

# lincoln california

AMERICA'S HOMETOWN



WINTER/SPRING 2023  
RECREATION GUIDE



City of  
Lincoln  
Recreation



Floating Pumpkin Patch

Thank you  
Sponsors

Fowler Ranch & Lincoln  
Community Foundation



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LINCOLN RECREATION

**Parks  
Make  
Life  
Better!**

# REGISTRATION



## Online

You can register for classes, camps, specialty camps and Kids Kamp at [www.lincolnrec.net](http://www.lincolnrec.net)

You can register for youth sport leagues and adult sport leagues at [www.lincolnrecsports.com](http://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.



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@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](http://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](mailto: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](mailto: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](mailto: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.



# AQUATICS

## LIFEGUARDING/FIRST AID/CPR/AED

### with First Aid for Public Safety Personnel Class

This class will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Successful completion of the class also provides the following certifications needed for lifeguards in California: Lifeguarding, CPR/AED for the Professional Rescuer, First Aid for Public Safety Personnel (Title 22) and Bloodborne Pathogens.

Participants must bring a pocket mask and American Red Cross Lifeguard Manual (available online at [www.redcross.org](http://www.redcross.org)).

Ages: 15 (by the last day of class) and up

Dates: 4/3 to 4/7

Times: 8:00 AM to 6:00 PM

Location: McBean Memorial Pool

AQ23.200 • \$250/\$255NR



## LIFEGUARDING/FIRST AID/CPR/AED

### with First Aid for Public Safety Personnel

### Recertification Course

This class will recertify existing Lifeguards with the knowledge and skills needed to prevent and respond to aquatic emergencies. Current Lifeguard certification or recently expired certification (within 30 days) is required. Successful completion of the class also provides the following certifications needed for lifeguards in California: Lifeguarding, CPR/AED for the Professional Rescuer, First Aid for Public Safety Personnel (Title 22) and Bloodborne Pathogens.

Ages: 15 (by the last day of class) and up

Dates: 4/1 and 4/6

Times: 8:00 AM to 6:00 PM

Location: McBean Memorial Pool

AQ23.201 • \$125/\$130NR



## PREREQUISITES

#### Prerequisites:

- Complete an untimed continuous 300 yard swim using front crawl and/or breaststroke.
- Timed 20 yard swim with water start followed by a surface dive (head or feet first) to retrieve a 10 lb. object between 7 to 10 feet deep before returning to the surface and swimming back to the start while holding the object at the water surface with both hands and exiting the water in 1 minute and 40 seconds (no goggles).
- Tread water for 2 minutes using legs only (no arms).

## MARK YOUR CALENDARS!

## WATER FITNESS PROGRAMS

Water fitness admission fees apply to Water Aerobics and Lap Swim.

16 and over ..... \$5



### WATER AEROBICS

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.

Begins 5/1

Mondays and Wednesdays • 7:30 PM to 8:15 PM

### LAP SWIM

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

Begins 5/2

Tuesdays and Thursdays • 7:30 PM to 8:30 PM

**McBean Memorial Pool**

**61 McBean Park Drive, Lincoln, CA 95648**

**916-434-3230**

JOIN OUR TEAM

**WE ARE**

**HIRING!**

**FEB. 2023**

[www.calopps.org](http://www.calopps.org)

LIFEGUARDS  
+  
WATER SAFETY INSTRUCTORS

5.

# KIDS KAMP



## WHAT IS KIDS KAMP?

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](http://www.lincolnrec.net)

Register for Kids Kamp programs by scanning the QR code.



## AGES 5 TO 12 SPRING BREAK CAMP

**APRIL 3 TO APRIL 7, 2023**

Looking for a super fun and awesome experience for your child during Spring Break?! Kids Kamp is the ultimate day camp and has been a favorite program in Lincoln for years! Every-bunny loves Kids Kamp!

Campers spend their day playing high energy activities, creating art masterpieces, experimenting with silly science projects, and so much more!

Registration is projected to open in February 2023!



