10:10-10:55am
AC3.260 • 8/21 - 9/25 • $54/$59NR
AC3.261 • 10/2 - 11/6 • $60/$65NR
AC3.262 • 11/13 - 12/18 • $60/$65NR

Fri • 9-9:45am
AC3.263 • 8/30 - 9/27 • $45/$50NR
AC3.264 • 10/4 - 11/8 • $60/$65NR
AC3.265 • 11/15 - 12/20 • $50/$55NR

Sat • 9:35-10:20am
AC3.106 • 8/24 - 9/28 • $45/$50NR
AC3.266 • 10/5 - 11/9 • $60/$65NR
AC3.267 • 11/16 - 12/21 • $50/$55NR

Big Dippers
These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Age: 3

Tues • 11-11:45pm
AC3.109 • 8/20 - 9/24 • $54/$59NR
AC3.268 • 10/1 - 11/5 • $60/$65NR
AC3.269 • 11/12 - 12/17 • $60/$65NR

Wed • 9:20-10:05am
AC3.270 • 8/21 - 9/25 • $54/$59NR
AC3.271 • 10/2 - 11/6 • $60/$65NR
AC3.272 • 11/13 - 12/18 • $60/$65NR

Comets
These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Ages: 3 - 4

Tues • 3-3:15pm
AC3.116 • 8/20 - 9/24 • $54/$59NR
AC3.273 • 10/1 - 11/5 • $60/$65NR
AC3.274 • 11/12 - 12/17 • $60/$65NR

Wed • 11-11:45am
AC3.121 • 8/21 - 9/25 • $54/$59NR
AC3.275 • 10/2 - 11/6 • $60/$65NR
AC3.276 • 11/13 - 12/18 • $60/$65NR

Fri • 11-11:45am
AC3.277 • 8/30 - 9/27 • $45/$50NR
AC3.278 • 10/4 - 11/8 • $60/$65NR
AC3.279 • 11/15 - 12/20 • $50/$55NR

Sat • 10:30-11:15am
AC3.134 • 8/24 - 9/28 • $45/$50NR
AC3.280 • 10/5 - 11/9 • $60/$65NR
AC3.281 • 11/16 - 12/21 • $50/$55NR

Shooting Stars
These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Ages: 4 - 5

Tues • 9-9:45am
AC3.127 • 8/20 - 9/24 • $54/$59NR
AC3.282 • 10/1 - 11/5 • $60/$65NR
AC3.283 • 11/12 - 12/17 • $50/$55NR

Thurs • 4:30-5:15pm
AC3.130 • 8/22 - 9/26 • $54/$59NR
AC3.284 • 10/3 - 11/7 • $54/$59NR
AC3.285 • 11/14 - 12/19 • $54/$59NR

Fri • 10-10:45am
AC3.286 • 8/30 - 9/27 • $45/$50NR
AC3.287 • 10/4 - 11/8 • $60/$65NR
AC3.288 • 11/15 - 12/20 • $50/$55NR

Sat • 8:45-9:30am
AC3.136 • 8/24 - 9/28 • $45/$50NR
AC3.289 • 10/5 - 11/9 • $60/$65NR
AC3.290 • 11/16 - 12/21 • $50/$55NR

Galaxies
This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.
Ages: 5 - 6

Thurs • 5:25-6:10pm
AC3.139 • 8/22 - 9/26 • $54/$59NR
AC3.291 • 10/3 - 11/7 • $50/$55NR
AC3.292 • 11/14 - 12/19 • $50/$55NR

Fri • 3:30-4:15pm
AC3.293 • 8/30 - 9/27 • $45/$50NR
AC3.294 • 10/4 - 11/8 • $60/$65NR
AC3.295 • 11/15 - 12/20 • $50/$55NR

Beginning Gymnastics
Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.
Ages: 6 - 10

Tues • 4-5pm
AC3.296 • 8/20 - 9/24 • $60/$65NR
AC3.297 • 10/1 - 11/5 • $68/$73NR
AC3.298 • 11/12 - 12/17 • $68/$73NR

Fri • 5:30-6:30pm
AC3.148 • 8/23 - 9/27 • $60/$65NR
AC3.299 • 10/4 - 11/8 • $68/$73NR
AC3.300 • 11/15 - 12/20 • $57/$62NR

Intermediate Gymnastics
Allows children to take skills learned in Beginning Gymnastics to a more challenging level. Participation requires instructor approval.
Ages: 7 - 10

Tues • 5:10-6:10pm
AC3.309 • 8/20 - 9/24 • $60/$65NR
AC3.310 • 10/1 - 11/5 • $68/$73NR
AC3.311 • 11/12 - 12/17 • $68/$73NR

Fri • 4:30-5:30pm
AC3.154 • 8/23 - 9/27 • $60/$65NR
AC3.312 • 10/4 - 11/8 • $68/$73NR
AC3.313 • 11/15 - 12/20 • $57/$62NR

Register Early
Don't wait until it's too late! Programs with low registration may be cancelled.
**TINY TOT**

Connect with other parents as you watch your toddler play and interact with other children in a positive and safe environment. Your toddler will have 45 minutes of unstructured fun time to jump, climb, slide, swing and make new friends. This class is weekly, on a drop-in basis. You can attend as many classes as you want! Drop-in fees are paid at the Community Center each day of class. **Children must be accompanied by an adult.**

**Ages:** 2-3.5  
**Location:** Lincoln Community Center  
**Instructor:** Angie Floyd

Wed • 8:30 - 9:15am • 8/21 - 12/18  
$6 drop-in fee applies to each day of play.

