Programs for ALL • Free Events • Summer Camps • Team Sports • Pools • Volunteering • Nature Programs

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Lincoln Parks & Recreation
fundamental

FUNDAMENTAL

Program Guide

SPRING 2017

JANUARY - MAY

ADMINISTRATION

2740 A Street
Lincoln, NE 68502
Main: (402) 441-7847
Fax: (402) 441-9249
parks@lincoln.ne.gov
parks.lincoln.ne.gov
Facebook.com/LNKparksrec
Twitter: @LNKparksrec
Instagram: @LNKparksrec

HOURS:

M-F 8:00 am-4:30 pm

ATHLETICS OFFICE

Programs on page 9.

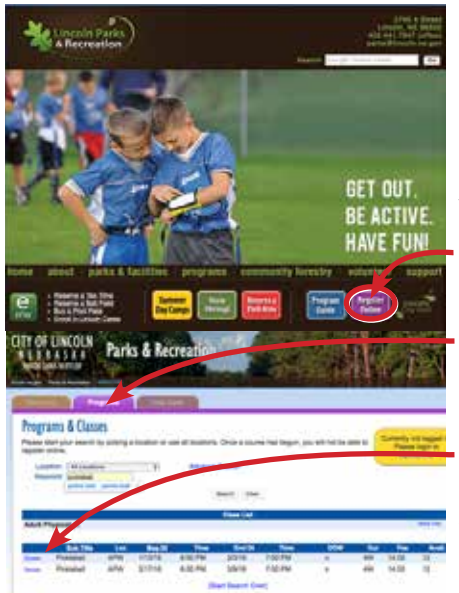
2100 M Street
Lincoln, NE 68510
402 441-7892
athletics@lincoln.ne.gov
teamsideline.com/lincolnne

HOURS:

M-F 8:30 am-5 pm

REGISTRATION

Register at the athletics office during regular business hours or anytime at teamsideline.com/lincolnne. Youth sports may mail in registration.



REGISTER ONLINE

Visit parks.lincoln.ne.gov

Select "Register Online"

Click the "Programs" tab.

Search by location/class.

Select "Details" to learn more about the program and to register.

WE ARE MOVING TO 32 & O STREET!

DIRECTORS MESSAGE

Parks and Recreation offices are moving to the office building next to Woods Park in late March 2017. The Parks and Recreation Administration, Athletics, and Planning & Construction sections will then be located on the 3rd floor of the building shared with the Lincoln/Lincoln Lancaster County Health Department

The Lincoln Parks Foundation office will also be moving to 32nd and O Streets.

Please come to the new office at 32 & and O Streets to:

- **Reserve a park shelter or picnic area**
- **Reserve a park for a wedding**
- **Apply for an arborist license**
- **Get a no-cost permit to plant a street tree**
- **Register for a team sport**
- **Have a softball bat checked and certified for City recreational league play**
- **Purchase swimming pool passes, golf gift cards, and golf memberships**

We look forward to continuing to serve Lincoln residents from our new location.

Stop by and see us!

GET OUT. BE ACTIVE. HAVE FUN THIS SPRING!

Lynn Johnson

AGER PLAY CENTER

1300 S. 27th St.
Lincoln, NE 68502
(402) 441-6792

The small child's indoor play space - Where play is the purpose

HOURS:

Jan 2-March 31, 2017

M-F	9 am-5 pm
SAT	9 am-3 pm
SUN	Private rentals only

Center will close March 31, 2017.

RATES

Adults (18+)	$3.50
Children 12 mo.-17 yrs*	$3.50
*w/ zoo membership	$3.25
Children 0-11 mo.	FREE

Ages 3 Years - Up to 48 inches tall:
Fueled by their curiosity and imaginations children can slide and crawl through the large 2-level maze structure. Outside, the play continues with riding toys and imagination play areas.

2 years and younger:
Children can play in an enclosed area where activities are designed for the developmental needs of the toddler. Outside of the structure; toddlers can ride on toys and explore imagination play areas.

SOCKS - Say "NO" to bare feet. Socks must be worn by those playing inside the Play Center. Youth size socks are available for sale at the Center.

PIONEERS PARK NATURE CENTER

Programs on pages: 3, 9, 10, 13, 14.

3201 S. Coddington Ave.
Lincoln, NE 68522
Located on the west end of Pioneers Park. Entrance gates to Pioneers Park are located on S. Coddington Ave and W. Van Dorn St.
(402) 441-7895
naturecenter@lincoln.ne.gov
Facebook.com/LNKnaturecenter
Twitter: @LNKnaturecenter
Instagram: @LNKnaturecenter

HOURS:

M-SAT	8:30 am - 5:00 pm
SUN	12:00 pm - 5:00 pm

FACILITY RENTAL

Have your next event at Pioneers Park Nature Center. Great for birthday parties, group meetings, and company retreats.
Call (402) 441-7895 for details about the auditorium rental at the Nature Center.

BIRTHDAY PARTIES

See page 9 for more information.

Friends of Pioneers Park Nature Center Annual Meeting

Everyone is invited to attend the Friends of Pioneers Park Nature Center Annual Meeting.

Enjoy conversation and refreshments while also learning more about the Friends of Pioneers Park Nature Center. Adrian Olivera will show photos from his time lapse project. There will also be presentations on the Prairie Corridor project.

Friends Membership starts at $25/year and includes access to special Friends programing, 10% off all Nature Center gift shop items, free or reduced admission to other nature centers nationwide, and the satisfaction of supporting a valuable community resource.

Jan 28	SAT	9-11 am
Meeting held in the Prairie Building		FREE

VETERANS MEMORIAL GARDEN 2017 PROGRAMS

1525 Veterans Memorial Drive, Antelope Park

Memorial Day
Monday, May 29 - 8 pm

Bricks of Honor Annual Dedication
Saturday, June 10 - 11am

Patriot Day of Remembrance
Sunday, September 10 - Time TBA

Veterans Day
Saturday, November 11 - 11 am

Pearl Harbor
Thursday, December 7 - 11:55 am

For more information about these events, please contact Ron Lechner at (402) 560-3342.

COMMUNITY FORESTRY - Street Tree Voucher Program

The Lincoln Parks and Recreation Department offers a cost-share assistance program to property owners in Lincoln who desire to purchase and plant a street tree(s) on the City right-of-way adjacent to their property. The $50 voucher is good toward the purchase and installation of a tree at participating local nurseries. The remaining balance of the cost of the tree and the planting of the tree will be at the homeowner's expense.

Certain conditions and requirements apply to the street tree voucher program. Please call (402) 441-7847, opt 0 to submit a request for voucher, or for more information.

BOARDS & COMMITTEES

Several community members give back to Lincoln by serving on one of the many volunteer advisory groups providing guidance to the Parks and Recreation Department.
To see the full member list, visit parks.lincoln.ne.gov

- Parks and Recreation Advisory Board
- Pedestrian/Bicycle Advisory Committee
- Community Forestry Advisory Board
- Veterans Memorial Garden Advisory Council
- Friends of Pioneers Park Nature Center

Thank you for your guidance and support!

RESERVATIONS & RENTALS

PARKS FACILITY RESERVATIONS

Reservations are online at lincoln.ne.gov (keyword: reservation). Payment must be sent to the office for completion of reservation.

Indoor Facilities: Indoor/enclosed facilities available for rent include: Antelope, Auld Pavilion, Bethany, Jane Snyder Trails Center, Van Dorn, all Recreation Centers, Auditorium at Pioneers Park Nature Center, and some Golf Course Clubhouses. Please call each location to find out more about their facilities,

availability and rental rates.

Outdoor Facilities: Outdoor picnic shelters and master table locations are also available for rent. Planning a concert?

Rent the Union Plaza Amphitheatre or the Antelope Park Bandshell.

For more information, visit the Administration building, 2740 A Street, or call (402) 441-7847, opt. 0 during regular business hours.

WEDDING LOCATIONS

Numerous park settings are available to reserve for your wedding:

Antelope Park Bandshell, Auld Pavilion, Hazel Abel Park, Stransky Park, Sunken Gardens, Iron Horse Park, Oak Lake Island, Bowling Lake, Veterans Memorial Garden, Government Park Square, Holmes Lake, Hamann Rose Garden at Antelope Park and the Union Plaza Amphitheatre.

Refunds: Requests for refunds are subject to a $25 service charge and must be made at least seven working days prior to the reservation date.

Note: Rain, cold, heat, or bugs are not an automatic cause for a refund. Each request/issue will be considered separately after a refund form has been completed.

EQUIPMENT RENTAL

Quick, affordable rentals of all your

backyard favorites: badminton, bocce,

croquet, horseshoes, washers, bean bag toss, ladder ball, tug-of-war, and plenty more! Contact the Irving Recreation Center, (402) 441-7954, for more information.

