We Love Ponies!
with Ponyland

Learn hands-on how to care for ponies. You will spend 2.5 hours learning everything you need to know if you were to have a pony of your own. Class starts in the Zoo Classroom and then children will walk over the shady Zoo Round Pen to learn hands-on how to groom, saddle, feed and care for the ponies and go on a hand-led ride! *Wear clothing that is OK to get wet. If it's warm we may even bathe the ponies! Finally you'll return to the zoo classroom to make an arts and crafts project to remember your special time with your pony. All ponies were rescued by Ponyland and brought to the zoo from their home ranch in Orangevale for this program. Please wear closed toe/closed heel shoes and bring your bike helmet. Due to the ponies' small size, maximum weight to ride them is: 70 pounds. Children who do not meet this criteria may spend extra time grooming and leading ponies.

Ages 4-11

291025-01	Sa	6/28	9:00-11:30A
391025-01	Sa	7/19	9:00-11:30A
391025-02	Sa	8/2	9:00-11:30A
391025-03	Sa	8/30	9:00-11:30A

Location: Folsom Zoo Sanctuary
Fee: $69

Theater Box *with Come Dance with Me Performing Arts Workshop*

Develop and flex your Musical Theater skills in this workshop that combines training in acting, dancing and singing. During the session students will learn a kid friendly adaptation of a Broadway classic from one of the Bay Area's top professionals. Each student receives a role. Session will culminate in 100% kid-performed, kid-produced show. Different show produced each session.

Ages 6-12

244474-01	Tu	6/3-7/22	6:00-7:00P

Location: 48 Natoma
Fee: $187 / $180 resident discount; $15 materials fee due at first class

Chess 101 *with Joe Mihaljevic*

Because there aren't any Chess clubs in the area, Joe wanted to start a club to help teach his own children the many mental benefits of the game, as well as provide a competitive environment for those who love to play. Chess 101 is for anyone wanting to learn and play Chess at all levels. This class will teach the fundamentals and strategies of Chess.

Ages 6+

250825-01	Th	6/5-6/26	6:00-7:30P
350825-01	Th	7/10-7/31	6:00-7:30P
350825-02	Th	8/7-8/28	6:00-7:30P

Location: Folsom Sports Complex
Fee: $57 / $50 resident discount; 10% sibling discount

Certified Babysitting
with Catherine Statham

This course provides the information and skills necessary for safe and responsible care of children in the absence of parents or adult guardians. Participants will develop skills in interviewing, accident prevention, care for medical emergencies, basic child care and professionalism. Wallet certification issued upon completion of class. Bring snack and drink for break.

Ages 11-13

244591-01	M/Tu	6/23-6/24	4:00-7:00P

Location: Folsom Sports Complex

344591-01	M/Tu	7/21-7/22	4:00-7:00P

Location: 48 Natoma
Fee: $60 / $53 resident discount

CPR for Babysitters
with Catherine Statham

Babysitters learn CPR, relief of foreign-body airway obstruction, the AHA pediatric infant and child Chain of Survival, signs of choking, and prevention of the most common injuries in infants and children. Designed for those who have completed the Certified Babysitting Course. An American Heart Association participation card is presented upon completion of course.

Ages 11-13

244592-01	Th	6/26	4:00-7:00P
344592-01	Th	7/24	4:00-7:00P

Location: 48 Natoma
Fee: $52 / $45 resident discount

SAVE THE DATE!

FOLSOM GLOW RUN

Saturday, October 4

Start/finish in Folsom's Historic District
Family-friendly fun for all ages · Non-competitive walk or run

Registration opens July 1 – don't miss out ... this popular event will sell out quickly!

Watch for details: www.folsom.ca.us

Hunter Education
with Jeffrey Goodwin, Certified Hunter Education Instructor through the Dept. of Fish and Game

This course is a requirement to obtain a hunting license in the State of 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+

243061-01	Sa	5/17	8:00A-6:00P
243061-02	Sa	6/21	8:00A-6:00P
343061-01	Sa	7/19	8:00A-6:00P
343061-02	Sa	8/16	8:00A-6:00P

Location: Folsom Sports Complex
Fee: $23

Chess & Soccer for Home School

with Joe Mihaljevic

The first hour will be dedicated to teaching the game of chess followed by an hour of soccer geared towards the exercise of the mind and as well as the body. Parent participation welcome. Athletic shoes requested.

