2014 Summer Season Pass

Make the most of the summer swim season!

The Summer Season Pass provides you access to all these great Folsom Aquatic Center features:

- Professional lifeguards on duty
- Giant inflatable toys*
- Three-story water slide
- High and low diving boards
- Olympic-sized pool
- Family play pool with interactive play structure and dump buckets
- Warm-water instructional/play pool
- Plenty of sun and shade for lounging and relaxing
- Poolside Cafe

Season passes go on sale starting Jan. 2 – call 355-8318 for complete details.

**Note: additional $3 fee required for inflatable toys*

Great Value! Summer Season Pass Options:

*Family Season Pass $149
Individual Season Pass.....$59

*Family passes include up to 4 family members in the same household. Additional family members can be added for $15. Family pass ***does not*** include daily admission rate for inflatables.

Lap Swimming Program

Winter/Spring: January 2 through May 23

Enjoy the Folsom Aquatic Center year-round and get into shape utilizing the lap swimming program. The water is heated to a comfortable 80 degrees for your swimming enjoyment.

Hours

Monday-Friday ..... 11:45 a.m.-1:15 p.m.
Tuesday-Thursday..... 6-7:30 p.m.
Saturday..... 10:30 a.m.-Noon
*Note: pool closed March 14-15, April 12, and May 17

Lap Swim Fees

Ages 4-54 ..... $7
Ages 55+..... $5 daily

Individual Passes	Fee
10-visit pass	$60
Monthly lap swim pass	$70
Individual season pass	$140

(Passes valid Jan. 2-May 23, 2014)

Note: long-course swimming available from 5-7:30 a.m. through the Sierra Marlins Masters. For more information, call 990-5584.

FOLSOM AQUATIC CENTER

1200 Riley Street
(916) 355-8318

(May 24 through Sept. 1)

Summer Hours:

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

Note: *above hours may vary while school is in session. Holiday hours on 5/26, 7/4, and 9/1 are 1-5 p.m.*

Daily Rates:

Ages under 2..... Free
Ages 2-3 ..... $4
Ages 4-54 ..... $7
Ages 55 and up..... $5

Sponsorship Opportunities

Partner with the Folsom Aquatic Center! Help us complete our walls this year – we have a limited number of brick and tile spots remaining. Purchase your commemorative brick or tile for just $50. Tiles are custom designed by you at Color Me Mine in Folsom. Call 355-8318 for more details about purchasing an Aquatic Center brick or tile.

Infant Swimming Lessons

with Leslie Barron of Infant Swimming Resources

The only medically-sound method of its kind, ISR goes beyond traditional swim instruction, teaching children self-rescue techniques to survive in the water. Lessons begin in spring and continue through the summer. Call 355-8318 for more information.

Ages: 6 months-6 years

Register today! Registration form on page 40

Swim Lessons

We teach kids to swim winter, spring, summer and fall!

No matter what the season, it's always a great time to learn to swim or improve on skills and advance to the next level. Lessons are taught by the Folsom Aquatic Center's Swim and Safety instructors using a combination of Red Cross techniques and years of experience. Lessons are taught in the warm-water instructional pool and/or the 50-meter pool at the Folsom Aquatic Center.

Refund policy: See the registration form on page 48 for our refund policy.

Please note: Not all swim levels are offered during all time slots. Include your child's swim level (*see list below*) on the registration form along with the class date and time. On the first day of lessons, children in each class will be 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 could have higher ratios. Call 355-8318 for more information.

Swim Ability Levels

Parent/Tot – Children ages 6 months to 2 years with an instructor. Parents will be taught to help children learn water adjustment, supported floats, kicks, and assisted entries through instruction and games.

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.

Dolphin: Work on stroke refinement with the addition of the sidestroke, while working on diving skills and open water turns.

Shark: Work on stroke proficiency with the addition of the butterlfy, flip turns, surface dives, and survival swim.

