



# CALENDAR ADVISORY

**For Immediate Release**  
**Tuesday, February 27, 2015**  
**Contact:** Austin James  
 Lead Community Relations Assistant  
 (972) 218-1303 office  
 (972) 218-2609 fax  
[ajames@lancaster-tx.com](mailto:ajames@lancaster-tx.com)

## City of Lancaster February 2015 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 the following upcoming activities, programs and special events are listed as a quick reference guide:

<u>DATE</u>	<u>CITY-WIDE</u>	<u>RECREATION CENTER</u>	<u>LIBRARY</u>	<u>SENIOR LIFE CENTER</u>
<b>Sunday, February 1, 2015</b>				
<b>Monday February 2, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Move Your Body/Youth Dance Combo</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Boot Camp</li> <li>• Hip Hop Dance</li> </ul>	<ul style="list-style-type: none"> <li>• After School Stories</li> <li>• Genealogical Research Help</li> </ul>	<ul style="list-style-type: none"> <li>• DancerSize Fitness Class</li> </ul>
<b>Tuesday, February 3, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Tutu's &amp; Tap Class</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Toddler Time</li> </ul>	<ul style="list-style-type: none"> <li>• Crochet &amp; Knitting Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> <li>• A Little on Time Tuesday</li> </ul>
<b>Wednesday, February 4, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Basics Class</li> <li>• Family Story Time</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Class</li> <li>• Harmonizers /Sing-A-Long</li> </ul>

		<ul style="list-style-type: none"> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Swing Out/Line Dancing</li> <li>• Hip Hop Dance</li> </ul>		
<b>Thursday, February 5, 2015</b>	<ul style="list-style-type: none"> <li>• Friends of the Lancaster Library Annual Used Book Sale (<i>Sneak Preview</i>) at the Library</li> </ul>	<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Club</li> <li>• Friends of the Lancaster Library Annual Used Book Sale (<i>Sneak Preview</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Crochet &amp; Knitting Class</li> <li>• Card Making Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> </ul>
<b>Friday, February 6, 2015</b>	<ul style="list-style-type: none"> <li>• Friends of the Lancaster Library Annual Used Book Sale at the Library</li> </ul>		<ul style="list-style-type: none"> <li>• Friends of the Lancaster Library Annual Used Book Sale</li> </ul>	<ul style="list-style-type: none"> <li>• Jewelry Making Class</li> <li>• Bingo</li> <li>• Friday Flick</li> </ul>
<b>Saturday, February 7, 2015</b>	<ul style="list-style-type: none"> <li>• Friends of the Lancaster Library Annual Used Book Sale at the Library</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Basketball League Games</li> <li>• Zumba for Adults</li> <li>• Morning Water Aerobics</li> <li>• DancerSize for Adults</li> <li>• Kick Start/U6 Soccer</li> <li>• Open Swim</li> <li>• Manners and Modeling</li> </ul>	<ul style="list-style-type: none"> <li>• Friends of the Lancaster Library Annual Used Book Sale</li> <li>• Just for Tweens</li> </ul>	
<b>Sunday, February 8, 2015</b>				
<b>Monday, February 9, 2015</b>	<ul style="list-style-type: none"> <li>• City Council Meeting at City Hall</li> </ul>	<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Move Your Body/Youth Dance Combo</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Hip Hop Dance</li> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• After School Stories</li> <li>• Genealogical Research Help</li> </ul>	<ul style="list-style-type: none"> <li>• DancerSize Fitness Class</li> </ul>
<b>Tuesday, February 10, 2015</b>	<ul style="list-style-type: none"> <li>• Dallas County Health &amp; Human Services Wellness Clinic at the Senior Life Center</li> </ul>	<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Tutu's &amp; Tap Class</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Community Genealogy Program</li> <li>• Toddler Time</li> </ul>	<ul style="list-style-type: none"> <li>• Dallas County Health &amp; Human Services Wellness Clinic</li> <li>• Crochet &amp; Knitting Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> </ul>
<b>Wednesday, February 11, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs</li> </ul>	<ul style="list-style-type: none"> <li>• Your Library Mobile</li> <li>• Family Story Time</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Class</li> <li>• Harmonizers /Sing-A-Long</li> <li>• Groom &amp; Glamour</li> </ul>

