Get out! Be active! Have fun this fall in Lincoln!
DIRECTOR'S MESSAGE

We'd like to hear from you!

Invite your pet to join in a park visit!

There are many opportunities to include your pet in fun outdoor activities. There are horse bridle paths in Pioneers Park and in Wilderness Park. There are now dog runs in each of the four quadrants of Lincoln. The enclosed areas allow dogs to run freely and include designated sections for small and large dogs.

- Rickman's Run - East of Holmes Lake Park on South 70th St. between Normal Blvd. and Pioneers Blvd.
- Stransky Dog Run at Peterson Park - South of Highway 2 on Southwood Dr.
- Roper East Dog Run - South of Adams St., East of I-180
- Mahoney Park Dog Run - Enter on the west side of 84th St., North of Adams St.

Dogs are allowed on-leash in parks and on trails. Trail users are encouraged to keep dogs on a short leash on their right side.

We hope that you will share photos by tagging us on Facebook at facebook.com/LNKParksRec/ or Instagram at LNKParksRec so we can see you and your pet enjoying a park or trail!

Check out this Fall/Winter 2018 Program Guide for even more opportunities to Get Out, Be Active, and Have Fun!

Lynn Johnson, Director
Lincoln Parks and Recreation

Lynn Johnson
RESERVATIONS & RENTALS

PARKS FACILITY RESERVATIONS
Reservations are online at lincoln.ne.gov (keyword: reservation). Payment must be paid online or 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, 3131 "O" Street, Suite 300, or call (402) 441-7847, OPT. 0 during regular business hours.

WEDDING LOCATIONS

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 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 call the athletics office, (402) 441-7892.

GOLF COURSE RESERVATIONS
For clubhouse rental information, contact the Holmes Golf Course, (402) 441-8960.

CLASS REGISTRATIONS
Registration is 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.

ATHLETICS
PICKLEBALL
Beginning Pickleball
Learn all about this fun paddle sport that combines many elements of tennis, badminton and ping-pong, and practice the basic skills needed to play the game independently.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day(s) (R=Thursdays)</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 28-Feb 11</td>
<td>R</td>
<td>6-7pm</td>
<td>APW</td>
<td>$14/session</td>
</tr>
<tr>
<td>Feb 8-Mar 7</td>
<td>M</td>
<td>11am-12p</td>
<td>CALV</td>
<td>$14/session</td>
</tr>
</tbody>
</table>

Additional classes will be listed below the bar break.

How to register online
Visit parks.lincoln.ne.gov
Select “Register Online”
Click the “Programs” tab.
Search by Programs/Class.
Select “Details” to learn more about the program and to register.

IN THIS GUIDE:
Classes in this guide are organized by topics (Athletics, Dance, Personal Interest, etc.) then by class name.
Class locations are displayed at the bottom of each class listing.
Online registration is available for most classes at parks.lincoln.ne.gov (unless otherwise noted in the class description).

Topic of Interest
Class Name
Description of class
Date
Day(s) (R=Thursdays)
Time
Location
Fee
AIR PARK RECREATION CENTER
3720 NW 46th St.
Lincoln, NE 68524
(402) 441-7876
dwilliams@lincoln.ne.gov
Facebook: @AirParkRec
Twitter: @AirParkRec
Instagram: @AirParkRec
parks.lincoln.ne.gov/airpark

HOURS:
Adult Drop In Hours:
M-F 9 AM - 3 PM
SAT/SUN 1 - 4:45 PM

Youth Drop In Hours*:
M-F 3 - 8 PM
SAT 9 AM - 12:30 PM
SUN Closed

*12 and younger must be with an adult.

TRACK/FITNESS FACILITIES
Fitness/Weight Room
Universal Style equipment, free weights, AirDyne bikes, and treadmills.

$2.50/visit or $25/12 visits “Activity Card”

TEAM PRACTICE
Basketball
W 5 - 7:45 PM
F 5 - 7:45 PM

Volleyball
T 5 - 7:45 PM

OPEN GYM
$2/visit or $21/12 visit “Gym Card”

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

HOURS:
Adult Drop In Hours*:
M-F 9 AM - 3 PM
SAT/SUN 1 - 4:45 PM

Youth Drop In Hours*:
M-F 5:30 - 7:45 PM
F Closed
SAT/SUN 1 - 4:45 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 machines. 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 (60yrs+)
M-F 9 AM - 1 PM $1.50

Fitness Room
Fitness Room $3/day | $30/mo.
Track and Equipment $3/day | $30/mo.
Both Fitness Areas $5/day | $50/mo.

Open Gym* (18yrs+)
M 6 - 7:45 PM $2/day

TEAM PRACTICE
Basketball
T, W 6 - 6:55 PM, 6:55 - 7:50 PM
SAT 9:20 AM - 4:40 PM

Volleyball
SUN 1 - 4:40 PM

CALVERT RECREATION CENTER
4500 Stockwell
Lincoln, NE 68506
(402) 441-8480
dpayzant@lincoln.ne.gov
Facebook: @CalvertRec
Twitter: @CalvertRec
Instagram: @Calvert.Rec
parks.lincoln.ne.gov/calvert

HOURS:
M-R 6:30AM - 7 PM
F 6:30 AM - 6 PM
SAT 1 - 5 PM
SUN Closed

TEAM PRACTICE
Basketball*
T, W 6 - 6:55 PM, 6:55 - 7:50 PM
SAT 9:20 AM - 4:40 PM

TEAM PRACTICE TIMES
Reserve a practice court online for your basketball or volleyball team.
Practice times are 55 minutes and can be scheduled up to two weeks in advance.
Basketball reservations are half court for $15 and volleyball reservations are $16.
Reservations can be made online at parks.lincoln.ne.gov. For further information, please contact the center where you wish to practice.

FACILITY RENTALS
Our centers facilities are available to rent for your reunion, birthday party, meeting, or event. Some rentals include use of game room with foosball, pool, bumper pool, table tennis, and shuffleboard! Call any center for more information or to book your event.

TEAM PRACTICE TIMES
Reserve a practice court online for your basketball or volleyball team.
Practice times are 55 minutes and can be scheduled up to two weeks in advance.
Basketball reservations are half court for $15 and volleyball reservations are $16.
Reservations can be made online at parks.lincoln.ne.gov. For further information, please contact the center where you wish to practice.

TRACK/FITNESS FACILITIES
Fitness/Weight Room (15yrs+)
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.

$2.50/visit or $25/12 visits “Activity Card”

TEAM PRACTICE
Basketball*
T, W 6 - 6:55 PM, 6:55 - 7:50 PM
SAT 9:20 AM - 4:40 PM

ROOM/BUILDING RENTALS
Call (402) 441 - 7901 for more information and to book your event.

