

Live Folsom

The City of Folsom Parks & Recreation Department Activity Guide



Inside:

Special Events for Families 2

Sports and Fitness Programs for Kids 10; Adults 26; Seniors 33

Swim Lessons and Aquatics Programs 18

Folsom Zoo Sanctuary 36

Online Registration Always Open! <http://webtrac.folsom.ca.us>

Folsom Parks & Recreation Community Partners

The organizations listed below are partners in our Community Event Sponsorship Package which helps support the Spring Eggstravaganza, Folsom's Run with Nature, the Concerts in the Park series, Love My Mom 5K, the Folsom Glow Run, Folsom's Wacky Dash, and the Folsom CAVE Teen Centers.

Gold Level Sponsors



PALLADIO

SHOP · DINE · PLAY

55 + Stores, Restaurants and Entertainment



The Folsom Telegraph

Silver Level Sponsors

Easton Development Company, LLC
Folsom Dog Resort

Bronze Level Sponsors

Bayside Church · BJ's Restaurant · Cascade Chiropractic
Folsom Lake Bank · Folsom Lake Honda · HDR Engineering, Inc.
Kikkoman Foods · Kimley-Horn · MyFolsom.com · My Kids Dentist
Natoma Lodge #64 · Poidmore Orthodontics · Renewal by Anderson
Round Table Pizza · Sacramento Children's Museum
Thrive Spine Center · Quick Quack Car Wash

Summer Concerts in the Park

Guild Mortgage Company · Rotary Club of Folsom, Historic Folsom, and Folsom Lake · Folsom Lake Bank · Rubio's Coastal Grill

SEPTEMBER 17, 2016

Folsom
**Community
SERVICE**
Day

Join us for the third annual Community Service Day on **September 17**, Folsom's largest day of volunteerism. This major citywide event mobilizes hundreds of volunteers of all ages and interests to complete projects throughout Folsom that make a positive, lasting impact in the community.

Community Service Day is organized by the City of Folsom and more than a dozen local corporations, businesses and non-profit organizations.

Volunteer opportunities are available, donation drives are planned, and project fundraising is underway. Learn how you can get involved and give back to the Folsom community at

www.folsomcommunityservice.org



Important Phone Numbers:

Folsom Community Center	355-7299
Folsom Aquatic Center	355-8318
Folsom Skate and Bike Park.....	817-2767
Folsom Sports Complex.....	984-2850
CAVE Teen Center at Folsom Middle School	351-3530
CAVE Teen Center at Sutter Middle School.....	355-7203
Folsom City Zoo Sanctuary	351-3527
Folsom City Library	355-7374
Parks & Recreation Administrative Offices.....	355-7304
Parks & Recreation Registration Counter.....	355-7285
48 Natoma; Senior & Arts Center	355-7285
Hinkle Creek Nature Center	987-7039

Non-City Numbers

Folsom State Parks	988-0205
State Parks: Camping.....	1-800-444-7275
Folsom Chamber of Commerce.....	985-2698 / 985-5555
Train at Folsom City Lions Park	983-1873
Friends of the Zoo.....	226-5445
Prairie City Off-Road Park	985-8521
Friends of the Folsom Parkways	983-0850

Community Youth Sports Leagues

Basketball www.folsomyouthbasketball.com	
Folsom Athletic Association www.folsomathleticassociation.com	
Folsom Jr. Bulldogs Football and Cheer Info Line.....	557-9080 www.folsomjrbulldogs.com
Folsom Vista Jr. Eagles Football and Cheer Info Line....	962-9700 www.fvjreagles.com
Girls Softball Information	www.folsomsoftballclub.org
Folsom Soccer Club Info Line.....	558-0558 www.folsomsoccerclub.org
Folsom Lacrosse Association.....	538-0914 www.folsomcordovalax.org
Sea Otters Swim Club Info Line.....	484-5777 www.leaguelineup.com/seaotters
Sierra Marlins Swim Club Info Line.....	565-6330 http://www.teamunify.com/Home.jsp?team=smst
Folsom Tigersharks Swim Club http://www.folsomtigersharks.com	
American Little League Baseball (North & East of Oak Avenue) http://fallbb.com	
National Little League Baseball (South & West of Oak Avenue) www.folsomnational.com	

On the cover: Some of the beautiful scenery along the route of the annual Great Scott Bike and Walk event that takes place the first Sunday in May. The railroad tracks are part of the Joint Powers Authority Transportation Corridor that extends from Folsom to Placerville. Photo by Lynn LePage.

Family Fun.	2
Preschool Programs	6
Youth/Teen Programs	8
The CAVE After-school Program	10
Youth/Teen Sports & Fitness	10
Folsom Skate & Bike Park	11
Youth/Teen Holiday Camps	16
Folsom Sports Complex	17
Folsom Aquatic Center	18
Community Arts	21
The Gallery at 48 Natoma	22
Adult Fine Arts	23
Adult Programs	25
Adult Dance, Sports & Fitness	26
Folsom Senior Center/Programs for Ages 55+	29
Rental Facilities	35
Folsom City Zoo Sanctuary	36
Folsom Public Library	39
Registration Form	40

Give the gift of fun!

Purchase and use Folsom Parks & Recreation gift cards at these locations:



48 Natoma Senior & Art Center,
The Gallery at 48 Natoma,
Folsom Aquatic Center,
Folsom Skate & Bike Park,
Folsom Sports Complex,
and the Folsom Zoo Sanctuary.

Folsom Parks & Recreation gift cards may be redeemed for activities, events, camps, admission fees, and concessions at any of our facilities or online at <http://webtrac.folsom.ca.us>.

Cards are available in any denomination.

IT'S EASY TO REGISTER! Register online at: <http://webtrac.folsom.ca.us>
Registration form and in-person registration details on page 40

The Friends of the Folsom Zoo Sanctuary present

GROWL HOWL AND WINE

A Benefit for the
Folsom City Zoo Sanctuary

at the Folsom Community Center • 52 Natoma Street

Saturday, September 17 • 6-9 p.m.

Featuring a variety of local wineries and breweries pouring their premium brands,
plus local restaurant tastings • live music • live and silent auctions • animal encounters • fun!

Please note: this event is for ages 21+

Sponsored by:



Hanson McClain®
Independent Investment Advice



— Lending A Hand —



REDHAWK™
CASINO

Tickets and info:

FolsomZooFriends.org/GHW

GROWL HOWL
and wine



THIS EVENT SELLS OUT! DON'T DELAY - REGISTER TODAY!

FOLSOM GLOW RUN

Saturday, October 1 • 7:45 p.m.

4K course • start/finish in Folsom's Historic District
Family-friendly fun for all ages • non-competitive walk or run

Show Your Glow!

Registration & Information:

www.stylemg.com/FolsomGlowRun



**Thanksgiving Feast for the Animals
at the Folsom City Zoo Sanctuary**

Thursday, Nov. 24 • 11 a.m.

Join us for our annual tradition of a special celebration for the animals. Watch as all the animals receive their festive Thanksgiving meals, including special pumpkin pie! Fee: Regular admission (see page 36 for details)

**You're Invited to a Public Celebration for the
Cummings Family Park Monument Dedication**

Sunday, September 25 • 1775 Creekside Drive

Ceremony begins at 11:30 a.m. followed by free refreshments and entertainment hosted by the Cummings family until 1:30 p.m.



Find more details at www.folsom.ca.us or 916-355-7285.

Annual "Folsom Focus" Photography Contest
sponsored by the Folsom Arts Association

*Amateur photography competition featuring
the faces and places of Folsom.*

Accepting entries October 1-21
at the Gallery at 48 Natoma.

Prizes and awards announced at the Opening Reception,
6-8 p.m., Friday, Nov. 18 at the Gallery at 48 Natoma.

Details, rules and entry forms: FolsomArts.org
More Information: FAAFolsomFocus@gmail.com

**THE 24TH ANNUAL FOLSOM
RENAISSANCE
FAIRE** **October 15 & 16**
10 a.m.-5 p.m.
Folsom City Lions Park

Admission: \$16 adults ages 18+;
\$11 seniors age 62+/military with I.D./youth ages 13-17;
\$8 children ages 6-12; ages under 6 years FREE

Parking: \$5/vehicle (parking proceeds benefit Folsom Teen Council)

Save on Admission: use coupon below for savings on one adult admission; Library card holders can save \$3 on one adult admission by showing their valid card at the time of purchase (one/customer, not valid w/any other offers)

Journey back in time to a 16th century English village brought to life by hundreds of actors in period costume and character. Enjoy a variety of food and drink; shop for handmade crafts; and enjoy thrilling entertainment provided by jousters, swordsmen, musicians and merrymakers.

Visit FolsomFaire.com for more details.



SAVE \$2 WITH THIS COUPON!

**THE 24TH ANNUAL FOLSOM
RENAISSANCE FAIRE**

October 15 & 16
10 a.m.-5 p.m.
Folsom City Lions Park

Admission: \$14 adult ticket **with this coupon**

RF2016/AG

Coupon valid for one adult only; must surrender coupon at time of purchase. Not valid with any other offers.

Let the dogs have their day!

Bring your canine companions
for a day of fun at the 14th annual

Bark 'n' Splash

BASH

Saturday, October 1
1-4 p.m.

Folsom Aquatic Center

1200 Riley Street, Folsom

– presented in partnership with –



VETERINARY HEALING CENTER
OF FOLSOM

Veterinary Healing Center of Folsom
www.vethealingfolsom.com
916-889-PETS (7387)

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, pet I.D. microchips, and rabies vaccinations.

Questions? Call (916) 355-8318

Family Day Trip



Holiday Lights in San Francisco

Leave the driving to the pros! See the big city lights, windows, and fantastic holiday displays to get you into the spirit of the season. Enjoy a fun-filled day at Union Square and the nearby sites. Take the trolley over the hill to visit Fisherman's Wharf. Marvel at the holiday splendor in the Fairmont Hotel. Enjoy a light snack and juice aboard the bus. You'll be on your own after the bus drops you off until 4:30 p.m. for pick up from Union Square. Please be prepared to walk all day. Bring your family!

All ages; children under age 17 must be accompanied by an adult

442021-01 Sa 12/3 8:00A-7:00P

Location: Folsom Community Center front parking lot, 52 Natoma Street

Fee: \$62 / \$55 resident discount



FOOD TRUCK SAFARI

**Held year-round (rain or shine!)
every 3rd Wednesday of the Month
5-8 p.m. at the Folsom Zoo Sanctuary**

Visit www.folsom.ca.us – go to Parks & Rec/events
for each month's food truck lineup.

Create some holiday magic for the community!



Volunteer decorators and carolers needed for the Zoo Sanctuary's 7th annual Wild Nights and Holiday Lights event (see back cover for more event details)

■ **Decorate a section of the Zoo:** The zoo is divided into sections for decorating. We'll supply the lights needed to decorate each section – we need you to provide the hanging power! Gather a group of four to ten helpers (*for safety reasons, no children under 8 years allowed*), a few tools (*we'll send a list after you register*), and some holiday spirit! You may add to the lighting we provide.* The decorating date is scheduled for **Saturday, Nov. 12**; rain-out date is Nov. 26. Decoration removal date is Jan. 7.

■ **Decorate a tree:** A featured highlight of the event is the Enchanted Forest – literally a small forest of beautiful lighted trees, each prepared and donated by a local organization, business, or family. We supply the live tree (*6-8 feet tall*) and you decorate it in your own special way! Only approved LED lighting and decorations are allowed.* Decorating groups of up to four persons per tree (*for safety reasons, no children under 8 years allowed*). The decorating dates are scheduled for **Saturday, Nov. 26** or **Monday, Nov. 28**. Decoration removal date is Jan. 7.

***Please note:** due to the public nature of the facility and for the protection of the zoo animals, only approved LED lighting and specified decorations are allowed. After you register, we'll send you a list of approved decorations.



■ **Bring your caroling group:** Whether it's your family or your organized singing group, delight the public with your favorite holiday songs! We're seeking carolers for each evening of the event and we'll select dates with you after receiving your registration.

■ **How to register to decorate or sing:** visit <https://folsomparksrec.wufoo.com/forms/wild-nights-2016/>
For more information about the event, e-mail mrobitaille@folsom.ca.us

7th annual family holiday event!

Hours:
5-8 p.m.

December Dates:
Dec. 2-3 & Dec. 9-10
Dec. 16-23

Note: Schedule is subject to change dependent on weather conditions

SAVE TIME!
Buy admission tickets
online at:
<http://webtrac.folsom.ca.us>



Admission:
\$5/person
free/ages under 2
More details at:
www.folsomzoo.com

Phone:
(916) 355-7285

Celebrate the magic of the season and help support the amazing animals at the Folsom City Zoo Sanctuary

- Highlights:**
- Thousands of colorful LED lights adorn the zoo
 - A beautiful enchanted forest of lighted trees and decorated trees
 - Carolers and seasonal refreshments
 - Ride on the miniature scale live steam Starlight Express train (*tickets \$4/person*)
 - Visits from Santa Claus and our very own "Santa Paws"
 - Animal presentations by Folsom Zoo docents

This event is made possible in part through the generous support of:



**Come experience
the fun of learning!**

Nine-month ongoing program

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!

Ages 4-5

Note: child must be age 4 by Sept. 1 and potty-trained.

M-Th 9:00A-12:00P

This is a nine-month ongoing program. Class begins August 29 and continues through May 2017.

For classroom tours and more information, contact Preschool Director Sarah Trobee at 916-355-8355 or e-mail strobee@folsom.ca.us

Location: Hinkle Creek Nature Center
Monthly fee: \$305 / \$295 resident discount; plus \$100 non-refundable registration fee due at time of registration



FUN Factory

PRESCHOOL PROGRAM



Accepting Enrollment for Fall 2016! Limited spaces available – register today!

Contact Preschool Director Sarah Trobee for more details and to schedule a classroom tour:

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

Little Friends Open Gym

Drop-in Preschool Playtime

at the Folsom Sports Complex, 66 Clarksville Rd.

Ages 5 and under, with parent supervision

Entertain your preschooler while they burn off some of that boundless energy! We provide all kinds of fun, like bounce houses, tricycles, hula-hoops, and other play equipment.

Children must be accompanied by an adult/guardian age 18+. Free Wi-Fi available for the adults.

Open Mondays, 10 a.m.-noon

Drop-in fee: \$3/child

SAVE MONEY with an Open Gym Play Card – \$20 for ten visits (\$30 value!)

Call 984-2850 for more information.

Spanish Immersion for Preschoolers

with The Spanish Immersion Program
This program provides a sense of security where children feel comfortable learning Spanish. Curriculum takes into consideration the important skills to be developed in the children's creativity: language, social and emotional skills, movement, music, materials classification, stretching exercises, crafts, space and time. Each class has a theme and is introduced in a fun way to teach skills and concepts; in addition, visual aids are often used as a starting point for activities and discussion. The goal is to have the children practice their Spanish right away in a fun real situational environment! Class is limited to 8.

Ages 3-5

- 440191-01 M/W 9/7-9/28 9:00A-12:00P
- 440191-02 M/W/F 10/3-10/26* 9:00A-12:00P
- 440191-03 M/W/F 11/2-11/30* 9:00A-12:00P
- 440191-04 M/W/F 12/5-12/28* 9:00A-12:00P

*Note: no class 10/17, 11/21, 11/23 & 12/26
Location: 75 Natoma Street, Suite E2
Fee: \$250 / \$240 resident discount; \$20 materials fee payable to instructor on first day of class for workbook

Pre-K Kickers

with Joe Mihaljevic
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 9/2-9/23 11:00-11:50A
- 455103-02 F 9/30-10/21 11:00-11:50A
- 455103-03 F 10/28-11/18 11:00-11:50A

Evening Sessions

- 455106-01 Tu 9/6-9/27 4:30-5:20P
- 455106-02 Tu 9/6-9/27 5:30-6:20P
- 455106-03 Tu 10/4-10/25 4:30-5:20P
- 455106-04 Tu 10/4-10/25 5:30-6:20P
- 455106-05 Tu 11/1-11/22 4:30-5:20P
- 455106-06 Tu 11/1-11/22 5:30-6:20P

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

Itty Bitty Sports for kids ages 4-6

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 Soccer

with FHS coaching staff & players
430011-01 Tu 9/6-9/27 5:30-6:15P
Location: John Kemp Comm. Park
Fee: \$60

Itty Bitty Basketball

with Coach Mike Shaw
430201-01 Th 10/6-10/27 5:15-6:00P
Location: Folsom Sports Complex
Fee: \$57 / \$50 resident discount

Itty Bitty Tennis

with Bryan Solem
430351-01 W 9/7-9/28 5:00-5:45P
430351-02 W 10/5-10/26 5:00-5:45P
Location: Ed Mitchell Park
Fee: \$57 / \$50 resident discount

Itty Bitty Golf

with Coach Guy Sorber
430381-01 Tu 9/6-9/27 3:30-4:25P
430381-02 Tu 10/4-10/25 3:30-4:25P
430381-03 Tu 11/1-11/29* 3:30-4:25P
430381-04 Tu 12/6-12/27 3:30-4:25P

*Note: no class 11/22
Location: Folsom Sports Complex
Fee: \$65

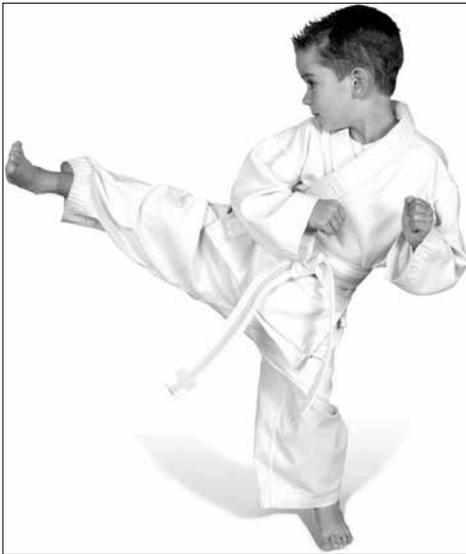


Challenging Curriculums. Creative Learning. Happy. Confident Children.