Spring After-School Swim Lessons

Levels I-IV (Seahorse-Stingray) • 30-minute lessons

Ages 3-8

Location: Folsom Aquatic Center • Fee: $35

Session 1	Monday-Thursday, March 31-April 3
120023-B1	4:00-4:30P
120023-B2	4:40-5:10P
120023-B3	5:20-5:50P

Session 2	Monday-Thursday, April 7-10
120024-B1	4:00-4:30P
120024-B2	4:40-5:10P
120024-B3	5:20-5:50P

Session 3	Monday-Thursday, April 21-25
120026-B1	4:00-4:30P
120026-B2	4:40-5:10P
120026-B3	5:20-5:50P

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

Spring Break Swim Lessons

Get a jump on your summer swimming!

Levels I-V (Seahorse-Dolphin)

30-minute lessons

Ages 3-12

Location: Folsom Aquatic Center

Fee: $35

Monday-Thursday, April 14-17

120011-B2	10:40-11:10A
120011-B3	11:20-11:50A
120011-B4	12:00-12:30P

Summer Swim Lessons at the Folsom Aquatic Center

Our popular swim lessons fill up before summer even starts; ensure your space by registering now! Participants learn the basic motor skills for beginning swimming and crawl stroke and graduate to sidestroke, back crawl, elementary back stroke, breaststroke, and butterfly. Lessons are taught in both the 50-meter pool and the warm-water instructional pool.

Morning Lessons (30-min. sessions) ▪ All Levels

Ages 3-12 • Fee: $69

(note: Parent-Tot lessons are for ages 6 mos-2 years)

Session 1	Monday-Thursday, June 2-12
220011-B1	10:00-10:30A
220011-B2	10:40-11:10A
220011-B3	11:20-11:50A
Session 2	Monday-Thursday, June 16-26
220012-B1	10:00-10:30A
220012-B2	10:40-11:10A
220012-B3	11:20-11:50A
Session 3	Monday-Thursday, June 30-July 10
220013-B1	10:00-10:30A
220013-B2	10:40-11:10A
220013-B3	11:20-11:50A
Session 4	Monday-Thursday, July 14-24
320011-B1	10:00-10:30A
320011-B2	10:40-11:10A
320011-B3	11:20-11:50A
Session 5	Monday-Thursday, July 28-Aug. 7
320012-B1	10:00-10:30A
320012-B2	10:40-11:10A
320012-B3	11:20-11:50A

Afternoon Lessons (45-min. sessions) ▪ Levels IV-VI (Stingray to Shark)

Ages 3-12 • Fee: $79

Session 1	Monday-Thursday, June 2-12
220011-2B	3:00-3:45P
220011-3B	4:00-4:45P
Session 2	Monday-Thursday, June 16-26
220012-2B	3:00-3:45P
220012-3B	4:00-4:45P
Session 4	Monday-Thursday, July 14-24
320011-2B	3:00-3:45P
320011-3B	4:00-4:45P
Session 5	Monday-Thursday, July 28-Aug. 7
320012-2B	3:00-3:45P
320012-3B	4:00-4:45P

NOTE: no Session 3 for Afternoon Lessons

Evening Lessons (30-min. sessions) ▪ All Levels

Ages 3-12 • Fee: $69

Session 1	Monday-Thursday, June 2-12
220011-B5	5:00-5:30P
220011-B6	5:40-6:10P
220011-B7	6:20-6:50P
220011-B8	7:00-7:30P
Adults Only	
220011-B9	7:40-8:10P
Session 2	Monday-Thursday, June 16-26
220012-B5	5:00-5:30P
220012-B6	5:40-6:10P
220012-B7	6:20-6:50P
220012-B8	7:00-7:30P
Adults Only	
220012-B9	7:40-8:10P
Session 3	Monday-Thursday, June 30-July 10
220013-B5	5:00-5:30P
220013-B6	5:40-6:10P
220013-B7	6:20-6:50P
220013-B8	7:00-7:30P
Adults Only	
220013-B9	7:40-8:10P
Session 4	Monday-Thursday, July 14-24
320011-B5	5:00-5:30P
320011-B6	5:40-6:10P
320011-B7	6:20-6:50P
320011-B8	7:00-7:30P
Adults Only	
320020-B1	7:40-8:10P
Session 5	Monday-Thursday, July 28-Aug. 7
320012-B5	5:00-5:30P
320012-B6	5:40-6:10P
320012-B7	6:20-6:50P
320012-B8	7:00-7:30P
Adults Only	
320021-B1	7:40-8:10P