If you would prefer to purchase a six week pass, you can save a little money. Session dates for passes are below:

AC3.314 • 8/21 - 9/25 • $30/$35NR  
AC3.315 • 10/2 - 11/6 • $30/$35NR  
AC3.316 • 11/13 - 12/18 • $30/$35NR

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**YOUTH CHESS**

Prepare for a timeless battle! Develop your understanding of the king of games with a dynamic instructor to coach you on your way to becoming a Master. Perfect for beginners and those looking to improve their skills. Chess is fun and exciting with benefits that go far beyond the board itself. No previous knowledge of chess required. Chess boards provided for in class use. $5 Material Fee, payable to instructor on first day of class.

**Ages:** 6-14

**Location:** Lincoln Community Center, Conference Room  
**Instructor:** Charlotte Bill  
**Fee:** $90/$95NR

**Tues • 5:30 - 6:30pm**  
**AC3.320 • 9/10 - 10/15**

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**Online Driver Education Course**

**Economic Driving School**

This state required Online Driver Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, video’s, quizzes, and practice tests will prepare the reader to pass the permit test at the Department of Motor Vehicles.

The course is very easy to use. You simply log into the website. Enroll, and you can begin immediately!

**Ages:** 15+  
**Fee:** $68.50

For more information about the course and to register go to:  
https://www.economicdrivingschool.com/online/

Instructions to register:

1. Enter code  • 3223  • under “How did you hear about us?”
2. Enter Promo Code “1978” to receive 40% off.
Challenger Sports’ team of professional British, Brazilian and International soccer coaches will make each soccer class fun, rewarding and challenging for all children. Over 150,000 kids each year are coached by Challenger Sports staff all over the USA and each get the great cultural experience of being coached by a foreign coach and learn about other countries around the World that play the great game of Soccer! Classes are six week sessions.

**Soccer Academy**
Location: Foskett Regional Park
Instructor: British Soccer Staff
Day: Monday
Fee: $98/$103NR

**Soccer Academy I**
Ages: 4-5
Soccer is fun! That will be the focus of this class. Kids will be encouraged to enjoy the sport of soccer. They will learn soccer skills that will keep them playing for future years. They will make new friends and learn the basics of the game through small sided scrimmages and fun games.

AC3.213 • 9/9 - 10/21 • 5-5:45pm
No Class, 10/14

**Soccer Academy II**
Ages: 6-7
With fun still a big part, we now introduce specific coaching points such as how to pass a ball, how to dribble past defenders, shoot a goal and have fun while in a safe and progressive environment. Small sided games make the coaching beneficial in a realistic game scenario.

AC3.214 • 9/9 - 10/21 • 5:45-6:30pm
No Class, 10/14

**Soccer Academy III**
Ages: 8-12
The focus is on refining and improving techniques in terms of passing, dribbling, shooting, defending and individual foot skills and 1 vs 1 moves. Still an element of fun but a focus on challenging the player and ensuring they improve over the course of the class. A scrimmage to put skills to the test will end each class.

AC3.215 • 9/9 - 10/21 • 6:30-7:30pm
No Class, 10/14

**TinyTykes**
Child Development Through FUNdamental SOCCER

**TinyTykes**
Challenger Sports coaches and the TinyTykes program teach basic soccer skills while developing strength, balance, coordination, listening skills, cooperation, and teamwork in children ages 2 - 5 years old.

Location: Pete Singer Park
Instructor: British Soccer Staff
Day: Friday
Fee: $98/$103NR

**Cubs**
Ages: 2-3
AC3.216 • 9/13 - 10/18 • 9:30-10:15am

**Lions**
Ages: 4-5
AC3.217 • 9/13 - 10/18 • 10:30-11:15am

**What to Wear**

**British Soccer:**
Please wear soccer/sports attire. Shin guards and soccer cleats are recommended, but not required. No open toed shoes.

**TinyTykes:**
Please wear comfortable sports clothes. Shin guards and soccer cleats are recommended, but not required. No open toed shoes.

@lincolnparksrec
@lincolnca
@lysports
@lincolnparksrec
@lincolncasports
916.434.3220
YOUTH PROGRAMS

Active Tots

Come out to the field and have fun learning the basics of T-Ball and the value of sportsmanship. We will practice hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. All equipment is provided, so come on out and play. Parent participation required.

Location: McBean Memorial Park
Instructor: Coach Dani
Fee: $50/$55 NR

T-Ball 1
Just the basics in this class. Your little one will learn how to hit, catch, throw and run the bases.

