

LINCOLN RECREATION FLOATING PUMPKIN PATCH JOIN IN THE FUN

October 26, 2024

2pm - 5pm McBean Pool

Pumpkin Swim & Pick | Decorate | Swim with Mermaids

REGISTER AT WWW.LINCOLNREC.NET

Sponsorship Opportunities Available

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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 2024:

- New Year's Day, 1/1
- MLK Day, 1/15
 Presidents Day, 2/19
- Memorial Day, 5/27
- 4th of July, 7/4
- Labor Day, 9/2
- Veterans Day, 11/11
- Thanksgiving and Friday following, 11/28 & 11/29
- Holiday Closure, 12/25/24 1/1/25

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



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 nonresident 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 heusei
- 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.

NCOLN CALIFORNIA

Your Town at Your Fingertips

Browse Our Directory Today

SpotlightLincoln.com



OMMUNI





AFTER SCHOOL PROGRAM

1														
	TK (PART TIME)	TK (FULL TIME)	KINDER KLUB	KIDS KLUB										
	TRIMESTER 2:	TRIMESTER 2:	TRIMESTER 2:	TRIMESTER 2:										
	\$1280	\$2 <i>3</i> 50	\$1600	\$1440										
	WEEKLY:	WEEKLY:	WEEKLY:	WEEKLY:										
	BASE \$27.50/DAY	BASE \$45/DAY	BASE \$32.50/DAY	BASE \$30/DAY										
	DAILY:	DAILY:	DAILY:	DAILY:										
	\$35/DAY	\$55/DAY	\$35/DAY	\$35/day										
	NON-SCHOOL	NON-SCHOOL	NON-SCHOOL	NON-SCHOOL										
	DAYS:	DAYS:	DAYS:	DAYS:										
	\$45/DAY	\$55/DAY	\$55/DAY	\$55/DAY										

THE RECREATION DEPARTMENT IS EXCITED TO ANNOUNCE OUR NEW AFTER SCHOOL PROGRAM, KIDS KLUB! AFTER SCHOOL CARE FOR CREEK SIDE OAKS STUDENTS AT THE LINCOLN COMMUNITY CENTER.

NON-CREEKSIDE OAKS STUDENTS ARE ELIGIBLE

PCOE ELIGIBLE!

REGISTRATION IS LIVE!





KIDS

5.



7. AQUATICS DROP-IN PROGRAMS

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

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 8/31 • Saturdays • 2:00 PM to 5:00PM

FAMILY SWIM NIGHT

Come and bring the family out for an evening of fun at the pool during our Family Swim Nights!

6/10 to 8/26 • Mondays • 5:30 PM to 7:30 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

9/4 to 10/23 • 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 up request. Ages: 16 and over

9/3 to 10/24 • 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 • 10/26 EN3.24.500 • 2:00 PM to 3:00 PM • \$20/\$25NR EN3.24.501 • 3:00 PM to 4:00 PM • \$20/\$25NR









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



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

8/21 and 8/22 • Wednesday and Thursday • 3:30 PM to 5:00 PM 8/24 • Saturday • 9:00 AM to 11:00 AM

Practice Dates and Times

Monday thru Thursday • 9/9 to 10/24 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 • 9/28, 10/12 and 10/26 • 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 2025.





SKYHAWKS

Location: Various

Baseball Tots

Location: McBean Park

Teaches new baseball skills along with vital life lessons such as respect, teamwork and responsibility for players.

Batters

Ages: 2 to 3.5

Wednesdays • 3:30 PM to 4:15 PM YF3.24.325 • 9/4 to 9/25 • \$60/\$65NR YF3.24.326 • 10/9 to 10/30 • \$60/\$65NR YF3.24.327 • 11/13 to 12/11 • \$60/\$65NR *No class 11/27

Hitters

Ages: 3.5 to 6 Wednesdays • 4:20 PM to 5:05 PM YF3.24.328 • 9/4 to 9/25 • \$60/\$65NR YF3.24.329 • 10/9 to 10/30 • \$60/\$65NR

Soccer Tots

Location: McBean Park

Soccer Tots is SkyHawks flagship program! Parent participation recommended for ages 2-5 years.

