

CITY OF LINCOLN

RECREATION GUIDE

FALL/WINTER 2016



Lincoln Youth Basketball



Registration ends 11/4!

Register online at www.LincolnYouthSports.com
or at the Community Center, 2010 First Street!

Check out page 12 for
more details.



WELCOME



CITY OF LINCOLN
**COMMUNITY
CENTER**

2010 First Street
Lincoln, CA 95648

(916) 434-3220

Mon-Fri, 8am-12pm, 1-5pm
Closed from 12-1pm
www.lincolnrec.net



Lincoln Recreation



@lincolnparksrec
@lysports



@lysports2015

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CAMPS



Fall into Fun

Join the Fall Into Fun Kids Kamp program and participate in fun activities during their Fall Break from School. Your child will have the chance to make Thanksgiving arts and crafts, go on a fun-filled turkey hunt, enjoy high-energy activities and enjoy a field trip to John's Incredible Pizza on Wednesday. Don't miss out on the fun and exciting things the Fall Into Fun Kids Kamp has to offer for your child! It's going to be a gobblin' good time!

Mon-Wed • 8:00am - 3:30pm
Fee: \$75/\$80NR
Location: Foskett Ranch Elem
Ages: 5-11
11/21-11/23 • PG1.212
Field Trip: John's Incredible Pizza

Winter Wonderland

Meet new friends, enjoy action packed games, dynamic arts and crafts projects, yummy cooking projects, sports, science projects, and an awesome field trip to SkateTown.

Mon-Fri • 8:00am - 3:30pm
Fee: \$125/\$130NR
Location: Foskett Ranch Elem
Ages: 5-11
12/19-12/23 • PG1.213
Field Trip: SkateTown



Schools Out, Camps In

School's Out, Camp's In!
School's Out means that Kids Kamp is in! Come join us for a day of fun while school is out this winter. We will start the morning with fun-filled activities and then we will be heading out for a field trip in the afternoon.

October 10th

8:00am - 3:30pm
Fee: \$35/\$40NR
Location: Lincoln Community Center
Ages: 5-11
PG1.214
Field Trip: Roller King

January 2nd

8:00am - 3:30pm
Fee: \$35/\$40NR
Location: Lincoln Community Center
Ages: 5-11
PG1.215
Field Trip: Studio Movie Grill



INTELLIBRICKS

Robotics and STEM enrichment for young minds

IntelliBricks LEGO® Robotics Classes

Let your little engineers work on big ideas. Investigate concepts in physics, mechanical engineering, robotics and structural engineering by building and manipulating models that mimic real life mechanisms. Explore the concept of sensors by creating your own special robot, learn about solar energy by building a solar vehicle, solve a real life problem by designing a working machine, build a car and race it. Possibilities are endless with our LEGO® elements. Our experienced instructors will guide your children through various projects.

IntelliBricks will provide all LEGO® and touch screen computers for the class. Children cannot take home any of their creations or LEGO® products. LEGO® group of companies does not sponsor, authorize or endorse any of our programs. Ages: 5-9

PG1.210 • 12/19-12/22

Monday - Thursday, 9am - 12pm

Fee: \$125/\$130NR

Location: Community Center



IntelliBricks Java Script programming and Arduino Robotics with PodPi

Prepare your kids for the STEM jobs of the future. In today's world, exploring, coding, and the ability to solve problems are key elements to your children's future success. During this camp, children will program an Arduino processor and wire a bread board to perform tasks like blinking LEDs, running a servo, use a sensor, potentiometer etc. Our camp is based on a series of adventures that guide students in learning basic electronics, JavaScript programming, and science. The use of a comic-book format makes it fun for all kids (ages 9-15) and allows us to illustrate complex technical concepts in ways they will understand and relate to. In the lessons, students are introduced to different Pod characters, each with a unique personality and skill set relating to a physical component or technical concept. These characters will engage your child in ways that encourage him or her to learn, think and create. IntelliBricks will provide touch screen laptops for the class. Ages: 9-15

Children will take home an entire PodPi Kit containing

- A complete Arduino kit with servo motors, sensors and misc. components
- PodPi magazine edition #1 and #2 (with lessons)
- Captain Arghuino patch
- IntelliBricks Pencil

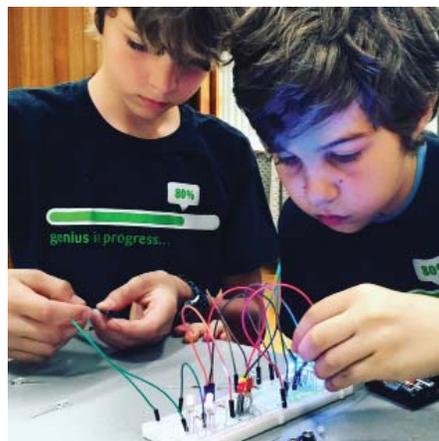
PG1.211 • 12/19-12/22

Monday - Thursday, 1pm - 4pm

Fee: \$125/\$130NR*

**Additional \$65 materials fee, due to instructor on first day of camp*

Location: Lincoln Community Center



DANCE

Come experience Expressions Academy of Dance's approach to building self-confidence and giving students the solid foundation they need to become fearless dancers and individuals. *All Dance classes are held at Expressions Academy of Dance, Located at 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

Dance Discovery, Mommy & Me Ballet

This 30 minute class is a magical way for you and your toddler to experience dance and movement together. Each week will begin with a fun song and dance warm up where they will be introduced to Ballet basics. This class includes dance, yoga, rhythm, music, singing and basic tumbling. Age: 2-3

Fri • 9:30-10am
AC1.771 • 9/16-9/30 • \$34/\$39NR
AC1.772 • 10/7-10/28 • \$45/\$50NR
AC1.773 • 11/4-11/18 • \$34/\$39NR