Brighton Private Elementary
[K - 5th Grade]

Highlights:
Low Ratios, Small Classes
CA Credentialed Teachers
Art, Music, PE, Technology
Intensive Spanish Program
High Academic Standards
Tuitions Include All Meals and Programs

Natoma Station
405 Natoma Station Dr.
985-2222
BrightonSchools.com
L.E. 43 K2804001, 9343804002



Taekwondo-White Belt

with Karen Bowman

Going on 14 years of award-winning instruction, Bowman Martial Arts is the studio that can train your child in taekwondo. Blocking, striking and kicking not only makes your child strong, but gives them confidence and self-discipline. If your child would like to challenge themselves to fast moving, fun classes that can lead to a future Black Belt, it's time to sign up! Students will receive a uniform and belt at the first class.

Ages 6-13

434631-01 Tu,Th 9/6-10/18 5:30-6:15P

434631-02 Tu,Th 10/25-12/8* 5:30-6:15P

*Note: no class 11/24

Location: Bowman Martial Arts, 626 East Bidwell Street, Folsom

Fee: \$105 / \$98 resident discount

Little Dragons II

with Karen Bowman

Taekwondo is a great way for your child to learn coordination, self-control, flexibility, balance and listening skills. We use music, movement, games and repetition to help your child learn, blocking, striking and kicking. Little Dragons will also learn courtesy, determination and perseverance with each other and themselves. No uniform or equipment needed.

Ages 3-5

434652-01 Tu 9/13-10/4 4:30-5:00P

434652-02 Tu 10/18-11/8 4:30-5:00P

Location: Bowman Martial Arts, 626 East Bidwell Street, Folsom

Fee: \$62 / \$55 resident discount

Autism Spectrum Soccer Class

with Joe Mihaljevic

Participants will focus on eye to hand and eye to foot coordination as well as calisthenics and small sided games aimed at overall body coordination.

Ages 6+ with parent participation

435035-01 Th 9/1-9/22 5:30-6:15P

435035-02 Th 9/29-10/20 5:30-6:15P

435035-03 Th 10/27-11/17 5:30-6:15P

Location: Folsom Sports Complex

Fee: \$57 / \$50 resident discount



Just 4 Kicks: K Soccer

with Just for Kicks

With the expectation of having fun, your child will learn to love soccer. Skills will be introduced and built upon, as well as working on the team concept of soccer. Recreation games guide the learning through play and all those skills and drills worked upon will begin to make the game and strategies of soccer really come together for your Kindergartners.

Ages 4-5

450030-01 Sa 9/10-10/29 9:30-10:05A

Location: Folsom Sports Complex

Fee: \$112 / \$105 resident discount

Baby Ballerinas

with Leighton Dance Project

This class will provide a fun and imaginative place for the young mind to gain confidence and creativity. Through the use of props and playful music, dancers will explore movement while also developing motor and listening skills.

Ages 2-3

450853-01 Th 9/8-9/29 11:00-11:30A

450853-02 Th 10/6-10/27 11:00-11:30A

450853-03 Th 11/3-11/17* 11:00-11:30A

450853-04 Th 12/1-12/22 11:00-11:30A

Location: 717-5 E. Bidwell Street, Folsom

Fee: \$52 / \$45 resident discount

*Fee for this session: \$41 / \$34 resident discount



Preschool Storytime at the Folsom Zoo Sanctuary

Wonderful animal stories featuring special puppets; held the fourth Thursday of every month* at 10:30 a.m.

*Note: no storytime in Nov. and Dec.

Location: Canid deck

Fee: regular admission (see page 36)



Cartooning with Courtney Tice

This class will explore the current cartoons, plus some old favorites. We will draw and paint our way through the fall season.

Ages 10+

411387-01 Th 9/8-9/29 5:00-6:00P

411387-02 Th 10/6-10/27 5:00-6:00P

411387-03 Th 11/3-12/1* 5:00-6:00P

*Note: no class 11/24

Location: 48 Natoma

Fee: \$86 / \$79 resident discount

Beginning Cartooning

with Courtney Tice

We will explore characters from current animated films that we all enjoy. We will also learn to draw and paint old favorites too. This is an ongoing class, and all projects are new!

Ages 6-9

416002-01 Th 9/8-9/29 4:00-5:00P

416002-02 Th 10/6-10/27 4:00-5:00P

416002-03 Th 11/3-12/1* 4:00-5:00P

*Note: no class 11/24

Location: 48 Natoma

Fee: \$86 / \$79 resident discount

Polynesian Dance with Natasha Forsberg

Focus on building our Hula and Tahitian skills. All styles of Polynesian dance are incorporated. Students will learn dances and have opportunities to perform if desired. More info: www.alohadancerscameronpark.com.



Beginner Youth - Orchid

Ages 3.5-8

442555-01	Th	9/1-9/22	4:30-5:15P
442555-02	Th	10/6-10/27	4:30-5:15P
442555-03	Th	11/3-11/17*	4:30-5:15P
442555-04	Th	12/1-12/22	4:30-5:15P

Location: 48 Natoma

Fee: \$62 / \$55 resident discount; one-time fee of \$30 per dancer due at first class

*Note: fee for this session \$49 / \$42 resident discount

Beginner/Intermediate - Hibiscus

Ages 12+

444326-01	Th	9/1-9/22	5:30-6:30P
444326-02	Th	10/6-10/27	5:30-6:30P
444326-03	Th	11/3-11/17*	5:30-6:30P
444326-04	Th	12/1-12/22	5:30-6:30P

Location: 48 Natoma

Fee: \$62 / \$55 resident discount; one-time fee of \$30 per dancer due at first class

*Note: fee for this session \$49 / \$42 resident discount

Advanced - Pikake

Ages 8+

442556-01	Th	9/1-9/22	3:45-4:30P
442556-02	Th	10/6-10/27	3:45-4:30P
442556-03	Th	11/3-11/17*	3:45-4:30P
442556-04	Th	12/1-12/22	3:45-4:30P

Location: 48 Natoma

Fee: \$62 / \$55 resident discount; one-time fee of \$30 per dancer due at first class

*Note: fee for this session \$49 / \$42 resident discount



Hip Hop 1

with Leighton Dance Project

Students will learn basic foundational movements of hip hop as well as how to apply them to create original movement. The class is structured to encourage students to be confident, original, and have a good time!

Ages 5-12

442101-01	Tu	9/6-9/27	5:30-6:30P
442101-02	Tu	10/4-10/25	5:30-6:30P
442101-03	Tu	11/1-11/22	5:30-6:30P
442101-04	Tu	12/6-12/20	5:30-6:30P

Location: 48 Natoma

Fee: \$52 / \$45 resident discount

Chess 101

with Joe Mihaljevic

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+

450825-01	W	9/7-9/28	6:15-7:45P
450825-02	W	10/5-10/26	6:15-7:45P
450825-03	W	11/2-11/30*	6:15-7:45P

*Note: no class 11/23

Location: Folsom Sports Complex

Fee: \$57 / \$50 resident discount; 10% sibling discount

Hunter Education

with Jeffrey Goodwin, Certified Hunter Education Instructor through the CA 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.

Ages 10+

443061-01	Sa	9/17	8:00A-2:00P
443061-02	Sa	10/15	8:00A-2:00P
443061-03	Sa	12/10	8:00A-2:00P

Location: Folsom Sports Complex

Fee: \$23

Child and Babysitting Safety with Rescue Training Institute

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety & prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR.

Ages 11-15

444591-01	Tu,W	9/6-9/7	5:30-8:30P	444591-03	Tu,W	11/8-11/9	5:30-8:30P
444591-02	Tu,W	10/4-10/5	5:30-8:30P	444591-04	Tu,W	12/6-12/7	5:30-8:30P

Location: 13405 Folsom Blvd., Suite 150

Fee: \$62 / \$55 resident discount; \$5 materials fee payable on first day of class

Babysitting CPR with Rescue Training Institute

This course teaches child & infant CPR. Students receive a participation card upon completion. This course does not qualify for CPR certification.

Ages 11-15

444592-01	F	9/9	5:00-9:00P	444591-03	Tu,W	11/8-11/9	5:30-8:30P
444592-02	F	10/7	5:00-9:00P	444591-04	Tu,W	12/6-12/7	5:30-8:30P

Location: 13405 Folsom Blvd., Suite 150

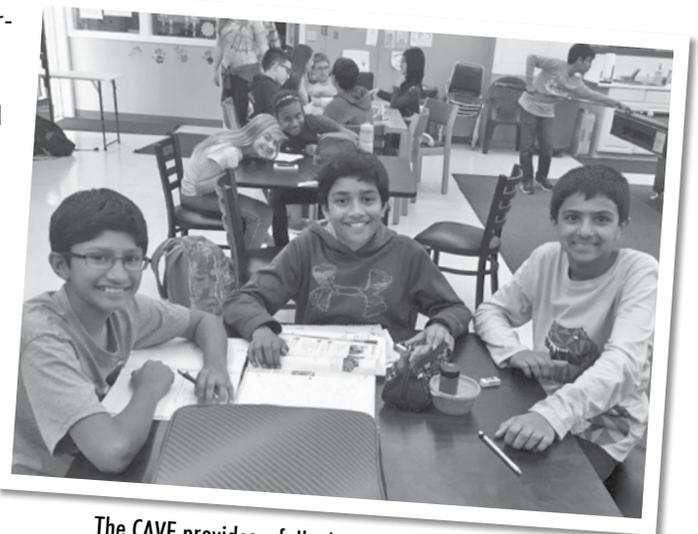
Fee: \$42 / \$35 resident discount; \$5 materials fee due at class

The CAVE After-school Program

The CAVE offers supervised recreational activities as an excellent after-school alternative for middle school children who might otherwise be home alone at the end of the school day. Our recreation leaders engage teens in activities that include sports, games, fun contests and competitions, movies, and more. Kids can also work on homework alone or in small groups. This program is for 6th through 8th graders attending either Sutter or Folsom Middle School.

There is a CAVE Teen Center located at both middle school campuses. The CAVE at Folsom Middle School (Blue Ravine Rd.) is located in Room 122. The CAVE at Sutter Middle School (Riley St.), is located in Room S-3. Hours of operation at both sites are from the close of school until 6 p.m. Monday-Thursday; and close of school until 5:30 p.m. Friday (including early dismissal school days).

Students who attend The CAVE must fill out a registration packet. Packets are available at each CAVE site, online at Folsom.ca.us, or at the Folsom Parks & Recreation office (located at 48 Natoma). There is an annual \$150 administrative fee due at the time of registration.



The CAVE provides a full school year of supervised fun and activity for only \$150!

For more information, contact CAVE Program Coordinator Matt Zimmerling at 351-3505 or MZimmerling@folsom.ca.us.

Thank you, CAVE sponsors! Folsom Unified School District; Sutter and Folsom Middle Schools; Folsom Teen Council; Folsom City Lions Club; Folsom Athletic Association; Dyer Family Foundation.

Call Matt Zimmerling at 916-351-3505 to learn more about how you can support The CAVE.

The CAVE wish list: We're in need of new items for both CAVE sites. Cash; DVDs rated G or PG; ping-pong tables; sports equipment (basketballs, footballs, rubber kickballs, playground balls, soccer balls, etc.); Playstation, GameCube and X-Box games & consoles (rated E or T with staff approval); and leather sofas. If you have any of these items in good, serviceable condition, please contact Matt Zimmerling at 916-351-3505 or MZimmerling@folsom.ca.us.



Basic Horsemanship

with Shadow Glen Riding Stables

Participants will be taught horse history, horse care, grooming, saddling and western riding in this four week introductory class. Week one introduces you to Shadow Glen Stables, horse safety and basic care of the horse. Week two is how to catch a horse, crossties and knots used to properly tie a horse. Week three is learning parts of the saddle, how to care for the tack, catching a horse again and a shoeing demonstration. Week four ends with catching and saddling your own horse and going for a ride.

Ages 13+

410028-01	W	9/7-9/28	6:00-7:30P
410028-02	W	10/5-10/26	6:00-7:30P
410028-03	W	11/2-11/23	6:00-7:30P
410028-04	W	12/7-12/28	6:00-7:30P

Location: Shadow Glen Stables,
4854 Main Ave., Fair Oaks
Fee: \$130 / \$120 resident discount

Ages 7-12

410030-01	W	9/7-9/28	3:30-5:00P
410030-02	W	10/5-10/26	3:30-5:00P
410030-03	W	11/2-11/23	3:30-5:00P
410030-04	W	12/7-12/28	3:00-5:00P

Location: Shadow Glen Stables, 4854 Main
Ave., Fair Oaks
Fee: \$130 / \$120 resident discount

Chess & Soccer for Home Schoolers

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 as well as the body. Parent participation welcome. Athletic shoes requested. 10% sibling discount

Ages 6-16

450801-01	F	9/2-9/23	12:30-2:30P
450801-02	F	9/30-10/21	12:30-2:30P
450801-03	F	10/28-11/18	12:30-2:30P

Location: Folsom Sports Complex
Fee: \$77 / \$70 resident discount

Folsom Zoo Sanctuary Our Amazing Animals



"Larry Bird," a Double Yellow-Headed Amazon Parrot, came to live at the Folsom Zoo Sanctuary in 1999. In the wild, these parrots are found in Central America, throughout Mexico, and even in southern Texas. Unfortunately, their wild numbers have plummeted in the past two decades due to capture for the pet trade and habitat destruction. As a result, they are now considered an endangered species. Captive-bred Yellow-Headed Amazons may be legally sold and owned, but are subject to certain regulations. We encourage responsible behavior when choosing a companion animal of any kind! Come and see Larry – and all of the other amazing animals at the Zoo Sanctuary – find hours and more details on page 36.



Youth Assistance Scholarship Fund

The Folsom Athletic Association (FAA) in cooperation with their youth sports group members, has developed an assistance program to provide scholarships for Folsom youth to participate in youth sports programs. Scholarship forms should be submitted directly to the youth sports organization in which there is interest. More information and links to these organization can be found at www.folsomathleticassociation.org.

The FAA is a local non-profit organization chartered to promote the improvement of quality youth sports and athletic facilities in Folsom. Tax-deductible donations, earmarked for the Youth Assistance fund may be sent to:

Folsom Athletic Association
P.O. Box 835
Folsom, CA 95763



Folsom Skate and Bicycle Park

at Cummings Family Park, 1775 Creekside Drive

Daily operating conditions: 916-817-2767 • General info: 916-355-7285

Hours of Operation:

Fall Hours (Aug. 9-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.

Fall Holiday Hours

Monday, Sept. 5 1-5 p.m.

Friday, Nov. 11 1-5 p.m.

Monday, Nov. 21 through

Wednesday, Nov. 23 1-6 p.m.

Thursday, Nov. 24 CLOSED

Friday, Nov. 25 1-8 p.m.

Saturday, Nov. 26 1-8 p.m.

Winter Hours (starting Oct. 1)

Monday-Thursday 3:30-7 p.m.

NOTE: Wednesdays 6 p.m.-close:

only bikes are allowed in Skate Park

Friday 2-8 p.m.

Saturday 1-8 p.m.

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

Winter Holiday Hours

Dec. 19-23 1-6 p.m.

