



# CALENDAR ADVISORY

**For Immediate Release**  
**Thursday, August 21, 2014**

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## City of Lancaster October 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 S.A.F.E. After School Program Registration is Open**

**Monday - Friday, 3:30 p.m. - 6:30 p.m.**

**\$85 per week for first child, \$70 per week for second child**

(Grades K – 8<sup>th</sup>) Our after school 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 after school program 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.

#### **Group Swim**

**Monday – Friday, 10:00 a.m. – 12:00 Noon, Admission \$3 per swimmer**

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

#### **Open Swim**

**Saturday, 12:00 Noon - 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 Noon**

**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**

**Tuesday and Thursday evenings, 6:00 p.m. – 7:00 p.m., \$20 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.

#### **Zumba Fitness for Teens**

**Saturday mornings, 9:15 a.m. – 10:15 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; this class is just for TEENS.

#### **Fitness Atrium Orientation**

**Mondays, 2:30 p.m. – 8:00 p.m.**

**Tuesdays, 2:30 p.m. – 8:00 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, 2:30p.m. –8:00 p.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. Free with Fitness Atrium membership.

#### **Power Hour Power Walk**

**Monday – Friday, 12:00 Noon – 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 Noon – 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.

## **OCTOBER 2014 EVENTS, PROGRAMS & CLASSES**

Wednesday, October 1, 2014

#### **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.

##### **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, 7:15 p.m. – 8:15 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.

##### **Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

##### **Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness Workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

#### **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, October 1, 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, October 2, 2014**

**Recreation Center:**

**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

**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? BodyHaute Fitness Boot Camp is a 45-60 minute workout that's designed to get you in shape.

**Cheer/Tumbling**

**Thursdays, 5:00 p.m. – 7:00 p.m. and Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

**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:**

**Teen Night – Craft Night**

**Thursday, October 2, 2014, 5:00 p.m. – 7:00 p.m.**

**Craft Madness!** A variety of take home craft options will be on hand including beaded bracelets, lanyards, and duct tape crafts. Supplies are provided; just bring you for some crafty fun!

**Friday, October 3, 2014**

**Recreation Center:**

**School Out/Day Camp**

**Monday, October 3, 2014, 8:00 a.m. – 6:30 p.m.**

**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.

### **Internet Computer Class**

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

Learn tools on how to gain and obtain knowledge to research the internet.

## **Saturday, October 4, 2014**

### **Recreation Center:**

#### **Kick Start/U6 Soccer**

**Saturdays, 10:00 a.m. - 12:00 Noon, \$25 per month, \$35 and \$65**

This eight week program (Saturdays) at the Community Park Soccer Fields introduces youth 18 months to 6 years old to the game of soccer.

#### **DancerSize for Adults**

**Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$8 drop-in**

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

#### **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.

#### **Zumba for Teens**

**Saturday mornings, 9:15 a.m. – 10:15 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; Just for Teens

#### **Cheer/Tumbling**

**Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

#### **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.

#### **Youth Karate**

**Saturdays, 10:00 a.m. – 11:30 a.m., \$40.00 per month; \$8 drop in**

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

### **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.

#### **Introduction to Pinterest**

**Saturday, October 4, 2014, 10:30 a.m.**

Learn how to use one of the fastest growing social media sites on the web! Topics will include signing up, pinning items, creating boards, and more!

#### **Lancaster Police Department Identity Theft Seminar**

**Saturday, October 4, 2014, 1:00 p.m. - 2:00 p.m.**

As holiday time approaches the opportunities for identity theft begin to expand exponentially. Learn how to protect yourself from identity thieves in this free one hour seminar presented by a member of the Lancaster Police Department.

#### **Tween Club for Ages 10 – 14**

**Saturday, October 4, 2014 and October 18, 2014, 12:00 Noon - 2:00 p.m.**

October 4, 2014 – **Craft Madness!** A variety of take home craft options will be on hand including beaded bracelets, lanyards, and duct tape crafts. Supplies are provided; just bring you for some crafty fun!