Facility Rental Fees
$46/hour – Lobby, Classroom, Game Room, Kitchen
$46/hour – Lobby, Gym
$57/hour – Whole Building (Lobby, Classroom, Game Room, Kitchen, Gym)
F STREET COMMUNITY CENTER
1225 “F” Street
Lincoln, NE 68508
(402) 441-7951
dkasparek@lincoln.ne.gov
Facebook: @FStCommunityCenter
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 or Weight Room $3/day | $30/mo.
Track & Weight Room $5/day | $50/mo.
Individual Annual Pass $200/year
Free Track M-F 9 - 11 AM, 1 - 3 PM

Open Gym (18yrs+)
M-F 8:00 AM - 3:00 PM $2

TEAM PRACTICE
Basketball
M 7 - 7:55 PM, 8 - 8:55 PM
T 7:30 - 8:25 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
F 7 - 7:55 PM, 8 - 8:55 PM

OTHER RESOURCES
Computer Lab (18yrs+)
M-F 8 AM - 3 PM

Fit and Strong
See Pg. 18, Aging Partners

Tai Chi
See Pg. 18, Aging Partners

IRVING RECREATION CENTER
2010 Van Dorn
Lincoln, NE 68502
(402) 441-7954
rilingard@lincoln.ne.gov
Twitter: @IrvingRec
parks.lincoln.ne.gov/irving

HOURS:
M-SAT 8:30 AM - 5 PM
SAT 12 - 5 PM

TRACK/FITNESS FACILITIES
Fitness Room
Our fitness room is stocked with Airdyne Exercise Bikes: a great workout for all fitness levels and rehabilitative uses.

M-R 5 - 7 PM $1/visit
Beginning Nov. 1
M-R 5 - 8 PM $1/visit
SAT 1 - 5 PM $1/visit
SUN Closed

Open Gym for Youth Basketball
No adults allowed on the courts to coach or play. Ages 18 and under only.

Beginning Nov. 1
M-R 9 AM - 8 PM
F 9 AM - 6 PM
SAT 1 - 5 PM
SUN Closed

TEAM PRACTICE
Basketball
M, T 5 - 5:55 PM, 5:55 - 6:50 PM
Beginning Nov. 1
M, W 5 - 5:55 PM, 5:55 - 6:50 PM, 6:50 - 7:45 PM
T, R 5 - 5:55 PM
SAT 1:00 - 1:55 PM, 1:55 - 2:50 PM, 2:50 - 3:45 PM, 3:45 - 4:40 PM

Volleyball
W 5 - 5:55 PM, 5:55 - 6:50 PM
Beginning Nov. 1
W 5 - 5:55 PM, 5:55 - 6:50 PM, 6:50 - 7:45 PM

PIONEERS PARK NATURE CENTER
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.
(402) 441-7895
naturecenter@lincoln.ne.gov
Facebook: @LNKnaturecenter
Twitter: @LNKnaturecenter
Instagram: @LNKnaturecenter

HOURS:
M-SAT 8:30 AM - 5 PM
SUN 12 - 5 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 Pg. 11 for more information.

Friends of Pioneers Park Nature Center Annual Meeting
Join the Friends of Pioneers Park Nature Center for their annual gathering. Come learn more about the Friends of Pioneers Park Nature Center and enjoy refreshments and conversation. There will be presentations about Pioneers Park Nature Center and what we are anticipating in the coming years.

Friends of Pioneers Park Nature Center memberships start at $25. Benefits to becoming a Friend includes special access to Friends programming, 10% off all Nature Center gift shop items, Free or reduced admission to other centers nationwide, and the satisfaction of supporting a valuable community resources.

Jan. 26 SAT 9 AM
Prairie Building No fee
2018 Summer Review

Thanks to all the amazing staff, volunteers, and participants who helped make this summer great!
VETERANS MEMORIAL GARDEN
2018 PROGRAMS
1525 Veterans Memorial Drive, Antelope Park

Patriot Day of Remembrance
Tuesday, September 11 | 11:00 AM

Veterans Day
Sunday, November 11 | 11:00 AM

Pearl Harbor
Friday, December 7 | 11:55 AM

For more information about these events, please contact Ron Lechner at (402) 560-3342.
BEFORE SCHOOL (BSR) & AFTER SCHOOL (ASR)

Dates: August 13, 2018 - May 23, 2019
Before School: $102/month  |  After School: $109/month

When LPS is not in session, check out our School’s Out programs. We offer a variety of programs for children throughout the year. Most programs include activities such as academic support, sports skills, games, arts, crafts, nature activities, cultural celebrations, stories, music, songs, social skill development and computer skills. All our programs are adult supervised. Need based scholarships are available. Most locations are Title XX eligible. Contact the program location for more information or to inquire about registration. Register online at parks.lincoln.ne.gov. *Does not accept Title XX.

Register online at parks.lincoln.ne.gov.

### Kids Days Off
Full days of fun recreation activities including active games and sports, crafts, and occasional field trips. Ongoing most days when LPS is not in session. For more information, visit parks.lincoln.ne.gov (keyword: Schools Out).

Registration deposit required.

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Call for info:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnold</td>
<td>5000 Mike Scholl Dr.</td>
<td>ASR &amp; BSR (402) 441-7876</td>
</tr>
<tr>
<td>Belmont</td>
<td>1234 Judson St.</td>
<td>ASR &amp; BSR (402) 441-6789</td>
</tr>
<tr>
<td>Calvert</td>
<td>4500 Stockwell</td>
<td>ASR &amp; BSR (402) 441-8480</td>
</tr>
<tr>
<td>Everett</td>
<td>1123 &quot;C&quot; St.</td>
<td>ASR only (402) 441-7952</td>
</tr>
<tr>
<td>McPhee</td>
<td>820 Goodhue Blvd.</td>
<td>ASR &amp; BSR (402) 441-7952</td>
</tr>
</tbody>
</table>

### Kids Week Off
Youth will experience an array of organized games, crafts and occasional field trips. Sack lunch and tennis shoes required. An afternoon snack will be provided.

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Call for info:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Park</td>
<td>3720 NW 46th St.</td>
<td>Days &amp; Week (402) 441-7876</td>
</tr>
<tr>
<td>Belmont</td>
<td>1234 Judson St.</td>
<td>Days &amp; Week (402) 441-6789</td>
</tr>
<tr>
<td>Calvert</td>
<td>4500 Stockwell</td>
<td>Days &amp; Week (402) 441-8480</td>
</tr>
<tr>
<td>Everett</td>
<td>1123 &quot;C&quot; St.</td>
<td>Week only (402) 441-7952</td>
</tr>
<tr>
<td>&quot;F&quot; Street</td>
<td>1225 &quot;F&quot; St.</td>
<td>Days only (402) 441-7951</td>
</tr>
</tbody>
</table>

SCHOOL’S OUT

Youth Drop-in
Grade School - High School students*

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Call for info:</th>
</tr>
</thead>
<tbody>
<tr>
<td>APW</td>
<td>M-F 3 - 8 PM SAT 9 AM - 12:30 PM</td>
<td>FREE</td>
</tr>
<tr>
<td>IRV</td>
<td>M-F Dismissal - 5 PM $2.50/day $40 for 20 visits $300 for a year pass</td>
<td></td>
</tr>
</tbody>
</table>

*12 and younger must be with an adult.

Irving Middle School Drop-in*
During after school hours at Irving Recreation Center, middle school students have the opportunity to participate in a variety of age-appropriate, fun, and enriching activities. We encourage all students to be engaged and take advantage of the activity choices available. The Center is open exclusively to Irving students upon school dismissal until 5:00 p.m. Students are welcome to stay after 5:00 when the rec. center opens to the public. All Students must submit an After School Member Form to participate.

Need-based scholarships are also available to qualifying members. *Irving Students only

Aug. 14-May 23
IRV

Little Sprouts Preschool
At Calvert Recreation Center, our preschool program consists of fun, early childhood activities to help support the learning and development of children ages 3-5.

