



AMERICA'S HOMETOWN

Lincoln California

FALL 2023

RECREATION GUIDE



City of
Lincoln
Recreation

Floating Pumpkin Patch

Thank you Fowler Ranch
for pumpkin donation!



\$20 per pumpkin
(includes swim,
decorating & fun)
www.lincolnrec.net

McBean Pool • October 28th • 2-5pm
Sponsorship Opportunities Available

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**Parks
Make
Life
Better!**

REGISTRATION



Online

You can register for classes, camps, specialty camps and Kids Kamp at www.lincolnrec.net

You can register for youth and adult sport leagues and clinics at www.lincolnrecsports.com

Online registration is available 24 hours a day, 7 days a week.

Walk-in

You can register at the Recreation Office in the Community Center:

2010 First Street
Lincoln, CA 95648

Recreation Office Hours & Closures

Office hours: Monday-Friday, 8:30 AM to 4:30 PM
(closed daily for lunch from 12:00 PM to 1:00 PM)

The Community Center will be closed on the following dates in 2023:

- New Year's Day and following day 1/1 & 1/2
- MLK Day, 1/16
- Presidents Day, 2/20
- Memorial Day, 5/29
- 4th of July, 7/4
- Labor Day, 9/4
- Veterans Day, 11/11
- Thanksgiving and Friday following, 11/23 & 11/24
- Closed for Christmas from 12/25/23-1/1/24

Scholarships

Scholarships are available for low income families. To obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. For the scholarship application, visit our website or contact the Recreation Department.



@LINCOLNRECREATION



LINCOLN RECREATION



(916) 434-3220

General Information

- Payments can be made using cash, check, or credit card.
- 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-served basis.
- The City has established non-resident (NR) fees for recreation programs. A non-resident is a person who lives outside of the 95648 zip code.
- All credit/debit transactions are assessed a 3% convenience fee.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change times, dates or locations of classes; instructors; and/or make any other necessary changes.
- Failure to attend a class or "no shows" will not be granted a refund.
- Refunds are only eligible if a request for cancellation is received by the Recreation Department within a minimum of five (5) business days prior to the first class. If a request is made less than 5 business days to the start of the program then a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing and can be submitted via email, mail, or walk-in. Please email refund requests to recreation@lincolnca.gov.
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- The online "convenience fee" will only be refunded in the event of a program cancellation.

Adult Sport Leagues

- Requests for refund must be received within twenty-four (24) hours from the close of registration, unless otherwise noted. If a request is submitted after twenty-four (24) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing and can be submitted via email, mail, or walk-in. Please email refund requests to recreation@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 with a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be submitted within seven (7) days of the close of registration, unless otherwise noted. If a request is submitted after seven (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 email, mail, or walk-in. Please email refund requests to recreation@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 with a \$10 processing fee.



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, programs, dates, prices, or descriptions can unexpectedly change. In the event of a program change, every effort will be made to notify registrants in a timely manner.

LINCOLN LIMELIGHT



PARENTS NIGHT OUT



Join us for our first ever Parents Night Out! Drop your kids off with our Kids Kamp staff for a night of fun while parents get to go on a date night, get some holiday shopping done, or just enjoy some time for themselves! Kids will get to enjoy free play in our gym, watch a movie on the big screen while enjoying pizza and popcorn, play games in our VIC lounge, and socialize with friends! Don't miss out on the fun!

Location: Lincoln Community Center

Ages: 5 to 12

Friday • 5:30 PM to 9:00 PM

YE3.23.101 • 12/1 • \$45/\$50NR

VOLUNTEER WITH LINCOLN RECREATION

AGES: 14 & UP

The Recreation Department offers different opportunities for volunteering. Check out the programs you can participate in to make a difference in our community.

For more information and volunteer applications scan the QR code.



FACILITY UPDATES

LINCOLN COMMUNITY CENTER

We are very excited to announce the Lincoln Community Center has been under renovation and received some much-needed updates! New lighting, laminate flooring, wainscoting panels, baseboards, paint and more to come!



NOW OPEN - NEW PARKS!



PASILLAS PARK



MEADOWLANDS PARK

🔍
ONLINE
✕

DRIVERS EDUCATION COURSE

ECONOMIC DRIVING SCHOOL

Economic Driving School

This state required Online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, quizzes, and practice tests will prepare the student to pass the permit test at the Department of Motor Vehicles.


The course is very easy to use! Simply log into the website, enroll, and you can begin learning and achieving your goals immediately.


For more information about the course and to register go to
<https://www.economicdrivingschool.com/online/> or scan the QR code.

Instructions to register:

Under "how did you hear about us?" enter the code "3223"

To receive 40% off the course enter the promo code "1978"





Visit Website

The cost of the course is \$68.50, however, with the above discount it comes to \$41.10!

<https://www.economicdrivingschool.com/online/>

SPOTLIGHT

LINCOLN . CALIFORNIA



SPOTLIGHT LINCOLN IS A LOCAL MARKETING BUSINESS THAT IS TRULY LOCAL TO LINCOLN.

Utilizing web and social media platforms, we make it easy and entertaining for people to learn about local businesses and community services.

For more information contact Spotlight Lincoln at
info@SpotlightLincoln.com
WWW.SPOTLIGHTLINCOLN.COM
 @SPOTLIGHTLINCOLN



TRUNK-OR-TREAT

TRICK OR TREAT! Come join us 10/31 in downtown Lincoln for some Halloween fun including costumes, trunk or treating, Villains in the Plaza, trick or treat at downtown businesses and more! Event starts at 3:00 PM and parking spot reservations are available for \$10 per spot. Each reservation is responsible for providing their own candy to hand out to the trick or treaters. Come dressed in your Halloween best and we look forward to seeing you there!

Location: F Street Adjacent to Beerman Plaza

For All Ages • 3:00 PM to 6:00 PM • SE3.23.100 • 10/31 • \$10/\$15NR



AQUATICS

DROP IN PROGRAMS

Location: McBean Pool

Drop-in admission fees apply to Recreation Swim, Lap Swim and Water Fitness.

3 and under.....FREE
4 to 15 \$3
16 and over \$5

RECREATION SWIM

The pool is open this Fall for recreational swimming. The facility is equipped with diving boards, picnic areas, showers, and changing rooms. Lap lanes are available during lap swim times only. Children under the age of 8 are not permitted without an adult. Schedule subject to change.

8/19 to 9/2 • Saturdays • 2:00 PM to 5:00 PM

WATER FITNESS

Take advantage of the water's natural resistance in a low impact environment. This class is a combination of shallow and deep-water aerobics and suitable for all fitness levels.

Ages: 16 and over

9/6 to 10/25 • Mondays and Wednesdays • 6:30 PM to 7:15 PM



LAP SWIM

Participants may swim laps, water walk, or exercise at their own pace. Kickboards, pull buoys and noodles are available upon request.

Ages: 16 and over

9/5 to 10/26 • Tuesdays and Thursdays • 6:30 PM to 7:30 PM



SPECIAL EVENTS

FLOATING PUMPKIN PATCH

Location: McBean Pool

The Floating Pumpkin Patch is held at our McBean Pool. Participants will be able to swim in and pick a pumpkin or pick a pumpkin from the spray pool if they do not want to take the plunge. They will be able to take their pumpkin to the decoration station and decorate their pumpkins and enjoy a few festive activities. Approximate time for activity is 1 hour.

For All Ages • Saturday • 10/28

EN3.23.500 • 2:00 PM to 2:30 PM • \$20/\$25NR

EN3.23.501 • 2:30 PM to 3:00 PM • \$20/\$25NR

EN3.23.502 • 3:00 PM to 3:30 PM • \$20/\$25NR

EN3.23.503 • 3:30 PM to 4:00 PM • \$20/\$25NR



SWIM TEAM

Location: McBean Pool

LINCOLN LIGHTNING - AGES 6 TO 18

The Lincoln Lightning Swim Team is a non-traveling intramural program that operates during two seasons. The Summer season starts in June and ends in August. Fall season starts in September and ends early November. Placement on the team is based on skill level as determined by a mandatory tryout/evaluation and space availability.

