

Rec Guide

PARKS & RECREATION DEPARTMENT



CITY OF
FOLSOM
DISTINCTIVE BY NATURE

SUMMER 2024 (MAY-SEPTEMBER)

SUMMER DAY CAMPS | 6

AQUATICS FUN | 34

SENIOR PROGRAMS | 46

ONLINE REGISTRATION ALWAYS OPEN | [WEBTRAC.FOLSOM.CA.US](https://webtrac.folsom.ca.us)

PRESENTED BY FOLSOM PARKS & RECREATION

SUMMER *of* MUSIC

FRIDAYS 7-9 P.M. • FOLSOM CITY LIONS PARK

FEATURED BANDS:

- JUNE 14** • Remedy 7 (*Classic Rock, Country/Americana*)
JUNE 28 • Peter Morgan (*Jazz*)
JULY 12 • Innersoul (*R&B*)
JULY 26 • Modern Relics (*Rock*)



Bring your own picnic or purchase food from a rotating variety of food trucks at each concert.

Follow us for the latest concert details and the food truck lineup for each date.



THE SUMMER OF MUSIC CONCERTS ARE SPONSORED BY:



Dokken Engineering • Folsom Preparatory Academy • My Kid's Dentist & Orthodontics
 Natoma Masonic Lodge #64 • Sacramento Credit Union • HDR

Message from the Parks & Recreation Director



Welcome to the summer edition of the Rec Guide. This guide is a great resource to begin your family summer adventures. While our aquatic center is one of many popular summer destinations, don't miss out on the many other recreational and enrichment opportunities we provide for all ages and abilities. Our summer camp offerings include the new Destination Recreation weekly themed camp, Trailblazers-N-Training leadership camp for teens, pages of STEAM camps, zookeeper camps, and camps focusing on just about every sport you could imagine. I hope you'll join us for the 10th anniversary of our popular Love My Mom family fitness event May 5, enjoy our Summer of Music Friday concert series starting June 14, and mark your calendar for our free Family Picnic & Movie Night August 3.

July is Parks and Recreation Month. You can take part by connecting with nature by exploring some of our 48 parks, more than 1,000 acres of dedicated open space, and 50+ miles of trails. In celebration of this special month, the city has increased the amount of financial scholarship dollars available for local youth who qualify. We are passionate that everyone in our community deserves the opportunity to participate in our recreational programs. Learn more at folsom.ca.us/scholarships.

The construction and development of Folsom's 49th park—Prospector Park—is now happening! This park, located in the Folsom Plan Area south of Highway 50, is opening later this year. Residents will be able to enjoy a dog park, a play area that includes dueling zip lines, tennis courts, a basketball court, synthetic turf volleyball courts, and a baseball field. The park also includes a nature area, 270 new trees, and multiple walkways.

We want to hear how we can continue to serve our residents and provide the best parks and recreation services. If you have comments or ideas that you want to share, please reach out to me directly at kgonzalez@folsom.ca.us. We look forward to connecting with you and your family this summer season.

—Kelly Gonzalez, *Folsom Parks & Recreation Director*

On the cover: meet Ben, our adorable summer Rec Guide cover model! This little bundle of energy loves splashing at the pool, kicking goals on the soccer field, and zooming around with his collection of cars and trucks. But his biggest joy? Being a big brother!

STANDARDS OF BEHAVIOR: The City of Folsom strives to provide a safe and positive environment to ensure the enjoyment of everyone when participating in our Parks & Recreation Department programs and activities. Our expectation is that all participants treat people and facilities with respect and follow the rules provided by staff. The City of Folsom reserves the right to deny service to anyone for failure to abide by these behavior standards.

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Register today at RaceRoster.com!

10TH ANNUAL FAMILY FITNESS EVENT

Sunday, May 5



5K Run or Walk
Stroller Waves · Kids' Dash
 Leashed dogs welcome

Follow us for the most up-to-date race and registration information:

 **@FolsomParksAndRec** 

Sponsor and vendor opportunities are available:

Contact Frankie Nelson at fnelson@folsom.ca.us or Jeri Karges at jkarges@folsom.ca.us.

Family Picnic & Movie Night

at the Steve Miklos Aquatic Center

Saturday, August 3 • 6:30–10:30 p.m. • Free Admission



Swimming takes place from 6:30 to 8 p.m.; the family-friendly movie begins at 8:30 p.m.