## SUMMER CAMP

**JUNE TO AUGUST, 2023**

Summer Kids Kamp is an action-packed 8-week day camp that is sure to keep your kiddos smiling all Summer long! Kids Kamp takes place Monday-Friday from 9:00 AM-3:30 PM with optional pre-care and after-care services. Campers enjoy creative art activities, wacky science experiments, silly games, and high-energy sports. We are hoping to incorporate weekly field trips back into the schedule again and of course will definitely continue with everyone's favorite... pizza day!

Registration is projected to open in February 2023. Keep an eye out for early bird registration specials!





## MEET OUR NEW CAMP COORDINATOR: ALYSE PICHLY [UH-LEASE PITCH-LEE]

We're excited to welcome Alyse to her new position as the Kids Kamp Coordinator! She started her role as the Office Assistant in July of 2021 and worked her way up to this promotion in November. Alyse graduated from Sac State with a Bachelor's of Science in Recreation, Parks, Tourism and Administration with an emphasis in Community Management. Her first job was as a summer camp counselor for Arden Manor and is thrilled to bring her experience full circle. A fun fact about Alyse is that she shares her passion for Recreation with her dad and brother, who both work in the field in nearby cities!



## KIDS KAMP IS HIRING FOR SUMMER CAMP!

Are you interested in a totally fun, silly, and rewarding part-time job for Summer 2023? Do you love working with children and creating special experiences for them? Then Kids Kamp might just be the perfect seasonal job for you! We are hiring counselors ages 16+ and our recruitment process will begin in February 2023. Make sure to check the CalOpps website for more information if this sounds like a good fit for you!

[www.CalOpps.org](http://www.CalOpps.org)



7.

# YOUTH PROGRAMS

## Youth Dance Classes

## EXPRESSIONS ACADEMY OF DANCE



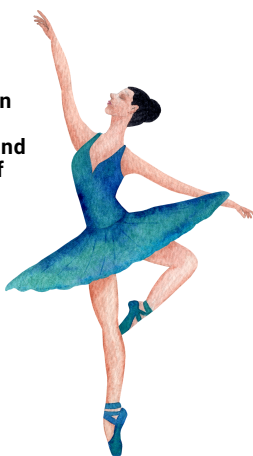
Expressions Academy of Dance's formula for building self-confidence and giving students a solid foundation to becoming fearless dancers and individuals is one of a kind; come experience it for yourself! They strive to create a meaningful learning environment where all children are encouraged to follow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

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

### Ballet

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

Ages: 6 to 8  
Saturdays • 9:30 AM to 10:25 AM  
DA1.23.100 • 2/4 to 2/25 • \$85/\$90NR  
DA1.23.101 • 3/4 to 3/25 • \$85/\$90NR



### Ballet & Tap



This class is for the dancer who loves to move! Class begins with ballet; stretching, warm ups, and technique. Shoes are changed halfway through and then it's time to tap! Tap is a great way to learn rhythm and coordination. The ballet and tap combo gives students the ability to try two styles within one class to experience both the classics of ballet and the fun of tap!

Ages: 4 to 5  
Saturdays • 11:00 AM to 11:55 AM  
DA1.23.102 • 2/4 to 2/25 • \$85/\$90NR  
DA1.23.103 • 3/4 to 3/25 • \$85/\$90NR

### Creative Movement

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

Ages: 3 to 4  
Saturdays • 9:30 AM to 10:15 AM  
DA1.23.104 • 2/4 to 2/25 • \$80/\$85NR  
DA1.23.105 • 3/4 to 3/25 • \$80/\$85NR



### Dance Discovery

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

**Parent participation required.**

Ages: 2 to 3  
Saturdays • 10:15 AM to 11:00 AM  
DA1.23.106 • 2/4 to 2/25 • \$80/\$85NR  
DA1.23.107 • 3/4 to 3/25 • \$80/\$85NR



### Hip Hop

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

Ages: 6 to 8  
Fridays • 3:30 PM to 4:25 PM  
DA1.23.108 • 2/3 to 2/24 • \$85/\$90NR  
DA1.23.109 • 3/3 to 3/24 • \$85/\$90NR



### Hip Hop Minis



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

Ages: 4 to 5  
Fridays • 4:30 PM to 5:25 PM  
DA1.23.110 • 2/3 to 2/24 • \$85/\$90NR  
DA1.23.111 • 3/3 to 3/24 • \$85/\$90NR

### Jazz

This class is ideal for kids who love to move and dance with pizzazz! Students will learn basic jazz techniques through rhythm, skills and imagination.

