Kindergarten Readiness
with Ms. Aileen
This program is designed to prepare your child for kindergarten and build pre-reading skills. Some of the goals of this program are to teach alphabet sequence, phonics, site words, develop recognition of letters and letter information, encourage recall and verbalization of facts and concepts, and to build a sense of responsibility and independence. Bob Books® are also used to build pre-reading confidence. Come experience the fun of learning while getting ready for kindergarten in this nine-month program.
Ages 4-5; child must be age 4 by Oct. 1 and potty-trained.
414040-05 M/W/F 9:00A-12:00P
9-month ongoing program begins Sept. 4, 2013 and continues through May 23, 2014
Location: Hinkle Creek Nature Center
Fee per month: $210 / $200 resident discount; plus $75 non-refundable registration fee due when child begins class

Tales about tails ...
Storytime at the Zoo!
Come to the zoo on the fourth Thursday of every month at 11 a.m. for story time! Hear stories about zoo animals and meet a zoo animal up close as well.
Location: Canid deck
Fee: regular zoo admission

Fun Factory
PRESCHOOL PROGRAM

Registration available for fall 2013!

A limited number of spaces are still available in the 3- and 4-year-old classes at the Folsom Community Center and the afternoon class for 4-year-olds at the Folsom Sports Complex.

Contact Preschool Director Sarah Trobee for more details – phone (916) 355-8355 or e-mail STrobee@folsom.ca.us.

Learn more about the Fun Factory and find answers to many commonly asked questions about the program at:
www.folsom.ca.us
click on Parks & Recreation Department and go to Fun Factory Preschool

Mommy & Me Stroller Workout *with Melissa Sudheimer*
Pack your little one up in their stroller and join us for a great workout! We'll keep the kiddos entertained in their stroller all while getting a full body workout, building our strength and endurance, and connecting with other moms. Whether you're pregnant, just starting on your postnatal fitness journey, or a seasoned workout veteran this class will help you meet your fitness goals. Join us and start your day in a fun and healthy way!
Ages 18+

350845-03	M/W	9/4-9/30	9:15-10:15A
450845-01	M/W	10/2-10/28	9:15-10:15A
450845-02	M/W	10/30-11/25	9:15-10:15A

Location: John Kemp Comm. Park (Pavilion)
Fee: $57 / $50 resident discount

Sensory Exploration
with Melissa Sudheimer
Toddlers and their parents will love this thematic class full of music, story time, sensory play, and fun! Come learn some new ways to engage in sensory play with your child. Dress for a mess!
Ages 18 months-3 yrs (parent participation required)

456112-01	W	9/4-9/25	10:45-11:30A
456112-02	W	10/2-10/23	10:45-11:30A
456112-03	W	10/30-11/20	10:45-11:30A

Location: Folsom Sports Complex
Fee: $57 / $50 resident discount

Itty Bitty Sports & Dance

The Itty Bitty Programs are designed to enhance the awareness of sports and fitness activities for young children. This is an instructional program in which parents participate with the child. With the guidance of a trained instructor, parents lead their children through exercises to teach basic fundamentals required for each activity.

Itty Bitty Basketball *with Michael Shaw*
Ages 4-6

330201-02	Th	8/29-9/19	5:15-6:00P
430201-01	Th	9/26-10/17	5:15-6:00P

Location: Folsom Sports Complex
Fee: $57 / $50 resident discount

Itty Bitty Soccer *with Folsom H.S. coaching staff and players*
Ages 4-6

430011-01	W	10/2-10/23	5:30-6:15P

Location: John Kemp Comm. Park
Fee: $65 / $55 resident discount

Itty Bitty Tennis *with Bryan Solem*
Ages 4-6

430351-01	W	9/11-10/2	5:00-5:45P
430351-02	W	10/16-11/13	5:00-5:45P

Location: Ed Mitchell Park
Fee: $58 / $51 resident discount

Itty Bitty Hip Hop
with Come Dance With Me Performing Arts Workshop
Your little dancer will love this fun and active class! Learn basic hip hop moves and get your child movin' and groovin'. Wear comfortable clothes and tennis shoes.
Ages 3-5