		<ul style="list-style-type: none"> <li>Developmental Basketball Program</li> <li>Semi Private/Adult Swim Lessons</li> <li>Aqua ZUMBA</li> <li>Swing Out/Line Dancing</li> <li>Hip Hop Dance</li> </ul>		Day
<b>Thursday, February 12, 2015</b>	<ul style="list-style-type: none"> <li>Tech Petting Zoo at the Library</li> </ul>	<ul style="list-style-type: none"> <li>Pickleball</li> <li>Swim Lessons</li> <li>Youth Karate</li> <li>Cycling Class</li> <li>Lancaster Tiger Sharks Swim Team Practice</li> </ul>	<ul style="list-style-type: none"> <li>Tech Petting Zoo</li> </ul>	<ul style="list-style-type: none"> <li>Crochet &amp; Knitting Class</li> <li>Card Making Class</li> <li>Painting with a Twist</li> <li>Zumba Fitness Class</li> <li>Reading is FUNdamental</li> </ul>
<b>Friday, February 13, 2015</b>	<ul style="list-style-type: none"> <li>Senior Valentine's Day Social at the Senior Life Center</li> </ul>	<ul style="list-style-type: none"> <li>School Out/Day Camp</li> </ul>		<ul style="list-style-type: none"> <li>Jewelry Making Class</li> <li>Senior Valentine's Day Social</li> <li>Bingo</li> <li>Friday Flick</li> </ul>
<b>Saturday, February 14, 2015</b>	<ul style="list-style-type: none"> <li>Parent/Child Valentines Dance at the Recreation Center</li> </ul>	<ul style="list-style-type: none"> <li>Winter Basketball League Games</li> <li>Zumba for Adults</li> <li>Morning Water Aerobics</li> <li>DancerSize for Adults</li> <li>Kick Start/U6 Soccer</li> <li>Open Swim</li> <li>Manners and Modeling</li> <li>Parent/Child Valentines Dance</li> </ul>	<ul style="list-style-type: none"> <li>Black History Month Presentation</li> </ul>	
<b>Sunday, February 15, 2015</b>				
<b>Monday February 16, 2015</b>	<ul style="list-style-type: none"> <li>City Council Work Session at the Pump Station</li> </ul>	<ul style="list-style-type: none"> <li>Pickleball</li> <li>Move Your Body/Youth Dance Combo</li> <li>Parent/Tot Swim Lessons</li> <li>Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>Semi Private/Adult Swim Lessons</li> <li>Aqua ZUMBA</li> <li>Hip Hop Dance</li> <li>Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>After School Stories</li> </ul>	<ul style="list-style-type: none"> <li>DancerSize Fitness Class</li> </ul>
<b>Tuesday, February 17, 2015</b>	<ul style="list-style-type: none"> <li>Health Literacy Information Seminar at the Library</li> </ul>	<ul style="list-style-type: none"> <li>Pickleball</li> <li>Tutu's &amp; Tap Class</li> <li>Swim Lessons</li> <li>Youth Karate</li> <li>Cycling Class</li> <li>Lancaster Tiger Sharks Swim Team</li> </ul>	<ul style="list-style-type: none"> <li>Health Literacy Information Seminar</li> <li>Toddler Time</li> </ul>	<ul style="list-style-type: none"> <li>Senior Day at the State Capitol 2015</li> <li>Crochet &amp; Knitting Class</li> <li>Zumba Fitness Class</li> <li>Reading is</li> </ul>