Ages: 6 to 8  
Saturdays • 10:30 AM to 11:25 AM  
DA1.23.112 • 2/4 to 2/25 • \$85/\$90NR  
DA1.23.113 • 3/4 to 3/25 • \$85/\$90NR





## 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.

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

### Art Camp

#### January Kid's Art Camp

Join the Art League of Lincoln to create a mosaic, polymer Clay "Eye of God," paint a Vincent Van Gogh inspired "Starry Night" and craft a mixed media collage! Snacks and supplies are included.

**Ages:** 8 to 12  
Tuesday thru Friday • 10:00 AM to 1:00 PM  
EN1.23.200 • 1/3 to 1/6 • \$125/\$130NR

#### April Kid's Art & Clay Camp

At the April Kid's Art and Clay Camp, students will work with ceramics on the first day. The second and third day will be spent painting projects and day four students will underglaze their fired ceramics!

**Ages:** 8 to 12  
Monday thru Thursday • 10:00 AM to 1:00 PM  
EN1.23.201 • 4/3 to 4/6 • \$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:** 8 to 12  
Saturday • 10:00 AM to 1:00 PM  
EN1.23.202 • 2/4 • \$45/\$50NR  
EN1.23.203 • 3/4 • \$45/\$50NR



## 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 14  
Saturdays • 1:00 PM to 3:00 PM  
EN1.23.100 • 1/7 to 1/28 • \$50/\$55NR  
\*10% off registration for every additional family member!



## YOUTH PROGRAMS

### Youth Sports Classes

### GOOD SPORT U

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

**Location:** Various



### Hoop Improvement

**Ages:** 5 to 8  
Wednesdays • 5:45 PM to 6:35 PM  
**Location:** Twelve Bridges Elementary School  
YF1.23.120 • 3/1 to 3/22 • \$65/\$70NR  
**Location:** Foskett Ranch Elementary School  
YF1.23.121 • 3/29 to 4/26 • \$65/\$70NR  
\*No class 4/5

**Ages:** 9 to 12  
Wednesdays • 6:45 PM to 7:35 PM  
**Location:** Twelve Bridges Elementary School  
YF1.23.122 • 3/1 to 3/22 • \$65/\$70NR  
**Location:** Foskett Ranch Elementary School  
YF1.23.123 • 3/29 to 4/26 • \$65/\$70NR  
\*No class 4/5



## REGISTER

Register by scanning the  
QR code  
or visiting  
[www.lincolnrec.net](http://www.lincolnrec.net)

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



# YOUTH PROGRAMS

## Youth Sports Classes

### FUTSAL FACTORY & 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.

#### Futsal

Location: Foskett Ranch Elementary School



**FUTSAL FACTORY**

#### Toddle Ballers

A fun introduction to soccer for 2 to 3-year-old players. In addition to basic futsal 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

Saturdays • 2:50 PM to 3:30 PM

YF1.23.600 • 1/21 to 2/11 • \$68/\$73NR

YF1.23.601 • 2/25 to 3/18 • \$68/\$73NR



#### Kinder Kickers

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



Ages: 4 to 5

Saturdays • 2:00 PM to 2:45 PM

YF1.23.602 • 1/21 to 2/11 • \$75/\$80NR

YF1.23.603 • 2/25 to 3/18 • \$75/\$80NR

#### Juniors

The Juniors program uses activities to introduce and refine core futsal 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

