FOLSOM AQUATIC CENTER

1200 Riley Street • Phone (916) 355-8318
Open year 'round!

Aquatic Center Rental Information

Entire Facility

Capacity: 6,000

Amenities: lifeguards, all pools, diving boards, water slide, locker rooms, and snack bar

Event Types: corporate parties, school parties, birthday parties, special event receptions

Available: May through September

Aquatic Center Classroom

Capacity: 60

Amenities: wi-fi enabled, video/Power Point projector, sound system, white board, TV & DVD/VCR

Event Types: club, group and corporate meetings; lectures; training sessions; classes

Available: year-round

Lap Swimming

Lap swimming provides a great low-impact form of exercise; use it to cross-train, as you recover from an injury, to reduce stress, to improve your cardio conditioning, and to have fun! Lap swimming takes place in our beautiful Olympic-sized (50-meter) pool; the water is maintained at a comfortable 80 degrees for year-round swimming.

Lap Swim Fees:

Ages 4-54 ..... $7/visit
Ages 55+..... $5/visit

Individual Passes:

10-visit pass $60
Monthly lap swim pass $70
Individual season pass*..... $140
**Season pass valid Sept. 3-Dec. 20*

Fall/Winter Lap Schedule:

Monday-Friday ..... 11:45 a.m.-1:15 p.m. – 18 lanes available
Tuesday & Thursday ..... 6-7:30 p.m. – 3 lanes available
Saturday..... 10:30 a.m.-noon

Note: Long-course lap swimming available 5-7:30 a.m. through the Sierra Marlins Masters. Call (916) 990-5584 for details.

Holiday Closures: The Folsom Aquatic Center is closed on the following dates: Nov. 11, 23, 28 & 29 and Dec. 21-Jan. 2.

Aquacise Water Aerobics

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; all equipment is provided.

Ages 18+

September Session

Lunchtime	Tu/Th	9/3-9/26	11:45A-12:45P
Evening	Tu/Th	9/3-9/26	6:00-7:00P

10-visit pass: $50 (exp. 9/26) / $7 drop-in

Lunchtime Classes

421044-02	Tu/Th	10/1-10/24	11:45A-12:45P
421044-03	Tu/Th	10/29-11/21	11:45A-12:45P

Fee: $45 / $7 drop-in

421044-04	Tu/Th	12/3-12/19	11:45A-12:45P

Fee: $35 / $7 drop-in

Evening Classes

421043-02	Tu/Th	10/1-10/24	6:00-7:00P
421043-03	Tu/Th	10/29-11/21	6:00-7:00P

Fee: $45 / $7 drop-in

421043-04	Tu/Th	12/3-12/19	6:00-7:00P

Fee: $35 / $7 drop-in

Pilates *with Patty Campbell*

Pilates Method is a form of isometric exercise developed and practiced to simultaneously stretch, strengthen, tone, and align the body while eliminating excess tension and strain on the joints. Pilates exercise is designed to improve posture, balance and coordination; build strength, increase flexibility and agility, develop optimal core control; create a flat abdomen, slender thighs, and a strong back and provide a refreshing mind-body workout.

Ages 18+

421073-B1	Tu/Th	9/3-9/26	6:00-7:00P
421074-B1	Tu/Th	10/1-10/24	6:00-7:00P

Fee: $45

421075-B1	Tu/Th	10/29-11/21*	6:00-7:00P

Fee: $39

121021-B1	Tu/Th	1/7-1/30	6:00-7:00P

Fee: $45

*Note: no class 10/31

Location: Folsom Aquatic Center

Fall Swim Lessons

The Folsom Aquatic Center staff is excited to offer your children the opportunity to learn to swim at our beautiful facility. Our swim instructors use a combination of Red Cross techniques and years of experience to teach your child to swim. Lessons are taught in the instructional pool, which is maintained at a comfortable 82-84 degrees.

Refund/Credit Policy:
Participants cancelling more than 14 days before the class start date: will be assessed a $10 administrative fee and refunded the balance.

Participants cancelling within 14 days of the class start date: will be assessed a $10 administrative fee and the balance will be credited to their Parks & Recreation household account to be used for registration(s) at a later date.

Refunds requested on or after the day an activity is scheduled to begin: Refunds or credits will not be granted.

Not all swim levels are offered during all time slots; please indicate your child's approximate swim ability level by selecting from the list below. Include your child's swim level on the registration form along with the class date and time. On the first day of lessons, children in each class are evaluated to confirm their swim ability and placed into groups appropriate for their skill level. The ratio of staff to children is 1:3 to 1:5 in the beginning swim classes; advanced classes may have higher ratios.