Pre Ballet

This class is for the Ballerinas at heart! Our Pre Ballet program is perfect for the young dancers who are just starting out, and hwo just love to move. We incorporate games, songs, and rhythm to exercise the creative part of their brain. Age: 4-5

Fri • 10:45-11:30am
AC1.779 • 9/16-9/30 • \$38/\$43NR
AC1.780 • 10/7-10/28 • \$50/\$55NR
AC1.781 • 11/4-11/18 • \$38/\$43NR

Ballet & Tap

Children will learn and continue to develop the beginning techniques of ballet and tap dancing. They will also be working on improving their coordination, posture, balance, and etiquette in this class. Age: 4-6

Fri • 11:30am-12:15pm
AC1.783 • 9/16-9/30 • \$38/\$43NR
AC1.784 • 10/7-10/28 • \$50/\$55NR
AC1.785 • 11/4-11/18 • \$38/\$43NR

Ballet Level 1

Our Ballet program follows the RAD (Royal Academy of Dance) Curriculum of teaching. Ballet has a long history of producing beautiful and strong dancers that exude poise and grace. We strive for excellence in technique, proper terminology, and teaching the importance of confidence while dancing. Everyone should get a chance to take Ballet, to learn new skills, meet new friends and ignite self worth. Age: 6-9

Sat • 9:30-10:30am
AC1.788 • 9/10-10/1 • \$55/\$60NR
AC1.789 • 10/8-10/29 • \$55/\$60NR
AC1.790 • 11/5-11/19 • \$42/\$47NR

Hip Hop Mini's

This class is designed for the kds who just love to move and groove! This class combines Jazz and Hip Hop in a fun and age appropriate way! We learn the basic techniques of both genres, and create exciting and energetic dances. Age: 4-6

Fri • 10-10:30am
AC1.775 • 9/16-9/30 • \$34/\$39NR
AC1.776 • 10/7-10/28 • \$45/\$50NR
AC1.777 • 11/4-11/18 • \$34/\$39NR

Hip Hop/Jazz Level 1

With clean, upbeat music we inspire our dancers to move to the rhythm. Our Hip Hop/Jazz classes fill dancers with everyy and excitement. While focusing on both Hip Hop and Jazz techniques from classic styles to new modern aspects. Age: 6-8

Tues • 5:30-6:30pm
AC1.792 • 9/13-9/27 • \$42/\$60NR
AC1.793 • 10/4-10/25 • \$55/\$60NR
AC1.794 • 11/1-11/15 • \$42/\$47NR



What to wear

Ballet:

Ages 2-3- Pink Leotard, pink tights, pink ballet shoes
Ages 4-6- Purple Leotard, pink tights, pink ballet shoes
Ballet I- Blue leotard, pink tights, pink ballet shoes, hair in a bun

Ballet & Tap:

Ages 4-6 - Purple Leotard, pink tights, pink ballet shoes, and black tap shoes

Hip Hop:

T-shirt, leggings, clean tennis shoes, hair must be up in a ponytail or braid

* Dress Code items available for purchase at Expressions Academy of Dance

If you have any questions regarding Expressions Academy of Dance classes or dress code, give the office a call, and we will be happy to assist you. (916) 543-0299.



These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available.

Location: Community Center

No class dates: 11/8, 11/24, 11/25, 11/26

Little Dippers

Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.

Age: 1.5-3

Tues • 10-10:45am
AC1.846 • 9/28-11/2 • \$51/\$56NR
AC1.847 • 11/9-12/14 • \$51/\$56NR

Wed • 10-10:45am
AC1.798 • 9/28-11/2 • \$51/\$56NR
AC1.799 • 11/9-12/14 • \$51/\$56NR

Fri • 9-9:45am
AC1.801 • 9/30-11/4 • \$51/\$56NR
AC1.802 • 11/11-12/16 • \$42.50/\$47.50NR

Sat • 9:35-10:20am
AC1.803 • 10/1-11/5 • \$51/\$56NR
AC1.804 • 11/12-12/17 • \$51/\$56NR

Big Dippers

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3

Tues • 11-11:45am
AC1.805 • 9/27-11/1 • \$51/\$56NR
AC1.806 • 11/15-12/13 • \$42.50/\$47.50NR

Wed • 9-9:45am
AC1.807 • 9/28-11/2 • \$51/\$56NR
AC1.808 • 11/9-12/14 • \$51/\$56NR

Comets

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3-4

Wed • 11-11:45am
AC1.811 • 9/28-11/2 • \$51/\$56NR
AC1.812 • 11/9-12/14 • \$51/\$56NR

Thurs • 4:30-5:15pm
AC1.809 • 9/28-11/2 • \$51/\$56NR
AC1.810 • 11/10-12/15 • \$42.50/\$47.50NR

Fri • 11-11:45am
AC1.813 • 9/30-11/4 • \$51/\$56NR
AC1.814 • 11/11-12/16 • \$42.50/\$47.50NR

Sat • 10:30-11:15am
AC1.815 • 10/1-11/5 • \$51/\$56NR
AC1.816 • 11/12-12/17 • \$42.50/\$47.50NR

Shooting Stars

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 4-5

Tues • 3:15-4pm
AC1.817 • 9/27-11/1 • \$51/\$56NR
AC1.818 • 11/15-12/13 • \$42.50/\$47.50NR

Fri • 10-10:45am
AC1.819 • 9/30-11/4 • \$51/\$56NR
AC1.820 • 11/11-12/16 • \$42.50/\$47.50NR

Sat • 8:45-9:30am
AC1.821 • 10/1-11/5 • \$51/\$56NR
AC1.822 • 11/12-12/17 • \$42.50/\$47.50NR

Galaxies

This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.