Day: Saturday
Ages: 3.5-4.5
AC3.234 • 9/7 - 9/28 • 8:45-9:30am
AC3.235 • 10/12 - 11/2 • 8:45-9:30am

T-Ball 2
If your little one is just a beginner, or is working on their T-Ball skills, this is the class for them. We will focus on basic fundamentals and incorporate some more advanced skills.

Day: Saturday
Ages: 4-5
AC3.236 • 9/7 - 9/28 • 9:45 - 10:30am
AC3.237 • 10/12 - 11/2 • 9:45 - 10:30am

T-Ball League Prep
This class will help prepare your little one for the big leagues! We will focus on technique and refining their T-Ball skills.

Day: Saturday
Ages: 5-6
AC3.238 • 9/7 - 9/28 • 10:45 - 11:30am
AC3.239 • 10/12 - 11/2 • 10:45 - 11:30am

What to Wear
Futsal Academy:
Please wear comfortable sports attire and tennis shoes with non marking soles. Shin guards are required.

Location: Lincoln Crossing Elementary
Instructor: Futsal Factory Staff

Kinder Kickers
Join Futsal Factory for a fun and exciting Futsal skills program specifically designed for boys and girls ages 3-5. Each session introduces players to the basic skills of the game in a high energy environment where the emphasis is on having fun and learning over winning or losing.

Ages: 3-5
Sunday • 3 - 4pm
AC3.301 • 11/3 - 11/24 • $75/$80/N/R
AC3.302 • 12/1 - 12/22 • $75/$80/N/R

Juniors
This action packed session is designed to help junior players learn and develop all of the key skills required to be a successful Futsal and soccer player. Sessions use a variety of specially designed and age appropriate activities which focus on developing individual skills.

Ages: 6-8
Sunday • 4 - 5pm
AC3.303 • 11/3 - 11/24 • $75/$80/N/R
AC3.304 • 12/1 - 12/22 • $75/$80/N/R

Technical Development
This program uses a progressive training curriculum to help boys and girls develop core individual skills and small group tactics. Each session is fast paced and challenges players through the use of a variety of dynamic training activities. Players will have a blast while developing skills.

Ages: 8-10
Sunday • 5 - 6pm
AC3.305 • 11/3 - 11/24 • $75/$80/N/R
AC3.306 • 12/1 - 12/22 • $75/$80/N/R

Ages: 11-13
Sunday • 6 - 7pm
AC3.307 • 11/3 - 11/24 • $75/$80/N/R
AC3.308 • 12/1 - 12/22 • $75/$80/N/R
Kuk Sool Won
Location: Community Center  Instr: John Santilena

Turtle Tots
Ages: 3.5-5  Fee: $72/$77NR
Introduce your child to the high energy environment of Martial Arts in this class for boys and girls. Turtle Tots is designed to help improve a child’s balance, flexibility, coordination, self-confidence, respect and self-discipline.

Turtle Tots 1
AC3.171 • 8/20 - 9/24 • Tues • 6:30-7pm
AC3.172 • 10/1 - 11/5 • Tues • 6:30-7pm
AC3.173 • 11/12 - 12/17 • Tues • 6:30-7pm

Turtle Tots 2
AC3.174 • 8/22 - 9/26 • Thurs • 6:30-7pm
AC3.175 • 10/3 - 11/7 • Thurs • 6:30-7pm
AC3.176 • 11/14 - 12/19 • Thurs • 6:30-7pm

Dragons
Ages: 5-6  Fee: $90/$95NR
Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child’s balance, flexibility, coordination, self-confidence, respect, and self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

AC3.177 • 8/21 - 9/25 • Wed • 5:15-6pm
AC3.178 • 10/22 - 11/16 • Wed • 5:15-6pm
AC3.179 • 11/13 - 12/18 • Wed • 5:15-6pm

Tennis
Location: Jimenez Park, Tennis Courts  Instr: Peter Haddow

Little Steps I
Age: 5-7  Fee: $35/$40NR
A program for boys and girls ages 5-7 aimed at developing tennis skills and sportsmanship with an emphasis on fun and games.
AC3.064 • 8/1 - 8/22 • Thurs • 3:30-4pm
AC3.218 • 9/5 - 9/26 • Thurs • 3:30-4pm
AC3.219 • 10/3 - 10/24 • Thurs • 3:30-4pm

Little Steps II
Age: 5-7  Fee: $35/$40NR
A tennis program for boys and girls ages 5-7. This class is not for beginners. Students must have taken at least 2 sessions of Little Steps I to be eligible for Little Steps Tennis II. *Racquet Required
AC3.067 • 8/6 - 8/27 • Tues • 3:30-4pm
AC3.220 • 9/3 - 9/24 • Tues • 3:30-4pm
AC3.221 • 10/1 - 10/22 • Tues • 3:30-4pm

Pre-Academy I
Age: 8-12  Fee: $60/$65NR
A weekly class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.
AC3.070 • 8/1 - 8/22 • Thurs • 4-5pm
AC3.222 • 9/5 - 9/26 • Thurs • 4-5pm
AC3.223 • 10/3 - 10/24 • Thurs • 4-5pm

