



CALENDAR ADVISORY

For Immediate Release

Friday, May 20, 2014

Contact: Austin James
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City of Lancaster June Activities, Programs & Special Events

Lancaster, TX – The City of Lancaster invites you to participate in the following upcoming activities, programs and special events:

Tuesday, July 1, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

The Incredible Bubble Show

Tuesday, July 1, 2014, 10:00 a.m.

Linda the Texas Bubble Lady will demonstrate the art of making some of the largest bubbles you've ever seen and teach you all about the science of bubbles.

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. - 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m., Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m., \$40 per month

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training;

KidzArt (Ages 7 - 13)

Tuesdays, 6:00 p.m. - 7:00 p.m., \$75 per month

KidzArt is a unique drawing based art class, your child will learn how to draw, paint and sculpting. It's a confidence-building drawing program.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Boot Camp

Tuesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Boot Camp is type of outdoor or indoors (Military style) group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training. It's designed to push participants harder than they'd push themselves and, in that way to reach your fitness goal faster.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Wednesday, July 2, 2014

City Wide:

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are

welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

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12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Manners and Modeling Class (Ages 4 - 11)

Wednesdays, 6:00pm – 7:00pm, \$25 a month

Manners & Modeling Etiquette class prepares youth by teaching health and fitness, self-esteem building, and an introduction to hair, makeup and skincare tips. This class also prepares youth for photo shoots, fashion shows, and performing.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Swing Out/Line Dancing

Wednesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Swing out is a fun “Two Step” dance class; you’ll learn how to swing out with your partner and in the mix of things you will also learn line dancing.

Zumba Fitness for Adults

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Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

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Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

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\$20 per month Resident or \$25 per month Non Resident;

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The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

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Mondays, 2:30 p.m. - 8:00 p.m.

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Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

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Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Harmonizers

Wednesdays, 1:00 p.m.

Join our musical voices; we meet each Wednesday at 1:00 p.m.

Library:

Excel Basics

Wednesday, July 2, 2014, 10:30 a.m.

Create a simple spreadsheet. Learn how to change column size, select fonts, and add columns of numbers. Discover how spreadsheets can be useful for personal as well as business use.

Thursday, July 3, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Strike, Scrape, and Shake w/Mark Shelton

Thursday, July 3, 2014, 2:00 p.m.

Hear the sounds of various percussion instruments as you learn about the history of drums!

Free Lunch Park Sites

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8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Tutus and Tap (Ages 3 - 5)

Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m., \$25 a month

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence;

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

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The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Turbo Kickboxing

Thursdays, 7:00 p.m. – 8:00 p.m., \$20 per month

Turbo Kickboxing is a combination of punching and martial arts moves. This class will put your heart rate at a high level to help you burn a lot of calories. This is a high intensity work out. Get ready to Power Up!!!

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

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Bring your own materials to this class, no experience necessary, and a quilting horse is provided

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Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Card Making Class

Thursdays, 10:00 a.m.

Learn to make your very own personal greeting cards; \$1 per class.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Library:

Mad Scientist's Laboratory

Thursday, July 3, 2014, 5:00 p.m.

Develop your skills as a mad genius at Mad Scientists' Laboratory event! All participants will get an opportunity to conduct crazy fun experiments. All supplies are provided. Please bring your own madness and genius!

Friday, July 4, 2014

City Wide:

Independence Day Holiday – All City Offices Closed

In celebration of the Independence Day holiday, all city of Lancaster offices will be closed.

FREE 4th of July Celebration at Lancaster Community Park - Helen Giddings Amphitheater, 6:00 p.m. – 9:00 p.m.

Family Fun, Face Painting, Bounce Houses, Vendors, Live Performances and a Firework Show. For more information call 972-218-1303.

Saturday, July 5, 2014

Recreation Center:

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8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

DancerSize for Adults

Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$5 drop-in

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout.

Adult Taekwondo

Saturdays, 9:30 a.m. - 10:30 a.m., \$25 per month, \$5 drop-in

Enhances self-esteem, builds confidence, develops discipline, and strengthens your mind, body and teaches self-defense.

Bread of Life Cooking Class (Ages 6 - 16)

Saturdays, 10:30 a.m. - 12:00 p.m., \$40 per month

Bread of Life is a cooking class program that empowers youth to learn the preparation of healthy meals and educates them and their parents regarding nutrition and healthy choices;

Lancaster RBI (Summer Season) Games

Saturdays, 6U-13U age groups; As scheduled

Competitive play and scrimmages for all age groups, as scheduled, T ball through 13U teams at City Park baseball fields.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Library:**Excel Basics**

Saturday, July 5, 2014, 10:30 a.m.

Create a simple spreadsheet. Learn how to change column size, select fonts, and add columns of numbers. Discover how spreadsheets can be useful for personal as well as business use.