Age: 5-6

Thurs • 5:25-6:10pm
AC1.823 • 9/29-11/3 • \$51/\$56NR
AC1.824 • 11/10-12/15 • \$42.50/\$47.50NR

Fri • 3:30-4:15pm
AC1.825 • 9/30-11/4 • \$51/\$56NR
AC1.826 • 11/11-12/16 • \$42.50/\$47.50NR

Boys Beginning Gymnastics

This class is for the Boys! Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Age: 5-8

Thurs • 3:30-4:30pm
AC1.827 • 9/29-11/3 • \$57/\$62NR
AC1.828 • 11/10-12/15 • \$47.50/\$52.50NR

Beginning Gymnastics

Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Age: 6-10

Tues • 5:10-6:10pm
AC1.829 • 9/27-11/1 • \$57/\$62NR
AC1.830 • 11/15-12/13 • \$47.50/\$52.50NR

Fri • 5:30-6:30pm
AC1.831 • 9/30-11/4 • \$57/\$62NR
AC1.832 • 11/11-12/16 • \$47.50/\$52.50NR

Sat • 11:30-12:30pm
AC1.833 • 10/1-11/5 • \$57/\$62NR
AC1.834 • 11/12-12/17 • \$47.50/\$52.50NR

Intermediate Gymnastics

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. **Participation requires instructor approval.**

Age: 7-10

Fri • 4:30-5:30pm
AC1.837 • 9/30-11/4 • \$57/\$62NR
AC1.838 • 11/11-12/16 • \$47.50/\$52.50NR

Tumbling & Strength Conditioning

This class will focus on developing strength, flexibility, and intermediate gymnastics skills with an emphasis on front and back handsprings. **Participation requires instructor approval. Required skills: handstand, forward roll, back bend, and round off.**

Age: 6-10

Tues • 4-5pm
AC1.835 • 9/27-11/1 • \$57/\$62NR
AC1.836 • 11/15-12/13 • \$47.50/\$52.50NR

**Register
Early!**

**Don't wait until it's too late!
Programs with low registration
may be cancelled.**

Active Tots

Come out to the field and have fun learning the basics of T-Ball and the value of sportsmanship. We will practice hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. All equipment is provided, so come on out and play. Parent participation required.

<p>T-Ball Age: 3.5-5 Fee: \$55/\$60NR</p> <p>Tuesdays • Twelve Bridges Park AC1.728 • 9/6-10/4 • 5:30-6:15pm</p>	<p>T-Ball Age: 3.5-5 Fee: \$55/\$60NR</p> <p>Wednesdays • McBean Park AC1.729 • 9/7-10/5 • 5:30-6:15pm</p>	<p>T-Ball Age: 3.5-5 Fee: \$55/\$60NR</p> <p>Thursdays • Peter Singer Park AC1.730 • 9/8-10/6 • 5:30-6:15pm</p>
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Active Tots Sports Camp
Drop your kids off for hours of fun in this exciting sports camp! Your child will develop a love of sports with fun drills and games in basketball, t-ball and soccer. Relay races, obstacle courses, and other age appropriate games will also be incorporated. Pack a healthy snack/lunch, lots of water and have your child wear closed toed shoes. Both boys and girls welcome! Age: 4-8

AC1.845 • 12/27-12/30 • Tues-Fri • 9am-12pm
Fee: \$80/\$85NR • Location: Foskett Ranch Elem



Skyhawks Sports Academy provides sport programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. *No Class, 10/17*

Fee: \$79/\$84NR
Location: McBean Park

Multi-Sport Clinic

Skyhawks has taken our favorite games from the playground and combined them into an action packed 8 week clinic! Each week your young athlete will play variations of Kickball, Dodgeball, Ultimate Frisbee and Capture the Flag. Participants will learn sportsmanship, teamwork and strategy in addition to the rules of the game. Bring your friends or come make new ones. Ages: 6-12

AC1.841 • 9/19-11/14 • Mon • 4:45-5:45pm

Lacrosse Clinic

Lacross combines basic skills used in soccer, basketball, and hockey into one fast paced game. Boys and girls will learn the fundamentals of stick handling, cradling, passing and shooting in a fun non-checking environment over 8 weeks of instruction. Ages: 6-12

AC1.840 • 9/19-11/14 • Mon • 3:30-4:30pm

Just 4 Kicks

Day: Sat
 Location: McBean Park
 Instructor: Adam White & Just 4 Kicks Staff

Pre-K Soccer

Ages: 3.5-4
 Pre-K Soccer is a chance to explore all the fun skills you can learn with a soccer ball. Also, that dreaded "bunch ball" play at this age will be worked on, with development and learning of group dynamics. Skills such as dribbling, stopping, passing, and social skills are all learned in this fun atmosphere that *Just 4 Kicks* provides.

AC1.758 • 9/10-10/29 • 9-9:30am • \$75/\$80NR

K Soccer

Ages: 4-5
 With the expectation of having fun, your child will learn to love soccer. Skills will be introduced and built upon, as well as working on the team concept of soccer. Recreation games guide the learning through play and all those skills and drills worked upon will begin to make the game and strategies of soccer really come together for your Kindergartners.

AC1.759 • 9/10-10/29 • 9:30-10:05am • \$75/\$80NR

Soccer K-1

Ages: 5-6
 Let the games begin...With learning, growing, good sportsmanship and having fun as the goal, players will learn and practice their skills by utilizing a practice method of game play and scrimmages.

AC1.760 • 9/10-10/29 • 10:05-10:50am • \$80/\$85NR

Soccer 2-6

Ages: 7-12
 Emphasis now is on putting it all together, even the team. All teaching is conducted through play and fun activities. Participants will also learn how and why things are done as the team works through scrimmages and game situations. Individual and team skills are of equal importance at this level. Expectations of each position in a small-sided game format are explained and developed for a truly exceptional soccer experience.

AC1.761 • 9/10-10/29 • 10:50-11:50am • \$85/\$90NR

Just 4 Kicks Class Status Hotline (916) 359-6681

Please call the hotline if the weather is inclement to find the status of the classes. Classes may be cancelled if it is raining, has been raining, or the heat is above 100 degrees.

