

## Folsom Skate and Bicycle Park

at Cummings Family Park • 1775 Creekside Drive • Phone 817-2767

### Regular Hours of Operation:

#### Summer Hours (June 1-Aug. 12)

Monday-Saturday ..... 1-9 p.m.

Sunday..... 1-8 p.m.

#### Fall Hours (Aug. 13-Sept. 30)

Monday-Thursday ..... 3:30-8 p.m.

Friday..... 2-9 p.m.

Saturday..... 1-9 p.m.

Sunday..... 1-6 p.m.

### Holiday Hours:

May 28, July 4, Sept. 3 ..... 1-6 p.m.

### Entry Fees:

\$2/person, all day  
includes access to both the  
skate and bike parks

### Call 355-8318 for information

Hours are subject to change dependent on  
weather conditions.

Full pads are required for all ages when  
using the skate park (helmet, knee pads,  
elbow pads).

All bike riders must wear a helmet; pads  
strongly recommended for BMX bikes.

## Skate & Bike Party Packages

Call 355-8318 for reservations

### Party fee is \$79 and includes:

- Private use of either the bike park or skate park from noon-1 p.m.
- Picnic area reserved for your group from noon-2 p.m.
- Facility monitor to ensure the safety and privacy of your party

**Note:** The park opens at 1 p.m. for public use. Your party guests (up to 15) will be granted park entry for the remainder of your party day.

All facility rules apply during your party: full pads & helmet for all skaters/boarders and scooters; helmets are required for bike riders and pads are strongly recommended for BMX bikes.

Agreement must be signed adhering to all normal bike and skate park operation rules and guidelines. Parties are available daily, from noon-2 p.m., year-round!



### Introduction to Skateboarding

This course introduces the fundamental skills of safe skateboarding. From foot placement, turning, stopping, pumping for speed and curb drops. This course will get skaters ready to have years of fun on their board. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: includes helmet, knee and elbow pads. Class fee includes admission to the skate park to practice the skills you just learned! Bring a lunch and take a break from 12:30-1pm before your practice your new skills!

Ages 6-13

211001-01 Sa 6/2 10:30A-12:30P

311001-01 Sa 7/7 10:30A-12:30P

Location: Cummings Family Park

Fee: \$27

### BMX or Mountain Bike Private and Semi-Private Lessons

with George Stephenson

Here is your opportunity to learn from a pro. The one hour lesson is held on Saturday mornings while the park is closed to the public. Custom lessons allow for quality time with a professional rider and focused instruction. Call 355-8318 for more details and to reserve a lesson today.

Ages 6-17

Location: Cummings Family Park

Fee: \$50



### Speed, Agility & Quickness Power Clinic

with CA Football Coaches Assoc.

Want to increase forward and lateral speed, improve agility and explosive power? Want to hit with more power, jump higher and block more shots, get more rebounds?

Ages 7-16

230002-01 M/Tu 6/4-6/5 5:30-8:00P

Location: Livermore Community Park

Fee: \$50

### Badminton Clinic

with Kyle Wilkins

No experience necessary! Mr. Wilkin is a middle school P.E. teacher that has turned his students onto badminton in his classes and his school's Badminton Club. Kids will learn the rules to the game, serving, forehand, backhand and the smash shot, and most importantly, HAVE FUN! Equipment will be provided, but you can bring your racquet if you have one.

Ages 11-14

230010-01 M-F 6/11-6/15 10:00-10:45A

Location: Sutter Middle School

Fee: \$52 / \$45 resident discount

### Weight Lifting Clinic

with CA Football Coaches Assoc.

Not learning how to lift properly at school? Want to learn safe and effective lifting techniques? Need a program that gets results? Want to get bigger and stronger? This Hands-On clinic will cover: Power Cleans, Squats and Bench Press as well as other techniques to develop explosive power. Athletes will learn how to create a personalized training program. ENROLLMENT IS LIMITED! Bring a water bottle.

Ages 7-16

230029-01 Sa 6/2 9:00A-1:00P

Location: Folsom High School

Fee: \$35