Dec. 24 1-5 p.m.

Dec. 25 CLOSED

Dec. 26-30 1-6 p.m.

Dec. 31 1-5 p.m.

Jan. 1-2 1-6 p.m.

DID YOU KNOW?
You can purchase Skate & Bike Park passes online at:
<http://webtrac.folsom.ca.us>

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.

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 916-817-2767 for more details.

Skate & Bike Party Packages

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!

Reservations: call 355-8318 to book your party.

Speed & Agility

with Matthew Heglie

This class is designed to enhance functional movement patterns that will transfer to improved athletic performance. Athlete and coach will work together to identify force leaks, poorly integrated movement patterns, and motor inefficiencies that inhibit speed and agility.

Ages 12+

Advanced

430002-01	M-F	9/1-9/30	3:30-4:45P
430002-02	M-F	10/3-10/28	3:30-4:45P
430002-03	M-F	11/1-11/30	3:30-4:45P
430002-04	M-F	12/1-12/30	3:30-4:45P

Intermediate

430002-05	M-F	9/1-9/30	5:00-6:00P
430002-06	M-F	10/3-10/28	5:00-6:00P
430002-07	M-F	11/1-11/30	5:00-6:00P
430002-08	M-F	12/1-12/30	5:00-6:00P

Location: Folsom Sports Complex

Fee for 2 classes/week:

\$107 / \$100 resident discount

Fee for 3 classes/week:

\$137 / \$130 resident discount

Fencing Class

with Sacramento Saber Fencing, LLC

Fencing is fun, challenging, and a great learning experience that helps shape valuable motor skills and improves coordination. Students will learn basic footwork and bladework and fence with other classmates right away. Fencing equipment is provided. Please wear loose fitting clothes and gym shoes.

Ages 7-14

431041-01	W	9/7-9/28	5:00-6:00P
431041-02	W	10/5-10/26	5:00-6:00P
431041-03	W	11/2-11/23	5:00-6:00P
431041-04	W	11/30-12/21	5:00-6:00P

Location: Folsom Sports Complex

Fee: \$62 / \$55 resident discount

Beginner Level

NEW! Disc Golf Lessons

with Folsom Disc Golf Club

This course is intended for beginners or those new to the game and will teach the basic rules and etiquette of disc golf. Throwing techniques and skills will be taught using fun games and creative challenges. All participants will receive a brand new disc.

Ages 10+

435036-01	Th	9/1-9/22	5:30-6:15P
435036-02	Th	9/29-10/20	5:30-6:15P
435036-03	Th	10/27-11/17	5:30-6:15P

Location: Folsom Sports Complex

Fee: \$57 / \$50 resident discount

Beginner/Intermediate

Co-Ed Volleyball Training

with Coach Cinnamon Smith and the Aspire Volleyball Club

Join this top notch training program!

We spend seven weeks teaching the fundamentals and strategies of the game. We'll help players learn and perfect their passing, setting, serving, hitting, movement and positioning, forming the solid foundation they need to play now and in the future.

Kids who would like more tournament play have the option to enroll in the Aspire 5th/6th grade or 7th/8th grade tournament teams. These teams practice on Fridays at the regular class time, plus they have an additional practice on Wednesdays. Teams will participate in three tournaments in the local area. Tournament team members must be registered in this class and must e-mail aspirevolleyballclub@gmail.com to provide the player's name and grade level. Note: additional fees apply for tournament team members.

Ages 7-9, co-ed

450099-01	F	9/16-10/28	4:00-5:30P
-----------	---	------------	------------

Ages 10-11, co-ed

450099-02	F	9/16-10/28	5:45-7:15P
-----------	---	------------	------------

Ages 12-13, co-ed

450099-03	F	9/16-10/28	5:45-7:15P
-----------	---	------------	------------

Location: Folsom Sports Complex

Fee: \$132 / \$125 resident discount

Archery Skills - Youth

with Robert Wayne 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 and supplies the archery equipment needed for class.

Ages 10-17

430038-01	Tu	10/11-10/18	4:00-5:30P
430038-02	Tu	11/8-11/15	4:00-5:30P
430038-03	Tu	12/13-12/20	4:00-5:30P

Location: Folsom Sports Complex

Fee: \$42 / \$35 resident discount; you may register for a one-day session for \$20

Youth Recreational Volleyball League

with Coach Cinnamon Smith and the Aspire Volleyball Club

The recreational league provides boys and girls with an opportunity to learn the basic skills of volleyball, including passing, setting, serving, rotation, and rules. The league is ideal for players looking to have fun and play in a local recreational league. Teams will play a weekly game as part of their practice time on Fridays. Standings will be reported during the season and on March 12 we will hold a Tournament of Champions at the Folsom Sports Complex. Rules are modified to assist in the learning process. Tryouts are not required for development teams – all players are guaranteed to make a team (space limited). Player evaluations will take place the first week of practices.

Ages 9-11; co-ed

150097-01 Tu & F 1/3-3/10

Tuesday practices are held 4-5:30 p.m.; Friday practices are held 5:45-7:15 p.m.

Ages 12-14; co-ed

150097-02 Tu & F 1/3-3/10

Tuesday practices are held 5:30-7 p.m.; Friday practices are held 7:15-8:45 p.m.

Location: Folsom Sports Complex

Fee: \$390; one shirt included to wear to practices and games



All teaching is conducted through play and fun activities. Participants will 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.

Just for Kicks: K-1 Soccer

Ages 5-6

450030-02 Sa 9/10-10/29 10:05-10:50A

Just for Kicks: Soccer 2-6

Ages 7-12

450030-03 Sa 9/10-10/29 10:50-1:50A

Location: Folsom Sports Complex

Fee: \$112 / \$105 resident discount

NEW and IMPROVED! Fall Youth Flag Football League



We've listened to your suggestions and are making changes to our NFL flag football program to make it more enjoyable for everyone.

Register as an individual player by your grade; all 6th graders will enroll in the 6-7-8 division. We will no longer align by school; instead, prior to the player draft, our Parks & Recreation staff will host a very fun, simple, informal but necessary evaluation day and grade each player by relative ability as a prerequisite

to the player draft. (Ours is a "No Cuts" program – everybody plays.) On draft day, under the guidance of our staff, our volunteer coaches will select their 7-10 player teams based on player ratings so each team will have as equitable a distribution of talent as possible.

Our 10-week program will begin with two weeks of practice followed by eight weeks of games. All practices and games are played Friday evenings on the all-weather turf at John Kemp Park. Participants receive a reversible NFL jersey and set of NFL flags & belt. Mouthguards are required. **We cannot accept requests to be aligned with a specific coach or player or school.**

Note: Registration open to Folsom residents only until August 5; registration then opens to all on August 6. Registration closes August 12 or when full.

Fee prior to 8/12: \$159 / \$149 resident discount

Fee after 8/12 (if openings are available): \$175 / \$165 resident discount

Register online at <http://webtrac.folsom.ca.us> or call 916-984-2850.

Grades 2nd & 3rd – Junior NFL

432501-01 F 9/16-11/18 6:00-7:00P

Grades 4th & 5th Division

430161-01 F 9/16-11/18 7:00-8:00P

Grades 6th, 7th & 8th Division

430261-01 F 9/16-11/18 8:00-9:00P

Our program is entirely dependent on volunteer coaches.

If interested, you must indicate at the time of enrollment and contact Scott Friery at scott_friery@att.net. We will provide background checks, certification and training.

Keep your football fun going! Winter Flag Football League

Games are played Friday evenings on the all-weather turf at John Kemp Park. Register as an individual player by your school and grade; we form the teams. Mouthpiece is required to play in all divisions. Participants receive a reversible NFL jersey and set of NFL flags & belt.

Note: Registration open to Folsom residents only prior to Dec. 2; registration then opens to all on Dec. 3. Registration closes Dec. 9 or when full.

Fee: \$159 / \$149 resident discount – prior to 12/9;

\$175 / \$165 resident discount – after 12/9 (if openings are still available)

Grades 2nd & 3rd – Junior NFL

132501-01 F 1/20-3/24 6:00-7:00P

Grades 4th, 5th & 6th – Elementary School Division

130261-01 F 1/20-3/24 7:00-8:00P

Grades 6th, 7th & 8th – Middle School Division

130261-02 F 1/20-3/24 8:00-9:00P

Register online at <http://webtrac.folsom.ca.us>

Basketball Lessons

with Coach Mike Shaw

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

456108-01 Th 10/6-10/27 4:00-5:00P

Location: Folsom Sports Complex

Fee: \$67 / \$60 resident discount

Basketball Shooting Clinic

with Coach Clark Woods

This shooting clinic will help hone your child's skills for the upcoming basketball season. Everything is time tested and

taught in sequence for a reason; to help you improve a lot in a short period of

time. Basic to advanced levels of the game will be learned. This clinic is for

boys and girls of all skill levels; players will be grouped by age, size and skill.

Location: Folsom Sports Complex

Fee: \$67 / \$60 resident discount

Ages 6-17; co-ed

456110-01 F 11/11 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$67 / \$60 resident discount

PLAYERS:

Program for Local Assistance Youth Recreation Scholarships

Folsom Parks & Recreation has developed a financial assistance/scholarship opportunity for children of Folsom families in financial need to participate in recreation activities.

Interested participants should contact Folsom Parks & Recreation at 916-355-7285.

You can also read more about this opportunity and download an application on our website: www.folsom.ca.us – use search keyword "scholarships"

2016-2017 Season:

Since going back to the 6-game guaranteed sessions (sometimes more if playoffs were needed to decide division champions) were so well-received last year, we'll continue them for this year.

Priority for accepting Session 1 applications:

1 – 1st Priority: Resident Team
(minimum 60% live in Folsom)

2 – 2nd Priority: Non-Resident Team

Note: Resident Teams that do not submit by 5 p.m. on Nov. 4 will lose their priority, but can submit until final deadline of 5 p.m. on Nov. 11.

Non-resident Teams can submit applications starting on Nov. 5 until the final deadline of 5 p.m. on Nov. 11.

Session 1 will begin play on Dec. 1 at the Folsom Sports Complex, 66 Clarksville Rd.

Session 1 Fee before 11/11:
\$750 / \$700 resident discount
Fee after 11/11:
\$800 / \$750 resident discount

For more details, visit: www.folsom.ca.us

WINTER INDOOR YOUTH SOCCER

Program Code	Age/Division	Day (subject to change)
455008-01	Under 8 – Boys – Open	Sun
455008-03	Under 8 – Girls – Open	Sun
455010-01	Under 10 – Boys – Rec	Sat
455010-02	Under 10 – Boys – S/C	Sat
455010-03	Under 10 – Girls – Rec	Sat
455010-04	Under 10 – Girls – S/C	Fri
455012-01	Under 12 – Boys – Rec	Sat
455012-02	Under 12 – Boys – S/C	Th
455012-03	Under 12 – Girls – Rec	Tu
455012-04	Under 12 – Girls – S/C	Wed
455014-01	Under 14 – Boys – Rec	Sat
455014-02	Under 14 – Boys – S/C	Tu
455014-03	Under 14 – Girls – Rec	Wed
455014-04	Under 14 – Girls – S/C	Th
455016-01	Under 16 – Boys – Open	TBD
455016-03	Under 16 – Girls – Open	TBD

Team registration only. Individuals may add contact information to free agent list by calling staff at 984-2850.

Application deadline by 5 p.m.:	Session 1	Session 2	Session 3	Fees
Resident Team	Nov. 4	Jan. 13	March 3	\$700
Non-Resident Team	Nov. 11	Jan. 20	March 10	\$750

Junior Golf Lessons with Coach Guy Sorber

Learn the basics of golf: how to putt, chip and make a full swing, plus golf etiquette and rules of play. We'll help get kids excited about a sport that can be played for a lifetime, using instruction, fun games, and team contests. We provide lesson equipment (or bring your own clubs if you have a set).

Ages 7-10; co-ed

430491-01	Tu	9/6-9/27	4:30-5:25P
430491-05	Tu	10/4-10/25	4:30-5:25P
430491-06	Tu	11/1-11/29*	4:30-5:25P
430491-07	Tu	12/6-12/27	4:30-5:25P
430491-02	F	9/9-9/30	3:30-4:25P
430491-08	F	10/7-10/28	3:30-4:25P
430491-09	F	11/4-12/2*	3:30-4:25P
430491-10	F	12/9-12/30	3:30-4:25P

*Note: no class 11/22 & 11/25

Location: Folsom Sports Complex

Fee: \$65

Ages 11-13; girls

430491-03	Tu	9/6-9/27	5:30-6:25P
430491-11	Tu	10/4-10/25	5:30-6:25P
430491-12	Tu	11/1-11/29	5:30-6:25P
430491-13	Tu	12/6-12/27	5:30-6:25P

Ages 11-13; Boys

430491-04	F	9/9-9/30	4:30-5:25P
430491-14	F	10/7-10/28	4:30-5:25P
430491-15	F	11/4-12/2*	4:30-5:25P
430491-16	F	12/9-12/30	4:30-5:25P

Soccer Clinic

with Joe Mihaljevic

Mihaljevic Soccer School is pairing exclusively with Folsom Parks & Recreation to bring professional soccer skills and technique training to the soccer players of Folsom and the surrounding communities. Training will consist of mastering the fundamentals in passing, receiving and ball control. Training sessions will be no more than 20 students allowing for focus on individual development.

Ages 7-13

450003-01	F	9/2-9/23	5:15-6:45P
450003-02	F	9/30-10/21	5:15-6:45P
450003-03	F	10/28-11/18	5:15-6:45P

Location: Folsom Sports Complex

Fee: \$107 / \$100 resident discount



Futsal Fall Skills Academy with Vision Soccer Training | Futsal Factory
Futsal is fast, exciting, and the No. 1 way to develop serious soccer skills! The sport originated in South America and involves the use of a special ball, which is denser than a regular soccer ball. A denser ball stays on the ground more and forces players to use their footskills. In fact, U.S. Soccer now includes mandatory futsal training as part of their elite academy clubs.

The Fall Skills Academy provides soccer players in the Folsom area with the opportunity to seriously develop their skills! This is a monthly program; players attend once weekly (four sessions total). Players will participate in high-energy, challenging, and dynamic training activities that are specially designed to improve individual footskills, confidence on the ball, and superior skills in 1-on-1 situations. Players should wear either tennis shoes or soccer flats (no cleats).

Ages 8-10

450805-01	F	9/9-9/30	6:00-7:00P
450805-03	F	10/7-10/28	6:00-7:00P
450805-05	F	11/4-12/2*	6:00-7:00P
450806-01	Su	9/11-10/2	6:00-7:00P
450806-03	Su	10/9-10/30	6:00-7:00P
450806-05	Su	11/6-12/4	6:00-7:00P

*Note: no class 11/25

Location: Friday classes are held at Sheldon Youth Sports Complex (outdoor); Sunday classes are held at the Folsom Sports Complex (indoor)

Fee: \$89 / \$79 resident discount

Ages 11-15

450805-02	F	9/9-9/30	7:00-8:00P
450805-04	F	10/7-10/28	7:00-8:00P
450805-06	F	11/4-12/2*	7:00-8:00P
450806-02	Su	9/11-10/2	7:00-8:00P
450806-04	Su	10/9-10/30	7:00-8:00P
450806-06	Su	11/6-12/4	7:00-8:00P

Beginner Level

USA Jr Tennis Lesson

with Bryan Solem

Join our certified tennis professional for this class that is sure to improve your strokes, footwork, and overall knowledge of the game of tennis.

Ages 10-16

430100-01	Tu	9/6-9/27	5:00-6:00P
430100-02	Tu	10/4-10/25	5:00-6:00P
430100-03	Tu	11/1-11/22	5:00-6:00P

Ages 6-9

430101-01	Tu	9/6-9/27	4:00-5:00P
430101-02	Tu	10/4-10/25	4:00-5:00P
430101-03	Tu	11/1-11/22	4:00-5:00P

Location: Ed Mitchell Park

Fee: \$65 / \$58 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. Note: no refunds after first class.

Ages 5-10

430115-01	Sa	9/17-10/22	10:00A-12:00P
-----------	----	------------	---------------

Location: Ed Mitchell Park

Fee: \$67 / \$60 resident discount

USA Team Tennis Jr League

with Bryan Solem

Join this fun instructional league and work on your game while playing surrounding clubs' youth players. We will match levels with like abilities.

