



FRIDAY NIGHT FUN IN BEERMANN PLAZA 7-9 PM

Bobby Zoppi & The Corduroys - 6/17

Gotcha Covered - 7/22



FAMILY FRIENDLY MUSIC NIGHTS! COME ENJOY DOWNTOWN LINCOLN FOR DINNER AND STAY FOR MUSIC AND BEER GARDEN

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## REGISTRATION



#### ONLINE

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

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

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

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

#### WALK-IN

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

2010 First Street Lincoln, CA 95648

#### **RECREATION OFFICE HOURS & CLOSURES**

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

The Community Center will be closed on the following dates in 2022:

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

#### **SCHOLARSHIPS**

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



**@LINCOLNRECREATION** 



**QLYSPORTS** 



LINCOLN RECREATION



(916) 434-3220

#### **General Information**

- Payments can be made using cash, check, or credit card.
- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident (NR) fees for recreation programs. A nonresident 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
- 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.

## LINC LIMELIGHT



#### **Lincoln Family Taekwondo**



Lincoln Family Taekwondo Academy is the only licensed and certified Kukkiwon school, SKILLZ child development center, and United World Taekwondo Association school in the area. They teach values, character development, life skills, goal setting, self-discipline, self-defense, and focus. The academy trains the mind, body, and spirit to gain self-esteem and self-confidence in a fun, family environment. Mr. William Hong leads a talented group of black belt instructors that are hands on with students in their training plan.

Location: Lincoln Family Taekwondo Academy 615 5th Street, Lincoln CA 95648

SCAN THE QR CODE FOR NEW STUDENT SPECIAL



#### MEET LINCOLN'S NEW CITY MANAGER!

#### SEAN SCULLY



**Q&A WITH OUR NEW CITY MANAGER** 

O: Where did you grow up?

A: I grew up in the Fair Oaks area of Sacramento County.

Q: Where did you go to college?

A: I completed my Bachelors at Cal State Monterey Bay and my Masters of Public Administration at Cal State Stanislaus.

Q: Who does your family consist of?

A: My family includes my wife and my two little boys ages 2 and 4.

Q: What is your favorite recreational activity to enjoy with your family?

A: Since our kiddo's are still fairly little we mostly like to take them to parks or other youth related recreational facilities. We love to take long walks as a family together, during breaks and weekends we go on 3-5 mile walks almost every single day.

Q: Are you a sports fan? If so, who is your team?

A: I'm a bit of a sports junkie. I follow all the major sports leagues as much as time allows. Since I'm a Sacramento area kid at heart, of course I will always be a Sacramento Kings fan, I still have fond memories of going to Kings games in the 90's at the old Arco Area stadium.

Q: What is your dream vacation destination?

A: My wife and I have traveled a fair amount but we haven't yet had the chance to visit Asia. We hope one day to visit Japan to absorb as much of their culture and cuisine as possible! We'd also love to visit China, Thailand, South Korea and many of the other countries in that region.

Q: What are you looking forward to most in serving the City of Lincoln?

A: Lincoln is an amazing place with a style and culture all its own. Part of my job is to ensure that Lincoln remains a great place to live, play and raise a family in. That goal is complex but at the end of the day I look forward to continuing to foster a culture of service to our residents who deserve the very best in local government services. A huge component of that is our recreation services and opportunities. We live in a very active region and Lincoln has the opportunity to truly create something special as it relates to an active and vibrant recreation destination.

#### Lincoln Recreation

#### Aquatics 2022

**Swim Lesson Schedule** 

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

| \$20.00 Pacidants/\$05.00 Non Pacidants - Laccore are Tuacday through Eviday - 40 minutes each |                |                |               |                |                |                |                |               |
|--|----------------|----------------|---------------|----------------|----------------|----------------|----------------|---------------|
| \$80.00 Residents/\$85.00 Non-Residents - Lessons are Tuesday through Friday, 40 minutes each. |                |                |               |                |                |                |                |               |
| Time   | Spring 1       | Spring 2       | Summer 1      | Summer 2       | Summer 3       | Summer 4       | Summer 5       | Summer 6      |
|  | 5/17-5/27      | 5/31-6/10      | 6/14-6/24     | 6/28-7/8       | 7/12-7/22      | 7/26-8/5       | 8/9-8/19       | 8/23-9/2      |
|  |                |                | L1 (AQ22.018) | L1 (AQ22.042)  | L1 (AQ22.066)  | L1 (AQ22.090)  |                |               |
| 10:00-10:40  |                |                | L2 (AQ22.019) | L2 (AQ22.043)  | L2 (AQ22.067)  | L2 (AQ22.091)  |                |               |
| AM   |                |                | L3 (AQ22.020) | L3 (AQ22.044)  | L3 (AQ22.068)  | L3 (AQ22.092)  |                |               |
|  |                |                | L4 (AQ22.021  | L4 (AQ22.045)  | L4 (AQ22.069   | L4 (AQ22.093)  |                |               |
|  |                |                | P/P (AQ22.22) | P/T (AQ22.046) | P/P (AQ22.070) | L1 (AQ22.094)  |                |               |
| 10:45-11:25  |                |                | L1 (AQ22.023) | L1 (AQ22.047)  | L1 (AQ22.071)  | L2 (AQ22.095)  |                |               |
| AM   |                |                | L2 (AQ22.024) | L2 (AQ22.048)  | L2 (AQ22.072)  | L3 (AQ22.096)  |                |               |
|  |                |                | L4 (Aq22.025) | L4 (AQ22.049   | L4 (AQ22.073)  | L4 (AQ22.097)  |                |               |
|  |                |                | L1 (AQ22.026) | P/P (AQ22.050) | L1 (AQ22.074)  | P/P (AQ22.098) |                |               |
| 11:30 AM-  |                |                | L2 (AQ22.027) | L1 (AQ22.051)  | L2 (AQ22.075)  | L1 (AQ22.099)  |                |               |
| 12:10PM  |                |                | L3 (AQ22.028) | L2 (AQ22.052)  | L3 (AQ22.076)  | L2 (AQ22.100)  |                |               |
|  |                |                | D (AQ22.029)  | L4 (AQ22.053)  | D (AQ22.077)   | L4 (AQ22.101)  |                |               |
|  |                |                | L1 (AQ22.030) | L1 (AQ22.054)  | L1 (AQ22.078)  | L1 (AQ22.102)  |                |               |
| 12:15-12:55  |                |                | L2 (AQ22.031) | L2 (AQ22.055)  | L2 (AQ22.079)  | L2 (AQ22.103)  |                |               |
| PM   |                |                | L3 (AQ22.032) | L3 (AQ22.056)  | L3 (AQ22.080)  | L3 (AQ22.104)  |                |               |
|  |                |                | L4 (AQ22.033) | D (AQ22.057)   | L5 (AQ22.081)  | L5 (AQ22.105)  |                |               |
|  | P/P (AQ22.002) | P/P (AQ22.010) | L1 (AQ22.034) | L1 (AQ22.058)  | L1 (AQ22.082)  | L1 (AQ22.106)  | L1 (AQ22.114)  | L1 (AQ22.122) |
| 5:30-6:10 PM   | L1 (AQ22.003)  | L1 (AQ22.011)  | L2 (AQ22.035) | L2 (AQ22.059)  | L2 (AQ22.083)  | L2 (AQ22.107)  | L2 (AQ22.115)  | L2 (AQ22.123) |
| 5:30-6:10 PIVI   | L2 (AQ22.004)  | L2 (AQ22.012)  | L3 (AQ22.036) | L3 (AQ22.060)  | L3 (AQ22.084)  | L3 (AQ22.108)  | L3 (Aq22.116)  | L3 (AQ22.124) |
|  | L4 (AQ22.005)  | L4 (AQ22.013)  | L4 (AQ22.037) | L5 (AQ22.061)  | L5 (AQ22.085)  | L4 (AQ22.109)  | L4 (AQ22.117)  | L4 (AQ22.125) |
|  | L1 (AQ22.006)  | L1 (AQ22.014)  |               | L1 (AQ22.062)  | P/P (AQ22.086) | L1 (AQ22.110)  | P/P (AQ22.118) | L1 (AQ22.126) |
| C-15 C-55514   | L2 (AQ22.007)  | L2 (AQ22.015)  | L1 (AQ22.039) | L2 (AQ22.063)  | L1 (AQ22.087)  | L2 (AQ22.111)  | L1 (AQ22.119)  | L2 (AQ22.127) |
| 6:15-6:55PM  | L3 (AQ22.008)  | L3 (AQ22.016)  | L2 (AQ22.040) | L3 (AQ22.064)  | L2 (AQ22.088)  | L3 (AQ22.112)  | L2 (AQ22.120)  | L3 (AQ22.128) |
|  | L4 (AQ22.009)  | L4 (AQ22.017)  | L5 (AQ22.041) | L4 (AQ22.065)  | L4 (AQ22.089)  | D (AQ22.113)   | L4 (AQ22.121)  | L4 (AQ22.129) |