Soccer Tots I

Ages: 2 to 3.5

Fridays • 3:30 PM to 4:15 PM YF3.24.335 • 9/6 to 9/27 • \$60/\$65NR YF3.24.336 • 10/11 to 11/1 • \$60/\$65NR YF3.24.339 • 11/15 to 12/13 • \$60/\$65NR

Soccer Tots II

Ages: 3.5 to 6

Fridays • 4:20 PM to 5:05 PM YF3.24.337 • 9/6 to 9/27 • \$60/\$65NR YF3.24.338 • 10/11 to 11/1 • \$60/\$65NR YF3.24.340 • 11/15 to 12/13 • \$60/\$65NR

Beginning Golf I

Location: McBean Park

Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes.

Thursdavs • 4:00 PM to 5:00 PM

YF3.24.330 • 9/5 to 9/26 • \$79/\$84NR YF3.24.331 • 10/10 to 11/7 • \$79/\$84NR *No class 10/31

Ages: 4 to 9

Thursdays • 4:00 PM to 5:15 PM

VISION SOCCER & FUTSAL FACTORY

Toddle Ballers - Soccer

Location: Foskett Regional Park

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 older sibling is required.

Ages: 2 to 3 Mondays • 4:15 PM to 4:55 PM YF3.24.154• 9/9 to 9/30 • \$74/\$79NR YF3.24.155 • 10/14 to 11/4 • \$74/\$79NR

Toddle Ballers - Futsal

Location: Lincoln Community Center Ages: 2 to 3 Saturdays • 1:00 PM to 1:40 PM

YF3.24.165 • 11/9 to 12/7 • \$89/\$94NR *No class 11/30

TAMRALOO STUDIOS

Location: Tamraloo Studios, 2800 Nicolaus Rd. #100

Preschool Performers

Encourages kids to explore their creativity and gives them a foundation for a future in the performing arts. Ages: 3 to 5





PRESCHOOL PROGRAMS

LINCOLN KUK SOOL WON



Location: Lincoln Community Center Classroom

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

Turtle Tots

Ages: 3 to 5 Tuesdays · 6:00 PM to 6:30 PM YF3.24.107 • 9/24 to 10/29 • \$72/\$77NR Thursdays · 6:00 PM to 6:30 PM YF3.24.111 • 11/7 to 12/12 • \$72/\$77NR *No class 11/28, make-up 11/26



8.

LINCOLN FAMILY TAEKWONDO

Location: Lincoln Family Taekwondo, 615 5th Street

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. Uniform included with registration!

Tiny Tigers

Ages: 3 to 6 Mondays and Wednesdays • 6:00 PM to 7:00 PM Tuesdays and Thursdays • 5:00 PM to 6:00 PM 2 week sessions every month from September to December • \$60/\$65NR



NATIONAL ACADEMY OF ATHLETICS



Location: Foskett Ranch Elementary School

The NAofA Little Shots participants are guided through a series of rhythm, speed, balance, coordination skills, and drills. Participants will work through obstacles learning to dribble, pass, and shoot. This program helps kids fall in love with playing basketball and moving their bodies. Parent participation is highly encouraged for the Little Shots program, but not required.



EXPRESSIONS ACADEMY OF DANCE

Location: Expressions Dance Studio, 780 Sterling Parkway Suite 30

Hip Hop Minis

Designed for the kids who just love to move and groove! Class combines Jazz and Hip Hop in a fun and age-appropriate way!

