



# CALENDAR ADVISORY

**For Immediate Release**

**Thursday, July 24, 2014**

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## City of Lancaster August 2014 Activities, Programs & Special Events

Lancaster, TX – The City of Lancaster invites you to stay connected with us! “LIKE” us on Facebook ([Facebook.com/CityofLancasterTX](https://www.facebook.com/CityofLancasterTX)), follow us on Twitter, ([Twitter.com/Lancaster\\_TX](https://twitter.com/Lancaster_TX)) and register for the Lancaster Live, weekly e-mail subscription that includes upcoming events and valuable information. To sign up for the Lancaster Live and to view more upcoming events, visit us online at [www.lancaster-tx.com](http://www.lancaster-tx.com).

The City of Lancaster invites you to participate in the following upcoming activities, programs and special events: All City-wide special events are highlighted in blue.

### Daily Events

#### City-Wide:

##### **Every day is a GREAT day to adopt a pet from the Lancaster Animal Shelter!**

View all available pets online at [www.lancaster-tx.com/adoptapet](http://www.lancaster-tx.com/adoptapet) or come visit them in person at 690 E. Main St. in Lancaster. The Lancaster Animal Shelter is open from 8:30 a.m. to 5:00 p.m. on Mondays, Tuesdays, Wednesdays and Fridays and adoption appointments are available upon request from 5:00 p.m. to 7:00 p.m.; the shelter is also open on Thursdays from 1:00 p.m. to 7:00 p.m. and on Saturdays from 10:00 p.m. to 4:00 p.m. The Lancaster Animal Shelter can be reached at 972-218-1210 or 972-218-1201. Adopt a pet, **TODAY!**

#### Recreation Center:

##### **Adventure of a Lifetime Summer Day Camp Registration is Open**

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

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

(Grades K – 8<sup>th</sup>) 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 8<sup>th</sup> 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**

**August 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)

### **Group Swim**

**Monday – Friday, 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.

### **Open Swim**

**Monday – Saturday, 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.

### **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.

### **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., and Saturdays, 8:00 a.m. – 9:00 a.m. \$30 per month**

**Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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, 2:30 p.m. – 8:00 p.m.**

**Tuesdays, 6:00 a.m. – 2:00 p.m.**

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

### **Personal Trainer – Britaney Hughes**

**Tuesdays, 10:00 a.m. – 5:00 p.m.**

**Thursdays, 10:00 a.m. – 6:00 p.m.**

**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.

### **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.

### **Power Hour Power Walk**

**Monday – Friday, 12:00 p.m. – 1:00 p.m. Free with Rec ID card**

Make the most of your lunch hour! For those looking for a low-impact option, join others to power walk on our climate-controlled, indoor walking track.

**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

**AUGUST 2014 EVENTS, PROGRAMS & CLASSES**

**Friday, August 1, 2014**

**Senior Life Center:**

**Jewelry Making Class**

**Fridays, 10:30 a.m.**

Bring your own materials to this class and learn how to make the latest designs in jewelry. No experience necessary.

**Bingo**

**Fridays, 1:00 p.m.**

Engage in a fun game of matching called out numbers on a card until someone wins.

**Power Point Presentation Class**

**Fridays, 10:30 a.m.**

Learn how to present information to an audience using different slides on a particular subject.

**Saturday, August 2, 2014**

**Recreation Center:**

**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;

**Zumba Fitness for Adults**

**Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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.

### **Morning Water Aerobics**

**Saturdays, 9:00 a.m. – 9:45 a.m., \$12 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.

### **Library:**

#### **Word Basics**

**Saturday, August 2, 2014, 10:30 a.m.**

Learn to open a new document, set margins, select fonts, use spell check, and other standard features. A sample business letter will be typed for practice.