Ages 6-16

250801-00	F	5/9-5/30	12:30-2:30P
450801-01	F	9/5-9/26	12:30-2:30P

Location: Folsom Sports Complex
Fee: $77 / $70 resident discount; 10% sibling discount

Basketball Lesson

Coach Shaw is one of the Sacramento area's premier basketball trainers. Players who continue their training perform better during the season. Players work on conditioning, speed, agility, ball handling, shooting and individual skills specific to players needs.

Ages 12-15

356108-01	Th	7/24-9/4*	4:00-5:00P
356108-02	Th	9/11-10/2	4:00-5:00P

*Note: no class 8/7, 8/14, 8/28
Location: Folsom Sports Complex
Fee: $67 / $60 resident discount

Just 4 Kicks

with Just 4 Kicks

Emphasis now is on putting it all together, even the team. All teaching is conducted through play and fun activities. Participants will also learn how and why things are done as the team works through scrimmages and game situations. Individual and team skills are of equal importance at this level. Expectations of each position in a small-sided game format are explained and developed for a truly exceptional soccer.

Ages 7-8

350030-01	M	7/7-8/25	5:30-6:30P

Soccer 4-6 Ages 9-12

350030-02	M	7/7-8/25	6:30-7:30P

K-1 Soccer Ages 5-6

450030-02	M	9/15-11/3	3:35-4:20P

Soccer 4-6 Ages 7-12

450030-03	M	9/15-11/3	4:20-5:20P

Location: Folsom Sports Complex
Fee: $112 / $105 resident discount

Taekwondo, White Belt

with Karen Bowman

Taekwondo is a fast paced sport that will have your child jumpkicking their way to fun. 5th Degree Black Belt and former National Sparring Champion, Karen Bowman, will train your child to kick, strike and block their way to power and self-defense. Come learn the philosophies of taekwondo that make your child bully-proof; perserverance, respect and indomitable spirit. No previous martial arts experience necessary. Bowman Martial Arts has been named the favorite TKD school in Folsom three years in a row. Class fee includes a uniform.

Ages 6-13

244631-01	Tu/Th	5/6-6/10	5:30-6:15P
244631-02	Tu/Th	6/12-7/22*	5:30-6:15P
344631-01	Tu/Th	7/29-9/4*	5:30-6:15P

Location: Bowman Martial Arts
Fee: $96 / $89 resident discount
*No class 6/26 & 8/21

Love Animals? Check out the Folsom Zoo Sanctuary's new **All About Animals** classes for kids ages 8-12. *See page 46 for complete details.*

Tap & Jazz Combination

with Come Dance with Performing Arts Workshop

Join us as we focus on focus on rhythm, posture, flexibility and coordination in both genres! Proper technique and terminology will be used in a fun and child friendly way! Please dress your dancer in pink tights, black leotard (no skirt), black leather and black tap shoes.

Ages 6-10

244541-01	Tu	5/13-6/17	4:15-5:00P
244541-02	Tu	6/24-7/29	4:15-5:00P
344541-01	Tu	8/5-9/9	4:15-5:00P

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

Hip Hop I

with Come Dance with Performing Arts Workshop

Come Dance with Me has brought talented and dedicated teachers to help you pop, lock and drop like a true urban dancer. Please wear comfortable shoes and clothing.

Ages 6-8

242101-01	Tu	5/13-6/17	5:45-6:30P
242101-02	Tu	6/24-7/29	5:45-6:30P
342101-01	Tu	8/5-9/9	5:45-6:30P

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

Hip Hop 2

with Come Dance with Me Performing Arts Workshop

After learning the basics students will learn partial routines and more advanced dance moves.

Ages 6-17

242111-01	Tu	5/13-6/17	6:30-7:15P
242111-01	Tu	6/24-7/29	6:30-7:15P
344881-01	Tu	8/5-9/9	6:30-7:15P

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

2014 Fall NFL Flag Football

ALL DIVISIONS MUST REGISTER EARLY! This program fills very quickly.

NOTE: Registration open to Folsom residents only through August 15; then registration opens to all on August 16; registration then closes August 22 or when full.

Fee for all divisions: $125 / $115 resident discount – on or before Aug 22; $135 / $125 resident discount – after Aug 22

NFL Flag is the premier co-ed youth football league. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. NFL Flag Football is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field. The season for all divisions runs from Sept. 26-Nov. 21. All practices and games will take place on Friday evenings. First two weeks are for practice, followed by six weeks of 30-min. practices prior to playing games at John Kemp Community Park and the Folsom Sports Complex. Each registered participant will receive an official reversible NFL Flag Football jersey and a set of NFL flags with belt. A mandatory mouth guard is required to play. Homeschoolers are welcome.