What to wear:

Shin guards and athletic apparel appropriate for the current weather conditions. It is best to dress in layers and remove extra clothing after warming up. No jeans or street shorts.



Challenger Sports Mini Kickers

Challenger Sports coaches and the First Kicks program teach basic soccer skills while developing strength, balance, coordination, listening skills, cooperation, and teamwork in children ages 2 - 5 years old.

Fee: \$115/\$120NR
 Location: Pete Singer Park

Cubs

Age: 2-3
 AC1.725 • 9/9-10/28 • Fri • 9-9:45am
 AC1.726 • 9/9-10/28 • Fri • 9:45-10:30am

Lions

Age: 4-5
 AC1.727 • 9/9-10/28 • Fri • 10:45-11:30am

What to wear:

Please wear comfortable sports clothes (shorts or pants and t-shirt/jacket). Shin guards and soccer cleats are recommended, but not required. No open toe shoes.



YOUTH SPORTS

Hoop Improvement for Kids

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. All players receive a Good Sport U shirt. Some parental play is requested in this program. Hustle over to www.GoodSportU.com for more information.
No class 11/23.

Day: Wed
Fee: \$50/\$55NR
Location: Twelve Bridges Elem

Ages: 4-6
AC1.766 • 10/5-10/26 • 5:30-6:25pm
AC1.768 • 11/2-11/30 • 5:30-6:25pm

Ages: 7-9
AC1.765 • 10/5-10/26 • 6:30-7:25pm
AC1.767 • 11/2-11/30 • 6:30-7:25pm

Beginner Ice Hockey

Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet, gloves, and stick and one 75 minute class each week. Makeup classes are not available.

Please arrive by 10:15am.
Ages: 6-12

AC1.732 • 10/2-10/23
AC1.733 • 11/6-11/27
Sun • 11am-12:15pm • \$58
Location: Skatetown, 1009 Orlando Ave, Roseville

Game Time For Girls

Game Time For Girls is a new Hoop Improvement class designed for girls in grade 3-6 who are excited to improve their basketball skill set and be game ready whether they play for fun, at recess or in a basketball league. Coach Rick Bauer will help develop your daughter's skills, confidence, knowledge and love of the game. This class features plenty of scrimmage action.
No class 11/21

Day: Mon
Fee: \$55/\$60NR
Location: Twelve Bridges Elem

Grades: 3-6
AC1.770 • 11/7-12/5 • 5:30-6:45pm

Beginner Ice Skating

If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes 4 free skate rental passes. Makeup classes are not available.
Age: 6-12

AC1.734 • 9/21-10/12
AC1.735 • 10/26-11/16
AC1.736 • 11/23-12/14
Wed • 5:45-6:15pm • \$50
Location: Skatetown, 1009 Orlando Ave, Roseville



MAYORS CUP GOLF CHALLENGE GOLF TOURNAMENT

Benefitting The City of Lincoln Recreation Department Youth Programs



FRIDAY, SEPTEMBER 23, 2016
Turkey Creek Golf Club • 8am
916.434.3220 • www.lincolnrec.net

The Mayors Cup Golf Challenge is a golf tournament organized by the City of Lincoln Recreation Department. Proceeds from the tournament benefit the youth programs offered by the Recreation Department and have helped us reach thousands of youth in aquatics, youth sports and day camps.

Kuk Sool Won

Location: Community Center
Instructor: John Santilena

Turtle Tots

Ages: 3.5-5

Fee: \$60/\$65NR

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.

Turtle Tots 1

AC1.737 • 8/16-9/20 • Tues • 6:30-7pm

AC1.738 • 9/27-11/1 • Tues • 6:30-7pm

AC1.739 • 11/8-12/13 • Tues • 6:30-7pm

Turtle Tots 2

AC1.740 • 8/18-9/22 • Thurs • 6:30-7pm

AC1.741 • 9/29-11/3 • Thurs • 6:30-7pm

AC1.742 • 11/10-12/15 • Thurs • 6:30-7pm

Dragons

Ages: 5-6

Fee: \$72/\$77NR

Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age 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 self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

AC1.743 • 8/17-9/21 • Wed • 5:15-6pm

AC1.744 • 9/28-11/2 • Wed • 5:15-6pm

AC1.745 • 11/9-12/14 • Wed • 5:15-6pm

Tennis

Location: LHS Tennis Courts
Instructor: Brian Rust

Pee Wee

Development of eye/hand coordination, racquet control, and basic hitting skills in a fun-filled environment.

Age: 4-6

AC1.762 • 10/1-10/29 • Sat • 11-11:45am • \$75/\$80NR



Juniors 1 & 2

Ages: 6-12

Fee: \$90/\$95NR

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.

Junior 1

AC1.746 • 8/15-9/21 • Mon/Wed • 6-7pm

AC1.747 • 9/26-11/2 • Mon/Wed • 6-7pm

AC1.748 • 11/7-12/14 • Mon/Wed • 6-7pm

Junior 2

AC1.749 • 8/16-9/22 • Tues/Thurs • 7-8pm

AC1.750 • 9/27-11/3 • Tues/Thurs • 7-8pm

AC1.751 • 11/10-12/15 • Tues/Thurs • 7-8pm



Advanced Black Belt

Ages: 10+

Fee: \$90/\$95NR

AC1.752 • 8/15-9/19 • Mon • 5-6pm

AC1.753 • 9/26-10/31 • Mon • 5-6pm

AC1.754 • 11/7-12/12 • Mon • 5-6pm

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).

Turtle Tots – N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100

Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE



Junior Tennis 1

Demonstration of grips, technique, positioning and stroke development. Interactive games will be played with emphasis on fun and good sportsmanship. A racquet may be provided to first time students who don't have one.