		<ul style="list-style-type: none"> <li>Practice</li> <li>• Boot Camp</li> </ul>		<ul style="list-style-type: none"> <li>FUNdamental</li> <li>• A Little on Time Tuesday</li> </ul>
<b>Wednesday, February 18, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Swing Out/Line Dancing</li> <li>• Hip Hop Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Tablet Basics</li> <li>• Family Story Time</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Class</li> <li>• Pool &amp; Water Exercise</li> <li>• Harmonizers /Sing-A-Long</li> </ul>
<b>Thursday, February 19, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Club</li> </ul>	<ul style="list-style-type: none"> <li>• Crochet &amp; Knitting Class</li> <li>• Card Making Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> </ul>
<b>Friday, February 20, 2015</b>	<ul style="list-style-type: none"> <li>• Black History Program at the Senior Life Center</li> </ul>			<ul style="list-style-type: none"> <li>• Black History Program</li> <li>• Jewelry Making Class</li> <li>• Bingo</li> <li>• Friday Flick</li> </ul>
<b>Saturday, February 21, 2015</b>	<ul style="list-style-type: none"> <li>• Conversation With the Chief</li> <li>• Texas Rangers RBI Baseball Coaches Clinic at the Rangers Ballpark in Arlington</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Basketball League Games</li> <li>• Texas Rangers RBI Baseball Coaches Clinic</li> <li>• Zumba for Adults</li> <li>• Morning Water Aerobics</li> <li>• DancerSize for Adults</li> <li>• Kick Start/U6 Soccer</li> <li>• Open Swim</li> <li>• Manners and Modeling</li> </ul>	<ul style="list-style-type: none"> <li>• Just for Tweens</li> </ul>	
<b>Sunday, February 22, 2015</b>				
<b>Monday February 23, 2015</b>	<ul style="list-style-type: none"> <li>• City Council Meeting at City Hall</li> </ul>	<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Move Your Body/Youth Dance Combo</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Boot Camp</li> <li>• Hip Hop Dance</li> </ul>	<ul style="list-style-type: none"> <li>• After School Stories</li> <li>• Genealogical Research Help</li> </ul>	<ul style="list-style-type: none"> <li>• DancerSize Fitness Class</li> </ul>

<b>Tuesday, February 24, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Tutu's &amp; Tap Class</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Toddler Time</li> </ul>	<ul style="list-style-type: none"> <li>• Crochet &amp; Knitting Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> </ul>
<b>Wednesday, February 25, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Parent/Tot Swim Lessons</li> <li>• Jr. Mavs/Lady Mavs Developmental Basketball Program</li> <li>• Semi Private/Adult Swim Lessons</li> <li>• Aqua ZUMBA</li> <li>• Swing Out/Line Dancing</li> <li>• Hip Hop Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Excel Basics</li> <li>• Family Story Time</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Class</li> <li>• Groom &amp; Glamour Day</li> <li>• Harmonizers /Sing-A-Long</li> </ul>
<b>Thursday, February 26, 2015</b>		<ul style="list-style-type: none"> <li>• Pickleball</li> <li>• Swim Lessons</li> <li>• Youth Karate</li> <li>• Cycling Class</li> <li>• Lancaster Tiger Sharks Swim Team Practice</li> </ul>		<ul style="list-style-type: none"> <li>• Crochet &amp; Knitting Class</li> <li>• Card Making Class</li> <li>• Zumba Fitness Class</li> <li>• Reading is FUNdamental</li> </ul>
<b>Friday, February 27, 2015</b>				<ul style="list-style-type: none"> <li>• Jewelry Making Class</li> <li>• Bingo</li> <li>• Friday Flick</li> </ul>
<b>Saturday, February 28, 2015</b>	<ul style="list-style-type: none"> <li>• Cleo Hearn Trail Appreciation</li> <li>• Texas Rangers RBI Baseball Coaches Clinic at the Rangers Ballpark in Arlington</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Basketball League Games</li> <li>• Texas Rangers RBI Baseball Coaches Clinic</li> <li>• Zumba for Adults</li> <li>• Morning Water Aerobics</li> <li>• DancerSize for Adults</li> <li>• Kick Start/U6 Soccer</li> <li>• Open Swim</li> <li>• Manners and Modeling</li> </ul>		

# City of Lancaster February 2015 Activities, Programs and Special Events

The following events are free, open to the public and considered **city-wide** and/or highlighted events:

---

## **City Council Meeting:**

Regular City Council Meetings are scheduled to begin at 7:00 p.m. at City Hall, located at 211 N. Henry Street. All Regular City Council Meetings are recorded and available on the City of Lancaster's website, [www.lancaster-tx.com](http://www.lancaster-tx.com).