Pre-Academy II
Age: 12-16  Fee: $60/$65NR
A weekly tennis class for boys and girls ages 12 and older. Students will learn proper technique and participate in targeted drills designed to improve consistency and shot making.
AC3.076 • 8/1 - 8/22 • Thurs • 5-6pm
AC3.226 • 9/5 - 9/26 • Thurs • 5-6pm
AC3.227 • 10/3 - 10/24 • Thurs • 5-6pm

Academy I
Age: 8-12  Fee: $60/$65NR
A weekly tennis class for boys and girls ages 8-12 to further develop skills. Emphasis will be on drills and match play. This class is not for beginners. Students must have taken at least 2 sessions of Pre-Academy I to be eligible for Academy Tennis I. *Racquet Required
AC3.073 • 8/6 - 8/27 • Tues • 4-5pm
AC3.224 • 9/3 - 9/24 • Tues • 4-5pm
AC3.225 • 10/1 - 10/22 • Tues • 4-5pm

Academy II
Age: 12-16  Fee: $60/$65NR
A weekly tennis class for boys and girls ages 12-16 to further develop tennis skills. Emphasis will be on drills and match play. This class is not for beginners. Students must have taken at least 2 sessions of Pre-Academy II to be eligible for Academy Tennis II. *Racquet Required
AC3.079 • 8/6 - 8/27 • Tues • 5-6pm
AC3.228 • 9/3 - 9/24 • Tues • 5-6pm
AC3.229 • 10/1 - 10/22 • Tues • 5-6pm

Juniors 1 & 2
Ages: 6-12  Fee: $110/$115NR
Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.
No Class, 9/2, 11/11, 11/28
Junior 1
AC3.180 • 8/19 - 9/25 • Mon/Wed • 6-7pm
AC3.181 • 9/30 - 11/6 • Mon/Wed • 6-7pm
AC3.182 • 11/13 - 12/18 • Mon/Wed • 6-7pm

Junior 2
AC3.183 • 8/20 - 9/26 • Tues/Thurs • 7-8pm
AC3.184 • 10/1 - 11/7 • Tues/Thurs • 7-8pm
AC3.185 • 11/12 - 12/19 • Tues/Thurs • 7-8pm

Advanced Black Belt
Ages: 10+
Fee: $110/$115NR
No Class, 9/2, 11/11
AC3.186 • 8/19 - 9/23 • Mon • 5-6pm
AC3.187 • 9/30 - 11/4 • Mon • 5-6pm
AC3.188 • 11/18 - 12/16 • Mon • 5-6pm

We also offer Adult Kuk Sool Won and Tennis Classes! See page 18 for details.
Hoop Improvement For Kids
Hoop Improvement For Kids is designed for players who are beginner to intermediate and want to learn about basketball in a non-competitive setting. Each class will feature easy to learn instruction along with creative games that will develop their skills, knowledge and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. Some parental play is requested in this program. Hustle over to www.GoodSportU.com for more information.

Ages: 4-6
Wed • 5:30-6:25pm
AC3.201 • 9/11 - 10/2 • $55/$60NR
AC3.203 • 10/16 - 11/6 • $55/$60NR
AC3.205 • 11/20 - 12/11 • $42/$47NR
No Class, 11/27

Ages: 7-9
Wed • 6:30-7:25pm
AC3.202 • 9/11 - 10/2 • $55/$60NR
AC3.204 • 10/16 - 11/6 • $55/$60NR
AC3.206 • 11/20 - 12/11 • $42/$47NR
No Class, 11/27

Game Time For Girls
Game Time For Girls is a Hoop Improvement class designed for girls who are excited to improve their basketball skill set and be game ready whether they play for fun, at recess or in a basketball league. Coach Rick Bauer will help develop your daughter’s skills, confidence, knowledge and love of the game. This class features plenty of Game Time action. Hustle over to www.GoodSportU.com for more information.

Ages: 5-7
Mon • 5:30-6:25pm
AC3.207 • 9/9 - 9/30 • $55/$60NR
AC3.209 • 10/14 - 11/4 • $55/$60NR
AC3.211 • 11/18 - 12/9 • $42/$47NR
No Class, 11/25

Ages: 8-12
Mon • 6:30-7:25pm
AC3.208 • 9/9 - 9/30 • $55/$60NR
AC3.210 • 10/14 - 11/4 • $55/$60NR
AC3.212 • 11/18 - 12/9 • $42/$47NR
No Class, 11/25

Beginner Ice Skating
If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes 4 free skate rental passes. Makeup classes are not available. *Please arrive 45 minutes prior to class time on the first day
Ages: 6 - 12
Wed • 5:45-6:15pm • $80/$85NR
AC3.035 • 8/21 - 9/11
AC3.195 • 9/18 - 10/9
AC3.196 • 10/23 - 11/13
AC3.197 • 11/20 - 12/11