Age: 7-12

AC1.763 • 10/1-10/29 • Sat • 9-10am • \$75/\$80NR



Junior Tennis 2

For students who have successfully completed Tennis 1. Skills learned in Tennis 1 will be practiced and improved upon. Additional points of emphasis include net play, doubles play & fun. Students must bring their own racquet.

Age: 7-12

AC1.764 • 10/1-10/29 • Sat • 10-11am • \$75/\$80NR



YOUTH SPORTS LEAGUES

www.LincolnYouthSports.com



Lincoln Youth Flag Football League

Lincoln Recreation is excited for another season of Lincoln Youth Flag Football for all boys and girls in the 1st - 8th grades. Lincoln Youth Flag Football is a non-contact, 5 on 5 league with practices twice a week. The fall season will feature a player combine followed by a player draft for 3rd - 8th grade divisions. 1st and 2nd grade teams will be randomly assigned. Come out and join us for this exciting new fall flag football experience. Grades: 1st-8th

Registration Deadlines & Fees
Regular: 7/1-8/14- \$105
Late: 8/15-8/19- \$115
\$10 sibling discount

Important Dates:
Player Combine: 8/20
Practices start the week of: 8/29
First Day of League Play: 9/10

NFL Punt, Pass, and Kick Competition

Come out and enjoy a fun filled Punt, Pass, and Kick Competition. Participants will test their punt, pass, and kick skills in multiple age categories with winners advancing to a regional competition and possibly at a local NFL stadium. This is a free event; please call the office for more information on how to register.

**No cleats*
Ages: 6-15

Sunday, August 21
12-3pm
@ Foskett Regional Park
**FREE Event*
Register online @ www.nflppk.com/competitions/register/index

Lincoln Youth Basketball League

Lincoln Youth Basketball is offered to all youth in the 1st through 8th grades with weekly practices and games on Saturdays. Lincoln Youth Basketball is for beginner and advanced players, so whether you are looking to learn and enjoy the game, or you are ready to take your skills to the next level, you'll find your spot playing Lincoln Youth Basketball! Practices will start the week of Monday, December 12.

** Player evaluations will be held for all boys and girls, 3rd grade and higher, followed by a draft.*

Registration Deadlines & Fees
Early: 8/8-9/25 - \$95
Regular: 9/26-10/23 - \$105
Late: 10/24-11/4 - \$115
After Deadline Registration: 11/4 - \$125

Player Evaluations

3rd & 4th Graders - 11/7
3rd grade 5-7pm • 4th grade 7-9pm
5th & 6th Graders - 11/8
5th grade 5-7pm • 6th grade 7-9pm
7th & 8th Graders - 11/9
7th & 8th grade 5:30-7:30pm

Kuk Sool Won

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. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

Adult Class

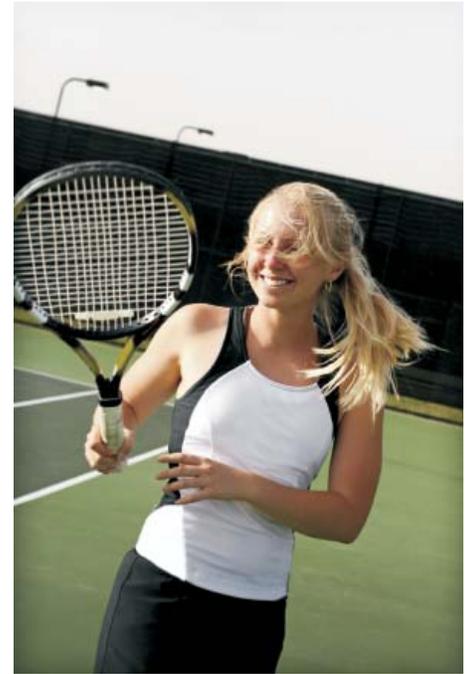
Age: 13+
 AC1.755 • 8/15-9/21
 AC1.756 • 9/26-11/2
 AC1.757 • 11/7-12/14
 Mon/Wed • 7-8pm • \$90/\$95NR • Community Center
 Instructor: John Santilena



Tennis

Improve your tennis game in this class designed for beginning and intermediate players. Beginning players will learn forehand and backhand strokes, as well as net play, serve, return of serve, scoring and be introduced to doubles play. Intermediate players will improve their tennis strokes with drills that emphasize control, spin, depth and placement. Positioning and strategies for beginning doubles play will also be covered.

Age: 16+
 Location: LHS Tennis Courts
 Sat • 8-9am
 AC1.765 • 10/1-10/29 • \$75/\$80NR



ADULT SPORTS LEAGUES

www.LincolnRecSports.com

Registration Dates Fall 2016

Regular: 7/25-8/21
 Late: 8/22-8/29

Registration Dates Winter 2016

Early: 10/24-11/6
 Regular: 11/7-12/4
 Late: 12/5-12/12

Softball

@ Foskett Regional Park

League/Division	Season	Start Date	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	Fall	9/6	Tues	\$450	\$475	\$500
Men's	Fall	9/8	Thurs	\$450	\$475	\$500

Volleyball

@ Lincoln Community Center

League/Division	Season	Start Date	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	Fall	9/12	Mon	\$300	\$325	\$350

League/Division	Season	Start Date	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	Winter	1/8	Sun	\$300	\$325	\$350

Drop-In Basketball

@ Lincoln Community Center

Dates	Day	Time	Fee
Ongoing / Weekly through November 30	Wed	8-10pm	\$5
December 4 - March 5	TBD	TBD	\$5

Free Agent List
 New to Lincoln or just can't put a whole team together? Join our Free Agent program. We accept individual registration on an on-going basis for all of our adult sports leagues and form teams when there is enough interest to do so. If there are not enough free agents to form a team, the Free Agent List with your name and contact information will be distributed to all team captains prior to the start of the season. Free agent registration is only taken online at www.lincolnrecsports.com

Visit www.lincolnrecsports.com for information.
 League fees **must** be paid in full by the late registration deadline date.
 Team registration can be processed online at www.lincolnrecsports.com or at the Lincoln Community Center, 2010 First Street.