Saturdays • 1:10 PM to 1:55 PM

YF1.23.604 • 1/21 to 2/11 • \$75/\$80NR

YF1.23.605 • 2/25 to 3/18 • \$75/\$80NR



#### Cadets

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

Ages: 9 to 12

Saturdays • 12:15 PM to 1:05 PM

YF1.23.606 • 1/21 to 2/11 • \$79/\$84NR

YF1.23.607 • 2/25 to 3/18 • \$79/\$84NR



## 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

YF1.23.608 • 3/6 to 3/27 • \$68/\$73NR

YF1.23.609 • 4/10 to 5/1 • \$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

YF1.23.610 • 3/6 to 3/27 • \$75/\$80NR

YF1.23.611 • 4/10 to 5/1 • \$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

YF1.23.612 • 3/6 to 3/27 • \$75/\$80NR

YF1.23.613 • 4/10 to 5/1 • \$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

YF1.23.614 • 3/6 to 3/27 • \$79/\$84NR

YF1.23.615 • 4/10 to 5/1 • \$79/\$84NR



### Spring Break Core Development Camp

Soccer Core Development Camp establishes a strong soccer foundation, which allows players to become better athletes. Designed to help rapidly progress to higher levels of competitive play and technical skills. Curriculum ensures that players are developing at their full potential and working towards meeting all core skills within their age bracket.

Recommended for players new to soccer and in lower level comp.

Location: Peter Singer Park

Ages: 6 to 12

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

YF1.23.616 • 4/3 to 4/6 • \$135/\$140NR





# Youth Sports Classes

## KUK SOOL WON



Lincoln  
KUK SOOL WON

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

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

Location: Lincoln Community Center

## 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

YF1.23.300 • 1/10 to 2/14 • \$72/\$77NR

YF1.23.301 • 2/21 to 3/28 • \$72/\$77NR

YF1.23.302 • 4/11 to 5/16 • \$72/\$77NR

## Dragons

Dragons is for children 5 to 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 while working with others in a team setting. Uniforms are optional.

Ages: 5 to 6

Wednesdays • 5:30 PM to 6:00 PM

YF1.23.303 • 1/11 to 2/15 • \$90/\$95NR

YF1.23.304 • 2/22 to 3/29 • \$90/\$95NR

YF1.23.305 • 4/12 to 5/17 • \$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

YF1.23.306 • 1/9 to 2/15 • \$110/\$115NR

YF1.23.307 • 2/22 to 3/29 • \$110/\$115NR

YF1.23.308 • 4/10 to 5/17 • \$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 • 6:00 PM to 7:00 PM

YF1.23.309 • 1/10 to 2/16 • \$110/\$115NR

YF1.23.310 • 2/21 to 3/30 • \$110/\$115NR

YF1.23.311 • 4/11 to 5/18 • \$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