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

Private and Semi-Private swim lessons are available during the regular session dates. Contact the pool for scheduling.

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

Parent participation required. Goal is 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 required. Goal is 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. Learning objectives:

- Exhale underwater (blow bubbles)
- Demonstrate a readiness to float with support

#### **Level 1: Introduction to Water Skills**

Goal is to orient participants to the aquatic environment and teach basic skills that can be built upon as they progress through the Learn to Swim program. Learning objectives:

- · Fully submerge head
- Retrieve underwater objects
- Perform back float and front float

#### Level 2: Fundamental Aquatic Skills

Goal is to build on the fundamentals learned in Level 1. Learning objectives:

- Aquatic locomotion (movement through the water)
- · Perform a combined stroke on front and back.

#### Level 3: Stroke Development

Learning objectives:

- Coordinate the components of the front and back crawl
- · Retrieve object unsupported with eyes open
- Rotary breathing in a horizontal position
- Learn the bask rules of diving

#### Level 4: Stroke Improvement

Goal is to develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program.

Learning objectives:

- Diving from the side of the pool
- Building endurance by swimming basic backstroke, breaststroke, butterfly, and front and back crawl

#### Level 5: Stroke Refinement

Goal is to coordinate and refine the key strokes presented so far in the Learn to Swim Program. Learning objectives:

- Introduce flip turns while swimming on front and back
- · Introduce tuck and pike surface dives

#### Diving

Requirement:

Level 4 skills

Teaching starts with beginning diving skills and will progress at the rate of the student's ability.

#### 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.



#### **Drop-In Programs**

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

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

#### 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.

6/13 to 9/3 • Monday through Saturday • 2:00 PM to 5:00 PM 7/4 • Monday • 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!

6/13 to 8/29 • Mondays • 5:30 PM to 7:30 PM \*No Family Swim on 7/4

#### 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

5/4 to 5/13 • Wednesdays and Fridays • 6:30 PM to 7:15 PM 5/18 to 9/2 • Wednesdays and Fridays • 7:30 PM to 8:15 PM 9/7 to 10/26 • Mondays and Wednesdays • 6:30 PM to 7:15 PM

#### LAP SWIM

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

Ages: 16 and over

5/3 to 5/12 • Tuesdays and Thursdays • 6:30 PM to 8:30 PM 5/17 to 9/1 • Tuesdays and Thursdays • 7:30 PM to 8:30 PM 9/6 to 10/27 • Tuesdays and Thursdays • 6:30 PM to 8:30 PM

#### **SPRAY PARK**

The Spray Park area is open for use during Recreation Swim and Family Swim. If your little one is not quite ready to jump into the pool, our Spray Park is a great option for them to cool off. The above pool rates apply.

#### **Pool Passes**

Season passes available for Recreation Swim and Family Swim only.

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





## **AQUATICS**

#### **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.

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

#### **Swim Team**

#### **LINCOLN LIGHTNING - AGES 6 TO 18**

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

#### **LIGHTNING BUGS - AGES 4 TO 16**

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

#### **Pre Tryout Conditioning**

Dates: 5/3 to 5/6 and 5/10 to 5/13 | 5:00 PM to 6:00 PM

Evaluation/Tryout Dates & Times 5/17, 5/18 & 5/19 | 3:30 PM to 4:45 P 5/21 | 9:30 AM to 12:30 PM

#### **Post Tryout Conditioning**

5/31 to 6/3 and 6/7 to 6/10 | 3:30 PM to 4:30 PM

#### **Practice Dates & Times**

Tuesday through Friday, 6/14 to 8/5

- 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 & Times

7/9, 7/23 and 8/6 | 9:00 AM to 1:00 PM













## KIDS KAMP

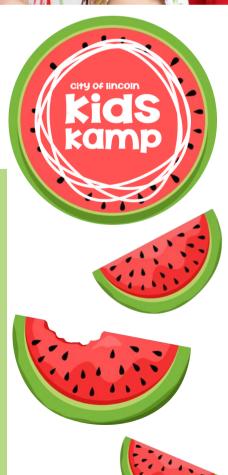
SUMMER 2022: JUNE 20 TO AUGUST 12

#### WHAT IS KIDS KAMP?

Camps keep children engaged, active, and thriving. With a goal to offer community enrichment, Kids Kamp is the ultimate day camp and has been a favorite in Lincoln for years!