- Monday, February 9, 2015
- Monday, February 23, 2015

## **Friends of the Lancaster Library Annual Used Book Sale:**

Thousands of gently used books, videos and more will be on sale. Arrive early for the best selection and come late for the biggest bargains. The Lancaster Veterans Memorial Library is located at 1600 Veterans Memorial Parkway.

- Thursday, February 5, 2015, 6:00 p.m. – 8:00 p.m.  
Sneak Preview Day for members of the Friends of the Lancaster Library. Memberships may be obtained at the door.
- Friday, February 6, 2015, 10:00 a.m. – 4:00 p.m., open to the public.
- Saturday, February 7, 2015, 9:00 a.m. – 3:00 p.m., open to the public.

## **Dallas County Health and Human Services Wellness Clinic:**

Dallas County Health and Wellness professionals will be at the Senior Life Center for the day to provide blood pressure and blood sugar, glucose and weight checks, cholesterol screening and provide general nutritional information. The Lancaster Senior Life Center is located at 240 Veterans Memorial Parkway.

- Tuesday, February 10, 2015, beginning at 8:00 a.m., membership not required.

## **Tech Petting Zoo:**

Are you in the market for a new tablet, but not sure which one to buy? Come by the Lancaster Veterans Memorial Library and try one of the Library's mobile devices and learn more about the digital resources available to you, free of cost. The Lancaster Veterans Memorial Library is located at 1600 Veterans Memorial Parkway.

- Thursday, February 12, 2015, 6:00 p.m. – 7:00 p.m.

## **Senior Valentine's Day Social:**

Join us at the Senior Life Center Valentine's Day for a Senior Valentine's Day social hour. This social is for the young at heart.

- Friday, February 13, 2015, 10:30 a.m. – 11:30 a.m.

## **Parent/Child Valentine's Dance:**

"Be My Valentine"; Come dance the night away with your sweetheart and enjoy music and fun. Parent / Child team dance contest will take place and refreshments will be served.

- Saturday, February 14, 2015, 6:00 p.m. – 9:00 p.m. in the Grand Hall at the Lancaster Recreation Center

## **Black History Month Presentation at the Library:**

Enjoy a program for all ages! You will hear stories from the history, culture, and folklore of Black people from all over the globe. An award winning storyteller Decee Cornish has entertained, enlightened, and informed audiences nationally. From "six to sixty", please join us for an afternoon of fun and celebrate Black History!

- Saturday, February 14, 2015, 6:00 p.m. – 9:00 p.m. in the Grand Hall at the Lancaster Recreation Center

## **City Council Work Session:**

City Council Work Sessions are scheduled to begin at 7:00 p.m. at the James R. Williams Pump Station, located at 1999 N. Jefferson Street.

- Monday, February 16, 2015

**Health Literacy Information Seminar:**

Take control of your health by discovering online health resources. Richard Wayne, librarian from UT Southwestern Medical Center's Library will introduce attendees to a range of online health resources including the National Network of Libraries of Medicine.

- Tuesday, February 17, 2015, 6:00 p.m. – 7:00 p.m.

**Black History Program at the Senior Life Center:**

Learn more about the important contributions of African Americans. Entertainment, history lessons, fun, food and prizes will be awarded.

- Friday, February 20, 2015, 10:00 a.m. – 2:00 p.m. at the Senior Life Center

**Conversation with the Chief:**

In efforts to continue great community relations Lancaster Police Chief, Cheryl Wilson will host another "Conversation with the Chief" event. Join us in discussing neighborhood issues, community service programs and public safety with Chief Wilson! There will also be a tour of the Lancaster Police Station. Chief Wilson looks forward to meeting and greeting you and your family. For more information contact 972-218-2700 or visit [www.lancaster-tx.com](http://www.lancaster-tx.com).