**Sunday, October 5, 2014**

**Monday, October 6, 2014**

**Recreation Center:**

**Youth Advisory Committee Meeting**

**Monday, 5:00 p.m.**

Promotes interest and receives input from youth in the community to develop, promote and sustain programs and activities for the youth.

**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, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 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;

**Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

**Monday Night Baseball (Ages 4 -12)**

**Mondays, 7:00 p.m. - 8:00 p.m., FREE with valid Rec ID**

Monday Night Baseball is a great program for players to remain in shape in the off season or learn to play for the upcoming season. Players learn the basic rules of the game while developing their hitting running and fielding skills

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

**Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**School Out/Day Camp**

**Monday, October 6, 2014, 8:00 a.m. – 6:30 p.m.**

**Senior Life Center:**

**The Walking Club**

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

Participate with other 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, October 7, 2014**

## **City Wide:**

### **National Night Out**

**6:00 p.m. – 9:00 p.m., City-Wide**

**Participating Communities Include:** Pleasant Run Estates - Phase I, Pleasant Run Estates - Phase II, Westwood V, Millbrook East PID/HOA, Rolling Meadows, Anderson Farms, South Stewart Avenue Area, Rosemont of Lancaster Apartments

We are celebrating the 31st Annual National Night Out on Tuesday, October 7, 2014. National Night Out allows neighborhoods across the nation to participate in a fun evening to meet and greet neighbors and 'celebrate' with City officials, including the Mayor, City Council members, City Administrators and various other city departments.

Neighborhoods are encouraged to support National Night Out with the traditional display of outdoor lights and front porch vigils, or planning activities such as a cook-out or block party, hosting activities for kids and ice-breaker games for adults. This exciting event allows residents the opportunity to promote crime prevention, police-community partnerships, and neighborhood watch efforts, sending a message to criminals that the neighborhoods are organized and fighting back against crime.

For more information visit [www.lancaster-tx.com/NNO](http://www.lancaster-tx.com/NNO) or call 972-218-1303.

## **Recreation Center:**

### **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.

### **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.

### **Taekwondo 4 Tots (Ages 3 - 6)**

**Tuesdays, 5:30 p.m. – 6:15 p.m., \$25 per month**

Taekwondo is a fun way for kids to get active. Each week instruction is focused on a different technique and skill. The class also teaches structure and self-discipline.

### **Tutus and Tap (Ages 3 - 5)**

**Thursdays, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 p.m., \$25 a month**

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

### **Jr. Mavs/Lady Mavs Basketball**

**Tuesday, October 7, 2014, 5:30 p.m. – 7:30 p.m.**

## **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**

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

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

Babies are welcome!

**Wednesday, October 8, 2014**

**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.

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**Senior Life Center:**

**Harmonizers**

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

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

**Library:**

**Excel Basics**

**Wednesday, October 8, 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, October 9, 2014**

**Recreation Center:**

**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**

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**Thursdays, 10:00 a.m.**

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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, October 10, 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.

**Internet Computer Class**

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

Learn tools on how to gain and obtain knowledge to research the internet.

**Saturday, October 11, 2014**

**Recreation Center:**

**Kick Start/U6 Soccer**

**Saturdays, 10:00 a.m. - 12:00 Noon, \$25 per month, \$35 and \$65**

This eight week program (Saturdays) at the Community Park Soccer Fields introduces youth 18 months to 6 years old to the game of soccer.

**DancerSize for Adults**

**Saturdays, 9:30 a.m. - 10:00 a.m., \$25 per month, \$8 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 Noon**

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.