YF1.23.312 • 1/9 to 2/13 • \$110/\$115NR

YF1.23.313 • 2/27 to 3/27 • \$110/\$115NR

YF1.23.314 • 4/10 to 5/15 • \$110/\$115NR



# YOUTH PROGRAMS

## 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. 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

## 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 • 9:00 AM to 10:00 AM

YF1.23.200 • 2/18 to 3/11 • \$58/\$63NR

YF1.23.201 • 4/1 to 4/22 • \$58/\$63NR



## 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: Nathan Dubin Park

## Little Shots

Ages: 3 to 4

Saturdays • 10:15 AM to 11:15 AM

YF1.23.202 • 2/18 to 3/11 • \$58/\$63NR

YF1.23.203 • 4/1 to 4/22 • \$58/\$63NR

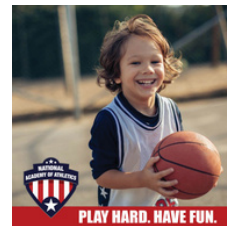
## Hot Shots

Ages: 5 to 6

Saturdays • 11:30 AM to 12:30 PM

YF1.23.204 • 2/18 to 3/11 • \$58/\$63NR

YF1.23.205 • 4/1 to 4/22 • \$58/\$63NR



## 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.

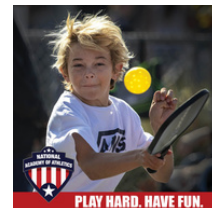
Location: McBean Park

Ages: 7 to 13

Sundays • 11:00 AM to 12:00 PM

YF1.23.206 • 2/19 to 3/12 • \$58/\$63NR

YF1.23.207 • 4/2 to 4/23 • \$58/\$63NR



# 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  
YF1.23.309 • 1/10 to 2/16 • \$110/\$115NR  
YF1.23.310 • 2/21 to 3/30 • \$110/\$115NR  
YF1.23.311 • 4/11 to 5/18 • \$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  
YF1.23.312 • 1/9 to 2/13 • \$110/\$115NR  
YF1.23.313 • 2/27 to 3/27 • \$110/\$115NR  
YF1.23.314 • 4/10 to 5/15 • \$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  
AE1.23.100 • 2/24 • \$10/\$15NR



## 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:

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



Economic  
Driving School

Visit Website

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



## DROP-IN PICKLEBALL

DAYS: TUESDAYS AND THURSDAYS

DATES: JANUARY 10 TO APRIL 27

TIMES: 9:00 AM TO 12:00 PM

PRICE: \$5

LOCATION: LINCOLN COMMUNITY CENTER

EXCLUDED DATES: 3/9, 3/23, 4/4 AND 4/6



Lincoln Community Center  
2010 First Street  
Lincoln, CA 95648  
916-434-3220



# 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 8-18 YEARS OF AGE.**

You can enroll your child in LPAL at [lincolnrec.net](http://lincolnrec.net) to place them in the database and LPAL will reach out when activities become available.



This seasonal position is for our Recreational Youth Sports Program. We are looking for candidates with qualities such as reliability, creativity, dependability and enthusiasm. Visit [www.calopps.org](http://www.calopps.org) to apply



**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](mailto:info@SpotlightLincoln.com)

@SpotlightLincoln

# YOUTH LEAGUES

## LINCOLN YOUTH FLAG FOOTBALL

### 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 Spring 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 exciting new Flag Football experience!

### REGISTRATION DATES:

Register online at [www.lincolnrecsports.com](http://www.lincolnrecsports.com)

**EARLY: 12/5 TO 1/8 - \$115 • REGULAR: 1/9 TO 2/26 - \$125 • LATE: 2/27 TO 3/3 - \$135**

**\*DISCOUNTS AVAILABLE FOR VOLUNTEER HEAD COACHES\***



### EVALUATION INFORMATION:

**Player Evaluations: Sunday, 3/5 at Foskett Regional Park**

#### 3RD & 4TH GRADE

**11:00 AM to 12:30 PM**

#### 5TH & 6TH GRADE

**12:45 PM to 2:00 PM**

#### 7TH & 8TH GRADE

**2:15 PM to 2:45 PM**

### PRACTICES:

**BEGIN THE WEEK OF 3/13**

### GAMES:

**BEGIN FRIDAY, 3/24 OR 3/31**

## LINCOLN YOUTH VOLLEYBALL



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

### REGISTRATION DATES:

Register online at [www.lincolnrecsports.com](http://www.lincolnrecsports.com)

**EARLY: 12/5 TO 1/8 - \$105 • REGULAR: 1/9 TO 2/26 - \$115 • LATE: 2/27 TO 3/3 - \$125**

**\*DISCOUNTS AVAILABLE FOR VOLUNTEER HEAD COACHES\***



### ORIENTATION INFORMATION:

**Player Orientation: at Lincoln Community Center**

#### 3RD & 4TH GRADE

**Monday, 3/6  
5:30 PM**

#### 5TH & 6TH GRADE

**Tuesday, 3/7  
5:30 PM**

#### 7TH & 8TH GRADE

**Wednesday, 3/8  
5:30 PM**

### PRACTICES:

**BEGIN THE WEEK OF 3/13**

### GAMES:

**BEGIN SUNDAY, 3/26**

## SPRING BREAK SPEED & AGILITY CLINIC



**LINCOLN YOUTH SPORTS  
TRACK & FIELD CLUB**

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 players looking to have fun, get better, and take your game to the next level. Instructors include Lincoln High School Track and Field athletes and coaches.

