

AMERICA'S HOMETOWN

Lincoln California

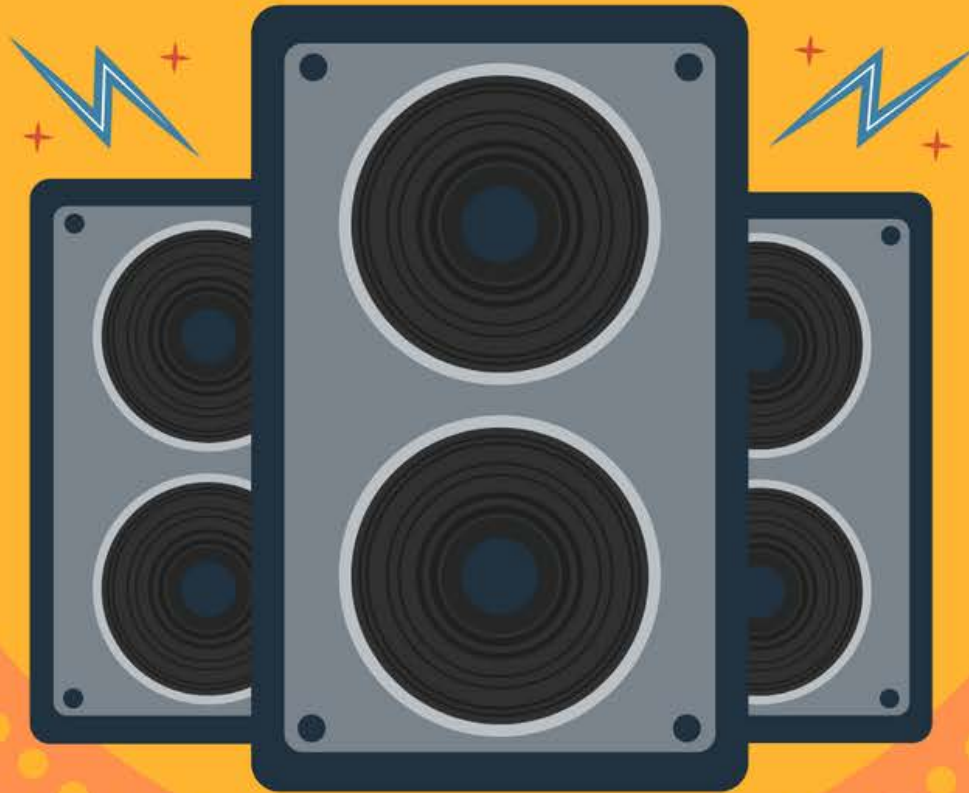


SPRING/SUMMER 2023
RECREATION GUIDE



City of
Lincoln
Recreation

CITY OF LINCOLN
SUMMER
CONCERTS



BEERMANN PLAZA

June 23rd - American Mile

July 21st - Ariel Jean Band

August 18th - North Forty Country

FRIDAYS 7:30PM-9:30PM

Friday Night Family Fun in Downtown Lincoln

Vendors ● Beer ● Wine

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**Parks
Make
Life
Better!**

REGISTRATION



Online

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

You can register for youth sport leagues and 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 2023:

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

Scholarships

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



@LINCOLNRECREATION



@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-served basis.
- The City has established non-resident (NR) fees for recreation programs. A non-resident is a person who lives outside of the 95648 zip code.
- All credit/debit transactions are assessed a 3% convenience fee.

Refund Policy

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



LINCOLN POLICE ACTIVITIES LEAGUE (LPAL) 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 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

LINCOLN PAL IS IN THE PROCESS OF UPDATING THIS PROGRAM AND WILL BE OFFERING ACTIVITIES BASED ON AVAILABILITY OF OFFICERS. LINCOLN PAL ACTIVITIES ARE FREE OF CHARGE TO ALL COMMUNITY YOUTH BETWEEN 5-18 YEARS OF AGE.

You can enroll your child in LPAL at lincolnrec.net to place them in the database and LPAL will reach out when activities become available.



Register for LPAL to be a Jr. Potter this JUNE!

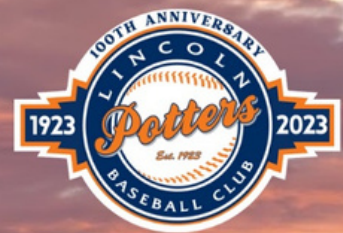
Ages 7 - 12

MAY/JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
#PotterUp				25 FAN FEST	26 KNICKS	27 KNICKS
28 KNICKS	29 OFF	30 YANKEES	31 OFF	1 YANKEES	2 LEGENDS	3 LEGENDS
4 LEGENDS	5 OFF	6 STOMPERS	7 STOMPERS	8 STOMPERS	9 IRONHORSE	10 STOMPERS
11 PACKERS	12 OFF	13 PACKERS	14 PACKERS	15 PACKERS	16 MUDCATS	17 MUDCATS
18 MUDCATS DH	19 OFF	20 CRAWDADS	21 OFF	22 MERCHANTS	23 KINGS	24 IRONHORSE
25 ADMIRALS DH	26 OFF	27 STOMPERS	28 STOMPERS	29 STOMPERS	30 KINGS	

Fireworks Nights
 5/27, 6/17, 7/1, 7/4, 7/15, 7/28

Theme Nights
 5/27, 6/1, 6/2, 6/3, 6/9, 6/17, 6/23,
 6/24, 7/1, 7/4, 7/15, 7/21, 7/26, 7/28

Youth Clinics
 6/8, 6/24, 7/15, 7/23, 7/30



JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
#CCLbaseball						LEGENDS
2 LEGENDS	3 OFF	4 ADMIRALS	5 OFF	6 ADMIRALS	7 ROGUES	8 ROGUES
9 ROGUES	10 OFF	11 OFF	12 CRAWDADS	13 OFF	14 CRAWDADS	15 CRAWDADS
16 CRAWDADS	17 OFF	18 PACKERS	19 PACKERS	20 PACKERS	21 CRAWDADS	22 CRAWDADS
23 CRAWDADS	24 OFF	25 MUDCATS	26 MUDCATS	27 MUDCATS	28 ADMIRALS	29 ADMIRALS
30 ADMIRALS	31 OFF					

AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 PACKERS	2 PACKERS	3 PACKERS	4 PACKERS	5 PACKERS
6 PACKERS	7 OFF	8 MUDCATS	9 MUDCATS	10 MUDCATS	11 MUDCATS	

SPOTLIGHT

LINCOLN CALIFORNIA

SPOTLIGHT LINCOLN IS A LOCAL MARKETING BUSINESS THAT IS TRULY LOCAL TO LINCOLN.
 Utilizing web and social media platforms, we make it easy and entertaining for people to learn about local businesses and community services.
 For more information contact Spotlight Lincoln at info@SpotlightLincoln.com
WWW.SPOTLIGHTLINCOLN.COM
[@SPOTLIGHTLINCOLN](https://www.instagram.com/SPOTLIGHTLINCOLN)

5. AQUATICS



Aquatics 2023

Swim Lesson Schedule

McBean Park Memorial Pool
61 McBean Park Drive, Lincoln CA 95648
916-434-3230 chawley@ci.lincoln.ca.us

\$80.00 Residents/\$85.00 Non-Residents - Lessons are Tuesday through Friday, 40 minutes each.