**Zumba for Teens**

**Saturday mornings, 9:15 a.m. – 10:15 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; Just for Teens.

**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.

**Youth Karate**

**Saturdays, 10:00 a.m. – 11:30 a.m., \$40 per month; \$8 drop in**

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

**Cheer/Tumbling**

**Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

**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.

**PowerPoint Basics**

**Saturday, October 11, 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.

**Nature Walk around the Lake**

**Saturday, October 11, 2014, 10:00 a.m., Community Park, 1700 Veterans Memorial Parkway, Lancaster, TX 75134**

What's growing in the fall? Master Naturalist Dawn Tarpley will lead an informal walk around the lake and surrounding area outside the library and point out the native autumn plants. Meet in the library's lobby.

**Sunday, October 12, 2014**

**Monday, October 13, 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/Youth Dance Combo (Ages 6 - 16)**

**Mondays, 5:15 p.m. – 6:15 p.m., and 6:15 p.m. – 7:15 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.

**Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

**Monday Night Baseball (Ages 4 -12)**

**Mondays, 7:00 p.m. - 8:00 p.m., FREE with valid Rec ID**

Monday Night Baseball is a great program for players to remain in shape in the off season or learn to play for the up-coming season. Players learn the basic rules of the game while developing their hitting running and fielding skills

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

**Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**Senior Life Center:**

**The Walking Club**

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

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

**DancerSize**

**October 13, 2014, and October 24, 2014, 11:00 a.m.**

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

**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, October 14, 2014**

**Recreation Center:**

**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.

**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? BodyHaute 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 bodyweight 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.

**Taekwondo 4 Tots (Ages 3 - 6)**

**Tuesdays, 5:30 pm – 6:15 pm., \$25 per month**

Taekwondo is a fun way for kids to get active. Each week instruction is focused on a different technique and skill. The class also teaches structure and self-discipline.

**Tutus and Tap (Ages 3 - 5)**

**Thursdays, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 p.m., \$25 a month**

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

**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!

**Personal Archiving: Saving Family Treasures**

**Tuesday, October 14, 2014, 6:45 p.m.**

Lela Evans, experienced genealogical researcher, will present this free program, co-sponsored by the Lancaster Genealogical Society. It is free, and open to anyone with an interest in family history.

**Wednesday, October 15, 2014**

**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.

**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, 7:15 p.m. – 8:15 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.

**Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

**Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**Senior Life Center:**

**Senior Water Exercise**

**Wednesday, October 15, 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, October 15, 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, October 16, 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? BodyHaute 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.

#### **Cheer/Tumbling**

**Thursdays, 5:00 p.m. – 7:00 p.m. and Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

#### **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:**

##### **Teen Halloween Party**

**Thursday, October 16, 2014, 5:00 p.m. – 7:00 p.m.**

**Monster Mash Bash-** Come on in for a spooky good time! Play some ghoulish games and enjoy some tasty treats.

**Friday, October 17, 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.

##### **Internet Computer Class**

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

Learn tools on how to gain and obtain knowledge to research the internet.

**Saturday, October 18, 2014**

#### **City Wide:**

##### **Dog Obedience Day Event**

**Saturday, October 18, 2014, 10:00 a.m. – 12:00 Noon, City Park, 211 W. Beltline, Lancaster, TX 75146**

#### **Recreation Center:**

**Kick Start/U6 Soccer****Saturdays, 10:00 a.m. - 12:00 Noon, \$25 per month, \$35 and \$65**

This eightweek program (Saturdays) at the CommunityPark Soccer Fields introduces youth 18 months to 6 years old to the game of soccer.

**DancerSize for Adults****Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$8 drop-in**

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

**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.

**Zumba for Teens****Saturday mornings, 9:15 a.m. – 10:15 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; Just for Teens

**Youth Karate****Saturdays, 10:00 a.m. – 11:30 a.m., \$40 per month; \$8 drop in**

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

**Cheer/Tumbling****Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

**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.

**Internet Basics****Saturday, October 18, 2014, 10:30 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.

**Just for Tweens Halloween Party****Saturday, October 18, 2014, 12:00 Noon – 2:00 p.m.**

Monster Mash Bash - Come on in for a spooky good time! Play some ghoulish games and enjoy some tasty treats.