Beginner Ice Hockey
Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet, gloves, and stick and one 75 minute class each week. Makeup classes are not available. *Basic Ice Skating skills are required for participation in this class. Please arrive by 10:15am
Ages: 6 - 12
Sun • 11am-12:15pm • $85/$90NR
AC3.198 • 10/6 - 10/27
AC3.199 • 11/3 - 11/24
AC3.200 • 12/1 - 12/22

Looking for performing arts?
The Lincoln Civic Auditorium is home of the Lincoln Theatre Company
For more information, visit www.lincolntheatrecompany.org or call 916-409-7030

WWW.LINCOLNREC.NET • 916.434.3220
Lincoln Youth Flag Football League
“Friday Nights, Under the Lights”

Lincoln Recreation is excited for another season of Lincoln Youth Flag Football for all boys and girls in the 1st - 8th grades. Lincoln Youth Flag Football is a non-contact, 5 on 5 league with practices twice a week. The Fall Season will feature a player combine, followed by a player draft for 3rd - 8th grade divisions. 1st and 2nd grade teams will be randomly assigned. Come out and join us for this exciting new flag football experience. Games will be scheduled for Friday nights at Foskett Regional Park.

Important Dates:
Practices start the week of 8/26 • League Play: Friday, 9/6 - 11/1

Lincoln Youth Basketball

Lincoln Youth Basketball is offered to all youth in the 1st through 8th grades with weekly practices and games on Saturdays. Lincoln Youth Basketball is for beginner and advanced players, so whether you are looking to learn and enjoy the game, or you are ready to take your skills to the next level, you’ll find your spot playing Lincoln Youth Basketball!

*Player evaluations will be held for all boys and girls, 3rd grade and higher, followed by a draft

Important Dates:
Practices start the week of 12/16 • League Play: Saturday, 1/11 - 3/7

*Spots are limited and based on the number of coaches available. Once an age group fills, your child will be placed on a waiting list until additional coaches are secured. So don’t wait. Register NOW!

Registration Deadlines & Fees
Early: 5/20 - 6/30 • $105
Regular: 7/1 - 8/11 • $115
Late: 8/12 - 8/16 • $125
$10 sibling discount

Flag Football Player Combine
Saturday • 8/17
Location: Joiner Park
• 3rd & 4th Grade • 10am
• 5th & 6th Grade • 11:45am
• 7th & 8th Grade • 1:15pm
Please arrive 15 minutes early for check-in

Registration Deadlines & Fees
Early: 7/22 - 9/22 • $105
Regular: 9/23 - 11/3 • $115
Late: 11/4 - 11/12 • $125
*After 11/12 • $150
* Registration after 11/12 will only be accepted in the recreation office & if space is available.
$10 sibling discount

Basketball Player Evaluations
3rd & 4th Grade Girls • Friday, 11/22 • 5:15pm
5th & 6th Grade Girls • Friday, 11/22 • 7pm
3rd & 4th Grade Boys • Thursday, 11/21
• 3rd grade (A-L) • 5pm • 3rd grade (M-Z) • 6pm
• 4th grade (A-L) • 7:15pm • 4th grade (M-Z) • 8:15pm
5th & 6th Grade Boys • Wednesday, 11/20
• 5th grade (A-L) • 5pm • 5th grade (M-Z) • 6pm
• 6th grade (A-L) • 7:15pm • 6th grade (M-Z) • 8:15pm
7th & 8th Grade Boys • Monday, 11/18
• 7th grade • 5:15pm • 8th grade • 6:45pm

Coaches Needed!
GIVE A LITTLE, GET A LOT!
Be a youth sports coach today.

10 Week Commitment...
A Lifetime of Impact!

For registration information, visit www.LincolnYouthSports.com or call 916-434-3224
**Adult Kuk Sool Won**

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. With instructor John Santillana you will develop strength, quickness, balance, timing, flexibility, and coordination while improving your concentration, self-discipline and self-control. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

**Age:** 13+
**Fee:** $110/$115NR
**Location:** Lincoln Community Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
<td>AC3.189</td>
<td>8/19</td>
<td>9/25</td>
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<tr>
<td>AC3.190</td>
<td>9/30</td>
<td>11/6</td>
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<tr>
<td>AC3.191</td>
<td>11/13</td>
<td>12/18</td>
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</table>

**Material Fee:** Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt). Turtle Tots - N/A, Dragons - $80 (optional), Juniors - $80, Adults - $100

**Family Discounts:** 1-full price, 2-full price, 3-half price, 4 & on-FREE

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**Practical Self Defense For Women**

This class will combine the aspects of the class formally known as Practical Self Defense for Women with the curriculum currently taught in the Kuk Sool Won program. The difference is, NO MEN ALLOWED. Would you feel more comfortable with the ability to use simple items such as magazines, keys, and umbrellas as a means to protect yourself? Are you interested in boosting your confidence in situations where you presently find yourself uncomfortable?

You will discuss and practice some common-sense ideas on what to look for, how to avoid a situation and some basic ideas of how to react should defense become necessary. No uniforms are necessary, just wear something comfortable, however if you wish to work towards advanced rank within Kuk Sool Won, a uniform can be purchased.