#### **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, August 3, 2014**

## **Monday, August 4, 2014**

### **Recreation Center:**

#### **Adult Karate**

**Mondays, 7:00 p.m. – 8:00 p.m., \$50 per month**

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

#### **Parent / Tot Swim Lessons**

**Mondays and Wednesdays, 5:30p.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.

### **Senior Life Center:**

#### **The Walking Club**

**Mondays, 10:30 a.m.**

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

#### **Stress – Busting Class**

**Mondays, 1:00 p.m.**

Program for Family Caregivers of Persons with Alzheimer's disease and Dementia

### **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.

#### **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.

## **Tuesday, August 5, 2014**

### **Recreation Center:**

#### **Swim Lessons**

**Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. & 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.

#### **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.

#### **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.

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a45-60 minute workout that's designed to get you in shape.

### **Senior Life Center:**

#### **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.

#### **Seniors in Action Fitness**

**Tuesdays and Thursdays, 1:00 p.m.**

Seniors live and in stride with musical and fitness workout.

#### **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:**

#### **Toddler Time**

**Tuesdays, 10:30 a.m.**

Bring the little ones for stories, songs, action rhymes, and a simple take-home craft project. Babies are welcome!

## **Wednesday, August 6, 2014**

### **Recreation Center:**

#### **Manners & 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, 5:30p.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.

### **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.

### **Senior Life Center:**

#### **Harmonizers**

**Wednesdays, 1:00 p.m.**

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

### **Library:**

#### **Word Basics**

**Wednesday, August 6, 2014, 10:30 a.m.**

Learn to open a new document, set margins, select fonts, use spell check, and other standard features. A sample business letter will be typed for practice.

## **Thursday, August 7, 2014**

### **Recreation Center:**

#### **Tutus & 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. & 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

#### **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!!!

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that’s designed to get you in shape.

#### **Grown & Sexy-Dance for Ladies**

**Thursdays, 7:30 p.m. – 9:00 p.m., \$30 per month**

Especially for ladies age 20-40. Discover your diva through poise, empowerment and passion! Learn how to strut your stuff, reveal your inner showgirl and get with the groove!

### **Senior Life Center:**

#### **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; Cost is \$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:****LVML Teen Club End of Summer Bash!****Thursday, August 7, 2014, 5:00 p.m.**

Join the LVML Teen Club for an evening of games and music at the Library. Grand prizes for Summer Reading Club participants will be awarded to the top three readers for the Summer Reading Club. For teens 11-18. Refreshments will be provided.

**Friday, August 8, 2014****Senior Life Center:****Jewelry Making Class****Fridays, 10:30 a.m.**

Bring your own materials to this class and learn how to make the latest designs in jewelry. No experience necessary.

**Bingo****Fridays, 1:00 p.m.**

Engage in a fun game of matching called out numbers on a card until someone wins.

**Power Point Presentation Class****Fridays, 10:30 a.m.**

Learn how to present information to an audience using different slides on a particular subject.

**Saturday, August 9, 2014****City Wide:****Bowl for Kids' Sake:**

To benefit Big Brothers, Big Sisters, the City of Lancaster has created teams within the organization to raise money. For each team that reached their goal, they will be bowling. If you are interested in joining the City of Lancaster team or making a donation, please call 972-218-1300.

**Recreation Center:****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;

**Zumba for Adults****Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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.

**Morning Water Aerobics****Saturdays, 9:00 a.m. – 9:45 a.m., \$12 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.

## Library:

### **Internet Basics**

**Saturday, August 9, 2014, 10:30 a.m. - 11:30 a.m.**

Learn the latest on using the Internet including how to formulate a search to get the best results. Learn about Internet safety, and discover some of the search engines available.

### **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, August 10, 2014**

**Monday, August 11, 2014**

## City Wide:

**City Council Meeting:** 7:00 p.m. at City Hall in the Council Chambers, 211 N. Henry St. Lancaster, TX 75146. Can't attend in person? You can watch Lancaster City Council Meetings LIVE online at [www.lancaster-tx.com](http://www.lancaster-tx.com).