Family Story Hour

Saturdays, 3:00 p.m.

Take time out from your Saturday to re-connect with your children. Everyone is invited to hear stories, make a take-home craft project and sing songs.

Sunday, July 6, 2014

Monday, July 7, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Pajama Time Stories

Mondays, 7:00 p.m.

All ages will hear stories and sing songs. Prepare your children for bedtime and create memories to share with your children.

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Circuit Training for Adults

Mondays, 6:00 a.m. - 7:00 a.m., \$20 per month, \$10 drop-in

Circuit Training for which you do a series of exercises and take minimal rest in between each exercise.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Cardio Kickboxing

Mondays, 7:00 p.m. – 8:00 p.m., \$30 per month

Cardio Kickboxing is a combination of dance and martial arts that will improve your endurance and cardiovascular fitness. Tone muscles and shred your abs.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Move Your Body/Youth Dance Combo (Ages 6 - 16)

Mondays, 5:00 p.m. - 6:00 p.m., and 6:00 p.m. - 7:00 p.m., \$25 a month

Learn several different styles of dance! Youth will learn elements of lyrical, jazz, hip hop, and ballet techniques, with a focus on leading healthy, active lifestyles;

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

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Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. - 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday - Friday, 9:00 a.m. - 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. - 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

The Walking Club

Mondays, 10:30 a.m.

Participate with our seniors to stay healthy and fit through walking.

Library:

Genealogy Research Assistance

Mondays, 6:00 p.m. - 7:45 p.m.

Get your family tree to grow with the help of an experienced researcher from the Lancaster Genealogical Society - Weekly, except the third Monday of each month.

Tuesday, July 8, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Lancaster Fire Department

Tuesday, July 8, 2014, 10:30 a.m.

Stop! Drop! And Have fun with the Lancaster Fire Department as they teach the essentials of fire safety. After the show they will show everyone their fire truck!

Free Lunch Park Sites

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Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

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Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m., \$40 per month

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Blast Boot Camp

Tuesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Boot Camp is a type of outdoor or indoor (Military style) group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

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Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Carter Eye Care

July 8, 2014, 10:00 a.m.

Free eye screening for seniors

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Wednesday, July 9, 2014

City Wide:

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

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Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

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4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Manners and Modeling Class (Ages 4 - 11)

Wednesdays, 6:00 p.m. - 7:00 p.m., \$25 a month

Manners & Modeling Etiquette class prepares youth by teaching health and fitness, self-esteem building, and an introduction to hair, makeup and skincare tips. This class also prepares youth for photo shoots, fashion shows, and performing.

Swing Out/Line Dancing

Wednesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Swing out is a fun "Two Step" dance class; you'll learn how to swing out with your partner and in the mix of things you will also learn line dancing.

Lancaster RBI Program

Rangers Park, Arlington, TX, 9:00 a.m.

Lancaster RBI Program will attend a youth baseball camp sponsored by Ozarka Water Co. & the Texas Rangers.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. - 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

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Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

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Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. - 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday - Friday, 9:00 a.m. - 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. - 12:00 p.m., Admission \$3 per swimmer

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Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Dallas Area Agency on Aging Benefits Counseling

July 9, 2014, 9:00 a.m.

Senior enrollment and counseling in Medicare and benefits.

Harmonizers

Wednesdays, 1:00 p.m.

Join our musical voices; we meet each Wednesday at 1:00 p.m.

Library:

Computer Basics

Wednesday, July 9, 2014, 10:30 a.m.

Learn to use a mouse and keyboard, and other basic computer features. Find out the names of a computer's basic components.

Thursday, July 10, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

**Butterflies w/Dallas County Master Gardener
Thursday, July 10, 2014, 2:00 p.m.**

Learn about the kinds of butterflies that live in Texas and how to attract them to your garden.

Free Lunch Park Sites

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Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Lancaster RBI

Minneapolis, MN

Lancaster RBI 12U baseball team is flying to Minneapolis, MN to compete in a youth tournament at the

All Star Game of Major League Baseball.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m., \$40 a month

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training.

Tutus and Tap (Ages 3 - 5)

Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m., \$25 a month

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Turbo Kickboxing

Thursdays, 7:00 p.m. – 8:00 p.m., \$20 per month

Turbo Kickboxing is a combination of punching and martial arts moves. This class will put your heart rate at a high level to help you burn a lot of calories. This is a high intensity work out. Get ready to Power Up!!!

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. - 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday - Friday, 9:00 a.m. - 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. - 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Card Making Class

Thursdays, 10:00 a.m.