Ages: 4 to 5

Saturdays • 9:30 AM to 10:25 AM Expressions DA3.24.208 • 9/7 to 9/28 • \$109.25/\$114.25NR DA3.24.213 • 10/5 to 10/26 • \$109.25/\$114.25NR DA3.24.218 • 11/2 to 11/23 • \$109.25/\$114.25NR

Dance Discovery

Dance, yoga, rhythm, music, singing and basic tumbling. *Parent participation required* Ages: 2 to 3

Saturdays · 9:30 AM to 10:15 AM DA3.24.205 • 9/7 to 9/28 • \$103.50/\$108.50NR DA3.24.210 • 10/5 to 10/26 • \$103.50/\$108.50NR DA3.24.215 • 11/2 to 11/23 • \$103.50/\$108.50NR



Ages: 3 to 4 Saturdays • 10:30 AM to 11:15 AM DA3.24.206 • 9/7 to 9/28 • \$103.50/\$108.50NR DA3.24.211 • 10/5 to 10/26 • \$103.50/\$108.50NR DA3.24.216 • 11/2 to 11/23 • \$103.50/\$108.50NR





FUTSAL FACTORY

amraloostu

SOCCER TRAINING



Basketball Club - Little Shots

Ages: 3 to 4

Sundays • 9:00 AM to 9:50 AM YF3.24.301 • 9/8 to 9/29 • \$62/\$67NR YF3.24.302 • 10/6 to 10/27 • \$62/\$67NR YF3.24.303 • 11/3 to 11/24 • \$62/\$67NR YF3.24.304 • 12/1 to 12/22 • \$62/\$67NR











Ages: 4 to 7

YF3.24.332 • 11/14 to 12/12 • \$99/\$104NR *No class 11/28

Location: Various

YOUTH PROGRAMS

Location: Tamraloo Studios. 2800 Nicolaus Rd. #100

Storvbook Stars

9

New group class designed for early elementary school students. Foster imagination through acting and singing, develop singing skills in a playful and supportive environment, and end the class with a short performance of a popular storybook tale.

Ages: 5 to 8 Wednesdays • 5:00 PM to 6:00 PM YE3.24.202 • 8/21 to 12/11 • \$340/\$345NR *No class 11/27



Tamraloo's Act II Artistry class builds off improv skills. Mr. Shane teaches basic acting techniques, pacing time, and delivery for advanced beginners.

Ages: 8 & up Thursdays • 6:30 PM to 7:30 PM YE3.24.203 • 8/22 to 12/12 • \$340/\$345NR *No class 11/28

Bel Canto

Tamraloo's 5-8-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 perform for parents at the end of the semester.

Ages: 5 to 8 Thursdays • 6:00 PM to 6:45 PM YE3.24.220 • 8/22 to 12/12 • \$340/\$345NR *No class 11/28

EXPRESSIONS ACADEMY OF DANCE

Location: Expressions Dance Studio, 780 Sterling Parkway Suite 30



Hip Hop

Designed with age-appropriate music and movements, this class is perfect for young dancers who love to groove. Each session is packed with high-energy routines set to great music, making it an exciting way to learn and enjoy Hip Hop dance.

Ages: 6 to 8

Saturdays • 10:30 AM to 11:25 AM DA3.24.209 • 9/7 to 9/28 • \$109.25/\$114.25NR DA3.24.214 • 10/5 to 10/26 • \$109.25/\$114.25NR DA3.24.219 • 11/2 to 11/23 • \$109.25/\$114.25NR

Ballet

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.

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. Uniform included with registration!

Mondays and Wednesdays • 5:00 PM to 6:00 PM

2 week sessions every month from September to

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

Ages: 6 to 9

Kids Intro

Ages: 7 to 12

December • \$60/\$65NR

Fridays • 5:30 PM to 6:25 PM DA3.24.207 • 9/6 to 9/27 • \$109.25/\$114.25NR DA3.24.212 • 10/5 to 10/26 • \$109.25/\$114.25NR DA3.24.217 • 11/2 to 11/23 • \$109.25/\$114.25NR

Location: Lincoln Family Taekwondo, 615 5th Street

LINCOLN FAMILY TAEKWONDO



soccer, no special skills or knowledge are needed. Ages: 6 to 8

Mondays • 5:50 PM to 6:35 PM YF3.24.157 • 9/9 to 9/30 • \$79/84NR YF3.24.114 • 10/14 to 11/14 • \$79/84NR

Striker Clinic

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.

