West Coast Swing

with Come Dance with Me Performing Arts Workshop

Learn the basic steps, techniques and patterns of West Coast Swing. This is a contemporary style of swing dance that draws from many other dances and uses many styles of music (including top 40, blues, R&B, and funk).

Ages 18+

142561-01	Tu	1/7-2/11	7:30-8:15P
142561-02	Tu	2/18-3/25	7:30-8:15P
142561-03	Tu	4/1-5/6	7:30-8:15P
242561-01	Tu	5/13-6/17	7:30-8:15P

Location: 48 Natoma
Fee: $72 / $65 resident discount

May is Bike Month!

I ride.
MAYISBIKEMONTH.COM

Join the City of Folsom for our 7th annual

Ride with the Mayor

May date TBA – check for details at www.folsom.ca.us

Information:
Call Jim Konopka at 351-3516.

Yoga for Healthy Living

with Donna Rixmann, MA, E-RYT, CYT – voted number one of Style Magazine readers' 2012 Favorite Yoga Teachers!

FIRST CLASS FREE for newcomers! Enjoy this gentle but effective flow-style, breath-centered class filled with others who never thought they could do yoga. Can't touch your toes? No worries - modifications are given. Beginners always welcomed! Comfy clothing/no fragrances please. Class card valid for any AM/PM YHL class. Contact Donna, Yoga Therapist, with questions at 916-712-9642 or if you need a loaner mat. Visit www.yogapeace.net for teacher bio and yoga style information.

NOTE: this class is ongoing; students may join at any time
Class is held 9:30-10:30 a.m. Tuesdays/Thursdays and 7-8 p.m. Wednesdays at 48 Natoma

Ages 21+

4-Class Card: $45 / $38 resident discount; expires within 60 days
8-Class Card: $75 / $68 resident discount; expires within 90 days
Please present your receipt at class to receive card.

Beginning/Intermediate

Line Dance

with Phyllis K. Gifford

Class time: 5-6:15pm, and for those that want to work on intermediate line dancing 6:15-6:30. Master the basics needed to become a successful line dancer with low impact steps to exercise the body and mind. In addition to regular line dances you will learn Waltz, Tango, and Rumba style line dances. Please wear appropriate shoes, no flip flops, heels or backless shoes.

Ages 18+

142761-01	W	1/8-1/29	5:00-6:30P
142761-02	W	2/5-2/26	5:00-6:30P
142761-03	W	3/5-3/26	5:00-6:30P
142761-04	W	4/2-4/23	5:00-6:30P
142761-05	W	4/30-5/21	5:00-6:30P

Location: 48 Natoma
Fee: $48 / $41 resident discount

Thanks to our 2013 Cyclebration sponsors!

Kaiser Permanente
City of Folsom

BicyclingEvents.com • Bicycles Plus
Capitol Adventure • Bicycle Planet

Folsom Tourism Bureau • SMUD • California Family Fitness • Folsom Telegraph • Signs Now • Whole Foods Market • Style Magazine TimeYourRace.com • Healthy Families

Folsom Glenn Car Wash • Performance Bicycles • Lockdown Brewing Co. • Park a Bike • Macaroni Grill

Rolling through Folsom in September 2014!
www.FolsomCyclebration.com

Women's Self Defense

The YAWARA: Self-Defense in the Palm of Your Hand

with Frank Mooney

Learn an easy yet highly effective self defense technique using a Japanese Yawara from rank holder in "KenJudo" & "Tai Chi Chuan Fa" instructor Frank Mooney. Students will be familiarized with weapon and learn striking points, locks, releases, escapes and the proper state of mind that should come with self defense.

Ages 16+

150849-01	Sa	1/18	10:00A-12:00P
150849-02	Sa	2/8	10:00A-12:00P
150849-03	Sa	3/15	10:00A-12:00P
150849-04	Sa	4/12	10:00A-12:00P
250849-01	Sa	5/17	10:00A-12:00P

Location: Folsom Sports Complex
Fee: $47 / $40 resident discount;
$15 supply fee due to instructor at class for a Yawara that you will keep

T'ai Chi Ch'uan & Interactive Pushing Hands *with Daniel Quincy*

The class includes a short medium-frame Yang style Taijiquan (T'ai Chi Ch'uan) solo forms set, and some related Qigong (Ch'i Kung) energy work. The ongoing practice of these traditional movements helps students develop the ability to release tension, breathe more deeply, and become more focused in the present; also, to develop greater flexibility and strength, and improve natural health. The second half of the class involves learning fun T'ui-Shou "Pushing Hands'' interactive play forms. Visit www.folsom.ca.us for more information about the instructor and this class.