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Call for info:</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRV</td>
<td>M, W, F 9 - 11:30 AM $97/month</td>
<td></td>
</tr>
<tr>
<td>BEL</td>
<td>M, W 9 - 11:30 AM $69/month</td>
<td></td>
</tr>
</tbody>
</table>

Nature Center Preschool Program
The Pioneers Park Nature Center is a perfect place for young children to learn colors, counting, shapes, sizes, and spatial awareness through nature exploration. Your child's individual strengths and talents will be nurtured through a wide variety of daily activities. See Pg. 16 for Open House information. Registration begins Feb. 1, 2019. For more info, call the Preschool Director at (402) 441-8669.

Preschool

Dual Language Preschool
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 3-5 years old on Sept. 5th, 2018. Dual Language Preschool follows LPS elementary schools for holidays, vacations, and snow days. Call (402) 441-7954 to request a 2018-2019 information packet.

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Call for info:</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRV</td>
<td>M, W, F 9 - 11:30 AM $166/month</td>
<td></td>
</tr>
<tr>
<td>BEL</td>
<td>M, W, F 9 - 11:30 AM $97/month</td>
<td></td>
</tr>
<tr>
<td>CALV</td>
<td>M, W, F 9 - 11:30 AM $69/month</td>
<td></td>
</tr>
</tbody>
</table>

*Irving Students only

Need-based scholarships are also available to qualifying members. *Irving Students only

Irving Middle School Drop-in*}

### 2018 Dates
- F-Oct. 12
- M-Oct. 15
- T-Oct. 16
- W-Nov. 21
- M-Nov. 26
- F-Dec. 21
- M-Dec. 24*
- W-Dec. 26**
- Th-Dec. 27
- F-Dec. 28
- M-Dec. 31***

### 2019 Dates
- W-Jan. 2
- R-Jan. 3
- F-Jan. 4
- M-Jan. 21****
- M-Feb. 18
- F-Apr. 19
- M-Apr. 22
- *CALV only
- **BEL only
- ***CALV & BEL

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).
ATHLETICS
Note: Information for open gym, court and field reservations are listed on page 2 & 3. See page 11 for TEAM SPORTS including Basketball, Volleyball, and Kickball.

Rock Steady Boxing
See spotlight on Pg. 18.

ARCHERY

Beginning Archery at Irving
Our experienced National Archery in the Schools Program trained staff will introduce participants to range safety and etiquette and proven skills for archery success. Class 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.

Sept. 23-Oct. 14  SUN  1:15 - 2:15 PM
IRV  Ages 8+  $20

Oct. 21-Nov. 11  SUN  1:15 - 2:15 PM
IRV  Ages 8+  $20

Intermediate Archery at Irving
Our experienced National Archery in the Schools Program trained staff will introduce participants to range safety and etiquette and proven skills for archery success. Class includes the basics of archery; 30 minutes of instruction and 30 minutes of open range time. Participant must have completed beginning archery in order to participate in this class. Register at least seven days prior to the start of the session.

Sept. 23-Oct. 14  SUN  12 - 1 PM
IRV  Ages 8+  $20

Oct. 21-Nov. 11  SUN  12 - 1 PM
IRV  Ages 8+  $20

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

Tiny Ninjas: Ages 4-7
Ongoing  SAT  9:30 - 10:15 AM
APW  $20/mo (1x weekly)

Ongoing  T  5 - 5:45 PM
SAT  9:30 - 10:15 AM
APW  $30/mo (2x weekly)

Junior Youth: Ages 8-15
Ongoing  T  6 - 7 PM
R  6 - 7 PM

*Kobudo/Kumite  11:45 AM - 12:45 PM
APW  $50/mo (2-3x/week)

Goju Ryu Karate: Ages 16+
Ongoing  SAT  1 - 2 PM
APW  $30/mo (1x/week)

Ongoing  R  7 - 8 PM
APW  $30/mo (1x/week)

Indoor Pickleball: Open Drop-in
We’re bringing the game indoors for the season! Use our equipment or bring your own.

Ongoing  T  6 - 8 PM
APW  $2

Begins: Sept 5  M-F  8 - 10 AM
10 AM - 12 PM
CALV  $2

TABLE TENNIS

Table Tennis Challenge: All Ages
Players of all ability levels are encouraged to join. Everyone may compete in singles and doubles competitions. The number of divisions will depend on the number of participants. Elementary age children must be accompanied by an adult. Handicaps are used to even out play.

Ongoing  SUN  5 - 10 PM
BEL  $30/13 weeks

2019 Lincoln Open Table Tennis Tournament: All Ages
Sponsored by Lincoln Parks & Recreation and the Lincoln Table Tennis Association. Open at 8:00 AM, registration by 8:30 AM, play begins at 9:00 AM. Entry deadline is January 13 for mail entries. Please include payment. Tournament is open to everyone; no organization affiliation is required. For more information, call the center or email jgerlach@lincoln.ne.gov.

Jan. 20  SAT  8 AM
BEL  All Ages  $5-10

PICKLEBALL

Indoor Pickleball: Open Drop-in
We’re bringing the game indoors for the season! Use our equipment or bring your own.

Ongoing  M  9:30 – 11:30 AM
APW (14 lap/mi)  Free

Ongoing  M-F  11:30 AM - 5:30 PM
APW (14 lap/mi)  $2

Ongoing  M-F  12:30 - 2:30 PM
CALV (20 lap/mi)  Free

Ongoing  M-F  9 - 11 AM, 1 - 3 PM
FST (15 lap/mi)  Free*

*See page 2 for Belmont track hours and fees.

500 Mile Club
Complete 500 miles walking, jogging, bicycling, stair stepping, rowing or in any combination during a 12 month period at the Belmont Recreation Center and receive a free fitness club T-shirt. Keep a record of distances completed on a distance card. Walking or jogging 1 mile = 1 mile, bicycling 4 miles =1 mile towards your goal. A complete set of guidelines and distance cards 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  M-F  *Track Hours
BEL  *Track Fees apply

WALKING & RUNNING

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

Ongoing  M  9:30 – 11:30 AM
APW (14 lap/mi)  Free

Ongoing  M-F  11:30 AM - 5:30 PM
APW (14 lap/mi)  $2

Ongoing  M-F  12:30 - 2:30 PM
CALV (20 lap/mi)  Free

Ongoing  M-F  9 - 11 AM, 1 - 3 PM
FST (15 lap/mi)  Free*

*See page 2 for Belmont track hours and fees.

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 indicated: M (Monday), T (Tuesday), W (Wednesday), R (Thursday), F (Friday), SAT (Saturday) and SUN (Sunday).
The policy prohibits use of any form of tobacco products, i.e., cigarettes/cigars/pipes, electronic cigarettes and other related devices, and chew or dip in any park areas or facilities designated as tobacco-free. This is a Parks and Recreation Department policy which will be self-enforced by park users.

Tobacco-free park areas will be clearly identified by “Play Tobacco-free” signs. Tobacco-free facilities are as follows:

1. Playgrounds located in areas defined as parkland
2. Skateparks located in areas defined as parkland
3. Picnic shelters located in areas defined as parkland
4. Outdoor swimming pools and aquatics facilities including bathhouses and parking areas
5. Jim Ager Golf Course
6. Ballfields and multi-use sports fields including concession buildings and surrounding areas
7. The fenced area of Pinewood Bowl, with the exception of a designated smoking area away from the amphitheater seating area for use during concerts and performances where the primary anticipated audience is adults.
8. Outdoor performance venues during community performances and events including the Shildneck Bandshell and surrounding area in Antelope Park and the Dickinson Dinsmore Graf Amphitheater in Union Plaza.
9. Pioneers Park Nature Center, including buildings and grounds.
10. Recreation Centers, including buildings and associated grounds.