444882-01	Tu	9/3-10/8	5:00-5:45P
444882-02	Tu	10/15-11/19	5:00-5:45P

Fee: $72 / $65 resident discount

444882-03	Tu	11/26-12/17	5:00-5:45P

Fee: $56 / $49 resident discount
Location: 48 Natoma

Pre-K Kickers

Participate in a fun atmosphere of soccer drills, games & exercise with focus on developing the fundamental and proper elements of skill in the game of soccer. Parent participation welcome. Athletic shoes requested.
Ages 2.5-4

Morning Sessions

455103-01	F	9/6-9/27	11:00-11:50A
455103-02	F	10/4-10/25	11:00-11:50A
455103-03	F	11/1-11/22	11:00-11:50A
155105-01	F	1/10-1/31	11:00-11:50A

Evening Sessions

455106-01	Tu	9/3-9/24	5:30-6:20P
455106-02	Tu	10/1-10/22	5:30-6:20P
455106-03	Tu	10/29-11/19	5:30-6:20P

Location: Folsom Sports Complex
Fee: $67 / $60 resident discount

Little Dragons I

with Karen Bowman
4th Degree Black Belt (and Mom), Karen Bowman, is ready to make your preschooler into a Little Dragon. These pint size martial artists will learn the coordination they need to block, punch and kick through game playing, music and repetition. Little Dragons will learn not only the physical aspects for taekwondo, but spirit, respect and self-control. No uniform required. Wear comfortable clothing and get ready to "ki-yap" your way to fun.
Ages 3-5

434651-01	Tu	9/24-10/15	10:00-10:30A
434651-02	Tu	10/29-11/19	10:00-10:30A

Location: Bowman Martial Arts, 626 E. Bidwell Street
Fee: $60 / $53 resident discount; 10% sibling disount

Little Dragons II

with Karen Bowman
This class is designed for the slightly older child and will introduce and build-on Taekwondo basics. Students will learn blocking, striking, and kicking to enhance flexibility, eye-hand coordination and strength. Students will also learn the importance of perseverance, courtesy, and self control.
Ages 4-5

434652-01	Tu	9/24-10/15	4:30-5:00P
434652-02	Tu	10/29-11/19	4:30-5:00P

Location: Bowman Martial Arts, 626 E. Bidwell Street
Fee: $60 / $53 resident discount; 10% sibling discount

Tiny Dance

with Kaylene Christensen
Tiny Dance is an introduction to ballet, tap and creative dance. Students have fun moving and learning to dance through imagery and dance games. This is a fun class for children who love to move.
Ages 3-4

415555-01	Th	9/12-11/7*	11:00-11:45A

*Note: no class 10/16
Location: 48 Natoma
Fee: $106 / $99 resident discount

Kinderdance

with Kaylene Christensen
Kinderdance is ballet and tap taught through imagery and dance games. Students are introduced to the ballet barre. Class is for beginners or those with some previous dance experience.
Ages 4-5

415556-01	M	9/9-11/4*	3:30-4:15P

*Note: no class 10/14
Location: 48 Natoma
Fee: $106 / $99 resident discount

Beginning

Polynesian Dance

with Natasha Forsberg
Students will learn the basics of Hula and Tahitian. They will explore all the Hawaiian implements, learn dances and have the opportunity to perform.
www.alohadancerscameronpark.com
Ages 3.5+

444326-00	Th	9/26-10/17	3:45-4:30P
444326-01	Th	10/24-11/14	3:45-4:30P
444326-02	Th	11/21-12/19*	3:45-4:30P

*Note: no class 11/28
Location: 48 Natoma
Fee: $62 / $55 resident discount; $20 annual materials fee for Aloha Dancers for performances