LIGHTNING BUGS - AGES 4 TO 12

The Lightning Bugs is a beginner swim team program that operates during two seasons. The summer season starts in June and ends in August. The Fall season starts in September and ends early November. Placement on the team is based on skill level as determined by a mandatory tryout/evaluation and space availability.

Evaluation/Tryout Dates & Times

8/22 to 8/24 • Tuesday thru Thursday • 3:30 PM to 5:00 PM

8/26 • Saturday • 9:00 AM to 11:00 AM

Practice Dates and Times

Monday thru Thursday • 9/11 to 10/28

Ages 4 to 8 - 3:30 PM to 4:10 PM

Ages 9 to 11 - 4:20 PM to 5:10 PM

Ages 12 and up - 5:20 PM to 6:20 PM

Swim Meet Dates & Times

Saturdays • 10/7 and 10/28 • 9:00 AM to 12:00 PM



BECOME A LIFEGUARD

Lifeguard training classes teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Successful completion of the classes provide the certifications needed for lifeguards in California. In-person and blended options are available. Next Certification begins Spring 2024.



SKYHAWKS



EVEN LITTLE ONES HAVE BIG GOALS.

Developing motor skills, promoting physical fitness and instilling a love for sports.

Baseball Tots

Learning baseball has never been more fun! Baseball Tots classes focus on fine and gross motor skills as well as body control. Skyhawks teach all the baseball basics, such as throwing, catching, hitting and running control. Parent participation recommended for ages 2 to 3 years.

Location: McBean Park



Batters

Ages: 2 to 3
Wednesdays • 4:00 PM to 4:45 PM
YF3.23.104 • 9/27 to 10/25 • \$95/\$100NR
Wednesdays • 3:45 PM to 4:30 PM
YF3.23.106 • 11/8 to 12/13 • \$95/\$100NR



Hitters

Ages: 4 to 6
Wednesdays • 5:00 PM to 5:45 PM
YF3.23.105 • 9/27 to 10/25 • \$95/\$100NR
Wednesdays • 4:45 PM to 5:15 PM
YF3.23.107 • 11/8 to 12/13 • \$95/\$100NR



LINCOLN KUK SOOL WON

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this program students will develop strength, quickness, balance, timing, flexibility and coordination while improving concentration, self-discipline and self-control.

Please note that the Start-up fee is \$100 which includes uniform, LKSW tee shirt, belt, instruction handout plus CD, and WKSA membership (\$170 value).

Turtle Tots

Location: Lincoln Community Center

Ages: 3 to 5
Tuesdays • 5:30 PM to 6:00 PM
YF3.23.120 • 9/26 to 10/31 • \$72/\$77NR
YF3.23.121 • 11/7 to 12/12 • \$72/\$77NR



LINCOLN FAMILY TAEKWONDO

Young children are curious and active – and they sometimes have difficulty learning to control their bodies and their behavior. They crave structure and thrive in an environment that's supportive, educational, and fun. Includes semiprivate introductory lesson. Official Taekwondo Uniform (over \$50 value) FREE with registration!

Location: Lincoln Family Taekwondo, 615 5th Street

Early / Basic Tigers

Ages: 3 to 6
Mondays and Wednesdays • 6:00 PM to 6:40 PM
YF3.23.136 • 9/11 to 9/20 • \$60/\$65NR
YF3.23.137 • 10/9 to 10/18 • \$60/\$65NR
YF3.23.138 • 11/6 to 11/15 • \$60/\$65NR



TINY TOT PLAYTIME

Connect with other parents as you watch your toddler play and interact with other children in a positive and safe environment. Toddlers will have an hour 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 class. Children must be accompanied by an adult.

Location: Lincoln Community Center

Drop-ins

Ages: 18 months to 3.5
Tuesdays • 9:00 AM to 10:00 AM
9/5 to 12/19 • \$5/child/class



PRESCHOOL PROGRAMS

VISION SOCCER



Toddle Ballers

A fun introduction to soccer! In addition to basic soccer skills such as using your feet to run with a ball, this program also develops basic coordination and dexterity. Participation from a parent/guardian or an older sibling is required.

Location: Foscett Regional Park



Ages: 2 to 3
Mondays • 4:15 PM to 4:55 PM
YF3.23.619 • 9/11 to 10/2 • \$68/\$73NR
YF3.23.630 • 10/16 to 11/6 • \$68/\$73NR

Futsal Toddle Ballers

Join Futsal Factory and Vision Soccer for action packed classes, designed to help players learn and develop all of the key skills required to be a successful Futsal and soccer player.

Location: Foscett Ranch Elementary Gym



Ages: 2 to 3
Sundays • 1:00 PM to 1:40 PM
YF3.23.146 • 11/12 to 12/10 • \$68/\$73NR

EXPRESSIONS ACADEMY OF DANCE

Location: Expressions Dance Studio,
780 Sterling Parkway Suite 30



Dance Discovery

This class is a magical way for you and your toddler to experience dance and movement together. This class features dance, yoga, rhythm, music, singing and basic tumbling. It is a great way to introduce the socialization process in preparation for pre-school or day care. Parent participation required.

Ages: 2 to 3
Saturdays • 9:30 AM to 10:15 AM
DA3.23.115 • 9/9 to 9/30 • \$98/\$103NR
DA3.23.117 • 10/7 to 10/28 • \$98/\$103NR
DA3.23.118 • 11/4 to 11/18 • \$74/\$79NR



Creative Movement

This class promotes creativity, dreams and pretend. Whether dancers are galloping like a horse across the floor, flying like fairies in a circle or playing freeze dance to end class, they are learning, creating and building confidence. This class includes Ballet, basic tumbling skills, yoga, creative movement and imagination.

Ages: 3 to 4
Saturdays • 9:30 AM to 10:15 AM
DA3.23.112 • 9/9 to 9/30 • \$98/\$103NR
DA3.23.113 • 10/7 to 10/28 • \$98/\$103NR
DA3.23.114 • 11/4 to 11/18 • \$74/\$79NR



TAMRALOO STUDIOS

Location: Tamraloo Studios, 578 E Street



Mini Mozarts

Parents and Children will engage in a variety of activities, including singing traditional children's songs and new, original music, exploring instruments, and using creative movement exercises to develop coordination and spatial awareness.

Ages: 18 months to 3
Wednesdays • 11:00 AM to 11:45 AM
YE3.23.104 • 8/23 to 10/11 • \$170/\$175NR



Preschool Performers

Focuses on singing, dancing, and basic stage etiquette. Each class includes vocal techniques, simple choreography, and theater exercise that help children develop their musicality, coordination, and stage presence. At the end of the semester, children will showcase everything they've learned in a performance.

Ages: 3 to 5
Wednesdays • 3:30 PM to 4:30 PM
YE3.23.105 • 8/23 to 10/11 • \$170/\$175NR



YOUTH PROGRAMS

Youth Enrichment Camps & Classes

MAD SCIENCE

Mad Science of Sacramento Valley is a leading science enrichment provider. They deliver unique, hands-on science experiences for children through workshops and summer camps. Their innovative programs are as entertaining as they are educational! Come experience it for yourself!



A Mad Science Thanksgiving



Cook up a chemical reaction, find out what nutrients are in our favorite Thanksgiving foods, even watch a sweet potato fly! Make beautiful, multi-colored falling leaves, eat a pumpkin "pi", and MELT the Thanksgiving turkey! It's Thanksgiving - MAD SCIENCE style!

Location: Lincoln Community Center

Ages: 6 to 12

Monday • 9:00 AM to 2:00 PM

YE3.23.111 • 11/20 • \$75/\$80NR



PLAY-WELL TEKNOLOGIES



Haunted House Workshop with LEGO

This Halloween season, join Play-Well TEKnoLogies for a LEGO Haunted House Workshop! Participants will use their imagination to create their own spooky designs, building their haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your Lego Minifigure make it through the haunted house without getting scared?