Summer Semi-Private Swim Lessons *with Aquatics staff*

Lessons consist of one instructor per two students. Staff will try to match appropriate skill levels in sessions.

Ages 3-12

Location: Folsom Aquatic Center

Fee: $119

All Levels

2-week session; 30-minute lessons

Session 1	Monday-Thursday, June 2-12
220048-B1	10:00-10:30A
220048-B2	10:40-11:10A
220048-B3	11:20-11:50A
220048-B4	12:00-12:30P
220048-B5	5:00-5:30P
220048-B6	5:40-6:10P
220048-B7	6:20-6:50P
220048-B8	7:00-7:30P
Session 2	Monday-Thursday, June 16-26
220049-B1	10:00-10:30A
220049-B2	10:40-11:10A
220049-B3	11:20-11:50A
220049-B4	12:00-12:30P
220049-B5	5:00-5:30P
220049-B6	5:40-6:10P
220049-B7	6:20-6:50P
220049-B8	7:00-7:30P
Session 3	Monday-Thursday, June 30-July 10
330048-B1	10:00-10:30A
330048-B2	10:40-11:10A
330048-B3	11:20-11:50A
330048-B4	12:00-12:30P
330048-B5	5:00-5:30P
330048-B6	5:40-6:10P
330048-B7	6:20-6:50P
330048-B8	7:00-7:30P
Session 4	Monday-Thursday, July 14-24
330049-B1	10:00-10:30A
330049-B2	10:40-11:10A
330049-B3	11:20-11:50A
330049-B4	12:00-12:30P
330049-B5	5:00-5:30P
330049-B6	5:40-6:10P
330049-B7	6:20-6:50P
330049-B8	7:00-7:30P
Session 5	Monday-Thursday, July 28-Aug. 7
330050-B1	10:00-10:30A
330050-B2	10:40-11:10A
330050-B3	11:20-11:50A
330050-B4	12:00-12:30P
330050-B5	5:00-5:30P
330050-B6	5:40-6:10P
330050-B7	6:20-6:50P
330050-B8	7:00-7:30P

Register today! Registration form on page 40

NEW! Saturday 1-Day Summer Group Swim Lessons

Are you too busy to commit to 2 weeks of swim lessons? The Folsom Aquatic Center offers single day Saturday Group Summer Swimming Lessons starting in June. Space is limited so register early.

Levels I-IV (Seahorse-Stingray)

Ages 3-12

Session 1	Saturday, May 31
220000-01	10:00-10:30A
220000-02	10:40-11:10A
220000-03	11:20-11:50A
Session 2	Saturday, June 7
220001-01	10:00-10:30A
220001-02	10:40-11:10A
220001-03	11:20-11:50A
Session 3	Saturday, June 28
220002-01	10:00-10:30A
220002-02	10:40-11:10A
220002-03	11:20-11:50A
Session 4	Saturday, July 5
320000-01	10:00-10:30A
320000-02	10:40-11:10A
320000-03	11:20-11:50A
Session 5	Saturday, July 12
320001-01	10:00-10:30A
320001-02	10:40-11:10A
320001-03	11:20-11:50A
Session 6	Saturday, July 26
320002-01	10:00-10:30A
320002-02	10:40-11:10A
320002-03	11:20-11:50A
Session 7	Saturday, Aug. 2
320003-01	10:00-10:30A
320003-02	10:40-11:10A
320003-03	11:20-11:50A

Location: Folsom Aquatic Center
Fee: $10/lesson

Private Swim Lessons

These lessons offer one-on-one training, from age 3 to adult.