Ages: 8 to 12 Mondays • 6:40 PM to 7:30 PM YF3.24.159 • 9/9 to 9/30 • \$84/\$89NR YF3.24.115 • 10/14 to 11/4 • \$84/\$89NR





The City of Lincoln's Recreation Department and Good Sport U are teaming up to offer a unique youth basketball program that will provide your young player(s) the opportunity to play basketball in a fun and positive learning environment. Some parental participation is requested.

Ages: 5 to 8

GOOD SPORT U

Wednesdays • 6:00 PM to 6:55 PM YF3.24.401 • 10/30 to 12/4 • \$70/\$75NR *No class 11/27

Ages: 9 to 12

Wednesdays • 7:00 PM to 7:55 PM YF3.24.402 • 10/30 to 12/4 • \$70/\$75NR *No class 11/27



GOOD SPORT







*No class 11/28

VISION SOCCER

Location: Foskett Regional Park

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.

Juniors

This program uses activities to introduce and refine core soccer skills. More attention is focused on skill development and precision. While still considered an introductory session to

balance, timing, flexibility and coordination while improving concentration, self-discipline and self-control. This Ages: 7 and up

class is for adults as well as a step up from Juniors 1. Tuesdays and Thursdays • 6:30 PM to 7:30 PM

LINCOLN KUK SOOL WON

KUK SOOL WON

Dragons

Ages: 5 to 6

Juniors 1

Ages: 6 to 12

Juniors 2 / Adults

Location: Lincoln Community Center Classroom

Juniors 1 and Juniors 2/Adult classes.

YF3.24.108 • 9/25 to 10/30 • \$90/\$95NR YF3.24.112 • 11/6 to 12/11 • \$90/\$95NR

Mondays and Wednesdays • 6:30 PM to 7:30 PM

In this program you will develop strength, quickness,

YF3.24.105 • 9/23 to 10/30 • \$110/\$115NR

YF3.24.109 • 11/4 to 12/11 • \$110/\$115NR

Wednesdays • 6:00 PM to 6:30 PM

of Korea, Kuk Sool Won.

LKSW tee-shirt, belt, instruction handout plus CD & WKSA

\$100 Startup fee for NEW PARTICIPANTS (includes uniform,

membership). Payable to instructor at first class. Applies only to

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers

confidence with the traditional martial art form

of concentration, self-discipline and self-

YF3.24.106 • 9/24 to 10/31 • \$110/\$115NR YF3.24.110 • 11/7 to 12/12 • \$110/\$115NR







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NATIONAL ACADEMY OF **ATHLETICS**



Location: Various

National Academy of Athletics' (NAofA) experienced, positive, and passionate coaches will help your child become a better, more inspired athlete while falling in love with sports.

NAofA Thanksgiving Break Camps Location: Foskett Regional Park

For those interested in developing individual and team skills will learn a lot at this camp! Drills include ball handling, passing, offense, defense, footwork, movement skills and shooting. Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM YF3.24.308 • 11/25 to 11/27 • \$114/\$119NR

NAofA Thanksgiving Break Jr. Academy All Sports Camp

Location: Foskett Regional Park

Wiffleball, soccer, capture the flag, relay/obstacle races and more! Featuring structured/simple activities, individual/team building challenges and small sided competitions to develop teamwork. Ages: 7 to 13

Monday thru Wednesday • 9:00 AM to 12:00 PM YF3.24.309 • 11/25 to 11/27 • \$114/\$119NR

NAofA New Year's Basketball Camp

Location: Foskett Regional Park

Skill based challenges will be combined with games and other smallsided competitions. Kids will play hard and have fun!