**Sunday, October 19, 2014**

**Monday, October 20, 2014**

**City Wide:**

**City Council/LISD School Board Joint Meeting: 7:00 p.m. at the Lancaster Recreation Center.**

**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, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 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.

### **Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase you rhythm and flexibility skills.

### **Monday Night Baseball (Ages 4 -12)**

**Mondays, 7:00 p.m. - 8:00 p.m., FREE with valid Rec ID**

Monday Night Baseball is a great program for players to remain in shape in the off season or learn to play for the up - coming season. Players learn the basic rules of the game while developing their hitting running and fielding skills

### **Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

### **Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

### **Senior Life Center:**

#### **The Walking Club**

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

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

#### **Basics Computer Class**

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

Learning the fundamentals of accessing and operating a computer.

### **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, October 21, 2014**

### **Recreation Center:**

#### **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/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? BodyHaute 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 bodyweight 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.

#### **Taekwondo 4 Tots (Ages 3 - 6)**

**Tuesdays, 5:30 p.m. – 6:15 p.m., \$25 per month**

Taekwondo is a fun way for kids to get active. Each week instruction is focused on a different technique and skill. The class also teaches structure and self-discipline.

#### **Tutus and Tap (Ages 3 - 5)**

**Thursdays, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 p.m., \$25 a month**

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

#### **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**

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

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

##### **Food for Thought Book Discussion Group for Adults**

**Tuesday, October 21, 2014, 6:00 p.m.**

The nonfiction speculative history book Archduke Franz Ferdinand Lives! A World without World War I by Richard Ned Lebow will be the topic for friendly debate. Beverages will be provided, feel free to bring a snack to share with the group.

**Wednesday, October 22, 2014**

#### **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.

##### **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, 7:15 p.m. – 8:15 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.

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

**Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

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Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

**Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**Senior Life Center:**

**Harmonizers**

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

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

**Library:**

**Introduction to Library Databases**

**Wednesday, October 22, 2014, 10:30 a.m.**

Discover which online databases the library subscribes to. Learn to search the databases to find information that you can be sure has been peer reviewed for accuracy.

**Thursday, October 23, 2014**

**Recreation Center:**

**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.

**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.

**Cheer/Tumbling**

**Thursdays, 5:00 p.m. – 7:00 p.m. and Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

**Body Haute**

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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.

**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.

**Friday, October 24, 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.

**Dancer Size**

**October 13, 2014, and October 24, 2014, 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.

**Internet Computer Class**

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

Learn tools on how to gain and obtain knowledge to research the internet.

**Saturday, October 25, 2014**

**City Wide:**

**Officer Craig Shaw Annual 5K Run and Fall Festival**

**Saturday, October 25, 2014, 4:00 p.m. – 9:00 p.m., Helen Giddings Amphitheater at Lancaster Community Park**

The City of Lancaster and The Officer Craig L. Shaw Memorial Foundation present The Annual Fall Festival and 5K Run/Walk. This multifaceted event is designed to provide the entire family with an alternative to "Trick or Treating" in a safe, fun-filled environment! Activities include:

- Bounce Houses
- Face Painting
- Costume Contest
- Program Demonstrations
- Arts & Crafts
- All Highlighted by an Outdoor Movie presentation of the Featured Film (Rated PG)
- "Paranorman"

Craig Shaw Memorial Run begins at 1:00 p.m., *(All proceeds benefiting the Craig Shaw Memorial Foundation & Lancaster Youth Programs and Initiatives)*. The Fall Festival begins at 4:00 p.m.

**Recreation Center:**

**Kick Start/U6 Soccer**

**Saturdays, 10:00 a.m. - 12:00 Noon, \$25 per month, \$35 and \$65**

This eight week program (Saturdays) at the Community Park Soccer Fields introduces youth 18 months to 6 years old to the game of soccer.