Location: Lincoln Community Center

Ages: 5 to 10

Saturday • 10:00 AM to 12:00 PM

YE3.23.100 • 10/21 • \$40/\$45NR



TAMRALOO STUDIOS

Group Uke

Whether you are looking for vocal coaching, private instrumental instruction, or group lessons, Tamraloo Studios has something for everyone. In Group Uke students will learn the basics of making music on the Ukulele, including tuning, chords, strumming technique, and themes from popular songs.

Location: Tamraloo Studios, 578 E Street

Ages: 9 to 12

Mondays • 6:00 PM to 7:00 PM

YE3.23.107 • 8/21 to 12/13 • \$340/\$345NR

*No class 9/4



Bel Canto



Tamraloo's 6 to 8 year old ensemble voice class will introduce your student to healthy vocal technique, proper breathing, appropriate singing posture, performance etiquette and more! Vocalists will work as a group, using sheet music, and will perform for parents at the end of the semester.

Ages: 6 to 8

Thursdays • 6:30 PM to 7:15 PM

YE3.23.109 • 8/24 to 11/30 • \$300/\$305NR

*No class 11/23



LINCOLN EXPLORERS

Join Lincoln native and Kids Kamp counselor, Jalissa, for some adventures at our very own Lincoln parks. Young explorers will learn the basic safety measures of becoming an explorer, go on nature walk scavenger hunts, collect/inspect bugs, trees, sticks, leaves and so much more! This class also comes with an official Lincoln Explorers adventure kit for each explorer. Now come join us for some fresh air and fun adventures!

Ages: 5 to 10

Saturdays • 10:30 AM to 12:00 PM

Location: Coyote Pond

YE3.23.151 • 10/7 to 10/28 • \$50/\$55NR

Location: McBean Park

YE3.23.152 • 11/4 to 12/2 • \$50/\$55NR

*No class 11/11

EXPRESSIONS ACADEMY OF DANCE

Location: Expressions Dance Studio, 780 Sterling Parkway Suite 30



Hip Hop Minis

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! Learn the basic techniques of both genres, and create exciting and energetic dances. Teachers will get kids up and moving in no time after warm ups with jumping jacks, push ups, and lots of core work to get those hip hop freezes down!

Ages: 4 to 5

Fridays • 3:30 PM to 4:25 PM

DA3.23.100 • 9/8 to 9/29 • \$104/\$109NR

DA3.23.101 • 10/6 to 10/27 • \$104/\$109NR

DA3.23.102 • 11/3 to 11/17 • \$78/\$83NR



Hip Hop

Designed for the kids who love to move and groove! This class teaches Hip Hop in a fun and age-appropriate way! Learn basic techniques and create exciting and energetic dances. Teachers will get kids up and moving in no time after warm ups with jumping jacks, pushups, and lots of core work to get those hip hop freezes down!

Ages: 6 to 8

Fridays • 4:30 PM to 5:25 PM

DA3.23.106 • 9/8 to 9/29 • \$104/\$109NR

DA3.23.107 • 10/6 to 10/27 • \$104/\$109NR

DA3.23.108 • 11/3 to 11/17 • \$78/\$83NR

Jazz Friday

Move and dance with some pizzazz! This class teaches basic jazz technique, rhythm skills, and uses imagination and fun! Students will work on new skills each week to clean, age-appropriate upbeat music!

Ages: 6 to 8

Fridays • 3:30 PM to 4:25 PM

DA3.23.103 • 9/8 to 9/29 • \$104/\$109NR

DA3.23.104 • 10/6 to 10/27 • \$104/\$109NR

DA3.23.105 • 11/3 to 11/17 • \$78/\$83NR



Ballet

For all of the Ballerinas at heart! In this setting, regardless of age, focus is on technique, heart, terminology and determination. These classes are perfect for young dancers just starting out or for those building on their skill.

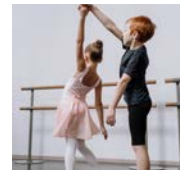
Ages: 6 to 8

Fridays • 5:30 PM to 6:25 PM

DA3.23.109 • 9/8 to 9/29 • \$104/\$109NR

DA3.23.110 • 10/6 to 10/27 • \$104/\$109NR

DA3.23.111 • 11/3 to 11/17 • \$78/\$83NR



Ballet & Tap

For the dancer who loves to move! Class begins with ballet; stretching, warm ups, and technique. Shoes are changed halfway through and then it's time to tap! The ballet and tap combo give students the ability to try two styles within one class to experience both the classics of ballet and fun of tap!

Ages: 4 to 5

Saturdays • 10:30 AM to 11:25 AM

DA3.23.120 • 9/9 to 9/30 • \$104/\$109NR

DA3.23.121 • 10/7 to 10/28 • \$104/\$109NR

DA3.23.122 • 11/4 to 11/18 • \$78/\$83NR

register online

Scan the QR code or visit www.lincolnrec.net



NAofA NATIONAL ACADEMY OF ATHLETICS



If your child loves sports, they will love these programs! National Academy of Athletics' (NAofA) experienced, positive, and passionate coaches will help your child become better, more inspired athletes while falling in love with sports.

Location: Various

Thanksgiving Break Basketball Camp

This 3-day ball handling and shooting camp is designed to make kids more confident players. Drills include ball handling, passing, shooting, offense, defense, footwork, movement skills, and layups. Basketball is an excellent sport for teaching children the importance of teamwork, hard work, determination, winning and losing with dignity along with mental and emotional stability. Skill based challenges will be combined with games and other small sided competitions.

Location: Lincoln Crossing Multi-Purpose Room

Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM
YF3.23.130 • 11/20 to 11/22 • \$188/\$193



Winter Holiday Break Basketball Camp

This 3-day ball handling and shooting basketball camp is designed to make kids more confident players. Drills include ball-handling, passing, defense, footwork, movement skills, and layups. Basketball is an excellent sport for teaching children the importance of teamwork, hard work, determination, winning and losing with dignity along with mental and emotional stability. Skill based challenges will be combined with games and other small sided competitions

Location: Community Center Gym

Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM
YF3.23.131 • 12/18 to 12/20 • \$188/\$193



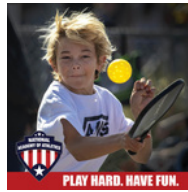
Pickleball Club

The World's fastest-growing sport is now a class your kids will love. The game is easy to learn and tons of fun. Pickleball helps kids learn hand-eye coordination, agility and balance, and provides social interaction in a team setting. Each day participants are taught the fundamentals of serving and receiving the ball, volleying, dinking, positioning, and scoring.

Location: McBean Park Basketball Courts

Ages: 7 to 13

Sundays • 11:15 AM to 12:15 PM
YF3.23.214 • 9/10 to 10/1 • \$78/\$83NR
YF3.23.215 • 10/15 to 11/5 • \$78/\$83NR
YF3.23.216 • 11/19 to 12/17 • \$78/\$83NR



TAEKWONDO for Kids

Give your kids the lifelong gifts of personal success, confidence, discipline, and self-defense! Martial arts classes normally makes you think of self-defense, being strong, fit and safe. The truth is, it's all that and WAY more! Includes semiprivate introductory lesson. Official Taekwondo Uniform (over \$50 value) FREE with registration!

Location: Lincoln Family Taekwondo, 615 5th Street

Ages: 7 to 12

Tuesdays and Thursdays • 6:30 PM to 7:10 PM
YF3.23.139 • 9/12 to 9/21 • \$60/\$65NR
YF3.23.140 • 10/10 to 10/19 • \$60/\$65NR
YF3.23.141 • 11/7 to 11/16 • \$60/\$65NR



PARENTS NIGHT OUT

Join us for our first ever parents' night out! Drop your kids off with our Kids Kamp Staff for a night of fun, while parents get to go on a date night, get some holiday shopping done, or just enjoy some time for yourselves! Kids will get to enjoy free play in our gym, watch a movie on the big screen while enjoying pizza and popcorn, play games in our VIC lounge, and socialize with friends! Don't miss out on the fun!

Location: Lincoln Community Center

Ages: 5 to 12

Friday • 5:30 PM to 9:00 PM
YE3.23.101 • 12/1 • \$45/\$50NR



YOUTH PROGRAMS DESSERTS WITH DALILA

Come join owner and baker of Berry Babe Club, Dalila, for some holiday baking! Each class has a seasonal theme. Gain basic kitchen skills and etiquette along with beginning to intermediate baking techniques. Students will learn new baking recipes and get to take their creations home to enjoy with the entire family!