Time	Spring 1 5/8-5/18	Spring 2 5/23-6/2	Summer 1 6/13-6/23	Summer 2 6/27-7/7	Summer 3 7/11-7/21	Summer 4 7/25-8/4	Summer 5 8/8-8/18	Summer 6 8/22-9/1
10:00-10:40 AM			L1 (AQ23.018) L2 (AQ23.019) L3 (AQ23.020) L4 (AQ23.021)	L1 (AQ23.042) L2 (AQ23.043) L3 (AQ23.044) L4 (AQ23.045)	L1 (AQ23.066) L2 (AQ23.067) L3 (AQ23.068) L4 (AQ23.069)	L1 (AQ23.090) L2 (AQ23.091) L3 (AQ23.092) L4 (AQ23.093)		
10:45-11:25 AM			P/P (AQ23.22) L1 (AQ23.023) L2 (AQ23.024) L4 (AQ23.025)	P/T (AQ23.046) L1 (AQ23.047) L2 (AQ23.048) L4 (AQ23.049)	P/P (AQ23.070) L1 (AQ23.071) L2 (AQ23.072) L4 (AQ23.073)	L1 (AQ23.094) L2 (AQ23.095) L3 (AQ23.096) L4 (AQ23.097)		
11:30 AM-12:10PM			L1 (AQ23.026) L2 (AQ23.027) L3 (AQ23.028) D (AQ23.029)	P/P (AQ23.050) L1 (AQ23.051) L2 (AQ23.052) L4 (AQ23.053)	L1 (AQ23.074) L2 (AQ23.075) L3 (AQ23.076) D (AQ23.077)	P/P (AQ23.098) L1 (AQ23.099) L2 (AQ23.100) L4 (AQ23.101)		
12:15-12:55 PM			L1 (AQ23.030) L2 (AQ23.031) L3 (AQ23.032) L4 (AQ23.033)	L1 (AQ23.054) L2 (AQ23.055) L3 (AQ23.056) D (AQ23.057)	L1 (AQ23.078) L2 (AQ23.079) L3 (AQ23.080) L5 (AQ23.081)	L1 (AQ23.102) L2 (AQ23.103) L3 (AQ23.104) L5 (AQ23.105)		
5:30-6:10 PM	P/P (AQ23.002) L1 (AQ23.003) L2 (AQ23.004) L4 (AQ23.005)	P/P (AQ23.010) L1 (AQ23.011) L2 (AQ23.012) L4 (AQ23.013)	L1 (AQ23.034) L2 (AQ23.035) L3 (AQ23.036) L4 (AQ23.037)	L1 (AQ23.058) L2 (AQ23.059) L3 (AQ23.060) L5 (AQ23.061)	L1 (AQ23.082) L2 (AQ23.083) L3 (AQ23.084) L4 (AQ23.085)	L1 (AQ23.106) L2 (AQ23.107) L3 (AQ23.108) L4 (AQ23.109)	L1 (AQ23.114) L2 (AQ23.115) L3 (AQ23.116) L4 (AQ23.117)	L1 (AQ23.122) L2 (AQ23.123) L3 (AQ23.124) L4 (AQ23.125)
6:15-6:55PM	L1 (AQ23.006) L2 (AQ23.007) L3 (AQ23.008) L4 (AQ23.009)	L1 (AQ23.014) L2 (AQ23.015) L3 (AQ23.016) L4 (AQ23.017)	P/P (AQ23.038) L1 (AQ23.039) L2 (AQ23.040) L5 (AQ23.041)	L1 (AQ23.062) L2 (AQ23.063) L3 (AQ23.064) L4 (AQ23.065)	P/P (AQ23.086) L1 (AQ23.087) L2 (AQ23.088) L4 (AQ23.089)	L1 (AQ23.110) L2 (AQ23.111) L3 (AQ23.112) D (AQ23.113)	P/P (AQ23.118) L1 (AQ23.119) L2 (AQ23.120) L4 (AQ23.121)	L1 (AQ23.126) L2 (AQ23.127) L3 (AQ23.128) L4 (AQ23.129)

Key: P/T (Parent/Toddler) L (Level)
P/P (Parent/Preschool) D (Diving)

Private and Semi-Private swim lessons are available during the following times:

1:00-1:25 PM 1:30-1:55 PM
5:00-5:25 PM 7:00-7:25 PM

Parent/Toddler (P/T): 6 to 24 months

Parent participation is required. To develop a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water.

Parent/Preschool (P/P): 2 to 5 years old

Parent participation is required. To develop a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Some objectives are to exhale underwater (blow bubbles), and demonstrate a readiness to float with support.

Level 1: Introduction to Water Skills

To orient participants to the aquatic environment and teach children elementary skills that can be built on as they progress through the Learn to Swim program. Some objectives are to fully submerge head, retrieve underwater objects and to perform back and front float.

Level 2: Fundamental Aquatic Skills

To build on the fundamentals learned in Level 1 such as aquatic locomotion, safety, rescue skills and perform a combined stroke on front and back.

Level 3: Stroke Development

Learning objectives for this class are to coordinate the components of the front and back crawl, retrieve objects unsupported with eyes open, rotary breathing in a horizontal position and learn the basic rules of diving.

Level 4: Stroke Improvement

To develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program. Some learning objectives include diving from the side of the pool, building endurance by swimming elementary backstroke, breaststroke, butterfly and front and back crawl.

Level 5: Stroke Refinement

To coordinate and refine the key strokes presented thus far in the Learn to Swim program, introduce flip turns while swimming on front and back and tuck and pike surface dives.

Diving

A class that builds on the skills already learned. Teaching starts with beginning diving skills and will progress at the rate of the student's ability. Must have Level 4 skills.

Private Swim Lessons

For 1 participant, \$150

Semi-Swim Lessons

For 2-3 participants, \$225

Private and Semi-Private Lessons are available during the regular session dates from 1:00 PM to 7:00 PM

Contact McBean Pool at (916)434-3230 for registration and scheduling.

Adaptive and Adult Lessons also available!

Please contact the pool for scheduling.



AQUATICS

DROP-IN PROGRAMS

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

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

RECREATION SWIM

The pool is open during the summer 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.

6/12 to 8/16 • Monday through Saturday • 2:00 PM to 5:00 PM
 8/19 to 9/2 • Saturdays • 2:00 PM to 5:00 PM
 7/4 • Tuesday • 12:00 PM to 5:00 PM

FAMILY SWIM NIGHT

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

6/12 to 8/28 • 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

5/8 to 8/30 • Mondays and Wednesdays • 7:30 PM to 8:15 PM
 9/6 to 10/25 • Mondays and Wednesdays • 6:30 PM to 7:15 PM

LAP SWIM

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

Ages: 16 and over

5/9 to 8/31 • Tuesdays and Thursdays • 7:30 PM to 8:30 PM
 9/5 to 10/26 • Tuesdays and Thursdays • 6:30 PM to 7:30 PM

POOL PASSES

Season passes available for Recreation Swim and Family Swim only.

Family Pass (up to 4 people) \$150
 Family Pass (additional family members)..... \$40
 Individual Pass (ages 4 to 15) \$75
 Individual Pass (16 and over) \$100



LIFEGUARD COURSES

JR. LIFEGUARD

The American Red Cross Junior Lifeguard course is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills.

- Junior Lifeguarding introduces participants to:
- The skills needed for entry to the American Red Cross Lifeguarding course,
 - Communication, teamwork and decision making,
 - Basic responsibilities of a lifeguard

Prerequisites:

- Swim the front crawl 25 yards continuously while to front or side.
- Swim breaststroke for 25 yards using a pull, breathe, kick and glide sequence
- Complete Water Competency Sequence

Ages: 11 to 14

Monday thru Friday • 1:00 PM to 3:30 PM
 AQ23.204 • 7/17 to 8/4 • \$175/\$180NR

BASIC WATER RESCUE

Basic Water Rescue provides you with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. The Basic Water Rescue course does not provide participants with all the information and skills needed to be certified as a lifeguard. Bring a swim suit and towel to the one day class.

Ages: 16 and up

Saturday • 9:00 AM to 12:00 PM
 AQ23.217 • 6/24 • \$75/\$80NR

POOL RENTALS/PARTIES

McBean Pool is available for private rentals and birthday parties during our pool season, May through October.

PRIVATE POOL RENTALS

Have your own private party where you and your guests can have the pool all to yourselves. The McBean Pool is available to rent for your special occasion. Rentals include exclusive use of the pool, deck and picnic areas, and are staffed with lifeguards. Private rentals are available on Saturdays and Sundays.