**DancerSize for Adults****Saturdays, 9:00 a.m. - 10:00 a.m., \$25 per month, \$8 drop-in**

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

**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.

**Zumba for Teens****Saturday mornings, 9:15 a.m. – 10:15 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; Just for Teens.

**Youth Karate****Saturdays, 10:00 a.m. – 11:30 a.m., \$40.00 per month; \$8 drop in**

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

**Cheer/Tumbling****Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

Through the challenge of learning cheer, tumbling and dance takes courage and skills; in this class the students will learn coordination, social skills, gain confidence and politeness with each step that they take.

**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.

**Photoshop Basics****Saturday, October 25, 2014, 10:30 a.m.**

Learn to edit your photos using Photoshop! Topics covered will include spot removal, red eye removal, cropping, and more.

**Sunday, October 26, 2014**

**Monday, October 27, 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.

**Move Your Body and Youth Dance Combo (Ages 6 - 16)****Mondays, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 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.

**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.

**Monday Night Baseball (Ages 4 -12)****Mondays, 7:00 p.m. - 8:00 p.m., FREE with valid Rec ID**

Monday Night Baseball is a great program for players to remain in shape in the off season or learn to play for the up-coming season. Players learn the basic rules of the game while developing their hitting running and fielding skills

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

**Hip Hop Dance "Dancing from the SOUL" (Ages 4 - 18)**

**Mondays, 7:30 p.m. – 8:30 p.m., Wednesdays, 6:00 p.m. – 7:00 p.m., \$30 a month**

Come and join this high energy dance class for youth; increase your rhythm and flexibility skills.

**Aqua ZUMBA**

**Mondays and Wednesdays, 7:00 p.m. – 8:00 p.m., \$20 a month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**Senior Life Center:**

**The Walking Club**

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

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

**Basics Computer Class**

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

Learning the fundamentals of accessing and operating a computer.

**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, October 28, 2014**

**Recreation Center:**

**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.

**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? BodyHaute 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.

### **Taekwondo 4 Tots (Ages 3 - 6)**

**Tuesdays, 5:30 p.m. – 6:15 p.m., \$25 per month**

Taekwondo is a fun way for kids to get active. Each week instruction is focused on a different technique and skill. The class also teaches structure and self-discipline.

### **Tutus and Tap (Ages 3 - 5)**

**Thursdays, 5:15 p.m. - 6:15 p.m., and 6:15 p.m. - 7:15 p.m., \$25 a month**

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

### **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, October 29, 2014**

### **City Wide:**

#### **Recreation Center Open House/Instructor Fair**

**Wednesday, October 29, 2014, 5:30 p.m. – 8:30 p.m.**

Community can preview upcoming programs and live fitness/class demonstrations .

### **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.

#### **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, 7:15 p.m. – 8:15 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.

#### **Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 6 - 16)**

**Mondays and Wednesdays, 5:30 p.m. - 6:30 p.m., \$50 a month**

Players learn the basic rules of the game, positions and plays. Players develop their skill in passing, shooting and dribbling at their ability level. Players are prepared and teamed to compete together in the Lancaster Winter Basketball League in January.

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Aqua Zumba keeps the Zumba Fitness workout party going in the pool, led by instructors who have specialty licenses and Aquatic Exercise Association Certification.

**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, October 29, 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, October 30, 2014**

**Recreation Center:**

**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**

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**Thursdays, 5:00 p.m. – 7:00 p.m. and Saturdays, 3:00 p.m. – 5:00 p.m., \$40 per month**

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**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:**

**Digital Storytime!**

**Thursday, October 30, 2014, 6:00 p.m. - 7:00 p.m.**

Come to the library for our first ever multi-media storytime event! See how apps and mobile games can be integrated into your child's storytimes.

**Friday, October 31, 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.

**Internet Computer Class**

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

Learn tools on how to gain and obtain knowledge to research the internet.

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".

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