- Saturday, February 21, 2015, 9:00 a.m. at the Lancaster Public Safety Building, 1650 N. Dallas Avenue

**Texas Rangers RBI Baseball Coaches Clinic:**

The Texas Rangers will be hosting their annual training for all RBI youth baseball coaches at the Rangers Park in Arlington. This training is a significant part of the development and growth of the Lancaster Baseball Program. Coaches will be trained on how to properly structure practices, parent/ player respect and interaction as well as how to maximize education, skill and enjoyment at every level of player. This is a rare opportunity for our coaches to learn from the very best in baseball.

- Saturday, February 21, 2015, 8:00 a.m. – 12:00 p.m.
- Saturday, February 28, 2015, 8:00 a.m. – 12:00 p.m.

**Cleo Hearn Trail Appreciation:**

Become one with nature while exploring the wonderful trails at Bear Creek. Fun activities for the kids will be provided. Come out and enjoying the festivities of the day.

- Friday, February 28, 2015, 11:00 a.m. – 2:00 p.m. at the Bear Creek Nature Park, 1000 Bear Creek Road

The following activities, programs and events are coordinated by the **Lancaster Recreation Center**:

---

**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, afternoon or evenings.

**Body Pump – Self Pace Program for Adults**

**Monday – Friday, 8:00 a.m.**

This program is a conditioning and weight training self-paced program using stationary weight equipment, and a variety of exercises for each weight station. Free with Fitness Atrium membership.

**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., \$25 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.

**Morning Water Aerobics**

**Monday – Friday, 9:00 a.m. – 10:00 a.m., \$30 per month, \$5 drop in**

**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.

**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 and for day care groups. You must register in advance to attend. For more information, contact the Aquatic Coordinator at 972-218-3713.

**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.

**Fitness Atrium Orientation**

**Monday - Thursday, 9:00 a.m. – 6:00 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**

**Monday - Thursday, 9:00 a.m. – 6:00 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 an 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.

**Pickleball**

**Monday - Thursday, 10:00 a.m. – 2:00 p.m.**

A racquet sport that combines elements of badminton, tennis, and table tennis. Paddles and balls will be provided.

**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 and the 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, with your birth certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

**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 per month**

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

**Jr. Mavs/Lady Mavs Developmental Basketball Program (Ages 4 - 14)**

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

Players are encouraged to join the Lancaster Jr. Mavs and Lady Mavs Program to learn the fundamentals of basketball. This program is for novice and advanced players of all ages to develop skill, knowledge and understanding of the sport.

**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 are offered as governed by American Red Cross.

**Boot Camp**

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

Boot camp is a type of outdoor or indoor (Military style) group exercise classes 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 to reach their fitness goal faster.

**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 per 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 per month**

Aqua Zumba keeps the Zumba Fitness workout party going in the pool, this class is led by instructors who are certified to teach aquatic exercise.

**Tutu's and Tap (Ages 3 - 5)**

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

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

**Swim Lessons**

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

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

**Youth Karate (Ages 4 - 16)**

**Tuesdays and Thursdays, 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.

**Cycling Class (18 and Up)****Tuesdays and Thursdays, 6:30 p.m. – 7:15 p.m., \$30 a per month**

Indoor cycling classes can increase energy, cardiovascular fitness and lower body strength. Depending on how fast you pedal and the amount of resistance you have on the bike, your heart and lungs will benefit, as well as your gluteus maximus, hamstrings and quadriceps.

**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.

**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.

**Winter Basketball League Games****Saturdays, 8:00 a.m. – 5:00 p.m., Admission \$2 adults; \$1 children**

Competitive recreational youth basketball games held at the Lancaster Recreation Center. Teams from 6u to 12u compete in the TAAF State competition for a chance to represent Lancaster at the Regional Championships in March! Come cheer for Lancaster’s future basketball stars.