**Location: Peter Singer Park**



### GRADES:

**3rd through 8th**

### DATES & TIMES:

**4/3 to 4/5  
10:30 AM to 12:00 PM**

### REGISTER:

Register online at [www.lincolnrecsports.com](http://www.lincolnrecsports.com)

**\$70**



**REGISTRATION DATES:**

EARLY: 1/3 to 1/30 • REGULAR: 1/31 to 2/27 • LATE: 2/28 to 3/6

**ADULT SOFTBALL****Women's**

Start: 3/14

Mondays

Early: \$525 | Regular: \$550 | Late: \$575  
Foskett Regional Park**Co-ed**

Start: 3/15

Tuesdays

Early: \$525 | Regular: \$550 | Late: \$575  
Foskett Regional Park**Men's**

Start: 3/17

Thursdays

Early: \$525 | Regular: \$550 | Late: \$575  
Foskett Regional Park**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."

Winter registration: closes 1/9/23

Spring registration: closes 4/10/23

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.gg leagues.com/clubs/city-of-lincoln-recreation>

**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](http://www.LincolnRecSports.com)  
 or scan the QR code.

TEAM REGISTRATION TAKEN  
 ONLINE AT  
 LEAGUE WEBSITE  
[WWW.LINCOLNRECSports.COM](http://WWW.LINCOLNRECSports.COM)  
 OR  
 AT THE LINCOLN RECREATION  
 OFFICE:  
 2010 FIRST STREET  
 LINCOLN, CA 95648





## Rules of the Road

### Obey all Traffic Laws!

#### **Bike Helmets**

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

#### **Signs & Signals**

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

#### **Watch Your Speed**

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

#### **Respect Pedestrians' Rights**

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

#### **Scan the Road Behind You**

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

#### **Watch for Cars Pulling Out**

Make eye contact with drivers, proceed cautiously and assume they don't see you.

### **Bike Hand Signals**

#### **Use Hand Signals**

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

#### **Left Turn Hand Signal**

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

#### **Right Turn Hand Signal**

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

#### **Stop Hand Signal**

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

### Land Positioning

#### **Ride to the Right**

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

#### **Do Not Pass on the Right**

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

#### **Ride Predictably in a Straight Line**

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

#### **Avoid the Door Zone**

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

### Turning at Intersections

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

#### **Right Turns**

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

#### **Straight Through**

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

#### **Left Turns**

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

#### **Triggering Traffic Signals**

Traffic signals are triggered by passing over "loop" detectors in the auto lane and in some bike lanes. If positioned properly, bicycles usually trigger signals. Some loop detectors have a bike symbol that indicates the optimal position for your bike.

Otherwise, position your bike directly over the filed-in cuts, if visible. When loops are not visible or the signal is not triggered, cross the intersection as a pedestrian.

## Bike Commuting

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

#### **Bike Commute Buddies**

If you've thought about bicycling to work, but are not sure how to get started, talk to someone who's experienced. That's the idea behind the Sacramento Region 511 Bike Buddy Match. Use the experience gained by others to find the best route. Visit [www.sacreregion511.org/bicycling](http://www.sacreregion511.org/bicycling), or call 511 for more information.

#### **Bike Racks**

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

#### **Bike & Bus**

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

## Bus Information

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

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

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

#### **Connections**

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

#### **Hours of Operation**

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

For any changes or restrictions, visit Placer County Transit at [www.placer.ca.gov/Place-County-Transit](http://www.placer.ca.gov/Place-County-Transit).