Pool rental (2-hour minimum, up to 50 people) \$150/hour
 Additional lifeguard (rentals exceeding 50 people) \$30/hour, per lifeguard

For rental with attendance exceeding 50 people, additional lifeguard fee applies per 20 people in addition to the first 50 attendees.

BIRTHDAY PARTIES

Have a stress-free party and leave the planning to us. The Recreation Department offers all-inclusive birthday parties at McBean Pool. Party packages include use of McBean Pool during the 3 hours of Recreation Swim, a reserved party area for 1 hour, cake, punch, party invitations, paper products and party host.

1 to 10 guests (4 free chaperones) \$200
 11 to 20 guests (8 free chaperones) \$300
 Additional guests \$10
 Pizza (includes 2 large pizza per 10 guests) \$30

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

Pre Tryout Conditioning

Monday thru Thursday • 3:50 PM to 4:50 PM
 AQ23.183 • 5/8 to 5/18 • \$80/\$85NR

Evaluation/tryout dates and times

5/23, 5/24 & 5/25 • 3:30 PM to 4:40 PM
 5/27 • 9:00 AM to 11:00 AM

Post Tryout Conditioning

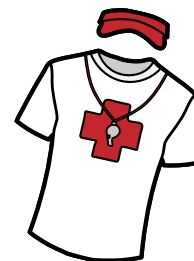
Tuesday thru Friday • 3:50 PM to 4:50 PM
 AQ23.184 • 5/30 to 6/9

Practice dates and times

Tuesday thru Friday • 6/13 to 8/11
 • Ages 6 - 8 | 7:30 AM to 8:00 AM
 • Ages 9 - 11 | 8:10 AM to 8:50 AM
 • Ages 12 and up | 9:00 AM to 9:50 AM

Swim meet dates and times

7/1, 7/22 and 8/12 • 9:00 AM to 1:00 PM
 *check in time 8:00 AM



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

7. KIDS KAMP



WHAT IS KIDS KAMP?

SUMMER 2023: JUNE 19 TO AUGUST 11

Camps keep children engaged, active, and thriving. Kids Kamp's goal is to offer community enrichment and we are committed to providing a fun, safe, age-appropriate program that encourages social development and promotes diverse experiences. Our seasonal program is in unison with Western Placer Unified School District's (WPUSD) breaks. Camp days include but are not limited to art activities, creative play, sports, and games. Our trained counselors are dedicated to providing an uplifting and healthy space for your child.

To learn more about our seasonal camps visit:
www.lincolnrec.net

Register for Kids Kamp programs by scanning the QR code.



KIDS KAMP 2023 SCHEDULE

KIDS KAMP

Date/Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 June 19-23 Welcome to the Carnival	19 POOL DAY Camp is at McBean Park	20 Camper vs. Counselor Park Crawl: Schieber Park	21 Dress Up Day: Carnival PIZZA DAY	22 Water Slide Day!	23 Camp Competition Day
Week 2 June 26-30 Career Week	26 POOL DAY Camp is at McBean Park	27 Camper vs. Counselor Park Crawl: Machado Park	28 Dress Up Day: Your Future Career PIZZA DAY	29 FIELD TRIP DAY! Wake Island	30 Camp Competition Day
Week 3 July 3-7 Party Like It's 1776	3 NO CAMPI	4 NO CAMPI! Happy 4th of July!	5 Dress Up Day: Favorite Person in History PIZZA DAY	6 Water Slide Day!	7 Camp Competition Day
Week 4 July 10-14 Candy Crush	10 POOL DAY Camp is at McBean Park	11 Camper vs. Counselor Park Crawl: Sheffield Park	12 Dress Up Day: Candy PIZZA DAY	13 FIELD TRIP DAY! Roller King	14 Camp Competition Day
Week 5 July 17-21 Campfire Week	17 POOL DAY Camp is at McBean Park	18 Camper vs. Counselor Park Crawl: Auburn Ravine Park	19 Dress Up Day: Campers PIZZA DAY	20 Water Slide Day!	21 Camp Competition Day
Week 6 July 24-28 Wild, Wild West	24 POOL DAY Camp is at McBean Park	25 Camper vs. Counselor Park Crawl: Peter Singer Park	26 Dress Up Day: Western PIZZA DAY	27 FIELD TRIP DAY! Xtreme Craze	28 Camp Competition Day
Week 7 July 31-August 4 Tacky Tourists	31 POOL DAY Camp is at McBean Park	1 Camper vs. Counselor Park Crawl: Schieber Park	2 Dress Up Day: Tacky Tourists PIZZA DAY	3 Water Slide Day!	4 Camp Competition Day
Week 8 August 7-11 What Do You Meme?	7 POOL DAY Camp is at McBean Park	8 Camper vs. Counselor Park Crawl: Machado Park	9 Dress Up Day: Favorite Meme PIZZA DAY	10 FIELD TRIP DAY! Movie Theater	11 Camp Competition Day

KIDS KAMP - SUMMER 2023

All-Inclusive Rate: \$1500.00

- Includes AM/PM care, field trips & water slides

Weekly Rate: \$195.00*

- Includes field trips and water slides
 - Weekly Super Starter Rate: \$45.00
 - Weekly Fun Finale Rate: \$60.00
 - *Reduced rate for week 3

Daily Rate (M, T, W & F): \$55.00

Daily Rate (Thursdays): \$75.00

- Thursday rate includes field trips and water slides.
 - Daily Super Starter Rate: \$15.00
 - Daily Fun Finale Rate: \$20.00

Super Starter: 7:30 AM to 9:00 AM

Fun Finale: 3:30 PM to 5:30 PM

REGISTER AT:
WWW.LINCOLNREC.NET

CITY OF LINCOLN RECREATION
2010 FIRST STREET
LINCOLN, CA 95648
916-434-3220

LINCOLN RECREATION

YOUTH VOLUNTEER PROGRAM



MAKE A DIFFERENCE!
GAIN WORK EXPERIENCE!
HAVE FUN!

MUST BE AT
LEAST 14 TO
APPLY!

DEADLINE

MAY 5, 2023

DOWNLOAD THE INFO PACKET AT:
WWW.LINCOLNCA.GOV

JOIN US

PRESCHOOL PROGRAMS

MAD SCIENCE IS BACK!!!

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

Location: Lincoln Crossing Elementary School



Dino-Explorers

Do you like dinosaurs? Do you know what they liked to eat and how they lived? In this preschool camp you'll become a dinosaur expert and go on a dinosaur hunt! You'll dig for dinosaurs, study their bones, and learn about their food and the places they lived. You'll see just how the different dinosaurs, big and small, used their bodies to survive in a prehistoric world! When we're done you'll know so much about your favorite dinosaur that you might even become one!

Ages: 4 to 5
Monday, Wednesday & Friday • 9:00 AM to 12:00 PM
YE2.23.108 • 6/12, 6/14 & 6/16 • \$180/\$185NR

Little Green Thumbs



Blossoming minds will love this week! Specially designed for the pre-K or kindergartener, this camp teaches all about the amazing things that happen in the garden. Learn that plants, fruits, and vegetables start from seeds. Explore what they need to grow and survive and where they get those things as we study weather. Discover the role that bugs and butterflies play in making your garden grow.

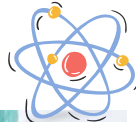


Ages: 4 to 5
Monday, Wednesday & Friday • 9:00 AM to 12:00 PM
YE2.23.109 • 7/10, 7/12 & 7/14 • \$180/\$185NR

The Amazing YOU

Is your little one a burgeoning Medical Doctor, Dentist, or Biologist? Humans of all shapes and sizes will benefit from this fun-filled opportunity to explore the organs, systems and cells that make us who we are. This specially designed preschool camp takes children on a journey of self-discovery about the most important organisms around - THEMSELVES! Campers will gain a better understanding of the amazing "machine" they live in and use every day to taste, smell, hear, think and see.

Ages: 4 to 5
Monday, Wednesday & Friday • 9:00 AM to 12:00 PM
YE2.23.110 • 7/31, 8/2 & 8/4 • \$180/\$185NR



JAB

Jessica's Accelerated Boot Camp has been serving the Lincoln Community for over 14 years and has recently teamed up with Lincoln Recreation! Experience JAB conditioning for all fitness levels and age groups!