**Age:** 15+
**Fee:** $90/$95NR
**Location:** Lincoln Community Center

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<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
<td>AC3.192</td>
<td>8/23</td>
<td>9/27</td>
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<tr>
<td>AC3.193</td>
<td>10/4</td>
<td>11/8</td>
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<tr>
<td>AC3.194</td>
<td>11/15</td>
<td>12/20</td>
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**Adult Beginner Tennis**

A course for adults who would like to learn to play tennis, the sport of a lifetime. Forehands, backhands, serves, volleys and specialty shots will be covered in addition to the rules of the game and proper tennis etiquette.

**Age:** 16+
**Fee:** $55/$60NR
**Location:** Jimenez Park, Tennis Courts
**Instructor:** Peter Haddow

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days of the Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC3.083</td>
<td>8/1 - 8/22</td>
<td>Thurs</td>
<td>7-8pm</td>
</tr>
<tr>
<td>AC3.232</td>
<td>9/5 - 9/26</td>
<td>Thurs</td>
<td>7-8pm</td>
</tr>
<tr>
<td>AC3.233</td>
<td>10/3 - 10/24</td>
<td>Thurs</td>
<td>7-8pm</td>
</tr>
</tbody>
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**Adult Intermediate Tennis**

A tennis course for adults who play regularly and have a NTRP rating of 3.0 or higher. Groundstrokes, serves, volleys will be reviewed in addition to tactics, proper footwork and effective use of spin. The emphasis will be on drills and doubles play.

*Registration for this class requires instructor approval. Please contact the Recreation Department for enrollment (916) 434-3220.

**Age:** 16+
**Fee:** $55/$60NR
**Location:** Jimenez Park, Tennis Courts
**Instructor:** Peter Haddow

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days of the Week</th>
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<tbody>
<tr>
<td>AC3.081</td>
<td>8/1 - 8/22</td>
<td>Thurs</td>
<td>6-7pm</td>
</tr>
<tr>
<td>AC3.230</td>
<td>9/5 - 9/26</td>
<td>Thurs</td>
<td>6-7pm</td>
</tr>
<tr>
<td>AC3.231</td>
<td>10/3 - 10/24</td>
<td>Thurs</td>
<td>6-7pm</td>
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**Lincoln Senior Center**

Age: 55+
**Location:** 391 H Street, Lincoln, CA 95648

The senior center is open Monday through Friday from 10:30am-1:00pm.

If you are interested in attending, volunteering or supporting the Lincoln Senior Center please go to our web-page www.lincolnseniorcenter.org and enter your email address to receive updates.

* suggested contribution is $3 per meal, but no one will be turned away if they are unable to contribute.

The Lincoln Senior Center also hosts a Senior Activity Club. Meetings are held weekly, The first and third Monday of each month. Meetings are 1-2:30pm.

The Lincoln Senior Center will have other social gatherings, including bingo nights. Please contact the Lincoln Senior Center for information.

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**Adult & Family Literacy**

The Lincoln Public Library is now offering Adult & Family Literacy programs through California Library Literacy Services. This is an opportunity to make a significant difference in the lives of adults with limited literacy and their families.

Whether it is help in reading, writing, math, or even getting a GED, individuals can get one-on-one tutoring by library trained volunteers. This individualization means adults learn what they need or want to learn, at their own pace.

If you or someone you know would benefit from this, or if you might be interested in volunteering as a tutor in this program, please come into the library and ask for Amanda Toohy. For more information, please email: read@lincolnca.gov, or call the library directly: 916-434-2410.
**ADULT LEAGUES**

**FALL 2019**

**REGISTRATION DATES**
- EARLY: 7/8 - 7/21
- REGULAR: 7/22 - 8/18
- LATE: 8/19 - 8/25

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**FREE AGENT LIST**

New to Lincoln or just can’t put a whole team together? Join our Free Agent program. We accept individual registration on an on-going basis for all of our adult sports leagues and form teams when there is enough interest to do so. If there are not enough free agents to form a team, the Free Agent List with your name and contact information will be distributed to all team captains prior to the start of the season. Free agent registration is only taken online at [www.lincolnrecsports.com](http://www.lincolnrecsports.com).

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**LEAGUE INFORMATION**

Team registration can be processed online at [www.lincolnrecsports.com](http://www.lincolnrecsports.com) or at the Lincoln Community Center, 2010 First Street.

League fees must be paid in full by the late registration deadline date.