Location: McBean Pavilion Kitchen

Boo Bakers

Calling all bakers and future bakers! Join us for a Spooktacular baking extravaganza featuring all things Halloween. Each baker will learn to bake 2 to 3 festive treats from scratch along with supervised utilization of kitchen equipment. Participants will get to taste and take home their delicious creations along with some new skills.

Ages: 5 to 12

Saturday • 9:00 AM to 12:00 PM
YE3.23.113 • 10/28 • \$40/\$45NR



Sweets for Santa

Santa Claus is coming to town and that means he's going to need some treats! Come learn to bake all things holiday while picking up or mastering your baking skills. Each baker will get to bake 2 to 3 holiday treats from scratch along with learning basic kitchen etiquette, skills, and techniques. Participants will also get to taste their creations and take home to share with the entire family!

Ages: 5 to 12

Saturday • 9:00 AM to 12:00 PM
YE3.23.114 • 12/9 • \$40/\$45NR



TAMRALOO STUDIOS



Bel Canto

Tamraloo's 6-8 year old ensemble voice class will introduce your student to healthy vocal technique, proper breathing, appropriate singing posture, performance etiquette and more! Vocalists will work as a group, using sheet music, and will perform for parents at the end of the semester.

Location: Tamraloo Studios, 578 E Street

Ages: 6 to 8

Thursdays • 3:30 PM to 4:30 PM
YE3.23.109 • 8/24 to 11/30 • \$300/\$305NR
*No class 11/23



CHEER AND DANCE

1,2,3 come cheer with Sydney and Rylee!!! LHS Cheer Captain Rylee and LHS Cheerleader Sydney have teamed up to create a cheer and dance class for your cheerleader(s) or future cheerleader(s)! This class focuses on basic to intermediate cheer techniques and skills. Students will be taught cheers, dances and tumbling sequences along with stunting. Learn how to become a cheerleader or brush up on existing cheer skills with official Lincoln Zebra Cheerleaders!

Location: McBean Gazebo

Ages: 4 to 14

Sundays • 1:00 PM to 3:00 PM
YF3.23.149 • 10/1 to 10/22 • \$100/\$105
YF3.23.150 • 11/5 to 12/3 • \$100/\$105



register online

Scan the QR code or visit www.lincolnrec.net



YOUTH PROGRAMS

GOOD SPORT U

The City of Lincoln's Recreation Department and Good Sport U are teaming up to offer a unique youth basketball program this Winter that will provide your young player(s) the opportunity to play basketball in a fun and positive learning environment. Each clinic will have fun, easy to learn instruction that will develop your son and/or daughters' knowledge, skills and love of the game. Some parental participation is requested.

Location: Twelve Bridges Elementary Multi-Purpose Room

Hoop Improvement

Ages: 5 to 8

Wednesday • 6:10 PM to 7:05 PM

YF3.23.126 • 11/1 to 12/6 • \$75/\$80NR

***No Class 11/22**

Ages: 9 to 12

Wednesday • 7:10 PM to 8:05 PM

YF3.23.128 • 11/1 to 12/6 • \$75/\$80NR

***No Class 11/22**



SKYHAWKS



Skyhawks Sports Academy's traditional offerings include 12 different program types. Serving ages 4 to 14, these programs feature skill-based sports instruction with a focus on teaching life skills through sports.



Tennis is Back!

Grab your tennis racket and get ready to play! Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Skyhawks' tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Location: Robert Jimenez Tennis Courts

Ages: 6 to 8

Tuesdays • 3:30 PM to 4:30 PM

YF3.23.100 • 9/26 to 10/24 • \$95/\$100 NR

YF3.23.102 • 11/7 to 12/12 • \$95/\$100 NR

***No class 11/21**

Ages: 9 to 12

Tuesdays • 4:45 PM to 5:45 PM

YF3.23.101 • 9/26 to 10/24 • \$95/\$100 NR

Tuesdays • 4:35 PM to 5:35 PM

YF3.23.103 • 11/7 to 12/12 • \$95/\$100 NR

***No class 11/21**



ART WITH KALINA



Location: Lincoln Community Center

Spooktacular Art with Kalina

Artist and Kids Kamp Counselor, Kalina, will be teaching young artists different techniques while creating Halloween masterpieces. Each artist will get to take home their spooky creations to use as decor, give as a gift or share with the entire family!

Ages: 5 to 12

Saturday • 9:00 AM to 12:00 PM

YE3.23.102 • 10/28 • \$40/\$45 NR

Kalina's Christmas Creations

Tis' the season! Artist and Kids Kamp Counselor, Kalina, will be teaching young artists different techniques while spreading holiday cheer. Listen to festive music while creating the perfect gifts for friends and family! Each artist will get to take home their joyous creations to give as gifts, use as decor or share with the entire family! The best gifts are handmade! Happy Holidays!

Ages: 5 to 12

Saturday • 9:00 AM to 12:00 PM

YE3.23.103 • 12/9 • \$40/\$45 NR



LINCOLN KUK SOOL WON



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.

Startup fee for NEW PARTICIPANTS \$100 which includes uniform, LKSW tee-shirt, belt instruction handout plus CD & WKSA membership. Instructor will coordinate.

Location: Lincoln Community Center Classroom

Turtle Tots

Ages: 3 to 5

Tuesdays • 5:30 PM to 6:00 PM

YF3.23.120 • 9/26 to 10/31 • \$72/\$77NR

YF3.23.121 • 11/7 to 12/12 • \$72/\$77NR

Dragons

Ages: 5 to 6

Wednesdays • 5:30 PM to 6:00 PM

YF3.23.135 • 9/27 to 11/1 • \$90/\$95NR

YF3.23.127 • 11/8 to 12/13 • \$90/\$95NR

***No class 11/22**



Juniors 1

Ages: 6 to 12

Mondays and Wednesdays • 6:00 PM to 7:00 PM

YF3.23.113 • 9/25 to 11/1 • \$110/\$115NR

YF3.23.114 • 11/6 to 12/13 • \$110/\$115NR

***No class 11/22**

Juniors 2 / Adults

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this program you will develop strength, quickness, balance, timing, flexibility and coordination while improving your concentration, self-discipline and self-control. This class is for adults as well as a step up from Juniors 1.



Ages: 7 and up

Tuesdays and Thursdays • 6:00 PM to 7:00 PM

YF3.23.123 • 9/26 to 11/2 • \$110/\$115NR

YF3.23.124 • 11/7 to 12/14 • \$110/\$115NR

***No class 11/23**

Advanced Black Belt

In this class students will learn advanced techniques, forms that are in preparation for second degree as well as many forms that have been handed down to students over the years. This class will also focus on weapons such as archery, sword, staff, short staff, throwing knives and much more.

Ages: 10 and up

Mondays • 7:00 PM to 8:00 PM

YF3.23.117 • 9/25 to 10/30 • \$110/\$115NR

YF3.23.118 • 11/6 to 12/11 • \$110/\$115NR

register online

Scan the QR code or visit www.lincolnrec.net



VISION SOCCER

Join Futsal Factory and Vision Soccer for action packed classes, designed to help players learn and develop all of the key skills required to be a successful Futsal and soccer player.

Location: Foskett Regional Park

Kinder Kickers

Vision Soccer's curriculum uses fun games and activities to broadly introduce soccer concepts, team sports, and teach core soccer skills. Participants will use their hands as well as their feet to learn these concepts. As this is an introduction to the sport, there is no special skills, knowledge or equipment needed.



Ages: 4 to 5
Mondays • 5:00 PM to 5:45 PM
YF3.23.623 • 9/11 to 10/2 • \$75/\$80NR
YF3.23.624 • 10/16 to 11/6 • \$75/\$80NR



Juniors

The Juniors program uses activities to introduce and refine core soccer skills. More attention is focused on skill development and precision than in the Kinder Kickers program. While still considered an introductory session to soccer, no special skills or knowledge are needed.

