AMERICA'S HOMETOWN

lincoln, ca



FALL 2022 RECREATION GUIDE

City of Lincoln Recreation

Floating Pumpkin Patch

Swim on in and pick a pumpkin

&

Take it to the decorating station for festive fun!

$15 per pumpkin

McBean Pool October 29th 2-5pm

Space is limited register early







City of Lincoln RECREATION

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City of Lincoln Recreation

@LINCOLNRECREATION

LINCOLN RECREATION

Parks Make Life Better!®

REGISTRATION

Online

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

You can register for youth sport leagues at www.lincolnyouthsports.com

You can register for adult sport leagues 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 2022:

- New Year's Day, 1/1
- MLK Day, 1/17
- Presidents Day, 2/21
- Memorial Day, 5/30
- 4th of July, 7/4
- Labor Day, 9/5
- Veterans Day, 11/11
- Thanksgiving and Friday following, 11/24 & 11/25
- Closed for Christmas from 12/24/22-1/2/23

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

@LYSPORTS

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-serve 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

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

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.

Parks Make Life Better!®

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









AQUATICS

McBean Memorial Pool
61 McBean Park Drive, Lincoln, CA 95648
916-434-3230

Drop-In Programs

Drop-In admission fees apply to Recreation Swim, Family Swim, Water Fitness and Lap Swim. Season passes available for Recreation Swim and Family Swim only.

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



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

9/7 to 10/26 • Mondays and Wednesdays • 6:30 PM to 7:15 PM

LAP SWIM

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

Ages: 16 and over

9/6 to 10/27 • Tuesdays and Thursdays • 6:30 PM to 7:30 PM

Swim Team

LINCOLN LIGHTNING – AGES 6 TO 18

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

LIGHTNING BUGS – AGES 4 TO 16

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 in late October. Placement on the team is based on skill level as determined by a mandatory tryout/evaluation and space availability.

Evaluation/Tryout Dates & Times
8/23, 8/24 & 8/25 | 3:30 PM to 5:00 PM
8/27 | 9:00 AM to 11:00 AM

Registration Deadline
Friday, 9/2

Practice Dates & Times
Monday through Thursday | 9/12 to 10/27
- Ages 4 - 8 | 3:30 PM to 4:10 PM
- Ages 9 - 11 | 4:20 PM to 5:10 PM
- Ages 12 & up | 5:20 PM to 6:20 PM

Swim Meet Dates & Times
10/8 and 10/29 | 9:00 AM to 12:00 PM









YOUTH PROGRAMS
Youth Enrichment Classes

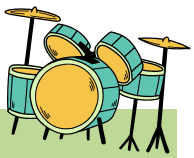
Rockstar Music Academy

Rockstar Music Academy's approach to music lessons is different, with many options to help you find your inner Rockstar!

Location: Rockstar Music Academy
801 Sterling Parkway, Lincoln, CA 95648

DRUM LINE

The Drum Line is designed for students of all ability levels and on every drum line instrument. These informative sessions help students develop their musicianship and leadership skills. They are exposed to both musical and visual elements of a high performing drum line and spend time refining those aspects. This class is held bi-weekly.



Ages: 7 to 17
Thursdays • 6:45 PM to 7:30 PM
ME3.22.500 • 9/1 to 12/15 • $189/$194NR

GUITAR STAR

An intimate class that provides an exciting learning environment for guitarists of all abilities. You will learn guitar care, tuning, strumming patterns, chords, single note melody lines, music terminology and many of the skills needed to play your favorite songs. Ability to read music not required. This class is held bi-weekly.



Ages: 7 to 17
Tuesdays • 6:45 PM to 7:30 PM
ME3.22.501 • 9/6 to 12/20 • $189/$194NR

LET'S DANCE!

Dive in and dance a wide variety of styles from all types of genres. Learn to master it all, from hip hop to Tik Tok! Taught by professional dance instructors.



Ages: 7 to 17
Wednesdays • 7:00 PM to 7:45 PM
ME3.22.502 • 9/7 to 10/26 • $189/$194NR
ME3.22.503 • 11/2 to 12/28 • $189/$194NR

THE ORCHESTRA EXPERIENCE

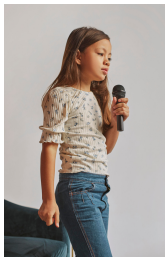
The Orchestra Experience is all things strings. Learn from professional symphony performers as you explore the ins and outs of orchestra.



Ages: 7 to 17
Tuesdays • 6:45 PM to 7:30 PM
ME3.22.504 • 9/6 to 10/25 • $189/$194NR
ME3.22.505 • 11/1 to 12/20 • $189/$194NR

SING, SING, SING

Throughout the class students will sing arrangements of popular music while working on technique, harmonization, and blending with other vocalists. At the end of the class students will feel a greater confidence in their abilities and also may make a few friends along the way. This class is held bi-weekly.



Ages: 7 to 17
Thursdays • 6:45 PM to 7:30 PM
ME3.22.506 • 9/1 to 12/15 • $189/$194NR

TRIPLE THREAT THEATER

Triple Threat Theater explores everything you need to master the stage and screen. Lessons discovering acting, voice and dance/movement will prep you for your next audition, play or performance! Taught by three unique specialist instructors.

Ages: 7 to 17
Wednesdays • 6:15 PM to 7:00 PM
ME3.22.507 • 9/7 to 10/26 • $189/$194NR
ME3.22.508• 11/2 to 12/28 • $189/$194NR

DRUM CAMP



Drum Camp is a fun intensive week of drumming and percussion for drummers of all levels. Participants will work alongside other drummers and professional instructors to learn the proper techniques and fundamentals for a solid drumming foundation.