Bring a picnic dinner, lawn chairs, and blankets and enjoy an evening with family and friends!

Call 916-461-6640 for more details.

Sponsor and vendor opportunities are available:

Contact Frankie Nelson at fnelson@folsom.ca.us or Jeri Karges at jkarges@folsom.ca.us.



Folsom Community Service Day

Submit Your Project Idea for Community Service Day

The 11th annual Community Service Day takes place Saturday, September 21. This major citywide event mobilizes thousands of volunteers to complete dozens of service projects throughout Folsom that make a positive, lasting impact.

Do you have a great idea for a Community Service Day project?

The deadline is June 28 to submit your idea for consideration.

Find more information about Community Service Day and submit project ideas at folsomcommunityservice.org.



Special Needs Splash Mondays

AT THE STEVE MIKLOS AQUATIC CENTER

Mondays, June 3 through August 5 • 6:30 to 8 p.m.

Families with special needs are invited to enjoy the activity pool on Monday evenings. Splash Mondays provide exclusive use of the pool for your family's enjoyment. All ages welcome; must be accompanied by a parent/guardian.

FEE: \$7/person; season passes are not valid for this program. Call 916-461-6640 with questions.



DESTINATION

Summer

Join Us for a Summer of Fun, Friends, and Good Vibes!

Is your child ready to embark on an exciting and fun-filled journey that is sure to make this summer the **BEST SUMMER EVER?!?**

Our awesome, highly trained high school and college age staff are fired up and ready to take your campers on an expedition with Recreation as our Destination!

This specialty summer camp is one that will appeal to all kinds of kids—the sporty, the artsy, the free-spirited, and everyone in between.

The Deets

Ages: 6-10 (must be age 6 by 9/1/24)

Activity Number: 214611

Days: Monday through Friday

Dates: June 3 through August 2
(Note: no camp July 1-5)

Time: 9 a.m. to 4 p.m.

Weekly Fee:

\$235 / \$225 resident discount

Extended Hours: 9 a.m. to 5:30 p.m.
Additional \$60/week

Location Weeks 1 through 7:

Theodore Judah Elementary School, 101 Dean Way

Location Week 8:

Folsom Community Center, 50 Natoma Street

Happy Campers!



Why Choose Destination Recreation?

Parents and kids can agree on one very important thing in the summer: having fun and staying busy are a huge priority. Let us ensure that the fun is plentiful, the laughs are many, and the memories will last a lifetime.

Choosing this program will keep your kids off screens while providing them with recreation-based programming, designed to foster friendships and positive social interactions which are actually the secret ingredients to a magical summer!

Each week of Destination Recreation, campers will enjoy:

- A fully planned schedule of activities with intentional time built in for creating community and camaraderie within our camp age groups.
- Sports, inside & outside games, arts & crafts, STEM projects, and free choice time.
- Walking field trip to the Steve Miklos Aquatic Center every Wednesday.
- Theme Days and “Weekly Specials” to keep things exciting and fresh.
 - **Make Connections Mondays:** Team building and get to know you games as a whole camp and small groups.
 - **Tasty Tuesdays:** A special visit from a delicious local vendor.
 - **Wet & Wild Wednesdays:** Walking Field Trip to the Steve Miklos Aquatic Center.
 - **Thrilling Thursdays:** A special guest will join us in camp to bring us an awesome experience.
 - **Fun Fridays:** Dress to match the theme and staff will plan some extra special activities to celebrate the end of the week.

Visit webtrac.folsom.ca.us for more details and FAQs.

RECREATION

Camp

Please Note: All activities are subject to change. Registered participants will receive communication in the event of activity changes.