Ages 6-18

430151-01	F/Su	9/18-11/11	4:00-5:30P
-----------	------	------------	------------

Practices are held 4-5:30 p.m. Fridays; matches are played 1-3 p.m. Sundays (travel required for matches)

Location: Ed Mitchell Park

Fee: \$102 / \$95 resident discount

°STYLE
MAGAZINE event

FOLSOM
FAMILY
EXPO

f www.facebook.com/FolsomFamilyExpo

FOLSOM COMMUNITY CENTER

52 NATOMA ST., FOLSOM, CA 95630

SATURDAY, OCT 1, 2016

10:00 A.M. - 3:00 P.M.

NOW FEATURING:

HEALTHYFOLSOM

SPONSORED BY:



Holiday Break Camps for Youth & Teens

Tennis Camp with Bryan Solem, USPTA certified tennis pro
Camp will include instruction, games, fun contests, and a mini-tournament on the last day. Please bring your racquet and one unopened can of tennis balls.

Ages 6-17

Thanksgiving Break Camp

430441-01 M-W 11/21-11/23 9:00A-12:00P

Location: Ed Mitchell Park

Fee: \$79 / \$72 resident discount

Holiday Break Camp

430441-02 M-F 12/19-12/23 9:00A-12:00P

Location: Ed Mitchell Park

Fee: \$116 / \$109 resident discount

Holiday Basketball Camps

with Coach Clark Woods

Campers are grouped by age, size and skill. They will work on basic skills like shooting, passing, dribbling, fast break, defense, rebounding and team play. T-shirt included in registration fee.

Ages 6-14; co-ed

Thanksgiving Break Camp

456109-01 M-W 11/21-11/23 9:00A-2:00P

Location: Folsom Sports Complex

Fee: \$132 / \$125 resident discount

Holiday Break Camp

456111-01 M-W 12/19-12/21 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$110 / \$103 resident discount

Futsal Holiday Camps

with Futsal Factory

Join us this fall and winter for our great camps and clinics. Camps focus on skill development in the first part of the day, and tournament play for the last hour puts those skills into practice. Soft sole shoes required; no turf shoes or cleats.

Ages 8-16; co-ed

Holiday Break Camp

150804-02 Tu/W/Th 12/20-12/22 8:30A-12:20P

Location: Folsom Sports Complex

Fee: \$205 / \$195 resident discount

New Year's Camp

150804-03 Tu/W/Th 12/27-12/29 8:30A-12:20P

Location: Folsom Sports Complex

Fee: \$205 / \$195 resident discount

Martin Luther King Jr. Holiday Clinic

150804-04 M 1/16 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$89 / \$79 resident discount

Skyhawks Flag Football Camp

with Skyhawks Academy

This camp is a fun and safe introduction to "America's Game." Participants learn the fundamentals of passing, rushing, receiving and defense along with the rules, strategy and play-calls of the game. Participant-to-coach ratio is 12:1

Ages 7-12

Thanksgiving Break Camp

431053-01 M-W 11/21-11/23 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$116 / \$109 resident discount

Skyhawks Mini-Hawk

Multi-Sport Camp

with Skyhawks Academy

Our Mini-Hawk programs give children a positive first step into athletics.

Baseball, flag football and soccer are taught in a safe, structured environment filled with lots of encouragement and a big focus on fun! Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Participant-to-coach ratio is 8:1.

Ages 4-7

Thanksgiving Break Camp

431054-01 M-W 11/21-11/23 9:00A-12:00P

Holiday Break Camp

431054-02 M-W 12/26-12/28 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$116 / \$109 resident discount

Skyhawks Basketball Camp

with Skyhawks Academy

This camp is a fun, skill-intensive program. Our curriculum includes passing, shooting, dribbling, defense and rebounding. This is one of our most popular programs, so don't miss out – register today! Participant-to-coach ratio is 10:1.

Ages 7-12

Holiday Break Camp

431055-01 M-W 12/26-12/28 9:00A-12:00P

Location: Folsom Sports Complex

Fee: \$116 / \$109 resident discount

Jr Zookeeper Camp

Learn hands-on what it's like to be a zookeeper! You'll help prepare animal diets, make toys for the animals, participate in animal handling and clean exhibits. A small sampling of camp life: campers will make enrichment for the animal residents, including pinatas filled with treats and hidden snacks for the monkeys. Expect to meet some of the animals up close, such as ferrets, skunks, tortoises, and skinks. Another day will include the opportunity to clean some large animal exhibits (such as tigers or bears) and provide enrichment, like giant fruit-filled popsicles, to the animals. Keepers will demonstrate how they train the animals to help make veterinary exams easier.

Ages 8-11

Thanksgiving Break Camp

491041-01 M-W 11/21-11/23 10:00A-3:00P

Fee: \$198 / \$174 resident discount

Holiday Break Camp

491042-01 Tu-Th 12/27-12/29 10:00A-3:00P

Location: Folsom Zoo Sanctuary

Fee: \$208 / \$174 resident discount

A Mad Science Thanksgiving

with Mad Science of Sacramento

You can't be in the Mad Science kitchen without washing your hands! Cook up a chemical reaction, find out what nutrients are in our favorite Thanksgiving foods, even watch a sweet potato fly! Make beautiful, multicolored falling leaves, eat a pumpkin "pi," and MELT the Thanksgiving turkey! It's Thanksgiving – Mad Science style!

Ages 6-12

414520-01 M 11/21 9:00A-2:00P

Location: Hinkle Creek Nature Center

Fee: \$67 / \$60 resident discount

Frozen Science

with Mad Science of Sacramento

It's the "coolest" science around! Learn the difference between real snow and the stuff in the movies, safely utilize a substance that is -109°F, make non-melting snowballs and learn the similarities between you and a snowflake!

Ages 6-12

414522-01 M 12/19 9:00A-2:00P

Location: Hinkle Creek Nature Center

Fee: \$67 / \$60 resident discount



Hours of Operation:

Open daily!

Mon.-Fri. – 10 a.m.-10 p.m.

Sat. & Sun. – 9 a.m.-10 p.m.



Like us on Facebook!

Featuring:

- Two soccer fields; one indoor and one mini outdoor for the smaller kids
- Two indoor basketball courts (high school regulation) and two outdoor hoops
- Seven indoor pickleball courts
- Three indoor regulation volleyball courts
- Four indoor batting cages for softball or baseball, and one pitching/batting tunnel for baseball (pitching mat for fast pitch softball available)
- Full locker rooms with shower facilities
- Timeout Café with a family oriented menu
- Meeting rooms for special events, team builders and birthday parties
- Arcade games and air hockey, and ping pong tables

Let us host your next birthday celebration!

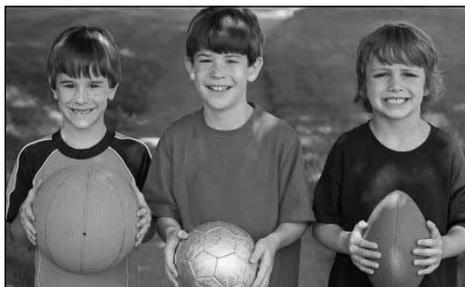
Parties include:

- One hour play of desired sport (Sports available are: soccer, basketball, flag football, dodgeball, kickball, or capture the flag)
- One hour in the party room with a trained birthday party host(ess)
- Birthday child plus 15 guests
- Four large pizzas (pepperoni or cheese) and four pitchers of soda
- Party T-shirt for birthday child and balloons for everyone
- Decorations, plates, napkins, cups, utensils; plus set-up and clean-up



Fee: \$325 – select one sport from the following: Soccer • Flag Football
Dodgeball • Kickball • Basketball • Capture the Flag
\$10 each additional child (beyond 16)

All guests including parents and non-sport participants must have a liability waiver completed.



Reservations: For parties, team builders, and other rentals at the Folsom Sports Complex, contact Derik Perez at (916) 984-2856 or e-mail DPerez@folsom.ca.us

Rates & Rental Fees

24 hours notice on all facility rentals
Call ahead for drop-in availability

Batting Cage

\$2.50 token (20 pitches)
\$25 Punch Pass (12 tokens, save \$5)

Drop-in Soccer or Basketball (Indoor)

\$5 / 2 hour max session
\$20 Punch Pass (equal to 5 drop-ins)

Drop-in Ping Pong • \$5 visit

Drop-in Pickleball

\$4/visit • \$30/10-visit punch pass
Days/times vary; call for details.

Drop-in Soccer or Basketball (Outdoor)

\$2/visit with
valid High School student body card

Indoor Rentals

Soccer Field

\$125/hour • Nov.-May
\$90/hour • June-Oct.

Half Basketball Court

\$50/hour

Full Basketball or Volleyball Court

\$70/hour

Single Batting Cage – available M-F
after 7:30 p.m.; no weekend rentals

\$35/30 minutes; \$65/60 minutes

Pitching Mound & Hitting Tunnel

\$20/30 minutes; \$40/60 minutes

Outdoor Rentals

Mini Soccer Field

\$50/hour

Basketball Court

Half Court \$20/hour

Full Court \$30/hour

Room Rentals

West Room – \$50/hour • \$300/day

East Room – \$50/hour • \$300/day

Both Rooms – \$80/hour • \$480/day

THE EDGE – \$90/hour • \$500/day

Features:

- Stage
- Four flat-screen TV's
- 96" retractable projection screen
- Surround sound



FOLSOM AQUATIC

1200 Riley Street

CENTER

916-355-8318

We're 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, school, and 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

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

Available: year-round



Aquacise with Katie Pearce

Aquacise is the perfect combination of low impact conditioning and cardiovascular exercise for all fitness levels, including moms-to-be, seniors, and athletes in their off-season. A variety of resistance equipment (provided by instructor) is used for strength training.

Ages 18+

Summer Schedule (through Sept. 1)

Morning Aquacise

Tues/Thurs 11:15 a.m.-12:15 p.m.

Aquacise Evenings

Tues/Thurs 6:30-7:30 p.m.

Fall Schedule (Sept. 6-Dec. 15)

Morning Aquacise

Tues/Thurs 11:45 a.m.-12:45 p.m.

Aquacise Evenings

Tues/Thurs 6-7 p.m.

NOTE: no class 11/24

Location: Folsom Aquatic Ctr

Drop-in: \$7

10-visit pass: \$50 (expires 6 months from date of purchase)

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 80 degrees for year-round comfort.



Fall/Winter Lap Swim Schedule (Sept. 6-Dec. 16)

Mon-Fri..... 11:45 a.m.-1:15 p.m.

18 lanes available

Tues & Thurs... 6-7:30 p.m.

3 to 4 lanes available

Saturday..... 10:30 a.m.-noon

Lap Swim Fees:

Ages 4-54 \$7/visit

Ages 55+..... \$5/visit

Individual Lap Swim Passes:

10-visit pass*..... \$60

*10-visit passes valid 6 mos. from date of purchase

Monthly lap swim pass..... \$70

Individual season pass*..... \$140

*Season pass valid Sept. 6-Dec. 16

Holiday Closures: Nov. 19, 24 & 25 and Dec. 17-Jan. 1.

NEW! Holiday Competitive Swim Clinic

Video Workshops • Guest Speakers • Cool Swag!

Deck the halls with the Sierra Marlins and Folsom Aquatic Center, and enjoy this special intensive swim clinic that will enrich even the most accomplished swimmer. The workshop-style clinic will include:

- At least one hour of swimming focusing on stroke technique, starts, turns, streamlining
- Classroom lectures discussing nutrition, maintaining a healthy lifestyle away from the pool deck, making smart choices for future success, positive results both short and long term, and more.

Ages 9+

422001-B1 M-F 12/19-12/23 9:00A-12:00P

Location: Folsom Aquatic Center

Fee: \$239



Register today! Registration form on page 40



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 1:5 in the beginning swim classes; advanced classes may have higher ratios.

Swim Lesson Ability Levels

- **Starfish:** Water safety rules, entering and exiting the water, blowing bubbles, and breath-holding.
- **Seahorse:** Water exploration, bobbing, front and back floating.
- **Guppy:** Body positioning for freestyle, including rolling and floating.
- **Goldfish:** Floating for longer amount of time, kicking without a kickboard, and retrieving an object from chest-deep water.
- **Seal:** Introduction of streamline kicking, freestyle, elementary backstroke, diving, and treading water.

Autism Spectrum Swimming Awareness

The swim instructors will help introduce your child to the water while helping to increase the parents and child's awareness of the water. Program is currently being developed with the support and guidance of Heidi Lockett, OTR/L, and owner of Heidi's House Pediatric Therapy. Call 916-355-8318 for more information.

Ages 3+, with parent participation

420020-B1	M-Th	9/12-9/15	5:50-6:20P
420020-B2	M-Th	9/19-9/22	5:50-6:20P
420020-B3	M-Th	9/26-9/29	5:50-6:20P
420020-B4	M-Th	10/10-10/13	5:50-6:20P
420020-B5	M-Th	10/17-10/20	5:50-6:20P
420020-B6	M-Th	10/24-10/27	5:50-6:20P

Location: Folsom Aquatic Center

Fee: \$39/child; no fee for accompanying parent(s)

Adult Swim Lessons

Our swim instructors will introduce basic swimming skills, and help students "fine-tune" their basic swimming technique.

Ages 13+

420021-B1	M-Th	9/12-9/15	6:30-7:00P
420021-B2	M-Th	9/19-9/22	6:30-7:00P
420021-B3	M-Th	9/26-9/29	6:30-7:00P
420021-B4	M-Th	10/10-10/13	6:30-7:00P
420021-B5	M-Th	10/17-10/20	6:30-7:00P
420021-B6	M-Th	10/24-10/27	6:30-7:00P

Location: Folsom Aquatic Center

Fee: \$39

Swim Lessons: Starfish-Seal Levels

Location: Folsom Aquatic Center • Fee: \$39

Back to School Lessons

Monday-Thursday, Aug. 22-25	Monday-Thursday, Aug. 29-Sept. 1
320013-B1 4:30-5:00P	320014-B1 4:30-5:00P
320013-B2 5:10-5:40P	320014-B2 5:10-5:40P
320013-B3 5:50-6:20P	320014-B3 5:50-6:20P

Fall Lessons

Monday-Thursday, Sept. 12-15	Monday-Thursday, Sept. 19-22	Monday-Thursday, Sept. 26-29
420011-B1 4:30-5:00P	420012-B1 4:30-5:00P	420013-01 4:30-5:00P
420011-B2 5:10-5:40P	420012-B2 5:10-5:40P	420013-02 5:10-5:40P
Monday-Thursday, Oct. 10-13	Tuesday-Thursday, Oct. 17-20	Monday-Thursday, Oct. 24-27
420015-01 4:30-5:00P	420016-01 4:30-5:00P	420017-01 4:30-5:00P
420015-02 5:10-5:40P	420016-02 5:10-5:40P	420017-02 5:10-5:40P



We welcome new instructor Annie Moore to the Folsom Aquatic Center!

Coach Annie is an American Red Cross, USA Swimming, Positive Coaching Alliance, and ASCA-certified coach. She has 10 years of coaching experience working with athletes of all ages and abilities. During her tenure as head coach for the Kairos competitive swim team, she helped multiple swimmers reach the top 10 in New England. In college, Annie swam for Northeastern University, and prior to that she was the Massachusetts state champion in the 100-meter backstroke. Annie currently serves as a swim coach for both the Folsom Sea Otters and Sierra Marlines. She is passionate about helping swimmers achieve their personal goals!

Adult Private Swim Lessons with Coach Annie Moore

Schedule your private swimming lesson today! Whether you want to learn to swim or you are a veteran swimmer training for your next triathlon, Annie can help you reach your goals!

Ages 18+

420022-01	M/W/F	9/12-9/30	11:45A-12:15P	420022-05	M/W/F	11/2-11/30	11:45A-12:15P
420022-02	M/W/F	9/12-9/30	12:30-1:00P	420022-06	M/W/F	11/2-11/30	12:30-1:00P
420022-03	M/W/F	10/3-10/31	11:45A-12:15P	420022-07	M/W/F	12/2-12/16	11:45A-12:15P
420022-04	M/W/F	10/3-10/31	12:30-1:00P	420022-08	M/W/F	12/2-12/16	12:30A-1:00P

Location: Folsom Aquatic Center

Fee: \$40 for one lesson; \$140 for 4 lessons; \$240 for 8 lessons; \$400 for 16 lessons

Team and Club Swim Programs

Sierra Marlines

USA Competitive Year-Round Swim Team
www.sierramarlines.net

Folsom Wahoos

USA Competitive Year-Round Swim Team
www.folsomwahoos.org

Folsom Sea Otters

Seasonal Recreational Swim Team
www.folsomseaotters.com

Folsom Tigersharks

Seasonal Recreational Swim Team
www.folsomtigersharks.com

American River Water Polo

Competitive Club Program
www.ARWP.com



Let the dogs have their day!

Bring your canine companions for our 14th annual dog swim event.