Kids Kamp offers an active, fast-paced setting and campers' days include but are not limited to art activities, creative play, sports, and games. For our 8-week season Summer 2022 has an unbelievable lineup of fun and with it comes the much-anticipated return of McBean Pool Days and field trips! To learn more about our seasonal Kids Kamp programs visit: https://www.lincolnca.gov/

Summer enrollment is open! Don't miss out on a memorable Summer at Kids Kamp! Register for Kids Kamp programs by scanning the QR code or visiting lincolnrec.net.





#### **KIDS KAMP 2022 SCHEDULE**

#### CITY OF LINCOLN SUMMER DAY CAMP

| Date/Weekly Theme                                    | Monday                                     | Tuesday              | Wednesday   | Terrific Thursday                  | Friday               |
|--|--|----------------------|---|------------------------------------|----------------------|
| Week 1<br>June 20 - 24<br>Candy Land                 | <b>POOL DAY:</b><br>Camp is at McBean Park | Camper vs. Counselor | Dress Up Day:<br>Candy Land<br>PIZZA DAY!           | Water Slide at Camp!               | Camp Competition Day |
| Week 2* June 27 - July 1 School of Rock              | <b>POOL DAY:</b><br>Camp is at McBean Park | Camper vs. Counselor | Dress Up Day:<br>Rockstar<br>PIZZA DAY!             | *FIELD TRIP DAY! Strikes Unlimited | Camp Competition Day |
| Week 3 [short week] July 5 - July 8 Party in the USA | NO CAMP<br>Happy 4th of July!              | Camper vs. Counselor | Dress Up Day:<br>Patriotic Pizzazz<br>PIZZA DAY!    | Water Slide at Camp!               | Camp Competition Day |
| Week 4* July 11 - July 15 Flower Power               | POOL DAY:<br>Camp is at McBean Park        | Camper vs. Counselor | Dress Up Day:<br>60's Theme<br>PIZZA DAY!           | *FIELD TRIP DAY! Roller King       | Camp Competition Day |
| Week 5 July 18- July 22 Welcome to the Jungle        | <b>POOL DAY:</b><br>Camp is at McBean Park | Camper vs. Counselor | Dress Up Day:<br>Safari Jungle Cruise<br>PIZZA DAY! | Water Slide at Camp!               | Camp Competition Day |
| Week 6* July 25 - July 29 Career Week                | <b>POOL DAY!</b><br>Camp is at McBean Park | Camper vs. Counselor | Dress Up Day:<br>Your Future Career<br>PIZZA DAY!   | *FIELD TRIP DAY!<br>Rockin' Jump   | Camp Competition Day |
| Week 7 August 1 - August 5 Super Heroes              | POOL DAY:<br>Camp is at McBean Park        | Camper vs. Counselor | Dress Up Day:<br>Super Hero Twinsies<br>PIZZA DAY!  | Water Slide at Camp!               | Camp Competition Day |
| Week 8* August 8 - August 12 Under the Sea           | <b>POOL DAY:</b><br>Camp is at McBean Park | Camper vs. Counselor | Dress Up Day:<br>Under the Sea<br>PIZZA DAY!        | *FIELD TRIP DAY!<br>Movie Theater  | Camp Competition Day |

City of Lincoln Recreation • 2010 First Street, Lincoln, CA 95648 • p: 916-434-3228

Register online at www.lincolnrec.net

KIDS KAMP - SUMMER 2022

Weekly Rate: \$195.00 (includes field trips & water slides)

Daily Rate: \$55.00 • Thursday Daily Rate: \$75.00 (includes field trips & water slides)

Extended Care Options Available

### 2022 KIDS KAMP YOUTH VOLUNTEER PROGRAM

MAKE A DIFFERENCE!
GAIN WORK EXPERIENCE!
HAVE FUN!

DOWNLOAD THE INFO PACKET FROM WWW.LINCOLNCA.GOV

MUST BE AT LEAST 14 YEARS OF AGE TO APPLY

APPLICATIONS DUE BY MAY 6

## YOUTH PROGRAMS

#### **Youth Enrichment Classes**

#### **Rockstar Music Academy**

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

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



#### **ACTORS STAY ACTIVE**

This class gives students the opportunity to learn and hone skills from professionally trained teachers as they enter the exciting world of theater performance. Students will spend time in both private and group settings to build skills quickly. Whether you are new to acting and interested in stage/film or a professional with a desire to exercise your skills or prepare an audition, our 45-minute sessions offer everyone the chance to work in front of the camera guided by industry professionals.

Ages: 8 to 17

Tuesdays • 6:45 PM to 7:30 PM

ME2.22.101 • 5/3 to 5/24 • \$75/\$80NR ME2.22.102 • 6/7 to 6/28 • \$75/\$80NR

ME2.22.103 • 7/5 to 7/26 • \$75/\$80NR

ME2.22.104 • 8/2 to 8/23 • \$75/\$80NR



#### **DRUM LINE**

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

Ages: 8 to 17

Fridays • 6:45 PM to 7:30 PM

ME2.22.503 • 6/17 to 8/5 • \$75/\$80NR ME2.22.504 • 8/19 to 10/7 • \$75/\$80NR

#### **GUITAR 101**

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

This class is held bi-weekly.

Ages: 8 to 17

Fridays • 6:45 PM to 7:30 PM

ME2.22.501 • 6/10 to 7/22 • \$75/\$80NR ME2.22.502 • 8/12 to 9/23 • \$75/\$80NR

#### **MUSICAL THEATER MADNESS**

Musical Theater Madness is appropriate for all actors and singers who love musical theater! If you aspire to fine-tune your skills in time for your community theater auditions then this is the place for you! With classes focusing on in the moment acting, dance and movement, vocal production and musical theater techniques, you will be well on your way to becoming a triple threat.