Week 1: June 3-7

Theme: Spy Science Under the Sea


Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Visit from Handel's Homemade Ice Cream
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from Mad Science of Sacramento
- Friday: Slime Party with Family Slime Company

Week 2: June 10-14

Theme: Superhero Safari Quest

Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Pizza Guys Pizza Party 
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from Play-Well TEK with LEGO®
- Friday: Safari Scavenger Hunt

Week 3: June 17-21

Theme: Wizardry Olympics

Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Visit from the Pink Ice Cream Cart
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from Mayweather Boxing + Fitness
- Friday: Summer Camp Olympics

Week 4: June 24-28

Theme: Fairytale Sports Extravaganza

Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Visit from Local Kine Shave Ice
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from Fairytale Town
- Friday: Visit from the Folsom Fire Department

NOTE: Camp is CLOSED July 1-July 5

Week 5: July 8-12

Theme: Robot Beach Festival

Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Visit from Kona Ice
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from Amazing Animal Adventures
- Friday: Visit from the Folsom Police Department

Week 6: July 15-19

Theme: Pirate Ninja Party


Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Candy Sushi Making
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Ninja Warrior Obstacle Course
- Friday: Treasure Trove Quest

Week 7: July 22-26

Theme: Wild West Space Rangers


Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Visit from Mini Donut Shack 
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit from the AmaSingh Magician
- Friday: Line Dancing Lessons

Week 8: July 29-August 2

Theme: Barnyard Boogie Bonanza

Weekly Specials:

- Monday: Teambuilding Activities
- Tuesday: Chick-fil-A Day! 
- Wednesday: Walking Field Trip to the Steve Miklos Aquatic Center
- Thursday: Visit to the Folsom City Zoo Sanctuary
- Friday: Camp Talent Show

NOTE: This week will be held at the Folsom Community Center (50 Natoma Street)

Zoo Camps



ABC Zoo Camp

with Folsom City Zoo Sanctuary Docents

Let your little ones explore the wonders of wildlife through crafts, songs, and hands-on interaction with some of our outreach animals. After three days of animal-related fun, each child will graduate with a new appreciation of the animal world. Parents are invited to watch a performance of the camp song the last day of camp. Each child will take home a booklet with photos of their camp activities. Daily snack is provided.

AGES 4-7

291001-01	M-W	6/10-6/12	10:00A-12:00P
291001-02	M-W	6/24-6/26	10:00A-12:00P
291001-03	M-W	7/8-7/10	10:00A-12:00P
291041-04	M-W	7/29-7/31	10:00A-12:00P

LOCATION: Folsom Public Library

FEE: \$99 / \$109 resident discount

LEARN MORE AND REGISTER

Junior Zookeeper Camp

with Folsom City Zoo Sanctuary staff

Caring for animals is a fun, rewarding, and sometimes messy job—this camp is a hands-on and outdoor experience. Campers will explore the zoo sanctuary through educational tours, meet some of our animal ambassadors up close, prepare enrichment for the animals like ice pops and cardboard puzzles, and even clean animal enclosures! Join us and learn more about the animals that call the zoo sanctuary home and make long-lasting memories along the way.

Camp activities are subject to change based on the needs of the animals, weather conditions, and other factors. Activities may include zoo sanctuary tours, hands-on tasks, arts and crafts, play, and animal enclosure cleaning.

AGES 8-11

291041-01	M-F	6/3-6/7	8:00A-1:00P
291041-02	M-F	6/10-6/14	8:00A-1:00P
291041-03	M-F	6/24-6/28	8:00A-1:00P
291041-04	M-W	7/8-7/10	8:00A-1:00P
291041-05	M-F	7/15-7/19	8:00A-1:00P
291041-06	M-W	7/29-7/31	8:00A-1:00P

LOCATION: Folsom City Zoo Sanctuary

FEE: \$374 / \$349 resident discount | 5-Day Camp

FEE: \$235 / \$210 resident discount | 3-Day Camp

LEARN MORE AND REGISTER

Senior Zookeeper Camp

with Folsom City Zoo Sanctuary staff

This advanced camp provides an introduction to more of the zoo sanctuary's animal residents. Campers will learn about domestic and wild animal behavior, animal training techniques, animal health, and caregiving. You'll hear from different zookeepers who will share all the exciting, and maybe not so exciting, aspects of being a zookeeper. Activities include making more advanced enrichment toys for the animals, cleaning enclosures, preparing diets, and interacting with the animals. We'll also explore some of the conservation efforts taking place in the world, and how to do our part to be good stewards of the environment.