Ages 18+

150011-01	Tu	1/14-2/11	6:30-8:00P
150011-02	Tu	2/18-3/18	6:30-8:00P
150011-03	Tu	3/25-4/22	6:30-8:00P
150011-04	Tu	4/29-5/27	6:30-8:00P
150011-05	F	1/17-2/21*	6:30-8:00P
150011-06	F	2/28-4/4*	6:30-8:00P
150011-07	F	4/18-5/23*	6:30-8:00P

Location: Folsom Sports Complex • Fee: $67 / $60 resident discount
*No class 2nd Friday of the month

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

Hunter Education

with Jeffrey Goodwin, certified hunter education instructor though the Dept. of Fish and Game

This course is a requirement to obtain a hunting license in California. It will teach firearm safety, basic navigation and hunting ethics and cover state regulations. There is no age restriction, but students under 10 may find the test difficult to pass. A handbook needs to be picked up upon registration for study prior to course.

Ages 10+

143061-01	Sa	1/11	8:00A-6:00P
143061-02	Sa	2/15	8:00A-6:00P
143061-03	Sa	3/15	8:00A-6:00P
143061-04	Sa	4/12	8:00A-6:00P
243061-01	Sa	5/10	8:00A-6:00P

Location: Folsom Sports Complex
Fee: $27 / $20 resident discount

CPR/AED Training

with Heart Corp

Accredited through American Heart Association, we provide quality BLS CPR and First Aid training for the healthcare provider and lay person. Receive your American Heart Association CPR card the Same Day!

For Healthcare Providers

Ages 10+

120850-1B	M	1/13	6:00-9:00P
120850-2B	M	2/10	6:00-9:00P
120850-3B	M	3/10	6:00-9:00P
120850-4B	M	4/7	6:00-9:00P

Location: Folsom Aquatic Ctr
Fee: $62 / $55 resident discount

For Non-Healthcare Providers

Ages 12+

120851-B1	M	1/27	6:00-9:00P
120851-B2	M	2/24	6:00-9:00P
120851-B3	M	3/24	6:00-9:00P
120851-B4	M	4/21	6:00-9:00P

Location: Folsom Aquatic Ctr
Fee: $62 / $55 resident discount

Tennis Drill Night

with Bryan Solem

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+

135011-01	W	1/22-2/12	7:00-8:00P
135011-02	W	2/26-3/19	7:00-8:00P
135011-03	W	4/2-4/30*	7:00-8:00P

*Note: no class 4/16
Location: Ed Mitchell Park
Fee: $62 / $55 resident discount

Beginning/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+

135102-01	Tu	1/21-2/11	6:00-7:00P
135102-02	Tu	2/25-3/18	6:00-7:00P
135102-03	Tu	4/1-4/29*	6:00-7:00P

*Note: no class 4/16
Location: Ed Mitchell Park
Fee: $62 / $55 resident discount

Backyard Composting & Grasscycling

with Marie McKeeth, City of Folsom Senior Environmental Specialist

Attendees will learn the techniques and benefits of creating compost from their own garden waste as well as how to recycle lawn clippings using a method called grasscycling. Backyard composting and grasscycling are effective methods for returning essential nutrients back to your landscape while keeping this waste from going into the landfill. At the conclusion of the presentation, attendees may purchase a discounted compost bin for $30 (check only made out to City of Folsom) or receive a rebate offer for $25 toward the purchase of a grasscycling (mulching) lawnmower.

Ages 12+

171065-01	Sa	4/12	9:00-10:00A

Location: Lew Howard Park
Fee: Free – must pre-register to attend
NOTE: registration limited to Folsom residents only

OUTDOOR AND INDOOR SOCCER

LEAGUE FEE STRUCTURE

R – Folsom resident: 60% of your team roster comprised of people who live or own property 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
SOCCER (OUTDOOR)						
WINTER 135031-01	Tu/Th – Men's 35+	Mon., Jan. 13 5 p.m.	Mon., Dec. 30 5 p.m.	Jan. 21 8 games	R – $950 NR – $1050	John Kemp Park
WINTER 135031-01	Th – Women's	Mon., Dec. 30 5 p.m.	Mon., Dec. 30 5 p.m.	Jan. 2 8 games	R – $950 NR – $1050	John Kemp Park
WINTER 135031-01	Sun – Coed I & II, III	Mon., Dec. 30 5 p.m.	Mon., Dec. 30 5 p.m.	Jan. 5 8 games	R – $950 NR – $1050	John Kemp Park
SPRING 135031-02	Th – Women's	Mon., March 3 5 p.m.	Mon., March 10 5 p.m.	March 13 8 games	R – $950 NR – $1050	John Kemp Park
SPRING 135031-02	Tu/Th – Men's 35+	Mon., March 3 5 p.m.	Mon., March 10 5 p.m.	March 25 8 games	R – $950 NR – $1050	John Kemp Park
SPRING 135031-02	Sun – Coed I & II, III	Mon., March 3 5 p.m.	Mon., March 10 5 p.m.	March 16 8 games	R – $950 NR – $1050	John Kemp Park
SOCCER (INDOOR)						
WINTER 155200-01	Wed – Coed I & II	Friday, Jan. 3 5 p.m.	Thurs., Jan. 9 6 p.m.	Jan. 15 8 games	R – $1050 NR – $1075	Folsom Sports Complex
WINTER 155200-02	Thu – Men's 35+	Friday, Feb. 14 5 p.m.	Thurs., Feb. 20 6 p.m.	Feb. 27 8 games	R – $1050 NR – $1075	Folsom Sports Complex
SPRING 155200-03	Mon – Women's I & II	Fri., March 28 5 p.m.	Thurs., April 3 6 p.m.	April 7 8 games	R – $1050 NR – $1075	Folsom Sports Complex
SPRING 155200-04	Sun – Coed I & II	Fri., March 28 5 p.m.	Thurs., April 3 6 p.m.	April 6 8 games	R – $1050 NR – $1075	Folsom Sports Complex

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.