Ages: 8 to 17

Tuesdays • 6:45 PM to 7:30 PM

ME2.22.401 • 5/3 to 5/24 • \$75/\$80NR ME2.22.402 • 6/7 to 6/28 • \$75/\$80NR

ME2.22.403 • 7/5 to 7/26 • \$75/\$80NR

ME2.22.404 • 8/2 to 8/23 • \$75/\$80NR



#### SING, SING, SING

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

This class is held bi-weekly.

Ages: 8 to 17

Wednesdays • 6:45 PM to 7:30 PM ME2.22.505 • 6/8 to 7/27 • \$75/\$80NR ME2.22.506 • 8/10 to 9/28 • \$75/\$80NR

#### **STRINGS & THINGS**

Develop musicianship through fundamentals and rhythm classes. Students are taught to play a stringed instrument or enrich their music studies. Enjoy workshops and ensembles led by professional musicians, including members of the Auburn & Stockton Symphonies.

This class is held bi-weekly.

Ages: 8 to 17

Thursdays • 6:30 PM to 7:15 PM ME2.22.507 • 6/9 to 7/21 • \$75/\$80NR ME2.22.508 • 8/4 to 9/15 • \$75/\$80NR

#### **GUITAR STAR CAMP**

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

#### **BEGINNERS**

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM

ME2.22.213 • 6/20 to 6/23 • \$129/\$134NR ME2.22.214 • 7/18 to 7/21 • \$129/\$134NR

#### **ADVANCED**

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM

ME2.22.215 • 6/27 to 6/30 • \$129/\$134NR ME2.22.216 • 7/25 to 7/28 • \$129/\$134NR

#### IT'S SHOWTIME MUSICAL THEATER CAMP

All levels welcome! There are no auditions required! Ideal for actors and singers who love musical theater, this camp focuses on in the moment acting, vocal production and musical theatre techniques. You will work with experienced faculty, who are also seasoned professional artists, alongside your peers. Students join other campers for performances and activities. A final performance of materials learned throughout the week will be held on the last day of camp.

Ages: 8 to 17

Tuesday through Friday • 9:30 AM to 12:30 PM

#### HELLO HOLLYWOOD

ME2.22.207 • 6/14 to 6/17 • \$129/\$134NR

#### THAT'S ALL FOLKS

ME2.22.208 • 7/12 to 7/15 • \$129/\$134NR

#### **BROADWAY'S GREATEST HITS**

ME2.22.209 • 8/2 to 8/5 • \$129/\$134NR



#### **SING LIKE A STAR CAMP**

Vocal and voice music camp is a fun way for students to learn & sing their favorite songs in a fun collaborative environment. This camp will focus on vocal performance, singing technique, and have an in-studio performance to wrap up the week.

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM

ME2.22.217 • 6/27 to 6/30 • \$129/\$134NR ME2.22.218 • 7/25 to 7/28 • \$129/\$134NR



#### **SUMMER STRINGS CAMP**

Summer Strings offers an exciting week of music immersion. Students can learn to play a stringed instrument for the first time or enrich their music studies. Develop musicianship in fundamentals and rhythm classes and enjoy workshops and ensembles led by professional musicians, including members of the Auburn & Stockton Symphonies.

Ages: 8 to 17

Tuesday through Friday • 9:30 AM to 12:30 PM ME2.22.211 • 8/2 to 8/5 • \$129/\$134NR

#### **ULTIMATE DRUM CAMP**

The Ultimate Drum Camp is a fun intensive week of drumming and percussion for drummers of all levels. Participants will explore a variety of core styles such as rock, blues, jazz, Latin and swing rhythms.

#### **BEGINNERS**

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM

ME2.22.219 • 6/20 to 6/23 • \$129/\$134NR ME2.22.220 • 7/18 to 7/21 • \$129/\$134NR



#### ADVANCED

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM ME2.22.221 • 6/27 to 6/30 • \$129/\$134NR

ME2.22.222 • 7/25 to 7/28 • \$129/\$134NR

#### YOU CAN UKULELE TOO CAMP

Learn the basics of how to hold, strum and create chord shapes. Students will begin learning how to play classic ukulele hits. Experienced players will also work on finger picking and other advanced techniques. Capture the Hawaiian spirit this summer at Rockstar! No experience necessary and loaner ukuleles available.

Tuesday through Friday • 9:30 AM to 12:30 PM ME2.22.212 • 6/14 to 6/17 • \$129/\$134NR

## YOUTH PROGRA

#### PIANO PERFORMANCE CAMP



Take your piano-playing skills to the next level! Pianists will receive individualized and class instruction daily, with a focus on both solo and collaborative playing. In addition to lessons, focused classes will examine topics such as piano technique. sight-reading, accompaniment, efficient practice methods, keyboard theory, and piano literature. Each pianist will have the opportunity to perform solo pieces as well as working in groups.

Ages: 8 to 17

Tuesday through Friday • 9:30 AM to 12:30 PM

ME2.22.210 • 7/12 to 7/15 • \$129/\$134NR



#### **Play-Well TEKnologies**

#### MINECRAFT ENGINEERING WITH LEGO MATERIALS CAMP

Venture into the world of Minecraft through our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to top the Ender Dragon from ending the world. Come explore the endless possibilities with a trained Play-Well instructor.



**Location: Lincoln Crossing Elementary School** 

Ages: 5 to 10

Monday through Friday • 9:00 AM to 12:00 PM EN2.22.300 • 8/1 to 8/5 • \$193/\$198NR





#### **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"





## YOUTH PROGRAMS

#### **Youth Enrichment Classes**

#### **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.



#### **PAINT 'N CREATE**

Young artists will enjoy a paint-party art lesson including a sweet 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 1.5 hours of creative fun. No experience needed!

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



#### PAINT 'N CREATE - BUMBLEBEE SUNFLOWER

Ages: 6 to 12 Saturday • 12:00 PM to 1:30 PM EN2.22.200 • 5/21 • \$40/\$45NR



#### **PAINT 'N CREATE - SUMMER SURF**

Ages: 6 to 12

Saturday • 12:00 PM to 1:30 PM EN2.22.201 • 6/4 • \$40/\$45NR

#### **SPECIALTY ART CAMPS**

**Location: Foundry Youth Center** 424 Lincoln Blvd., Lincoln CA 95648



#### **CLAY CAMP**

Learn about clay techniques, slab, coil, under glazes, and clear coats. All pieces will be fired and ready for pick up on July 1st-2nd where we will present a mini art show for viewing at the Art League of Lincoln from 12:00-2:00 pm.