Location: JAB Fitness Gym
629 Lincoln Blvd., Lincoln, CA 95648

Baby Jabbers

If you're looking for a fun way to introduce fitness to your toddler, come join Baby Jabbers!!! Toddlers will be entertained with fun activities through exercise, competitive/imaginative play, all while making friends and building coordination/social skills, and confidence!



Ages: 3 to 5
Monday and Wednesday • 10:15 AM to 11:00 AM
YF2.23.634 • 4/10 to 5/3 • \$60/\$65NR
YF2.23.635 • 5/8 to 5/31 • \$60/\$65NR
YF2.23.636 • 6/12 to 7/4 • \$60/\$65NR
YF2.23.637 • 7/17 to 8/9 • \$60/\$65NR
YF2.23.638 • 8/21 to 9/13 • \$60/\$65NR

Vision Soccer

Location: Foskett Regional Park



Toddle Ballers

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



Ages: 2 to 3
Mondays • 4:15 PM to 4:55 PM
YF2.23.616 • 5/15 to 6/12 • \$68/\$73NR
YF2.23.617 • 6/26 to 7/24 • \$68/\$73NR
YF2.23.618 • 8/7 to 8/28 • \$68/\$73NR
YF2.23.619 • 9/11 to 10/2 • \$68/\$73NR

NAofA

(NATIONAL ACADEMY OF ATHLETICS)



Location: Nathan Dubin Park

Basketball Club

This program is designed for kids to learn 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 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
Sundays • 9:00 AM to 10:00 AM
YF2.23.204 • 5/7 to 5/28 • \$78/\$83NR
YF2.23.206 • 7/2 to 7/23 • \$78/\$83NR
YF2.23.207 • 8/6 to 8/27 • \$78/\$83NR





YOUTH PROGRAMS

Youth Enrichment Camps & Classes

MAD SCIENCE



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

Location: Lincoln Crossing Elementary School



Detective Madness



Like to solve mysteries? Crack the case! You will step into the shoes of a real detective. Use science to uncover evidence and analyze the hidden secrets of a case. Put cool sleuthing tools and proven forensic techniques to work and unravel mysteries that would stump even Sherlock Holmes! Ok, well, maybe they would fool your brother, but they'd be CRAZY to think they could fool Detective You!

Ages: 6 to 12
Monday thru Friday • 9:00 AM to 12:00 PM
YE2.23.106 • 7/24 to 7/28 • \$180/\$185NR



Crazy Chemworks

Get ready to lose your mind in the vast and exciting world of chemistry! This camp is full of reactions, observations, solutions, suspensions, explosions, concoctions, perplex ions, digestions, reflections, and Dalmatians (kidding), just to name a few. You will challenge your friends in the labware game, combat evaporation, be amazed at the awesome power of glue technology and trigger some shocking chemical reactions. You'll snoop out counterfeit money, launch chemical explosions (not TOO big) and learn how and why the chemical world works. So dive into our fantastically fun pool of chemical experimentation! Just don't miss this one with that one or you might blow up the universe!

Ages: 6 to 12
Monday thru Friday • 9:00 AM to 12:00 PM
YE2.23.105 • 6/26 to 6/30 • \$180/\$185NR



Play-Well TEKologies

Location: Lincoln Crossing Elementary



Adventures in STEM with LEGO

Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

Ages: 5 to 10
Monday thru Friday
YE2.23.100 • 6/12 to 6/16 • 9:00 AM to 12:00 PM • \$200/\$205NR

Animal Adventures with LEGO

Let your imagination run wild with tens of thousands of LEGO® parts as your child builds leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Ages: 5 to 10
Monday thru Friday
YE2.23.101 • 7/31 to 8/4 • 9:00 AM to 12:00 PM • \$200/\$205NR

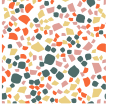


ART LEAGUE OF LINCOLN



The vision of the Art League of Lincoln is to thrive as a vital cultural center for the Greater Lincoln Area by fostering educational and innovative events in visual arts, music, poetry, and the performing arts through local partnerships.

Location: Art League of Lincoln
580 6th Street, Lincoln CA 95648



Art Camp

June Kid's Art Camp

Join the Art League of Lincoln for a fun Kids Art Camp! Students will create art using several mediums including ceramics, paint, and more! Snacks & supplies included.

Ages: 7 to 12
Monday -Thursday • 10:00 AM to 1:00 PM
EN2.23.202 • 6/26 to 6/29 • \$125/\$130NR

Paint 'N Create

Young artists will enjoy a paint-party art lesson including a yummy snack while socializing. Create the perfect masterpiece or gift for someone special while having a good time painting away. Paint along with the instructor during 3 hours of creative fun. No experience needed!

Ages: 7 to 12
Saturday • 10:00 AM to 1:00 PM
EN2.23.204 • 7/8 • \$45/\$50NR
EN2.23.205 • 8/5 • \$45/\$50NR



EXPRESSIONS ACADEMY

Location: Expressions Dance Studio, 780 Sterling Parkway Suite 30

Royal Academy Camp

Calling all royal dancers! Join us for a Prince and Princess themed camp with crafts, adventures, dancing, meet & greets with Princesses, and more! This camp will have your kiddos jumping, twirling, and having tons of fun all week long! Each day will have a different theme and campers will go on adventures through dance and storytelling. A craft and snack will be provided each day.

Ages: 4 to 10
Wednesday thru Friday
DA2.23.101 • 7/5 to 7/7 • 10:00 AM to 1:00 PM • \$180/\$185NR

Jedi Training Camp

Dancers in this camp will work on Hip Hop, Jazz, Parkour, and Acrobatic styles while working with props, light sabers, obstacles and more! Your camper will enjoy crafts, coloring pages, obstacle courses, imagination stations and much, much more! Snacks are provided each day.

Ages: 6 to 10
Monday thru Wednesday
DA2.23.102 • 7/10 to 7/12 • 10:00 AM to 1:00 PM • \$180/\$185NR



Tumble and Twist with T-Swift

Ready to shake it off and have an enchanted time?!?! This camp will combine Jazz, Hip Hop, and Acrobatic movement into one fabulous camp with Taylor Swift music and dancing! Campers will do a craft, learn a dance to perform, record, and bring out their inner pop star! A snack will be provided each day.

Ages: 6 to 12
Monday thru Wednesday
DA2.23.103 • 7/17 to 7/19 • 10:00 AM to 1:00 PM • \$180/\$185NR



YOUTH PROGRAMS

NAofA

National Academy of Athletics

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

Location: Various



NEW High Spirit Cheer & Dance

This cheer and dance camp packs a ton of cheer fundamentals, as well as simple fun routines and performance skills! Kids will learn stretching techniques for flexibility, balance, rhythm, and coordination. The staff guides campers through the process of improving their individual skills, understanding of basic cheer concepts, building confidence and having tons of fun!

Location: McBean Park

Ages: 7 to 13

Monday thru Friday • 9:00 AM to 12:00 PM
YF2.23.632 • 6/12 to 6/16 • \$188/\$193



NEW Duck, Dodge Dodgeball Camp

Kids love dodgeball!!! When playing dodgeball, kids learn to throw, catch, dive, duck, and dodge a ball. Dodgeball is great for teaching good sportsmanship, teamwork, empathy, and strategy. Kids will participate in various skills, challenges, competitions, and games leading to a dodgeball tournament Friday afternoon. Your children will PLAY HARD and HAVE FUN!

Location: McBean Park

Ages: 7 to 13

Monday thru Friday • 9:00 AM to 12:00 PM
YF2.23.633 • 6/12 to 6/16 • \$188/\$193



Jr. Academy All Sports Camp

This program gives children a fun and educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our 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 much more. Featuring structured, simple activities, individual and team-building challenges along with small-sided competitions to develop teamwork and engage young athletes.