<table>
<thead>
<tr>
<th>League/Division</th>
<th>Start Date</th>
<th>Day</th>
<th>Early Team Fee</th>
<th>Regular Team Fee</th>
<th>Late Team Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-ed</td>
<td>9/3</td>
<td>Tues</td>
<td>$475</td>
<td>$500</td>
<td>$525</td>
</tr>
<tr>
<td>Men’s</td>
<td>9/5</td>
<td>Thurs</td>
<td>$475</td>
<td>$500</td>
<td>$525</td>
</tr>
<tr>
<td>Women’s</td>
<td>9/16</td>
<td>Mon</td>
<td>$475</td>
<td>$500</td>
<td>$525</td>
</tr>
</tbody>
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**3-ON-3 ADULT BASKETBALL LEAGUE**

<table>
<thead>
<tr>
<th>League/Division</th>
<th>Start Date</th>
<th>Day</th>
<th>Team Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Co-ed</td>
<td>9/8</td>
<td>Sun</td>
<td>$200</td>
<td>Community Center</td>
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**OPEN GYM**

**WEDNESDAYS @ 8-10PM**

**AGES: 18+**

**LOCATION: COMMUNITY CENTER**

**$5.00 PER PLAYER**

**PUNCH CARDS AVAILABLE**

**FIVE VISIT: $20**

**TEN VISIT: $35**
Mayor's Cup Golf Challenge

Benefiting the City of Lincoln Recreation Youth Scholarship Program
Your donations are making a difference!

Friday, October 11, 2019
Turkey Creek Golf Club • 1pm

For sponsorship information contact
City of Lincoln
Recreation Department
916.434.3220
www.LincolnRec.net/sponsorships

Our Mayors Cup Challenge is an annual golf tournament organized by the City of Lincoln Recreation Department. Proceeds from the tournament benefit the youth programs offered by the Recreation Department. Your sponsorship will help provide scholarship opportunities for youth in our community. Together we have been able to reach thousands of youth, giving them the opportunity to participate in aquatics, youth sports, community classes and day camps.
Thank You Field Sponsors!

We would like to thank our 2019 Foskett Regional Park Field Sponsors. Participants of this field sponsorship program have their banner(s) displayed on the outfield fence of one or more fields at the Eleanor Carnesecca Softball Complex at Foskett Regional Park. Proceeds from this program are being used for various improvements to enhance the player and spectator experience at this popular tournament facility.

Home Run Sponsors

For more information on how you can become a field sponsor, please go to www.LincolnRec.net/sponsorships
City of Lincoln
2019 Summer Movie & Concert Series

Thank You For Your Sponsorship

Movie Mogul AND Headliner Sponsor

San Francisco Bay Gourmet Coffee

Producer AND Opening Act Sponsor

Crawford Orthodontics
IDEAL FOR WEDDING RECEPTIONS, PARTIES AND SPECIAL EVENTS, THIS 6,700 SQUARE FOOT FACILITY HAS A LARGE RECEPTION HALL, FULL KITCHEN, SMALL STAGE, BAR AREA AND AMPLE PARKING. THE RECEPTION HALL IS LARGE ENOUGH TO COMFORTABLY SEAT APPROXIMATELY 400 GUESTS.

ALL RENTAL FEES INCLUDES TABLES AND CHAIRS AS WELL AS SETUP AND CLEANUP OF THE FACILITY.

MCBEAN PAVILION
65 McBean Park Drive

MCBEAN PAVILION
BBQ AREA
65 McBean Park Drive

Located next to McBean Pavilion, the BBQ Area features a wooden shade structure great for an outdoor event. Tables and chairs are available for use and a full kitchen is available for rent as well.

MCBEAN PARK
GAZEBO
65 McBean Park Drive

Located in McBean Park, the Gazebo is perfect for a small outdoor gathering.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.

BEERMANN PLAZA
640 5th Street

Beermann Plaza is an outdoor location on 5th Street and F Street. The Plaza has a beautiful fountain and makes a great setting for a small event.

TWELVE BRIDGES LIBRARY
485 Twelve Bridges Drive

The Lincoln Public Library @ Twelve Bridges has a variety of rooms and facilities for rent. Check out www.libraryatlincoln.org for Library Forms and room use information. For further details, contact Renae Hart at (916) 434-2410 or (916) 434-2409.

Interested in renting a facility? Questions regarding availability?

Facility rental applications and rental information are available online.

Please visit www.LincolnRec.net or contact (916) 434-3220 for pricing and reservation information.

@lincolnparksrec
@lincolnparksrec
@lysports
@lincolnparksrec
@lincolncasports
916.434.3220
**Mother Goose on the Loose**
This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to first 100 participants. Please arrive early to pick up tickets on the morning of! Age: 0-4 years
9/6 - 12/12* • Thurs • 10:30am-11am OR 11:30am-12pm
Twelve Bridges Library - Homework Center  *except 9/19, 10/17, 11/14, 11/28

**Family Storytime**
Join us for Family Storytime, a fun half hour of books, rhymes, and songs. All ages are welcome to this event, and we have special tips and techniques or building reading skills at home throughout the program. Everyone - parents included - is sure to have a great time and learn something new.
Wed • 9/4 - 12/18 • 3:30-4pm
Twelve Bridges Library - Kids Area

**Poetry Open Mic**
The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at (916) 434-9226. For all ages.
Sun • 9/8, 10/13, 11/10, 12/8 • 3-5pm
Twelve Bridges Library - Willow Room

**Harry Potter Scavenger Hunt!**
Are you ready to come find some magic in your library?
Our magical themed scavenger hunt from last year will return, and children will be able to learn a little more about how to use their library, while looking for Harry Potter themed items in the children's library during the last thirteen days of October.
10/19 - 10/31
Twelve Bridges Library - Kids Area