Ages: 6 to 12

Monday through Thursday • 10:00 AM to 1:00 PM EN2.22.202 • 6/20 to 6/23 • \$125/\$130NR



Let's ART our way into the day. Campers will learn a variety of drawing, painting (watercolor & acrylic) and fun mixed media art techniques. Some art pieces will go into an art show and can be picked up on July 1st-2nd from 12:00-2:00 pm.

Monday through Thursday • 10:00 AM to 1:00 PM EN2.22.203 • 6/27 to 6/30 • \$125/\$130NR

#### **Pokémon Club**

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



**Location: Lincoln Community Center** 

Ages: 5 to 13

Saturdays • 1:00 PM to 3:00 PM EN2.22.101 • 5/7 to 6/4 • \$150/\$155NR

#### **Youth Dance Classes**

#### **Expressions Academy of Dance**

**Expressions Academy of Dance's formula** for building self-confidence and giving students a solid foundation to becoming fearless dancers and individuals is one of a kind; come experience it for yourself!



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

#### **BALLET**

For all of the Ballerinas at heart! Ballet is an amazing teaching tool for discipline and perseverance; it allows dancers to create and achieve goals. In this setting, regardless of age, we focus on technique, heart, terminology, and determination. These classes are perfect for young dancers just starting out or for those building on their skill.

#### **PRE-BALLET**

Ages: 4 to 6

Thursdays • 3:30 PM to 4:25 PM DA2.22.100 • 5/5 to 5/19 • \$60/\$65NR



#### BALLET I

Ages:10 an up Mondays • 4:30 PM to 5:25 PM DA2.22.101 • 5/2 to 5/16 • \$60/\$65NR

#### DANCE DISCOVERY - PARENT PARTICIPATION

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

Ages: 2 to 3

Saturdays • 10:30 AM to 11:15 AM DA2.22.105 • 5/7 to 5/21 • \$45/\$50NR

#### **HIP HOP MINIS**

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

Wednesdays • 5:30 PM to 6:25 PM DA2.22.104 • 5/4 to 5/18 • \$60/\$65NR



#### **MUSICAL THEATER**

Participants will study the work of actors/singers/dancers and use their knowledge to develop as performers.

#### MUSICAL THEATER I

Ages: 6 to 9

Thursdays • 4:30 PM to 5:25 PM DA2.22.102 • 5/5 to 5/19 • \$60/\$65NR



Ages: 10 and up

Tuesdays • 5:30 PM to 6:25 PM DA2.22.103 • 5/3 to 5/17 • \$60/\$65NR



Expressions Academy of Dance strives to create a meaningful learning environment where all children are encouraged to follow the beat of their own drum. Our purpose is to inspire a love of movement that will stay with them forever.



#### **Tennis**

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

**Location: Jimenez Park** 

#### TENNIS - LITTLE STEPS

A tennis program for boys and girls aimed at developing basic skills and sportsmanship with an emphasis on fun and games.

Ages: 5 to 7

Thursdays • 3:30 PM to 4:00 PM YF2.22.136 • 5/5 to 5/26 • \$35/\$40NR Thursdays • 8:00 AM to 8:30 AM YF2.22.137 • 7/7 to 7/28 • \$35/\$40NR



#### TENNIS - PRE-ACADEMY I

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

Ages: 8 to 12

Thursdays • 4:00 PM to 5:00 PM YF2.22.138 • 5/5 to 5/26 • \$60/\$65NR Thursdays • 8:30 AM to 9:30 AM YF2.22.139 • 7/7 to 7/28 • \$60/\$65NR



#### TENNIS - PRE-ACADEMY II

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

Ages: 12 to 16

Thursdays • 5:00 PM to 6:00 PM YF2.22.140 • 5/5 to 5/26 • \$60/\$65NR Thursdays • 9:30 AM to 10:30 AM YF2.22.141 • 7/7 to 7/28 • \$60/\$65NR

#### **Futsal Factory and Vision Soccer**

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

**Location: Various** 



#### **SOCCER - KINDER KICKERS**

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

**Location: Nathan Dubin Park** 

Ages: 3 to 5

Mondays • 5:00 PM to 5:45 PM YF2.22.600 • 5/16 to 6/6 • \$68/\$73NR YF2.22.601 • 6/20 to 7/18 • \$68/\$73NR

\*No class 7/4\*

YF2.22.602 • 8/1 to 8/22 • \$68/\$73NR



#### **SOCCER - JUNIORS**

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

**Location: Nathan Dubin Park** 

Ages: 6 to 7

Mondays • 5:50 PM to 6:35 PM YF2.22.603 • 5/16 to 6/6 • \$68/\$73NR YF2.22.604 • 6/20 to 7/18 • \$68/\$73NR \*No class 7/4\*

YF2.22.605 • 8/1 to 8/22 • \$68/\$73NR



### YOUTH PROGRAMS

#### **Youth Sports Classes**

#### **SOCCER - CADETS**

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

**Location: Nathan Dubin Park** 

#### **CADETS I**

Ages: 8 to 10

Mondays • 6:40 PM to 7:30 PM

YF2.22.606 • 5/16 to 6/6 • \$73/\$78NR YF2.22.607 • 6/20 to 7/18 • \$73/\$78NR

\*No class 7/4\*

YF2.22.608 • 8/1 to 8/22 • \$73/\$78NR



#### **CADETS II**

Ages: 11 to 13

Mondays • 7:40 PM to 8:30 PM

YF2.22.609 • 5/16 to 6/6 • \$73/\$78NR YF2.22.610 • 6/20 to 7/18 • \$73/\$78NR

\*No class 7/4\*

YF2.22.611 • 8/1 to 8/22 • \$73/\$78NR

#### **FUTSAL CLINIC**

Develop your fast footwork skills and techniques with Futsal Factory this August!