Learn to make your very own personal greeting cards; \$1 per class.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Friday, July 11, 2014

City Wide:

Free Lunch Park Sites

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Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

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Recreation Center:

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\$65 per week - (1 Field Trip a week)

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Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities
6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)
12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Adult Softball (Coed) at Cedardale Park

Fridays, 7:00 p.m. - 9:00 p.m.

Coed Softball is back in Lancaster and ready to take the crown back. Register in person at the Lancaster Recreation Center. Cost is \$300 per team or \$50 per person. Call 972-218-3700 for additional information.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., 35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

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Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Saturday, July 12, 2014

Recreation Center:

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Lancaster Tiger Sharks Swim Meet

Saturday, 9:00 a.m. – 12:00 p.m.,

TAAF swimming regional competition.

Lancaster RBI (Summer Season) Games

Saturdays, 6U-13U age groups; As scheduled

Competitive play and scrimmages for all age groups, as scheduled, T ball through 13U teams at City Park baseball fields.

DancerSize for Adults

Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$5 drop-in

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout.

Adult Taekwondo

Saturdays, 9:30 a.m. - 10:30 a.m., \$25 per month, \$5 drop-in

Enhances self-esteem, builds confidence, develops discipline, and strengthens your mind, body and teaches self-defense.

Bread of Life Cooking Class (Ages 6 - 16)

Saturdays, 10:30 a.m. - 12:00 p.m.

Bread of Life is a cooking class program that empowers youth to learn the preparation of healthy meals and educates them and their parents regarding nutrition and healthy choices; \$40 a month.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Library:

Family Story Hour

Saturdays, 3:00 p.m.

Take time out from your Saturday to re-connect with your children. Everyone is invited to hear stories, make a take-home craft project and sing songs.

Excel Charts

Saturday, July 12, 2014, 10:30 a.m.

Open to students who have mastered basic Excel use. Find out how to enter data and turn it into the chart or graph of your choice.

Sunday, July 13, 2014

Monday, July 14, 2014

City Wide:

City Council Meeting

7:00 p.m. at City Hall, 211 N. Henry Street in the Council Chambers

Watch Council Meetings *LIVE* and on-demand online at www.lancaster-tx.com. For more information City Council meetings, contact the City Secretary's Office at (972) 218-1310.

Free Lunch Park Sites

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Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)
12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Circuit Training for Adults

Mondays, 6:00 a.m. – 7:00 a.m., \$20 per month, \$10 drop-in

Circuit Training for which you do a series of exercises and take minimal rest in between each exercise.

Cardio Kickboxing

Mondays, 7:00 p.m. – 8:00 p.m., \$30 per month

Cardio Kickboxing is a combination of dance and martial arts that will improve your endurance and cardiovascular fitness. Tone muscles and shred your abs.

Move Your Body/Youth Dance Combo (Ages 6 - 16)

Mondays, 5:00 p.m. – 6:00 p.m., and 6:00 p.m. – 7:00 p.m., \$25 a month

Learn several different styles of dance! Youth will learn elements of lyrical, jazz, hip hop, and ballet techniques, with a focus on leading healthy, active lifestyles;

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

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\$20 per month Resident or \$25 per month Non Resident;

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Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday - Friday, 9:00 a.m. - 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. - 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

The Walking Club

Mondays, 10:30 a.m.

Participate with our seniors to stay healthy and fit through walking.

Library:

Pajama Time Stories

Mondays, 7:00 p.m.

All ages will hear stories and sing songs. Prepare your children for bedtime and create memories to share with your children.

Genealogy Research Assistance

Mondays, 6:00 p.m. - 7:45 p.m.

Get your family tree to grow with the help of an experienced researcher from the Lancaster Genealogical Society - Weekly, except the third Monday of each month.

Tuesday, July 15, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Pop, Fizz, Funny w/Debbie Day

Tuesday, July 15, 2014, 10:30 a.m.

Goey science experiments, wacky characters, audience participation and lots of fun!

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays and Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

KidzArt (Ages 7 - 13)

Tuesdays, 6:00 p.m. - 7:00 p.m., \$75 per month

KidzArt is a unique drawing based art class, your child will learn how to draw, paint and sculpting. It's a confidence-building drawing program.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Blast Boot Camp

Tuesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Boot Camp is a type of outdoor or indoor (Military style) group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Library:

Food for Thought Book Discussion Group

Tuesday, July 15, 2014, 6:00 p.m. - 7:30 p.m.

We'll talk about the 100-Year-Old Man Who Climbed Out the Window and Disappeared by Jonas Jonasson. All adults are welcome to join this friendly, outspoken group. Feel free to bring a salad or dessert to share. Beverages are provided.

Wednesday, July 16, 2014

City Wide:

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Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Family Craft Night

Wednesday, July 16, 2014, 6:00 p.m.

The whole family can be library royalty at our family craft night. All participants will make a crown from paper plates. All supplies are provided.