If your child does better with one-on-one practice time, or you are an adult looking to learn how to swim, these lessons are perfect for you!

Lessons are available June 2-Aug. 7. Call 355-8318 for more information.

Fee per lesson: $35

NEW! Paddle Board Yoga, Stand Up *with Nor Cal SUP Fitness*

Enjoy a fun, fantastic and challenging workout on the warm waters of the Folsom Aquatic Center. All levels of fitness are welcome to join this class that combines balance, yoga, and resistance training. Stand Up Paddle-boarding is the fastest growing sport in the world and provides a great way to achieve a full body workout. All equipment is provided and no experience is necessary.

Ages 16+

121020-B1	W	1/8-1/29	11:30A-12:30P
121020-B2	W	2/5-2/26	11:30A-12:30P
121020-B3	W	3/5-3/26	11:30A-12:30P

Location: Folsom Aquatic Ctr • Fee: $99

Autism Spectrum Lessons

with Folsom Aquatic Center staff

This special program is a parent-child participation class for children who have been diagnosed with Autism. Our swim instructors will introduce your child to the water and help increase the parent's and child's water awareness. The program was developed with the support and guidance of Heidi Lockett, OTR/L, owner of Heidi's House Pediatric Therapy. Call Chad at 355-8319 for more information.

Ages 3+

120016-01	M-Th	4/14-4/17	12:45-1:15P

Location: Folsom Aquatic Ctr
Fee: $40

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.

Vista Swimming Lessons

Swimming lessons offered at the Vista del Lago Swimming Pool in Empire Ranch. Same great program, instructors, and ratios that are offered at the Folsom Aquatic Center.

Levels I-IV (Seahorse-Stingray)

Ages 3-12

222200-1B	M-Th	6/2-6/12	5:00-5:30P
222200-2B	M-Th	6/2-6/12	5:40-6:10P
222200-3B	M-Th	6/2-6/12	6:20-6:50P
222200-4B	M-Th	6/2-6/12	7:00-7:30P
222201-1B	M-Th	6/16-6/26	5:00-5:30P
222201-2B	M-Th	6/16-6/26	5:40-6:10P
222201-3B	M-Th	6/16-6/26	6:20-6:50P
222201-4B	M-Th	6/16-6/26	7:00-7:30P
222202-1B	M-Th	6/30-7/10	5:00-5:30P
222202-2B	M-Th	6/30-7/10	5:40-6:10P
222202-3B	M-Th	6/30-7/10	6:20-6:50P
222202-4B	M-Th	6/30-7/10	7:00-7:30P
322200-1B	M-Th	7/14-7/24	5:00-5:30P
322200-2B	M-Th	7/14-7/24	5:40-6:10P
322200-3B	M-Th	7/14-7/24	6:20-6:50P
322200-4B	M-Th	7/14-7/24	7:00-7:30P
322201-1B	M-Th	7/28-8/7	5:00-5:30P
322201-2B	M-Th	7/28-8/7	5:40-6:10P
322201-3B	M-Th	7/28-8/7	6:20-6:50P
322201-4B	M-Th	7/28-8/7	7:00-7:30P

Location: Vista del Lago High School, 1970 Broadstone Pkwy
Fee: $69

Aquacise Season Pass

with Katie Pearce

Back for 2014! Get in shape today! Aquacise is the perfect combination of low impact, great conditioning, and cardiovascular exercise for all levels of fitness. This includes moms-to-be, seniors, and athletes in their off season. A variety of resistance equipment is used for strength training and challenge. All equipment is provided.