Ages: 6 to 8
Mondays • 5:50 PM to 6:35 PM
YF3.23.628 • 9/11 to 10/2 • \$75/\$80NR
YF3.23.629 • 10/16 to 11/6 • \$75/\$80NR



Striker Clinic

This clinic focuses on one of the most fun and important parts of the game - SCORING GOALS! Each session participants will work on improving their individual goal scoring ability through a variety of games and activities which help players improve their striking technique and develop familiarity with various game related goal scoring scenarios. Players of all skills levels are welcome to participate in the clinic although it is aimed towards recreational and less experienced competitive players.

Location: Foskett Regional Park

Ages: 8 to 11
Mondays • 6:40 PM to 7:30 PM
YF3.23.133 • 9/11 to 10/2 • \$79/\$84NR
YF3.23.134 • 10/16 to 11/6 • \$79/\$84NR

FUTSAL FACTORY

Location: Foskett Ranch Elementary Gym

Kinder Kickers

Ages: 3 to 5
Sundays • 1:45 PM to 2:30 PM
YF3.23.602 • 11/12 to 12/10 • \$75/\$80NR
*No class 11/26



Juniors

Ages: 6 to 8
Sundays • 2:35 PM to 3:20 PM
YF3.23.604 • 11/12 to 12/10 • \$75/\$80NR
*No class 11/26

Cadets

Ages: 8 to 10
Sundays • 3:25 PM to 4:15 PM
YF3.23.609 • 11/12 to 12/10 • \$79/\$84NR
*No class 11/26



register online

Scan the QR code or visit www.lincolnrec.net



YOUTH PROGRAMS

BABYSITTING FOR BEGINNERS - WORKSHOP

Learn the skills needed to be a trusted and responsible babysitter! Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, snack and dress to move!

Students will earn a certificate of completion.

Location: Lincoln Community Center

Ages: 10 to 16
Saturday • 10:00 AM to 2:00 PM
TN3.23.100 • 11/4 • \$89/\$94NR



HEY, LET'S CROCHET

Crocheter and Kids Kamp Counselor, Belle, will be teaching young or future crocheters different techniques. Each participant will be taught to make pieces that match their skill level. Students can keep what they create for themselves or give as a gift just in time for the holidays!

Location: Lincoln Community Center

Ages: 10 and up
Saturdays • 10:00 AM to 11:00 AM
YE3.23.106 • 9/2 to 10/14 • \$70/\$75 NR



VOLUNTEER WITH LINCOLN RECREATION

AGES: 14 & UP

The Recreation Department offers different opportunities for volunteering. Check out the programs you can participate in to make a difference in our community.

For more information and volunteer applications scan the QR code.



ONLINE DRIVERS EDUCATION COURSE

ECONOMIC DRIVING SCHOOL

Economic Driving School

This state required Online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, quizzes, and practice tests will prepare the student to pass the permit test at the Department of Motor Vehicles.

The course is very easy to use! Simply log into the website, enroll, and you can begin learning and achieving your goals immediately.

For more information about the course and to register go to <https://www.economicdrivingschool.com/online/> or scan the QR code.

Instructions to register:

Under "how did you hear about us?" enter the code "3223"

To receive 40% off the course enter the promo code "1978"



Visit Website

<https://www.economicdrivingschool.com/online/>

The cost of the course is \$68.50, however, with the above discount it comes to \$41.10!



TEEN PROGRAMS

SHINE DANCE FITNESS



SHINE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHINE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

Location: Lincoln Community Center

Ages: 13 and up

Tuesdays and Thursdays • 4:15 PM to 5:15 PM

AF3.23.100 • 9/5 to 10/5 • \$70/\$75NR

AF3.23.101 • 10/10 to 11/9 • \$70/\$75NR

***No class 10/31**

AF3.23.102 • 11/14 to 12/19 • \$70/\$75NR

***No class 11/21 and 11/23**



BABYSITTING FOR BEGINNERS - WORKSHOP

Learn the skills needed to be a trusted and responsible babysitter! Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, snack and dress to move!

Students will earn a certificate of completion.

Location: Lincoln Community Center

Ages: 10 to 16

Saturday • 10:00 AM to 2:00 PM

TN3.23.100 • 11/4 • \$89/\$94NR



TAEKWONDO for Teens



Teenagers are smart and capable – but they can also be their own worst enemies. Between peer pressure, their innate urge to rebel against their parents, and their surging hormones, they can be impossible to be around. But all they need is an outlet for their frustrations – and an opportunity to learn how to be their best. Includes semiprivate introductory lesson. Official Taekwondo Uniform (over \$50 value) FREE with registration!

Location: Lincoln Family Taekwondo, 615 5th Street

Ages: 13 and up

Mondays and Wednesdays • 8:00 PM to 8:40 PM

YF3.23.142 • 9/11 to 9/20 • \$60/\$65NR

YF3.23.143 • 10/9 to 10/18 • \$60/\$65NR

YF3.23.144 • 11/6 to 11/15 • \$60/\$65NR



TAMRALOO STUDIOS



Lincoln Lyrics

Building on foundations learned in Bel Canto, Tamraloo's 9 to 14 ensemble voice class introduces solo singing and sight reading to your vocalist in a group setting. Vocalists will learn a variety of genres and perform for parents at the end of the semester

Location: Tamraloo Studios, 578 E Street

Ages: 9 to 14

Thursdays • 4:00 PM to 5:00 PM

YE3.23.108 • 8/24 to 11/30 • \$300/\$305NR

***No class 11/23**



register online

Scan the QR code or visit www.lincolnrec.net



LINCOLN KUK SOOL WON

Juniors 2 / Adults

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this program you will develop strength, quickness, balance, timing, flexibility and coordination while improving your concentration, self-discipline and self-control. This class is for adults as well as a step up from Juniors 1.

Startup fee for NEW PARTICIPANTS \$100 which includes uniform, LKSW tee-shirt, belt instruction handout plus CD & WKSA membership. Instructor will coordinate.

Location: Lincoln Community Center

Ages: 7 and up

Tuesdays and Thursdays • 6:00 PM to 7:00 PM

YF3.23.123 • 9/26 to 11/2 • \$110/\$115NR

YF3.23.124 • 11/7 to 12/14 • \$110/\$115NR

***No Class 11/23**



Advanced Black Belt

In this class students will learn advanced techniques, forms that are in preparation for second degree as well as many forms that have been handed down to students over the years. This class will also focus on weapons such as archery, sword, staff, short staff, throwing knives and much more.

Ages: 10 and up

Mondays • 7:00 PM to 8:00 PM

YF3.23.117 • 9/25 to 10/30 • \$110/\$115NR

YF3.23.118 • 11/6 to 12/11 • \$110/\$115NR

NAofA NATIONAL ACADEMY OF ATHLETICS



Thanksgiving Break Basketball Camp

This 3-day ball handling and shooting camps is designed to make kids more confident players. Drills include ball handling, passing, shooting, offense, defense, footwork, movement skills, and layups. Skill based challenges will be combined with games and other small sided competitions.

Location: Lincoln Crossing Elementary Multi-Purpose Room

Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM

YF3.23.130 • 11/20 to 11/22 • \$188/\$193

Winter Holiday Break Basketball Camp

Location: Lincoln Community Center Gym

Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM

YF3.23.131 • 12/18 to 12/20 • \$188/\$193

Pickleball Club

Pickleball helps kids learn hand-eye coordination, agility and balance, and provides social interaction in a team setting. Each day participants are taught the fundamentals of serving and receiving the ball, volleying, dinking, positioning, and scoring.

Location: McBean Basketball Courts

Ages: 7 to 13

Sundays • 11:15 AM to 12:15 PM

YF3.23.214 • 9/10 to 10/1 • \$78/\$83NR

YF3.23.215 • 10/15 to 11/5 • \$78/\$83NR

YF3.23.216 • 11/19 to 12/17 • \$78/\$83NR



CHEER AND DANCE

LHS Cheer Captain, Rylee, and LHS Cheerleader, Sydney, have teamed up to create a cheer and dance class for your cheerleader or future cheerleader! This class focuses on basic to intermediate cheer techniques and skills. Students will be taught cheers, dance and tumbling sequences along with stunting. Learn how to become a cheerleader or brush up on existing cheer skills with official Lincoln Zebra Cheerleaders!