FACILITY RENTALS

Recreation & Indoor Play Centers: Our Centers facilities are available to rent for your reunion, birthday party, meeting, or event. Some rentals includes use of game room with foosball, pool, bumper pool, table tennis, and shuffleboard! Call any center for more information and to book your event.

Nature Center: Have your next event at Pioneers Park Nature Center. The auditorium is great for birthday parties, group meetings, and company retreats. Call (402) 441-7895 for more information.

SPORTS FIELD RESERVATIONS

Reserve a practice field for your baseball or softball team. Reserve a ballfield online at parks.lincoln.ne.gov (keyword: fields) or contact the athletics office at (402) 441-7892.

CLASS REGISTRATIONS

Registration is now available online for most classes/programs!

Go to parks.lincoln.ne.gov and click "Register Online"' Class sizes are limited, so register early!

Cancellations: The Department reserves the right to combine classes/programs as needed or cancel classes/programs due to insufficient enrollment. A full refund will be granted if the Department cancels the program. For more information, please contact the center hosting the class or go online at parks.lincoln.ne.gov.

AIR PARK RECREATION CENTER

Programs on pages 4 ,8, 9, 10, 13, and 14.

3720 NW 46th St.
Lincoln, NE 68524
(402) 441-7876
rmohling@lincoln.ne.gov
parks.lincoln.ne.gov/airpark
Facebook.com/AirParkRec
Twitter: @AirParkRec

HOURS:

Sept. 6-April 30:
Adult Drop-In Hours

M-F	11:30 am-8 pm
SAT	9 am-12:30 pm
SUN	Closed

Youth Drop-In Hours

M-F	3 pm-8 pm
SAT	9 am-12:30 pm
SUN	Closed

Effective May 1:
Adult Drop-In Hours

M-F	11:30 am-5:30 pm
SAT-SUN	Closed

TRACK/FITNESS FACILITIES

Fitness/Weight Room
Universal Style equipment, free weights and treadmill.

$2.50/visit or $21/12 visit "Wt Room Card"

TEAM PRACTICE TIMES

Reservations will be taken starting at 9am Wednesday for Thursday-Wednesday.

$15/half/55 min., $30/full/55 min.

OPEN GYM

$2/visit, $21 for a 12 visit "Gym Card"

BELMONT RECREATION CENTER

Programs on pages 4, 9, 10, and 14.

1234 Judson St.
Lincoln, NE 68521
(402) 441-6789
jgerlach@lincoln.ne.gov
parks.lincoln.ne.gov/belmont

HOURS:

Adult Hours

M-F	9:00 am – 3:00 pm

Youth

M-R	5:30-7:30 pm
SAT-SUN	1:00-4:50 pm

TRACK/FITNESS FACILITIES

Belmont's track/fitness facility includes a 13-lap/mile indoor elevated track, Universal Fit Step Stair Climbers, Concept II rowing machines, Schwinn Air-Dynes, NordicTrack cross country ski machines, a Promaxima treadmill, and universal weight machine. There are lockers and showers available. Bring your own lock and towel.

Track/Fitness Hours

M-R	6:30 am-7:45 pm
F	6:30 am-5:15 pm
SAT	9 am-4:45 pm
SUN	1-4:45 pm

Senior Track/Fitness

M-F	9 am-1 pm	$1.50

Fitness Room
Includes weight machines and treadmill.

Individual	$5/day, $30/mo,
Family	$70/mo, $300/year

Track/Machines on the Loft

Individual	$3/day, $30/mo

Open Gym: Ages 18+*Begins March 14

T, R	6-7:50 pm	$2/day

TEAM PRACTICE TIMES

Reservations will be taken starting at 9am Wednesday for Thursday-Wednesday.

Basketball *Begins March 13

M,W	6-6:55 pm, 6:55-7:50 pm
SAT	1-4:40 pm

$15/half/55 min., $30/full/55 min.

Volleyball*

SUN	1–4:40 pm	$16/court/55 min.

Thursday Family Nights
Bring the family to learn pickleball, kickball, and other sports. Thursdays, 6-7:30pm

CALVERT RECREATION CENTER

Programs on pages 5, 7, 8, 9, 10, 13, and 14.

4500 Stockwell
Lincoln, NE 68506
(402) 441-8480
dpayzant@lincoln.ne.gov
parks.lincoln.ne.gov/calvert
Facebook.com/calvertrec
Twitter: @calvertrec
Instagram: @calvert.rec

HOURS:

M-R	6:30 am-7 pm
F	6:30 am-6 pm
SAT	9 am-5 pm
SUN	Closed

Effective May 1:

M-R	6:30 am-7 pm
F	6:30 am-6 pm
SAT, SUN	Closed

TRACK/FITNESS FACILITIES

Stay fit during all types of weather by walking in our comfortable 20-lap/mile gym. Call ahead for availability on non-school days. There are lockers and showers available. Bring your own lock and towel.

Walking Hours

M-F	8 am-10 am	FREE
M-F	12-2:30 pm	$2

TEAM PRACTICE TIMES

Reservations will be taken starting at 9am Wednesday for Thursday-Wednesday.

Basketball

$15/half/55 min., $30/full/55 min.

Through March 31

W	5:30-6:25 pm
SAT	9 am-5 pm on the hour

Beginning April 1

SAT	9 am-5 pm on the hour
M-R	5:30-6:25 pm
SAT	9 am-5 pm on the hour*

*through 4/25

EASTERDAY RECREATION CENTER

Programs on pages 5, 6, 7, 8, and 15.

6130 Adams St
Lincoln, NE 68507
(402) 441-7901; (402) 441-7877
kzingg@lincoln.ne.gov
dwilliams@lincoln.ne.gov
sconnett@lincoln.ne.gov
parks.lincoln.ne.gov/easterday
Facebook.com/easterdayrec

HOURS:

M-F	7:30 am-4:30 pm
SAT-SUN	Closed

TRACK/FITNESS FACILITIES

Fitness/Weight Room

Our cage system offers a weight training package to satisfy any lifter with lofty goals! It is a Smith Linear System with lower cables, pec dec, squats, preacher curls, leg extension/leg curl, multi-position benches, and free weights. Cardio area includes recumbent bike and treadmill.

Ages: 15+ M-F 7:30 am-4:30 pm
$2.00/use or punch card (12 uses/$21)

Gym Use/Walking

Stop by to shoot hoops or walk in the gym.*14 and under with adult supervision

Ages: 15+* M-F 7:30 am-4:30 pm
$2.00/use or punch card (12 uses/$21)

TEAM PRACTICE TIMES

Reservations will be taken starting at 9am Wednesday for Thursday-Wednesday. Call the center to reserve a court.

Basketball:

$30 for a full court for 55 minutes.

W	6-6:55 pm, 7-7:55 pm

Volleyball:

$30 for a full court for 55 minutes.

R	6-6:55 pm, 7-7:55 pm

F STREET COMMUNITY CENTER

Programs on pages 5, 8, 9, 10, and 14.

1225 "F" Street
Lincoln, NE 68508
(402) 441-7951
dkasparek@lincoln.ne.gov
parks.lincoln.ne.gov/fstreet

HOURS:

M-F	8 am-9 pm
SAT	9 am-5 pm
SUN	1-6 pm

TRACK/FITNESS FACILITIES

Fitness/Weight Room

Our fitness area includes a weight machine, free weights, stationary bicycles, stair climbers, treadmills, and elliptical. Lockers and showers are available with paid weight room or track use.

Track/Weight Room Hours:

M-F	8 am-8:45 pm
SAT	9 am-4:45 pm
SUN	1-5:45 pm

Fitness Fees

Track	$3/day, $30/month
Weight Room	$3/day, $30/month
Track & Weight Room	$5/day, $40/month

Free Track	M-F	9am-11am 1pm-3pm

Open Gym (Ages 18+)

M-F	8 am-3 pm	$2

TEAM PRACTICE TIMES

Reservations will be taken starting at 9am Wednesday for Thursday-Wednesday.

Basketball:

$15 for a half court for 55 minutes.

M	7-7:55 pm, 8-8:55 pm
W	7-7:55 pm, 8-8:55 pm
SAT	9-9:55 am, 10-10:55 am, 11-11:55 am, 12-12:55 pm
SUN	1-1:55 pm, 2-2:55 pm

Volleyball:

$16 for a court for 55 minutes

F	7-7:55 pm, 8-8:55 pm
SAT	3-3:55 pm, 4-4:55 pm

IRVING RECREATION CENTER

Programs on pages 5, 7, 8, 10, and 14.

2010 Van Dorn
Lincoln, NE 68502
(402) 441-7954
rlingard@lincoln.ne.gov
parks.lincoln.ne.gov/irving
Twitter: @irvingrec

HOURS:

Jan-April 30

M-R	9:00 am-8 pm
F	9:00 am-6 pm
SAT	1:00 pm-5 pm
SUN	Closed

Beginning May 1

M-R	9 am-7:00 pm
F	9 am-6:00 pm
SAT-SUN	Closed

TRACK/FITNESS FACILITIES

Fitness/Weight Room

Our fitness room is stocked with Airdyne exercise bikes: a great workout for all fitness levels and rehabilitative uses. Fee: $1/visit.