Note: requests to be aligned with specific coaches/players are not guaranteed.

Interested in coaching? Volunteer coaches are required for all flag football programs. Please indicate your interest at the time of enrollment of your child.

Junior Division – 2nd/3rd grades

Jr. NFL Flag is designed like the NFL Flag Football League with a little twist for the younger players. We will play on the same size football fields as the 4th-8th grade leagues but will focus primarily on running plays and flag pulling as opposed to a passing league.

432501-01	F	9/26-11/21	5:30-7:30P

Elementary School Division – 4th/5th/6th grades

We'll form an NFL Flag team representing each school with 7-10 players per team. You must register under the program number of the school where your child attends.

Theodore Judah	430161-01
Folsom Hills	430161-02
Oak Chan	430161-03
Natoma Station	430161-04
Blanche Sprentz	430161-05
Empire Oaks	430161-06
Gold Ridge	430161-07
Carl Sundahl	430161-08
Sandra Gallardo	430161-09
Russell Ranch	430161-10
St. Johns	430161-11

Middle School Division – 6th/7th/8th grades

We'll form several NFL Flag teams representing each school with 7-10 players per team. Each team will have a balanced number of mixed grades per team; you must register under the program number of the school where your child attends.

Sutter Middle School	430261-01
Folsom Middle School	430261-02

Folsom Athletic Association Youth Assistance Fund Scholarships

The Folsom Athletic Association (FAA), in cooperation with the Folsom community, has developed an assistance program to provide scholarships for Folsom youth to participate in recreation activities. For information and assistance, visit **www.folsomathleticassociation.org**.

The FAA is a local, non-profit organization chartered to promote the improvement of quality recreation and athletic facilities and activities in Folsom. Tax-deductible donations, earmarked to the Youth Assistance Fund, may be sent to: The Folsom Athletic Association, P.O. Box 835, Folsom, CA 95763.

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!

Wheelchair Super-Cross

with Trevor Snowden

Former pro snowboarder Trevor Snowden who was injured in a snowboarding accident in 1997, has developed his new electric adaptive wheelchair… The Scootair! Be the first in the country to try this new adaptive wheelchair by scheduling a private 2 hour session with Trevor at the Cummings Family Skate and Bike Park. Private Sessions are available 7 days a week! Call 355-8319 to schedule your Scootair experience today!

Location: Cummings Family Park
Fee: $49

Folsom Skate and Bicycle Park

at Cummings Family Park, 1775 Creekside Drive

Call (916) 817-2767 for daily operating conditions
Call (916) 355-7285 for general info

Hours of Operation:

Spring Hours (March 31-May 29)
Monday-Thursday ..... 3:30-8 p.m.
NOTE: Wednesdays 6 p.m.-close: only bikes are allowed in Skate Park
Friday ..... 2-9 p.m.
Saturday ..... 1-9 p.m.
Sunday..... 1-6 p.m.

Holiday Hours
Monday, May 26 ..... 1-6 p.m.
Friday, July 4 ..... 1-6 p.m.
Monday, Sept. 1 ..... 1-6 p.m.

Summer Hours (May 30-Aug. 10)
Monday-Saturday ..... 1-9 p.m.
NOTE: Wednesdays 6 p.m.-close: only bikes are allowed in Skate Park
Sunday..... 1-8 p.m.

Fall Hours (Aug. 11-Sept. 30)
Monday-Thursday ..... 3:30-8 p.m.
NOTE: Wednesdays 6 p.m.-close: only bikes are allowed in Skate Park
Friday ..... 2-9 p.m.
Saturday ..... 1-9 p.m.
Sunday..... 1-6 p.m.

Entry Fees:
$3/person, all day – includes access to both the skate and bike parks

Hours are subject to change dependent on weather conditions.

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

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

Birthday Parties and Rentals at the Skate & Bike Park:
Rentals available before/after regular public hours for many different types of events.

Host your next birthday party at the Skate & Bike Park – party fee is $79; call **355-8318** for party and rental reservations and details.

NEW! Ride your bike in the Skate Park!