Location: McBean Park Gazebo

Ages: 4 to 14

Sunday • 1:00 PM to 3:00 PM

YF3.23.149 • 10/1 to 10/22 • \$100/\$105

YF3.23.150 • 11/5 to 12/3 • \$100/\$105



ADULT PROGRAMS

LINCOLN KUK SOOL WON



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.

Startup fee for NEW PARTICIPANTS \$100 which includes uniform, LKSW tee-shirt, belt instruction handout plus CD & WKSA membership. Instructor will coordinate.

Location: Lincoln Community Center Classroom

Juniors 2 / Adults

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this program you will develop strength, quickness, balance, timing, flexibility and coordination while improving your concentration, self-discipline and self-control. This class is for adults as well as a step up from Juniors 1.

Ages: 7 and up
Tuesdays and Thursdays • 6:00 PM to 7:00 PM
YF3.23.123 • 9/26 to 11/2 • \$110/\$115NR
YF3.23.124 • 11/7 to 12/12 • \$110/\$115NR
*No Class 11/23

Advanced Black Belt

In this class students will learn advanced techniques, forms that are in preparation for second degree as well as many forms that have been handed down to students over the years. This class will also focus on weapons such as archery, sword, staff, short staff, throwing knives and much more.

Ages: 10 and up
Mondays • 7:00 PM to 8:00 PM
YF3.23.117 • 9/25 to 10/30 • \$110/\$115NR
YF3.23.118 • 11/6 to 12/11 • \$110/\$115NR



SHiNE DANCE FITNESS

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

Location: Lincoln Community Center Classroom

Ages: 13 and up
Tuesdays and Thursdays • 4:15 PM to 5:15 PM
AF3.23.100 • 9/5 to 10/5 • \$70/\$75NR
AF3.23.101 • 10/10 to 11/9 • \$70/\$75NR
*No class 10/31

AF3.23.102 • 11/14 to 12/19 • \$70/\$75NR
*No class 11/21 and 11/23

SHiNE
DANCE FITNESS™



TAEKWONDO for Adults

LFTKD
LINCOLN FAMILY TAEKWONDO

Studying martial arts is something that anybody – at any age or fitness level – can do. Martial arts classes are fun, empowering, and provide a great workout for adults. Whether you want to defend yourself, lose weight, or just have fun, our adult martial arts classes have something to offer. Includes semiprivate introductory lesson. Official Taekwondo uniform (over \$50 value) FREE with registration!

Location: Lincoln Family Taekwondo, 615 5th Street

Ages: 18 and up
Mondays and Wednesdays • 8:00 PM to 8:40 PM
YF3.23.145 • 9/11 to 9/20 • \$60/\$65NR
YF3.23.147 • 10/9 to 10/18 • \$60/\$65NR
YF3.23.148 • 11/6 to 11/15 • \$60/\$55NR

SENIOR PROGRAMS

WATER FITNESS

Take advantage of the water's natural resistance in a low impact environment. This class is a combination of shallow and deep-water aerobics and suitable for all fitness levels

Location: McBean Pool

Ages: 14 and up
Mondays and Wednesday • 6:30PM to 7:15PM
10 Punch Pass
AQ23.213 • 9/6 to 10/25 • \$50/\$55NR
20 Punch Pass
AQ23.214 • 9/6 to 10/25 • \$90/\$95NR
\$5 Drop In



LAP SWIM

Participants may swim laps, water walk, or exercise at their own pace. Kick-boards, pullbuoys and noodles are available upon request

Ages: 14 and up
Tuesdays and Thursdays • 9/5 to 10/26 • 6:30 PM to 7:30 PM
\$5 Drop in

WATER AEROBICS

Participants may swim laps, water walk, or exercise at their own pace. Kick-boards, pullbuoys and noodles are available upon request.

Ages: 14 and up
Mondays and Wednesdays • 9/6 to 10/25 • 6:30 PM to 7:15 PM
\$5 Drop In

BRIDGE GROUP



Looking for a fun way to spend your time and socialize? Millions of people play bridge worldwide in clubs, tournaments, at home, online or with friends, making it one of the most popular card games, particularly among seniors. Come learn and play this trick-taking card game!

Location: Lincoln Community Center

Fourth Monday of every month Sept.- Nov. • 1:00 PM to 4:00 PM
\$5 Per Table

DIGITAL LIBRARY TRAINING FOR SENIORS

We offer eBooks, eAudiobooks, and streaming TV, music, movies and more. Our Digital Library is open 24/7, and free with your library card. Need help getting started? Check our Digital Library Training for Seniors - it's designed for seniors, but it's great for anyone who needs step-by-step instructions on getting started. Visit Digital Library - City of Lincoln (lincolnca.gov)

MEALS ON WHEELS

Meals on Wheels is the nation's oldest and largest community-based senior nutrition organization and supports the more than 5,000 senior nutrition programs across the country dedicated to addressing senior hunger and isolation.

Location: Lincoln Senior Center, 391 H Street

Monday thru Friday • 11:30 AM to 1:00 PM

SENIOR BINGO



B-I-N-G-O!!! Calling all Senior Bingo Lovers. Join the Lincoln Senior Center the second Tuesday of every month for FREE Bingo with refreshments and prizes! Hope to see you there.

Location: Lincoln Senior Center, 391 H Street

Second Tuesday of every month • 1:00 PM to 3:00 PM

MEDICARE 101 WORKSHOP

If you are a senior and have questions about Medicare, don't know where to start or need to be pointed in the right direction, this is the workshop for you! Learn if you are eligible, enrollment periods, understand your options, and gain helpful tools/resources. This is a FREE program held for seniors once per month. Please call Medicare advocate Christy Li-Brennan at 916-292-8685 to register for workshop.

Location: Lincoln Community Center

9/18, 10/17 and 11/14 • 1:00 PM to 3:00 PM

register online

Scan the QR code or visit www.lincolnrec.net



5.

FALL MOVIES UNDER THE STARS



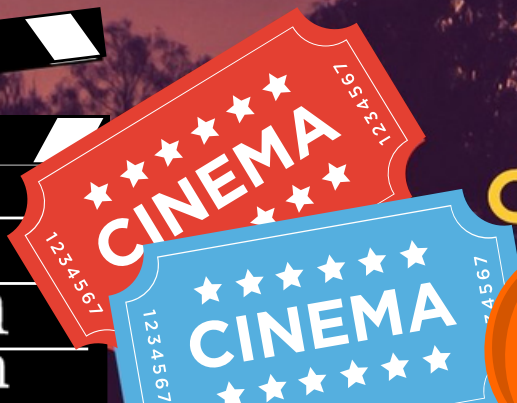
Sept 8th
McBean
Park



Sept 29th
Twelve
Bridges Park

Bring a blanket, chairs & family for a night of fun
Refreshments available for purchase
Movies start at dusk
Movies shown on Rocket TV Jumbotron


City of
Lincoln
Recreation





CONVERSATION CLUB

Conversation Club is a fun, relaxed place for adults learning English to practice their speaking skills. Participants get to learn about mainstream American culture, share cultural traditions and make new friends! Perfect for all English language learners 16 or older, no matter what your first language is or how fluent you are in English.

Age: 16 and up

When: Tuesdays • 9/19 to 12/19 • 10:00 AM to 11:30 AM

Where: Twelve Bridges Library – Fir Room



Conversation Club is connected to the Library's Adult and Family Literacy program. This program helps adults with introductory English skills to improve in reading, writing, and math. If you're taking part in Conversation Club, you can almost certainly join Adult Literacy. Learn more about Literacy Services on the Library's website.

HOMEWORK HELP

Our Homework Center provides a quiet, focused space for students to complete their homework. Trained homework coaches provide help with assignments. Some Western Placer Unified School District textbooks are provided in the Homework Center. Adults and caregivers do not need to attend this program with their student. The Homework Center closes during Western Placer Unified School District closures.