M-R	5-8 pm	Ends 4/30
SAT	1-5 pm	Ends 4/30

Open Gym for Youth Basketball

No adults allowed on the courts to coach or play. Ends 4/30.

SAT	1-5 pm	Free
IRV	Ages 18 & under	

TEAM PRACTICE TIMES

Reservations will be taken starting at 9 am Wednesday for Thursday-Wednesday.

Basketball

$15/half/55 min., $30/full/55 min.

January 30 through April 30

M,W	5-5:55pm, 5:55-6:50pm, 6:50-7:45pm
T, R	5-5:55pm
SAT	1:05-2pm, 2:05-3pm, 3:05-4pm, 4:05-5pm

Begins May 1

M-T	5:00-5:55pm, 5:55-6:50pm

Volleyball

Fee: $16/court/55 min.

Jan - April 30

W	5:00-5:55pm, 5:55-6:50pm, 6:50-7:45pm

After May 1

W	5:00-5:55pm, 5:55-6:50pm

LINCOLN CARES

About Parks, Libraries and Older Adults

lincoln.ne.gov
(keyword: Lincoln Cares)

Youth on the Move

AmeriCorps Program

Spend time connecting and having fun with youth from K - 12th grade.

Interviewing and selection is ongoing until positions are filled. The service year will run until August 31, 2017. Various positions available.

AmeriCorps is a paid volunteer program and upon successful completion members receive an education award!

For more information, contact Deb Buckman at (402) 441-4907 or email dbuckman@lincoln.ne.gov

ADAPTIVE PROGRAMS

Co-ed Bowling League

Teams bowl three games each week following regulation league rules and handicaps. Trophies will be awarded. Pre-registration required. Call (402) 441-7901 for more information. Ages: 17+ Meet at Hollywood Bowl, 920 N. 48th. *No bowling Apr 15

**($10.00 registration fee + $9.00/wk for 3 games)*

Mar 4 - May 13	SAT	1-3:30 pm
EDAY		$10 +*

Adaptive Lego Club

Have fun while developing social, fine motor, and communication skills. Small groups with 1:4 staff-to-club member ratio work on following directions and team-building. Pre-registration required.

Feb 4 – Feb 18	9:30-10:30 am
Feb 25 – Mar 11	9:30-10:30 am
EDAY	$21

Holiday Ceramics

Participants will paint 1-3 pieces of greenware with the assistance of instructors. We have 4 sessions of classes this spring, with 2 options for classes each week. Ages: 17+.
Call (402) 441-7877 for information.
**Includes the cost of project supplies.*

Feb 4	SAT	9:30–10:45 am
Feb 4	SAT	11 am-12:15 pm
Mar 4	SAT	9:30–10:45 am
Mar 4	SAT	11 am-12:15 pm
Apr 1	SAT	9:30–10:45 am
Apr 1	SAT	11 am-12:15 pm
May 6	SAT	9:30–10:45 am
May 6	SAT	11 am-12:15 pm
EDAY		$26.75*

Held at Calvert Rec Center, 4500 Stockwell.

Strider Bike Training Class

For youth and young adults. Strider no-pedal balance bikes are designed specifically to help riders learn balance and coordination before pedaling. Pre-registration required.

3/4, 3/11, 3/18, 3/25	SAT	1:30-2:15 pm
EDAY		$10

Strider Cup scheduled for 6/10/17 at Tower Square. Additional practices:

4/22, 4/29, 5/6, 6/3	SAT	10:30-11:15 am
EDAY		$10

Day Structure

Our Day Structure programs are held in a supportive, caring environment, with trained and experienced staff. We have kind and caring volunteers and community specialists who lead groups and special programs. Clients are encouraged to set personal goals and participate in a broad spectrum of programs. A few of our program offerings include: Exercise & Physical Activities, Arts & Crafts, Gardening, Theatre/Drama, Nutrition & Cooking, Leisure Education, Life Skills, Special Events/Holiday Parties, Community Outings, and more! Call 402-441-7901 for more information.

Day Structure 1 is for adults with mental health issues. Day Structure 2 is for adults with medical/physical challenges.

Day Structure 1:	M-F	7:30 am-2:30 pm
Day Structure 2:	M-F	7:30 am-2:30 pm

ADAPTIVE RECREATION CLUBS

Varied recreational and social activities with additional fees for some activities, plus $1/month dues.

Fun Club

Ages: Elementary - Middle School
**Transportation is available within Lincoln for an additional fee of $63.00/session.*
Call (402) 441-7901 to register. No club 3/14.

Jan 24	T	5:15-6:30 pm
EDAY	14 Weeks	$31.50*

Hi-Time Club

Ages: Jr High - High School
**Transportation is available within Lincoln for an additional fee of $63.00/session.*
Call (402) 441-7948 to register. No club 3/13.

Jan 23	M	7-8:30 pm
EDAY	14 weeks	$31.50*

Friendship Club

Ages: 21-35
**Transportation is available within Lincoln for an additional fee of $58.50/session.*
Call (402) 441-7948 to register. No club 3/16.

Jan 26	R	7-8:30 pm
Auld	13 weeks	$29.25*

Social Club

Ages: 35+
**Transportation is available within Lincoln for an additional fee of $58.50/session.*
Call (402) 441-7877 to register. No club 3/15.

Jan 25	W	7-8:30 pm
Auld	13 weeks	$29.25*

ADAPTIVE RECREATION CAMPS

The 2017 Summer Camp Registration Forms will be available March 2017, and will be mailed to campers who have participated in the past and to youth who participate in our recreation clubs and Special Olympics team. Call Sherry Connett at (402) 441-7948 to ensure you are on our mailing list.

Art Extravaganza Camp

Easterday Recreation Center (6130 Adams St). Call 441-7948 for information. Ages: 13+
**Door-to-door transportation is available within Lincoln for $22.50 for the week.*

June 5-9	M-F	1:15-4:15pm
EDAY		$72/person*

Drama Camp

Auld Pavilion (1650 Memorial Dr.) in Antelope Park. Call (402) 441-7948 for information. Ages: 13+
**Door-to-door transportation is available within Lincoln for $22.50 for the week.*

July 24 - 28	M-F	9:30 am-3:00 pm
EDAY		$115/person*

SumFun Camp

Auld Pavilion (1650 Memorial Dr) in Antelope Park. Call (402) 441-7948 for information. Ages: 5-21. No camp 7/3-7/7.
**Door to door transportation is available within Lincoln for $22.50 per week.*
If the camper has not previously attended SumFun, Fun Club, or Hi-Time Club, please register in person at Easterday (6130 Adams). Call to arrange a time.

June 19-23	M-F	9 am-2:30 pm
June 26-30	M-F	9 am-2:30 pm
July 10-14	M-F	9 am-2:30 pm
July 17-21	M-F	9 am-2:30 pm
EDAY		$91/person/wk

Developmental Play Group

Playtime that is specifically designed for families of very young children with special needs. We offer a safe family friendly environment, opportunities to interact with other parents, adaptive toys to accommodate children of all abilities, trained staff and volunteers, an opportunity for siblings to play together, and a special time to play with your child. Call (402) 416-7607 for more information.

Jan 10-Feb 14	T	6-8 pm
Feb 21-Mar 28	T	6-8 pm
EDAY		$54/session

Held at Ager Play Center, 1300 S 27th St.

SPECIAL OLYMPICS

SPRING PRACTICE SCHEDULE

Basketball

Youth Basketball (Ages 8-14):
SAT 11:00 am-12:00 pm Full Court
12-1pm 3-on-3 and Skills
Easterday, 6130 Adams St
Dates: 1/21, 1/28, 2/4, 2/11, 2/18, 3/11, 3/18, 3/25

Older Teen-Adult Basketball (Ages 15+):
SUN 3:00-4:00 pm
Individual, Skills, & Half-Court
Irving Rec Center, 2010 Van Dorn
SUN 4:00-5:00 pm
Full Court & Unified Team Practice
Irving Rec Center, 2010 Van Dorn
Dates: 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/12, 3/19, 3/26

Track & Field: Ages 8+
SUN 1:15-2:45 pm
Lincoln High School, 2229 J St
Dates: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30, 5/7

Swimming
Youth Swimming: Ages 8-21
SAT 12:30-1:30 pm*
Adult Swimming: Ages 22+
SAT 11:30 am-12:30 pm*
Lincoln Northeast YMCA
2601 N. 70th
Dates: 1/21, 1/28, 2/4, 2/11, 2/18, 3/11, 3/18
**Practice location changes to Lincoln Northeast High School (2635 N 63rd, east entrance #38) for the following dates:*
4/8, 4/22, 4/29, 5/6

Golf: Ages 8+
Levels of practice/competition include:
1) Individual Golf Skills, 2) Alternate Shot 9-hole, 3) Alternate Shot 18-hole
Call 441-7877 for eligibility requirements for each level. Levels 2 & 3 are encouraged to practice regularly on their own and keep their score cards. Cards must be dated and signed by personnel at the golf course. A minimum of 5 score cards must be turned in to Kerry by 7/6 to be entered in the tournament.