Camp will focus on the following:

· Fast footwork & foot skill activities

- · Advanced 1v1 attacking moves & change of direction skills
- Passing, first touch, shooting & finishing
- Use of individual skills in games

**Location: Lincoln Crossing Elementary School** 

Ages: 8 to 11

Monday through Thursday • 9:00 AM to 12:00 PM YF2.22.615 • 8/8 to 8/11 • \$139/\$144NR





#### REGISTER

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

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



### YOUTH PROGRAMS

#### **Good Sport U - Hoop Improvement for Kids Co-ed Camp**

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



**Location: Lincoln Community Center** 

#### **CO-ED CAMP I**

Ages: 5 to 8 Monday through Thursday • 4:30 PM to 5:25 PM YF2.22.120 • 7/18 to 7/21 • \$65/\$70NR

#### **CO-ED CAMP II**

Ages: 9 to 12 Monday through Thursday • 5:30 PM to 6:25 PM YF2.22.121 • 7/18 to 7/21 • \$65/\$70NR





#### **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** 

#### **TURTLE TOTS**

Introduce your child to the high energy environment of martial arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Ages: 3 to 5 Tuesdays • 5:30 PM to 6:00 PM YF2.22.324 • 5/17 to 6/21 • \$72/\$77NR \*No class 6/7 YF2.22.325 • 6/28 to 8/2 • \$72/\$77NR

#### **Youth Sports Classes**

#### **DRAGONS**

Dragons is for children 5-6 who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect and instructions and working with others in a team setting. Uniforms are optional.

Ages: 5 to 6

Wednesdays • 5:15 PM to 6:00 PM YF2.22.331 • 5/18 to 6/22 • \$90/\$95NR

\*No class 6/8

Wednesdays • 5:30 PM to 6:15 PM YF2.22.332 • 6/29 to 8/3 • \$90/\$95NR

#### **JUNIORS 1**

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won

Ages: 6 to 12

Mondays and Wednesdays • 6:00 PM to 7:00 PM
YF2.22.317 • 5/16 to 6/22 • \$110/\$115NR
\*No class 6/6 or 6/8 - Make up 6/10
Mondays and Wednesdays • 6:15 PM to 7:15 PM
YF2.22.318 • 6/27 to 8/3 • \$110/\$115NR

#### **JUNIORS 2**

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won. This class is a step up from Juniors 1.

Ages: 6 to 12 Tuesdays and Thursdays • 6:00 PM to 7:00 PM YF2.22.314 • 5/17 to 6/23 • \$110/\$115NR \*No class 6/7 - Make up 6/10 YF2.22.315 • 6/28 to 8/4 • \$110/\$115NR

#### **ADVANCED BLACK BELT**

This class requires that you have either achieved a First-Degree Black Belt or be at least half way through the testing process. 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.

Ages: 10 and up Wednesdays • 7:00 PM to 8:00 PM YF2.22.320 • 5/18 to 6/22 • \$110/\$115NR \*No class 6/8 - Make up 6/10 Wednesdays • 7:15 PM to 8:15 PM YF2.22.321 • 6/29 to 8/3 • \$110/\$115NR



#### **National Academy of Athletics (NAofA)**



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

**Location: Various** 

#### **ALL SORTS OF SPORTS**

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

Ages: 4 to 6

Saturdays • 9:00 AM to 10:00 AM

Location: McBean Park

YF2.22.200 • 5/21 to 6/11 • \$58/\$63NR YF2.22.201 • 8/6 to 8/27 • \$58/\$63NR



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

Ages: 4 to 6 Saturdays • 10:15 AM to 11:15 AM Location: McBean Park

YF2.22.202 • 5/21 to 6/11 • \$58/\$63NR YF2.22.203 • 8/6 to 8/27 • \$58/\$63NR



#### IN THE NET SOCCER

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

#### TOT CLUB

Ages: 2 to 3

Location: Nathan Dubin Park Fridays • 9:00 AM to 9:50 AM

YF2.22.210 • 5/20 to 6/10 • \$58/\$63NR YF2.22.211 • 8/5 to 8/26 • \$58/\$63NR



Ages: 4 to 5

Location: Nathan Dubin Park Fridays • 10:00 AM to 10:50 AM YF2.22.212 • 5/20 to 6/10 • \$58/\$63NR YF2.22.213 • 8/5 to 8/26 • \$58/\$63NR





## YOUTH PROGRAMS

#### **Youth Sports Classes**

#### NATIONAL ACADEMY OF ATHLETICS SUMMER CAMPS

#### DROP SHOT PICKLEBALL SUMMER CAMP

The World's fastest-growing sport is now a camp your kids will love. Pickleball has been described as a combination of tennis, badminton & ping pong. The game 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. Kids are having so much fun they do not realize the cardiovascular benefits they are receiving, which can improve mood and mental wellness. Each day campers are taught the fundamentals of serving and receiving the ball, volleying, dinking, positioning, and scoring.

Monday through Friday • 9:00 AM to 12:00 PM

Location: McBean Park

YF2.22.215 • 6/13 to 6/17 • \$196/\$201NR



#### HIT & RUN T-BALL SUMMER JR. ACADEMY

Hit & Run T-Ball Jr. Academy gives children ages 4 to 6 years, a fun, active and educational experience tailored to the abilities of their age group. Get introduced to the basics of t-ball with individual and team instruction and practice. Instructors focus on the components of hitting, throwing, catching, and base running. Your future t-ball star will interact with others while developing hand-eye coordination, balance, and other concepts involved with tball. Participants should bring their own glove.

Ages: 4 to 6

Monday through Friday • 9:00 AM to 12:00 PM

Location: McBean Park

YF2.22.204 • 6/27 to 7/1 • \$188/\$193NR

#### IN THE NET SOCCER SUMMER JR. ACADEMY

In the Net Coed Summer Soccer Camp by 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. NAofA soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Monday through Friday • 9:00 AM to 12:00 PM

Location: Nathan Dubin Park

YF2.22.205 • 7/18 to 7/22 • \$188/\$193NR



#### REGISTER

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

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



### ADULT PROGRAMS

#### **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.



#### **ACRYLIC PAINTING CLASS**

Learn how to make your paintings harmonize with special color mixing and paint treatments. The instructor will teach basic painting techniques and so much more. This class contains some elements of Deidre's course 'Discovering the Hue of You' series. \$10 supply fee for each class.

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

#### **COLOR HARMONY**

Ages: 18 and up

Thursday • 1:00 PM to 3:00 PM AE2.22.100 • 5/19 • \$40/\$45NR AE2.22.101 • 6/16 • \$40/\$45NR



#### **Introduction to Zentangle**

Whether you are an experienced artist or a complete beginner, this introductory workshop is the perfect way to get you in the mood to create! Spend four relaxing afternoons learning about Zentangle and how to create it one stroke at a time with a certified Zentangle teacher. No prior art experience required!