Free Lunch Park Sites

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Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

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Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Manners and Modeling Class (Ages 4 - 11)

Wednesdays, 6:00 p.m. - 7:00 p.m. \$25 a month

Manners & Modeling Etiquette class prepares youth by teaching health and fitness, self-esteem building, and an introduction to hair, makeup and skincare tips. This class also prepares youth for photo shoots, fashion shows, and performing.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Swing Out/Line Dancing

Wednesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Swing out is a fun "Two Step" dance class; you'll learn how to swing out with your partner and in the mix of things you will also learn line dancing.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

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Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

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\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

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Fitness/Lap Swim

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Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

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Monday - Friday, 8:00 a.m.

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Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Senior Water Exercise

Wednesday, July 16, 2014, 10:30 a.m.

Senior center members attend water exercise at the Lancaster Recreation Center.

Harmonizers

Wednesdays, 1:00 p.m.

Join our musical voices; we meet each Wednesday at 1:00 p.m.

Library:

PowerPoint Basics

Wednesday, July 16, 2014, 10:30 a.m.

Learn how to make your presentation pop with PowerPoint. This class introduces basic PowerPoint concepts such as adding slides and changing slide layout, adding and manipulating text, as well as adding and manipulating images.

Thursday, July 17, 2014

City Wide:

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Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

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Here's what's happening in July for children in preschool through sixth grade:

Trees w/Dallas County Master Gardner

Thursday, July 17, 2014, 2:00 p.m.

Learn about the trees that call Texas home!

Free Lunch Park Sites

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Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Dive in Movie at Lancaster Pool

Featured family movie every 3rd Thursday of the month, 7:30 p.m. - 8:45 p.m.

Free with a Recreation ID Card (\$5 w/o), the community is welcome to a family movie and pool fun.

Lifeguards on duty

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

Tutus and Tap (Ages 3 - 5)

Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence; \$25 a month.

Turbo Kickboxing

Thursdays, 7:00 p.m. – 8:00 p.m., \$20 per month

Turbo Kickboxing is a combination of punching and martial arts moves. This class will put your heart rate at a high level to help you burn a lot of calories. This is a high intensity work out. Get ready to Power Up!!!

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

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Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Card Making Class

Thursdays, 10:00 a.m.

Learn to make your very own personal greeting cards; \$1 per class.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Library:

Monster Mash Movie Night

July 17, 2014, 5:00 p.m.

Learn the origins of one of the world's most famous monsters during our Monster Mash Movie Night.

Friday, July 18, 2014

City Wide:

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.
Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146
Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Adult Softball (Coed) at Cedardale Park

Fridays, 7:00 p.m. - 9:00 p.m.

Coed Softball is back in Lancaster and ready to take the crown back. Register in person at the Lancaster Recreation Center. Cost is \$300 per team or \$50 per person. Call 972-218-3700 for additional information.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Saturday, July 19, 2014

Recreation Center:

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Lancaster RBI (Summer Season) Games

Saturdays, 6U-13U age groups; As scheduled

Competitive play and scrimmages for all age groups, as scheduled, T ball through 13U teams at City Park baseball fields.

DancerSize for Adults

Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$5 drop-in

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout.

Adult Taekwondo

Saturdays, 9:30 a.m. - 10:30 a.m., \$25 per month, \$5 drop-in

Enhances self-esteem, builds confidence, develops discipline, and strengthens your mind, body and teaches self-defense.

Bread of Life Cooking Class (Ages 6 - 16)

Saturdays, 10:30 a.m. - 12:00 p.m.

Bread of Life is a cooking class program that empowers youth to learn the preparation of healthy meals and educates them and their parents regarding nutrition and healthy choices; \$40 a month.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Library:

Family Story Hour

Saturdays, 3:00 p.m.

Take time out from your Saturday to re-connect with your children. Everyone is invited to hear stories, make a take-home craft project and sing songs.

Email Basics

Saturday, July 19, 2014, 10:30 a.m.

Students will create a Gmail address and learn how to use email. Topics will include reading email, managing your inbox, sending email, and adding attachments.

Sunday, July 20, 2014

Monday, July 21, 2014

City Wide:

City Council Work Session

7:00 p.m. at the Pump Station, 1999 N. Jefferson Street. For more information City Council Work Sessions, contact the City Secretary's Office at (972) 218-1310.

Free Lunch Park Sites

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Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Circuit Training for Adults

Mondays, 6:00 a.m. - 7:00 a.m., \$30 per month, \$10 drop-in

Circuit Training for which you do a series of exercises and take minimal rest in between each exercise.

Cardio Kickboxing

Mondays, 7:00 p.m. – 8:00 p.m., \$30 per month

Cardio Kickboxing is a combination of dance and martial arts that will improve your endurance and cardiovascular fitness. Tone muscles and shred your abs.