Facilities not affected by the Tobacco-Free Policy:
Trails, dog runs, 18 hole golf courses and any green space located in areas defined as parkland when not used for organized contracted events.

While this policy was established to enhance the public’s health, it also decreases litter in the parks and reduces risk of fire caused by discarded cigarette butts.

For more information, visit lincoln.ne.gov (keyword: Play Tobacco Free)
FOOD

Food Net
Free food distribution for those in need. Bring your own sacks. No proof of income needed. Call 402-441-8480 for more information.

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PUBLIC SKATING SESSIONS*

Sundays          3:00 – 5:30 PM
Monday           3:45 – 4:45 PM
Tuesday          3:45 – 4:45 PM
Wednesday        3:45 – 4:45 PM
Friday           3:45 – 4:45 PM
**Friday         7:30 – 9:30 PM
Saturday         11:30 AM – 2 PM
**Saturday       7:30 – 9:30 PM
Fees:            $6/adult, $5/child
$3/ skate rental

* Times are subject to change. Check website or call us to verify Public Skating Sessions.
** Cosmic skate – Turn on special lighting to transform the rink into a disco-like atmosphere!

LEARN TO SKATE

Our Learn to Skate Classes start at age 3 and continue through adult levels. Students must pass one level before they can move on to the next. Skaters will start in a beginner class (Snowplow Sam 1 for ages 3-5, Basic 1 for ages 6-14, and Adult 1 for ages 15 and up). All classes include 45 minutes on the ice and an extra public skating pass to practice their skills.

Classes held (choice of 1x/week):

<table>
<thead>
<tr>
<th>Sundays, Thursdays, Saturdays</th>
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<tr>
<td>Sept. 6-Oct. 28 8 weeks $88</td>
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<td>Nov. 1-Dec. 16 6 weeks $66</td>
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<td>Feb. 28-Apr. 28 7 weeks $77</td>
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</table>

* No classes Mar. 14, Apr. 18

* All dates are subject to change.

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. Sessions are 1 hour and 15 minutes.

Classes held: Thursdays Only

<table>
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<tr>
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<tr>
<td>Sept. 6-Oct. 25 8 weeks $128</td>
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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. Time includes 30 minutes for set-up prior to party time. Call (402) 441-7895 for more information.

Hours: SAT 10 - 12 PM, 1:30 - 3:30 PM
SUN 1:30 - 3:30 PM

Auditorium rates: $115 for up to 10 children and 5 adults; $8.50 each add’l child.

LEARNING TO PROGRAM

Junior Robotics
Junior FIRST LEGO League is a hands on program designed to capture young children’s curiosity and direct it toward discovering the possibilities of improving the world around them. Children will research a topic, create a poster, build a LEGO model with at least one motorized part that addresses the topic researched, and present what they have learned to a reviewer in a non-competitive, fun, high energy environment.

Jan.-Mar. SAT 1 - 2:30 PM
IRV Ages 6-9 $60

433 "V" Street - Lincoln, NE
(402) 472-2758

The John Breslow Ice Hockey Center is a premier Ice Skating Experience for the public. The John Breslow Ice Hockey Center offers Public Skating, Stick & Puck, Drop-in Hockey Sessions, Birthday Parties, Learn to Skate, and Private Ice Rentals

Check us out online!
For more information, visit BreslowHockeyCenter.com
Facebook: @JohnBreslowIceHockeyCenter
Twitter: @BreslowHockey
Instagram: @BreslowHockeyCenter

Food Net
Free food distribution for those in need. Bring your own sacks. No proof of income needed. Call 402-441-8480 for more information.

Technology

Gear-Tech/LEGO® Robotics
Grades: 4 - 8 Learn the basics of building and programming LEGO® robots. This program is ongoing.

Ongoing SAT 10 AM - 12 PM
FST FREE

Public Skating Sessions*

Sundays 3:00 – 5:30 PM
Monday 3:45 – 4:45 PM
Tuesday 3:45 – 4:45 PM
Wednesday 3:45 – 4:45 PM
Friday 3:45 – 4:45 PM
**Friday 7:30 – 9:30 PM
Saturday 11:30 AM – 2 PM
**Saturday 7:30 – 9:30 PM
Fees: $6/adult, $5/child
$3/ skate rental

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ADAPTIVE PROGRAMS
(For youth and adults with special needs)

ADULT 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. Participants 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 much, much more! Call 402-441-7901 for more information.

| Day Structure 1 | M-F | 7:30 AM - 2:30 PM |
| Day Structure 2 | M-F | 7:30 AM - 2:30 PM |

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

ADAPTIVE RECREATION CLUB PROGRAMS

Play Club
Ages: 2 - 7
Structured activities for youth ages 2-7 with special needs. Youth of all abilities are encouraged to attend. Activities include Music and Movement and curriculum from the Special Olympics Young Athletes Program. For more information email sconnett@lincoln.ne.gov or call (402) 441-7948 to register.

Begins Sept. 11 T 6:15 - 6:45 PM
CALV 12 weeks FREE

The following clubs offer varied recreational and social activities. Additional fees are collected for some activities, plus $1/month dues.

*Transportation is available within Lincoln for an additional fee of $54/session.

Hi-Time Club
Ages: Jr. High - High School
Call (402) 441-7948 to register.

Begins Sept. 10 M 7 - 8:30 PM
EDAY 12 weeks $27*

Friendship Club
Ages: 21 - 35
Call (402) 441-7948 to register.

Begins Sept. 13 R 7 - 8:30 PM
AULD 12 weeks $27*

Social Club
Ages: 35+
Call (402) 441-7877 to register.

Begins Sept. 12 W 7 - 8:30 PM
AULD 12 weeks $27*

*Includes the cost of project supplies.

Co-ed Bowling League
Hollywood Bowl (920 N. 48th). Teams bowl three games each week following regulation league rules and handicaps. Trophies will be awarded. Pre-registration required through Easterday Recreation Center. Call 402-441-7877 for information. Session lasts 11 weeks.

*No bowling Nov. 24.

Begins Sept. 22 SAT 1 - 3:30 PM
Ages: 17+ $11 registration+ $10/wk for 3 games

Cooking Class
Ages: 17+
Plan, prepare, and cook quick and healthy meals. Participants will eat the food they prepare. Pre-registration required. Call 402-441-7877 to register.

*Includes the cost of meals.

Begins Nov. 3 SAT 10:45 AM - 12 PM
EDAY 3 weeks $42*/session

Holiday Ornaments
Participants will create 2 holiday ornaments. Open to youth & adults of all abilities. Pre-registration required. Call 402-441-7877 to register.

*Includes the cost of project supplies.