AGES 12-15

291050-01	M-F	6/17-6/21	8:00A-1:00P
291050-02	M-F	7/22-7/26	8:00A-1:00P

LOCATION: Folsom City Zoo Sanctuary

FEE: \$349 / \$374 resident discount

LEARN MORE AND REGISTER

Sports & Fitness Camps

CAMPS FOR PRESCHOOLERS

NAofA Jr. Academy Basketball Camp

with National Academy of Athletics

Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our basketball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

AGES 4-6

259120-01	M-F	6/24-6/28	9:00A-12:00P
259120-02	M-F	7/15-7/19	9:00A-12:00P

LOCATION: Andy Morin Sports Complex

FEE: \$195 / \$185 resident discount

LEARN MORE AND REGISTER

Skyhawks Flag Football Camp Powered by USA Football

with Skyhawks Instructors

Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

AGES 5-8

230001-01	M-F	7/15-7/19	9:00A-12:00P
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LOCATION: Kemp Park

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER

CORE Soccer Camp with Challenger Sports

Challenger Sports CORE Soccer Camp truly reflects the global nature of the sport today and will provide young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France have woven them together in a multi-faceted on and off-field coaching experience.

TINY TYKES • AGES 3-5

230041-01	M-F	6/10-6/14	8:00-8:45A
230041-02	M-F	7/22-7/26	8:00-8:45A

LOCATION: Andy Morrin Sports Complex

FEE: \$149 / \$139 resident discount

LEARN MORE AND REGISTER

NAofA Jr. Academy All Sports Camp

with National Academy of Athletics

Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building challenges along with simple, small-sided competitions to develop and engage young athletes.

AGES 4-6

230522-01	M-F	6/10-6/14	9:00A-12:00P
230522-02	M-F	7/22-7/26	9:00A-12:00P

LOCATION: Sheldon Park

FEE: \$195 / \$185 resident discount

LEARN MORE AND REGISTER



Sports & Fitness Camps



Folsom Lake Surf Soccer Summer Camp

With a focus on the 12 technical skills for a soccer player- Ball control, dribbling, running with the ball, shielding, turning, passing and receiving, and shooting. This applies to all ages but is adapted to older players with more advanced skills such as 1v1 attacking and defending and crossing and finishing. (T-shirt included)

AGES 6-14

250020-01	M-W	6/3-6/5	9:00A-12:00P
250020-02	M-W	6/24-6/26	9:00A-12:00P
250020-03	M-W	7/8-7/10	9:00A-12:00P
250020-04	M-W	7/15-7/17	9:00A-12:00P
250020-05	M-W	7/29-7/31	9:00A-12:00P

LOCATION: Kemp 2 Soccer Field

FEE: \$150 / \$140 resident discount

LEARN MORE AND REGISTER

NAofA All Sports Camp

with National Academy of Athletics

Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate Frisbee, relay & obstacle races, and a whole lot more. Your children will learn new skills while having a blast and making new friends.

AGES 7-13

230500-01	M-F	6/10-6/14	9:00A-12:00P
230500-02	M-F	7/22-7/26	9:00A-12:00P

LOCATION: Sheldon Park

FEE: \$195 / \$185 resident discount

LEARN MORE AND REGISTER

NAofA Basketball Camp

with National Academy of Athletics

Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our basketball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

AGES 7-13

259100-01	M-F	6/24-6/28	9:00A-12:00P
259100-02	M-F	7/15-7/19	9:00A-12:00P

LOCATION: Andy Morin Sports Complex

FEE: \$195 / \$185 resident discount

LEARN MORE AND REGISTER

Aspire Volleyball Camp

with Aspire Instructors

The coaching staff from Aspire Volleyball will teach players the fundamental skills of the game through high repetition on-court instruction of serving, serve receiving, passing, setting, hitting, blocking, and team defense and offense. Camp will include daily awards, player recognition, all-camp tournament and awards ceremony at the end of the week.

GRADES 4TH-6TH

250023-01	M-Th	6/17-6/20	11:30A-2:00P
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GRADES 7TH-9TH

250023-02	M-Th	6/17-6/20	2:30P-5:00P
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LOCATION: Andy Morin Sports Complex

FEE: \$185 / \$175 resident discount

LEARN MORE AND REGISTER



Sports & Fitness Camps

Jr. Hall of Fame Tennis Camp

with Bryan Solem

Improve your strokes and join our tennis pro, Bryan Solem, and his staff, for three hours of fun tennis instruction. Participants should wear proper clothing. Please bring a racket, one unopened can of tennis balls, a snack, water, and sunscreen.