Ages: 7 to 17
Monday to Thursday • 9:30 AM to 12:30 PM
ME3.22.509 • 12/19 to 12/22 • $129/$134NR

GUITAR STAR CAMP

Guitar camps for beginner, intermediate and advanced guitarists ready to rock their skills playing chords, scales, riffs, and all the coolest licks. Learn rock, blues and other styles from our professional musicians! Whether you play acoustic or electric, six-string or bass, this camp is for you!



Ages: 7 to 17
Monday to Thursday • 9:30 AM to 12:30 PM
ME3.22.510 • 12/19 to 12/22 • $129/$134NR

SCHOOL OF ROCKSTAR CAMP



If you love music and theater, this camp is for you. Everyone is a star as this camp creates it's very own version of the School Of Rock Finale. Come sing, act and dance under the instruction of professional actors and musicians. And the big finale is a treat for everyone!

Ages: 7 to 17
Tuesday to Friday • 9:30 AM to 12:30 PM
ME3.22.511 • 12/20 to 12/23 • $129/$134NR

REGISTER

Register by scanning the QR code or visiting www.lincolnrec.net

Register in person at Lincoln Community Center 2010 First Street, Lincoln, CA 95648

YOUTH PROGRAMS

Youth Dance Classes

Expressions Academy of Dance

Expressions Academy of Dance's formula for building self-confidence and giving students a solid foundation to becoming fearless dancers and individuals is one of a kind; come experience it for yourself! They strive to create a meaningful learning environment where all children are encouraged to follow the beat of their own drum.

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



BROADWAY BABIES

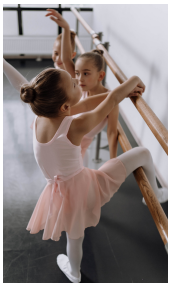
Broadway Babies is a class designed for the little, tiny performers! They will work on acting, basic dance steps, creativity and more. This is a 55 minute class packed full of upbeat music, acting exercises and imagination. Dancers will learn the basics of Jazz and some Ballet.

Ages: 4 to 5
Mondays • 5:30 PM to 6:25 PM
DA3.22.100 • 9/5 to 9/26 • $85/$90NR
DA3.22.101 • 10/3 to 10/24 • $85/$90NR



BALLET & TAP

This class is 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! Tap is a great way to learn rhythm and coordination. The ballet and tap combo give students the ability to try two styles within one class to experience both the classics of ballet and the fun of tap!



Ages: 4 to 5
Saturdays • 11:00 AM to 11:55 AM
DA3.22.102 • 9/10 to 10/1 • $85/$90NR
DA3.22.103 • 10/8 to 10/29 • $85/$90NR

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)

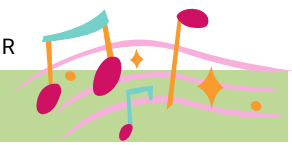


Ages: 2 to 3
Saturdays • 10:15 AM to 11:00 AM
DA3.22.104 • 9/10 to 10/1 • $80/$85NR
DA3.22.105 • 10/8 to 10/29 • $80/$85NR

TAP MINIS

Tap Minis is for our little dancers who absolutely love to make noise! This class is 55 minutes of great music, lots of rhythm exercises and pattern games. Dancers will learn Tap basics and work on sound clarity and using their imagination!

Ages: 4 to 5
Fridays • 5:30 PM to 6:25 PM
DA3.22.106 • 9/9 to 9/30 • $85/$90NR
DA3.22.107 • 10/7 to 10/28 • $85/$90NR



JAZZ

This class is ideal for kids who love to move and dance with pizzazz! This class teaches basic jazz technique through rhythm skills and imagination.



Ages: 6 to 8
Fridays • 4:30 PM to 5:25 PM
DA3.22.114 • 9/9 to 9/30 • $85/$90NR
DA3.22.115 • 10/7 to 10/28 • $85/$90NR

HIP HOP

Classes designed for kids who love to move and groove in style! This class teaches hip hop in a fun and age appropriate way. Instructors will get students up and moving in no time with warm ups including jumping jacks, push-ups, and lots of core work to get those hip hop freezes down!



Ages: 6 to 8
Fridays • 3:30 PM to 4:25 PM
DA3.22.116 • 9/9 to 9/30 • $85/$90NR
DA3.22.117 • 10/7 to 10/28 • $85/$90NR

HIP HOP MINIS



Classes designed for kids who love to move and groove in style! This class teaches hip hop in a fun and age appropriate way. Instructors will get students up and moving in no time with warm ups including jumping jacks, push-ups, and lots of core work to get those hip hop freezes down!

Ages: 4 to 5
Fridays • 4:30 PM to 5:25 PM
DA3.22.108 • 9/9 to 9/30 • $85/$90NR
DA3.22.109 • 10/7 to 10/28 • $85/$90NR

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
Fridays • 3:30 PM to 4:25 PM
DA3.22.110 • 9/9 to 9/30 • $80/$85NR
DA3.22.111 • 10/7 to 10/28 • $80/$85NR

BALLET



For all of the Ballerinas at heart! Ballet is an amazing teaching tool for discipline and perseverance; it allows dancers to create and achieve goals. In this setting, regardless of age, we focus 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
DA3.22.112 • 9/9 to 9/30 • $85/$90NR
DA3.22.113 • 10/7 to 10/28 • $85/$90NR

YOUTH PROGRAMS

Youth Enrichment Classes

Play-Well TEKnologies

HAUNTED HOUSE WORKSHOP WITH LEGO MATERIALS

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.