Find more details on page 4.



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, and Folsom Aquatic Center

Connect with us and keep up on the latest community arts news.

Check out our updated Facebook page, websites, and community arts calendar at FolsomPresents.com and now follow us through the City of Folsom Parks & Recreation Department postings on Instagram and Twitter.



Folsom Arts & Cultural Commission

Meets 2nd Thursday every other month in the City Council Chambers
View agenda online at www.folsom.ca.us – click on commissions.

FOLSOM PRESENTS



FOLSOMPRESSENTS.COM

Visit FolsomPresents.com for a complete guide to arts and entertainment in Folsom!



Folsom Arts Association

The Folsom Arts Association hosts monthly Artist Demonstrations at the Gallery at 48 Natoma Street in Folsom.

Demonstrations are held on the third Thursday of each month at 6 p.m. and are open to the public.

Sign up to receive our current E-newsletter!



Stay current on the latest news and information about the Gallery and Art Center at 48 Natoma with our E-newsletter. Sign up to receive the E-newsletter at www.folsom.ca.us – go to Parks & Recreation/The Gallery at 48 Natoma.

You can also text to join – text “gallery-at48” to “22828” – wait for the reply; then type your e-mail address and send.

Help Support Great Art for Our Great Community!



Your voluntary donation helps support the arts in the community, including public art exhibits at the Gallery at 48 Natoma and youth arts programs.

Donating is fast and easy! Just add a voluntary donation when you make your City of Folsom utility bill payment online. Visit the City of Folsom website at www.folsom.ca.us – select the “Utility Billing Service” icon under Popular Services on the home page. Select “Online Billing” under Payment Options, log in to your account, and select “additional charges” to make your donation to the arts.



October is National Arts & Humanities Month!



This special month is designed to encourage all Americans to explore new facets

of the arts and humanities in their lives, and to begin a lifelong habit of active participation in the arts. Whether you attend a concert, see a theatrical performance or visit an art gallery, help recognize the contribution of the cultural organizations in your community this October!

Visit www.folsom.ca.us for more information about art and cultural activities in our area and look up these great local arts organizations that have special programs featured in Folsom during the month of October:

Community Arts Organizations

Folsom Arts Association
Cultivating and supporting art appreciation for Folsom region visual artists.
www.folsomarts.org

Harris Center for the Arts
Find performance details at www.harriscenter.net

Folsom Symphony Orchestra
Celebrating their 12th season!
www.folsomsymphony.com

Folsom Lake Community Concert Association
Dedicated to bringing concerts of the highest quality to the greater Folsom area.
www.flcca.org

Murer House Foundation
Italian Cultural Heritage programming and classes.
www.murerhouse.org

Folsom History Museum
Artifacts and treasures that chronicle the settlement and development of the Folsom area.
www.FolsomHistoryMuseum.org

The Gallery at 48 Natoma ■ Professional Fine Art Gallery



About the Gallery: This exciting professional gallery is free and open to all ages. The exhibits showcase art by regional and national artists, area museum collections, and traveling exhibitions. The Gallery at 48 Natoma offers high quality, original art exhibits to our community that we otherwise might not have an opportunity to experience. The public is also invited to attend free opening night receptions held the first Friday of each exhibit.

Gallery Hours:

Monday-Friday, 9 a.m.-5 p.m.
Open Tuesday and Wednesday evenings 6-8 p.m.

Free gallery tours are available for schools and groups; please call ahead to confirm our current schedule: (916) 355-7285.

Gallery Sponsors

- The Dyer Family Foundation
- Take pART in the ARTs
(utility bill donation program)
- Folsom Arts Association

Gallery sponsors receive many recognition benefits. If you are interested in supporting this worthwhile community asset, please contact Cindy at 351-3506.



Like us on Facebook!

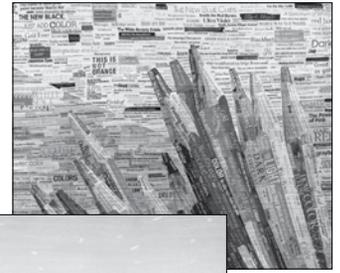
Upcoming Exhibits:

September 9-November 3
"Q6"

Reception 6-8 p.m.,
Friday, Sept. 9

Featuring the work of six fiber artists: Donna Brennan, Sue Garmston, Penny S. Hanscom, Denise Schmidt, Gayle Simpson, and Pixeladies (Deb Cashatt and Kris Sazaki).

Fiber art by
Deb Cashatt.



Fiber art by Penny S. Hanscom

November 18-January 12
"The Art of Illustration"

Reception 6-8 p.m., Friday, Nov. 18

Children's book illustrations
by Carol Benioff, Jinwoo Kim,
and Isabella Kung.



Illustration by
Isabella Kung.



Illustration by Carol Benioff.



Illustration by Jinwoo Kim.

Community Exhibition Gallery

Local emerging artists, adult art students and community art organizations also have opportunities to exhibit their work in the Community Exhibition Gallery at the art center.

August 31-November 3:

Featuring the work of members of the
Folsom Arts Association in a fall-themed exhibit.

Painting by
Lori Anderson.



November 18-January 12:
"10th Annual Folsom Focus
Photography Contest"

Join us to view this annual local competition with entries submitted by children, teens and adults. Prizes and awards announced at the Opening Reception, 6-8 p.m. on Friday, Nov. 18. See page 3 for contest information.

Folsom Art Center at 48 Natoma

- Art classes for adults and seniors
- Art, music, and theatre classes for youth and teens
- Summer and holiday art camps for youth and teens
- Gallery exhibits featuring professional local, regional, and world-class artists



We provide opportunities for all ages to create and appreciate the arts.



Chinese Brush Painting

with Betty Liu

Learn basic Plum, Bamboo, Orchid & Chrysanthemum to advanced, mixing both eastern and western styles of watercolor painting. Basic materials will be available through the instructor at the first class (approximately \$50) and students will be apprised of other supplies.

Ages 18+

411531-01	Tu	9/6-9/27	9:00-11:30A
411531-02	Tu	10/4-10/25	9:00-11:30A
411531-03	Tu	11/1-11/29	9:00-11:30A

Location: 48 Natoma

Fee: \$70 / \$63 resident discount

Creative Ceramics

with Susan Comstock

Expand your skills; explore coil/slab building techniques and functional pottery designs. This class is not for beginning clay students. Tool list provided on receipt. Glazing and firing included.

Ages 18+

411501-01	Tu	9/27-11/1	6:00-9:00P
411501-02	Tu	11/8-12/13	6:00-9:00P

Location: 48 Natoma

Fee: \$92 / \$85 resident discount; clay must be purchased from instructor for \$11-\$14

Beginning/Intermediate Painting

with Cleide Sander

Students will be challenged to develop their own creativity through the exciting world of visual arts, classical and contemporary paintings. They will also be encouraged through discussions and occasional field trips to museums and galleries. Materials list on receipt.

Ages 18+

411591-01	Th	9/1-9/29	9:00A-12:00P
411591-02	Th	10/6-10/27	9:00A-12:00P
411591-03	Th	11/3-11/17	9:00A-12:00P
411591-04	Th	12/1-12/15	9:00A-12:00P

Location: 48 Natoma

Fee: \$41 / \$34 resident discount

Mixed Media

with Courtney Tice

Enjoy learning how to build a collage, create new images from old ones, and mix a variety of techniques. No experience needed. Materials list on receipt.

Ages 18+

416009-01	Th	9/8-9/29	2:00-4:00P
416009-02	Th	10/6-10/27	2:00-4:00P
416009-03	Th	11/3-12/1	2:00-4:00P

Location: 48 Natoma

Fee: \$96 / \$89 resident discount

Watercolor Workshop I

with Richard Meagher

Learn to paint still life, skies, trees, rocks, fields and water. Each class will include lecture and demonstration, followed by class participation. Materials list on receipt.

Ages 16+

411912-01	Tu	10/4-10/25	1:00-4:00P
411912-02	Tu	11/8-11/29	1:00-4:00P

Location: 48 Natoma

Fee: \$69 / \$62 resident discount

Watercolor Workshop II

with Richard Meagher

Instruction will emphasize composition, and the elements, and principles of design. Students will create paintings using value sketches and value patterns from their own photos or materials provided by instructor.

Ages 16+

411915-01	F	10/7-10/28	1:00-4:00P
411915-02	F	11/4-12/9*	1:00-4:00P

*Note: no class 11/11 & 11/25

Location: 48 Natoma

Fee: \$69 / \$62 resident discount

Beginning/Intermediate

Acrylic Painting with Vicki Foote

Complete a painting each week with step-by-step demonstrations. Create still life, landscapes, and animals with vivid color and values. Discussions include painting theory, framing techniques, and making note cards from your paintings. Materials list provided on receipt.

Ages 18+

441119-01	M	9/12-9/26	1:00-3:30P
441119-02	M	10/3-10/17	1:00-3:30P
441119-03	M	11/7-11/28	1:00-3:30P

Fee: \$52 / \$45 resident discount

Location: 48 Natoma

Fee: \$68 / \$61 resident discount

Beginning/Intermediate

Drawing I: Drawing What You See

with Richard Meagher

Drawing is the foundation for all forms of art. In this course, you will learn one and two point perspective, seeing at eye level, value changes, shading, sighting, proportions, alignments and composition. Materials list provided on receipt.

Ages 16+

411833-01 Tu 10/4-10/25 9:30-11:30A

411833-02 Tu 11/8-11/29 9:30-11:30A

Location: 48 Natoma

Fee: \$49 / \$42 resident discount

Intermediate/Advanced

Drawing II: Mixed Media and Figure

with Richard Meagher

This is a fun course where you will draw what you like using your preferred media. Instruction will include drawing in pencil, charcoal, and pen and ink with washes. One class will be devoted to figure drawing.

Ages 16+

411834-01 F 10/7-10/28 9:30-11:30A

411834-02 F 11/4-12/9* 9:30-11:30A

*Note: no class 11/11 & 11/25

Location: 48 Natoma

Fee: \$49 / \$42 resident discount

Get your Photos Out of

Chaos! with Judy Bujold

Our workshop gives you an opportunity to bring your loose pictures, documents, and photo albums to class where you will learn the ABC's of organizing your memories. After completing your first organizing activity, you will choose some of your favorite photos for a free digital scanning. At the end of this class you will walk away with 75 scanned photos, or six photo album sides, to add to your digital collection. You are encouraged to bring a flash drive or an external drive to class for transporting your scanned memories. Bring your laptop if you need help creating folders/albums for your 75 scanned photos.

Ages 18+

411836-01 F 9/23 9:00-11:30A

411836-02 F 10/28 9:00-11:30A

411836-03 F 11/18 9:00-11:30A

Location: 48 Natoma

Fee: \$32 / \$25 resident discount

Jewelry Making 101: Basic Stringing and Design

with Crafted DIY Workshop's

Susan Perreault

This class teaches the basics of jewelry design and construction and is a good place for the beginning jewelry artist to start. We have dozens of bead colors, designs, and materials to choose from. During the class you will be designing and constructing a bracelet with clasp and a simple pair of earrings. You will also learn how to incorporate these new skills into additional pieces, including necklaces and pendants. Have fun designing and making new jewelry for yourself or for friends and family as the holidays grow near! Price includes all supplies and instructions.

Ages 12+

411838-01 Su 9/11 3:00-5:00P

411838-02 Sa 10/22 12:00-2:00P

411838-03 F 11/11 6:00-8:00P

411838-04 Su 12/11 3:00-5:00P

Location: 732-1/2 Sutter Street, Folsom

Fee: \$32 / \$25 resident discount

Jewelry Making 102: Incorporating Chain and Metal Findings

with Crafted DIY Workshop's

Susan Perreault

While meant as a companion class to our Jewelry 101 class, this can be taken by itself by anyone who wants to learn how to start incorporating chain and metal pieces into their jewelry design and production. In this class you will learn about basic chain types, what to consider when choosing your chain, and how to finish the ends in a variety of style. You will be designing and making your own necklace with pendant as well as learning how to make simple and wrapped loops to hold all of your work together. Class fee includes all supplies, instructions, and a finished piece for you to take home at the end of the session.

Ages 12+

411841-01 Su 9/18 3:00-5:00P

411841-02 Sa 10/29 12:00-2:00P

411841-03 F 11/18 6:00-8:00P

411841-04 Su 12/18 3:00-5:00P

Location: 732-1/2 Sutter Street, Folsom

Fee: \$42 / \$35 resident discount

Creating Photo Memory Books for Holiday Gifts

with Judy Bujold

Have you ever wanted to create a beautiful photo memory book to share and remember a wedding, vacation, celebration of life, or other significant event? In this class, you will learn the step-by-step process using Shutterfly, an Internet-based image publishing service. Shutterfly lets you upload your favorite photos and then select a theme and a design that will make your memories pop! Bring your laptop that contains a folder/album loaded with up to 250 digital photos that you are considering for your memory book. At the end of the final class, you will be ready to place your photo book order, and preserve your most meaningful memories!

Ages 18+

411837-01 F 10/14 & 10/21 2:00-4:30P

Location: 48 Natoma

Fee: \$69 / \$62 resident discount



Bambi's Christmas Tree Land
donates the beautiful trees
displayed throughout the
Folsom Zoo Sanctuary
at the
Wild Nights and Holiday Lights event
(see page 5 for more details)

Visit us in Folsom at:
Lembi Park, 1302 Riley St.
Zittels Farm, 6781 Oak Ave.

Digital SLR & 35mm Photography with Bonita Chimes

Ages 18+ • Location: 48 Natoma • Fee: \$86 / \$79 resident discount; a 48-hour cancellation is required for these classes

Camera Manipulation

Learn how to begin operating your camera like a pro, with intensive hands-on coaching on controlling your camera when creating photographs. Curriculum includes camera technology, lenses, use of F-stops and shutter speeds. Also learn the basics of purchasing equipment. Bring an adjustable camera and all the equipment to the first class. Class includes a field trip and an individual critique of photographs. 411673-01 Tu 9/13-10/4* 6:30-8:30P; field trip 10/2 – time/location TBA *Note: no class 9/27

Lighting: Basic 102

Want to know the secret to good photography? It's LIGHTING! If you can use your SLR camera on manual, then come and learn how to manipulate light at any time of day and under any conditions. You'll learn the difference between quantity, quality, and direction of light; plus how to use and eliminate shadows, mix lighting, etc. Class includes a field trip and an individual critique of photographs. 411672-01 W 9/14-10/5* 6:30-8:30P; field trip date – 10/2; time/location TBA *Note: no class 9/28

Macro – Intermediate 202

Nature is exciting to photograph and nature photos are a beautiful addition to your wall. This course offers one of the most fun types of nature photography – Macro. Learn about the equipment and techniques you need to get close to your subject. NOTE: you do not need special equipment to take this course. 411674-01 Th 9/15-10/6* 6:30-8:30P; an "on location shoot" is scheduled for 10/2 – location TBA

*Note: no class 9/29

Very Beginning Crochet

with Susan Perreault

For anyone who has never crocheted and wants to learn from the very beginning -this class is for you. We will teach you how to start with a chain, then add the basic stitches (single, double, and half-double crochet). You will be creating right away. There will be plenty of time for each person to begin a simple infinity scarf, and plenty of help to give you a solid stitching foundation. Just think of all the warm things you can make for yourself, friends, or as gifts as the cooler weather rolls around. All supplies are included in the class price and are yours to take home.

Ages 12+

411843-01 Sa 10/15-10/15 4:00-5:30P
411843-02 Su 11/13-11/13 3:30-5:00P
411843-03 F 12/23-12/23 11:00A-12:30P

Location: 732-1/2 Sutter Street, Folsom
Fee: \$37 / \$30 resident discount

Beyond Beginning Crochet

with Susan Perreault

Fancy stitches put the fun into your crochet project! In this class you will build on the foundation of simple crochet stitches (single and double crochet) to form the Popcorn Stitch and the Waffle Stitch. They look great and add fantastic texture to simpler pieces. We will also learn how to switch yarn colors so the pieces you create don't always have to come from one skein of yarn. This class is for anyone who is already versed in basic crochet and wants to tread into more exciting crocheting waters. The class price includes all supplies to use in class and then to take home.