Archery Skills Class

with USA Archery's Coach Robert Moore

Experience the mythical flight of the arrow like Katniss, Gale, Meredith and Hawk. Learn archery range and shooting safety; develop shooting form skills with challenges and games. Coach works with individual skill levels. Basic archery equipment provided for instruction.

Ages 18+

150035-01	Tu	1/14	6:00-7:30P
150035-02	Tu	1/21	6:00-7:30P
150035-03	Tu	2/11	6:00-7:30P
150035-04	Tu	2/18	6:00-7:30P
150035-05	Tu	3/11	6:00-7:30P
150035-06	Tu	3/18	6:00-7:30P
150035-07	Tu	4/8	6:00-7:30P
150035-08	Tu	4/22	6:00-7:30P

Location: Folsom Sports Complex
Fee: $37 / $30 resident discount

Round Robin Table Tennis

Weekly Tournament
All ages and skill levels welcome.
For more information visit:
www.folsomtt.com
Held every Sunday, 3:30-6:30 p.m.
Fee: $5/person
Location: Folsom Sports Complex

Open Gym Badminton

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

Register today! Registration form on page 40

VOLLEYBALL · BASKETBALL · SOFTBALL · FLAG FOOTBALL

LEAGUE FEE STRUCTURE

R – Folsom resident: 60% of your team roster comprised of people who live or own property 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
VOLLEYBALL (INDOOR)						
SPRING 135192-01	Tue – Coed 4x4 Tue – Coed 6x6	Friday, Jan. 24 5 p.m.	Thurs., Jan. 30 6 p.m.	Week of Feb. 4 8 games	R – $215 NR – $245	Folsom Middle School
LATE SPRING 235191-01	Tue – Coed 4x4 Tue – Coed 6x6	Fri., April 4 5 p.m.	Thurs., Apr 10 6 p.m.	Week of April 22 8 games	R – $215 NR – $245	Folsom Middle School
BASKETBALL (INDOOR)						
WINTER 159200-01	Sun – Men's 35+	Fri., Jan. 10 5 p.m.	Thurs., Jan. 16 6 p.m.	Week of Jan. 19 *8 games + playoffs*	R – $450 NR – $475	Folsom Middle School
WINTER 159200-02	Thu – Men's C	Fri., Jan. 3 5 p.m.	Wed., Jan. 8 6 p.m.	Week of Jan. 9 *8 games + playoffs*	R – $550 NR – $575	Folsom Sports Complex
SPRING 135221-01	Thu – Men's D	Fri., Jan. 10 5 p.m.	Thurs., Jan. 16 6 p.m.	Week of Jan. 23 *8 games + playoffs*	R – $450 NR – $475	Folsom Middle School
SPRING 159200-03	Sun – Men's 35+	Fri., March 28 5 p.m.	Thurs., April 3 6 p.m.	Week of April 6 *8 games + playoffs*	R – $450 NR – $475	Folsom Middle School
SPRING 159200-04	Thu - Men's C	Fri., March 14 5 p.m.	Thurs., March 20 6 p.m.	Week of March 27 *8 games + playoffs*	R – $550 NR – $575	Folsom Sports Complex
SOFTBALL						
SPRING 135061-01	Sun – Coed D, Rec M – Men's 40+, Wm's C, D, Coed Rec, Men's Rec Tu – Men's C1, D W – Men's C1, D, 50+ Th – Coed D F – Men's D, Rec	Fri., Feb. 7 5 p.m.	Wed., Feb. 19 6:30 p.m. 40+, 50+ 7 p.m. Coed 8 p.m. Men's, Wm's	Week of March 2 *7 games*	R – $475 NR – $560 W – $510	Lembi and Kemp Park
SUMMER 235061-01	Sun – Coed D, Rec M – Men's 40+, Wm's C, D, Coed Rec, Men's Rec Tu – Men's C1, D W – Men's C1, D, 50+ Th – Coed D F – Men's D, Rec	Fri., April 18 5 p.m.	Wed., April 30 6:30 p.m. 40+, 50+ 7 p.m. Coed 8 p.m. Men's, Wm's	Week of May 11 *11 games*	R – $655 NR – $765 W – $695	Lembi and Kemp Park
FLAG FOOTBALL						
SPRING 6 X 6 135211-01	F – Men's C F – Men's D1 F – Men's D2	Fri., Feb. 14 5 p.m.	Wed., March 5 6:30 p.m.	Friday, March 21 *8 games*	R – $455 NR – $490 W – $470	Kemp Park

VOLUNTEERS NEEDED for AMGEN Tour of California!
See page 25 for more details.