Move Your Body and Youth Dance Combo (Ages 6 - 16)

Mondays, 5:00 p.m. - 6:00 p.m., and 6:00 p.m. - 7:00 p.m.

Learn several different styles of dance! Youth will learn elements of lyrical, jazz, hip hop, and ballet techniques, with a focus on leading healthy, active lifestyles; \$25.00 a month.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

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Saturdays, 8:00 a.m. - 4:00 p.m.

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Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting**Monday - Friday, 8:00 a.m.**

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes**Monday - Friday, 10:30 a.m.**

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

The Walking Club**Mondays, 10:30 a.m.**

Participate with our seniors to stay healthy and fit through walking.

Library:**Pajama Time Stories****Mondays, 7:00 p.m.**

All ages will hear stories and sing songs. Prepare your children for bedtime and create memories to share with your children.

Genealogy Research Assistance**Mondays, 6:00 p.m. - 7:45 p.m.**

Get your family tree to grow with the help of an experienced researcher from the Lancaster Genealogical Society - Weekly, except the third Monday of each month.

Tuesday, July 22, 2014**City Wide:****SUMMER READING CLUB: FIZZ, BOOM, READ!**

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Turtle Discovery**Tuesday, July 22, 2014, 10:30 a.m.**

See reptiles and amphibians from around the world with Turtle Discovery!

Friends Movie Night

Tuesday, July 22, 2014, 6:00 p.m.

Bring the family for a fun family movie - Brought to you by the Friends of the Lancaster Library.
Refreshments will be provided.

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

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Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

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12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified

staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

KidzArt (Ages 7 - 13)

Tuesdays, 6:00 p.m. - 7:00 p.m., \$75 per month

KidzArt is a unique drawing based art class, your child will learn how to draw, paint and sculpting. It's a confidence-building drawing program.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. - 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Blast Boot Camp

Tuesdays, 7:00 p.m. - 8:00 p.m., \$25 per month

Boot Camp is a type of outdoor or indoor (Military style) group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

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Swim Lessons, Registration**Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session**

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim**Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. - 12:00 p.m.****Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.****Saturdays, 10:00 a.m. - 11:45 a.m.**

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics**Monday - Friday, 9:00 a.m. - 10:00 a.m., \$20 per month; \$5 drop in**

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

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Bid Whiz Card Playing Class**Tuesdays and Thursdays, 10:30 a.m.**

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness**Tuesdays and Thursdays, 1:00 p.m.**

Seniors live and in stride with musical and fitness workout.

Wednesday, July 23, 2014**City Wide:****Free Lunch Park Sites**

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:**Adventure of a Lifetime Summer Day Camp Registration is Open****Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.****\$65 per week - (1 Field Trip a week)**

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours**July 1, 2014 – August 30, 2014**

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Manners and Modeling Class (Ages 4 - 11)**Wednesdays, 6:00 p.m. - 7:00 p.m. \$25 a month**

Manners & Modeling Etiquette class prepares youth by teaching health and fitness, self-esteem building, and an introduction to hair, makeup and skincare tips. This class also prepares youth for photo shoots, fashion shows, and performing.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Swing Out/Line Dancing

Wednesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Swing out is a fun "Two Step" dance class; you'll learn how to swing out with your partner and in the mix of things you will also learn line dancing.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Harmonizers

Wednesdays, 1:00 p.m.

Join our musical voices, we meet each Wednesday at 1:00 p.m.

Library:

Checking Out E-Books and Online Audio Books

Wednesday, July 23, 2014, 10:30 a.m.

Learn how to use the Library's growing e-book collection and how to checkout audiobooks from your smartphone or tablet.

Thursday, July 24, 2014

City Wide:

SUMMER READING CLUB: FIZZ, BOOM, READ!

Read and win prizes! There's still time to register your children in Summer Reading Club! Visit the Library's website for a full listing of summer programs for children and teens, <http://www.lancaster-tx.com/index.aspx?nid=149>, or call 972-227-1080.

Parents must visit the Library and register their children in person to be eligible for grand prizes at the end of the summer. All readers who turn in reading logs may receive small incentive prizes throughout June and July.

Here's what's happening in July for children in preschool through sixth grade:

Lancaster Fire Department

Thursday, July 24, 2014, 2:00 p.m.

Stop! Drop! And Have even more fun with the Lancaster Fire Department as they teach the essentials of fire safety. After the show they will show everyone their fire truck!

Free Lunch Park Sites

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Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities
6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)
12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays and Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

Tutus and Tap (Ages 3 - 5)

Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence; \$25 a month.