Ages 12+

411844-01 Su 10/30-10/30 3:00-5:00P
411844-02 Sa 11/26-11/26 4:00-6:00P
411844-03 F 12/30-12/30 11:00A-1:00P

Location: 732-1/2 Sutter Street, Folsom
Fee: \$42 / \$35 resident discount

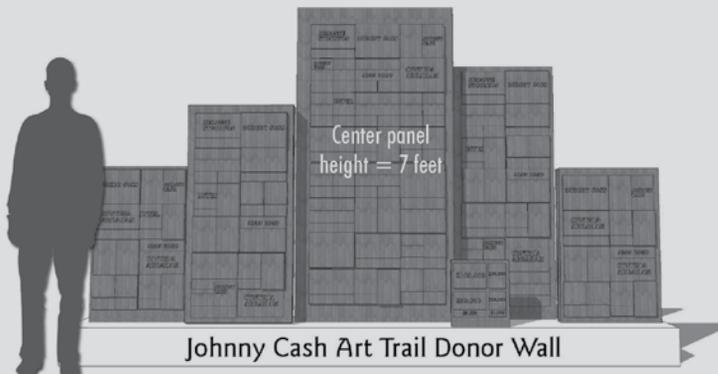
Create a Lasting Legacy

For Your Family, Community Group, or Business

FOLSOM CASH
ART TRAIL

Purchase a commemorative plaque on the Johnny Cash Art Trail donor wall and show your support for this unique, world-class public art project!

The donor wall will be installed this fall along the trail near the Johnny Cash Bridge and overlooking the future site of the Legacy Park. Donor plaques are available in four sizes and will be installed on the wall within 45 days of purchase; your tax-deductible contribution will help fund the art and park that will become part of the Johnny Cash Trail experience. Learn more and purchase your plaque at www.FolsomCashArtTrail.com.



Johnny Cash Art Trail Donor Wall

www.FolsomCashArtTrail.com



**Beginner/Intermediate
Polynesian Dance: Hibiscus**

with *Natasha Forsberg*
Focus on building our Hula and Tahitian skills. All styles of Polynesian dance are incorporated. Students will learn dances and have opportunities to perform if desired. www.alohadancerscameronpark.com.

Ages adults and kids ages 12+

444326-01	Th	9/1-9/22	5:30-6:30P
444326-02	Th	10/6-10/27	5:30-6:30P
444326-03	Th	11/3-11/17*	5:30-6:30P
444326-04	Th	12/1-12/22	5:30-6:30P

Location: 48 Natoma
Fee: \$62 / \$55 resident discount; one-time fee of \$30 per dancer due at first class
*Note: fee for this session \$49 / \$42 resident discount

Hunter Education with *Jeffrey Goodwin*, certified instructor through the CA Dept. of Fish and Game

This course is a requirement to obtain a state hunting license. It will teach fire-arm safety, basic navigation and hunting ethics and cover state regulations.

Ages 10+

443061-01	Sa	9/17	8:00A-2:00P
443061-02	Sa	10/15	8:00A-2:00P
443061-03	Sa	12/10	8:00A-2:00P

Location: Folsom Sports Complex
Fee: \$23

Tennis Drill Night

with *Bryan Solem*
Whether you are a beginner or advanced player, 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+

435021-01	W	9/7-9/28	7:00-8:00P
435021-02	W	10/5-10/26	7:00-8:00P

Location: Ed Mitchell Park
Fee: \$67 / \$60 resident discount

USA Adult Group Tennis

with *Bryan Solem*
No matter what your skill level is, our certified tennis instructor will teach you the game from the grassroots level to the more advanced player. Group lessons are once a week for four weeks, so you can move up from level to level as you progress.

Ages 18+

435091-01	Tu	9/6-9/27	6:00-7:00P
435091-02	Tu	10/4-10/25	6:00-7:00P

Location: Ed Mitchell Park
Fee: \$67 / \$60 resident discount

Archery Skills - Adult & Youth

with *Robert Wayne 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 and supplies the archery equipment needed for class.

Ages 10+

450035-01	Tu	10/11-10/18	6:00-7:30P
450035-02	Tu	11/8-11/15	6:00-7:30P
450035-03	Tu	12/13-12/20	6:00-7:30P

Location: Folsom Sports Complex
Fee: Adults (ages 18+) \$57 / \$50 resident discount; Youth (ages 10-17) \$45 / \$42 resident discount
You may also register for a one-day session; \$30/adult or \$20/youth

**Beginner Level
NEW! Disc Golf Lessons**

with *Folsom Disc Golf Club*
This course is intended for beginners or those new to the game and will teach the basic rules and etiquette of disc golf. Throwing techniques and skills will be taught using fun games and creative challenges. All participants will receive a brand new disc.

Ages 10+

435036-01	Th	9/1-9/22	5:30-6:15P
435036-02	Th	9/29-10/20	5:30-6:15P
435036-03	Th	10/27-11/17	5:30-6:15P

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

Register online!

Register for your fall programs at your convenience!

<http://webtrac.folsom.ca.us>

Accepted online payment methods:
VISA, MasterCard, Discover Card, American Express, or a Folsom Parks & Recreation gift card.

Subscribe Today!

at 50% off for
\$19.00
Just
and receive the
Folsom Telegraph
every Wednesday
for 1 year!

To set up your subscription call
916-774-7900

Tai Chi & Push Hands

with Daniel Quincy

Learn, practice and play the Chinese internal martial art of T'ai Chi Ch'uan; release tension, relax, breathe more deeply, become more focused; develop greater flexibility, strength, and improve natural health. With T' ui-Shou "Push Hands," play and get grounded and centered in a social, physically interactive setting; and become a master of your own space. Classes are ongoing. Find more details on website.

Ages 18+

450010-01 Tu 9/6-9/27 6:00-8:00P

450010-02 Tu 10/4-10/25 6:00-8:00P

450010-03 Tu 11/1-12/20 6:00-8:00P

Location: Folsom Middle School

Fee: \$52 / \$45 resident discount

Exercise Tai Chi

with Daniel Quincy

Learn and practice the Chinese health arts of T'ai Chi and Ch'i Kung (Qigong); improve balance, develop greater strength and flexibility; improve circulation and over all natural health; release tension, relax, breathe more deeply, sleep better; and also become more grounded, centered, and focused. Classes are ongoing; find more details on website.

Ages 18+

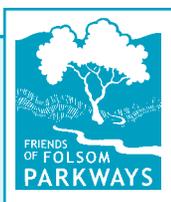
450011-01 Tu 9/6-9/27 4:00-5:15P

450011-02 Tu 10/4-10/25 4:00-5:15P

450011-03 Tu 11/1-12/20 4:00-5:15P

Location: Blanche Sprentz Elementary

Fee: \$32 / \$25 resident discount



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.

We meet the second Thursday of every month at 7 p.m. at The Parkway

Homeowners Association Building,
Parkway Dr. & Blue Ravine Rd., Folsom

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

Beginner Pickleball Lessons

with Doug Koch

Learn the rules of pickleball, the techniques for executing basic shots (serve, return, volley, dink), simple strategies and teamwork with a doubles partner.

Ages 18+

450807-01 M 9/12-10/17* 9:00-10:00A

450807-02 M 10/24-11/28* 9:00-10:00A

*Note: no class 10/3, 10/10, 11/7 & 11/14

Location: Folsom Sports Complex

Fee: \$50

Pickleball Clinics with Doug Koch

Aggressive Serving and Returning

Seize control of the rally with your very first shot.

Ages 18+

450815-01 F 9/16 9:00-10:00A

Location: Folsom Sports Complex

Fee: \$15

Transitioning to the Net

Using transition shots to advance from no-man's land to the net.

Ages 18+

450817-01 F 9/23 9:00-10:00A

Location: Folsom Sports Complex

Fee: \$15

Setting Up Your Partner

Hitting shots that allow your partner to hit winners and force errors.

Ages 18+

450818-01 F 9/30 9:00-10:00A

Location: Folsom Sports Complex

Fee: \$15

Improving Volleys

Increase accuracy, shorten recovery time and control pace with volleys.

Ages 18+

450813-01 F 10/21

Location: Folsom Sports Complex

Fee: \$15

Drop-in Pickleball at the Folsom Sports Complex Seven indoor courts!

66 Clarksville Road • 916-984-2850



M/W/F 10 a.m.-1 p.m.; Tues 7-10 p.m., Sun 9 a.m.-noon

Note: times subject to change;
visit website for updates or call 984-2850 for information.

Fee: \$4/visit or \$30 for a 10-visit punch card

NEW! Learn to Golf with Coach Guy Sorber

Have you ever wanted to learn the great sport of golf, but didn't know where to start? Join our group and learn how to putt, chip and make a full swing, plus the rules and etiquette of the game. Register today and start enjoying a sport that can be played for a lifetime!

Ages 18+

435181-01 Sa 10/1-10/22 12:00-1:00P

435181-02 Sa 10/29-11/19 12:00-1:00P

Location: Folsom Sports Complex

Fee: \$50

FALL/WINTER 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 the above criteria

Divisions: Leagues are divided into two skill levels – (C) Intermediate and (D) Recreation/(Novice) Beginning.

Soccer – (I) Advanced, (II) Intermediate, (III) Recreational

Season	Nights/Division	Reg. Deadline	Mgr's Meeting	League Begins	League Fees	Location
SOCCER (OUTDOOR)						
Fall 335031-01	Th – Women's	Friday, Sept. 2 5 p.m.	Monday, Sept. 19 7 p.m.	Sept. 8 8 games	R – \$975 NR – \$1075	Kemp Park
Fall 335031-01	Tu/Th – Men's 35+	Friday, Sept. 2 5 p.m.	Monday, Sept. 19 7 p.m.	Sept. 6 8 games	R – \$975 NR – \$1075	Kemp Park
Fall 335031-01	Sat – Men's	Monday, Sept. 19 5 p.m.	Monday, Sept. 19 7 p.m.	Oct. 1 8 games	R – \$975 NR – \$1075	Kemp Park
Fall 335031-01	Sun – Coed	Monday, Sept. 19 5 p.m.	Monday, Sept. 19 7 p.m.	Oct. 2 8 games	R – \$975 NR – \$1075	Kemp Park
Fall 335031-02	Tu/Th – Men's 35+	Tuesday, Nov. 1 5 p.m.	TBA 7 p.m.	Nov. 8 8 games	R – \$975 NR – \$1075	Kemp Park
Fall 335031-02	Th – Women's	Tuesday, Nov. 1 5 p.m.	TBA 7 p.m.	Nov. 3 8 games	R – \$975 NR – \$1075	Kemp Park
Winter 435031-01	Th – Women's	Monday, Jan. 2 5 p.m.	Monday, Jan. 9 7 p.m.	Jan. 12 8 games	R – \$975 NR – \$1075	Kemp Park
Winter 435031-01	Tu/Th – Men's 35+	Monday, Jan. 2 5 p.m.	Monday, Jan. 9 7 p.m.	Jan. 17 8 games	R – \$975 NR – \$1075	Kemp Park
Winter 435031-01	Sat – Men's	Monday, Jan. 2 5 p.m.	Monday, Jan. 9 7 p.m.	Jan. 7 8 games	R – \$975 NR – \$1075	Kemp Park
Winter 435031-01	Sun – Coed	Monday, Jan. 2 5 p.m.	Monday, Jan. 9 7 p.m.	Jan. 8 8 games	R – \$975 NR – \$1075	Kemp Park
SOCCER (INDOOR)						
Winter 455200-02	Th – Men's 35+	Friday, Oct. 21 5 p.m.	Thursday, Oct. 27 7 p.m.	Nov. 3 12 games	R – \$1065 NR – \$1090	Folsom Sports Complex
Winter 455200-03	Mon – Women's	Friday, Sept. 2 5 p.m.	Thursday, Sept. 8 7 p.m.	Sept. 12 12 games	R – \$1065 NR – \$1090	Folsom Sports Complex
Winter 455200-01	Wed – Coed	Friday, Aug. 19 5 p.m.	Thursday, Aug. 25 7 p.m.	Aug. 31 12 games	R – \$1065 NR – \$1090	Folsom Sports Complex
Winter 455200-04	Sun – Coed	Friday, Nov. 18 5 p.m.	Thursday, Dec. 1 7 p.m.	Dec. 4 12 games	R – \$1065 NR – \$1090	Folsom Sports Complex
Winter 155200-01	Wed – Coed	Friday, Nov. 18 5 p.m.	Thursday, Dec. 1 7 p.m.	Dec. 7 12 games	R – \$1065 NR – \$1090	Folsom Sports Complex
BASKETBALL (INDOOR)						
Fall 435221-01	Th – Men's C Th – Men's D	Friday, Sept. 16 5 p.m.	Thursday, Sept. 22 7 p.m.	Sept. 29 8 games + playoffs	R – \$475 NR – \$500	Folsom Middle School
Winter 159200-01	Th – Men's C Th – Men's D	Friday, Dec. 16 5 p.m.	TBA 7 p.m.	Jan. 5 8 games + playoffs	R – \$475 NR – \$500	Folsom Sports Complex
VOLLEYBALL (INDOOR)						
Fall 435192-00	Tu – Coed 4x4 Tu – Coed 6x6	Friday, Sept. 9 5 p.m.	Thursday, Sept. 15 6:30 p.m.	Sept. 20 8 games	R – \$225 NR – \$255	Folsom Middle School
Winter 435192-01	Tu – Coed 4x4 Tu – Coed 6x6	Friday, Nov. 18 5 p.m.	Thursday, Dec. 1 6:30 p.m.	Dec. 6 8 games	R – \$225 NR – \$255	Folsom Middle School

FREE AGENT LIST: Need a team or a few more players to form your team? Call 916-984-2850 and leave your name, address, phone number, and the sport you'd like to play. Sign up at: www.teamsideline.com/folsom.

Register today! Registration form on page 40

Folsom Senior Center at 48 Natoma

- Open Monday-Friday, 9 a.m.-5 p.m.
- Activities and programs are for ages 55+ (*unless noted otherwise*)
- The Senior Center amenities include a Senior Lounge and two activities rooms
- Drop in and enjoy books, puzzles, games, organized activities and make new friends.
- No membership is required and the coffee is always hot!

Offering a variety of social programs, services and classes for ages 55+.

Local Day Trips

We offer day trips to a variety of local destinations and attractions. Pick up a trip schedule in the Senior Lounge or view it online at <https://www.webtrac.folsom.ca.us>.

Upcoming trips include:

- Treasure Island Flea Market
- Apple Hill
- Golden Gate Bridge (sightseeing walk)
- Safari West
- Ironstone Winery
- Charles Schultz Museum



Group Guitar Lessons

with Daniel Roest, accomplished classical guitarist and president of the Sacramento Guitar Society

Bring your guitar and join us for free ongoing group lessons. Lessons include basic instruction and practice playing songs as a group. The only requirement other than a guitar is a desire to learn, share, make friends and have fun!

Ages 55+ (all levels)

449014-01 Th 9/1-12/29* 10:45A-12:00P

*Note: no class 11/24

Location: 48 Natoma • Fee: Free

Social Activities in the Senior Lounge

Call 351-3510 for more information.

Monday	Off Key Singers (a fun and social group)10-11:30 a.m. Social Bridge (all levels).....12-4:30 p.m. <i>1st & 3rd Monday each month (call 852-8836 to reserve a seat)</i> Senior Citizens Club.....11:30 a.m.-3:30 p.m. <i>2nd & 4th Monday each month (see page 30 for details)</i>
Tuesday	Social Pinochle.....10-11:30 a.m. Book Discussion; 2nd Tue each month 10-11 a.m. Movie Madness..... 12:15-2:30 p.m.
Wednesday	Nintendo Wii 10 a.m.-12 p.m. Bingo 12:30-1:30 p.m. <i>1st & 3rd Wednesday each month</i>
Thursday	Lounge Day: Games and Activities..... 9 a.m.-5 p.m. Group Guitar Lessons10:45 a.m.-12:00 p.m.
Friday	Off Key Singers (a fun and social group)10-11:30 a.m. Brain Connections..... 12:15-1:15 p.m. <i>Last Friday each month</i> Mah Jongg12-3 p.m.

 Like us on Facebook!

Senior Citizens Club

The Folsom Senior Citizens Club meets at 48 Natoma and you are invited to join in. The group enjoys socialization, lunch followed by bridge and bingo. The club meets on the second Monday of each month for a potluck, and the fourth Monday is a bring your sack lunch meeting. Occasional trips and guest speakers are also planned. Dues are \$5 yearly and 50 cents per meeting. Meetings are held starting at 11:30 a.m. in activity room A at 48 Natoma.

Meeting schedule: Sept. 12 & 26, Oct. 10 & 24, Nov. 14 and Dec. 12. For more information call 983-6903 or 983-4841.

Meals On Wheels by ACC

This program serves hot lunches to seniors age 60+, Monday-Friday at 11:30 a.m. at the Folsom Senior Center (48 Natoma St.)

Home delivered meals are also available Monday-Friday. (\$2/meal suggested donation).