Ages 18+

Aquacise Morning

121041-B2	Tu/Th	1/7-1/30	11:45A-12:45P
121042-B2	Tu/Th	2/4-2/27	11:45A-12:45P
121043-B2	Tu/Th	3/4-3/27	11:45A-12:45P
121044-B2	Tu/Th	4/1-4/24	11:45A-12:45P

Aquacise Evening

121041-B1	Tu/Th	1/7-1/30	6:00-7:00P
121042-B1	Tu/Th	2/4-2/27	6:00-7:00P
121043-B1	Tu/Th	3/4-3/27	6:00-7:00P
121044-B1	Tu/Th	4/1-4/24	6:00-7:00P

Location: Folsom Aquatic Ctr
Fee: $45

NEW: $AVE with our Aquacise Season Punch Pass option!
Purchase a 32-visit Aquacise season punch pass that you can use for any Aquacise class of your choice – noon or evening sessions. Punch pass fee is $140 – passes are valid Jan. 7-April 24; no refunds or credits for punches not used. *Aquacise season punch passes are intended for individual use only.*

Ellis Training

with FAC Instructors

This training course is required to work at the Folsom Aquatic Center. The training includes CPR, First Aid, and all lifeguarding skills. This training will provide successful participants with a lifeguard license that is valid only at participating aquatic facilites.
NOTE: Online course required before class dates; call 355-8318 for details.
Class hours are:
Wed. (Pre-Course) 6-8 pm,
Friday 5-9 pm; Sat. 9am-6pm, and Sun 9am-6pm.

Ages 15+

120801-B1	F/Sa/Su	3/7-3/9	5:00-9:00P
120801-B2	F/Sa/Su	4/4-4/6	5:00-9:00P

Location: Folsom Aquatic Ctr
Fee: $150

Lifeguard Training

with Scott Seeba

American Red Cross Lifeguard training will provide you with the certification needed to work as a lifeguard. Requirements for course: 300yd swim, retrieval of a 10lb brick in 7ft of water. Fee includes all books and materials. Participants required to pass swim test on first day of class: 300 yard swim, and brick retrieval. Bring swim suite and change of clothes every class day. Please arrive 10 m inutes prior to start of each class. Contact Chad Gunter at 916-355-8319.

Ages 15+

120901-B1	M/W	2/3-3/3*	6:00-9:00P
120901-B2	M-Th	4/14-4/17	9:00A-6:00P

Location: Folsom Aquatic Ctr
Fee: $175
*No class 2/10

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

American River Water Polo Club

Never played water polo before?
As long as you can swim, give it a try! Sign up for a free clinic or try it out the first week of practice. Clinics are open to new and experienced kids alike. If you are a returning athlete, bring a friend! Visit www.arwpc.com for more information.

Played on Youth League or Competitive Team?
We want all of you to participate! This league will allow you the opportunity to play games in a fun, positive environment, improve your skills, all while helping water polo grow in our region. Games are played on Sunday throughout the Sacramento area.

Information:
e-mail arwaterpolo@yahoo.com
Ages 5-13
Youth Water Polo
Wed & Sun 3/3-4/13
6:30-8:00P on Wed, 12-1:30P on Sun
Location: Folsom Aquatic Center
Fee: $80-$150
Register at www.arwpc.com

Pilates

with Patty Campbell

Pilates is a form of exercise that helps to build strength, increase flexibility andagility and also improves balance. Pilates also helps tone and align the body, while eliminating excess tension and strain on the joints.Pilates-style workouts have been used by dancers and athletes for decades and most recently by golfers. We will also be concentrating on exercises to improve balance by using a large fitness ball and hand weights. Tuesdays are weights and Mat Pilates, Thursdays are weights and Fitness Ball. You will leave class feeling energized and with a new understanding and awareness of your body. Which will help you to play long and strong. Bring a Mat, hand weights, water & a fitness ball.