Location: McBean Park

Ages: 4 to 6

Monday thru Friday • 9:00 AM to 12:00 PM
YF2.23.653 • 6/12 to 6/16 • \$188/\$193NR



Jr. Academy All Sports Club

This program gives children a fun, active and educational experience tailored to the abilities of their age group. Your child will have a blast learning motor skills and coordination while playing games with the other children that may include: baseball, soccer, flag football, capture the flag, relay/obstacle races and a whole lot more. Featuring structured/simple activities, individual and team -building challenges along with small sided competitions to develop and engage small athletes.

Location: Nathan Dubin Park

Ages: 4 to 6

Saturdays • 10:00 AM to 11:00 PM
YF2.23.104 • 5/6 to 5/27 • \$78/\$83NR
YF2.23.105 • 7/1 to 7/22 • \$78/\$83NR
YF2.23.106 • 8/5 to 8/26 • \$78/\$83NR



Basketball Club



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 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.

Location: McBean Park Basketball Courts

Little Shots

Ages: 3 to 4

Sundays • 9:00 AM to 10:00 AM
YF2.23.204 • 5/7 to 5/28 • \$78/\$83NR
YF2.23.206 • 7/2 to 7/23 • \$78/\$83NR
YF2.23.207 • 8/6 to 8/27 • \$78/\$83NR



Hot Shots

Ages: 5 to 6

Sundays • 10:00 AM to 11:00 AM
YF2.23.208 • 5/7 to 5/28 • \$78/\$83NR
YF2.23.210 • 7/2 to 7/23 • \$78/\$83NR
YF2.23.211 • 8/6 to 8/27 • \$78/\$83NR

Jr. Academy Soccer Club

The Jr. Academy Soccer Club by the National Academy of Athletics is packed with fun! Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends!

Location: Nathan Dubin Park

Ages: 4 to 6

Saturdays • 9:00 AM to 10:00 AM
YF2.23.108 • 5/6 to 5/27 • \$78/\$83NR
YF2.23.109 • 7/1 to 7/22 • \$78/\$83NR
YF2.23.110 • 8/5 to 8/26 • \$78/\$83NR

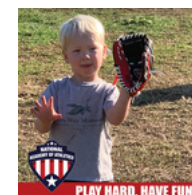
T-Ball Club

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.

Location: Nathan Dubin Park

Ages: 4 to 6

Saturdays • 11:15 AM to 12:15 PM
YF2.23.201 • 5/6 to 5/27 • \$78/\$83NR
YF2.23.202 • 7/1 to 7/22 • \$78/\$83NR
YF2.23.203 • 8/5 to 8/26 • \$78/\$83NR



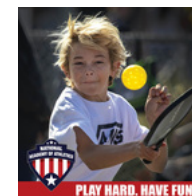
Pickleball Club

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

Location: McBean Park Basketball Courts

Ages: 7 to 13

Sundays • 11:15 AM to 12:15 PM
YF2.23.212 • 5/7 to 5/28 • \$78/\$83NR
YF2.23.213 • 7/2 to 7/23 • \$78/\$83NR
YF2.23.214 • 8/6 to 8/27 • \$78/\$83NR



YOUTH PROGRAMS



GOOD SPORT U

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

Location: Lincoln Community Center



Hoop Improvement

Ages: 5 to 8

Monday thru Thursday • 4:30 PM to 5:25 PM

YF2.23.100 • 6/19 to 6/22 • \$65/\$70NR

YF2.23.103 • 7/24 to 7/27 • \$65/\$70NR

Ages: 9 to 12

Monday thru Thursday • 5:30 PM to 6:25 PM

YF2.23.102 • 6/19 to 6/22 • \$65/\$70NR

YF2.23.101 • 7/24 to 7/27 • \$65/\$70NR



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!



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 • 6:30 PM to 7:30 PM

YF2.23.328 • 5/22 to 6/28 • \$110/\$115NR

YF2.23.651 • 7/5 to 8/9 • \$110/\$115NR

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

YF2.23.644 • 5/23 to 6/29 • \$110/\$115NR

YF2.23.652 • 7/6 to 8/10 • \$110/\$115NR

Advanced Black Belt

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



Ages: 10 and up

Mondays • 7:00 PM to 8:00 PM

YF2.23.645 • 5/22 to 6/26 • \$110/\$115NR

YF2.23.646 • 7/10 to 8/7 • \$110/\$115NR

Practical Self Defense

This class is for women only. No special strength or knowledge of martial arts or fighting is needed for proper self-defense. Class begins with awareness and prevention then moves on to the essentials of hand to hand defense training including defending from the ground and defense against weapons. This class helps to provide general tips on how to avoid and handle dangerous situations.

Ages: 15 and up • Females only

Friday • 6:00 PM to 8:00 PM

AE2.23.105 • 6/30 • \$10/\$15NR



DEFENSE

YOUTH PROGRAMS

Vision Soccer

Location: Foskett Regional Park



Toddle Ballers

A fun introduction to soccer! In addition to basic soccer skills such as using your feet to run with a ball, this program also develops basic coordination and dexterity.

Participation from a parent / guardian or an older sibling is required.

Ages: 2 to 3

Mondays • 4:15 PM to 4:55 PM

YF2.23.616 • 5/15 to 6/12 • \$68/\$73NR

YF2.23.617 • 6/26 to 7/24 • \$68/\$73NR

YF2.23.618 • 8/7 to 8/28 • \$68/\$73NR

YF2.23.619 • 9/11 to 10/2 • \$68/\$73NR



Kinder Kickers

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



Ages: 4 to 5

Mondays • 5:00 PM to 5:45 PM

YF2.23.620 • 5/15 to 6/12 • \$75/\$80NR

YF2.23.621 • 6/26 to 7/24 • \$75/\$80NR

YF2.23.622 • 8/7 to 8/28 • \$75/\$80NR

YF2.23.623 • 9/11 to 10/2 • \$75/\$80NR

Juniors

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

Ages: 6 to 8

Mondays • 5:50 PM to 6:35 PM

YF2.23.625 • 5/15 to 6/12 • \$75/\$80NR

YF2.23.626 • 6/26 to 7/24 • \$75/\$80NR

YF2.23.627 • 8/7 to 8/28 • \$75/\$80NR

YF2.23.628 • 9/11 to 10/2 • \$75/\$80NR



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.

Ages: 9 to 12

Mondays • 6:40 PM to 7:30 PM

YF2.23.630 • 5/15 to 6/12 • \$79/\$84NR

YF2.23.631 • 6/26 to 7/24 • \$79/\$84NR



NEW

JESSICA'S ACCELERATED JAB BOOTCAMP

Jessica's Accelerated Boot Camp has been serving the Lincoln Community for over 14 years and has recently teamed up with Lincoln Recreation! Experience JAB conditioning for all fitness levels and age groups!

Location: JAB Fitness Gym

629 Lincoln Blvd, Lincoln CA 95648

NEW Baby Jabbers

Get moving! ✓

If you're looking for a fun way to introduce fitness to your toddler, come join Baby Jabbers!!! Toddlers will be entertained with fun activities through exercise, competitive/imaginative play, all while making friends and building coordination/social skills, and confidence!



Ages: 3 to 5

Monday and Wednesday • 10:15 AM to 11:00 AM

YF2.23.634 • 4/10 to 5/3 • \$60/\$65NR

YF2.23.635 • 5/8 to 5/31 • \$60/\$65NR

YF2.23.636 • 6/12 to 6/26 • \$45/\$50NR

YF2.23.637 • 7/17 to 8/9 • \$60/\$65NR

YF2.23.638 • 8/21 to 9/13 • \$60/\$65NR

NEW

Junior Jabbers Sports Conditioning

This Program is for young athletes ages 6 to 10 that are looking for the competitive edge! This class will improve reaction time, overall strength, speed, explosiveness and endurance. Junior Jabbers will also focus on dynamic stretching, flexibility, body recovery, and sportsmanship on and off the field. The goal at Jab is to offer a safe, fun, and effective environment where athletes can work on building confidence, muscle dexterity, and mental toughness.