Begins Dec. 15 SAT 12:30 - 1:45 PM
EDAY Ages: 8+ $10/session
SPECIAL OLYMPICS

FALL 2018 PRACTICE SCHEDULE

Basketball: Ages 8+
Youth and adults will practice on separate courts
Irving Recreation Center (2010 Van Dorn)
Sundays:
3 - 4 PM: Individual and Level A Skills
3 - 4 PM: Half Court Practice
4 - 5 PM: Full Court Practice
4 - 5 PM: Full Court/Unified Team Practice
*No practice 11/25
Tourney Dates: TBD

Regular Bowling: Ages 8+
All bowlers must bowl a minimum of 15 games no later than December 8th. Competition will be January 2019 (dates TBD). Please choose between one of the following practice options:
Sun Valley Lanes (321 Victory Lane)
Fridays:
3:45 - 5:15 PM
Fee: $3.75/game
Dates: Sept. 21-Dec. 7; No practice 11/23
Parkway Lanes (2555 S 48th St)
Saturdays: 11:30 AM - 1:30 PM, 1:30 - 3:30 PM
Fee: $10/wk for 3 games; $7/wk for 2 games
Dates: Sept. 15-Dec. 8; No practice 11/24
See Adaptive Recreation Coed Bowling League for a third practice option.

Flag Football: Ages 8+
Practices for Team Competition
Easterday Park (6130 Adams St)
Saturdays: 9:30 - 10:45 AM
Remaining Dates: 9/8, 9/22, 9/29, 10/6, 10/13, 10/20
Practices for Individual Skills Competition
Easterday Park (6130 Adams St)
Saturdays: 9 - 10 AM
Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20
Tourney: 10/27 at York High School

Golf:
We will not be starting Individual Golf Skills practice until April 2019. Alternate shot partners and Unified 18-hole golfers can practice independently if they wish prior to that time. Please keep your golf scorecards and turn them into Perry. You will need 6 scorecards by June 28th, 2019.

Swimming:
Youth Swimming (Ages 8-21):
Saturdays: TBD
Location: TBD
Dates: TBD
Adult Swimming (Ages 22+):
Saturdays: TBD
Location: TBD
Dates: TBD

Track & Field: Ages 8+
Sundays: 1:15 - 2:45 PM
Lincoln Southeast High School, 2930 S 37th St.
Fall Practices: 10/7, 10/14, 10/21, 10/28
Spring practices begin 3/3/18. Location: TBD

WHAT IS UNIFIED SPORTS?

Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

In Unified Sports, teams are made up of people of similar age and ability, which makes practices more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away.

Our opponent is intolerance. Only shoulder-to-shoulder, as teammates together, can we defeat it. Join and take your place alongside the rest of our global game-changers today.

The Lincoln Shooting Stars team offers opportunities for Unified sports in basketball, bocce, bowling, flag football, golf, soccer, swimming, track, and volleyball. If you are interested in participating as a Unified Partner in any of these sports, we would love to hear from you!

Call Kerry at (402) 441-7877 or email kzingg@lincoln.ne.gov to learn more about Special Olympics including Unified Sports and other adaptive programs at the Easterday Recreation Center.

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).
Lincoln City Golf has five beautiful golf courses and no matter your skill level, you are sure to have lots of fun enjoying the outdoors and spending time with friends and family. The Jim Ager Golf Course is a par 3 short course great for juniors or adults just learning the game and is located near downtown Lincoln. Availability of the courses for daily play may vary, therefore it is always good to call ahead for tee times or visit www.lincolncitygolf.org to reserve a tee time online.

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

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

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

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

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

LincolnCityGolf.org
5 Great Courses, 1 Great Site

Lincoln City Golf has five beautiful golf courses and no matter your skill level, you are sure to have lots of fun enjoying the outdoors and spending time with friends and family. The Jim Ager Golf Course is a par 3 short course great for juniors or adults just learning the game and is located near downtown Lincoln. Availability of the courses for daily play may vary, therefore it is always good to call ahead for tee times or visit www.lincolncitygolf.org to reserve a tee time online.

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No matter your age or skill level, Lincoln City Golf has the instructional program to help you play better golf and have more fun on course! Most know that private lessons are offered at every course for juniors and adults but did you know you can also take group instruction classes offering you an amazing value.

Golf 101 is a group golf class for beginners to learn more about all aspects of the game of golf. It includes group instruction as well as individual attention each class to help put you in a position for better golf. For the golfer with some experience, Lincoln City Golf offers Golf 201 which also addresses all areas of the game but provides each golfer with more in-depth information to hit it straighter, further, and score better.

After a hiatus of more than 50 years, I decided to take up golf again. We learned all the basics from putting and chipping right through irons and drivers. The instructor’s approach is great for a group and we all got individualized instruction as well. I would recommend it for anyone who is getting into golf for the first time, or who wants to take it up again – Sue Q., Golf 101 Student

For more information on adult instructional programs and where you can learn to hit more good shots and have more fun, visit LincolnCityGolf.org.

Senior Golf Special
$25 FOR 18 HOLES WITH 1/2 CART
USE THIS COUPON FROM OCT. 15 - NOV. 15, 2018
Mondays through Thursdays
Not valid for tournaments or golf leagues, cannot be applied to other discount prices or discount cards, coupon must be handed over to receive special price. Void if duplicated or altered.
THE PERFECT GIFT FOR ANY GOLFER!

Gift Cards can be bought in any dollar amount and can be used at all 5 of the City of Lincoln courses. Stop by a course today to pick one up! Cards are also available at the Parks & Recreation administration building, 3131 "O" Street, Suite 300.

$25 FOR 18 HOLES WITH 1/2 CART
SEPT. 12-14 TEE OFF BEFORE 2 PM
SIDEWALK SALE ON MERCHANDISE

Looking for a special place for a wedding, anniversary, company Christmas party, or birthday party?

Whatever the occasion, it’s your time to shine and Holmes Golf Course has a great banquet room for rental at very competitive pricing. The banquet room with a full bar accommodates 140 people along with outdoor lawn area that overlooks the golf course with the state capital in the distance.

Contact Scott Carlson at (402) 441-8960 for more information and to schedule your event today.
GET OUTSIDE: Nature Programs

Hyde Memorial Observatory
Enjoy free programs about astronomy and space exploration, learn from knowledgeable volunteers, and take a peek into the universe through telescopes. Visit hydeobservatory.info for more information.

Jan.-Mar. (until DST)  7 - 10 PM
Mar. (DST)-Aug.  Sundown - 11 PM
Sept.  8 - 11 PM
Oct.-Dec.  7 - 10 PM

Girl Scouts: Wildflower Wonders
Earn your Flower Naturalist badge during our wildflower program for girl scouts. Explore some of Nebraska’s native wildflowers, discover the importance of native plants, have fun with flowers, and create a wildflower seed bouquet to share, so others can start their own patch of prairie. This program is designed for Junior Girl Scouts. Register with the Girls Scouts at http://www.girlsoutsownebraska.org/.

Sept. 8  SAT 10 AM - 12 PM  Prairie Building  $13/scout

Composting Workshop
Learn how to successfully compost by attending a free workshop sponsored by Nebraska Extension in Lancaster County and the City of Lincoln Recycling Office. Demonstrations are presented by Extension Master Gardeners and include three types of composting bins and how to use them. This workshop takes place at the composting demonstration area across the road from the Prairie Building.

Sept. 15  SAT 10 AM  Prairie Building  $13/scout
Oct. 13  SAT 10 AM  PPNC  Free

Wild Wagon Ride Weekend
This unique opportunity will take guests to private areas where you can enjoy the prairie and a behind the scenes view of the Nature Center. Rides begin at 11:30 AM, departing every half hour. The last one returns at 4:30 PM. To guarantee space and choose departure time, tickets should be purchased in advance. Arrive at least 15 minutes early to get to the loading zone before departure. Remaining tickets are first come, first serve. Food vendors will be on-site during the wagon rides.