UPDATED WATER RESTRICTIONS

In response to new mandates from the State Water Resources Control Board and Executive Orders from the Governor, the City of Lincoln has adopted updated water restrictions.

Effective immediately, residents are permitted to water on the days of the week that they choose, with no restrictions as to the number of days per week they may water. The City encourages all residents to take conservation measures to attain a voluntary reduction in water use of 10% over the same month in 2013. To achieve a 10% reduction, the City recommends watering no more than 3 times per week during early morning or late evening hours. The restrictions below remain in place:

- **The use of potable water in a fountain or other decorative water feature is prohibited unless the water is part of a recirculating system.**
- **The application of any potable water to outdoor landscaping during and up to 48 hours after measurable rainfall is prohibited.**
- **Hotel and motel operators shall provide guests with the option of not having towels or linens laundered daily and shall display a notice in each bathroom so notifying the guests of this option.**
- **Restaurants shall only provide drinking water to guests upon request.**
- **The application of potable water on driveways, patios, sidewalks, and other surfaces is prohibited unless it is to address an existing health and safety issue.**
- **The application of potable water to outdoor landscapes in a manner that causes substantial runoff onto adjacent property, non-irrigated areas, private and public walkways, roadways, parking lots or structures is prohibited.**
- **The application of any potable water to median ornamental turf in any street medians, whether public or private, is prohibited.**
- **Covers shall be required for all newly constructed pools and spas.**
- **All leaks shall be repaired within five days or sooner if required by the City.**
- **Construction water shall only be obtained from a source that has a city-issued meter.**
- **When in use, hoses shall be fitted with a positive pressure manually operated hose nozzle.**

The full resolution authorizing the restrictions may be found on the City's website at www.LincolnCA.gov. Non-compliance with the stated restrictions may be enforced by penalty per Municipal Code Chapter 13.04, Article IX Relating to Water Conservation and Penalties. If you have any questions regarding the updated restrictions, please email Public Services at Public.Services@LincolnCA.gov or call 916-434-2450. To report any water waste, call the Water Hotline at (916) 434-2455.

Thank you for your cooperation with this matter.

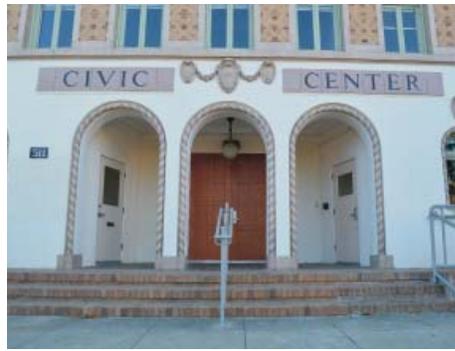


MCBEAN PAVILION

65 McBean Park Drive

Ideal for wedding receptions, parties and special events, this 6,700 square foot facility has a large reception hall, full kitchen, small stage, bar area and ample parking. The reception hall is large enough to comfortably seat approximately 400 guests.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



CIVIC AUDITORIUM

511 Fifth Street

This beautifully renovated 2,500 square foot building is perfect for receptions and performances. The building features a large stage area, kitchen space, and inviting foyer. The reception hall is large enough to comfortably seat approximately 200 guests.

All rental fees include chairs.



MCBEAN PAVILION BBQ AREA

65 McBean Park Drive

Located next to McBean Pavilion, the BBQ Area features a wooden shade structure great for an outdoor event. Tables and chairs are available for use and a full kitchen is available for rent as well.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



MCBEAN PARK GAZEBO

65 McBean Park Drive

Located in McBean Park, the Gazebo is perfect for a small outdoor gathering.



BEERMANN PLAZA

640 5th Street

Beerman Plaza is an outdoor location on 5th Street and F Street. The Plaza has a beautiful fountain and makes a great setting for a small event.



TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive

The Lincoln Public Library @ Twelve Bridges has a variety of rooms and facilities for rent.

Check out www.libraryatlincoln.org for Library Forms and room use information. For further details, contact Renae Hart at (916) 434-2410 or (916) 434-2409.

Please visit online at www.lincolnrec.net to view pricing or contact (916) 434-3220 for pricing and reservations.