**Location: Lincoln Community Center** 

Ages: 15 and up

Saturdays • 10:00 AM to 11:30 AM AE2.22.400 • 5/7 to 5/28 • \$160/\$165NR AE2.22.401 • 7/9 to 7/30 • \$160/\$165NR

## Kuk Sool Won



Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

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

**Location: Lincoln Community Center** 

#### **KUK SOOL WON - ADULTS**

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

Ages: 13 and up

Tuesdays and Thursdays • 7:00 PM to 8:00 PM AF2.22.501 • 5/17 to 6/23 • \$110/\$115NR \*No class 6/7, make up class 6/10. AF2.22.502 • 6/28 to 8/4 • \$110/\$115NR

#### **Line Dancing Workshop**



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

Location: McBean Pavilion

Ages: 18 and up

Sundays • 5:30 PM to 7:00 PM AE2.22.500 • 6/12 • \$50/\$55NR AE2.22.501 • 7/17 • \$50/\$55NR AE2.22.502 • 8/14 • \$50/\$55NR



#### **Tennis**

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

**Location: Jimenez Park** 

#### **TENNIS - ADULT BEGINNER**

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

Ages: 16 and up

Thursdays • 6:00 PM to 7:00 PM AF2.22.111 • 5/5 to 5/26 • \$60/\$65NR

### TWEEN/TEENS

#### **Babysitting for Beginners - Workshop**

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

**Location: Lincoln Community Center** 

Ages: 10 to 16

Saturday • 9:00 AM to 1:00 PM TN2.22.700 • 6/11 • \$79/\$84NR





#### REGISTER

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





## ADULT LEAGUES

Start: 6/14 Mondays Early: \$500 | Regular: \$525 | Late: \$550

**Foskett Regional Park** 

#### **Adult Softball**

**WOMEN'S** 

CO-ED

Start: 6/15 Tuesdays Early: \$500 | Regular: \$525 | Late: \$550 **Foskett Regional Park** 

**REGISTRATION DATES:** 

EARLY: 4/18 TO 5/1 | REGULAR: 5/2 TO 5/29 | LATE: 5/30 TO 6/5

MEN'S

Start: 6/16 **Thursdays** Early: \$500 | Regular: \$525 | Late: \$550 **Foskett Regional Park** 

#### **Adult Basketball**

Start: 6/15 Wednesdays Early: \$475 | Regular: \$500 | Late: \$525 **Lincoln Community Center** 

#### **Adult Volleyball**

Start: 6/12 Sundays Early: \$450 | Regular: \$475 | Late: \$500 **Lincoln Community Center** 

#### FREE AGENT REGISTRATION

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



FREE AGENT registration is only taken online on our league website www.LincolnRecSports.com

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

### YOUTH LEAGUES

#### 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

Session I: 6/20 to 6/24 | Registration: 4/18 to 6/17 Session II: 7/25 to 7/29 | Registration: 4/18 to 7/22

Time: 10:00 AM to 12:00 PM Ages: 3rd to 8th Grade - Coed

Location: TBD

#### **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.

Session I: 7/18 to 7/22 | Registration: 4/18 to 6/15

Time: 10:00 AM to 12:00 PM Ages: 3rd to 8th Grade - Coed

Location: TBD

#### **Speed & Agility Clinic - \$90**



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.

Session I: 8/1 to 8/5 | Registration: 4/18 to 6/17

Time: 9:00 AM to 11:00 AM Ages: 2nd to 8th Grade - Coed **Location: Foskett Regional Park** 

#### 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.

Session I: 8/1 to 8/5 | Registration: 4/18 to 6/17

Time: 9:00 AM to 11:00 AM Ages: 2nd to 8th Grade - Coed **Location: Foskett Regional Park** 

#### **Lincoln Youth Flag Football Season**

Friday 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!

Registration: Early \$120: 4/18 to 5/29 | Regular \$125: 5/30 to 8/7 | Late \$130: 8/8 to 8/15

Player Evaluation: 8/20

Times: TBD

Practices Begin: 8/20 Games Begin: 9/9

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

### FACILITY RENTALS

#### **McBean Pavilion**

#### 65 McBean Park Drive, Lincoln CA 95648

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

#### To reserve the McBean Pavilion:

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

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

www.lincolnca.gov/city-hall/departmentsdivisions/parks-recreation/facilities









## COVERED PICNIC AREA RENTALS

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

#### Parks with rentable picnic areas:

- Markham Park
- Nathan Dubin Park

#### To reserve a Covered Picnic Area:

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







### BOUNCE HOUSE PERMITS

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

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

#### Bounce houses are permitted at the following parks:

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









## Rules of the Road

## Obey all Traffic Laws!

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

vehicles should stay on the right. Always follow the direction of traffic.

A general rule of traffic is that slower

Ride to the Right

Land Positioning

## Signs & Signals

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

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

Do Not Pass on the Right

## Watch Your Speed

straight line more than a car door's width away from parked cars. Ride Predictably in a Straight Line

Ride to the right of faster traffic in a

Observe all posted speed limits. Never ride faster than it is safe under existing

**Respect Pedestrians' Rights** 

## Scan the Road Behind You

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

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

## Bike Hand Signals

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

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

Straight Through

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

**Right Turns** 

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

## **Use Hand Signals**

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

turn: (1) Like a motorist: Signal, move into the left lane, and turn left; (2) Like a

pedestrian: Dismount and walk your bike

street. There are two ways to make a left

Don't turn left from the right side of the

**Left Turns** 

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

**Triggering Traffic Signals** 

Traffic Signals are triggered by passing over "loop" detections in the auto lane and

## Right Turn Hand Signal

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

the optimal position for your bike.