Ages: 6 to 10

Monday and Wednesday • 3:15 PM to 4:00 PM

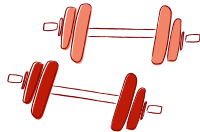
YF2.23.639 • 4/10 to 5/3 • \$60/\$65NR

YF2.23.640 • 5/8 to 5/31 • \$60/\$65NR

YF2.23.641 • 6/12 to 6/26 • \$45/\$50NR

YF2.23.642 • 7/17 to 8/9 • \$60/\$65NR

YF2.23.643 • 8/21 to 9/13 • \$60/\$65NR



Babysitting for Beginners - Workshop

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

Students will earn a certificate of completion.

Location: Lincoln Community Center

Ages: 10 to 16

Saturday • 10:00 AM to 2:00 PM

TN2.23.100 • 6/17 • \$89/\$94NR



LINCOLN RECREATION

REGISTER TODAY!

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

mama

NEW

MAMA COACH CLASSES

Come join Shannon Van Brunt, a Registered Nurse, Sleep Coach, Prenatal Educator, Lactation Counselor, Potty Training Instructor & Mother of Two for MaMa Coach Classes!!!

Location: Lincoln Community Center



Not Your Average Prenatal



Are you pregnant and tired of finding that all childbirth classes are on Zoom these days? Look no further! Come and spend a few hours with an experienced Labor & Delivery Nurse that can give you accurate information to put you at ease when you go in to meet your baby. A few of the topics covered are: What induction can look like, stages of labor and what to look for before going to the hospital, natural and medical pain relief options, vaginal and cesarean birth and the Fourth Trimester. This is a longer class so bring whatever you need to be cozy, comfortable, hydrated and well fed. Registration includes an eBook emailed after the class session!

Ages: 18 and up
Saturday • 12:00 PM to 4:00 PM
AE2.23.100 • 5/20 • \$100/\$105NR per couple

Newborn Class & Prenatal Breastfeeding

Breastfeeding is natural... but it's not always easy. Getting the information, you need to set up for success BEFORE you meet your baby is key. Come learn tips from a prenatal nurse with years of experience helping moms feel comfortable feeding and caring for their babies. We'll talk about effective breast and bottle feeding as well as some complications to look out for. We'll also talk about setting up good sleep habits for your newborn. Registration includes an eBook emailed after the class session.

Ages: 18 and up
Saturday • 1:00 PM to 3:00 PM
AE2.23.101 • 5/13 • \$49/\$54NR

B A B Y

Sleep Tips Workshop

Do you just want to get some sleep? You're not alone. There is no one "right" way to work on baby sleep, every family is different and that's great! Come join this workshop led by a registered nurse to learn some science behind sleep so you can set your baby up for success and have a well-rested household. We'll talk about bedtime, awake windows, naps and how to feed effectively so your baby can go back to sleep at night. This class is ideal for families with children 3-18 months. Registration includes an eBook emailed after the class session.

Ages: 18 and up
Saturday • 1:00 PM to 2:00 PM
AE2.23.102 • 6/3 • \$27/\$32NR



Starting Solids & Infant CPR

You're ready to start solid foods with your baby. How exciting! Now where do you start? Come join this workshop led by a registered nurse to talk about responsive feeding, baby led weaning, how to navigate allergens and more. When introducing solid foods, choking must be considered. We will also go through what to do if you believe your child is choking, including infant CPR. This is informational only, not a certification course. Registration includes an eBook emailed after the class session.



Ages: 18 and up
Saturday • 1:00 PM to 3:00 PM
AE2.23.103 • 7/8 • \$49/\$54NR

Toddler Sleep & Potty Training

Toddlers are so fun and full of energy... and also a lot of mystery! Often times toddlers can start (or continue) to have sleep issues. We'll briefly cover common toddler sleep issues and how to navigate them. We will also talk about one of the most frustrating milestones for children under age 5... potty training! Whether you've already started or are preparing for the future, this class led by a registered nurse will help you feel ready to tackle toddlerhood. Registration includes an eBook emailed after the class session.

Ages: 18 and up
Saturday • 1:00 PM to 3:00 PM
AE2.23.104 • 7/22 • \$49/\$54NR



COMING SOON

Jessica's Accelerated Boot Camp

Jessica's Accelerated Bootcamp Class is a fun 60-minute-high energy group fitness class designed to shred body fat, build muscle, improve speed, explosiveness and endurance. JAB is a result driven family gym powered by community. These classes are for all ages and fitness levels that offer encouragement, nutritional support and a positive atmosphere. Free childcare is offered at select classes and all equipment is provided.



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

Juniors 2/Adults



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

Ages: 7 and up
Tuesdays and Thursdays • 6:00 PM to 7:00 PM
YF2.23.644 • 5/23 to 6/29 • \$110/\$115NR
YF2.23.652 • 7/6 to 8/10 • \$110/\$115NR

Advanced Black Belt

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



Ages: 10 and up
Mondays • 7:00 PM to 8:00 PM
YF2.23.645 • 5/22 to 6/26 • \$110/\$115NR
YF2.23.646 • 7/10 to 8/7 • \$110/\$115NR

Practical Self Defense for Women

This class is for women only. No special strength or knowledge of martial arts or fighting is needed for proper self-defense. Class begins with awareness and prevention then moves on to the essentials of hand to hand defense training including defending from the ground and defense against weapons. This class helps to provide general tips on how to avoid and handle dangerous situations.

Ages: 15 to 99, Females
Friday • 6:00 PM to 8:00 PM
AE2.23.105 • 6/30 • \$10/\$15NR

SENIOR PROGRAMS

WATER FITNESS

Location: McBean Pool

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 14 and up
Weekdays 7:30PM-8:30PM
10 Punch Pass
AQ23.213 • 5/8 to 10/26 • \$50/\$55NR
20 Punch Pass
AQ23.214 • 5/8 to 10/26 • \$90/\$95NR
\$5 Drop In



LAP SWIM

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

Ages: 14 and up
Tuesdays and Thursdays • 7:30 PM to 8:30 PM
\$5 Drop in

WATER AEROBICS

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

Ages: 14 and up
Mondays and Wednesdays • 7:30 PM to 8:15 PM
\$5 Drop In



NEW BRIDGE GROUP

Location: Community 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!

Mondays • 4/24, 5/22, AND 5/29 • 12:00 PM to 3:00 PM
\$5 Per Table

DIGITAL LIBRARY TRAINING FOR SENIORS

We offer eBooks, eAudiobooks, and streaming TV, music, movies and more. Our Digital Library is open 24/7, and free with your library card.

Need help getting started? Check our Digital Library Training for Seniors - it's designed for seniors, but it's great for anyone who needs step-by-step instructions on getting started. Visit Digital Library - City of Lincoln (lincolnca.gov)

MEALS ON WHEELS

Location: Lincoln Senior Center 391 H St.

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

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

SENIOR BINGO

Location: Lincoln Senior Center 391 H St.

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 • 1:00PM-3:00 PM



LINCOLN RECREATION

REGISTER TODAY!

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



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





MOVIES UNDER THE STARS



June 16th

Twelve Bridges Park



August 25th

Lincoln Airport



Sept 8th

McBean Park

Bring a blanket, chairs & family for a night of fun

Refreshments available for purchase

Movies start at dusk

Movies shown on Rocket TV Jumbo tron



17.

LINCOLN REC SPORTS YOUTH CLINICS



LINCOLN YOUTH BASKETBALL CLINIC - \$90

Learn and practice key fundamental and advanced skills including footwork, rebounding, defense, and offensive positions. This is a great camp for players looking to have fun and take their game to the next level.



Register online at www.lincolnrecsports.com

SESSION I: JUNE 19 TO JUNE 23

*Registration: April 3 to June 18

SESSION II: JULY 24 TO JULY 28

*Registration: April 3 to July 23

LOCATION: TWELVE BRIDGES MIDDLE SCHOOL

10:00 AM TO 12:00 PM

AGES: 3RD TO 8TH GRADE - COED



LINCOLN YOUTH VOLLEYBALL CLINIC - \$90

Learn and polish those skills! Get some extra practice while focusing on strengthening individual skill sets while incorporating them into game situations. Instruction is led by Recreation staff and local players.