Sept. 22  SAT 11 AM - 4 PM  Prairie building  $4/person

Fall Fun Day
This fall camp for students in K - 5th grade will include a hayrack ride, outdoor exploring, a camp fire, hiking, marshmallow roasting, and much more. Come prepared to be outdoors and bring your lunch. LPS elementary schools are not in attendance on this day. Call the Nature Center at (402) 441-7895 or visit parks.lincoln.ne.gov for more information. Register by October 3.

Oct. 12  F 8:30 AM - 5 PM*  Prairie Building  $40

Fall Harvest: Seed Collection
Volunteer to help Pioneers Park Nature Center collect seed for prairie restoration. Each year, seeds are collected from the grasses and forbs in the prairie. These seeds are distributed in areas with less diversity to enhance the prairie ecosystem. No prior experience necessary. Dress for the weather and wear suitable shoes for walking off trail in the prairie, and bring your own work gloves if you have them. Register to volunteer by Wednesday, October 10.

Oct. 13  SAT 9 - 11 AM  PPNC  Free

Night Hike
Experience a fall evening at the Nature Center after dark. We'll begin the hike after sunset to enjoy the sights and sounds of the nocturnal world around us. If it is a clear evening we’ll hike to a spot to enjoy the moonrise. Register by Oct. 24.

Oct. 26  F 7:30 - 9 PM  Prairie Building  $8.50/person

Winter Solstice Hike
Enjoy the crisps early winter weather and wildlife at the Nature Center during a guided hike. Open to all ages. Children must be accompanied by an adult. Register by December 19.

Dec. 15  SAT 8:30 AM  Chet Ager Building  FREE

Nature Scavenger Hunt: Winter Wonderland
Do you have cabin fever? Get out for some fresh air during our winter outdoor scavenger hunt. Enjoy a hot cocoa afterwards to warm up and talk about what you found while out on the trails. Register by January 16.

Jan. 19  SAT 1 - 3 PM  Prairie Building  $4/person

Great Backyard Bird Count
Join us for one of the nation’s longest-running community science bird programs, the annual Christmas Bird Count. All information will be recorded as part of the Lincoln Area 2018 Christmas Bird Count. Register by December 12.

Dec. 15  SAT 8:30 AM  Chet Ager Building  FREE

Christmas Bird Count
Join us for one of the nation’s longest-running community science bird programs, the annual Christmas Bird Count. All information will be recorded as part of the Lincoln Area 2018 Christmas Bird Count. Register by December 12.

Dec. 15  SAT 8:30 AM  Chet Ager Building  FREE

Nature Education

Preschool Parent Meeting
Join us to learn more about the Nature Center Preschool program. Does your child love being outdoors, is fascinated with sticks, and has tons of curiosity?

Check out our preschool for ages 3-4 and pre-kindergarten program for ages 4-5.

Preschool Registration Opens
Friday, Feb. 1

Nature Camps
The Nature Center offers day camps for ages 3-17. Save your spot by registering early. Camp registration and waiver forms must be received to complete registration.

Nature Explorer Camp (Elementary Age)
Mar. 11-15  M-F  8:30 AM - 5 PM
Leadership Camp (14-17 yrs)
June 3-7  M-F  8:30 AM - 5 PM
Camp Discovery (3-6 yrs)
June 3-July 18  M-F  9 - 11 AM
Wilderness Nature Camp (6-13 yrs)
June 10-Aug. 2  M-F  8:30 AM - 5 PM

Summer Camp Registration Opens
enerally available in the spring. Call the Nature Center at (402) 441-7895 or visit parks.lincoln.ne.gov for more information.

Summer Camp Registration Opens
Monday, Jan. 28

Hangin’ With Our Naturalist
Join us for a guided hike with the Nature Center’s Naturalist. We’ll go for a guided hike on the Nature Center trails to observe the flora and fauna of the area. Hikes will cover different areas of the Nature Center. Register by the Wednesday before each hike.

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).

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TRIPS

Sandhill Crane Day Trip
One of the world’s greatest migrations converges right here in Nebraska. Witness these spectacular birds as they forage and dance in the fields and fly above us on our way to the Ian Nicolson Audubon Center at Rowe Sanctuary in Gibbon, Nebraska, where we will hear a short presentation on cranes and make our way to a private viewing blind along the Platte River. As we watch the sunset, we’ll listen to thousands of cranes and observe them as they gather on the river for the night.

Included in this remarkable experience is transportation, dinner, and cost of the blind. Participants must have the ability to walk uneven trails in low light. Space is limited.

Registration opens January 1. $35 blind registration fee is nonrefundable. Register by February 8.

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<td>F</td>
<td>12 - 10:30 PM</td>
<td>Meet at Auld</td>
<td>$100/person</td>
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Greater Prairie Chicken Multi-Day Tour
Experience the booming and dancing of the greater prairie chicken and sharp-tailed grouse during lek tours on the Switzer Ranch through Calamus Outfitters.

This multi-day excursion includes transportation, two nights of lodging, meals – dinner Friday through breakfast Sunday, early morning guided lek tours on Saturday and Sunday mornings, eco tour of the Switzer Ranch, and birding and wildlife viewing at the Calamus Reservoir.

$250 deposit is due by January 11, 2019 and includes non-refundable $50 fee. The remaining balance is due by March 1, 2019. The deposit minus the registration fee is refundable until January 11, 2019. The paid balance minus the deposit is refundable until March 1, 2019. Single room options may be available at an additional $100.

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<td>Meet at Auld</td>
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Private Hayrack Rides
Fridays, Saturdays, and Sundays | Sept. 22-Nov. 2
Plan a unique event for your friends, family, co-workers, or group.

Pioneers Park Nature Center offers group wagon rides (a modified hayrack with bench seating) Friday-Sunday evenings in the fall. All private rides include a campfire and hot cocoa (or lemonade). Call the Nature Center at (402) 441-7895 for more info or to reserve a spot. Group rates start at $215. Pricing depends on number of participants.

TRIPS

FALL FEST
Friday, September 28 | 5 - 8 PM
Celebrate the Prairie Corridor with us at the Spring Creek Prairie Audubon Center’s ‘Fall Fest’, in Denton! Enjoy kid and family-friendly activities around the trails, wagon rides, and more -- all while listening to amazing music from local bands and musicians. Bring your own picnic or grab some food from the vendors, but mark your calendar to be here and enjoy a beautiful fall evening.

Suggested Donation: $5/person
12 and under: FREE
Spring Creek Prairie Audubon Center
11700 SW 100th St. Denton, NE
springcreek.audubon.org

Private Hayrack Rides
Fridays, Saturdays, and Sundays | Sept. 22-Nov. 2
Plan a unique event for your friends, family, co-workers, or group.

Pioneers Park Nature Center offers group wagon rides (a modified hayrack with bench seating) Friday-Sunday evenings in the fall. All private rides include a campfire and hot cocoa (or lemonade). Call the Nature Center at (402) 441-7895 for more info or to reserve a spot. Group rates start at $215. Pricing depends on number of participants.