**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.

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

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

**Open Swim****Saturdays, 12:00 p.m. – 5:00 p.m., Admission \$5 Resident, \$7 Non Resident**

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

**Manners and Modeling (Ages 4 - 10)****Saturdays, 1:00 p.m. – 3:00 p.m., \$30 per month**

Participants will learn about dining etiquette, acceptable social behavior, hygiene and personal appearance and basic modeling instructions. This class will help build confidence and self-esteem. Participants will model in events at the Lancaster Recreation Center.

**School Out/Day Camp****Friday, February 13, 2015, 8:00 a.m. – 6:30 p.m.**

Bring your kids to the Recreation Center for fun games and activities during their time off from school. A time to socialize with their peers and enjoy all of the amenities the center has to offer.

## The following activities, programs and events are coordinated by the **Lancaster Veterans Memorial Library**:

---

### **Book a Geek!**

This new service offered by the Lancaster Veterans Memorial Library allows patrons 1 on 1 time with an experienced instructor who can answer their computer questions.

### **How does it work?**

1. Sign up 72 hours in advance for a one hour appointment during our Geeks' office hours.  
**Tuesday - Thursday**  
1:00 p.m. - 4:00 p.m.
2. Let us know what you would like to cover during your appointment.
3. Come and learn!

### **After School Stories**

#### **Mondays, 4:00 p.m.**

For children 5-8 years old and their families. Join us for singing, dancing, crafts, and of course stories!

### **Genealogical Research Help**

#### **Mondays, 6:00 p.m., except third Mondays of each month.**

Get free assistance from an experienced researcher. Open to beginners and experienced family tree climbers, too!

### **Toddler Time**

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

Especially for children under the age of 4, listen to stories, sing, dance, play and make take homes craft!

### **Computer Basics**

#### **Wednesday, February 4, 2015, 10:30 a.m.**

Learn to use a mouse, keyboard and other basic computer features. Learn about a computer's basic components.

### **Family Story Time**

#### **Wednesdays, 4:00 p.m.**

Children of all ages are welcome to join us for this interactive story time complete with crafts, songs, and dancing!

### **Teen Club**

#### **Thursday, February 5, 2015, 5:00 p.m. – 7:00 p.m.**

Anime Night Thursday – All anime enthusiasts age 14 – 18 are welcomed to come enjoy an anime screening at the Library!

### **Just for Tweens**

#### **Saturday, February 7, 2015, 12:00 p.m. – 2:00 p.m.**

February 7, 2015 – Anime Night Saturday – All anime enthusiasts age 14 – 18 are welcomed to come enjoy an anime screening at the Library!

### **Community Genealogy Program**

#### **Tuesday, February 10, 2015, 6:45 p.m. – 7:45 p.m.**

William Covington will talk about "Pint Sized Patriots." This program is free and open to all adults with an interest in history and family research. It is co-sponsored by the Lancaster Genealogical Society.

### **Your Library Mobile**

#### **Wednesday, February 11, 2015, 10:30 a.m.**

Learn how to use your mobile device to get eBooks and downloadable audiobooks from home. Use new apps to renew books and DVD's and search the Library collection.

### **Tablet Basics**

#### **Wednesday, February 18, 2015, 10:30 a.m.**

Did you get a new tablet for Christmas? Bring it with you to the Library and we can teach you the basics on how to use it! Learn how to download and remove apps, browse the Internet and more in this free one hour class.

**Teen Club****Thursday, February 19, 2015, 5:00 p.m. – 7:00 p.m.**

Game Night Thursday – Come hang out and play games. Bring your own or play some of the Library's games!

**Just for Tweens****Saturday, February 21, 2015, 12:00 p.m. – 2:00 p.m.**

February 21, 2015 – Game Night Saturday – Come hang out and play games. Bring your own or play some of the Library's!

**Excel Basics****Wednesday, February 25, 2015, 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.

The following activities, programs and events are coordinated by the **Lancaster Senior Life Center:**

**DancerSize Fitness Class**

**Mondays, 11:00 a.m.**

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout. Come and get your dance on!