Individual Golf Skills:
T* 4:30-5:30 pm
Ager Junior Golf Course,
3761 Normal Blvd
Fee: $3.50/week
Dates: 4/4, 4/11, 4/18, 4/25, 5/2
**Practices will switch to Mondays when we resume in June.*

Regular Bowling: Ages 8+
Practices available only for those who placed 1st, 2nd, or 3rd at the Regional Tourney who are not already registered for League Bowling.
SAT 1:30-3:30/4 pm
Parkway Lanes, 2555 S 48th
Fee: $8/week for 3 games
Dates: 3/11, 3/18, 3/25

Roller Skating: Ages 8+
M 4:30-5:30 pm
Skate Zone, 300 N 48th
Fee: $5/week
Dates: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/20, 3/27, 4/3, 4/10, 4/24

Volleyball: Ages 8+
SAT 8:30-10:00 am
Easterday, 6130 Adams St
Dates: 1/21, 1/28, 2/4, 2/11, 2/18, 3/11, 3/18, 3/25, 4/8, 4/22, 4/29, 5/6

Young Athletes Program:
The Young Athletes Program is an innovative sports play program for children ages 2-7 with intellectual disabilities, designed to introduce them to the world of sports prior to Special Olympics eligibility at age 8. Children learn the basics of running, jumping, throwing, catching, striking, and kicking through guided activities. Siblings and friends are encouraged to register and participate. *Pre-registration required. Call 402-441-7901 for more information.*

SAT 10:15-10:45 am
Easterday, 6130 Adams St
Dates: 1/21, 1/28, 2/11, 2/18, 3/11, 3/18, 3/25, 4/8

ARTS & CRAFTS

Adaptive Ceramics programs on page 6.

Arts & Crafts Club
Participants will create a fun individual or family art or craft activity. Pre-registration required.

Jan 28	SAT	9:30-10:30 am
EDAY	14 & under	$8/session
Jan 28	SAT	11-12:15 pm
EDAY	15+	$9/session
Feb 18	SAT	1:30-2:30 pm
EDAY	14 & under	$8/session
Feb 18	SAT	3-4:15 pm
EDAY	Ages 15+	$9
Mar 25	SAT	1:30-2:30 pm
EDAY	14 & under	$8/session
Mar 25	SAT	3-4:15 pm
EDAY	15+	$9/session
Apr 29	SAT	9:30-10:45 am
EDAY	Ages 15+	$9
Apr 29	SAT	11 am-12:00 pm
EDAY	14 & under	$8/session

Canvas Painting
Participants will create a 12" x 16" seasonal painting, through step-by-step directions given by an artist instructor. Pre-registration required. *Fee Includes the cost of project supplies.*

Jan 28	SAT	1:00-4:00 pm
EDAY	Ages: 12+	$35
Mar 25	SAT	9:00 am-12:00 pm
EDAY	Ages: 12+	$35

Cartooning
Classes are taught by Nathanial Hamel, an artist who has worked in comic books, video games, and action figure design.

Beginning Cartooning
Do you want to learn how to draw superheroes? Learn with a step-by-step process over 5 weeks on how to illustrate your favorite superheroes. (*No class on April 15)

Feb 4 – Mar 4	SAT	2:30–4:00 pm
IRV	Ages 11 -18	$36
Mar 25–Apr 29*	SAT	2:30–4:00 pm
IRV	Ages 11 -18	$36

Intermediate Cartooning
Develop your drawing and inking techniques, and learn how to create characters, write dialogue, and develop a basic storyline. You'll participate in guided activities and fun drawing games, designed to advance your technical skills and show you how fun art can be! (*No class on April 15)

Mar 25 – Apr 29*	SAT	1 – 2:30 pm
IRV	Ages 11 -18	$36

Ceramics
Learn ceramics basics: cleaning greenware, glazing, staining, lustering, dry brushing and decals. Register at least seven days prior to the start of each session.

Feb 6-27	M	5:30-7 pm
Mar 6-27	M	5:30-7 pm
Apr 3-24	M	5:30-7 pm
May 1-22	M	5:30-7 pm
CALV		$21/session*

Ceramics
Learn the basics of cleaning greenware, glazing, staining, lustering, dry brushing, and decals. Fee includes firing. Participants must bring their own greenware and supplies. Call 441-7901 to register.

Ongoing	WED	2-4:00 pm
EDAY	Adults	$3.50/week

Holiday Ceramics Workshops
A fun individual or family craft activity for all skill levels. Register at least 7 days prior to the session start date. *Fee includes instruction, supplies, and firing.

Session 1: Valentine's Day		
Dates: Jan 5, 29	SUN	2-4 pm
CALV		$14 + cost of piece(s)
Session 2: St. Patrick's Day		
Feb. 12, 26	SUN	2-4 pm
CALV		$14 + cost of piece(s)
Session 3: Easter		
Mar. 12, 26	SUN	2-4 pm
CALV		$14 + cost of piece(s)

Spring Ceramics and Egg Hunt
Each parent (or other adult) and child (3-5 y/o) pair will receive two Spring-themed ceramic pieces to paint followed by an Egg Hunt in Henry Park. Bring a bag to collect eggs!

Apr 8	SAT	9-11 am
CALV		$10, $4 each add'l person

ACTIVE PROGRAMS

Note: Information for open gym, court and ball field reservations are listed on page 2-4.

ARCHERY

Beginning Archery Class

Our experienced National Archery in the Schools Program-trained staff will introduce participants to range safety and etiquette and proven skills for archery success.
Includes the basics of archery; 30 minutes of instruction and 30 minutes of open range time. Register at least seven days prior to the start of the session.

Feb 4	SAT	9:30-10:30 am
APW	Ages 6+	$18
Feb 5–26	SUN	1:15-2:15 pm
IRV	Ages 8+	$18
Mar 5-26	SUN	1:15-2:15 pm
IRV	Ages 8+	$18
APR 2-30	SUN	1:15-2:15 pm
IRV	Ages 8+	$18

Intermediate Archery Class

Our experienced National Archery in the Schools Program-trained staff will introduce participants to range safety and etiquette and proven skills for archery success.
Learn the basics of archery with 30 minutes of instruction and 30 minutes of open range time in each class. Must have completed beginning archery in order to participate. Register at least seven days prior to the start of the session.

Feb 5 - 26	SUN	12-1 pm
IRV	Ages 8+	$18
Mar 5 - 26	SUN	12-1 pm
IRV	Ages 8+	$18
APR 2-30	SUN	12-1 pm
IRV	Ages 8+	$18

MARTIAL ARTS

Goju Ryu Karate

A traditional Okinawan-style of martial arts that combines the "softer" style of redirecting and blocking with the "harder" style of kicking and punching movements. Start at the beginning of any month. Instructor: Josh Malcolm - Three Battles GoJu Ryu

Tiny Ninjas: Ages: 5-6

Ongoing	SAT	9:30-10:15am
APW	$18/mo (1x weekly)	
Ongoing	T	5-5:45 pm
	SAT	9:30-10:15 am
APW	$30/mo (2x weekly)	

Junior Youth: Ages: 7-15

Ongoing	T	6-7 pm
	R	6-7 pm
	SAT	10:30-11:30 am
APW	$45/mo (2-3x/week)	

Goju Ryu Karate: Ages: 16+

Ongoing	SAT	11:45 am-12:45 pm
APW	$28/mo (1x/week)	
Ongoing	T or R	9-10 am
	W or F	6-7 pm
	SAT	11:45 am-12:45 pm
APW	$45/mo (2-3x/week)	

Women's Self-Defense

4 hours of techniques to empower women in self-awareness and defense in everyday situations that could occur. Scenarios of focus will range from hand-to-hand defense to weapon defense. Learn the techniques to keep you calm in dangerous situations, and remain safe in everyday life.

Jan 28	SAT	4-8 pm
APW	Ages 15+	$20

TAI CHI

Tai Chi: Moving for Better Balance

This is a modified program for older adults and adults who wish to improve their balance. It is designed to improve posture, enhance balance, and build strength. Participants are taught simple movements that are performed slowly.

Jan 30-Mar 6	M	7pm
CALV		$24.50

Beginning Yang style Tai Chi

A Chinese martial art, Tai Chi's slow continuous movement promotes balance and concentration while strengthening the body. It is practiced by many in the West for its health benefits and it's promotion of calm focus.