#### **Fares**

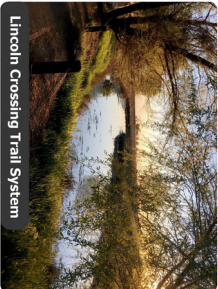
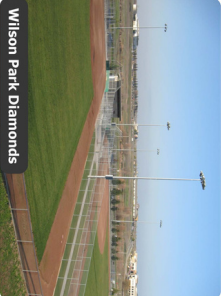
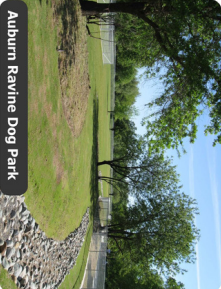
General Public One-Way: \$1.25  
Senior/Youth/Disabled One-Way: \$0.60

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

## Rules for Canine Companions

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

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



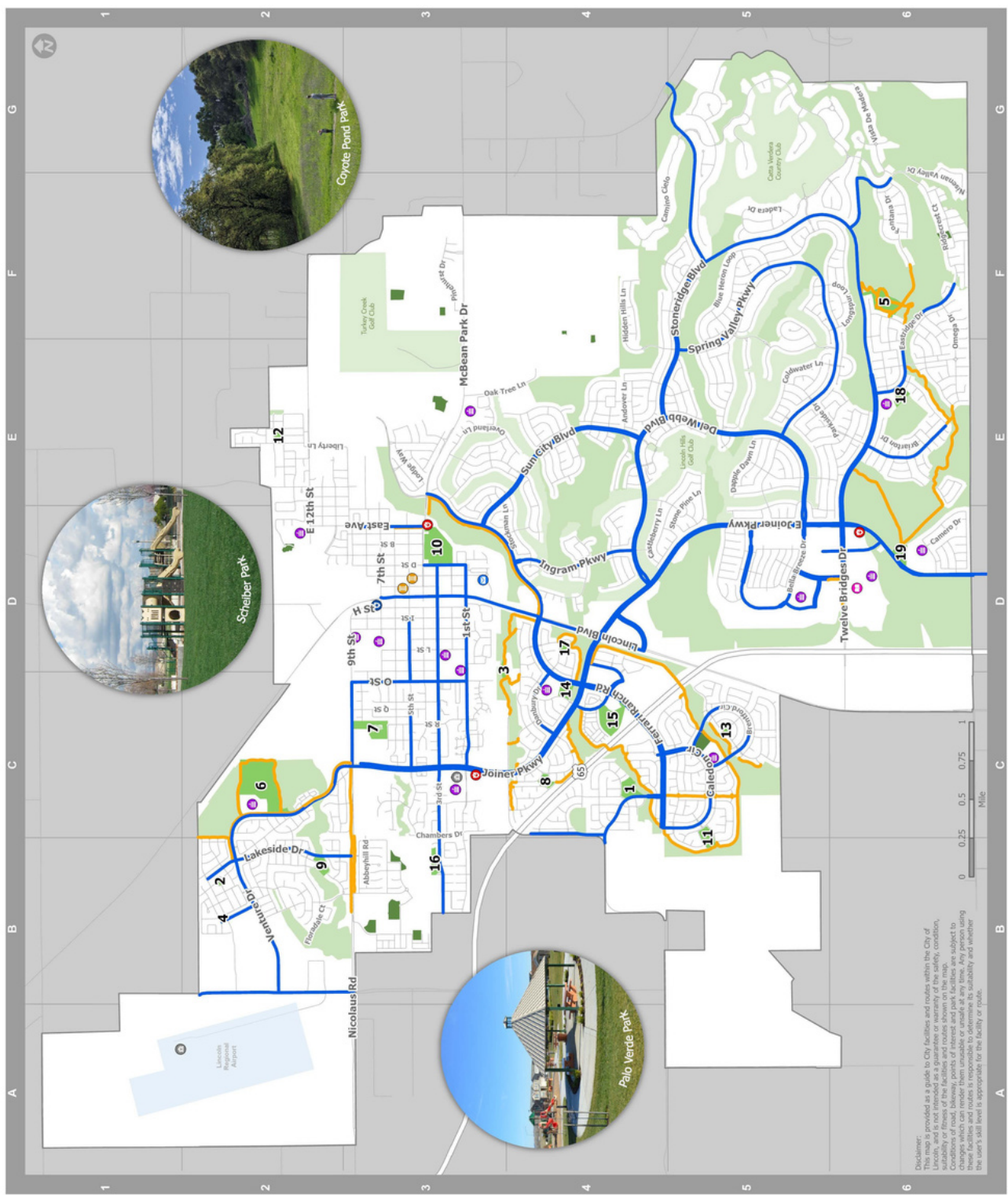
# City of Lincoln

## Parks, Trails and Bikeways

Important Contact Information	
Emergency.....	911
Non-Emergency/Police.....	916-645-4040
Street Sweeping.....	916-434-2450
Traffic Signal Operation.....	916-434-2450
Report a Problem in a Park.....	916-434-2450
Reserve a Park.....	916-434-3220
Bikeway Information.....	916-645-5298