Turbo Kickboxing

Thursdays, 7:00 p.m. – 8:00 p.m., \$20 per month

Turbo Kickboxing is a combination of punching and martial arts moves. This class will put your heart rate at a high level to help you burn a lot of calories. This is a high intensity work out. Get ready to Power Up!!!

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

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\$20 per month Resident or \$25 per month Non Resident;

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The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

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Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the

Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet /Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Card Making Class

Thursdays, 10:00 a.m.

Learn to make your very own personal greeting cards; \$1 per class.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Friday, July 25, 2014

City Wide:

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

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Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Adult Softball (Coed) at Cedardale Park

Fridays, 7:00 p.m. - 9:00 p.m.

Coed Softball is back in Lancaster and ready to take the crown back. Register in person at the Lancaster Recreation Center. Cost is \$300 per team or \$50 per person. Call 972-218-3700 for additional information.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

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This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

DancerSize

Friday, July 25, 2014, 11:00 a.m.

Show aging who is boss with grooving and exciting dance fitness workouts.

Saturday, July 26, 2014

Recreation Center:

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities
6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)
12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

DancerSize for Adults

Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$5 drop-in

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout.

Adult Taekwondo

Saturdays, 9:30 a.m. - 10:30 a.m., \$25 per month, \$5 drop-in

Enhances self-esteem, builds confidence, develops discipline, and strengthens your mind, body and teaches self-defense.

Bread of Life Cooking Class (Ages 6 - 16)

Saturdays, 10:30 a.m. - 12:00 p.m., \$40 per month

Bread of Life is a cooking class program that empowers youth to learn the preparation of healthy meals and educates them and their parents regarding nutrition and healthy choices;

Lancaster RBI (Summer Season) Games

Saturdays, 6U-13U age groups; As scheduled

Competitive play and scrimmages for all age groups, as scheduled, T ball through 13U teams at City Park baseball fields.

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Saturdays, 6U-13U age groups; As scheduled

Competitive play and scrimmages for all age groups, as scheduled, T ball through 13U teams at City Park baseball fields.

Open Swim

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Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

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Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Library:

Family Story Hour

Saturdays, 3:00 p.m.

Take time out from your Saturday to re-connect with your children. Everyone is invited to hear stories, make a take-home craft project and sing songs.

Using DIY Databases

Saturday, July 26, 2014, 10:30 a.m.

Discover the digital resources available to you through the Lancaster Veterans Memorial Library. We will look at resources to help you with craft projects, small engine repair, and home repairs.

Intro to Photoshop

Thursday, June 26, 2014, 6:00 p.m.

Students will learn to use basic photo editing tools in Photoshop Elements 10. Tools used will include: red eye removal, cropping, and spot correction.

Sunday, July 27, 2014

Monday, July 28, 2014

City Wide

City Council Meeting

7:00 p.m. at City Hall, 211 N. Henry Street in the Council Chambers

Watch Council Meetings *LIVE* and on-demand online at www.lancaster-tx.com. For more information City Council meetings, contact the City Secretary's Office at (972) 218-1310.

Free Lunch Park Sites

The Summer Food Service Program (SFSP) was established to ensure that children continue to receive nutritious meals when school is not in session. Free meals, that meet federal nutrition guidelines, are provided to all children at approved SFSP sites. The Chocolate MINT Foundation has partnered with SFSP to provide meals to all children ages 18 and under without charge. All children are

welcome to participate regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided Monday - Friday at the sites and times as follows:

Start Date: July 1, 2014 - August 15, 2014

Dewberry Park, 2975 Green Drive, Lancaster, TX 75134

Lunch: 11:00 a.m. - 12:00 p.m.

Meadowcreek Park, 901 Meadowcreek Drive, Lancaster, TX 75146

Lunch: 11:00 a.m. - 12:00 p.m.

Recreation Center:

Adventure of a Lifetime Summer Day Camp Registration is Open

Camp Dates: June 9, 2014 - August 15, 2014, Monday - Friday, 7:30 am. - 6:00 p.m.

\$65 per week - (1 Field Trip a week)

(Grades K – 8th) Our Summer Adventure Camp program is back. Open to youth ages 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the Camp is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

Summer Recreation Gym Hours

July 1, 2014 – August 30, 2014

Monday – Friday

6:00 a.m. – 12:00 p.m. - Adults (17 years and older)

12:00 p.m. – 4:00 p.m. - Youth (Ages 9 - 16)

4:00 p.m. – 5:00 p.m. - Summer Camp Gym Activities

6:00 p.m. – 9:00 p.m. - Adults (17 years and older)

Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Circuit Training for Adults

Mondays, 6:00 a.m. - 7:00 a.m., \$30 per month, \$10 drop-in;

Circuit Training for which you do a series of exercises and take minimal rest in between each exercise.