Ages 16+

121021-B1	Tu/Th	1/7-1/30	6:00-7:00P
121023-B1	Tu/Th	2/4-2/27	6:00-7:00P
121024-B1	Tu/Th	3/4-3/27	6:00-7:00P
121025-B1	Tu/Th	4/1-5/1	6:00-7:00P

Location: Folsom Aquatic Ctr
Fee: $45

Birthday Parties at the Folsom Aquatic Center

We offer fun birthday party packages for all ages – enjoy all of the Center's great features (the water slide, high and low diving boards, activity pool, and more!) as you celebrate with your friends and family. Lifeguards are on duty to assure party-goers' safety. Parties are two hours; advance reservations required. Parties may supply their own vegetable or fruit platter; limit two platters/party.
Additional cheese or pepperoni pizzas may be ordered for $12/pizza – arrangements for additional pizzas must be made in advance.
Call 355-8318 for party reservations; starts May 24.

Splash Bash Birthday Party Package ($259)

Includes: 20 admissions (youth or adult); ice cream cake; two pepperoni or cheese pizzas; all necessary tableware; punch or lemonade; shade canopy; tables and chairs; staff assistance. Additional guests pay daily entry fee.
Party Times: Monday-Sunday • 1:15-3:15 p.m. and 4-6 p.m.

Elite Birthday Party Package ($379)

Includes: all of the Splash Bash Party features, plus: dedicated Party Host; ability to bring in extra food; use of the activity pool, instructional pool, and water slide before public swim at 1 p.m. (no 50-meter pool, diving board, or inflatables).
Party Times: Saturday, 10:30 a.m.-12 p.m. (all participants must exit the facility at 12 p.m.; regular admission fees apply for re-entry to the pool at 1 p.m.)

Inflatable Madness Birthday Party Package ($279)

Enjoy the giant inflatable obstacles courses – Kiwi and The Beast, or Montee – at your private party after the pool closes to the public ... no waiting in lines! Come have an unforgettable birthday party that you and your friends will remember forever.
Includes: All of the same food and party services as the Splash Bash Party, and you may bring additional food items of your choice. Pool use is limited to the giant inflatables and diving boards in the 50-meter pool only.
Party Times: Friday/Saturday/Sunday, 6:30-8 p.m. (this party option is recommended for ages 7+; all participants must be able to swim at least 25 yards without a life jacket to play on the inflatables)

The Academy Summer Camp

This program will provide the young Aquatic Adventurer the opportunity to train like a lifeguard, play outdoor games in the park, and Swim at the Aquatic Center! Participants will receive instruction on CPR, First Aid, Water Rescue Skills, and participate in actual Lifeguard Training every Friday! Participants will also visit the Fire Station 35 along with a visit from a Folsom Police Officer. Each participant will receive an American Red Cross Certificate in Basic Water Safety along with a Folsom Aquatic Center "Academy" Certificate. Participants will be swimming and learning everyday. Space is limited so register for your week of Aquatic Fun soon! Looking forward to seeing you at the pool.

Ages 8-12

220010-B4	M-F	6/23-6/27	9:00A-4:00P
320010-B1	M-F	7/7-7/11	9:00A-4:00P
320010-B2	M-F	7/14-7/18	9:00A-4:00P
320010-B3	M-F	7/21-7/25	9:00A-4:00P
320010-B4	M-F	7/28-8/1	9:00A-4:00P

Location: Folsom Aquatic Ctr
Fee: $149; lunch available for additional fee of $27

Dos Rios Divers

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

Folsom Sea Otters Recreational Swim Team

Ages 4-18 are welcome!
Swim season is April 28-July 25; we finish at the Folsom Aquatic Center on July 26 and our championship meet takes place in Rocklin July 25-27.

Registration Dates:
Feb. 3 for returning swimmers
Feb. 24 for new swimmers
NEW: lower rates for ages 15-18
Groups fill fast, so register early!
Visit **www.folsomseaotters.com** for details and to register.

Folsom Tigersharks Recreational Swim Team

Our swim season runs from April through July. Practices and home meets are held at the Vista del Lago High School pool. All swimmers ages 4-18 are welcome.
Registration Dates:
Jan. 13 for returning swimmers
Feb. 10 for all swimmers
Registration fee: $395
Reduced fees and employment opportunities for ages 15-18
Visit **www.folsomtigersharks.com** for more information and to register.