## Recreation Center:

### **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.

### **Adult Karate**

**Mondays, 7:00 p.m. – 8:00 p.m., \$50 per month**

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

### **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.

### **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;

## Senior Life Center:

### **The Walking Club**

**Mondays, 10:30 a.m.**

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

### **DancerSize**

**August 11, 2014, and August 22, 2014, 11:00 a.m.**

Show aging who's boss with grooving and exciting dance fitness workouts.

### **Stress – Busting Class**

**Mondays, 1:00 p.m.**

Program for Family Caregivers of Persons with Alzheimer's disease and Dementia

## 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.

### **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.

## Tuesday, August 12, 2014

### Recreation Center:

#### **Swim Lessons**

**Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. & 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.

#### **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.

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

#### **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.

### Senior Life Center:

#### **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:

#### **Toddler Time**

**Tuesdays, 10:30 a.m.**

Bring the little ones for stories, songs, action rhymes, and a simple take-home craft project. Babies are welcome!

## Wednesday, August 13, 2014

### Recreation Center:

#### **Parent / Tot Swim Lessons**

**Mondays and Wednesdays, 5:30p.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**

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#### **Manners & 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.

### **Senior Life Center:**

#### **Dallas Area Agency on Aging Wills Clinic**

**August 13, 2014, 9:00 a.m.**

A session instructing the learning and understanding of how to implement a Will.

#### **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, August 13, 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, August 14, 2014**

### **City Wide:**

**Budget Town Hall Meeting:** 6:30 p.m. at the Lancaster Recreation Center, 1700 Veterans Memorial Parkway.

Citizens of the City of Lancaster are invited to attend the upcoming City-wide Town Hall Meetings where City Staff will provide an overview of the proposed fiscal year 2014-2015 budget. For more information please call 972-218-1300 or visit the City of Lancaster online at [www.lancaster-tx.com](http://www.lancaster-tx.com).

### **Recreation Center:**

#### **Swim Lessons**

**Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. & 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.

#### **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 & 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.

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that’s designed to get you in shape.

#### **Grown & Sexy-Dance for Ladies**

**Thursdays, 7:30 p.m. – 9:00 p.m., \$30 per month**

Especially for ladies age 20-4-. Discover your diva through poise, empowerment and passion! Learn how to strut your stuff, reveal your inner showgirl and get with the groove!

#### **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!!!

**Senior Life Center:**

**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.

**Friday, August 15, 2014**

**Senior Life Center:**

**Jewelry Making Class**

**Fridays, 10:30 a.m.**

Bring your own materials to this class and learn how to make the latest designs in jewelry. No experience necessary.

**Bingo**

**Fridays, 1:00 p.m.**

Engage in a fun game of matching called out numbers on a card until someone wins.

**Power Point Presentation Class**

**Fridays, 10:30 a.m.**

Learn how to present information to an audience using different slides on a particular subject.

**Saturday, August 16, 2014**

**City-Wide:**

**Mayor & Superintendents Back to School Fair!**

**10:00 a.m. – 2:00 p.m. @ the Lancaster High School Coliseum, 200 E. Wintergreen Road.**

The City of Lancaster and Lancaster Independent School District invites you to bring the whole family out to the Fourth Annual Lancaster Mayor & Superintendent Annual Back-to-School Fair and Community Festival designed to help Lancaster families' jumpstart the 2014-2015 academic school year.

**Recreation Center:**

**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.

**Zumba for Adults**

**Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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.

**Morning Water Aerobics**

**Saturday, 9:00 a.m. – 9:45 a.m., \$12 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.

**Library:**

**Checking Out E-Books and Online Audio Books**

**Saturday, August 16, 2014, 10:30 a.m. - 11:30 a.m.**

Learn what is available in the E-Book and downloadable audio book collection and how to use them.