Location: Lincoln Community Center

Ages: 5 to 10
Saturday • 10:00 AM to 12:00 PM
EN3.22.300 • 10/22 • $40/$45NR

WINTER WONDERLAND WORKSHOP WITH LEGO MATERIALS



In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas, or a hilltop village with slopes for LEGO skiers and sledders.

Location: Lincoln Community Center

Ages: 5 to 10
Saturday • 10:00 AM to 12:00 PM
EN3.22.301 • 12/17 • $40/$45NR

Pokémon Club

Welcome all Pokémon Trainers and fans! At Professor Zay's Pokémon Club members can trade cards, learn about the Pokémon universe, participate in official league matches, win prizes and cards, and hang out with friends. Each week includes a new topic to learn and fun, interactive activities!

Location: Lincoln Community Center

Ages: 5 and up
Saturdays • 1:00 PM to 3:00 PM
EN3.22.100 • 10/8 to 10/29 • $75/$80NR
*10% off registration for every additional family member!





Youth Sports Classes

Tennis

The objective of the game of tennis is to maneuver the ball in such a way that your opponent is not able to play a valid return. Join Coach Peter for lessons that are sure to improve your strokes, footwork, and overall knowledge of the game. In addition to expanding skills, players will improve movement, mechanics, and fundamentals.



Location: Jimenez Park

TENNIS - LITTLE STEPS

A tennis program for boys and girls aimed at developing basic skills and sportsmanship with an emphasis on fun and games.
Ages: 5 to 7
Thursdays • 3:30 PM to 4:00 PM
YF3.22.136 • 9/1 to 9/22 • $35/$40NR
YF3.22.137 • 10/6 to 10/27 • $35/$40NR

TENNIS - PRE-ACADEMY I

A weekly tennis class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.
Ages: 8 to 12
Thursdays • 4:00 PM to 5:00 PM
YF3.22.138 • 9/1 to 9/22 • $60/$65NR
YF3.22.139 • 10/6 to 10/27 • $60/$65NR



TENNIS - PRE-ACADEMY II

A weekly tennis class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.

Ages: 12 to 16
Thursdays • 5:00 PM to 6:00 PM
YF3.22.140 • 9/1 to 9/22 • $60/$65NR
YF3.22.141 • 10/6 to 10/27 • $60/$65NR

TENNIS CLINIC



This is a one day tennis camp for kids from beginner to intermediate. Multiple coaches will be available to handle varying levels of players. The players will learn scoring, basic tennis skills, and high level strategy tips from staff.

Location: Jimenez Park

Ages: 7 to 17
Tuesday • 9:00 AM to 11:00 AM
YF3.22.800 • 11/22 • $50/$55NR

Online Drivers Education Course

Economic Driving School
Ages 15 and up

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:
1. Under "how did you hear about us?" enter the code "3223"
2. To receive 40% off the course enter the promo code "1978"

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



YOUTH PROGRAMS

Youth Sports Classes

Futsal Factory and 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: Various



SOCCER – KINDER KICKERS

Vision Soccer's curriculum uses fun games and activities to broadly introduce soccer concepts, team sports, and teach core soccer skills. Kinder 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.

Location: Foskett Regional Park

Ages: 3 to 5
Mondays • 5:00 PM to 5:45 PM
YF3.22.601 • 10/24 to 11/14 • $75/$80NR

SOCCER – JUNIORS

The Juniors curriculum uses fun games and activities to introduce and refine core soccer skills, but more attention is focused on skill development and precision. These programs are high-energy and encourage your child to challenge themselves to improve their foundational skills. While still considered an introductory session to soccer, no special skills or knowledge are needed.

Location: Foskett Regional Park

Ages: 6 to 7
Mondays • 5:50 PM to 6:35 PM
YF3.22.604 • 9/12 to 10/3 • $75/$80NR
YF3.22.605 • 10/24 to 11/14 • $75/$80NR



SOCCER – CADETS

Skill development and execution are the main focus of Cadets. The curriculum incorporates fun challenges and multi-skill combinations to continually challenge players as they work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. This program is intended for all players, from new to soccer to competitive level-players.

Location: Foskett Regional Park

CADETS I

Ages: 8 to 10
Mondays • 6:40 PM to 7:30 PM
YF3.22.607 • 9/12 to 10/3 • $75/$80NR
YF3.22.608 • 10/24 to 11/14 • $75/$80NR



CADETS II

Ages: 11 to 13
Mondays • 7:35 PM to 8:25 PM
YF3.22.610 • 9/12 to 10/3 • $75/$80NR
YF3.22.611 • 10/24 to 11/14 • $75/$80NR

FUTSAL – KINDER KICKERS

Futsal Factory's curriculum uses fun games and activities to introduce soccer concepts and team sports. Kinder participants will use their hands and their feet to learn these concepts. As this is an introduction to the sport, there are no special skills, knowledge or equipment needed.

Location: Lincoln Community Center

Ages: 3 to 5
Saturdays • 1:00 PM to 1:45 PM
YF3.22.602 • 11/26 to 12/17 • $75/$80NR

FUTSAL– 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.



Location: Lincoln Community Center

Ages: 6 to 7
Saturdays • 1:50 PM to 2:35 PM
YF3.22.606 • 11/26 to 12/17 • $75/$80NR

FUTSAL – CADETS

Focus is primarily on skill development and execution and incorporates fun challenges and multi-skill combinations to challenge players. Students work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. This program is intended for all players from new to soccer to competitive level-players.