TRIPS

Sandhill Crane Day Trip
One of the world’s greatest migrations converges right here in Nebraska. Witness these spectacular birds as they forage and dance in the fields and fly above us on our way to the Ian Nicolson Audubon Center at Rowe Sanctuary in Gibbon, Nebraska, where we will hear a short presentation on cranes and make our way to a private viewing blind along the Platte River. As we watch the sunset, we’ll listen to thousands of cranes and observe them as they gather on the river for the night.

Included in this remarkable experience is transportation, dinner, and cost of the blind. Participants must have the ability to walk uneven trails in low light. Space is limited.

Registration opens January 1. $35 blind registration fee is nonrefundable. Register by February 8.

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Greater Prairie Chicken Multi-Day Tour
Experience the booming and dancing of the greater prairie chicken and sharp-tailed grouse during lek tours on the Switzer Ranch through Calamus Outfitters.

This multi-day excursion includes transportation, two nights of lodging, meals – dinner Friday through breakfast Sunday, early morning guided lek tours on Saturday and Sunday mornings, eco tour of the Switzer Ranch, and birding and wildlife viewing at the Calamus Reservoir.

$250 deposit is due by January 11, 2019 and includes non-refundable $50 fee. The remaining balance is due by March 1, 2019. The deposit minus the registration fee is refundable until January 11, 2019. The paid balance minus the deposit is refundable until March 1, 2019. Single room options may be available at an additional $100.

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Aging Partners Health and Fitness Center
NEW LOCATION: 555 S. 9th St.
Monday through Friday | 8 AM - 4 PM

All ages are welcome at Aging Partner’s center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 AM to 2 PM or by appointment. $10 monthly suggested contribution for ages 60 and over. $15 fee for ages 60 and under.

Classes focus on injury and disease prevention. There is a $4/class suggested contribution for those 60 and over or a $5/class fee for those under 60. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575.

Winter schedule will be available after November 15, 2018.

Call (402) 441-7575 for more info.

TAI CHI

Chair Tai Chi
Health and Fitness Center
555 S. 9th St.
Ongoing T 9:45 - 10:30 AM

Beginners 8 Form Tai Chi
Auld Pavilion
1650 Memorial Drive
Sept. 18-Nov. 27 T 10:45 - 11:45 AM

MOVEMENT

Fit and Strong Classes
F Street Recreation Center
1225 “F” St.
Aug. 21-Nov. 8 T, R 1 - 2:30 PM

Chair Yoga
Eastrige Presbyterian Church
1135 Eastrige Dr.
Sept. 27-Oct. 15 W 1:30 - 2:30 PM

Dynamic Movement Classes
Cotner Center Condominium
1540 Cotner Blvd., No class Nov. 22
Sept. 10-Nov. 19 M 10 AM - 11:30 AM

ROCK STEADY BOXING

Rock Steady Boxing classes have been proven to lessen Parkinson’s disease symptoms among all types of participants, leading to a healthier and happier life!

Call (402) 441-7876 for more info.

Levels 1-2: M, W 9 - 10:30 AM
Levels 3-4: T, R 9 - 10:30 AM
ALL Levels: SAT 9 - 10:30 AM
APW $80*

Qigong Refresh and Recharge
Auld Pavilion
1650 Memorial Drive, No class Nov. 22
Sept. 13-Nov. 29 R 9:30 - 10:30 AM

Chair Dance
Auld Pavilion
1650 Memorial Drive, No class Nov. 22
Sept. 13-Nov. 29 R 11 AM - 12 PM

Feeling Fit Fridays
21st and “Q” St.
Movement and Music
Sept. 7
Qigong
Sept. 14
Tai Chi (Better Balance)
Sept. 21
Chair Dance
Sept. 28

Celebration of Self for Caregivers
Join us for a half day of relaxation and renewal. Spaces are limited. Please call 402-441-7575 to register for this free event.
Old Cheney Rehabilitation Center
5431 South 16th St.
Friday, September 7
9 - 9:30 AM: Welcome and Continental Breakfast
9:30 – 10:30 AM: Laughing Matters with Tracie Foreman. It really does. Laughter can improve circulation and productivity, reduce stress and even help us lose weight. A sense of humor is truly one of our greatest assets.
10:30 – 11 AM: Relaxation, Guided Imagery & Breathing with Terri Swanson. Terri will teach simple techniques you can continue on your own at home.
11 AM – 12 PM: The Heart of Forgiveness with Tracie Foreman. To forgive is divine but not always easy to do. Learn to apply the power of forgiveness in your life.
12 – 12:45 PM: Light lunch and tours of Old Cheney Rehabilitation Center
VOLUNTEER OPPORTUNITIES

ADOPT-A-TRAIL

ADOPT-A-PARK

ADOPT-A-LINCOLN LANDSCAPE

COMMUNITY TREE PLANTING

SWIM & DIVE TEAMS
- Assist the swim or dive team coach with practice, run drills, develop skills, 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 Preschool Play Club 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 VOLUNTEERS

Put the Beds to Bed - Sunken Gardens
- Saturday, November 3, 2018 at 8:30 AM until finished. Volunteers will help prepare the beds.
- Call (402) 441-7847, OPT. 0 or email parksvolunteers@lincoln.ne.gov for more information.

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.

GARDEN DOCENTS & GARDEN GAB

Call (402) 326 9045 or email zhalley@lincoln.ne.gov for more information.

Garden Gab
Perform annual and perennial garden maintenance at Sunken, Rotary, and Hamann Rose Gardens. Learn different aspects of horticulture from the Garden staff and then apply these skills in the Gardens. A new weekly gardening topic will be discussed at the beginning of each Tuesday session.

May-Oct. T & R 9 AM - 12 PM

Garden Docents
Volunteers will meet and greet Garden visitors providing information about the Garden history and learn about the plants in the Gardens plus provide guidance to Garden Patrons. Docent Training will be available.

June-Oct. Daily Flexible hours

VIP SATURDAYS (Volunteers in the Parks)
Gather your friends, families, churches, or coworkers for these pre-planned volunteer events.
Email parksvolunteers@lincoln.ne.gov with questions or to sign up.

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<td>Feb. 16</td>
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<tr>
<td>June 15</td>
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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 the monthly VIP (Volunteers In Parks) activities.

Find out more about volunteering by emailing parksvolunteers@lincoln.ne.gov or visiting parks.lincoln.ne.gov/volunteer.
LINCOLN’S COMMUNITY FORESTRY

FUNDAMENTAL TO VIBRANT NEIGHBORHOODS

One of the hallmarks of Lincoln's quality of life is its community forest, which is a prominent feature of its landscape. A canopy of thousands of trees is showcased in many shades of green in the summer and vivid reds, oranges and yellows of autumn.

It is also an important resource for the health and well-being of our environment and society. Trees lower heating and air conditioning costs, prevent erosion, provide wildlife habitats, reduce storm water runoff, increase property values and make our neighborhoods more livable.

Doing its part to maintain and preserve our priceless community forest, the Lincoln Parks and Recreation Department’s Community Forestry Section is responsible for all city-owned trees. It monitors the planting, pruning and removal of trees on public property, which includes street trees, park and golf course trees and trees along our trails.

Our Forestry staff maintains nearly 120,000 public trees throughout the city of Lincoln with over 14,600 being a species of ash trees. Those include areas within our Lincoln Parks, right-of-way, public golf course, and median trees.