Ages: 7 to 13 Thursday thru Friday • 9:00 AM to 12:00 PM YF3.24.310 • 1/2 to 1/3 • \$114/\$119NR

NAofA New Year's Break Jr. Academy All Sports Camp

Location: Foskett Regional Park

This NAofA program uses fun to teach, problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking and running. Games may include wiffleball, soccer, capture the flag, relay/obstacle races and more! Featuring structured/simple activities, individual/team building challenges and small sided competitions to develop teamwork and engage young athletes. Ages: 7 to 13

Thursday thru Friday • 9:00 AM to 12:00 PM YF3.24.311 • 1/2 to 1/3 • \$114/\$119NR

Veterans Day Basketball Game Day

Location: Lincoln Community Center

Games include one on one, three on three, a three-point contest, around the world, Pepsi, hot spot and more!

Veterans Day Basketball Game Day - Half Day

Ages: 7 to 13 Monday • 9:00 AM to 12:00 PM YF3.24.306 • 11/11 • \$48/\$53NR

Veterans Day Basketball Game Day - Full Day

Ages: 7 to 13 Monday • 9:00 AM to 12:00 PM YF3.24.307 • 11/11 • \$72/\$77NR

Pickleball Club

Location: McBean Pickleball Courts

Pickleball is easy to learn and tons of fun. Pickleball helps kids learn hand-eye coordination, agility & 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.

Ages: 7 to 13

Sundays • 11:15 AM to 12:15 PM YF3.24.312 • 9/8 to 9/29 • \$78/\$83NR YF3.24.313 • 10/6 to 10/27 • \$78/\$83NR YF3.24.314 • 11/3 to 11/24 • \$78/\$83NR YF3.24.315 • 12/1 to 12/22 • \$78/\$83NR Tuesdays • 4:00 PM to 5:15 PM YF3.24.317 • 9/10 to 10/1 • \$78/\$83NR YF3.24.318 • 10/8 to 10/29 • \$78/\$83NR

YOUTH PROGRAMS

SKYHAWKS



Location: Various

Skyhawks Sports Academy serves children ages 4 to 14, through programs that feature skill-based sports instruction with a focus on teaching life skills through sports.

Tennis

Location: Robert Jimenez Tennis Courts

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. This program is focused on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Tennis I

Ages: 6 to 12 **Tuesdays • 4:00 PM to 5:00 PM** YF3.24.319 • 9/3 to 9/24 • \$79/\$84NR YF3.24.320 • 10/8 to 10/29 • \$79/\$84NR YF3.24.321 • 11/12 to 12/10 • \$79/\$84NR *No class 11/26



Tuesdays • 5:10 PM to 6:10 PM YF3.24.322 • 9/3 to 9/24 • \$79/\$84NR YF3.24.323 • 10/8 to 10/29 • \$79/\$84NR YF3.24.324 • 11/12 to 12/10 • \$79/\$84NR *No class 11/26

Beainnina Golf

Location: McBean Park

Skyhawks Beginning Golf is powered by Payne Stewart Experiences, the recommended entry-level golf program for PGS Junior Golf Camps. The unique, games-based play program and modified learning equipment make is easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat.

Beginning Golf I

Ages: 4 to 7

Thursdays • 4:00 PM to 5:00 PM YF3.24.330 • 9/5 to 9/26 • \$79/\$84NR YF3.24.331 • 10/10 to 11/7 • \$79/\$84NR *No class 10/31 YF3.24.332 • 11/14 to 12/12 • \$79/\$84NR

*No class 11/28

Beginning Golf II

Ages: 6 to 9 Thursdays • 5:10 PM to 6:10 PM YF3.24.333 • 9/5 to 9/26 • \$79/\$84NR YF3.24.334 • 10/10 to 11/7 • \$79/\$84NR *No class 10/31



Location: McBean Park

Soccer Tots is SkyHawks flagship program! Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Parent participation recommended for ages 2-5 years.

Ages: 3.5 to 6 Fridays • 4:20 PM to 5:05 PM

YF3.24.337 • 9/6 to 9/27 • \$60/\$65NR YF3.24.338 • 10/11 to 11/1 • \$60/\$65NR YF3.24.340 • 11/15 to 12/13 • \$60/\$65NR





10.



11. YOUTH & TEEN PROGRAMS

LINCOLN FAMILY TAEKWONDO

Location: Lincoln Family Taekwondo, 615 5th Street

Teens Intro

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!