To make a lunch reservation at the Folsom Senior Center (48 Natoma St.) call (916) 351-3386.

To apply for a home delivered meal reservation, call (916) 444-9533.

Note: lunch reservations for the entire week must be made by Monday the week prior.

Senior Special Events

Halloween Bash

Monday, October 31 • 11:30 a.m.-1:30 p.m.

Thanksgiving Celebration

Friday, November 18 • 1:30-3:30 p.m.

Holiday Sweater Party

Friday, December 16 • 1:30-3:30 p.m.

Join in on the fun! Special events are free!

Bring your own brown bag lunch or make a lunch reservation with Senior Nutrition (\$2 suggested donation) by calling 351-3386.

Lunch reservations for the event must be made by Monday the week prior.

For more information call 351-3510.

Many thanks to our generous Senior Center sponsors:

Folsom Athletic Association, Betty Becker, Ernie Sheldon, Eskaton FountainWood Lodge, Care Patrol, Harlow's Help at Home, New Beginning Senior Care, Homewatch Caregivers, HealthNet, El Dorado Estates Retirement Community, and Visiting Angels.

Support Services at the Folsom Senior Center, 48 Natoma

Alzheimer's Association Dementia Caregiver Support Group

For family and friends with loved ones struggling with forms of Dementia including Alzheimer's Disease, this group can provide care giving strategies, education, resource information and a shoulder to lean on.

This group meets the 2nd Friday of each month from 10-11:30 a.m. No fee for this group. For more information, call 1-800-272-3900.

Parkinson's Support Group

This support group is for people with Parkinson's, their families, caregivers and friends. For more information call Yvonne Haskell at 916-353-1301 or Mary Cabaluna at 916-982-1684. Information on Parkinson's Disease is available at the National Parkinson's Foundation website: www.parkinson.org, or by calling 1-800-473-4636.

Meeting dates: This group meets the 4th Monday of each month from 10 a.m.-noon. Note: December meeting date is 12/19. No fee for this group.

Health Insurance Counseling and Advocacy Program (HICAP)

HICAP is a non-profit agency dedicated to assisting Medicare beneficiaries, and those who are soon to be Medicare beneficiaries. HICAP's highly trained volunteer counselors are registered with the State of California Department of Aging, and can help you with questions or problems relating to Medicare (Parts A, B, C & D), Medicare billing and claims, supplemental insurance and Long Term Care insurance. This program is for those 65+ (or soon to be eligible for Medicare) or disabled adults who receive Medicare benefits.

Call 376-8915 for appointment times. No fee for this service.

Appointments available select Monday mornings and Tuesday afternoons.

Blood Pressure Screenings

This free service is provided by Mercy Hospital Auxiliary and is held the fourth Monday of each month from 11:00 a.m.-noon. No appointment needed.



Educational Workshops for ages 55+

All workshops are free, please call 355-7285 to reserve your seat.

Location: Folsom Senior Center, 48 Natoma

Care Through It All with Snowline Hospice

Life is full of choices. Where do you want to live? What kind of work do you want to do? End-of-life care is just the same. There's hospice, palliative care, curative treatments, and even the new End of Life Option. In order to learn more about your options, Snowline, a non-profit hospice, is partnering with the Folsom Senior Center, to present "Care Through it All." The talk will be led by a Snowline expert, with experience helping local community members navigate this important step in life. If you want to learn more about Snowline, check them out at www.snowline-hospice.org, or call them at 530-621-7820.

449001-01 F 9/16 12:30-1:30P

Taxation of Social Security with Bill Corley, CFP

Whether you are 60 or 69, there are ways you can increase your social security benefits by up to 76 percent and if you come to this informative workshop, you will learn effective ways to maximize your retirement income. A question/answer period is also included.

449001-03 Tu 9/27 7:30-9:00P

Brain Connections with Judy Bakke

If you are interested in maintaining and learning new strategies to keep your brain sharp, this is the class for you! Judy will explain the latest research in neuroscience and discuss simple components to help strengthen your cognitive abilities. Participants are encouraged to come ready to participate. Each class Judy conducts a variety of games and exercises that are geared to challenge you mentally.

Class meets 12:15-1:30 p.m. on the last Friday of each month

Gourd Demonstration

with Susan Deguara and Sylvia Nelson with the Folsom Gourd Artists



Learn all about gourds – the growing process, the history and culture, and how to prep them for artistic creations. Susan and Sylvia will also share a variety of decorative gourds created by artists from around the world.

449001-02 F 9/23 1230-1:30P
FREE, but must pre-register – call 916-355-7285 to reserve your seat.

Extended Tours Travel Presentation

with Kris Adams, Premier World Discovery

We are excited to offer extended tours to a variety of wonderful destinations throughout the United States! These all-inclusive extended trips are provided by Premier World Discovery. Join Kris for a free, informational presentation to learn more about these trips. Call 355-7285 to reserve your seat. For more information about trips please visit the Folsom Senior Center to pick up a brochure, or visit www.webtrac.folsom.ca.us.

444815-01 Th 10/27 1:00-3:00P

Location: 48 Natoma

Upcoming trips:

Venice and the Italian Lakes – Oct. 15

New Orleans Holiday – Dec. 4

Panama Canal Cruise – Feb. 2

Philadelphia – May 7

Cape Cod and the Islands – Sept. 17



Memoir Writing

with Linda Holderness

Preserve your memories for your descendants. Let grandchildren and generations of greats know who you were and how you lived your life. Class will support and encourage one another to write and polish memoirs with the goal of publishing them for personal keeping. Sharing encouraged.

Ages 55+

442870-01 Th 9/1-12/29 9:30-11:30A

Location: 48 Natoma

Fee: \$29 / \$22 resident discount

Sponsorship Opportunity!

The Folsom Senior Center at 48 Natoma offers a sponsorship opportunity for local businesses serving the senior population. Reach 40,000 patrons year-round, while helping to support and enhance the variety of services the Center offers!

For details, contact Ryan Erwin at 351-3510 or rerwin@folsom.ca.us.



Beginning Clay

with Lisa McCord

This class is for the artist who wants to enjoy creating, while obtaining hand building and wheel throwing skills in clay. Techniques include pinch, coil, and slab to create vessels, sculpture, or functional objects. Glazes, stains, or alternative finishes may complete your projects. Class fee includes glazes and firing.

Ages 50+

- 441123-01 Tu 9/13-10/18 1:30-4:30P
- 441123-02 W 9/14-10/19 1:00-4:00P
- 441123-03 Tu 11/1-12/13 1:30-4:30P
- 441123-04 W 11/2-12/14 1:00-4:00P

Location: 48 Natoma

Fee: \$67 / \$60 resident discount; clay may be purchased from instructor for \$11-\$13

Watercolor Open Studio

with Sandy Coulter

Why paint alone? Come join our watercolor open studio and enjoy painting with others and also get some instruction and critique. All levels accepted.

Ages 55+

- 411913-01 W 9/7-9/21* 9:30A-12:00P
- 411913-02 W 10/5-10/26 9:30A-12:00P
- 411913-03 W 11/2-11/23 9:30A-12:00P
- 411913-04 W 12/7-12/28 9:30A-12:00P

Location: 48 Natoma

Fee: \$47 / \$40 resident discount

*Note: fee for this session is \$37 / \$30 resident discount

Want to explore your creativity even more?
Find more art classes on page 22.

AARP Driver Safety Program

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. This program is designed especially for drivers age 50 and older, and will teach you to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn the current rules of the road, defensive driving techniques, and tips to help keep you – and those around you – safe. In addition, you'll find out how to manage and accommodate common age-related changes in vision, hearing and reaction time. Class is a total of eight hours of instruction. You may be eligible to receive an insurance discount upon completing the course (consult your insurance agent for details).



Ages 50+

441112-01 Tu 9/20-9/27 12:30-4:30P

Location: 48 Natoma

Fee: \$20; AARP members receive a \$5 discount; must present AARP member ID card at time of registration.

AARP Driver Safety Refresher Course

This course is designed for students who have successfully completed the AARP Driver Safety Program. This four-hour class will review important safe driving practices, skills and strategies. Students will also review the warning signs of unsafe driving and how to assess their own driving skills.

Ages 50+

441114-01 Tu 11/1 12:30-4:30P

Location: 48 Natoma

Fee: \$20; AARP members receive a \$5 discount; must present AARP member ID card at time of registration.

Tech Help for Seniors

Do you have a technical device causing you difficulties? If so, we can help!



Volunteers will be teaching one hour bi-weekly tech support classes. Whether it's an iPhone, laptop, tablet or digital camera, with only 2 students per class our volunteers will have plenty of time to assist you with your troubled device or technical questions. Students must bring their devices with them to class.

Classes are held on the 1st and 3rd Wednesday of each month from 1-3 p.m.

Location: 48 Natoma • Fee: FREE!

NOTE: No drop-ins; must pre-register due to limited class size – call 355-7285 to schedule an appointment. Class code 442724.



Get Moving Through Chair-Based Yoga with Donna Rixmann

This fun class incorporates a variety of practices that include movement, breathing, visualization & vocalization. Various degrees of mobility are welcome; some students are able to stand, some cannot. Focus is on moving the joints, improving circulation, and easy breathing. Students do what you can; modifications are offered. No floor work. Donna is on the resource list of the Parkinson's Association, MS Society and has completed the Arthritis Foundation training. Contact Donna with questions at 916-712-9642 or visit www.yogapeace.net for her credentials.

Ages 21+

Note: this class is ongoing; students may join at any time. Class is held Wednesdays 1:30-2:20 p.m. at 48 Natoma.

Class code 443031

4-Class Card: \$43 / \$36 resident discount; expires within 60 days • **8-Class Card:** \$63 / \$56 resident discount; expires within 90 days
Please present your receipt at class to receive card.

Yoga for Healthy Living (YHL) with Donna Rixmann, MA, E-RYT, CYT –

voted a Favorite Yoga Teacher by the readers of Style Magazine!

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. Comfy clothing/no fragrances please. Class card admits you to attend any AM/PM YHL class. Contact Donna with questions at 916-712-9642 or if you need a loaner mat. Visit www.yogapeace.net for teacher bio and yoga style information.

Class is ongoing and students may join at any time; beginners always welcome! Class is held 9:20-10:20 a.m. Tues./Thurs. and 7-8 p.m. Wed. at 48 Natoma

Note: no class 11/24

Ages 21+

Class code 443030

4-Class Card: \$47 / \$40 resident discount; expires within 60 days

8-Class Card: \$77 / \$70 resident discount; expires within 90 days

Please present your receipt at class to receive card.



Zumba Gold with Juliet Scheuer

Zumba uses high energy Latin dance music to get you moving. Absolutely NO dance experience is necessary and all fitness levels are welcome. Come experience the dynamic, happy workout that can help you burn calories and get you in great shape! Wear comfortable clothes and tennis shoes and come prepared to have fun; please bring a water bottle

Ages 50+

Class is held 10:15-11 a.m. Wednesdays at 48 Natoma Senior Center

Class code 448815

5-class card: \$50 / \$43 resident discount; card expires within 60 days of purchase
10-class card: \$85 / \$78 resident discount; card expires within 90 days of purchase
Please bring your receipt to class to receive card from the instructor.

Looking for more fitness classes?

We also offer aquacise, tennis, golf, Tai Chi, pickleball, and more!
See page 18 for aquacise details; other adult sports and fitness classes begin on page 26.



Walk and Talk

Dust off your walking shoes, bring a friend and get ready to enjoy the sights of Folsom. Join our staff as we walk on the fabulous trails that Folsom has to offer. Walkers of all levels will enjoy the safety and companionship of walking in a group while improving your health!

Ages 50+

Walks take place Tues/Thurs 8:30-9:30 a.m. in August and September, and 9-10 a.m. October through December. Note that walks may cancel due to rain or extreme temperatures.

Class code 448801

Location: pick up location schedule when you register or see attachment online
Fee: \$8 for an 8-walk punch card (bring your receipt with you to get a punch card).

We welcome new instructor Linda Faircloth to the Folsom Senior Center! Linda is an energetic personal trainer and coach with a passion to motivate aging adults to get up and MOVE! Her experience reinforces her belief that exercise and proper diet can help prevent, reverse and slow the progression of age-related diseases. Linda will challenge, coach, and help those who want to avoid debilitating symptoms of aging. Register today for one of these great new classes!



Active Agers: A Mobility, Flexibility and Strengthening Program

One element of successful aging is active engagement in life. Studies have proven that weight training is key to strengthening muscles, and social interaction is equally important to healthy aging. Come and join us – get stronger, be more social and let’s have fun together!

Class is held Tues/Thurs 1:30-2:15 p.m. at the Folsom Senior Center

Ages 50+

5-class card: \$57 / \$50 resident discount

10-class card: \$97 / \$90 resident discount

Class code: 442611

Sittin’ Fitness

Got a hitch in your gitty-up? Don’t let it keep you down! It’s proven: if you don’t move it, you’ll lose it! Join us as we stretch it, work it, and oh-so-gently twist it to the sounds of the oldies – all done in a chair. Your body will love you for it!

Ages 50+

Class is held 9-9:45 a.m. Mon/Wed/Fri at the Folsom Senior Center

5-class card: \$57 / \$50 resident discount

10-class card: \$97 / \$90 resident discount

Class code: 442612 • Note: no class 10/31, 11/11, 11/18, 11/25, 12/16, 12/23, 12/26 & 12/30

Note: Please present your receipt at class to receive your card. 5-class cards expire within 60 days of purchase; 10-class cards expire within 90 days of purchase.

A Regional Movie Premiere

presented in part by the Folsom and El Dorado Hills Senior Centers

Wednesday, September 28 at 2 p.m.

at the Palladio 16 Cinemas in Folsom



“The Age of Love” documents the real-life adventures of a group of seniors who participate in an unprecedented speed dating event held exclusively for 70- to 90-year-olds.

The movie is an alternately poignant and funny exploration of the universality of love and desire, regardless of age.

“The Age of Love” has won numerous industry awards and has been shown around the world to enthusiastic sold-

out audiences. Learn more and enjoy the

movie trailer at www.theageoflovemovie.com.

Limited one-day engagement in Folsom!

Advance ticket purchase recommended;

online at: www.edhcsd.org or by phone: 916-933-6624

Sponsored by: CPRS Aging Services & Activities Section • California Association of Senior Service Centers

NEW! Senior Speed Dating Event at the Folsom Senior Center

Wednesday, October 19 • 2:30-5 p.m.

Limited space! Pre-registration deadline is October 12.



Scene from the documentary, “The Age of Love.”

We are excited to offer our first-ever speed dating event, offered exclusively for ages 70+. This special event is presented by the Folsom Senior Center in collaboration with the El Dorado Hills Senior Center.

Speed dating is a way to meet like-minded singles one-on-one, in a fun and lively setting. Whether you’re seeking a companion or a soulmate, this special event is your chance to get to know a variety of interesting people in a series of five-minute chats.

Light refreshments and snacks will be served.

Location: Folsom Senior Center, 48 Natoma Street • Fee: \$10

Event code: 448036

Host your next birthday party, reunion, fund-raiser, corporate gathering, team party, wedding, or other special event at one of our unique locations.



Folsom Community Center 52 Natoma Street

The Folsom Community Center is the perfect place to host your wedding, meeting, or other special event. Our venue includes a wide variety of amenities that provide the ideal setting for an intimate gathering or a large reception.

Reservations and appointments: call 355-7299 Monday-Friday, 9 a.m.-4:30 p.m. for information or to make an appointment for a facility tour

Entire Ballroom – Capacity: 500-1085

Half Ballroom – Capacity: 230-586

Event types: weddings, receptions, meetings, parties, fund-raisers

Amenities: full commercial kitchen and bar, elevated stage, attached courtyard, optional A/V system and stage lighting

Activities Room – Capacity: 50

Event types: meetings • **Amenities:** optional A/V

Like us!



Rental Fees:

Room	Resident	Non-Resident
Entire Ballroom	\$180/hr	\$260/hr
East Room	\$95/hr	\$130/hr
West Room	\$95/hr	\$130/hr
Activities Room	\$45/hr	\$55/hr

- 8-hour minimum, Fri/Sat/Holidays
- 4-hour minimum, Sun-Thurs
- Additional fees may apply

Robert H. Miller III Rotary Clubhouse

7150 Baldwin Dam Road

Reservations and information: 355-7299

Capacity: 128-170

Event types: weddings, receptions, meetings, parties, fund-raisers

Amenities: full kitchen, optional A/V system

Rental Fees: Saturdays, 12-hour rentals – \$650/resident, \$725/non-resident; additional fees may apply



Host a party or event at one of our specialized facilities:

Folsom Aquatic Center

1200 Riley Street

Reservations/Info: 355-8319

see page 18

Folsom Skate & Bike Park

1775 Creekside Dr.

Reservations/Info: 355-8319

see page 11

Folsom Sports Complex

66 Clarksville Road

Reservations/Info: 984-2856

see page 17

Folsom Zoo Sanctuary

403 Stafford Street

Reservations/Info: 496-2044

see page 37

NEW! Now available for rent: Historic Folsom Station Amphitheater • Call (916) 355-7299 for details



403 Stafford Street

Located in Folsom City Lions Park
(at the corner of Natoma and Stafford streets)
phone: 351-3527

Fall and Winter Hours:
September 1 through May 31:
Tuesday-Sunday, 10 a.m.-4 p.m.

