

R – Folsom resident: 60% of your team roster comprised of people who live or own property within Folsom City limits
 W – Live, own, or work in Folsom: 70% of your team roster comprised of people who live, own property, or work within Folsom City limits
 NR – Non-resident: teams that do not meet one of the above categories
 Divisions: Leagues are divided into four skill levels – (B) Advanced, (C) Intermediate, (D) Recreation, and (Novice) Beginning.
 Soccer – (I) Advanced, (II) Intermediate, (III) Recreational

SEASON	Nights/Division	Reg. Deadline	Mgr's Meeting	League Begins	League Fees	Location
FLAG FOOTBALL						
SUMMER 235141-01	Fri – C, D 6x6 passing league only	Friday, May 25 5:00 p.m.	Wed, June 6 6:30 p.m.	Wk of June 15 7 games + playoffs	R – \$385 W – \$400 NR – \$420	Kemp Park
FALL 435211-01	Fri – C, D 6x6 passing league only	Friday, Aug. 17 5:00 p.m.	Wed, Aug. 29 6:30 p.m.	Wk of Sept. 7 7 games + playoffs	– TBA –	Kemp Park
SOFTBALL						
FALL 335061-01	Sun – Coed D, Rec Mon – Men's 40+, Women's C, D, Coed Rec Tues – Men's D Wed – Men's C, D, 50+ Thurs – Coed D Fri – Men's D, Rec	Friday, July 27 5:00 p.m.	Wed, Aug. 8 6:30 p.m. (Men's 40 & 50+) 7:00 p.m. (Coed) 8:00 p.m. (Men's)	Wk of Aug. 19 7 games + playoffs	– TBA –	Lembi & Kemp parks
*ADULT DODGEBALL – SESSION 1						
SUMMER 253304-01	Tu – Men's 18+	Friday, May 25 5 p.m.	Wed June 6 6:30 p.m.	Tue June 19	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 253304-02	Tu – Coed 18+	Friday, May 25 5 p.m.	Wed June 6 6:30 p.m.	Tue June 19	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 253304-03	Tu – Men's 35+	Friday, May 25 5 p.m.	Wed June 6 6:30 p.m.	Tue June 19	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 253304-04	Tu – Coed 35+	Friday, May 25 5 p.m.	Wed June 6 6:30 p.m.	Tue June 19	R – \$200 NR – \$225	Folsom Sports Complex
*ADULT DODGEBALL – SESSION 2						
SUMMER 353304-01	Tu – Men's 18+	Friday, Aug. 3 5 p.m.	Wed Aug. 8 6:30 p.m.	Tue Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 353304-02	Tu – Coed 18+	Friday, Aug. 3 5 p.m.	Wed Aug. 8 6:30 p.m.	Tue Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 353304-03	Tu – Men's 35+	Friday, Aug. 3 5 p.m.	Wed Aug. 8 6:30 p.m.	Tue Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex
SUMMER 353304-04	Tu – Coed 35+	Friday, Aug. 3 5 p.m.	Wed Aug. 8 6:30 p.m.	Tue Aug. 14	R – \$200 NR – \$225	Folsom Sports Complex

* Individual/Free Agent Registrations will be accepted for all Dodgeball divisions at a Registration Fee of \$30. All Free Agents will be available for individual pick-up from teams. Upon the deadline for team registrations any remaining individuals will be afforded the opportunity to be registered with a team compiled entirely of Free Agents.

Open Gym Badminton

Sundays 5:30-8:30 p.m. (adults only)
 Location: Folsom Middle School Gym
 Fee: \$5/visit



SUMMER/FALL LEAGUE FEE STRUCTURE

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Soccer – (I) Advanced, (II) Intermediate, (III) Recreational