Location: Lincoln Community Center



CADETS I

Ages: 8 to 10
Saturdays • 2:40 PM to 3:30 PM
YF3.22.609 • 11/26 to 12/17 • $75/$80NR

CADETS II

Ages: 11 to 13
Saturdays • 3:35 PM to 4:25 PM
YF3.22.612 • 11/26 to 12/17 • $75/$80NR





Youth Sports Classes

YOUTH PROGRAMS

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

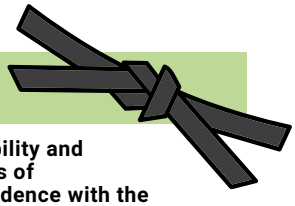
JUNIORS 1



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.

Ages: 6 to 12
Mondays and Wednesdays • 6:00 PM to 7:00 PM
YF3.22.317 • 8/8 to 9/14 • $110/$115NR
*No class 9/5
YF3.22.318 • 9/19 to 10/26 • $110/$115NR
YF3.22.319 • 10/31 to 12/14 • $110/$115NR
*No class 11/21 and 11/23

JUNIORS 2



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. This class is a step up from Juniors 1.

Ages: 6 to 12
Tuesdays and Thursdays • 6:00 PM to 7:00 PM
YF3.22.315 • 9/20 to 10/27 • $110/$115NR
YF3.22.316 • 11/1 to 12/15 • $110/$115NR
*No class 11/22 and 11/24



Good Sport U

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Some parental play is requested in this program. Each day features easy to learn instruction along with enjoyable games and contests that will enhance development and love of the game. Coach Rick Bauer is the Director of Good Sport U.

Location: Twelve Bridges Elementary School

HOOP IMPROVEMENT



Ages: 5 to 8
Wednesdays • 5:45 PM to 6:35 PM
YF3.22.120 • 11/2 to 11/30 • $65/$70NR
*No class 11/23
Ages: 9 to 12
Wednesdays • 6:45 PM to 7:35 PM
YF3.22.121 • 11/2 to 11/30 • $65/$70NR
*No class 11/23

NEW eSports from GGLeagues

GGLeagues is the premier platform for recreational eSports players and communities. Their mission is bringing people together through gaming and giving opportunities to compete in something that they love, regardless of skill level. GGLeagues motto is "we are here to empower you because we are all good gamers, but we are even better people."

Fall registration: 9/28/22 • Winter registration: 1/17/23
Leagues last 6 to 8 weeks
$40 per person
Divisions: Youth - 8 to 12 • Teen - 13 to 18 • Adult - 18 and up
Games: Fortnite, Super Smash Bros, Mario Cart Deluxe, Rocket League and Madden 21
Platforms: Xbox, PlayStation and Nintendo Switch

***A player only needs to purchase 1 season pass which will unlock all of the games offered in the current season. If the game is team based, all players will need to purchase a season pass.**



Scan the QR code or visit https://app.ggleagues.com/clubs/city-of-lincoln-recreation to register

National Academy of Athletics (NAofA)

If your child loves sports, they will love these programs! National Academy of Athletics' experienced, positive, and passionate coaches will help your child become better, more inspired athletes while falling in love with sports. In doing so they will have a great time as they gain new skills and make new friends. The goal is that your child will come home happy and tired! Don't wait, sign up today!

Location: Various

ALL SORTS OF SPORTS

Whether your child is a beginner or more advanced, this multi-sport class is the perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games play may include: baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay and obstacle races, and a whole lot more.

Ages: 4 to 6
Saturdays • 10:15 AM to 11:15 AM
Location: McBean Park
YF3.22.201 • 9/3 to 9/24 • $58/$63NR



HIT & RUN T-BALL

This class offers children an active, fun, and educational experience tailored to the abilities of their age group. Coaches will help them learn how to catch, hit using the "Flex Hit" tool, run bases, and field grounders. Individual and team-building challenges along with structured simple activities and small sided competitions will help to develop and engage your young athlete.

Ages: 4 to 6
Saturdays • 9:00 AM to 10:00 AM
Location: McBean Park
YF3.22.203 • 9/3 to 9/24 • $58/$63NR



JUNIOR HOOPS BASKETBALL IMPROVEMENT

This program is designed for kids to learn the basic concepts of basketball. NAofA's knowledgeable staff guides the children through a series of rhythm, speed, balance/coordination skills and drills. This program focuses on basic fundamentals with a creative twist to assist children in better understanding concepts of the game. Parent participation is highly encouraged for the Little Shots program, but not required.

LITTLE SHOTS

Ages: 3 to 4
Saturdays • 9:00 AM to 10:00 AM
Location: McBean Park
YF3.22.205 • 10/8 to 10/29 • $58/$63NR

HOT SHOTS

Ages: 5 to 6
Saturdays • 10:15 AM to 11:15 AM
Location: McBean Park
YF3.22.207 • 10/8 to 10/29 • $58/$63NR





YOUTH PROGRAMS

Youth Sports Classes

IN THE NET SOCCER

NAofA's 'In the Net Soccer Club' is packed with fun. Whether your child is a beginner or more advanced, the drills taught in this class will help them fall in love with the game. These soccer classes and clinics are the perfect place to learn about the game and experience a taste of fitness while having a blast and making new friends.