Ongoing	SUN	1:30 pm
FST		FREE

PICKLEBALL

Indoor Pickleball: Open Drop-in

We're bringing the game indoors for the winter. Paddles and balls available, or bring your own.

Jan 2-Apr 30	M-F	10 am-12 pm
	SAT	3-5 pm
CALV		$2
	*$24/12 uses on prepaid card	
Jan 12-Mar 31	T, R	6-8 pm
APW		$2
Jan 5-Apr 27	R	9-11 am
FST		$2

STAYING FIT

Open Door Senior Time

Senior citizens can utilize the center for leisure activities, a walk in the gym, or friendly conversation over a cup of coffee.

Ongoing	M	9:30-11:30 am
APW		FREE

Senior Strength and Conditioning

A great fitness opportunity for seniors to both pace and push themselves. This class will tone your muscles and pump up your heart rate.

Mar 22-May 10	R	1-1:30 pm
FST	Ages 55+	FREE

TENNIS

For more information about tennis call the Wood Tennis Center, (402) 441-7095.

Spring III	Jan 9-Feb 18
Spring IV	Feb 27-Apr 8
Spring V	Apr 10-May 20
Summer I	May 30-June 30
Summer II	July 5-August 11

TABLE TENNIS

Open play time for individuals and groups. Bring your own paddle or use the center's!

Ongoing	SUN	5-10 pm
BEL		*$3/night,$30/13wks*

YOGA

Yoga for All

Relax and work your mind and body. Come as an individual or as a family and hone yourself physically and mentally. Individual or family the price is the same. Ages 6+

Feb 18 - Mar 24	R	4-4:45 pm
FST		$24

ROCK STEADY BOXING LINCOLN

Rock Steady Boxing is an exercise program based on training used by professional boxers and adapted for people with Parkinson's disease. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

*Only those with Parkinson's disease may register for the program, and all participants must provide a physician's release. An assessment is required to determine your level of participation before beginning Rock Steady Boxing. *Assesement is a $45/1 time assessment fee, which includes a personalized assessment, t-shirt, gloves, & wraps.*

For more information, call (402) 441-7876 or visit lincoln.rsbaffiliate.com

PD Levels 1-2	M, W	10-11:30 am
PD Levels 3-4:	M, W	4-5:30 pm
ALL Levels (PD 1-4)	SAT	10-11:30 am
APW		$80/mo *

WALKING & RUNNING

500 Mile Club

Complete 500 miles walking, jogging, bicycling, stair stepping, rowing or in any combination during a 12-month period and receive a free fitness club T-shirt. A complete set of guidelines and distance card are available at the front desk. All mileage must be completed at the Belmont Recreation Center.

See page 2 for Belmont track hours and fees.

Ongoing BEL	M-F	*Track Hours *Track Fees apply

FEET FIRST Running Program

Feet First is a running program designed for the non-runner grade 3 through adult. In FEET FIRST participants will take that first step together and develop a sense of community and accountability as they work towards an improved fitness level. The focus of this program is to empower participants to accomplish what they thought was not possible both in the area of fitness and other areas of their life.

Jan 4- Feb 28 FST	Not on 1/16, 2/17, 2/20	FREE
March 27-May 19 FST	Not on 4/14, 4/17, 4/28	FREE
Youth program: Adult Program: Family Program:	M, F M, F W	3:15-4:15 pm 7:30 am -8:30 am 7 pm

Indoor Walking

Stay fit during all types of weather by walking in our comfortable gyms. Call ahead for availability on non-school days.

Ongoing APW	M (14 lap/mi)	9:30 am–11:30 am FREE
Ongoing APW	M-F (14 lap/mi)	11:30 am–5:30 pm $2.00
Ongoing CALV	M-F (20 lap/mi)	8–10 am FREE
Ongoing CALV	T, R (20 lap/mi)	12–2:30 pm $2.00

Walk with Ease

Walk safely and comfortably while improving your flexibility, strength and stamina! Space is Limited. This session will meet at the "F" Street Community Center. Contact Melissa, (402) 441-4900 or mlindeman@lincoln.ne.gov, for more info.

Jan 23-Mar 6 FST	M, W, F	10-11 am Free

TEAM SPORTS

Group up with family, friends, and coworkers to have fun with these spring sports. Contact our Athletics office at (402) 441-7892 or visit their online registration system at www.teamsideline.com/lincolnne.

Softball Umpires

We are offering a FREE clinic in March for those interested in umpiring. Contact the Monica at the Athletics Office at (402) 441-7892 or e-mail mmanning@lincoln.ne.gov for information.

	Registration Dates	Fee	Season Dates	Divisions, Day/Time
Slow-Pitch Softball Teams will play a eight-game regular season and a double-elimination tournament. Games vary in night and location according to league and class.	Early Registration: Feb 20-26 *online only Regular Registration: Feb 27-March 26 Late Registration: March 27 - April 2	Varies by league. *Visit website or call Athletics office for additional information.*	Days vary by division Starts Mid-April	Men's (SUN-F) Women's (W) Coed (T, F, SUN) Church Men's (M)
NFL Flag Football Official 5-on-5 flag program of the National Football League. 10-person teams are assigned a volunteer coach and organized by friend requests and geographic areas. Practice time determined by coach. Held at Lewis Ballfields.	Regular Registration: Jan 9 - Feb 27	$70/first child, $65/add'l child	Mar 27-Apr 27	K-1, 2-3, 4-5 and 6-8 Days/Time: TBD

Register online at www.teamsideline.com/lincolnne or at the Athletics Office, 2100 "M" St.

BIRTHDAY PARTIES

Pioneers Park Nature Center

Choose the theme that will make for an exciting birthday celebration: Reptiles Rock, Insect Investigations, Nature's Scavenger Hunt, Amazing Birds, Marvelous Mammals, or Grow in the Garden! We provide the space, program, a favor bag for each child and a special gift for the guest of honor. Call (402) 441-7985 for more information.

Hours:	SAT SUN	10-12 pm, 1:30-3:30pm 1:30-3:30 pm
Rates:	$110 (up to 10 children & 5 adults) $8 each add'l child.	

DANCE

Ballet I - Ages 3-5

Learn basic ballet steps, balance, and coordination (ballet slippers recommended).

Jan 7-Feb 11	SAT	9-9:45 am
Feb 25 -Apr 1	SAT	9-9:45 am
CALV		$28

Jazz 1 - Ages 3-6

This class will introduce your dancer to the basics of jazz steps.

Jan 7-Feb 11	SAT	9:45-10:30 am
Feb 25-Apr 1	SAT	9:45-10:30 am
CALV		$28

Ballet II - Ages 4-6

The next level of ballet for students who have completed Ballet I.

Jan 7-Feb 11	SAT	10:30-11:15 am
Feb 25-Apr 1	SAT	10:30-11:15 am
CALV		$28

Register online at **parks.lincoln.ne.gov** by location: APW (Air Park), BEL (Belmont), CALV (Calvert), EDAY (Easterday), EVRT (Everett), FST (F Street), IRV (Irving), MCPH (McPhee), and PPNC (Pioneers Park Nature Center).
Class Days are noted as such: M (Monday, T (Tuesday), W (Wednesday), R (Thursday), F (Friday), SAT (Saturday) and SUN (Sunday).

FUNDAMENTAL SUMMER DAY CAMPS

Join us for summer FUN from
May 30 - August 11, 2017
Weekdays • 7AM - 6PM

Register for individual weeks or the entire summer!

Location		Grades	Call for info:
Air Park	3720 NW 46th St.	K-5	(402) 441-7876
Belmont	1234 Judson St.	K-4	(402) 441-6789
Bethany Park	66th & Vine	K-5	(402) 441-7952
Calvert	4500 Stockwell	K-4, 5-7	(402) 441-8480
F Street	1225 "F" St.	K-5	(402) 441-7951
Goodrich*	1234 Judson St.	5-7	(402) 441-4601
Irving	2010 Van Dorn St.	K-4, 5-7	(402) 441-7954
McPhee**	820 Goodhue	K-5	(402) 441-7952

** Goodrich will not have camp July 30-Aug 11.*
*** McPhee will not have camp Aug 7-11.*

Register for select individual weeks or the entire summer online at

parks.lincoln.ne.gov
(keywords: Summer Day Camp).

FUNdamental healthy me
Get out. Be active. Have fun!

Our summer recreation programming for youth grades K-7 focus on fun, friendships, fitness, and healthy lifestyle choices. Activities include the development of social skills, along with character education and an emphasis on nutrition.

Call the center or (402) 441-7952 for more information.

Need-based scholarships available. All sites accept Title XX except Irving & Bethany locations.

No camp on Mon., May 29 or Tues., July 4.

Junior Day Camp Leader
Youth ages 14-17 gain important job skills while having fun assisting Summer Day Camp staff with daily operations.