**Crochet and Knitting Class**

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

Come and enjoy the lively company of other members, designing items through crochet and knitting. This class is open to all (beginners, intermediates and advanced members).

**Zumba Fitness Class**

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

You don't want to miss out on one of the most popular programs offered. Turn up the heat this month. Zumba is a very popular fitness program inspired by Latin dance, get ready to get your Zumba on!

**Reading is FUNdamental**

**Tuesdays and Thursdays, 1:30 p.m.**

Readers are leaders and Reading is FUNdamental. This is a wonderful opportunity to read, to have someone read to you and share stories that are likely books and movies in the making. The reading material and program will be determined by the group at large. Come share and be engaged.

**A Little on Time Tuesday**

**Tuesday, February 3, 2015, 2:00 p.m. - 3:30 p.m.**

**Tuesday, February 17, 2015, 2:00 p.m. - 3:30 p.m.**

Got a little time on Tuesday? Need to accomplish a specific task? Let's make a "Little Time on Tuesday" to go on an expedition and get your errands completed (post office, grocery store, etc.).

**Computer Class**

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

Enjoy computer instructional classes for members. Instructional classes will range from beginners, intermediates to advanced learners in a comfortable environment.

**Harmonizers / Sing-A-Long**

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

Come and join in on majestic and musical voices which are delightful to all those that listen. The Harmonizers welcome any and all members who want to spread the universal language of music.

**Card Making Class**

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

Learn to make your very own personal greeting cards. Your creativity and inspiration is required. Cost is \$1.00 per class.

**Jewelry Making Class**

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

Bring your own materials to this class and learn how to make the latest jewelry designs. No experience is required or necessary. Bring your imagination to create unique and exquisite designs.

**Bingo**

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

Engage in a fun game of matching called out numbers on a card, until someone yells BINGO and (wins)! A variety of unique, practical and colorful prizes are waiting for you - the Winner!

**Friday Flick**

**Fridays, 1:30 p.m.**

"Selma" is a chronicle of the historic drama and the campaign of Dr. Martin Luther King's attempt to secure "equal" voting rights with an epic march from Selma, Alabama to Montgomery, Alabama in 1965.

**Groom and Glamour Day****Wednesday, February 11, 2015, 12:45 p.m. - 2:00 p.m.****Wednesday, February 25, 2015, 12:45 p.m. - 2:00 p.m.**

A day set aside for members to be treated as “golden” and pampered. Services include: facials; women and men haircuts, eyelash tabbing for women, artificial eyelash strips for women, eyebrow and lip waxing; manicures and pedicures (men and women); nail art (hand drawn only, no jewels or rhinestones, etc.), shampoo and styles. Seating is extremely limited.

**Painting with a Twist****Thursday, February 12, 2015, 11:00 a.m. - 1:00 p.m., Cost \$10.00**

There is an artist within you! Join us for a little bit of paint and a whole lot of fun as we paint with a purpose. Professionals will be on site to encourage you to do your best. This is a special outing; a passenger bus will depart promptly at 10:30 a.m. to Mesquite, TX.

**Senior Day at the State Capitol 2015****Tuesday, February 17, 2015, 10:30 a.m., Cost \$20**

Seniors are the “Heart of Texas”. Recognize and celebrate the contributions of older adults and address the issues facing senior members in Texas. Travel to Austin to see the beautiful State Capitol and your elected officials, lunch and snacks are included. Seating is limited; contact the Senior Source for more information or the Senior Life Center.

**Pool and Water Exercise****Wednesday, February 18, 2015, 10:30 a.m. - 11:30 a.m., Recreation Center**

A splash in the pool may help older adults achieve their fitness goals while easing joint and muscle pain. Resistance provided by water is a good cause for getting in the swimming pool. It is low-impact, yet increases stamina and strength. Water's natural buoyancy, resistance, cooling effect and decreased joint impact make it an ideal exercise for members. Come and get your swim on!

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”.

**###**