TOT CLUB

Ages: 2 to 3
Location: McBean Park
Saturdays • 11:30 AM to 12:30 PM
YF3.22.210 • 10/8 to 10/29 • $58/$63NR



JR. CLUB

Ages: 4 to 5
Location: McBean Park
Saturdays • 12:45 PM to 1:45 PM
YF3.22.212 • 10/8 to 10/29 • $58/$63NR





VETERANS DAY BALL HANDLING & SHOOTING CLINIC

This one day coed clinic by NAofA is designed to make participants more confident with the basketball. Ball handling drills, shooting fundamentals, defense, passing, team concepts and many other skill based instructional programs will be combined with games and other small sided competitions. Come join the experienced staff and walk away a better player! This clinic features a day filled with fun challenges, games and competitions in a positive and energetic environment.

Ages: 7 to 13
Friday • 9:00 AM to 3:00 PM
Location: Lincoln Community Center
YF3.22.102 • 11/11 • $57/$62NR



REGISTER

Register by scanning the QR code or visiting www.lincolnrec.net

Register in person at Lincoln Community Center 2010 First Street, Lincoln, CA 95648

ADULT PROGRAMS

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

KUK SOOL WON – ADULTS

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



Ages: 13 and up
Tuesdays and Thursdays • 6:00 PM to 7:00 PM
AF3.22.502 • 9/20 to 10/27 • $110/$115NR
AF3.22.503 • 11/1 to 12/15 • $110/$115NR
*No class 11/22 and 11/24

Line Dancing Workshop

Kick up the dust at this beginner and improver-level line dancing class! Join instructor Jen Michele for a fun morning while learning about current and classic line dances that are popular in our region. Not only will you improve your footwork but this is a great way to meet new people and get a little exercise, too!



Location: McBean Park Gazebo
Ages: 18 and up
Saturdays • 10:00 AM to 12:00 PM
AE3.22.500 • 9/17 • $20/$25NR
AE3.22.501 • 10/15 • $20/$25NR
AE3.22.502 • 11/19 • $20/$25NR



REGISTER

Register by scanning the QR code or visiting www.lincolnrec.net

Register in person at Lincoln Community Center 2010 First Street, Lincoln, CA 95648

Tennis

The objective of the game of tennis is to maneuver the ball in such a way that your opponent is not able to play a valid return. Join Coach Peter for lessons that are sure to improve your strokes, footwork, and overall knowledge of the game. In addition to expanding skills, players will improve movement, mechanics, and fundamentals.



Location: Jimenez Park

TENNIS – ADULT BEGINNER

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.

Ages: 16 and up
Thursdays • 6:00 PM to 7:00 PM
AF3.22.111 • 9/1 to 9/22 • $60/$65NR
AF3.22.112 • 10/6 to 10/27 • $60/$65NR

TWEEN/TEENS

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 • 8:30 AM to 12:30 PM
TN3.22.700 • 11/5 • $79/$84NR





TENNIS CLINIC

This is a one day tennis camp for kids from beginner to intermediate. Multiple coaches will be available to handle varying levels of players. The players will learn scoring, basic tennis skills, and high level strategy tips from staff.

Location: Jimenez Park

Ages: 7 to 17
Tuesday • 9:00 AM to 11:00 AM
YF3.22.800 • 11/22 • $50/$55NR



REGISTRATION DATES:
EARLY: 7/11 TO 7/24 • REGULAR: 7/25 TO 8/21 • LATE: 8/22 TO 8/29

ADULT LEAGUES

Adult Softball

WOMEN'S	CO-ED	MEN'S
Start: 9/12 Mondays Early: $525 | Regular: $550 | Late: $575 Foskett Regional Park	Start: 9/6 Tuesdays Early: $525 | Regular: $550 | Late: $575 Foskett Regional Park	Start: 9/8 Thursdays Early: $525 | Regular: $550| Late: $575 Foskett Regional Park

Adult Basketball: Co-Ed

Start: 9/11
Sundays
Early: $475 | Regular: $500 | Late: $525
Lincoln Community Center



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 on our league website www.LincolnRecSports.com

Scan the QR code or visit www.LincolnRecSports.com for more information

YOUTH LEAGUES

REGISTRATION DATES:
EARLY: 8/1 TO 8/28 - $115 • REGULAR: 8/29 TO 10/23 - $125 • LATE: 10/24 TO 11/4 - $135
AFTER DEADLINE: 11/4 - $145 (IN OFFICE ONLY AFTER 11/4)

Lincoln Youth Basketball 2022-2023

TRYOUT INFORMATION

3rd & 4th Grade Boys	5th & 6th Grade Boys	7th & 8th Grade
Monday, 11/7 3rd Graders - 5:00 PM 4th Graders - 7:00 PM	Tuesday, 11/8 5th Graders - 5:00 PM 6th Graders - 7:00 PM	Wednesday, 11/9 7th Graders - 5:00 PM 8th Graders - 7:00 PM

3rd & 4th Grade Girls	5th & 6th Grade Girls
Thursday, 11/10 5:00 PM	Thursday, 11/10 7:30 PM

Practices - Start week of Monday, 12/12

Games - Start Saturday, 1/7 to 2/25

Games will be played at the Lincoln Community Center, Lincoln Crossing Elementary, Foskett Ranch Elementary, Twelve Bridges Elementary and Twelve Bridges Middle Schools

Scan the QR code or visit www.LincolnYouthSports.com for more information

FACILITY RENTALS

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.

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

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

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

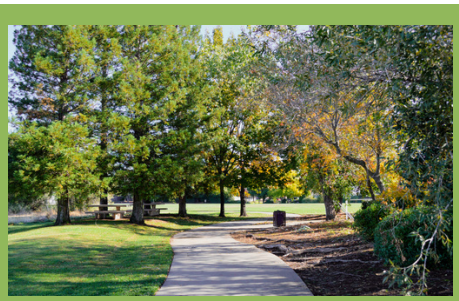
To reserve a Covered Picnic Area:

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

Rules of the Road

Obey all Traffic Laws!