**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, August 17, 2014**

**Monday, August 18, 2014**

**City Wide:**

**City Council Work Session:** 7:00 p.m. at the Pump Station 1999 N. Jefferson Rd. Lancaster, TX 75146.

**Recreation Center:**

**Adult Karate**

**Mondays, 7:00 p.m. – 8:00 p.m., \$50 per month**

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

**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.

**Senior Life Center:**

**The Walking Club**

**Mondays, 10:30 a.m.**

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

**Stress – Busting Class**

**Mondays, 1:00 p.m.**

Program for Family Caregivers of Persons with Alzheimer's disease and Dementia

**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.

**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.

## Tuesday, August 19, 2014

### Recreation Center:

#### **Swim Lessons**

**Tuesdays / Thursdays, 5:30 p.m. – 6:15 p.m. & 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 / Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month**

Competitive swim training and TAAF swimming regional competition preparation program.

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

#### **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.

#### **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.

### Senior Life Center:

#### **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 for Adults**

**Tuesday, August 19, 2014, 6:00 p.m. - 7:30 p.m.**

There will be a discussion of Rose Valland: Resistance at the Museum by Corinne Bouchoux. Meets the third Tuesday of each month. Join us for a lively discussion and some good munchies. Beverages are provided.

#### **Toddler Time**

**Tuesdays, 10:30 a.m.**

Bring the little ones for stories, songs, action rhymes, and a simple take-home craft project. Babies are welcome!

## Wednesday, August 20, 2014

### Recreation Center:

#### **Manners & 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, 5:30p.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.

#### **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.

### Senior Life Center:

#### **Senior Water Exercise**

**Wednesday, August 20, 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:

#### **Using NewsBank and Health Resources**

**Wednesday, August 20, 2014, 10:30 a.m. - 11:30 a.m.**

Explore the Library's collection of online databases and learn how to find updated news articles and information on your health condition.

## Thursday, August 21, 2014

### Recreation Center:

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

#### **Dive in Movie at Lancaster Pool**

**Featured family movie every 3<sup>rd</sup> 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.

#### **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 & 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!!!

**Grown & Sexy-Dance for Ladies**

**Thursdays, 7:30 p.m. – 9:00 p.m., \$30 per month**

Especially for ladies age 20-4-. Discover your diva through poise, empowerment and passion! Learn how to strut your stuff, reveal your inner showgirl and get with the groove!

**Senior Life Center:**

**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:**

**LVML Teen Club Anime Night**

**Thursday, August 21, 2014, 5:00 p.m. - 7:00 p.m.**

Watch an anime film and talk to other anime enthusiasts about your favorite anime and manga series. Drawing supplies will be available.

**Friday, August 22, 2014**

**Senior Life Center:**

**Jewelry Making Class**

**Fridays, 10:30 a.m.**

Bring your own materials to this class and learn how to make the latest designs in jewelry. No experience necessary.

**DancerSize**

**August 11, 2014, and August 22, 11:00 a.m.**

Show aging who's boss with grooving and exciting dance fitness workouts.

**Bingo**

**Fridays, 1:00 p.m.**

Engage in a fun game of matching called out numbers on a card until someone wins.

**Power Point Presentation Class**

**Fridays, 10:30 a.m.**

Learn how to present information to an audience using different slides on a particular subject.

**Saturday, August 23, 2014**

**City Wide:**

**Budget Town Hall Meeting:**

**9:00 a.m. at the Lancaster Recreation Center, 1700 Veterans Memorial Parkway.**

Citizens of the City of Lancaster are invited to attend the upcoming City-wide Town Hall Meetings where City Staff will provide an overview of the proposed fiscal year 2014-2015 budget. For more information please call 972-218-1300 or visit the City of Lancaster online at [www.lancaster-tx.com](http://www.lancaster-tx.com).