Cardio Kickboxing

Mondays, 7:00 p.m. – 8:00 p.m., \$30 per month

Cardio Kickboxing is a combination of dance and martial arts that will improve your endurance and cardiovascular fitness - Tone muscles and shred your abs.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

Semi Private/Adult Swim Lessons

Mondays and Wednesdays, 6:30 p.m. – 7:15 p.m., \$50 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

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Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

The Walking Club

Mondays, 10:30 a.m.

Participate with our seniors to stay healthy and fit through walking.

Library:

Pajama Time Stories

Mondays, 7:00 p.m.

All ages will hear stories and sing songs. Prepare your children for bedtime and create memories to share with your children.

Genealogy Research Assistance

Mondays, 6:00 p.m. - 7:45 p.m.

Get your family tree to grow with the help of an experienced researcher from the Lancaster Genealogical Society - Weekly, except the third Monday of each month.

Tuesday, July 29, 2014

City Wide:

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Swim Lessons

Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. and 6:30 p.m. – 7:15 p.m., \$30 per Session

Formal swim lessons and water safety education program as governed by American Red Cross.

Lancaster Tiger Sharks Swim Team Practice

Tuesdays and Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month

Competitive swim training and TAAF swimming regional competition preparation program

Open Swim

Mondays - Saturdays, 12:00 p.m. – 5:00 p.m.; Admission \$5 Resident, \$7 Non Resident

The pool is open for use by the general public and monitored by a friendly, experienced and certified staff of lifeguards.

Youth Karate (Ages 5 - 15)

Tuesdays and Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

KidzArt (Ages 7 - 13)

Tuesdays, 6:00 p.m. - 7:00 p.m., \$75 per month

KidzArt is a unique drawing based art class, your child will learn how to draw, paint and sculpting. It's a confidence-building drawing program.

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour
Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour
Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Blast Boot Camp

Tuesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Boot Camp is a type of outdoor or indoor (Military style) group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

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Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

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Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

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Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Library:

SRC Finale Party - Reading is Magic

Tuesday, July 29, 2014, 10:30 a.m.

Gerald Edmundson, one of America's top magicians, performs and shares his love of reading with young people. He uses his skill with sleight-of-hand as a medium to show that reading opens the door to life's most exciting secrets. Refreshments will be provided and we will hand out prizes for Pre-K-1 and 2nd-6th summer reading club participants after the show.

Wednesday, July 30, 2014

City Wide:

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Saturday

8:00 a.m. – 12:00 p.m. - Youth (Ages 9 - 16)

12:00 p.m. – 5:00 p.m. - Adults (17 years and older)

Manners and Modeling Class (Ages 4-11)

Wednesdays, 6:00 p.m. - 7:00 p.m. \$25 a month

Manners & Modeling Etiquette class prepares youth by teaching health and fitness, self-esteem building, and an introduction to hair, makeup and skincare tips. This class also prepares youth for photo shoots, fashion shows, and performing.

Parent/Tot Swim Lessons

Mondays and Wednesdays, 5:30 p.m. – 6:15 p.m., \$30 per Session

Parent and child in water experience in developing child's acclimation to water and basic aquatic safety in preparation for formal lessons.

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Open Swim

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Swing Out/Line Dancing

Wednesdays, 7:00 p.m. – 8:00 p.m., \$25 per month

Swing out is a fun "Two Step" dance class; you'll learn how to swing out with your partner and in the mix of things you will also learn line dancing.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

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Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Senior Water Exercise

Wednesday, July 30, 2014, 10:30 a.m.

Senior center members attend water exercise at the Lancaster Recreation Center.

Harmonizers

Wednesdays, 1:00 p.m.

Join our musical voices; we meet each Wednesday at 1:00 p.m.

Library:

Computer Basics for Adults

Wednesday, July 30, 2014, 10:30 a.m.

Learn to use a mouse and keyboard, and other basic computer features. Find out the names of a computer's basic components.

Thursday, July 31, 2014

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Tuesdays and Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Karate provides physical fitness, self-defense training, life discipline, and effective martial arts training; \$40 a month

Tutus and Tap (Ages 3 - 5)

Thursdays, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence; \$25 a month.

Turbo Kickboxing

Thursdays, 7:00 p.m. – 8:00 p.m., \$20 per month

Turbo Kickboxing is a combination of punching and martial arts moves. This class will put your heart rate at a high level to help you burn a lot of calories. This is a high intensity work out. Get ready to Power Up!!!

Personal Trainer - Britaney Hughes

Tuesdays, 10:00 a.m. - 5:00 p.m., \$35 per hour

Thursdays, 10:00 a.m. - 6:00 p.m., \$35 per hour

Fridays, 6:00 a.m. – 2:00 p.m., \$35 per hour

Receive one on one personal training session between the times listed. Get motivated by setting goals and being accountable. The Trainers will measure your strengths and weaknesses with fitness assessments to help get you where you want to be fitness wise.