May 23-Aug 12	M-F	7:30am-4:30pm
IRV & CALV		$40/wk

DISCOVER THE WILD IN LINCOLN, AT NATURE CAMPS

WILDERNESS NATURE CAMP 2017

Nature Explorers Camp
Spend the week learning about ecology, wildlife, and more! Dress for the weather, bring a sack lunch, and be ready to have fun in nature!

March 13-17	M-F	8:30 am–5 pm
PPNC	6-13 yrs	$180
Meet in the Prairie Building		

Camp Discovery
Different themes each week will introduce your child to the natural world. Campers will learn through outdoor exploration, crafts, and nature games.
**There will not be camp the week of July 4.*

June 5-July 20	M-R	9–11:30 am
PPNC	3-6 yrs	$80/wk
Camp is in the Prairie Building.		

Leadership Camp
Learn outdoor and leadership skills through team-building and outdoor education. Following Leadership Camp, attendees can assist at Wilderness Nature Camp over the summer as Junior Counselors.

June 5-8	M-F	8:30 am–5 pm
PPNC	14-17 yrs	$140
Camp occurs in Wilderness Park		

Wilderness Nature Camp
Spend the summer immersed in nature, hiking, exploring, and going on adventures with your friends. This day camp experience is like no other camp around. Each week includes a field trip.
**Extended hours from 7:30 am–5:30 pm are available for campers.*
***There will not be camp the week of July 4th.*

June 12 - Aug 4	M-F	8:30 am –5 pm
PPNC	6-13 yrs	$180/week
Camp occurs in Wilderness Park.		

Register your child for our nature immersive camps at

parks.lincoln.ne.gov
(keywords: Nature Camp).

POOLS!

Saturday, May 27 - Sunday, August 13

Extended Season
Star City Shores
August 14-20

Aquatic Centers

Highlands, 5511 NW 12th

University Place, 2000 N 48th

Star City Shores, 4375 S. 33rd Ct.

Neighborhood Pools

Arnold Heights, 4000 NW 46th

Ballard, 3901 N 66th

Belmont, 12th & Manatt

Eden, 4400 Antelope Creek

Irvingdale, 1900 Van Dorn

Woods, 33rd & J

SUMMER LONG PROGRAMS

Family Swim Night
Swim with the family for one low rate!

May 29-August 11	6-8 pm
Locations vary on day	$9/family

Night Splash
A FREE after-hours party for middle-school students. Locations TBA.

June 8	R	8:30-10:30 pm
July 6	R	8:30-10:30 pm
August 3	R	8:30-10:30 pm

Water Fitness
Last year was a hit, so we brought it back!
Get fit and have fun in the water. Stay tuned for dates and locations!

June 1 - Aug 10	SUN, R	6:15-7:15 pm
Irvingdale Pool	Ages 15+	FREE

Wacky Water Sports
Bring yourself or the whole family as we explore the joy of underwater hockey, logrolling, water polo, and aqua-quidditch. Two of events will be provided each class. Swimming ability preferred.

TBA	Ages 6+	FREE

Rent a Pool
Pools are available for family and group events. 1.5 hour rental time is usually after closing. Requests can be made after opening on May 27. Star City Shores requests taken pre-season. Fees in chart below.
**Pricing is for up to 100 guests with $1/guest 101+ except Star City Shores.*

LESSONS & LEAGUES

Swim Lessons
Lessons available for all ages and skill levels. Offered at all pools. Schedule varies by pool.

Session 1	June 5-15	$40-$55
Session 2	June 19-19	
Session 3	July 10-20	
Session 4	July 31-Aug 10	

Adaptive Swim
An inclusive program to further basic skills. Please contact Anna to find the best fit for your child, swimlessons@lincoln.ne.gov.

Ages 1-12	$32-55/session

Swimming and Diving League
Introduction to competitive swimming and diving for 6-18 year olds.

Practice: June 5-July 21	M-F

Dive Meets: R, June 15, 22, 29 and July 6
All City Dive Meet: July 20

Swim Meets: SAT, June 17, 24, July 1, 8
All City Swim Meet: July 22

Basic Swim Instructor
Learn how to be a swim instructor or assistant instructor with these key skills. Course times arranged with instructor. Contact swimlessons@lincoln.ne.gov for info.

TBA	Ages 12-18	$60

Water Safety Instructor
Must know basics of front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly. Course times arranged with instructor. Contact swimlessons@lincoln.ne.gov for info.

TBA	Ages 16+	$120

LIFEGUARDING

American Red Cross Certification

Junior Lifeguard
Gain the basic swimming and lifesaving skills to prepare to be a lifeguard. Schedule varies by location.

	Ages 10-15	$30

Lifeguard Prep
This is a preparation course for those who want to ensure readiness for a lifeguard course. Schedule varies by location.

TBA	Ages 15+	$35

Lifeguard Certification
Must pass prerequisite skill session to continue in class. Must attend all sessions in course.

June 8-11	R-SUN	
Ballard Pool	Ages 15+	$150
July 6-9	SUN-T	
Belmont Pool	Ages 15+	$150

Lifeguard Review
Must hold current Lifeguard certification and complete all skill and knowledge tests. Students must attend all listed sessions.

June 1-3	Irvingdale Pool	
June 30-July 2	Belmont	$100

Lifeguard Instructor
Must have current Lifeguard certification. Must demonstrate skill proficiency in all course skills, and ability to teach according to American Red Cross curriculum.

July 5-9	time	$165
Ballard Pool	Ages 18+	

Lifeguard Instructor/Trainer Review
Must be a current American Red Cross Lifeguard Instructor or Instructor Trainer.

TBA	$40

		GENERAL			LOW INCOME*			PASSES**			Group/Discount Coupon Books	
POOL LOCATIONS	Rent a Pool!	0 - 2	3 - 17	18+	0 - 2	3 - 17	18+	Season Family	Ages 3 - 17	Ages 18+	3-17 (30 coupons)	18+ (10 coupons)
Neighborhood Pools	$140-$230[A]	Free	$4.00	$5.25	Free	$2.00	$2.65	$193	$68	$91	$81	$36
Aquatic Centers												
Highlands Aquatic Center	$175	Free	$4.50	$5.75	Free	$2.25	$2.90	$216	$77	$101	$90	$39
University Place Aquatic Center	$200	Free	$4.50	$5.75	Free	$2.25	$2.90	$216	$77	$101	$90	$39
Star City Shores Aquatic Center	$520	Free	$4.75	$6.00	Free	$2.40	$3.00	$228	$83	$105	$95	$41

Neighborhood Pools: Arnold Heights, Ballard, Belmont, Eden, Irvingdale, and Woods Pool. **Low Income*** - Identified by case worker. **Passes**** - No discounts for season passes.
[A] Arnold Heights, Ballard, Belmont, Eden, and Irvingdale pool rental is $135. Woods pool rental is $230.

Purchase may be made at the pool or online at lincoln.ne.gov under e-pay services. Family pass includes up to two adults and four youth (ages 3-17) in the same family/household. Add $25 for each additional youth over first four. Additional fees are required per visit when neighborhood season passes are used at Highlands, University Place Pools ($.25), and Star City Shores ($.50). Highlands and University Place pass holders need to pay an additional $.25 per visit at Star City Shores.

PLAY in the PARKS

FREE SPRING PROGRAMS

Explore, experience and enjoy FREE activites in the parks!

Walk with Ease

Walk safely and comfortably while improving your flexibility, strength, and stamina! Space is limited. This session will meet at the "F" Street Community Center. For more information, contact Melissa, (402) 441-4900 or mlindeman@lincoln.ne.gov

Jan 23-Mar 6	M, W, F	10-11 am
FST		Free

Belmont Family Night

Spend Thursday evenings from 6-7:30pm with the family, playing pickleball, kickball or board games. Programming for parents and children.

Ongoing	Thursdays	6-7:30pm
Belmont, 1234 Judson St		FREE

Zumba at F Street

Get ready to have fun while getting fit with this popular fitness class. A total workout, combining all elements of fitness.

Ongoing	Thursdays	5:30 pm
F Street, 1225 F Street		FREE

FREE SUMMER PROGRAMS

Canoeing
Wednesday May 31
5:30-7:30pm
Holmes Lake
Other dates TBD

Crunch and Lunch
May 30-August 11
Peter Pan Park
UPCO Park
Other locations TBD

Wacky Water Sports
May - August
location/time TBA
See page 11 for info

Water Fitness
May - August
location/time TBA
See page 11 for info

Yoga in the Park
September
Antelope Park

Party in the Parks

Party on the Plaza
Union Plaza, 21st & P
May 20

Party on the Plaza
Union Plaza, 21st & P
August 12

Follow us for announcements!
@Partyintheparks

lincoln.ne.gov
(keyword: Party in the Parks)

JOHN BRESLOW ICE HOCKEY CENTER

411 "V" Street
Lincoln, NE
(402) 472-2758
BreslowHockeyCenter.com
Like us on Facebook!