Ages: 13 to 17

Mondays and Wednesdays • 5:00 PM to 6:00 PM 2 week sessions every month from September to December • \$60/\$65 NR Tuesdays and Thursdays • 6:00 PM to 7:00 PM 2 week sessions every month from September to December • \$60/\$65 NR

TAMRALOO STUDIOS

Location: Tamraloo Studios, 2800 Nicolaus Rd. #100

Act II Artistry

Tamraloo's Act II Artistry class builds off improv skills. Mr. Shane teaches basic acting techniques, pacing time, and delivery for advanced beginners.

Ages: 8 & up

Thursdays • 6:30 PM to 7:30 PM YE3.24.203 • 8/22 to 12/12 • \$340/\$345NR *No class 11/28

FUTSAL FACTORY

Location: Lincoln Community Center 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.

Kinder Kickers

Ages: 3 to 5

Saturdays • 1:45 PM to 2:30 PM YF3.24.166 • 11/9 to 12/7 • \$89/94NR *No class 11/30

Juniors

Ages: 6 to 8 Saturdays • 2:35 PM to 3:20 PM YF3.24.167 • 11/9 to 12/7 • \$89/94NR *No class 11/30

Cadets

Ages: 8 to 10 Saturdays • 3:25 PM to 4:15 PM YF3.24.168 • 11/9 to 12/7 • \$89/94NR *No class 11/30



www.lincolnrec.net

LINCOLN KUK SOOL WON

Location: Lincoln Community Center Classroom



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.

\$100 Startup fee for NEW PARTICIPANTS (includes uniform, LKSW tee-shirt, belt, instruction handout plus CD & WKSA membership). Payable to instructor at first class.

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 • 6:30 PM to 7:30 PM YF3.24.106 • 9/24 to 10/31 • \$110/\$115NR YF3.24.110 • 11/7 to 12/12 • \$110/\$115NR ***No class 11/28**

LINCOLN POLICE ACTIVITIES LEAGUE (LPAL)

Location: Lincoln Community Center

Lincoln Police Activities League (PAL) is a non-profit organization dedicated to fostering positive relationships founded on mutual respect, trust and understanding between police officers and young people. PAL's motto is "bridging the gap between cops and kids." This league is run by the Lincoln Police Department (LPAL) committee in conjunction with the Lincoln Recreation registration system.

Through PAL, young people are afforded the opportunity to participate in meaningful activities such as:

- National Night Out
- Shop with a Cop
- Fishing derbies
- Recreational Activities
- Jr. Potters Program

Lincoln PAL is in the process of updating this program and is currently offering a few of these programs and will be bringing back other activities in the near future based on availability of officers.

Ages: 5 to 18 Days/Times Correspondence via email LP3.24.001 • FREE REGISTRATION



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"



Economic Driving School Visit Website

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





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FACTORY

ADULT PROGRAMS

LINCOLN KUK SOOL WON

Location: Lincoln Community Center Classroom



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.

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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 • 6:30 PM to 7:30 PM YF3.24.106 • 9/24 to 10/31 • \$110/\$115NR YF3.24.110 • 11/7 to 12/12 • \$110/\$115NR *No class 11/28

LINCOLN FAMILY TAEKWONDO

Location: Lincoln Family Taekwondo, 615 5th Street

Adult Intro

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!

Ages: 13 to 17

Mondays and Wednesdays • 5:00 PM to 6:00 PM 2 week sessions every month from September to December • \$60/\$65 NR

Tuesdays and Thursdays • 6:00 PM to 7:00 PM 2 week sessions every month from September to December • \$60/\$65 NR

TAMRALOO STUDIOS

Location: Tamraloo Studios, 2800 Nicolaus Rd. #100

Act II Artistry

Tamraloo's Act II Artistry class builds off improv skills. Mr. Shane teaches basic acting techniques, pacing time, and delivery for advanced beginners.