SEASON	Nights/Division	Reg. Deadline	Mgr's Meeting	League Begins	League Fees	Location
SOCCER (OUTDOOR)						
SUMMER 335031-01	Sat – Men's I & II, III Sun – Coed I & II, III Th – Women's Tu – Men's 35+	May 25 Monday 5:00pm	June 4 Monday 7:30pm	June 23 July 24 May 31 June 7	R – \$850 W – \$925 NR - \$975	Kemp Park
SOCCER (INDOOR)						
SUMMER 355200-04	Wed – Coed I & II Tue – Coed III	Friday, June 22 5:00pm	Wed, June 27 6:00pm	Week of July 11 12 games	R – \$890 W – \$915 NR - \$930	Folsom Sports Complex
FALL 355200-01	Mon – Women's I & II	Friday, Aug. 10 5:00pm	Wednesday, Aug. 15 6:00pm	Week of Aug. 20 12 games	– TBA –	Folsom Sports Complex
FALL 355200-02	Th – Men's 35+	Friday, July 27 5:00pm	Wednesday, Aug. 1 6:00pm	Week of Aug. 9 12 games	– TBA –	Folsom Sports Complex
FALL 355200-03	Sun – Coed I, II, III	Friday, Aug. 17 5:00pm	Wed, Aug. 22 6:00pm	Week of Aug. 26 12 games	– TBA –	Folsom Sports Complex
BASKETBALL						
SUMMER 235221-01	Th – Men's D	Friday, May 18 5:00pm	Wed, May 23 6:00pm	Week of May 31 8 games/playoffs	R – \$390 W – \$400 NR - \$415	Folsom Middle School
SUMMER 235221-01	Sun – Men's D	Friday, May 25 5:00pm	May 30 6:00pm	June 10 8 games/playoffs	R – \$390 W – \$400 NR - \$415	Folsom Middle School
SUMMER 259007-01	Th - Men's C	Friday, May 25 5:00pm	May 30 6:00pm	Week of June 7 8 games/playoffs	R – \$515 W – \$540	Folsom Sports Complex
FALL 335221-01	Sun-Men's D Th - Men's D	Friday, Aug. 10 5:00pm	Wed, Aug. 15 6:00pm	Week of Aug. 19 8 games/playoffs	– TBA –	Folsom Middle School
VOLLEYBALL						
SUMMER 235191-01	Tu – Coed 4x4 Indoor Tu – Coed 6x6 Indoor	Friday, May 11 5:00pm	Wed, May 16 6:30pm	Week of May 22 8 games	R – \$170 W – \$185 NR - \$200	Folsom Middle School
FALL 335191-01	Tu – Coed 4x4 Indoor Tu – Coed 6x6 Indoor	Friday, July 27 5:00pm	Wed, Aug. 1 6:00pm	Week of Aug. 7 8 games	– TBA –	Folsom Middle School

FREE AGENT LIST: Want to play team sports? Need a team or a few more players to form your team?

We have a Free Agent list for individuals who are interested in participating in adult basketball, flag football, soccer, softball, and volleyball. Call (916) 984-2850 and leave your name, address, phone number, and the sport you'd like to play.

Aquacise

with Katie Pearce

Aquacise is the perfect combination of low impact, great conditioning, and cardiovascular exercise for all levels of fitness. This includes moms-to-be, seniors, those recovering from knee injuries, and athletes in their off season. A variety of resistance equipment is used for strength training and challenge. All equipment is provided.

Lunchtime Session:

May 8-Aug. 30 – Tu/Th, 11:30A-12:30P

Evening Session:

May 8-Aug. 30 – Tu/Th, 6:30-7:30P

Location: Folsom Aquatic Center

10-visit pass: \$50

Drop-in: \$7



Tennis Drill Night

with Bryan Solem

Whether you are a beginner or advanced player, you can always use more time on the court working on your game. This program is geared toward players looking for more of a workout than a lesson, although there will always be instruction throughout the night.

Ages 18+

235011-01 W 5/2-5/23 7:00-8:00P

235011-02 W 6/6-6/27 7:00-8:00P

335011-01 W 7/11-8/1 7:00-8:00P

Location: Ed Mitchell Park

Fee: \$58 / \$51 resident discount

Beginner/Intermediate

Adult Tennis Lessons

with Bryan Solem

This class is intended for the player that already has the basic strokes down and looking to improve their game. Bring one can of unopened balls to first lesson.