Grades: 1st - 8th

When: Mondays and Tuesdays • 2:45 PM to 4:45 PM • September through May

Where: Homework Center



FAMILY STORYTIME

Bring the whole family to storytime at the library! This event features themed books, as well as movements and songs. Readers will also share helpful tips to make the most of your storytime at home.

For All Ages - Adults must stay for program

When: Mondays and Wednesdays • 3:30 PM to 4:00 PM

Where: Twelve Bridges Library



LIBRARY

TWELVE BRIDGES LIBRARY

READ TO A DOG

Did you know children are less hesitant reading out loud to a dog than their peers? At Read to a Dog, each child has the chance to read out loud to a friendly and quiet therapy dog from Lend a Heart, Lend a Hand Animal-Assisted Therapy Group.



Ages: 5 and up - adults must stay for program

When: Third Saturday of each month • 3:00 PM to 4:00 PM

- Participants sign up with staff to read for a five-minute session to a dog.
- Sign-ups begin at 3:00 PM on the day of the program.

Where: Twelve Bridges Library – Homework Center

FAMILY MOVIE NIGHT



Join us for FREE Family Movie Night at the Lincoln Public Library! Doors open at 5:00 PM, and the movie starts at 5:30 PM. We look forward to seeing you here! Seating is available, but families are welcome to bring pillows, blankets, and snacks as well. Popcorn, soda, juice, and water are available for 50 cents each. Adults must accompany their child. Family Movie Night is sponsored by the Friends of the Library and the Lincoln Host Lions Club. For All Ages - adults must stay for program

When: Third Saturday of each month • September through November • 5:30 PM to 8:00 PM

Explore everything your library card gives you!



Read anyway you like. Printed books, magazines, newspapers, and e-books and audiobooks.



Listen at home or on the go. Music and books to stream or download.



Get online and get going. Computers to use as well as free wifi.



Watch movies, TV series, and more. Borrow DVDs and videos to stream or download.

There's even more to explore with your library card:

- Online programming, databases and research materials
- Expert reading recommendations
- Internet access and computers to use

LEARN something new 24/7. Digital resources are ready when you are.

BORROW instead of buy. Save money on your favorite books, movies and media.

ENTERTAIN yourself and your family. Check out the library's programming!

Sign up
online today:
(or just find out more)



485 Twelve Bridges Drive
(916) 434-2410

For current hours, programs, and events, please check the Library's website, Instagram, or Facebook page:



www.lincolnca.gov



@libatlincoln



Library at Lincoln



library@lincolnca.gov

Our digital branch is always open! Our e-books and online databases are available to you 24/7!

LINCOLN REC SPORTS

YOUTH LEAGUES

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, 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 for Lincoln Rec! Player evaluations will be held for all boys and girls 3rd grade and higher, followed by a draft.



Register online at www.lincolnrecsports.com

*Early Registration: August 1 to August 27 - \$120

*Regular Registration: August 28 to October 22 - \$130

*Late Registration: October 23 to November 6 - \$140

*After 11/6: In Office ONLY- \$150

LOCATION: LINCOLN COMMUNITY CENTER GYM

TIMES VARY DEPENDING ON ASSIGNED TEAM

TEAMS ANNOUNCED FRIDAY, DECEMBER 1

AGES: 1ST TO 8TH GRADE

PRACTICES BEGIN: MONDAY, DECEMBER 11

GAMES BEGIN: SATURDAY, JANUARY 6 - SATURDAY, FEBRUARY 24



LINCOLN YOUTH FLAG FOOTBALL

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



Register online at www.lincolnrecsports.com

*Early Registration: December 4 to January 7 - \$120

*Regular Registration: January 8 to February 18 - \$130

*Late Registration: February 19 to March 1 - \$140

LOCATION: FOSKETT REGIONAL PARK

AGES: 1ST TO 8TH GRADE

TIMES VARY DEPENDING ON ASSIGNED TEAM

PRACTICES BEGIN: MONDAY, MARCH 11

GAMES BEGIN: FRIDAY, MARCH 22 OR FRIDAY, APRIL 5



LINCOLN YOUTH VOLLEYBALL

The Lincoln Youth Volleyball league is for all 3rd-8th grade girls and boys of all experience levels! Participants will develop key fundamental skills, teambuilding and to encouragement to participate in Volleyball for years to come. Come play in this fast paced 8 game league with weekly practices and scheduled matches on Sunday afternoons.



Register online at www.lincolnrecsports.com

*Early Registration: December 4 to January 7 - \$110

*Regular Registration: January 8 to February 11 - \$120

*Late Registration: February 12 to February 25 - \$130

LOCATION: COMMUNITY CENTER GYM

AGES: 3RD TO 8TH GRADE

TIMES VARY DEPENDING ON ASSIGNED TEAM

PRACTICES BEGIN: MONDAY, MARCH 4

GAMES BEGIN: SUNDAY, MARCH 17 OR SUNDAY, MARCH 24





LINCOLN REC SPORTS

ADULT LEAGUES

REGISTRATION DATES:

EARLY: 7/17 to 7/30 • REGULAR: 7/31 to 9/17 • LATE: 9/18 to 9/24

ADULT SOFTBALL - FALL

The City of Lincoln offers men's and co-ed softball leagues each spring, summer & fall with all games being played at the Eleanor Carnesecca Softball Complex at Foskett Regional Park. Your team registration fee includes 1 umpire, scorekeeper, 3 regular season games, playoffs for all teams in each division, and prizes valued at \$100 for each division champion. Depending on the number of teams to register, each league will be divided based on skill level to form divisions consisting of 8 to 9 teams. ASA rules govern play.

4 GAMES GUARANTEED

Women's

Start: 10/2
Mondays
Early: \$280 | Regular: \$300 | Late: \$320
Foskett Regional Park

Co-ed

Start: 10/3
Tuesdays
Early: \$280 | Regular: \$300 | Late: \$320
Foskett Regional Park

Men's

Start: 10/5
Thursdays
Early: \$280 | Regular: \$300 | Late: \$320
Foskett Regional Park

REGISTRATION DATES:

EARLY: 1/2 to 1/28 • REGULAR: 1/29 to 2/25 • LATE: 2/26 to 3/3

ADULT SOFTBALL - SPRING

The City of Lincoln offers men's and co-ed softball leagues each spring, summer & fall with all games being played at the Eleanor Carnesecca Softball Complex at Foskett Regional Park. Your team registration fee includes 1 umpire, scorekeeper, 8 regular season games, playoffs for the top 4 teams in each division, and prizes valued at \$200 for each division champion. Depending on the number of teams to register, each league will be divided based on skill level to form divisions consisting of 4 to 9 teams. ASA rules govern play.

8- GAME SEASON + 1 WEEK OF PLAYOFFS

Women's

Start: 3/11
Mondays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park

Co-ed

Start: 3/12
Tuesdays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park

Men's

Start: 3/14
Thursdays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park



FREE AGENT REGISTRATION

New to Lincoln or short players for your own team? Take advantage of our Free Agent program. Those looking for a team may sign up as a free agent to be added to our free agent list. The free agent list with your name and contact information will be distributed to all team captains prior to the start of the season and is available throughout the year as a download on our league website. Those looking for players to fill their team roster may use the free agent list as a recruiting tool at any time.

FREE AGENT registration is only taken online. Visit our league website at: www.LincolnRecSports.com or scan the QR code.

TEAM REGISTRATION TAKEN ONLINE AT LEAGUE WEBSITE

OR

AT THE LINCOLN RECREATION OFFICE: 2010 FIRST STREET, LINCOLN, CA 95648



FACILITY RENTALS



For more information, pricing and to download an application, scan the QR code or visit:

www.lincolncalifornia.gov/city-hall/departments-divisions/parks-recreation/facilities

McBean Pavilion

65 McBean Park Drive, Lincoln CA 95648

McBean Pavilion is the perfect rental space to host your next celebration, party or event. This remodeled 6,720 square foot facility can accommodate up to 350 people. The Pavilion is ideal for weddings and parties with its kitchen, one dry and one wet bar, and built-in stage. This venue also includes a private, gated courtyard with an attached barbeque.