## Stop Hand Signal

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

cross the intersection as a pedestrian.

the filled-in cuts, if visible. When loops are not visible or the signal is not triggered, Otherwise, position your bike directly over

**Left Turn Hand Signal** 

in some bike lanes. If positioned properly, bicycles usually trigger signals. Some loop detectors have a bike symbol that indicates

## **Bike Commuting**

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

## Bike Commute Buddies

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

## Bike Racks

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

Turning at Intersections

**Avoid the Door Zone** 

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

### Bike & Bus

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

## **Bus Stops: Points of Interest**

Twelve Bridges Library, Twelve Bridges Medical Center, and Kaiser Permanente. Historic Downtown, City Hall, downtown retail centers, Lincoln Hills Town Center,

## Connections

Twelve Bridges Transfer Point

## **Hours of Operation**

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

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

https://lincolnca.ic16.esolg.ca/en/index.aspx, call Placer County Transit at (916-784-6177) or download the NEXTBUS app in Apple Store or Google Play. For more information, visit Transit on







On Trails: The Placer County ordinance dictates that a dog must be both leashed and under the handlers control at all times. **In Parks:** Dogs are allowed in parks if restrained on a maximum 10 foot leash and never allowed within 100 feet of a playground area.

Rules for Canine Companions

## **Bus Information**

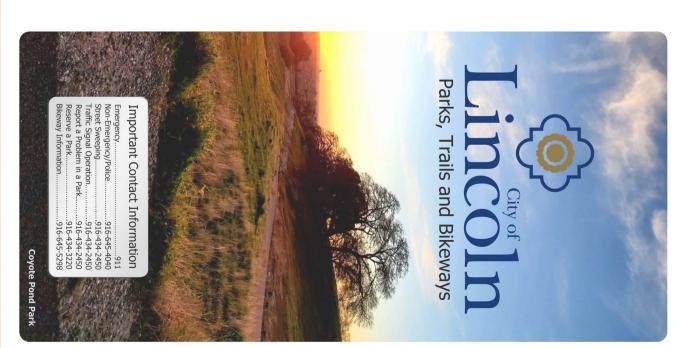
and partnered with Placer County Transit to with one central route. Lincoln's two routes have been replaced residents of Lincoln and Placer County more effectively and efficiently serve the

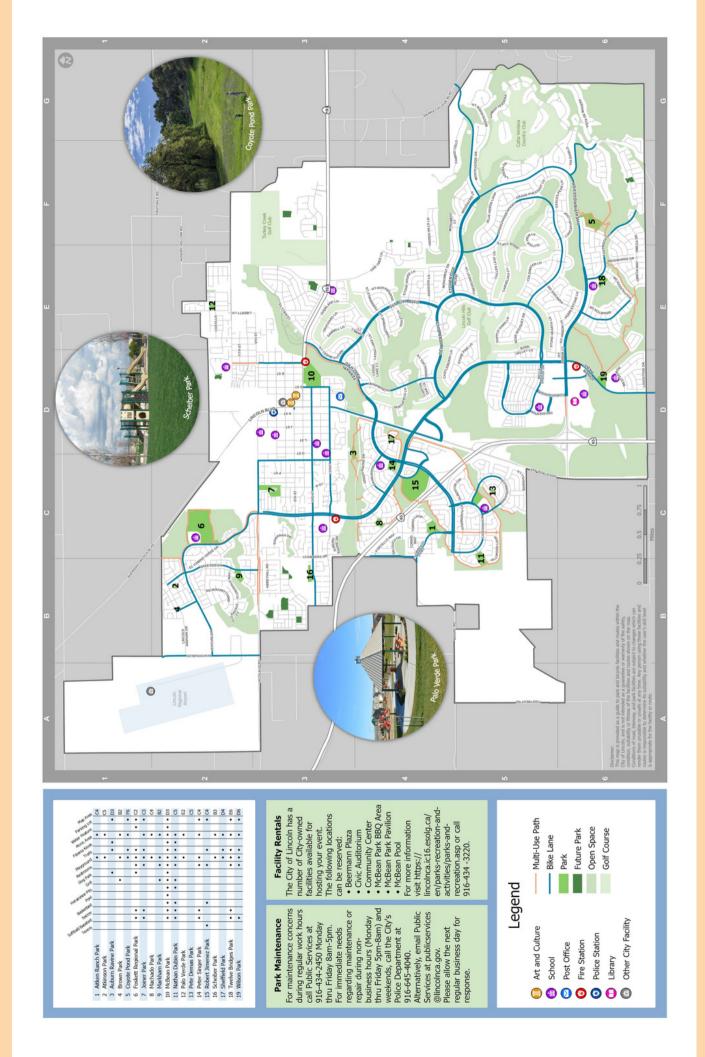
The Lincoln Circulator (Route #70)
connects with Placer County Transit's
Lincoln/Sierra College route hourly at the

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









### LIBRARY

### **Twelve Bridges Library**



#### **FAMILY STORYTIME**

Join us for our Family Storytime, a fun half hour of books, rhymes, and songs. All ages are welcome to this event and we have special tips and techniques for building reading skills at home shared throughout the program. Everyone – parents included – is sure to have a good time and learn something new.

Age: All ages welcome!

When: Wednesdays • 3:30-4:00 PM

Where: Twelve Bridges Library - Kid's Area

#### 485 Twelve Bridges Drive (916) 434-2410

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



www.libraryatlincoln.org



@libatlincoln



Library at Lincoln



library@lincolnca.gov

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

#### **CONVERSATION CLUB**

The Conversation Club is a fun, relaxed place for adults learning English to practice their speaking skills. Participants will learn about American culture, get to know the community, and meet people from other cultures and backgrounds.

For more info on any of our adult programs, please stop by the library or check out our website.

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

#### ONLINE LEARNING: RESEARCH HELP & EBOOKS

The Internet is full of information and tracking down what we need in our daily lives can be overwhelming. But the Lincoln Public Library has you covered! Our library now has a variety of new online resources that are easily accessed from your home with just a click and a library card, thanks to the California State Library. Find this database and many others including research tools dealing with health, legal matters, small business help, learning different languages, and auto repair, under Online Resources on our website, www.LibraryAtLincoln.org.

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

#### 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.

#### LEARN

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

#### **BORROW**

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

#### **ENTERTAIN**

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

#### 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:



## LINC OLN EVENTS





AUGUST



HOME GAME AWAY GAME DAY OFF DAY GAME ALL STAR GAME

**CCL TEAMS** 

Solano Mudcats

W.LUNGOLNIPOTITERS..GOM

**2022 SCHEDULE** 





Community Summer Events

# 19068 the stars







NATHAN DUBIN PARK

FRIDAY, 6/3

TWELVE BRIDGES
PARK

FRIDAY, 8/12

JOINER PARK

FRIDAY, 9/16