Every Wednesday, 6 p.m.-close

Bike riders will be provided exclusive use of the Skate Park as all other use during this time will be prohibited. A $3 entry fee is required, as well as proper safety equipment.
Call 817-2767 for more details.

Ride your Scooter

– at the –

Folsom Skate Park

at Cummings Family Park
1775 Creekside Drive

Admission only $3 / person

Open Every Day!

NOTE: Only non-motorized scooters allowed.
All scooter riders must wear mandatory protective gear: helmet, knee & elbow pads

Register today! Registration form on page 48

Archery Class

with Robert Wayne Moore, Maya Archery

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 10-17

230038-01	Tu	5/13	4:00-5:30P
230038-02	Tu	5/20	4:00-5:30P
330038-01	Tu	8/19	4:00-5:30P
330038-02	Tu	8/26	4:00-5:30P

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

USA Jr Tennis Lessons

with Bryan Solem

Improve your strokes, footwork, and overall knowledge of the game of tennis. Bring one can of unopened balls to first lesson.

Age 6-9

230102-01	Tu	5/6-5/27	4:00-5:00P
230102-02	Tu	6/10-7/1	4:00-5:00P
330102-01	Tu	7/8-7/29	4:00-5:00P
330102-02	Tu	8/5-8/26	4:00-5:00P

Location: Ed Mitchell Park
Fee: $62 / $55 resident discount

Ages 10-16

230101-01	Tu	5/6-5/27	5:00-6:00P
230101-02	Tu	6/10-7/1	5:00-6:00P
330101-01	Tu	7/8-7/29	5:00-6:00P
330101-02	Tu	8/5-8/26	5:00-6:00P

Location: Ed Mitchell Park
Fee: $62 / $55 resident discount

Quick Start Tennis

with Bryan Solem

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels-- ages 8 and under and ages 10 and under.It's the fast, fun way to get kids into tennis-- and keep them playing. Bring one can of low compression tennis balls to the first session. No refunds after first class.

Ages 5-10

230115-01	Sa	6/7-7/12	10:00A-12:00P

Location: Ed Mitchell Park
Fee: $62 / $55 resident discount

USA Team Tennis Jr League

with Bryan Solem

Exact dates TBA. Join this fun instructional league and work on your game while playing surrounding clubs' youth players. We will match levels with like abilities. Bring one can of unopened balls to first lesson.

Ages 6-17

230151-01 Tu/F 6/3-7/29

Practices held Fridays 4-5:30 p.m.; Matches held Tuesdays 1:30-3 p.m.

Location: Ed Mitchell Park
Fee: $91 / $84 resident discount

FRIENDS OF FOLSOM PARKWAYS

Join us ...

in our mission to preserve the Humbug-Willow Creek Parkway and identify other areas of Folsom worthy of inclusion in the parkway system.

You're invited to attend our monthly meetings and help support our efforts to benefit Folsom's parks, trees, open space, and wildlife habitat.

Friends of the Folsom Parkways meets the second Thursday of every month at 7:00 p.m. at The Parkway Homeowners Association Building, Parkway Dr. & Blue Ravine Rd., Folsom

Call **983-0850** for more information and to join.

Skyhawks Flag Football Instructional League

with Skyhawks Academy

This instructional league offers an exciting, positive and safe introduction to league play and operates in accordance to the NFL Flag Official Rule Book. The league consists of 8, 1.5-hr sessions that run twice per week for 4 weeks. Small roster sizes ensure maximum playing time for all players The first 2 sessions consist of 1.5 hours of skill development circuits and evaluations. Participants are divided into teams based on age and ability.The next 6 weeks include 45 minutes of practice, followed by a 45 minute game. Teams are coached by Skyhawks trained staff to ensure that all participants learn the essential skills, rules, play-calls and strategies of the game. Our non-contact recreational league emphasizes individual skill development, game strategy, teamwork, character building and most importantly…Fun! All participants receive a reversible Skyhawks jersey.

Ages 5-7

331034-01	M-W	7/7-7/30	5:30-7:00P

Ages 8-11

331034-02	M-W	7/7-7/30	5:30-7:00P

Location: Folsom Sports Complex
Fee: $129 / $119 resident discount

Archery Class-Adult

with Robert Wayne Moore, Maya Archery

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 10+

250035-01	Tu	5/13	6:00-7:30P
250035-02	Tu	5/20	6:00-7:30P
350035-01	Tu	8/19	6:00-7:30P
350035-02	Tu	8/26	6:00-7:30P

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