For more information about our Community Forestry section visit parks.lincoln.ne.gov. For service calls regarding public trees please call (402) 441-7847, OPT. 0.

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 $100 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. Call (402) 441-7847, OPT. 0 to submit a request for voucher, or for more information.

FALL TREE MAINTENANCE

Proper mulch rings, root growth stimulator application, fertilize ONLY if a soil test indicates it is necessary, prune AFTER the leaves fall off, water during times of drought

HELP OUT AND VOLUNTEER!

Do you have a group of 6 or more that are interested in a community service project? Mulching trees is fun AND it’s the single best thing you can do for your tree(s). Call (402) 441-9461 to schedule your mulch party.

EMERALD ASH BORER

The destructive Emerald Ash Borer has been found in eastern Nebraska in mid-2016. The Nebraska Forest Service website, eabne.info, has extensive information regarding Emerald Ash Borer including:

• Ash tree identification
• Determining which ash trees are good candidates for treatment
• Emerald Ash Borer treatment options
• Suggested tree species to replace ash trees

EABNE.INFO

For more information about how to recognize and report potential EAB findings.

Are you a member of a NA/HOA* and have ash street trees?

If yes, call Lorri Grueber, (402) 441-9461 for information on City assistance.

*Neighborhood Association (NA), Homeowner’s Association (HOA)

For more information, visit parks.lincoln.ne.gov (Community Forestry)
TREES NEED CARE!

HERE'S WHAT YOU CAN DO TO HELP OUR CITY'S TREES

Though the Lincoln Parks and Recreation Department’s Community Forestry Section does what it can to maintain city-owned trees, there are lots of maintenance habits owners can practice to keep the trees on their private property strong and healthy.

PLEASE RELEASE ME, LET ME GO...

AVOID USING HARMFUL STAKES ON YOUR TREES

• Leaving trees staked too long actually stunts their growth.
• It can also create weak spots, making the tree more susceptible to breakage.
• Stakes can strangle the tree, prohibiting the conduction of water and nutrients to the canopy.
• Tree stakes and the ties that bind should be removed after two growing seasons. If you cannot remember if it has been two seasons, remove them.

HOW DRY I AM...

DON'T ALLOW YOUR TREES TO BECOME “THIRSTY”

• Newly planted trees require about two inches of rainfall per week.
• Be sure not to over-water your trees. The symptoms of over-watering and under-watering are the same.
• The leaves of a tree do not need water, the root system does. Creating a slow trickle from the hose for about an hour OR filling a 20-gallon water bag, twice a week, will do wonders for your trees.
• Pure, clean water is all a tree needs to be healthy. No fertilizer, no supplements. Just water.

MULCH, A TREE'S BEST FRIEND...

DO NOT PILE MULCH AT THE TRUNK'S BASE

• Mulch insulates tree roots against extreme temperatures and helps protect against weeds.
• It provides much-needed organic matter to the soil and reduces evaporation of soil moisture.
• Creating a “Mountain of Mulch” is very counter-productive to the health of a tree. Mulch should be in a flat layer over the soil and be pulled away from the base of the tree.
• Giving your tree a proper mulch ring will benefit it for its entire life.
Events in September

04
Family Activity Night
This is a fun and free event at Belmont Recreation Center for families of all ages. Pg. 7

08
Wildflower Wonders for Girl Scouts
Earn your Flower Naturalist badge during our wildflower program for girl scouts. Pg. 16

11
Patriot’s Day of Remembrance
Help us celebrate Patriot’s Day at Veteran’s Memorial Garden. Pg. 7

12-14
Highlands 25th Birthday Celebration
Stop by Highlands Golf Course during this three day celebration to enjoy a special discount. Pg. 16

15
Art in the Garden
This free, public event will feature 50 artists, dancers, musicians, and food. Pg. 7

15
Saturday with a Naturalist
Go for a guided hike on the Nature Center trails to observe the flora and fauna of the area. Pg. 16

22
Wild Wagon Ride Weekend
This unique opportunity will take guests to private areas where you can enjoy the prairie and a behind the scenes view of the Nature Center. Pg. 16

28
Fall Fest
Celebrate the Prairie Corridor with us at the Spring Creek Audubon Center’s ‘Fall Fest’, in Denton! Enjoy kid and family-friendly activities around the trails, wagon rides, and more! Pg. 17

Events in October

02
Family Activity Night
This is a fun and free event at Belmont Recreation Center for families of all ages. Pg. 7

12
Fall Fun Day
This day camp for students in K - 5th grade will include a hayrack ride, outdoor exploring, a camp fire, hiking, marshmallow roasting, and much more. Pg. 16

13
Fall Harvest
Volunteer to help Pioneers Park Nature Center collect seed for prairie restoration. Each year, seeds are collected from the grasses and forbs in the prairie. These seeds are distributed in areas with less diversity to enhance the prairie ecosystem. Pg. 16

20
Saturday with a Naturalist
Go for a guided hike on the Nature Center trails to observe the flora and fauna of the area. Pg. 16

26
Night Hike
Experience a fall evening at the Nature Center after dark. We’ll begin the hike after sunset to enjoy the sights and sounds of the nocturnal world around us. If it is a clear evening we’ll hike to a spot to enjoy the moonrise. Pg. 16

28
Halloween Carnivals
This free event is offered at both Belmont and Air Park Recreation Centers. Preschool - 5th grade youth and their families are invited to play games and win prizes. Costumes encouraged! Pg. 7
**Events in November**

03  
Prairie Run  
This walk/run will take you along mowed trails through the prairie, up and over rolling hills, along groundwater fed ponds, and through the fall tallgrass. Pg. 17

06  
Family Activity Night  
This is a fun and free event at Belmont Recreation Center for families of all ages. Pg. 7

11  
Veteran’s Day Program  
Help us celebrate Veteran’s Day at Veteran’s Memorial Garden. Pg. 7

14  
Senior Potluck  
This Thanksgiving potluck is held at “F” Street Recreation Center. Participants can bring a covered dish to share or pay $6 to contribute. Pg. 18

17  
Saturday with a Naturalist  
Go for a guided hike on the Nature Center trails to observe the flora and fauna of the area. Pg. 16

**Events in December**

05  
Multi-Cultural Fair  
This is a fun and free event at Belmont Recreation Center for families of all ages. Pg. 7

06  
Pearl Harbor Program  
Join us for a ceremony remembering the events of Pearl Harbor at Veteran’s Memorial Garden. Pg. 7

07  
Winter Lights  
Head downtown for our annual winter event at Tower Square with live entertainments and refreshments. The Luminary Award will be presented by Mayor Chris Beutler and Leadership Lincoln. Pg. 7

12  
Senior Potluck  
This Christmas potluck is held at “F” Street Recreation Center. Participants can bring a covered dish to share or pay $6 to contribute. Pg. 18

15  
Christmas Bird Count  
Join us for one of the nation’s longest-running community science bird programs, the annual Christmas Bird Count. All information will be recorded as part of the Lincoln Area 2018 Christmas Bird Count. Pg. 16

21  
Winter Solstice Hike  
Enjoy the crisp early winter weather and wildlife at the Nature Center during a guided hike. Open to all ages. Children must be accompanied by an adult. Pg. 16
GET OUT!

BE ACTIVE!

HAVE FUN!

Lincoln Parks & Recreation

(402) 441-7847 | parks.lincoln.ne.gov | @LNKparksrec