Admission:

Tuesday-Friday

\$4/ages 2-12 • \$5/ages 13+

\$4/ages 65+

Children under 2 are free

Saturday & Sunday

\$5/ages 2-12 • \$6/ages 13+

\$5/ages 65+

Children under 2 are free

Visit Us Online:

www.FolsomZooFriends.org

Find more information about our programs on our website or call 351-3513.

Zoo Sanctuary Gift Shop

Located inside the front entrance; featuring a wide variety of unique items.

Gift Shop Hours:

September & October:

Tues-Sun, 10:30 a.m.-3:30 p.m.

November through February:

Tues-Sun, 11 a.m.-2:30 p.m.

Grab a snack or lunch at Fisher's Beastro

Located in front of the main entry gate; proceeds help support the Zoo Sanctuary. Grab a quick snack, beverage, or a full lunch.

Hours:

September through November:

Fri/Sat/Sun, 11 a.m.-3:30 p.m.

Volunteer Opportunities

Gift Shop: Volunteer in the gift shop on weekends; retail experience helpful but not required. For more details contact Chris at challen@folsom.ca.us.

Company Work Groups: We can arrange a work day for your business to fulfill community service hours. Projects may include planting, weeding, moving equipment, painting, and other jobs (ages 16+). For more information, contact Jill at jlutef Faust@folsom.ca.us.



Matching Gifts: Double your impact by applying for a matching gift through your employer's program. Contact the Friends of the Folsom Zoo Sanctuary at 916-226-5445 or at www.FolsomZooFriends.org.

Additional Volunteer Opportunities: Visit www.FolsomZooFriends.org/volunteer.

Online Shoppers:

Donate to the Folsom Zoo Sanctuary – It's FREE and Easy!

Did you know that you can donate to the Folsom Zoo Sanctuary every time you make a purchase on Amazon, at no cost to you?

Here's how it works: simply make your purchase at **AmazonSmile** (www.smile.amazon.com) – it's the same Amazon you know, with the same products, same prices, and the same service; and you can use your existing Amazon account.

Select the Friends of the Folsom Zoo Sanctuary

as the charitable organization you'd like to benefit, and the AmazonSmile Foundation will donate 0.5% of the price of your eligible purchases at **no cost to you!**

Every donation counts, so help spread the word to family, friends and co-workers!



Free Admission for a Year!

That's just one of the great benefits of becoming a member of the non-profit Friends of the Folsom Zoo Sanctuary!

Our mission is to preserve and enhance a city treasure by assisting in the enrichment of the lives of the animals living at the Zoo Sanctuary. Various membership, donation and sponsorship programs are available.

The Board of Directors volunteer their time and are active in sponsoring Friends core programs and committees to support the needs of the Folsom Zoo Sanctuary. We are always on the lookout for passionate individuals with skills in any of the following areas:

- Fund Development
- Web Development (WP)
- Communications
- Accounting
- Marketing and Social Media
- Event Planning

If you are interested in volunteering with us, call 916-226-5445 or visit www.FolsomZooFriends.org/volunteer.



Rent the Zoo Sanctuary
Make your event a unique and special occasion!

Treat your employees and their family members to a fun evening at the zoo. Say "I do" in the Zoo Sanctuary to create a memorable exchange of vows or host a community fundraiser!

Depending on your group size, we can create various activities to make your visit even more exciting. Include a private tour, provide enrichment to the animals, participate in a training session and meet some of our animal residents up close!

For reservations, visit: Folsom.ca.us click on departments/Parks & Rec/Zoo Sanctuary/Zoo Facility Rentals.

Breakfast with the Bears

Enjoy a private rental on the bear deck before we open to the public. You supply breakfast for your group and we'll provide the bears! Sit with your guests just inches away from our five black bears and watch them forage for their own breakfast on the other side of our glass wall.

Rental includes an animal presentation. Available 9-11 a.m.

Fee: \$249 includes tables and chairs for up to 20 people (you supply your own food)

For reservations: visit www.folsom.ca.us – click on departments/Parks & Recreation/Zoo Sanctuary/Rentals/Bear Deck



Birthday Parties

Create lasting memories for your child with a party held on the Canine Patio. Wolves, deer, and Zebu (miniature hump-backed cattle) are only inches away on the other side of the fence. Parties include: admission for up to 30 guests, patio rental for two hours for up to 30 people, tables and chairs, 15-minute animal presentation, and an arts & crafts project.

Available weekends by advance reservation
 Fee: \$249; additional guests: \$5/each

For reservations: visit www.folsom.ca.us – click on departments/Parks & Recreation/Zoo Sanctuary/Rentals/Birthday Party



"Zoo to You" Outreach

Let us bring the Folsom City Zoo Sanctuary to you with our outreach program. Our presentations invite you and your students to actively explore the amazing world of animals. You can even schedule a visit with some of our small animals such as chickens, guinea pigs, hedgehog, chinchilla, snakes, insects, or tortoise.

For information and reservations: E-mail us at ZooToYou@folsom.ca.us or call (916) 351-3513 or (916) 496-2030.



Sanctuary Snooze
Open-air sleepovers

Experience the Zoo Sanctuary under the moonlight! Bring your group (minimum 20) to see our animals after hours.

For reservations: visit www.folsom.ca.us – click on Departments/Parks & Recreation/Zoo Sanctuary/Rentals/Facility Overnighter

Let's Get Social!

Stay up to date on the latest happenings at the Folsom Zoo Sanctuary, learn fun facts, and enjoy great behind-the-scenes photos and videos.

Connect with us today, and share our commitment to promoting responsible behavior toward all animals.

 **@FolsomCityZooSanctuary**

 **#folsomcityzoosanctuary**



Join the ranks of our amazing Zoo Sanctuary volunteer docents!



Folsom Zoo Sanctuary Docent Training

Do you like children and animals, want to make a difference, and have fun doing it? If you answered, "Yes!" then consider joining the docent team. We are training new docents to help host school tours and other ongoing activities. At the conclusion of the training, students must show proficiency in knowledge of our animals and leading tours.

To enroll, register with Parks & Recreation and complete a volunteer application (attention: Docent Training). **Note:** deadline to register is Monday, Feb. 6. For more information, and telephone interview, call Sue at 916-715-8610.

Ages 21+

191044-01 M 2/13-3/20 9:00A-2:30P

Location: Folsom Zoo Sanctuary • Fee: \$40; includes training materials



Folsom Zoo Sanctuary Wish List

We welcome donations big or small! We're always in need of items ranging from cleaning supplies to dietary supplies. Visit folsomzoofriends.org/wish-list/ to see the complete list.

Great Holiday Gift Idea: Adopt a Zoo Sanctuary Animal!

You can help support one of the Zoo Sanctuary animals by becoming an honorary mom, dad or monkey's uncle! (This is a symbolic adoption; the animals will continue to live at the Zoo Sanctuary.)

Animal Adoption Program Levels:

\$50 Adoptions – Receive a certificate of adoption, animal fact card, 2 guest passes, \$10 gift certificate to gift shop, magnet, latest edition of *Keeping Track* newsletter

\$100 Adoptions – Receive all of the above with additional guest passes, greater value gift certificate, bumper sticker, and postcard

\$320 Group Adoptions – Receive a certificate of adoption, plus a group visit and a recognition plaque placed on animal exhibit for one year.



Visit www.FolsomZooFriends.org for more details. To complete your adoption, call Joyce at 351-3384 or e-mail jpeterston@folsom.ca.us.

Zoo Holiday Break Camps

See page 16 for details!



Tour the Zoo (please make reservations at least 30 days in advance of your desired tour date)

Docent guided tours		Price: \$4 student (6/16-3/14); \$5 student (3/15-6/15) • One free chaperone per 10 students	
Grade	Group Size	Days/Times	To reserve a tour, call (916) 351-3513 or e-mail zoodocents@folsom.ca.us
Kindergarten and up	10-60	Tues-Fri 9:45 & 11 a.m.	One-hour tour of the Zoo led by docents. See and learn about our wonderful animal residents and artifacts.
Pre-K, ages 4 & up	10-40	Tues-Fri 9:45 & 11 a.m.	Special one-hour interactive presentation for pre-K children.
Year Round Self Guided Pre-Paid Group Visit			To schedule a group visit, call (916) 351-3384 or e-mail jpeterston@folsom.ca.us
Weekdays: \$3.50/student Sat/Sun: \$4.50/student One free chaperone/10 children	20-60	Tues-Fri 10:15 & 10:45 a.m. Sat/Sun anytime	The Zoo offers discounts to groups only when they pay in advance. The discount rate does not apply the day of the visit.

NOTE: special weekend and other tour times available – call (916) 351-3513 for details.

Register today! Registration form on page 40

September is Library Card

Sign up Month! Got a library card? Access for FREE — books, music, movies, eBooks and more! Visit the library and sign up today!

WHAT'S COOLER THAN BEING COOL?
HAVING A LIBRARY CARD.
GET YOURS TODAY!

September is Library Card Sign-up Month
 ilovelibraries.org/library-card

Friends of the Folsom Public Library

FALL Book Sale

Friday-Sunday, Sept. 9-11

at the Folsom Public Library

Early Bird Sale:

Friday, Sept. 9, 4-7 p.m.
 admission \$5 per person
 (includes children 12 & older)

General Sale:

Saturday & Sunday, Sept. 10-11,
 9 a.m.-4 p.m.
 FREE admission

Fill a bag for \$5 on "Bargain Sunday"

More Info:

www.friendsofthefolsomlibrary.org
 or 916-608-8743

All proceeds directly benefit the Friends of the Folsom Library, a 100% non-profit organization.

KIDS

Join us for Storytimes

- Toddler Time – Tuesdays 10 and 11a.m.
- Book Babies – Wednesdays 10 and 11a.m.
- Toy Time – Thursdays 10 a.m.-noon
- Stories and Art – Thursdays 1 p.m.
- Preschool Stories and Songs – Fridays 10:30 a.m.
- Family Storytime – Saturdays 10:30 a.m.

Legos at the Library • Saturdays 2-4 p.m.

Tuesday Tutoring • Tuesdays 3-4:30 p.m.

TEENS

Teen Library Council

Help plan events for teens and meet other teens who enjoy reading and the Library. Ages 14-18 are invited to join by Sept. 15 (applications online or at the library) • Meets 1st Friday of each month from 3:30-4:30 p.m.

Teen Read Week: Read for the Fun of it! • Events and contests just for teens! • Oct. 9-15

ADULTS

"My Father's Gardens" • Friday, Oct. 7, 10-11 a.m. • A reading and book signing by author Karen Levy

"How to Make Butternut Squash Soup Three Different Ways"
 Friday, Nov. 4, 10-11 a.m. • with Erin Alderson of *Naturally Ella*

ESL Conversation Club • meets Wed. 6:30-7:30 p.m. & Thurs. 10-11 a.m.
 Join us to practice and improve your English, learn about American culture, and meet new friends! Drop in – no registration required.



Folsom Public Library

411 Stafford Street • (916) 355-7374

Hours: Tues. & Wed. 10-8, Thurs.-Sat. 10-5, Sun. 12-5
 Closed Mondays



Visit our FREE 3D Printing Lab
 open every Sunday from noon-4 p.m.



3 EASY WAYS TO REGISTER!

1

Online

Access WebTrac,
our online registration system at:

http://webtrac.folsom.ca.us

2

In-Person:

**48 Natoma
Senior & Arts Center**
(located next to Folsom City Hall)

Registration Hours
Monday-Friday, 9 a.m.-4:30 p.m.

(916) 355-7285

3

In-Person:

Folsom Sports Complex
66 Clarksville Road

Registration Hours
Monday-Friday, 10 a.m.-6 p.m.

(916) 984-2850

Program Cancellation Policy: Folsom Parks & Recreation reserves the right to add, cancel or make program changes. Full refunds will be given if the activity is cancelled by Folsom Parks & Recreation. Transactions originally paid in cash or by check will be refunded by check and can take up to three weeks to process the refund; activities paid by credit card will be refunded back to the credit card.

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.

Note: Refunds will not be granted for any pre-paid excursions or activities that require pre-paid admission. Some programs require special refund policies; if special refund policies apply to this registration see Special Cancellation/Refund Policy on your receipt.

Folsom Recreation Registration Form

- Please Print -

FALL 2016

- Please Print -

Your Name _____ Cell Phone _____ Home Phone _____

Work Phone _____ E-mail _____

Address _____ City _____ Zip _____

Emergency Contact Person _____ Emergency Cell Phone _____

Participant's Full Name	Birthdate	Program Title	Activity Code	Class Date	Fees

Folsom Resident Non-Resident (Please make checks payable to: City of Folsom) **Total Fees Enclosed: \$** _____

I agree to indemnify and hold harmless The City of Folsom Parks & Recreation Department, The Folsom Cordova School District, their employees, contractors and officers and any other cosponsoring agencies from any and all liability for injuries or damages which may arise as a result of participation in this activity. I further agree that The City of Folsom Parks & Recreation Department may act in an emergency as best fits the situation in the event either myself or emergency contact cannot be reached. I am aware that the sponsoring organizations do not carry medical insurance for participants in this activity. I have read and understand the refund policy. **The City of Folsom's meetings, facilities, activities, and programs are accessible to persons with disabilities.** If you require a reasonable accommodation to participate, please call (916) 355-7285 a minimum of three business days prior to the meeting, activity or program. Reasonable accommodations for various disabilities may require more time to accommodate.

PHOTOGRAPHY/VIDEO NOTE: By signing this waiver, I understand that city staff may photograph/video me and/or my minor children and that the city may use such photographs/videos to promote city programs now and in the future. I expressly allow, and hereby waive any objection to, the city's photographing/videoing of me and/or my minor children when I and/or my minor children are participating in a city recreation program. I understand all photos/videos will remain the property of the City of Folsom Parks & Recreation Department.

E-mail: When you provide us with your e-mail address, you understand that you may receive occasional e-mail announcements relating to Folsom Parks & Recreation programs, events, and services. Folsom Parks & Recreation respects your privacy and does not rent or sell your e-mail information. You may opt out of receiving these e-mails at any time by replying to the message or by calling 355-7285.

Participant's Signature _____
(Parent or Guardian if under 18)

OFFICE USE ONLY

Cash Check Charge Phone Order

Receipt # _____ Initials _____

VISA/MC/DISCOVER/AMEX # _____ Expires _____ CVV _____

PRINT CARDHOLDER'S NAME AS IT APPEARS ON CARD _____ Cardholder's Signature _____ Today's Date _____

Wild nights and Holiday Lights

at the
Folsom City
Zoo Sanctuary

Celebrate the magic of the season
and help support the amazing
animals at the Folsom Zoo Sanctuary.

Highlights:

- Thousands of colorful LED lights
- A beautiful enchanted forest of lighted and decorated trees
- Carolers and seasonal refreshments
- Visits from Santa Claus and our very own "Santa Paws"
- Animal presentations by Zoo Sanctuary docents
- Ride on the Starlight Express mini steam train (tickets \$4/person)

Hours: 5-8 p.m.

on these December Dates: Dec. 2-3, 9-10 & 16-23

Note: Schedule is subject to change dependent on weather conditions

Admission:

\$5/person • free/ages under 2

SAVE TIME! Buy your tickets online at
<http://webtrac.folsom.ca.us>

Information: www.folsom.ca.us
or 916-355-7285

Want to be a part of this great event?

See page 5 to learn how your family, organization or business can help!



Wild Nights and Holiday Lights is made possible in part through the generous support of:



This event sells out – register today!

FOLSOM GLOW RUN

Saturday • **October 1** • 7:45 p.m.

4K run/walk (non-competitive)

Start/Finish in Folsom's Historic District

Music • Glowing Costumes • Fun for All Ages

REGISTRATION & INFO:

stylemg.com/FolsomGlowRun

– Sponsored By –



50 Natoma Street
Folsom, CA 95630

CITY OF
FOLSOM
PARKS & RECREATION
DEPARTMENT