AGES 6-16

230081-00	Tu-F	5/28-5/31*	9:00A-12:00P
230081-01	M-F	6/3-6/7	9:00A-12:00P
230081-02	M-F	6/10-6/14	9:00A-12:00P
230081-03	M-F	6/17-6/21	9:00A-12:00P
230081-04	M-F	6/24-6/28	9:00A-12:00P
230081-05	M-W	7/1-7/3**	9:00A-12:00P
230081-06	M-F	7/8-7/12	9:00A-12:00P
230081-07	M-F	7/15-7/19	9:00A-12:00P
230081-08	M-F	7/22-7/26	9:00A-12:00P
230081-09	M-F	7/29-8/2	9:00A-12:00P

LOCATION: Ed Mitchell Park Tennis Courts

FEE: \$185 / \$175 resident discount

***FEE:** \$155 / \$145 resident discount

****FEE:** \$120 / \$110 resident discount

LEARN MORE AND REGISTER

Sacramento Smokeys' School of Baseball All Skills Camp

with International Professional Coach Greg Hovde

Our experienced coaches will show your player advanced level fundamentals that are fun, easy to repeat and remember. By using muscle memory drills your player will form the proper mechanics to advance their skill level. Areas covered will be hitting, throwing, infield and outfield defensive skills, and competition games.

AGES 7-13

230604-01	M-Th	6/10-6/13	8:30A-12:30P
230604-02	M-Th	7/22-7/25	8:30A-12:30P

LOCATION: Andy Morin Sports Complex

FEE: \$209 / \$199 resident discount

LEARN MORE AND REGISTER



Fencing Camp

with Sacramento Saber Fencing

Make the best of your summer, learn to fence! Fencing develops endurance, coordination, agility, and balance. It also helps develop concentration and problem-solving skills. The camp includes warm up games, footwork, bladework, bouting, and fencing games. All equipment is provided. If you have previous fencing experience, we will provide further training for you. Let's fence and have fun!

AGES 7-16

231011-01	M-F	6/17-6/21	9:00A-11:00A
231011-02	M-F	7/15-7/19	9:00A-11:00A

LOCATION: TBA

FEE: \$160 / \$150 resident discount

LEARN MORE AND REGISTER

Taekwondo Summer Camp

with Bowman Martial Arts

Our camp will "kick" your summer into high gear! Our experienced instructors provide a safe, active, and engaging camp full of practical blocks, strikes and kicks. Our games will advance coordination and speed and the warm-ups will build strength, flexibility, and conditioning. Campers will also learn to dazzle with foam nun-chuks and break a board at the end of the week!

AGES 6-12

214631-01	M-F	6/17-6/21	11:00A-3:00P
214631-02	M-F	7/8-7/12	11:00A-3:00P
214631-03	M-F	7/29-8/2	11:00A-3:00P

LOCATION: Bowman Martial Arts, 626 E. Bidwell Street

FEE: \$235 / \$225 resident discount

LEARN MORE AND REGISTER

Pickleball Camp

with Garth Hohn

Learn to play pickleball and have fun with your friends with a certified instructor. This camp is for players who are new to pickleball or have intermediate skills. The camp will cover all the fundamentals of pickleball with dynamic practice and play activities. Players will receive the perfect blend of technical and tactical instruction in a "learn through playing" approach.

AGES 8-14

250860-01	M-F	7/8-7/12	9:00A-12:00P
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LOCATION: Andy Morin Sports Complex

250860-02	M-F	7/22-7/26	9:00A-12:00P
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LOCATION: Lembi Park Pickleball Courts

FEE: \$235 / \$225 resident discount

LEARN MORE AND REGISTER

Sports & Fitness Camps

Skyhawks Basketball Camp

with Skyhawks Instructors

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

AGES 6-12

231031-01 M-F 6/10-6/14 9:00A-3:00P
231031-02 M-F 7/22-7/26 9:00A-3:00P

LOCATION: Andy Morin Sports Complex

FEE: \$279 / \$269 resident discount

LEARN MORE AND REGISTER



Skyhawks Beginning Golf Camp

with Skyhawks Instructors

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All is equipment provided.

AGES 6-12

230621-01 M-F 6/17-6/21 9:00A-12:00P
230621-02 M-F 7/8-7/12 9:00A-12:00P

LOCATION: Kemp Park

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER

Skyhawks Volleyball Camp

with Skyhawks Instructors

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our staff will assist players in developing fundamental skills through games-speed drills and daily scrimmages aimed at developing the whole player.