To reserve the McBean Pavilion:

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available you will have 14 days to submit your rental application and damage/cleaning deposit.



COVERED PICNIC AREA RENTALS

Looking for a shady area to gather? The City of Lincoln has many covered picnic areas within our parks. In most parks they are claimed on a first come, first served basis; however, there are two parks where you can reserve your spot under one of our covered picnic areas.

Parks with rentable picnic areas:

- Markham Park
- Nathan Dubin Park

To reserve a Covered Picnic Area:

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available an application will be sent to you. Review, complete and submit the application and necessary fees.



BOUNCE HOUSE PERMITS

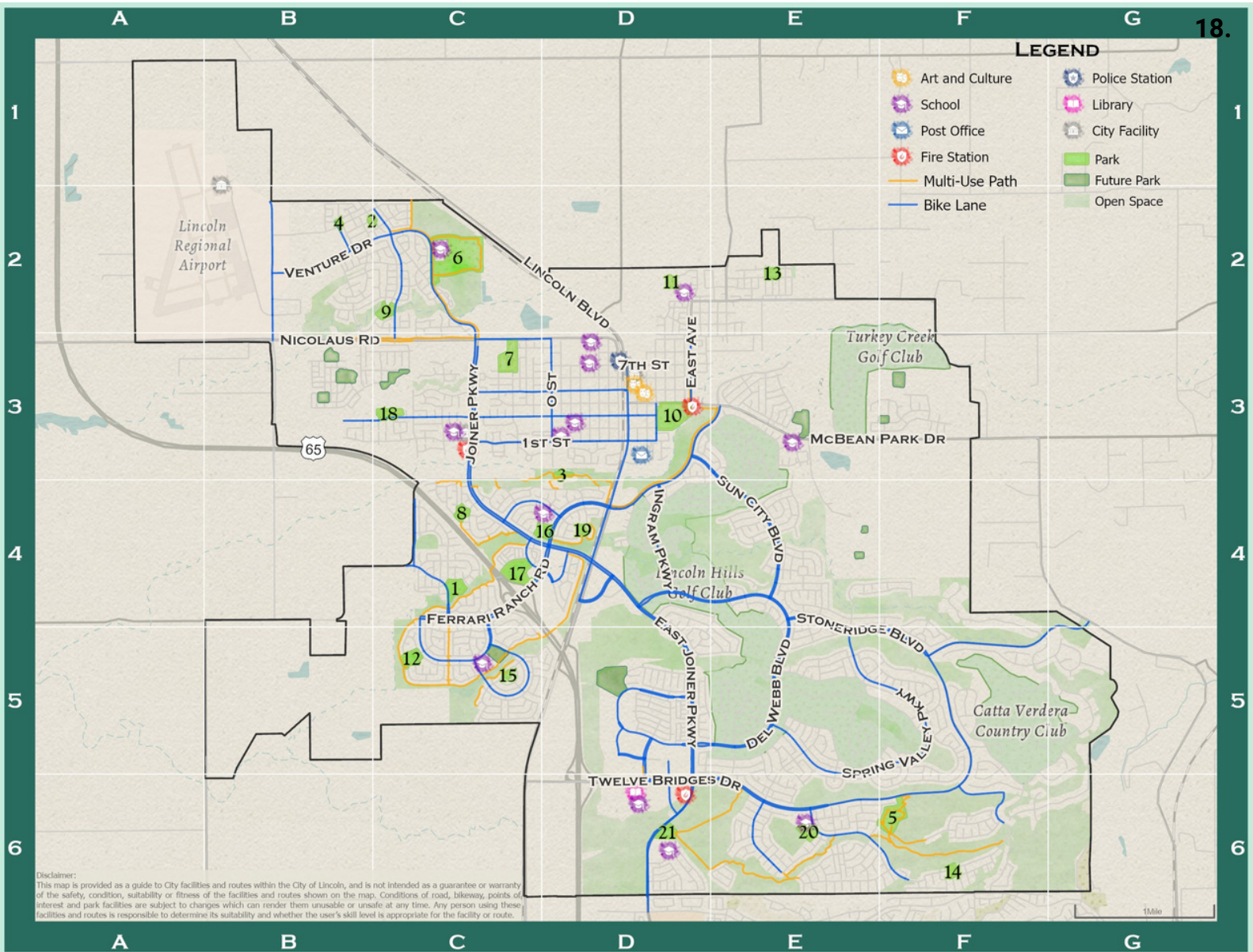
Want to add a bounce house to your party or event at one of Lincoln's parks? Don't forget to get your permit! Secure your bounce house rental with a City of Lincoln approved vendor. If you have a company in mind who is not on our list, they will need to become an approved vendor before a permit is issued.

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available an application will be sent to you. Review, complete and submit the application and necessary fees.

Bounce houses are permitted at the following parks:

Brown Park | Foskett Regional Park | Joiner Park
Machado Park | Markham Park | McBean Park
Nathan Dubin Park | Palo Verde Park
Pete Demas Park | Peter Singer Park
Scheiber Park | Sheffield Park | Twelve Bridges Park





PARK MAINTENANCE

For maintenance concerns during regular work hours call Public Services at 916-434-2450 Monday thru Friday 8am-5pm.

For immediate needs regarding maintenance or repair during non-business hours (Monday thru Friday 5pm-8am) and weekends, call the City's Police Department at 916-645-4040.

Alternatively, email Public Services at publicservices@lincolncanva.gov. Please allow the next regular business day for response.



| | Soccer/Basketball | Soccer | Basketball | Horseshoe | Pits | Grill | Dog Park | Restrooms | Playground | Trail Access | Pickleball | Fitness Kiosk | Picnic Area | Water Feature | Parking Lot | Map Area |
|-------------------------|-------------------|--------|------------|-----------|------|-------|----------|-----------|------------|--------------|------------|---------------|-------------|---------------|-------------|----------|
| 1 Aitken Ranch Park | | | | | | | | | | | | | | | | C4 |
| 2 Atkinson Park | | | | | | | | | | | | | | | | C5 |
| 3 Auburn Ravine Park | | | | | | | | | | | | | | | | D3 |
| 4 Brown Park | | | | | | | | | | | | | | | | B2 |
| 5 Coyote Pond Park | | | | | | | | | | | | | | | | F6 |
| 6 Foscett Regional Park | | | | | | | | | | | | | | | | C2 |
| 7 Joiner Park | | | | | | | | | | | | | | | | C3 |
| 8 Machado Park | | | | | | | | | | | | | | | | C4 |
| 9 Markham Park | | | | | | | | | | | | | | | | B2 |
| 10 McBean Park | | | | | | | | | | | | | | | | D3 |
| 11 Meadowlands Park | | | | | | | | | | | | | | | | D2 |
| 12 Nathan Dubin Park | | | | | | | | | | | | | | | | C5 |
| 13 Palo Verde Park | | | | | | | | | | | | | | | | E2 |
| 14 Pasillas Park | | | | | | | | | | | | | | | | F6 |
| 15 Pete Demas Park | | | | | | | | | | | | | | | | C5 |
| 16 Peter Singer Park | | | | | | | | | | | | | | | | C4 |
| 17 Robert Jimenez Park | | | | | | | | | | | | | | | | C4 |
| 18 Scheiber Park | | | | | | | | | | | | | | | | B3 |
| 19 Sheffield Park | | | | | | | | | | | | | | | | D4 |
| 20 Twelve Bridges Park | | | | | | | | | | | | | | | | E6 |
| 21 Wilson Park | | | | | | | | | | | | | | | | D6 |



FACILITY RENTALS

The City of Lincoln has a number of City-owned facilities available for hosting your event.

The following locations can be reserved:

- Beermann Plaza
- Civic Auditorium
- Community Center
- McBean Park BBQ Area
- McBean Park Pavilion
- McBean Pool

For more information visit www.lincolncanva.gov/en/parks-recreation-and-activities/rent-a-facility.aspx or call 916-434 -3220.



Huffin' for the Stuffin'
Turkey Trot
2023

Thanksgiving Day
Twelve Bridges Park

Registration Opens Sept 25th @ [Runsignup.com](https://runsignup.com)