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Ages: 8 & up

Thursdays • 6:30 PM to 7:30 PM YE3.24.203 • 8/22 to 12/12 • \$340/\$345NR *No class 11/28



register online

Scan the QR code or visit www.lincolnrec.net

SENIOR PROGRAMS BRIDGE GROUP

Location: Senior Center

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!



Fourth Monday of every month - excluding certain holidays 1:00 PM to 4:00 PM Free

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

Location: Lincoln Senior Center, 391 H Street



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

Monday, Wednesday and Friday • 11:30 AM to 12:45 PM

SENIOR BINGO

Location: Senior Center



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!

Second Tuesday of every month • 1:00 PM to 3:00 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 2025.



LINCOLN REC SPORTS

YOUTH LEAGUES

LINCOLN YOUTH FLAG FOOTBALL LEAGUE



Lincoln Recreation is thrilled to host another season of Lincoln Youth Flag Football for all boys and girls in 1st-8th grade. LYFF is a non-contact, 5 on 5 league with practices twice a week and games. The league will feature a player combine followed by a player draft for 3rd-8th grade divisions. First and second grade teams will be randomly assigned. Come out and join us for this community-favorite flag football experience! Head coach discounts available, max 1 discount per team.

SPRING 2025 - GAMES ON FRIDAY NIGHTS

Registration: Early \$125: 12/2 to 1/5 | Regular \$130: 1/6 to 2/17 | Late \$135: 2/18 to 2/28 Player Evaluation: 3/2 Practices Begin: 3/10 Games Begin: Friday. 3/21 or Friday. 3/28



LINCOLN YOUTH VOLLEYBALL LEAGUE

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. High School division available.





Registration: Early \$115: 12/2 to 1/5 | Regular \$125: 1/6 to 2/17 | Late \$135: 2/18 to 2/28 Player Orientation: 3rd/4th Grade - 2/24 | 5th/6th Grade - 2/25 | 7th/8th Grade - 2/26 Practices Begin: 3/10 Games Begin: 3/23

LINCOLN YOUTH BASKETBALL LEAGUE



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. *Volunteer coach discount available, max 1 coach per team.*

WAITLISTS: Once the preferred age group you are registering for is full, you will be prompted to enroll on the waitlist. Please DO NOT register in an open division and ask to be moved to the preferred one. When spots become available, you will be added and required to pay.

Registration: Early \$120: 7/29 to 8/25 | Regular \$130: 8/26 to 10/20 | Late \$140: 10/21 to 11/3 | After 11/4 \$150 - In office ONLY

BOYS

- Player Evaluations Boys:
- 3rd/4th Grade 11/4
- 5th/6th Grade 11/5
- 7th/8th Grade 11/7

Player Draft

(Coaches/Assistant Coaches ONLY) - Boys:

- 3rd/4th Grade 11/12
- 5th/6th Grade 11/13
- 7th/8th Grade 11/14

GIRLS

- Player Evaluations Girls:
- 3rd/4th Grade 11/6
- 5th/6th Grade 11/6
- 7th/8th Grade 11/7

Player Draft

(Coaches/Assistant Coaches ONLY) - Girls:

- 3rd/4th Grade 11/15
- 5th/6th Grade 11/15
 7th (9th Grade 11/14)
- 7th/8th Grade 11/14



Teams Announced: 11/27 (No team change requests granted under any circumstances past 12/3) Practices Begin: 12/9 Games Begin: 1/4 through 3/1





LINCOLN REC SPORTS ADULT LEAGUES

ADULT SOFTBALL

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.

FALL 2024

REGISTRATION DATES:

EARLY: 7/15 to 7/29 • REGULAR: 7/30 to 8/18 • LATE: 8/19 to 8/27

Women's

Start: 9/9 Early: \$545 | Regular: \$570 | Late: \$595 Foskett Regional Park

SPRING 2025

8-Game season + 1 week of Playoffs

REGISTRATION DATES:

EARLY: 1/6 to 1/26 • REGULAR: 1/27 to 2/23 • LATE: 2/24 to 3/3

Women's

Start: 3/10 Early: \$545 | Regular: \$570 | Late: \$595 Foskett Regional Park

Co-ed

Co-ed

Foskett Regional Park

Start: 9/10

Start: 3/11 Early: \$545 | Regular: \$570 | Late: \$595 Foskett Regional Park

Early: \$545 | Regular: \$570 | Late: \$595

Men's

Start: 9/12 Early: \$545 | Regular: \$570 | Late: \$595 Foskett Regional Park 14.

