



Lincoln Square Recreation Center
250 10th Street
Oakland, CA 94601
(510) 238-7738

On-Going Fitness Activities

Monday	9:00-11:15 11:30-1:30 1:30-2:00 7-9 PM	Table Tennis Lunch Hour Tai Chi Tai Chi Swords Ballroom Dance
Tuesday	9:00-11:15 11:30-1:30	Ballroom Dance Lunch Hour Basketball (\$)
Wednesday	9:00-11:15 11:30-1:30 7-9 PM	Line Dance Lunch Hour Tai Chi Intl. Ballroom and Line Dance
Thursday	9:00-11:15 11:30-1:30	Table Tennis & Ballroom Dance Lunch Hour Basketball (\$)
Friday	9:00-11:15 11:30-1:30 1:30-2:00 5-7 PM	Table Tennis Lunch Hour Tai Chi Tai Chi Swords Chinese Lion Dance & Martial Art
Saturday	8:30-11:30	Line Dance
Sunday	8:00-10:00 10:00-12:00	Tai Chi & Chinese Folk Dance Chinese Lion Dance Team

Lincoln Square's Cultural Arts Programs also include...

Chinese Brush Painting, Chinese Orchestra, Cantonese Opera,
Mandarin Choir, Children's Chinese Folk Dance, and more!