Bike Helmets
Wearing a helmet is not only smart - it's required by law if you are under age 18. Parents, set an example for your children by wearing a helmet.

Signs & Signals
At stop signs or red lights, you are required to come to a complete stop. Proceed only when safe to do so and at signals on the green light.

Watch Your Speed
Observe all posted speed limits. Never ride faster than it is safe under existing conditions.

Respect Pedestrians' Rights
Pedestrians in crosswalks and on sidewalks have the right of way. Be especially aware of pedestrians with disabilities.

Scan the Road Behind You
Learn to look back over your shoulder without swerving left. Glancing also signals to drivers that you may change direction.

Watch for Cars Pulling Out
Make eye contact with drivers, proceed cautiously and assume they don't see you.

Bike Hand Signals

Use Hand Signals
Hand signals tell everyone what you intend to do. Signal as a matter of law, courtesy, and self-protection.

Left Turn Hand Signal
Left hand and arm extended horizontally to the left side of the bicycle.

Right Turn Hand Signal
Left hand and arm extended upward at the elbow to the left side of the bicycle, or right hand and arm extended horizontally to the right side of the bicycle.

Stop Hand Signal
Left hand and arm extended downward to the left side of the bicycle.

Land Positioning

Ride to the Right
A general rule of traffic is that slower vehicles should stay on the right. Always follow the direction of traffic.

Do Not Pass on the Right
Motorists may not see a cyclist passing on the right and turn into your path.

Ride Predictably in a Straight Line
Ride to the right of faster traffic in a straight line more than a car door's width away from parked cars.

Avoid the Door Zone
When cars are parked on the road, ride outside the door zone about five feet away.

Turning at Intersections

The general rule is to use the right-most lane serving your destination.

Right Turns
Use right-turn only lane when provided, or stay to the right side of the straight line.

Straight Through
Use the right-most through lane. Don't go straight in a lane marked "right turn only".

Left Turns
Don't turn left from the right side of the street. There are two ways to make a left turn: **(1) Like a motorist:** Signal, move into the left lane, and turn left; **(2) Like a pedestrian:** Dismount and walk your bike across an intersection.

Triggering Traffic Signals
Traffic Signals are triggered by passing over "loop" detections in the auto lane and in some bike lanes. If positioned properly, bicycles usually trigger signals. Some loop detectors have a bike symbol that indicates the optimal position for your bike. Otherwise, position your bike directly over the filled-in cuts, if visible. When loops are not visible or the signal is not triggered, cross the intersection as a pedestrian.

Rules for Canine Companions

In Parks: Dogs are allowed in parks if restrained on a maximum 10 foot leash and never allowed within 100 feet of a playground area.

On Trails: The Placer County ordinance dictates that a dog must be both leashed and under the handlers control at all times.

Bike Commuting

Bicycle commuting is an effective and inexpensive way to get to work. Even if you are only riding a couple days a week, it is a great way to exercise, save money on gas and vehicle maintenance, reduce air pollution and emissions, lower your stress level, and have fun.

Bike Commute Buddies
If you've thought about bicycling to work, but are not sure how to get started, talk to someone who's experienced. That's the idea behind the Sacramento Region 511 Bike Buddy Match. Use the experience gained by others to find the best route. Visit **www.sacregion511.org/bicycling**, or call 511 for more information.

Bike Racks
If you are biking around Lincoln, bike racks can be found at 640 Fifth Street, 600 Sixth Street in downtown Lincoln, the Twelve Bridges Library located at 485 Twelve Bridges Drive and at most commercial centers.

Bike & Bus
All Lincoln Transit buses have bike racks that are convenient and easy to use. Combined with transit, cycling can be part of a commute over a longer distance.

Bus Information

Lincoln Transit has consolidated its routes and partnered with Placer County Transit to more effectively and efficiently serve the residents of Lincoln and Placer County. Lincoln's two routes have been replaced with one central route.

Bus Stops: Points of Interest
Historic Downtown, City Hall, downtown retail centers, Lincoln Hills Town Center, Twelve Bridges Library, Twelve Bridges Medical Center, and Kaiser Permanente.

Connections
The Lincoln Circulator (Route #70) connects with Placer County Transit's Lincoln/Sierra College route hourly at the Twelve Bridges Transfer Point.

Hours of Operation
Monday - Friday: 6:30am to 6:35pm
Saturday: 8:20am to 4:20pm
Sunday: No Service

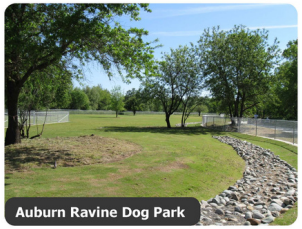
For any changes or restrictions, visit Placer County Transit at **www.placer.ca.gov/Placer-County-Transit.**