Men's

Start: 3/13 Early: \$545 | Regular: \$570 | Late: \$595 Foskett Regional Park





Visit our league website at: www.LincolnRecSports.com or scan the QR code.



Swing into action at McBeanPark

Scan the QR below, or head to **rec.us/mcbean** to discover pickleball classes, licensed coaches and reservable courts!









☆ 4.8 • \$80/hour





MOTHER GOOSE ON THE LOOSE

Join us for this fast-paced storytime filled with fun activities designed to help babies and toddlers learn and grow. Music, movement, and stories build early literacy, social, and development skills – all while having fun!

Ages: 0 to 4 years (Adults must stay for the program) When: Begins 10/6! Thursday mornings at 9:30 AM & 10:30 AM *Excluding last Thursday of the month Where: Twelve Bridges Library

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

FAMILY ART NIGHT

This will be a fun, all-ages event for the whole family, and everyone is invited. Come celebrate the arts at the library by seeing the entries from our Tiny Art Show (which you can enter, and also vote on), enjoy a face painter and caricature artist, and make different art projects with your family. There will also be music, artists creating new works that night, and a FREE pizza meal for everyone with a library card (while supplies last). Don't' have a library card yet? You can get one at the event!

We want to thank our Friends of the Lincoln Public Library for sponsoring this incredible event for the whole family. And just remember that the free pizza meal is one per person/library card, while supplies last. We can't wait to see you at Family Art Night!

When: Saturday, 10/12 • 5:00 PM to 7:00 PM



TWELVE BRIDGES LIBRARY ADULT LITERACY

Do you or someone you know struggle with reading or writing? You're not alone - one in five US adults struggle to meet their goals because reading, writing, or basic math is a challenge. We can help! Whether it is help in reading, writing, math, or even getting a GED, you can get one-onone tutoring by library trained volunteer tutors. This individualization means you learn what you need or want to learn, at your own pace. Best of all, tutoring is free and only takes 1.5 hours of your time each week.

Ages: Adults over 18, or teens over 16 who are not enrolled in high school

Interested? Contact the Library about Adult Literacy

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 • 5:30 PM to 8:00 PM

Explore everything your library card gives you!

Read anyway yo

u Listen at or on the Music ar to steam i e- download

at home the go. and books am or oad.



LEARN

Watch movies, TV series, and more. Borrow DVDs and video 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

Sign up online today: (or just find out more



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!







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@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!

"And thank you to the Friends of the Lincoln Public Library for supporting library programs. Find out more about how you can help and become a Friend: lincolnlibraryfriends.org."

17. FACILITY RENTALS



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

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 multiple parks where you can reserve your spot under one of our covered picnic areas.

Parks with rentable picnic areas:

- McBean Park
- Meadowlands
 Aitken Ranch
- Nathan DubinMarkham
- Pete Singer

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 Houses:

Visit https://www.lincolnca.gov/en/parks-recreation-andactivities/bounce-house-permits.aspx or call the Recreation Department at 916-434-3220 to check availability of parks and dates.



NEW PARKS

Pasillas Park

Now open! Pasillas is a small, neighborhood park with scenic views in the Twelve Bridges area. This park includes a covered picnic area, playground, swings and grill.







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 nonbusiness 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.



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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.lincolnca.gov/en/parksrecreation-and-activities/rent-afacility.aspx or call 916-434 -3220.



Huffin' for the Stuffin' Turkey Trot 2024 Thanksgiving Day **Twelve Bridges Park** Registration Opens Sept 24th @ Runsignup.com

9

RECREATION

Sponsorships Available