**Read to a Dog!**
www.lendahearth.org
LAH therapy dogs and their handlers are coming to the Library! Practice your reading skills and make a new four-legged friend by reading a story to a dog. These are trained therapy dogs, so this is also a perfect opportunity to introduce shy young ones to dogs. Age: All ages welcome!  Books are provided; sign ups begin at 2pm
Sat • 9/21, 10/19, 11/16 • 3-4pm
Twelve Bridges Library - Kid's Area

**Adult Programs**
The Library isn't just for kids. Come check out our new adult programs at the library, including a Mystery Book Club and an Award-Winning Book Club discussing books that have won national acclaim, and Author Visits to the Library. The Library also offers an Adult Literacy program, helping to make a difference in the lives of adults with limited literacy.
For more info on any of our adult programs, please feel free to stop by the library or to check out our website.

**Friends of the Lincoln Library**
The Friends of the Lincoln Library (FOLL) invite you to join them in helping the Twelve Bridges Library! The Friends support various programs and services, including our Read For The Record, Summer Reading Program, Mother Goose On The Loose, Adult Coloring Night, Read Across America, Homework Center, Family Movie Night, Star Wars Day, Mystery Book Club, EBSCO research databases, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily ongoing book sale inside the library. Your membership also helps to keep the Library open and programs running. Thank you, Friends!

**Regular FOLL meetings:** 2nd Tuesday of each month from 10am-12pm noon at Twelve Bridges Library- Willow Room

**Book Sale**
Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children’s books will be available for purchase. Prices start at $0.25 and all proceeds go to the Friends of the Lincoln Library sponsored programs.
Sat • 9/7, 12/7 • 11-3pm
Twelve Bridges Library - Lobby & Willow Room

**Homework Help for Students**
Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students. For grades: 1st - 8th
Mon/Tues/Wed • 9/3 - 12/11 • 2:45-4:45pm
Twelve Bridges Library - Homework Center

**Online Learning: Research Help & eBooks**
Find the most accurate, up-to-date information using Explora at the Lincoln Public Library. This research database is simple to use, and provides information from reference books and magazines as well as relevant images and videos. Explora also provides topic overviews, for those looking to get started learning on a new subject. Find this database, and many others, including research tools dealing with health, legal matters, small business help, learning different languages, and auto repair, under Online Learning on our website, www.LibraryAtLincoln.org. We also have several resources for eBooks and eAudiobooks, including Libby and Hoopla! In addition to eBooks, Hoopla also provides our patrons access to movies, TV episodes, music, and comics! In addition to that, the library now offers a brand new service called Kanopy, which will give your patrons access to more than 30,000 films for free.

* you will need your library card number to use these services.

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**Family Movie Night**
FREE- Sponsored by Friends of the Lincoln Library and the Lincoln Host Lions Club.
Join us for our monthly FREE movie!
Go to www.libraryatlincoln.org for exact titles! Feel free to bring snacks and blankets. There will also be popcorn, snacks, and soda for sale.
Doors open at 5:30 pm, movie starts at 6pm.
Limited to first 100 participants!

Sat • 9/21, 10/19, 11/16 • 6pm
Twelve Bridges Library - Willow Room
ONLINE.
You can register online at www.lincolnrec.net.
Register 24 hours a day, 7 days a week.

WALK-IN.
You can register in our office at 2010 First Street.

PHONE.
Give us a call at (916) 434-3220.

General Information
• Payments can be made using credit card, check or cash.
• Program prices, dates and times are subject to change.
• Class fees will not be prorated for any reason.
• Registration is on a first-come, first-serve basis.
• The City has established non-resident fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy
Community Classes/Camps/Aquatics
• The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
• Failure to attend a class or “no shows” will not be granted a refund. Refunds are only eligible if received a minimum of 7 days prior to the first class, unless otherwise noted. If a request is turned in less than 7 days, a refund will be determined on a case-by-case basis.
• Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to amy.gregory@lincolnca.gov
• If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
• If you are not satisfied with any of our programs, please contact the program supervisor.
• The online “convenience fee” will not be refunded.

Adult Sports Leagues
• Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
• Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to douglas.brown@lincolnca.gov
• If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a $20 processing fee.

Youth Sports Leagues
• Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
• Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to daniel.friese@lincolnca.gov
• If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a $10 processing fee.

Refund Request Forms are available online at www.lincolnrec.net

City of Lincoln Recreation is an approved vendor for the following schools:
Horizon Charter Schools • South Sutter Charter School • Visions • Twin Ridges • Inspire

The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City’s web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

@lincolnparksrec
@lincolncasports
@lysports
@lincolnrecsports
916.434.3220

SIGN UP EARLY!
Our programs fill up quickly, so don’t wait until the last minute to sign up for a class or program. Go online now to sign up! www.LincolnRec.net
Lincoln Youth

BASKETBALL

REGISTRATION ENDS 11/12

CHECK OUT PAGE 13 FOR MORE DETAILS

Register Online at www.LincolnYouthSports.com or at the community center, 2010 First Street!