Fares
General Public One-Way: $1.25
Senior/Youth/Disabled One-Way: $0.60

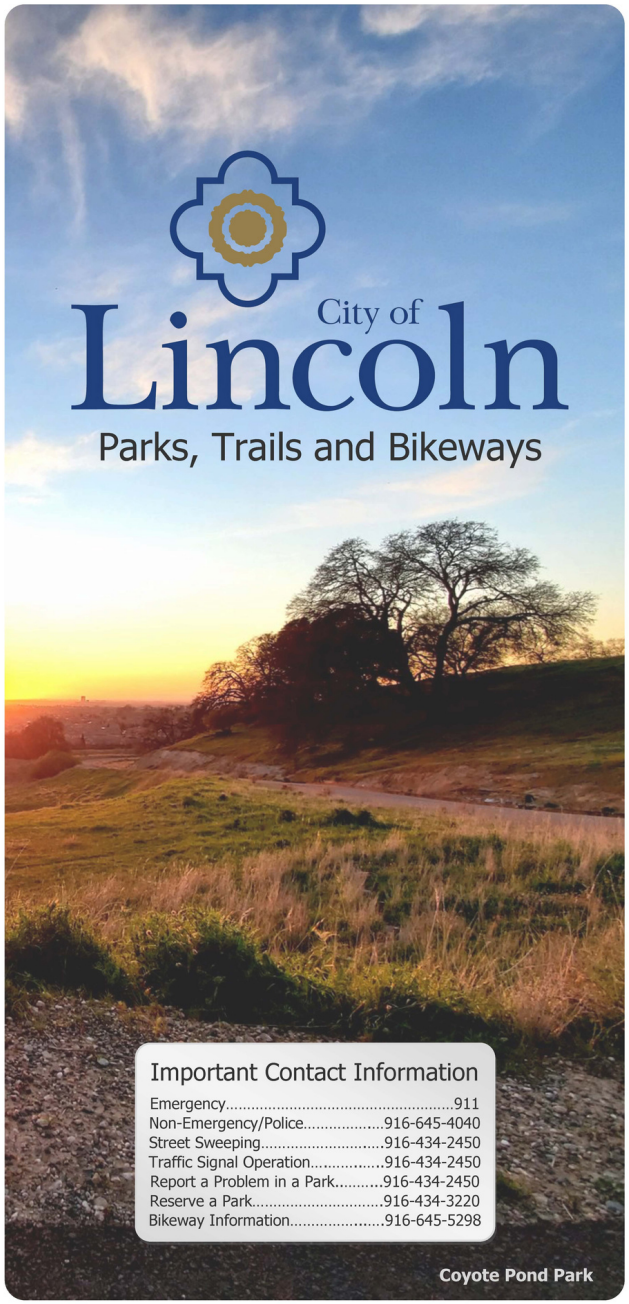
For more information, visit Transit on **https://www.lincolnca.gov/en/living-here/transit.aspx**, call Placer County Transit at (916-784-6177) or download the NEXTBUS app in Apple Store or Google Play.


Lincoln Crossing Trail System


Nathan Dubin Park


Auburn Ravine Dog Park


Wilson Park Diamonds



		Softball/Baseball	Tennis	Soccer	Skatepark	Basketball	Pool	Horseshoe Pits	Golf	Dog Park	Restrooms	Playground	Trails	Picnic Area	Water Feature	Parking Lot	Pet 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	Foskett Regional Park	•	•							•	•	•				•	•	C2
7	Joiner Park		•	•							•	•			•		•	C3
8	Machado Park											•			•			C4
9	Markham Park								•		•	•			•			B2
10	McBean Park		•	•	•	•	•	•	•		•	•	•	•	•	•	•	D3
11	Nathan Dubin Park		•	•	•		•	•			•	•	•	•	•			C5
12	Palo Verde Park											•			•			E2
13	Pete Demas Park																	C5
14	Peter Singer Park		•	•							•	•			•		•	C4
15	Robert Jimenez Park	•				•					•		•				•	C4
16	Scheiber Park											•			•			B3
17	Sheffield Park											•	•		•			D4
18	Twelve Bridges Park		•	•							•	•			•		•	E6
19	Wilson Park			•							•	•	•		•		•	D6

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 @lincolnca.gov. Please allow the next regular business day for response.