The John Breslow Ice Hockey Center is a premier Ice Skating Experience for the public.

We offer public skating, stick & puck, drop-in hockey sessions, birthday parties, and learn to skate, as well as private ice rentals.

Public Skating Sessions*

Sunday	2:30 – 4:45 pm
Mondays	3:30 – 4:45 pm
Tuesdays	3:30 – 4:45 pm
Wednesdays	3:30 – 4:45 pm
Friday	3:30–4:45 pm, 7:30– 9:30 pm
Saturday	11:45 am – 2 pm
Saturday	7:30 – 9:30 pm

** Times are subject to change. Check website or call us to verify public skating sessions*

FEES: $6/adult, $5/child, and $3/skate rental

Learn to Skate

Our Learn to Skate Classes start at age 3 and continue through adult levels. Classes are set up to be a progressive program so that a student passing one level will move to the next level. Skaters start in a Beginner Class (Snowplow Sam 1 for ages 3-5, Basic 1 for ages 6-12, Adult 1 for ages 15 & Up).

All classes include 30-minute lesson and extra public skating pass. *No class Mar 13-19.*

Feb 21 – Apr 9	T, R or SAT	$70/7wks
Feb 21 – Apr 9	SUN	$60/6wks

Learn to Play Hockey

Our Learn to Play Hockey Program will build on the skating abilities of those in our Learn to Skate Program for those looking to play youth or adult hockey. Our Program is 7 weeks long and includes a 30-minute hockey clinic.

TBA	$70/7wks

Shooting Stars

Your kiddos want to try hockey? Let them do it for FREE! Shooting Stars is a 4-week Try Hockey for Free program for kids ages 4-9 who are interested in playing hockey. Players will receive 300 minutes of instruction and the necessary equipment for a fun and safe experience!

Birthday Parties

It's a birthday skate party with pizza, drinks and (of course) skating!

Little Red Party $150
Skate admission and rental for 15 guests during a public skate. 3 pizzas, 4 pitchers of soda and a party room for 1.5 hours.

Husker Party $200
Skate admission and rental for 20 guests during a public skate. 3 pizzas, 4 pitchers of soda and a party room for 1.5 hours.

Big Red Party $300
Private ice for 1 hour with skate rental and admission for up to 100 guests. 4 pizzas, 6 pitchers of soda and a party room for 2 hours.

NATURE PROGRAMS

NATURE CAMPS

See page 10 for additoinal information.

Moonlit Night Hike

Our guides will take you along our trails for a nighttime discovery experience. This program may not be suitable for young children and all children must be accompanied by an adult.

Feb 10	F	7–8:30 pm
PPNC		$8
Meet in the Prairie Building		

Monarchs and Pollinator Garden Worskhop

Learn about monarchs, other pollinators, and how to make a pollinator garden during this workshop presented by Nebraska Wildlife Federation. Register by February 9.

Feb 11	SAT	10 -11 am
Prairie Building		FREE

Great Backyard Bird Count

Join us and the Wild Bird Habitat Store for this annual bird walk and count event. We'll watch birds at the feeders and then head out for a hike, weather permitting. Register by Feb 16.

Feb 18	SAT	9–11:00 am
PPNC		$5 Sugg'd Donation
Meet in the Chet Ager Building		

Saturday with our Naturalist

Join us each month for a guided hike with Jamie, the Nature Center's Naturalist. See what's blooming, observe or our local wildlife residences and more!

4/15, 5/20, 6/17	SAT	2–3 pm
Prairie Building		$5/person per hike

Sunset Guided Hike

Enjoy a guided hike at the Nature Center while the sun slips below the horizon and dusk falls on the landscape. Witness the changes in the sights and sounds as day becomes night at the Nature Center. Register by April 19.

April 21	F	7:30–9:00 pm
Prairie Building		$8

Mother's Day Bird Walk

Celebrate Mother's Day with an early morning bird walk followed by brunch. Rolls, fruit, and beverages are included with registration. Binoculars will also be available. Register by May 10.

May 14	SUN	8–10 am
PPNC	All Ages	$16
Meet in the Prairie Building.		

SAVE THE DATES!

Beer, Brats, and Bikes, June 10

Mystery on the Prairie, August 26

Wild Fall Festival, September 22

Composting Workshop

Learn how to be successful with composting by attending a free composting demonstration workshop sponsored by Nebraska Extension in Lancaster County and the City of Lincoln Recycling Office.

May 20, June 24	SAT	10 am
PPNC		FREE
Compost Demonstration Area		

Hyde Observatory

Enjoy programs about astronomy and space exploration and take a peek into the universe through telescopes. Programs change monthly. Free programs every Saturday. Jan-March (DST): 7-10 pm, March (DST) -August: Sundown - 11 pm

Weekday special showings for groups of 20 or more may be arranged with at least two weeks notice by calling (402) 441-8708. For more information visit www.hydeobservatory.info

March – August	SAT	Sundown–11 pm
Sept 8-11	F-M	7–10 pm
Oct-Mar	SAT	7-10pm

PERSONAL INTERESTS

Holiday Ceramics Workshops

A fun individual or family craft activity for all skill levels. Register at least 7 days prior to the session start date. Cost includes instruction, supplies, and firing. **Add'l fees of pieces apply.*

Valentine's Day	Jan 5, 29	2-4 pm
St. Patrick's Day	Feb. 12, 26	2-4 pm
Easter	Mar. 12, 26	2-4 pm
CALV	SUN	$14+*

Spring Paint & Egg Hunt

Each parent (or other adult) and child (3-5yrs) pair will receive two spring-themed ceramic pieces to paint followed by an Egg Hunt in Henry Park. Bring a bag to collect eggs!

Apr 8	SAT	9-11 am
CALV		$10/1 adult & 1 child
		$4/add'l person

Food Distribution

Free food distribution. Bring your own sacks. No proof of income needed.

Ongoing	R	11 am
CALV		FREE

Widowed Persons Club

Support and fun social activities for widows and widowers. **Not meeting 4/16.*

Ongoing	SUN	2-4 pm
CALV		FREE

SANDHILL CRANE TRIP

Witness the Sandhill cranes as they forage in fields along country roads, perform their dances, and fly above us on our way to the Iain Nicolson Audubon Center at Rowe Sanctuary in Gibbon, Nebraska. Stops will include a visit to the Crane Trust Nature and Visitor Center, and dinner at Burchell's White Hill Farmhouse. As we watch the sunset from our private viewing blind, we'll listen to thousands of cranes and observe them as they gather on the river for the night. Included is transportation, dinner, and cost of the blind. (The $25 blind reservation fee is nonrefundable if the trip is canceled, or if a participant cancels and a replacement cannot be found.) Participants must have the ability to walk uneven trails in low light. Vans will depart from Auld Pavilion in Antelope Park. Space is limited. Register by February 10.

Mar 10	F	12–11 pm
PPNC*		$85

WILD ADVENTURE DAY

Mark your calendars for a wild good time during our annual spring festival, Wild Adventures. This event provides a family friendly environment to learn about nature up-close. Games, crafts, special presentations, educational booths, food vendors, andmore will be included.

April 29	SAT	10 am–1 pm
PPNC	All ages	FREE

Register online at **parks.lincoln.ne.gov** by location: APW (Air Park), BEL (Belmont), CALV (Calvert), EDAY (Easterday), EVRT (Everett), FST (F Street), IRV (Irving), MCPH (McPhee), and PPNC (Pioneers Park Nature Center).
Class Days are noted as such: M (Monday, T (Tuesday), W (Wednesday), R (Thursday), F (Friday), SAT (Saturday) and SUN (Sunday).

PRESCHOOL

Little Sprouts Preschool 2017-18

Our preschool program is focused on music, art, and other fun early childhood activities to help support the learning and development of children ages 3-5.
Registration begins Feb 1.

Start date: Sept 5	T, R	12:30-2:30 pm
CALV	Age 3 yrs	$69/mo
Start date: Sept 6	M,W,F	9-11:30 am
CALV	Age 4-5 yrs	$97/mo
Start date: Sept 5	M-F	9-11:30 am
CALV	Age 4-5 yrs	$162/mo

Dual Language Preschool, Ages 3-5

At Irving Recreation Center our thematic content supports language development in both English and Spanish and allows preschoolers of all language backgrounds to have fun while playing and learning kindergarten readiness skills. Enrollment is open throughout the year as long as spots remain available. Children must be toilet trained and ages 3-5 years old by Septem¬ber 7th. *Call 402-441-7954 to request a 2017-2018 information packet.*

Sept 7-May 24	M/W/F	9-11:30 am
IRV		$90/mo
Sept 7-May 24	M/W or T/H	9-11:30 am
IRV		$60/mo

Nature Preschool Open House

Join us for the Preschool Open House to learn how building with sticks, counting pinecones, and crafting with leafs and seeds can become a part of your child's educational experience. The Nature Preschool at Pioneers Park Nature Center offers a preschool program for ages 3-4 and pre-kindergarten program for ages 4-5. Registration for the 2017-18 school year begins Feb. 1. Space is limited. For more information, please contact the Preschool Director at 402-441-8669.