Register online at www.lincolnrecsports.com

JULY 17 TO JULY 21

*Registration: April 3 to July 16

10:00 AM TO 12:00 PM

LOCATION: TWELVE BRIDGES MIDDLE SCHOOL

AGES: 3RD TO 8TH GRADE - COED



LINCOLN YOUTH FLAG FOOTBALL CLINIC - \$90

Flag Football season is rapidly approaching so here is your chance to dust off your cleats and get some training in before the first practice! Get a great workout in at our camp that will cover everything you'll need to work on for the upcoming season.



Register online at www.lincolnrecsports.com

JULY 31 TO AUGUST 4

*Registration: April 3 to July 30

9:00 AM TO 11:00 AM

LOCATION: FOSKETT REGIONAL PARK

AGES: 2ND TO 8TH GRADE - COED



LINCOLN SPEED & AGILITY CLINIC - \$80

Players will learn and practice key fundamental and advanced skills including technique, form, plyometric and various skills while incorporating this training into competitions and drills. This is a great class for all players looking to have fun, get better, and take your game to the next level.



Register online at www.lincolnrecsports.com

JULY 11 TO JULY 20 (TUESDAY THRU THURSDAY)

*Registration: April 3 to July 10

9:00 AM TO 10:30 AM

LOCATION: PETER SINGER PARK

AGES: 2ND TO 9TH GRADE - COED



YOUTH LEAGUES

LINCOLN YOUTH FLAG FOOTBALL LEAGUE

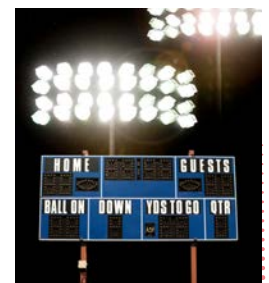
Saturday nights under the lights! Lincoln Recreation is thrilled to host another season of Lincoln Youth Flag Football for all boys and girls in 1st-8th grade. LYFF is a non-contact, 5 on 5 league with practices twice a week and games scheduled for Friday nights under the lights. The Fall season will 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.

Registration: Early \$120: 4/3 to 5/29 | Regular \$130: 5/30 to 8/13 | Late \$135: 8/14 to 8/18

Player Evaluation: 8/19

Practices Begin: 8/28

Games Begin: 9/9





LINCOLN REC SPORTS

ADULT LEAGUES

REGISTRATION DATES:

EARLY: 4/3 to 4/30 • REGULAR: 5/1 to 6/4 • LATE: 6/5 to 6/12

ADULT SOFTBALL

Women's

Start: 6/26
Mondays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park

Co-ed

Start: 6/27
Tuesdays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park

Men's

Start: 6/29
Thursdays
Early: \$535 | Regular: \$560 | Late: \$580
Foskett Regional Park



ADULT VOLLEYBALL

Co-ed

Start: 6/11
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. Visit our league website at: www.LincolnRecSports.com or scan the QR code.

TEAM REGISTRATION TAKEN ONLINE AT LEAGUE WEBSITE

OR

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



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."

Leagues last 6 to 8 weeks

Divisions: Youth - 8 to 12 • Teen - 13 to 18 • Adult - 18 and up

Games: Fortnite, Super Smash Bros, Mario Kart Deluxe, Rocket League and Madden 21

Platforms: Xbox, PlayStation, PC and Nintendo Switch

\$40 per season

*Can play in multiple leagues during a season. 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>

19.

	Tennis	Softball/Baseball	Soccer	Basketball	Pool	Horseshoe Pits	Dog Park	Restrooms	Playground	Fitness Trail	Picnic Area	Water Kiosk	Parking Lot	Map Area
1 Aitken Ranch Park				•					•				•	C4
2 Atkinson Park										•			•	C5
3 Auburn Ravine Park								•			•	•	•	D3
4 Brown Park										•			•	B2
5 Coyote Pond Park										•	•		•	F6
6 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
20 Meadowlands Park										•			•	D2

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

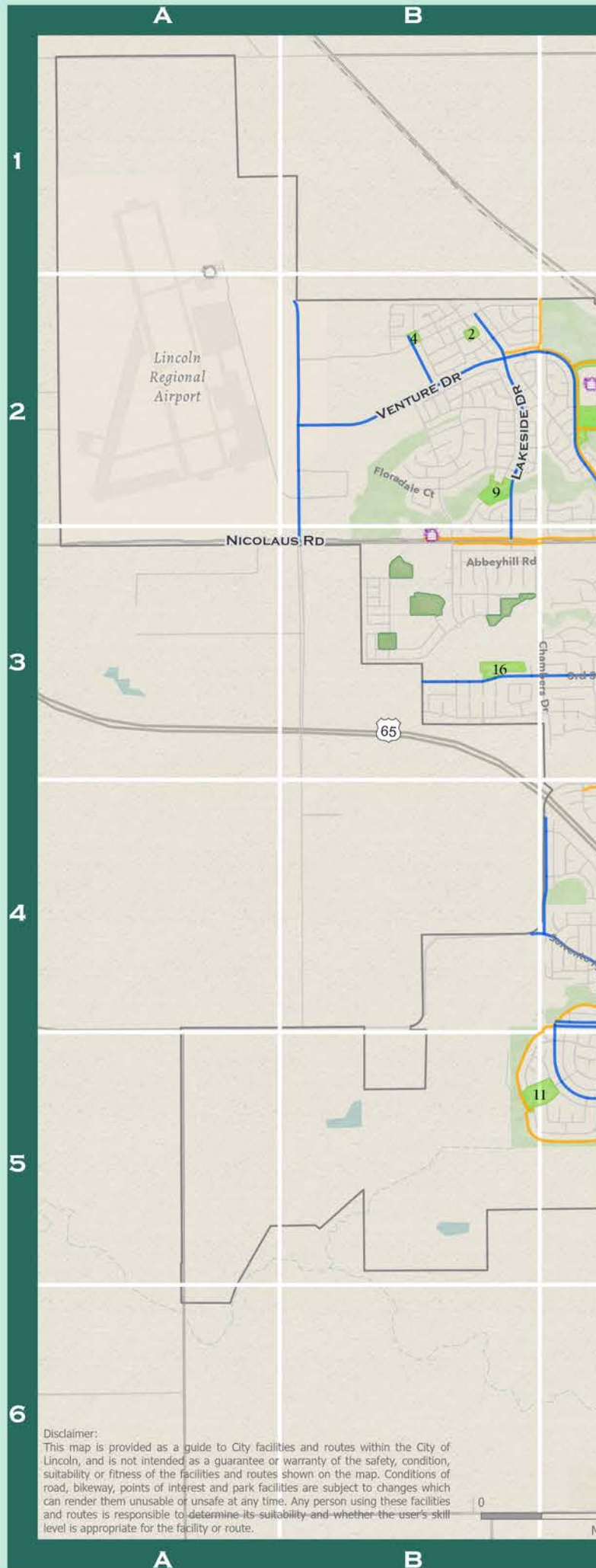
The City of Lincoln has a number of City-owned facilities available for hosting your event. The following locations can be reserved:

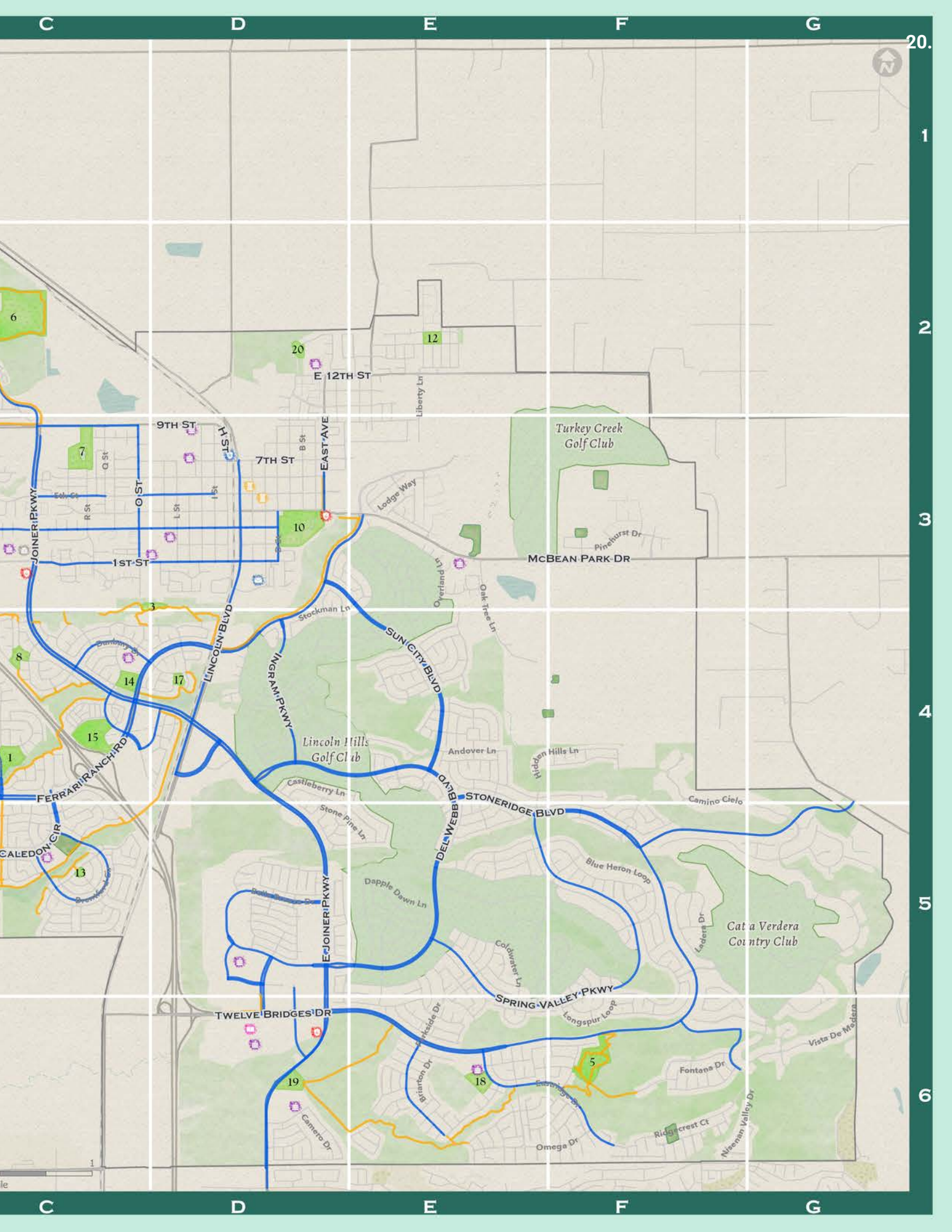
- Beermann Plaza
- Civic Auditorium
- Community Center
- McBean Park BBQ Area
- McBean Park Pavilion
- McBean Pool

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

LEGEND

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





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Turkey Creek Golf Club

MCBEAN PARK-DR

Lincoln Hills Golf Club

Cat a Verdera Country Club

TWELVE BRIDGES DR

SPRING VALLEY-PKWAY

Vista De Madara

E 12TH ST

9TH ST

7TH ST

1ST ST

FERRARI RANCH RD

CALEDON CIR

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



COVERED PICNIC AREA RENTALS

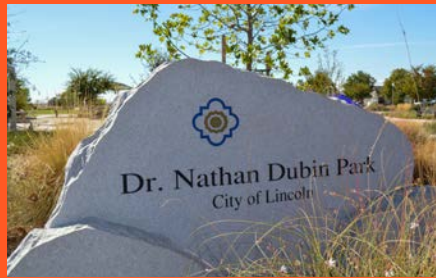
Looking for a shady area to gather? The City of Lincoln has many covered picnic areas within our parks. In most parks they are claimed on a first come, first served basis; however, there are two parks where you can reserve your spot under one of our covered picnic areas.

Parks with rentable picnic areas:

- Markham Park
- Aitken Ranch 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



LIBRARY

TWELVE BRIDGES LIBRARY



Conversation Club

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

Age: 16 and up
 When: Tuesdays • 10:00 AM to 11:30 AM
 Where: Twelve Bridges Library – Fir Room

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



Read to a Dog

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



Ages: 5 and up - adults must stay for program
 When: Third Saturday of each month • 3:00 PM to 4:00 PM

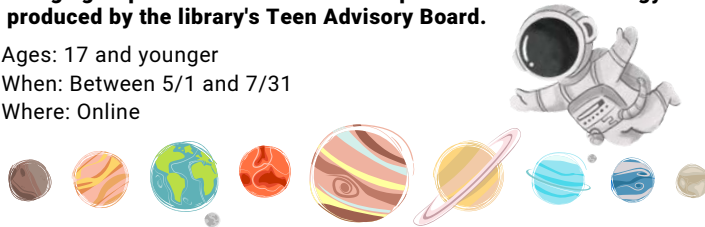
- Participants sign up with staff to read for a five-minute session to a dog.
- Sign-ups begin at 3:00 PM on the day of the program.

Where: Twelve Bridges Library – Homework Center

Across the Universe Summer Reading

We hope you'll come Across the Universe with us when Summer Reading 2023 begins June 1, with pre-registration starting May 15! Join our Summer Reading Challenge online and earn points by reading or completing activities, and get books that are yours to keep. And our Summer Youth Writing Contest is back, and writers aged 17 years old or younger are encouraged to submit between May 1 and July 31. Different categories will be based on age groups and the winners will be published in an anthology produced by the library's Teen Advisory Board.

Ages: 17 and younger
 When: Between 5/1 and 7/31
 Where: Online



Explore everything your library card gives you!

 Read anyway you like. Printed books, magazines, newspapers, and e-books and audiobooks.	 Listen at home or on the go. Music and books to stream or download.	 Get online and get going. Computers to use as well as free wifi.	 Watch movies, TV series, and more. Borrow DVDs and videos to stream or download.
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There's even more to explore with your library card:

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

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

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

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

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

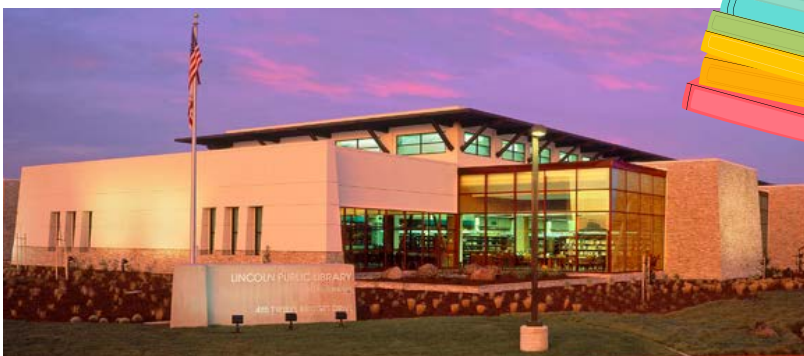
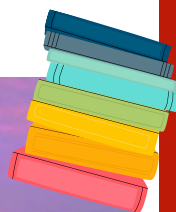


Mother Goose on the Loose



This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to the first 50 participants. Please arrive early to pick up tickets on the morning of!


Ages: 0 to 4
 When: Thursdays (except last Thursday of each month) • 9:30 AM to 10:30 AM or 10:30 AM to 11:00 AM
 Where: Twelve Bridges Library – Homework Center



485 Twelve Bridges Drive
 (916) 434-2410

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

<http://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!



City of
Lincoln
Recreation

TAKE FLIGHT FOR A NIGHT AT THE HANGAR

*Lincoln Recreation presents it's first ever movie night at
the Lincoln Airport*

Food trucks, planes on display, movie screening and more!

8.25.23

FILM BEGINS AT DUSK

TOP GUN MAVERICK