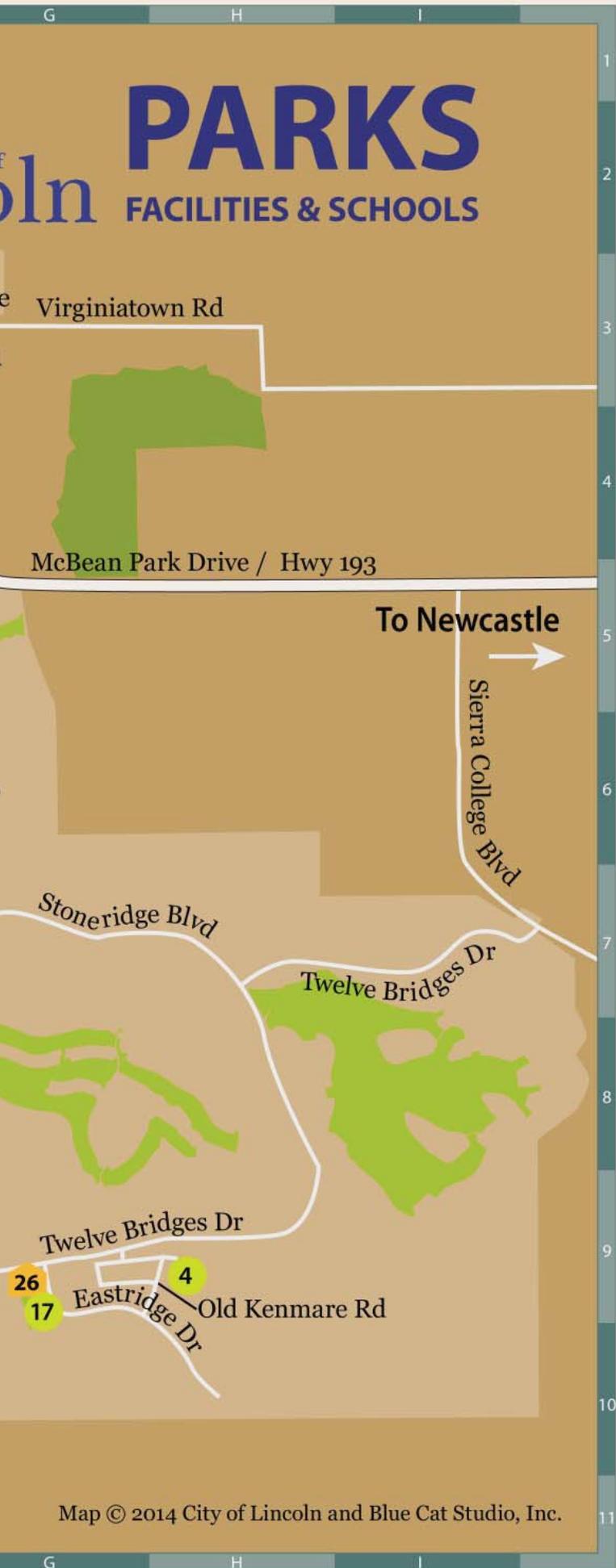


To Marysville

To Roseville

LINCOLN

1 MILE



PARKS

FACILITIES & SCHOOLS

PARKS

	SOFTBALL/BASEBALL	BASKETBALL	POOL	HORSESHOE PITS	SKATE PARK	DOG PARK	RESTROOMS	PLAYGROUND	WATER FEATURE	COVERED PICNIC BRG	
1 Aitken Park									•		. C6
2 Auburn Ravine Park							•				. E5
3 Brown Park								•	•	•	. B2
4 Coyote Pond Park								•		•	. H9
5 Foskett Regional Park	•	•					•	•	•		. C2
6 Joiner Park	•	•					•	•			. D4
7 Machado Park								•		•	. C5
8 Markham Park							•	•	•	•	. C3
9 McBean Park	•	•	•	•	•		•	•	•	•	. E4
10 Nathan Dubin Park (future)											. C7
11 Palo Verde Park								•	•		. G3
12 Pete Demas Park D7
13 Peter Singer Park	•	•					•	•		•	. D6
14 Robert Jiminez Park (future)											. D6
15 Scheiber Park								•		•	. C4
16 Sheffield Park								•		•	. E6
17 Twelve Bridges Park	•	•					•	•			. G9
18 Wilson Park	•						•	•			. E9

SCHOOLS

19 Carlin C. Coppin Elementary	F3
20 Creekside Oaks Elementary	C5
21 First Street Elementary	D5
22 Foskett Ranch Elementary	C2
23 Glen Edwards Middle School	D4
24 Lincoln Crossing Elementary	D6
25 Lincoln High School	E4
26 Twelve Bridges Elementary	G9
27 Twelve Bridges Middle School	E9

OTHER CITY FACILITIES

28 Beermann Plaza	E4 (inset A9)
29 City Hall / WPUUSD District Offices	E4 (inset A8)
30 Civic Auditorium	E4 (inset B9)
31 Corporation Yard	A2
32 Fire Station #33	F4 (inset C9)
33 Fire Station #34	C5
34 Fire Station #35	F9
35 Lincoln Community Center	C4
36 Lincoln Regional Airport	A2
37 McBean Park Pavilion	F4 (inset B10)
38 Police Department	E4 (inset A8)
39 Twelve Bridges Library	E9

TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive
(916) 434-2410

For current hours, programs, fundraisers, and happenings check the Library's website or Facebook page.

www.libraryatlincoln.org
www.facebook.com/libraryatlincoln

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 first 100 participants.

Age: 0-4 years • 9/01-12/22 • *except 9/15, 10/20, 11/17, 11/24, 12/15*

Thurs • 10:30-11am OR 11:30am-12pm
Twelve Bridges Library- Homework Center

Family Storytime

Families are invited for a fun half hour of books, rhymes, and songs. We have special tips and techniques for building reading skills at home throughout the program.

Age: All ages welcome

9/7-11/23 • Wed • 3:30-4pm
Twelve Bridges Library- Kid's Area

NaNoWriMo!

Are you up for the challenge of writing your novel in 30 days?

November is National Novel Writing Month where we invite you to try and write your 50,000 word novel in 30 days, and we want to help. Stop in weekly to write, chat about writing, share inspiration (or frustration), take part in writing exercises, and take one step closer to your 50,000 word goal!

Ages: 15 & up!

We will have a kick off party on 10/26, and then meet on 11/2, 11/9, 11/16, and 11/30. There will be an event end party, to see how we did on Wed • 12/7 • 4-6pm
Twelve Bridges Library- Technology Center

Read to a Dog!

www.lendaheart.org
LAH therapy dogs and their handlers are coming to the Library! Practice your reading skills and make a new four-legged friend by reading a story to a dog. These are trained therapy dogs, so this is also a perfect opportunity to introduce shy young ones to dogs. Books are provided; sign ups begin at 3:00.

Age: All ages welcome

9/17, 10/15, 11/19, 12/17 • Sat • 3-4pm
Twelve Bridges Library- Kid's Area

Online Learning: Research

Find the most accurate, up-to-date information using Explora at the Lincoln Public Library. This research database is simple to use, and provides information from reference books and magazines as well as relevant images and videos. Explora also provides topic overviews, for those looking to get started learning on a new subject. Explora is available in age appropriate versions for elementary, middle and high school students as well, ensuring that your children always have accurate, relevant information for school reports. It will even help with bibliographies!