Jan 19	R	10-10:45 am
PPNC: Prairie Building		FREE

Inclement weather: Thursday, January 26

Camp Discovery

Listed under Nature Camps on page 10.

SCHOOL'S OUT

Kids Days Off

A program for elementary children when LPS is not in session. Full days of fun recreation activities including active games and sports, crafts, and occasional field trips. Registration deposit required.

Jan 16	M	7 am-6 pm
Feb 17	F	7 am-6 pm
Feb 20	M	7 am-6 pm
Apr 14	F	7 am-6 pm
Apr 17	M	7 am-6 pm
Apr 28	F	7 am-6 pm

APW	(402) 441-7876	$31
BEL	(402) 441-6789	$31
CAL	(402) 441-8480	$31
FST	(402) 441-7952	$31

Kids Week Off

Full days of fun recreation activities during the LPS spring break.

March 13-17	M-F	7 am-6 pm

APW	(402) 441-7876	$136.00
BEL	(402) 441-6789	$136.00
CAL	(402) 441-8480	$136.00
EVRT	(402) 441-7952	$136.00

Middle School Drop-in

After-school program for Irving Middle School students. Reduced rate punch cards and year passes available.

Ongoing	School days	3-5 pm
IRV	Grades 6-8	$2.50/day

SENIOR PROGRAMS

Senior Strength and Conditioning, see page 8.

Fun & Free Activities for older Adults

Billiards		
Ongoing	M-F	8 am-3 pm
FST		FREE
Choir		
Starts Mar 7	M	9 am-10:30 am
FST		FREE

Senior Pitch Tournament

Thirteen-Point Pitch will be played. Advanced registration is required and can be done in person or via phone. Registration fee includes lunch.

April 5	W	10 am-2 pm
FST		$6

Senior Potlucks

Enjoy a holiday potluck meal with others. Registration is required at least two days prior to the meal in person or via phone. The main dish is provided.

Valentine's Day Potluck		
Feb 9	R	11:30 am
St. Patrick's Day Potluck		
Mar 9	R	11:30 am
F ST		$6 or bring a side dish.

BELMONT SENIOR CENTER "ACTIVE AGE FAIR"

Thursday April 13
9 a.m. to 1 p.m.
Belmont Senior Center, 1234 Judson St.

The definition of "aging" has changed. Today's older adults are more active and engaged than ever before – always looking for an opportunity to try new things, to strive for wellness, and find ways to celebrate life in the active age! Aging Partners' Senior Centers play a vital role.

Lincoln Parks and Recreation and Aging Partners are partnering to provide a fun opportunity to learn more about all the great things available at Lincoln and Lancaster County Senior Centers. Health and fitness and nutrition education screenings, live entertainment, and lunch at 11:30 a.m. are just some of the attractions.

Call Aging Partners at 402-441-7158 for the latest information.

TECHNOLOGY

Computer Lab: Adults 18+

Ongoing	M-R	9 am-2:50 pm
	F	9 am- 2:50 pm
	SAT/SUN	1-4:50 pm
BEL		FREE
Ongoing	M, W, R, F	8 am-3 pm
FST		FREE

Basic Computer Skills: Ages 55 +

Class will focus on use of Microsoft Word, Email, and internet usage. An emphasis will be made on internet safety. Each 30 minute class will include group instruction and 30 minutes of practice and questions.

Feb 23-Mar 16	T	10-11 am
FST		$17

PRAIRIE CORRIDOR on Haines Branch

The Prairie Corridor on Haines Branch is a 13-mile corridor of virgin and restored prairie connecting the Pioneers Park Nature Center, along the Haines Branch Creek, through the Village of Denton, and on to Spring Creek Prairie Audubon Center.

Funding is provided by the Nebraska Environmental Trust and matching partners.

To learn more about the Prairie Corridor on Haines Branch, visit
PRAIRIECORRIDOR.ORG

Photo by Michael Forsberg

VOLUNTEERING

Lincoln Parks & Recreation has many volunteer opportunities: coaching youth, special events, parks and trail clean ups, and landscape maintenance.

Choose from activities for individuals, organizations and businesses, as well as one-day events or monthly VIP (Volunteers In Parks) activities.

Find out more about volunteering by emailing parksvolunteers@lincoln.ne.gov or visit **parks.lincoln.ne.gov/volunteer.**

Adopt-a-Trail

Adopt-a-Park

Adopt-a-Lincoln Landscape

Community Tree Planting

Swim & Dive Teams Practices/Meets

- Assist the swim or dive team coach with practice, run drills, develop skills, and supervise practice. Weekly swim/dive meets also need volunteers.

Special Olympics

- Lincoln Parks and Recreation's Lincoln Shooting Stars Special Olympics team practices for competition in 10 sports. Program is open to athletes ages 8 and older. We also offer the Young Athletes Program for ages 2-7.
- Volunteers are needed for coach assistants, Unified Partners, practice assistants, and general supervision. Year-round opportunities at various locations. Call (402) 441-7877.

Garden Volunteer

Hamann Rose Garden Spring Clean-up
- Saturday, April 8 from 1-4pm

Wake up the Beds - Sunken Gardens
- Saturday, May 13 at 8:30 am until finished
- Limited to the first 60 volunteers, call (402) 441-7847, opt 0 or email parksvoluneers@lincoln.ne.gov

Put the Beds to Bed - Sunken Gardens
- Saturday, November 4, 2017 at 8:30 am until finished.

Garden Gab & Garden Docents
- Annual and perennial garden maintenance at Sunken, Rotary, and Hamann Gardens. Learn different aspects of horticulture from the Garden staff and then apply these skills in the Gardens. Volunteers meet May - October from 9 am - 12 pm every Tuesday and Thursday at the Sunken Gardens. Training dates are TBD.

Pioneers Park Nature Center Gardens
- Volunteers are needed to help maintain the gardens at Pioneers Park Nature Center and occasionally for visitors' services, newsletter mailings, and special events. Prairie garden and children's garden volunteers meet Saturday mornings, and herb garden volunteers work on weekday mornings.

Find out more about volunteering by emailing parksvolunteers@lincoln.ne.gov or visit **parks.lincoln.ne.gov/volunteer.**

2 for Trees

It's amazing what $2 and you can do!

For more information, visit 2fortrees.org

Jim Ager Golf Course
3761 Normal Blvd., (402) 441-8963

Highlands Golf Course
5501 NW 12th St., (402) 441-6081

Pioneers Golf Course
3403 W. Van Dorn, (402) 441-8966

Lincoln City Golf

LincolnCityGolf.org

Holmes Golf Course
3701 S. 70th St., (402) 441-8960

Mahoney Golf Course
7900 Adams St., (402) 441-8969

GOLF OPEN HOUSE
APRIL 1
Saturday, 10am-2pm
Holmes Golf Course
lincolncitygolf.org

You're Invited!

Come out to visit with our PGA Professional staff and local leagues, stock up on discounted items at the Pro Shop, grab a bite to eat, and win some door prizzes!

The Lincoln City Golf Courses are open to the public 362 days a year with the exception of the Jim Ager Golf Course, which opens about April 1st-weather permitting. Several golf membership passes and discount cards are available for the upcoming 2017 season. For the avid golfer, gift cards are always available in any amount and can be bought at the City course locations or at the Parks and Recreation Administration office.

FootGolf (Soccer + Golf) now being played at Jim Ager golf course. Check it out today!

ADULT GOLF CLASSES

Adult golf classes are a great way to start playing golf today. Cost is $99 for a 5-week one-hour class

Golf 101 Class - Beginner Level Class

3/13-4/10	M	9-10 am
Holmes Golf Course		$99
3/13-4/10	M	6:30-7:30pm
Holmes Golf Course		$99

Golf 201 - Breaking 100

For those have some golf experience and want to break the score of 100.

4/26- 5/24	M	9-10 am
Holmes Golf Course		$99
4/26- 5/24	M	6:30-7:30pm
Holmes Golf Course		$99

To sign up for adult golf class, visit lincolncitygolf.org/programs/adult-golf-classes/

JUNIOR CAMP

PGA Junior Camps are for all levels of kids both boys and girls! Full day and half day week-long golf camps for kids ages 7-13.

Full Day Golf Camp
5/30-6/2 T-F 9 am-4 pm

½ Day Golf Camp
6/19-23 M-F 9 am-12 pm

½ Day Golf Camp
7/31-8/4 M-F 9 am-12 pm
Great camp to get ready for high school golf!

Go to website for complete details and to get signed up: pgajuniorgolfcamps.com.

For more information about all of our programs, visit LincolnCityGolf.org.