Swim Lesson Ability Levels

- **Seahorse:** Water exploration, supported glides, face submerging, arm circles and kicking, bobbing, floating on the front and back, and games.
- **Guppies:** Learn to jump into the pool with continued instruction for floating and bobbing, with the introduction of the front and back crawl strokes, water games, and life vests.
- **Goldfish:** Front and back glides, front and back crawl stroke while introducing breathing to the side. Jump into deep water, tread water, and deep water dives for object retrieval.
- **Stingray:** Stroke development, front and back crawl stroke, breaststroke, elementary backstroke, and dives.

Swim Lessons: Seahorse-Stingray Levels

Location: Folsom Aquatic Center • Fee: $35

Monday-Thursday, Sept. 9-12		Monday-Thursday, Sept. 16-19		Monday-Thursday, Sept. 23-26	
420011-B1	4:00-4:30P	420012-B1	4:00-4:30P	428000-01	4:00-4:30P
420011-B2	4:40-5:10P	420012-B2	4:40-5:10P	428000-02	4:40-5:10P
Monday-Thursday, Sept. 30-Oct. 3		**Monday-Thursday, Oct. 7-10**		**Monday-Thursday, Oct. 14-17**	
428001-01	4:00-4:30P	428002-01	4:00-4:30P	428003-01	4:00-4:30P
428001-02	4:40-5:10P	428002-02	4:40-5:10P	428003-02	4:40-5:10P

Youth Water Polo

American River Water Polo Club offers youth water polo for ages 5 to 13.

Practices are 6:30-8 p.m. Wednesdays at the Folsom Aquatic Center; games are played on Sunday afternoons.

More details and registration at: www.arwpc.com

Like us on Facebook!

www.facebook.com/pages/Folsom-Aquatic-Center/145366968830976

Sierra Marlins Fall Swim Clinic

Now offering Two Sessions:

Session I: Sept. 3-Oct. 3
(5 weeks ending in the Spooktacular Swim Meet in Roseville, Oct. 4-6).

Session II: Oct. 21-Nov. 21
(5-weeks culminating in the Gobbler Swim Meet in Folsom, Nov. 22-24.)

This clinic is designed for the summer recreational swimmer who is interested in continuing to improve through the Fall.

Proper stroke techniques are taught using the same coaching techniques that have produced the area's best swimmers for years.

There will be two meet opportunities for clinic participants to see their hard work pay off. League rules allow swimmers to return to recreational swimming following this clinic if they so choose.

Swimmers must be in grades K-8; be able to swim 50 yds of freestyle with side breathing; and swim 25 yards of backstroke in order to participate.

Our clinic swimmers will work with a combination of Sierra Marlins and Folsom Sea Otter coaches.

Grade	Day	Time	Fee
K-1st	M/W	4-4:30 pm OR 4:30-5 pm	$55
2nd-3rd	Tu/Th	4-5 pm	$90
4th-5th	M/W	5-6 pm	$90
4th-5th	Tu/Th	5-6 pm	$90
4th-5th	M-Th	5-6 pm	$145
6th-8th	M/W	6-7:15 pm	$110
6th-8th	Tu/Th	6-7:15 pm	$110
6th-8th	M-Th	6-7:15 pm	$165

NOTE: The fees listed above do NOT include a necessary $71 USA Swimming registration fee. If you have a current 2013 USAS card and can produce it at the first day of practice, you will not be required to register again. If you choose to register for both sessions, you do not have to re-register for USA Swimming for Session II.
**Clinic fee does not include separate meet entry fees.

Register online at:
www.sierramarlins.net

Let the dogs have their day!

Bring your canine companions for a day of fun at the 11th annual

Bark 'n' Splash BASH

Saturday, Oct. 12, 2013

1-4 p.m.

at the Folsom Aquatic Center • 1200 Riley Street, Folsom

Presented in partnership with Folsom Dog Resort & Training Center

Admission: $10 per dog (human companions are free!)
You must present written proof of current dog license; dogs must be on leash for entry (off-leash areas available inside facility)

Dogs will be allowed to swim and frolic in the Activity Pool, which features a pooch-pleasing play structure and sloped beach-style entry into the water.
(As standard post-season procedure, the pool will be drained, sanitized, and inspected after the event.)

For the water-shy, there's abundant lawn for romping, lounging, and doggie socializing. A variety of dog-related groups and vendors will be on hand to provide information and products.

Representatives will be available at the event offering dog licenses, microchip implants for permanent identification for your pet, and rabies vaccinations.

Questions? Call (916) 355-8318

Open Water Scuba Diver

Earn your full scuba certification; instructors from Fisheye Scuba will teach you every step of the way. Classes start every month; call Fisheye Scuba for details and to enroll: 850-1145
Fee: $175; learning materials and equipment rentals are extra
Location: Fish Eye Scuba, 307 Iron Point Rd

Dos Rios Divers

Interested in recreational/competitive springboard diving? The Dos Rios U.S. Diving Team holds practices at the Folsom Aquatic Center. For more information, call Mike Brown at (916) 300-3211.