Sponsored and paid for by the Friends of the Lincoln Library (FOLL).

Find this database under Online Learning on our website, www.LibraryAtLincoln.org, as well as many other great research tools. You will need your library card number to use this service.

Homework Help for Students

Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students.

Age: School age children welcome

9/6-12/7* • Tues/Wed • 3-5pm
Twelve Bridges Library- Homework Center
**except 11/22 & 11/23*

Friends of the Lincoln Library

The Friends of the Lincoln Library invite you to join them in helping out the Twelve Bridges Library. The Friends support various programs including Read for the Record, Summer Reading Program, Mother Goose On The Loose (MGOL), Read Across America, Homework Center, Family Movie Night, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily on-going book sale inside the library. Your membership helps also to keep the Library open and programs running. Thank you!

Regular FOLL meetings- 2nd Tuesday of each month from 2-4pm

At Twelve Bridges Library- Fir Room

Book Sale

Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children's books will be available for purchase. Prices start at \$0.25 and all proceeds go to the Friends of the Lincoln Library sponsored programs.

9/10 and 12/3 • Sat • 12-4pm
Twelve Bridges Library- Willow Room

Poetry Open Mic

The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at (916) 434-9226. *For all ages.*

9/11, 10/9, 11/13 • Sun • 3-5pm
Twelve Bridges Library- Willow Room

Family Movie Night

FREE- Sponsored by Friends of the Lincoln Library
Join us for FREE family friendly movies- check Library website for exact titles! Doors open at 5:30pm, movie starts at 6pm.

9/17, 10/15, 11/19 • Sat • 6pm
Twelve Bridges Library- Willow Room
Limited to first 100 participants

Read for the Record

The Lincoln Public Library joins Jumpstart as part of the national movement to break the world record for the number of children reading the same book. The event is designed to raise public awareness and ensure that literacy and early education are a national priority. This year's book is *The Bear Ate Your Sandwich*, By Julia Sarcone-Roach. The Friends of the Library will generously provide a free copy of the book to each participating family. Come listen to the story, receive a free copy, and have fun with the book as part of our Mother Goose on the Loose (MGOL) program!
Age: Preschool-4th grade

Family Storytime • 10/26 • Wed • 3:30-4pm
MGOL • 10/27 • Thurs • 10:30-11am or 11:30am-12pm



ONLINE.

You can register online at www.lincolnrec.net.
 Register for youth sport leagues at www.LincolnYouthSports.com.
 Register for adult sport leagues at www.LincolnRecSports.com.
 Register 24 hours a day, 7 days a week.

WALK-IN.

You can register in our office at **2010 First Street**.

PHONE.

Give us a call at **(916) 434-3220**.



Register Online Now!

Office Closures

The Community Center will be closed on the following dates:

**September 5 • November 11 • November 24-25
 December 26-January 2**

Office Hours

8am-12pm, 1-5pm (closed from 12-1pm)

Park & Recreation Committee Members

Roger Ueltzen- Chair
 Richard Moore- Vice Chair
 Jim Datzman
 Alex Floyd
 Daniel Gilliam
 Paul Harrison
 James Haufler
 Tim Monelo
 Kelly Velasco

Committee Meetings

The public is invited and encouraged to attend the regular quarterly meetings. Meetings are held on the first Wednesday of March, June, September, and December at 5pm at the City Hall, 600 Sixth Street, First Floor Meeting Room.

Scholarships

Scholarships are available for low income families. In order to obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. Please contact the Community Center at (916) 434-3220 for more information.

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, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

General Information

Payments can be made using credit card, check or cash.

- 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 fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
- **Failure to attend a class or "no shows" will not be granted a refund.** Refunds are only eligible if received a minimum of seventy-two (72) hours prior to the first class, unless otherwise noted. If a request is turned in less than seventy-two (72) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to amy.gregory@lincolnca.gov
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- If you are not satisfied with any of our programs, please contact the program supervisor.
- The online "convenience fee" will not be refunded.

Adult Sports Leagues

- Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to douglas.brown@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 a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to daniel.friese@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 a \$10 processing fee.

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

City of Lincoln Recreation is an approved vendor for the following schools:

Horizon Charter Schools
 Visions in Education
 South Sutter Charter School

City of Lincoln
 Community Center
 2010 First Street
 Lincoln, CA 95648



Thank You Field Sponsors!

We would like to thank our 2016 Foskett Regional Park Field Sponsors. Participants of this field sponsorship program have their banner(s) displayed on the outfield fence of one or more fields at the Eleanor Carnesecca Softball Complex at Foskett Regional Park. Proceeds from this program are being used for various improvements to enhance the player and spectator experience at this popular tournament facility.

Home Run Sponsors

<p>Now Accepting New Clients</p> <p>916-434-0621</p>	<p>shop • dine • enjoy</p> <p>www.DOWNTOWNLINCOLNCA.COM</p>	<p>WHO WANTS A HOT DOG? SPECIAL EVENTS & CATERING 916) 532-3647 - WWW.DAVESDAWGS.COM</p>	<p>BRIDGING THE GAP BETWEEN COPS AND KIDS. www.LINCOLNPAL.COM</p>	
<p>LOCATIONS: 55 LINCOLN BLVD. 270 LINCOLN BLVD. www.Mc.com</p>		<p>www.RichlandCommunities.com</p>	<p>307 Lincoln Blvd. www.MrPickles.com</p>	<p>Buy • Sell • Appraise • Safety Certs 916-671-4867 www.lincolngunexchange.com</p>
<p>916-645-7677 OTPIZZA.NET</p>				

Double Field Sponsors

Single Field Sponsors

<p>Relax & Restore 925-216-4663</p>	<p>Flow, Energize & Ignite 603 5th St. Downtown Lincoln</p>	
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For more information on how you can become a field sponsor, please go to www.LincolnRec.net!