Coyote Pond Park





	Art and Culture	School	Post Office	Fire Station	Police Station	Library	Other City Facility
1. Addem Ranch Park							
2. Addemson Park							
3. Auburn Ravine Park							
4. Brown Park							
5. Coyote Pond Park							
6. Fossitt Regional Park							
7. Joiner Park							
8. Machado Park							
9. Markham Park							
10. McBean Park							
11. Nathan Dulin Park							
12. Palo Verde Park							
13. Pete Demas Park							
14. Peter Singer Park							
15. Robert Jimenez Park							
16. Schaefer Park							
17. Sheffield Park							
18. Twelve Bridges Park							
19. Wilson Park							

**Park Maintenance**

For maintenance concerns during regular work hours call Public Services at 916-434-2450 Monday thru Friday 8am-5pm. For immediate needs regarding maintenance or repair during non-business hours (Monday thru Friday 5pm-8am) and weekends, call the City's Police Department at 916-645-4040. Alternatively, email Public Services at [publicservices@lincolncalifornia.gov](mailto:publicservices@lincolncalifornia.gov). Please allow the next regular business day for response.

**Facility Rentals**

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

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

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

**Legend**

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



# 17. FACILITY RENTALS

## McBean Pavilion

65 McBean Park Drive, Lincoln CA 95648

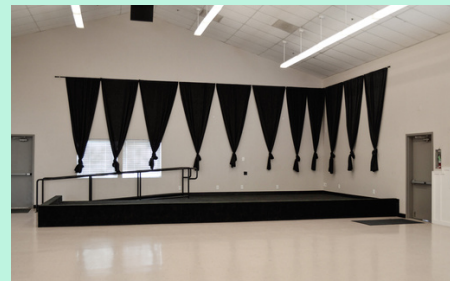
McBean Pavilion is the perfect rental space to host your next celebration, party or event. This remodeled 6,720 square foot facility can accommodate up to 350 people. The Pavilion is ideal for weddings and parties with its kitchen, one dry and one wet bar, and built-in stage. This venue also includes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



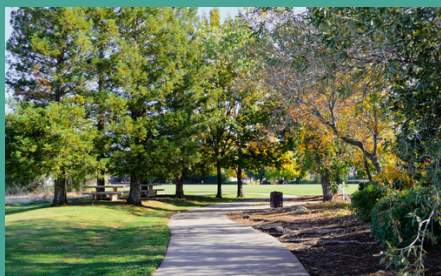
## BOUNCE HOUSE PERMITS

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 | Fosskett 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





## 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.

## Homework Help

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

Ages: Students grade 1 through 8

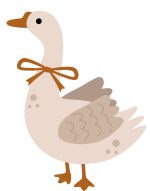
When: The Homework Center is typically open from 2:45-4:45 on Mondays, Tuesdays, and Wednesdays from September through May. Please check the calendar for any changes to this schedule.

Where: Twelve Bridges Library – Homework Center

- The Homework Center closes during Western Placer Unified School District closures.
- Students can drop in and stay for any length of time while the Center is open.



## 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



## 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

### Explore everything your library card gives you!



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



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



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



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

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

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

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

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

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

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



485 Twelve Bridges Drive  
(916) 434-2410

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



[www.libraryatlincoln.org](http://www.libraryatlincoln.org)



@libatlincoln



Library at Lincoln



[library@lincolncal.gov](mailto:library@lincolncal.gov)

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



# "Thank you"



## to our sponsors

WE COULDN'T HAVE DONE IT WITHOUT YOU!