Ages 18+

235102-01 Tu 5/1-5/22 6:00-7:00P

235091-01 Tu 6/5-6/26 6:00-7:00P

335091-01 Tu 7/10-7/31 6:00-7:00P

335091-02 Tu 8/7-8/28 6:00-7:00P

Location: Ed Mitchell Park

Fee: \$58 / \$51 resident discount

Want to know where to play tennis or are you looking to find a new playing partner. Folsom and El Dorado Hills Community Tennis Players network is the place for you. Go to <http://www.vomund.com/tennis/> to connect with the local tennis community.

Pilates

with Patty Campbell

Pilates is a form of exercise that helps to build strength, increase flexibility, agility, and improves balance. Pilates also helps tone and align the body, while eliminating excess tension and strain on the joints. We will also concentrate on exercise to improve balance by using a large fitness ball and weights. Tuesdays are weights and mat Pilates, Thursday are weights and fitness ball. Bring a Mat, hand weights, water, and a fitness ball.

221031-B1 Tu/Th 5/8-5/31 6:00-7:00P

221032-B1 Tu/Th 6/5-6/28 6:00-7:00P

321071-B1 Tu/Th 7/10-8/2 6:00-7:00P

321071-B3 Tu/Th 8/7-8/30 6:00-7:00P

Location: Folsom Aquatic Ctr

Fee: \$45

Zumba

with Susan H. O'Brien

Would you like a party workout that helps you tone, sculpt and burn calories? Come try Zumba- the fun, high energy dance craze that takes the "work" out of your workout! The Latin dance music will get your hips and feet moving while you get in shape. Absolutely NO dance experience is necessary and all fitness levels are welcome. See what's shaking with this hot new dance workout that's sweeping the country ZUMBA! Wear comfortable clothes, tennies and get ready to have some fun!

Ages 16+

Class is held 6:30 p.m. Tuesdays

at 48 Natoma

5 class card: \$57/\$50 resident discount

10 class card: \$97/\$90 resident discount

20 class card: \$157/\$150 resident discount

Please bring your receipt to class to receive card from the instructor.

Basic Training

with Rodney D. Carson

Senior Drill Instructor Carson will motivate and whip you into shape! This Basic Training class will build your self confidence, cardio, stamina, agility, strength and flexibility. This class is a lot of Fun! You will be flipping tires, carrying sand bags, lifting ammo cans, throwing medicine balls, swinging kettlebells, pulling ammo boxes and much more!

Ages: 16+

259605-01 M/W/F 5/25-6/22* 6:00-7:00P

259605-02 M/W/F 6/25-7/23* 6:00-7:00P

359605-01 M/W/F 7/25-8/15 6:00-7:00P

359605-02 M/W/F 8/17-9/14* 6:00-7:00P

459605-01 M/W/F 9/17-10/12 6:00-7:00P

*Note: no class 5/28, 7/4, & 9/3

Location: Folsom Sports Complex

Fee: \$106 / \$99 resident discount

Intro to Line Dance

with Phyllis K. Gifford

Learn the basic Line Dance steps by mastering beginner dances. Once you feel comfortable with the steps, you advance to the Beginning/Intermediate Line Dance class. Please wear appropriate shoes. No flip flops or heels and can not be backless.

Ages 16+

342551-01 W 7/11-8/1 3:30-4:30P

342551-02 W 8/8-8/29 3:30-4:30P

Location: 48 Natoma

Fee: \$45 / \$38 resident discount

Beginning/Intermediate

Line Dance

with Phyllis K. Gifford

This class is for dancers who have the basic steps mastered and want to improve their skills and learn more styles of dances including latin and waltz styles. Please wear appropriate shoes, no flip flops, heels or backless shoes.

Ages 16+

342761-01 W 7/11-8/1 5:15-6:30P

342761-02 W 8/8-8/29 5:15-6:30P

Location: 48 Natoma

Fee: \$45 / \$38 resident discount

**Yoga Classes
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