**Recreation Center:**

**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..

**Zumba****Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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.

**Library:****Computer Basics for Adults****Saturday, August 23, 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.

**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, August 24, 2014****Monday, August 25, 2014****City Wide:****City Council Meeting:**7:00 p.m. at City Hall in the Council Chambers, 211 N. Henry St. Lancaster, TX 75146. Can't attend in person? You can watch Lancaster City Council Meetings LIVE online at [www.lancaster-tx.com](http://www.lancaster-tx.com).**Recreation Center:****Adult Karate****Mondays, 7:00 p.m. – 8:00 p.m., \$50 per month**

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

**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, 5:30p.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.

**Senior Life Center:****The Walking Club****Mondays, 10:30 a.m.**

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

**Stress – Busting Class****Mondays, 1:00 p.m.**

Program for Family Caregivers of Persons with Alzheimer's disease and Dementia.

**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.

**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.

**Tuesday, August 26, 2014**

**Recreation Center:**

**Swim Lessons**

**Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. & 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 / Thursdays, 6:30 p.m. – 7:30 p.m., \$50 per month**

Competitive swim training and TAAF swimming regional competition preparation program.

**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.

**Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

**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.

**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.

**Senior Life Center:**

**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:**

**Toddler Time**

**Tuesdays, 10:30 a.m.**

Bring the little ones for stories, songs, action rhymes, and a simple take-home craft project. Babies are welcome!

## Wednesday, August 27, 2014

### Recreation Center:

#### **Manners & 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, 5:30p.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.

#### **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.

### Senior Life Center:

#### **Harmonizers**

**Wednesdays, 1:00 p.m.**

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

## Thursday, August 28, 2014

### Recreation Center:

#### **Swim Lessons**

**Tuesdays and Thursdays, 5:30 p.m. – 6:15 p.m. & 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.

#### **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 & 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.

#### **Grown & Sexy-Dance for Ladies**

**Thursdays, 7:30 p.m. – 9:00 p.m., \$30 per month**

Especially for ladies age 20-4-. Discover your diva through poise, empowerment and passion! Learn how to strut your stuff, reveal your inner showgirl and get with the groove!

#### **Body Haute**

**Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m., \$75 per month**

Looking for something different in your exercise program? Tired of the typical gym atmosphere? Body Haute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

#### **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!!!

### Senior Life Center:

**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:****Email Basics****Wednesday, August 27, 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.

**Thursday, August 28, 2014****Library:****Using DIY Databases****Thursday, August 28, 2014, 6:00 p.m. – 7:00 p.m.**

Learn how to use the Library's do-it-yourself databases for projects ranging from doll making to lawn mower repair!

**Friday, August 29, 2014****Senior Life Center:****Jewelry Making Class****Fridays, 10:30 a.m.**

Bring your own materials to this class and learn how to make the latest designs in jewelry. No experience necessary.

**Bingo****Fridays, 1:00 p.m.**

Engage in a fun game of matching called out numbers on a card until someone wins.

**Power Point Presentation Class****Fridays, 10:30 a.m.**

Learn how to present information to an audience using different slides on a particular subject.

**Saturday, August 30, 2014****Recreation Center:****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.

**Zumba for Adults**

**Saturday mornings, 8:00 a.m. – 9:00 a.m., \$15 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.

**Library:**

**Publisher Basics**

**Saturday, August 30, 2014, 10:30 a.m.**

Learn the basics of how to create newsletters, flyers, calendars and more.

**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, August 31, 2014**

**Recreation Center:**

**Parent / Tot Swim Lessons**

**Mondays and Wednesdays, 5:30p.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.

**Adult Karate**

**Mondays, 7:00 p.m. – 8:00 p.m., \$50 per month**

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

**Senior Life Center:**

**The Walking Club**

**Mondays, 10:30 a.m.**

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

The City of Lancaster invites you to "like" the City on [Facebook.com/CityofLancasterTX](https://www.facebook.com/CityofLancasterTX), follow us at [Twitter.com/Lancaster\\_TX](https://twitter.com/Lancaster_TX) or register for weekly e-mail alerts regarding upcoming events on our website at [www.lancaster-tx.com](http://www.lancaster-tx.com) by clicking on "Notify Me".

**###**