Facility Rentals

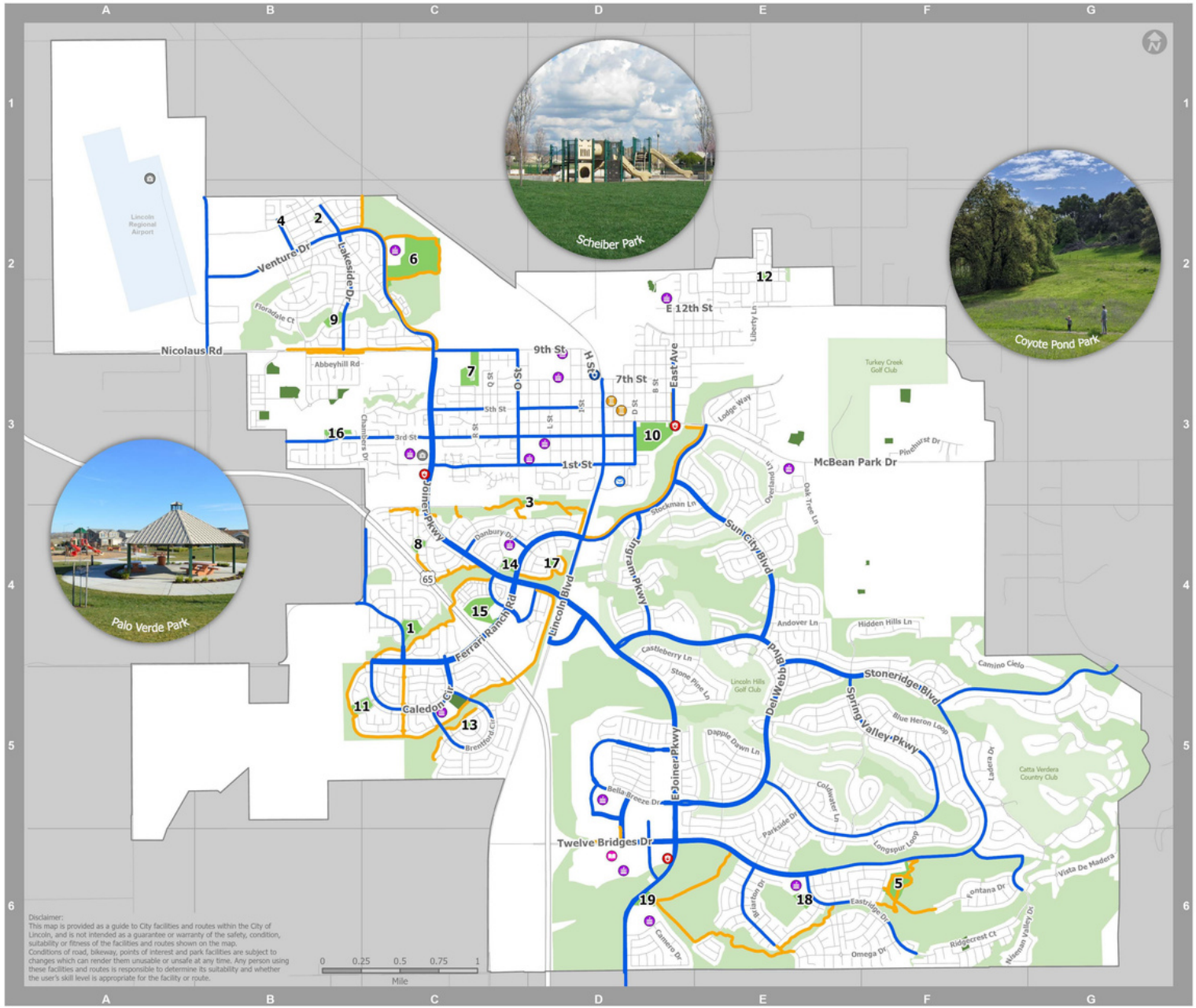
The City of Lincoln has a number of City-owned facilities available for hosting your event. The following locations can be reserved:

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

For more information visit https://www.lincolnca.gov/en/parks-recreation-and-activities/parks-and-recreation.aspx or call 916-434 -3220.

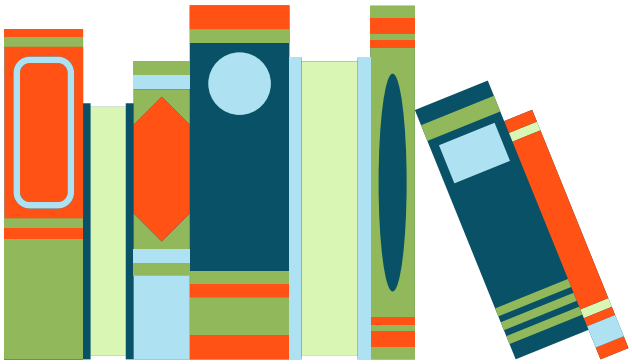
Legend

- Art and Culture
- School
- Post Office
- Fire Station
- Police Station
- Library
- Other City Facility
- Multi-Use Path
- Bike Lane
- Park
- Future Park
- Open Space
- Golf Course



LIBRARY

Twelve Bridges Library



FAMILY STORYTIME

Join us for our 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 for building reading skills at home shared throughout the program. Everyone – parents included – is sure to have a good time and learn something new.

Age: All ages welcome!
When: Wednesdays • 3:30-4:00 PM
Where: Twelve Bridges Library – Kid's Area

485 Twelve Bridges Drive

(916) 434-2410

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

www.libraryatlincoln.org

@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!

CONVERSATION CLUB

The Conversation Club is a fun, relaxed place for adults learning English to practice their speaking skills. Participants will learn about American culture, get to know the community, and meet people from other cultures and backgrounds.
For more info on any of our adult programs, please stop by the library or check out our website.

When: Wednesdays • 12:00-1:30 PM
Twelve Bridges Library – Fir Room

ONLINE LEARNING: RESEARCH HELP & EBOOKS

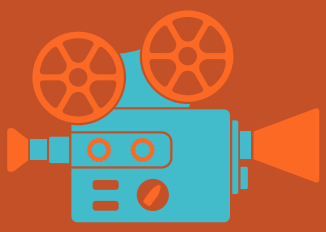
The Internet is full of information and tracking down what we need in our daily lives can be overwhelming. But the Lincoln Public Library has you covered! Our library now has a variety of new online resources that are easily accessed from your home with just a click and a library card, thanks to the California State Library. 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 Resources on our website, www.LibraryAtLincoln.org.

We have several resources for eBooks and eAudiobooks, including Libby and Hoopla! Hoopla also provides our patrons access to movies, TV episodes, music, and comics! You will need your library card number to use these services.



COMMUNITY EVENTS

It's Fall Y'all



Movies Under the Stars
Sept. 12th • 6:30-9:30 pm
Joiner Park



12 Bridges Rib Cook Off
Sept. 17th • 3:00-10:00 pm
Twelve Bridges Park



Lincoln Showcase
Sept. 24th • 6:30-10:00 pm
Beermann Plaza
(Tickets - Lincoln Chamber)



Day of the Dead
Oct. 29th • 1:00-9:00pm
Beermann Plaza

Huffin' for the Stuffin'

Turkey Trot

2022

Thanksgiving Day

Twelve Bridges Park



REGISTRATION OPENS SEPT 19 @ RUNSIGNUP.COM