Zumba Fitness for Adults

Monday, Wednesday and Friday mornings, 8:00 a.m. - 9:00 a.m., \$25 per month

Monday and Wednesday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Tuesday and Thursday evenings, 6:00 p.m. - 7:00 p.m., \$20 per month

Monday - Thursday evenings, 6:00 p.m. - 7:00 p.m., \$35 per month

Saturday mornings, 8:00 a.m. – 9:00 a.m., \$20 per month

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Body Pump - Self Pace Program for Adults

Monday - Friday, 8:00 a.m.

This program is a conditioning and weight training self-pace program using stationary weight equipment, and a variety of exercises for each weight station. Pick up your workout program at the front desk; Free with a Recreation Center ID Card.

Fitness Atrium Orientation

Mondays, 10:00 a.m. - 6:00 p.m.

Tuesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Wednesdays, 6:00 a.m. - 2:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

\$20 per month Resident or \$25 per month Non Resident;

Annual Pass, \$160 per year Resident or \$200 per year Non Resident

The Orientation will teach you the basics of using fitness equipment in a safe and productive manner to minimum injuries. Scenic views to inspire you during your workout, state of the art equipment, multiple televisions, and locker rooms make it easy to fit in a workout.

Personal Fitness Program Assessments

Mondays, 2:30 p.m. - 8:00 p.m.

Tuesdays, 6:00 a.m. - 11:00 a.m.

Wednesdays and Thursdays, 2:30 p.m. - 8:00 p.m.

Saturdays, 8:00 a.m. - 4:00 p.m.

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI, and fat count. Once that is determined, individuals will be given a workout plan to help give you a solid beginning in living a healthy and active lifestyle. This is a 8 (eight) week program where each participant will agree to participate for the duration and commit to working out at least three (3) days or more per week while logging their workouts.

Swim Lessons, Registration

Tuesdays and Thursdays, 5:30 p.m., \$30 per two week Session

Lancaster Aquatics have registration open for swim lessons (Adult and Youth).

Fitness/Lap Swim

Monday - Friday, 6:30 a.m. - 8:30 a.m. and 10:00 a.m. – 12:00 p.m.

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

Saturdays, 10:00 a.m. - 11:45 a.m.

Swim for fitness during the mornings, noon day or evenings.

Morning Water Aerobics

Monday – Friday, 9:00 a.m. – 10:00 a.m., \$20 per month; \$5 drop in

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great course for all fitness levels. It is low-impact, yet increases stamina and strength.

Group Swim

Mondays - Fridays, 10:00 a.m. – 12:00 p.m., Admission \$3 per swimmer

We offer a special daily swim time for children who are home schooled or day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3700.

Senior Life Center:

Nutritional Congregate Meal Program

Monday - Friday, 12:00 p.m. - 1:00 p.m.

This daily lunch program ensures a nutritious meal for seniors ages 60+. It is free, and seniors do not have to be a member of the Lancaster Senior Life Center. Eligible participants must complete an intake form and nutrition assessment prior to participating in the program, which is sponsored in part by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services. Center members ages 50 - 59 can purchase the lunch for an additional fee.

Weekly Trips

Seniors enjoy weekly outings throughout Dallas/Fort Worth, surrounding cities and beyond. Sign up at front desk or call 972-218-3780 for additional information.

Sewing/Quilting

Monday - Friday, 8:00 a.m.

Bring your own materials to this class, no experience necessary, and a quilting horse is provided

Computer Classes

Monday - Friday, 10:30 a.m.

Enjoy computer access and topical classes for seniors. Learn to use a mouse and keyboard and other basic computer features

Crochet/Knitting

Tuesdays and Thursdays, 10:00 a.m.

Join the delight of other seniors, designing items, through crochet and knitting. This class is open for all beginners and the experienced.

Card Making Class

Thursdays, 10:00 a.m.

Learn to make your very own personal greeting cards; \$1 per class.

Bid Whiz Card Playing Class

Tuesdays and Thursdays, 10:30 a.m.

Seniors learn the art of card playing in a game of Bid Whiz.

Seniors in Action Fitness

Tuesdays and Thursdays, 1:00 p.m.

Seniors live and in stride with musical and fitness workout.

Library:

Excel Basics

Thursday, July 31, 2014, 6:00 p.m.

Create a simple spreadsheet. Learn how to change column size, select fonts, and add columns of numbers. Discover how spreadsheets can be useful for personal as well as business use.

The City of Lancaster invites you to “like” the City on [Facebook](#), follow us on [Twitter](#) or register for weekly e-mail alerts regarding upcoming events on our website at www.lancaster-tx.com by clicking on “Notify Me”.

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