AGES 6-12

231033-01 M-W 7/1-7/3 9:00A-12:00P

LOCATION: Kemp Park

FEE: \$139 / \$129 resident discount

LEARN MORE AND REGISTER

Skyhawks Flag Football Camp Powered by USA Football

with Skyhawks Instructors

Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

AGES 5-8

230001-01 M-F 7/15-7/19 9:00A-12:00P

LOCATION: Kemp Park

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER

AGES 9-12

230007-01 M-F 7/15-7/19 9:00A-12:00P

LOCATION: Kemp Park

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER



Skyhawks Track & Field Camp

with Skyhawks Instructors

The fundamentals of body positioning, stride, proper stretching, and cooldown techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump, and various running and relay events.

AGES 6-12

231022-01 M-F 7/29-8/2 9:00A-12:00P

LOCATION: Kemp Park

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER

CORE Soccer Camp

with Challenger Sports

CORE Soccer Camp truly reflects the global nature of the sport today and will provide young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices and have woven them together in a multi-faceted on and off-field coaching experience.

HALF-DAY CAMP • AGES 6-15

230041-03 M-F 6/10-6/14 9:00A-12:00P
230041-04 M-F 7/22-7/26 9:00A-12:00P

LOCATION: Andy Morin Sports Complex

FEE: \$249 / \$239 resident discount

LEARN MORE AND REGISTER

Summer CAVE Teen Camp

Location: Sutter Middle School Room S-3, 715 Riley Street | Time: 8 a.m.–5 p.m.

OPEN TO ALL INCOMING 6TH GRADERS THROUGH OUTGOING 8TH GRADERS



Spend your summer at the CAVE—the perfect place to travel, try new things, and make friends before the new school year starts! The CAVE provides a positive, fun-filled summer for teens. Each week will be packed with an array of activities with different themes, creative art projects, teambuilding challenges, sports, special guests, swimming, walking to lunch, and field trips. Trips will include experiences we will walk or take light rail to attend, and alternating weeks will feature chartered bus excursions to exciting destinations.

LEARN MORE AND REGISTER TODAY

Code	Date	Field Trip	Weekly Rate
210521-01	June 3–7	Way of Escape & Folsom Outlets	\$240 / \$230 resident discount
210521-02	June 10–14	Sunsplash Water Park (Chartered Bus)	\$280 / \$270 resident discount
210521-03	June 17–21	Century Folsom & Sac Town Mini Golf	\$240 / \$230 resident discount
210521-04	June 24–28	Six Flags Discovery Kingdom (Chartered Bus)	\$280 / \$270 resident discount
210521-05	July 8–12	Sac State Aquatic Center & Sutter St. Scavenger Hunt	\$240 / \$230 resident discount
210521-06	July 15–19	Wake Island Waterpark (Chartered Bus)	\$280 / \$270 resident discount
210521-07	July 22–26	Red Door Escape Room & FLB Entertainment Ctr Bowling	\$240 / \$230 resident discount
210521-08	July 29–Aug. 2	Topgolf (Chartered Bus)	\$280 / \$270 resident discount

Trailblazers-N-Training

Leadership Training Camp for Teens

Embark on a transformative two-week leadership training course, starting with skill-building in decision making, conflict resolution, time management, team dynamics, and leadership styles. Participants will volunteer in Destination Recreation Summer Camp with campers aged 6-10, gaining hands-on leadership experience. As a bonus, teens receive a program T-shirt and enjoy a special field trip. This dynamic program goes beyond the basics, focusing on essential leadership skills that will shape participants into confident, adaptable, and effective trailblazers.

Locations: Sutter Middle School, Room R-9, 715 Riley Street; and Theodore Judah Elementary School, 101 Dean Way

Days and Times: Monday through Friday, 9 a.m. to 4 p.m.

Ages: 13–15 **LEARN MORE AND REGISTER TODAY**

Code	Date	Session Rate
210530-01	June 3–14	\$245 / \$235 resident discount
210530-02	June 17–28	\$245 / \$235 resident discount
210530-03	July 8–19	\$245 / \$235 resident discount
210530-04	July 22–August 2	\$245 / \$235 resident discount



STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics

Introduction to Digital Drawing and Design: The World on Your Screen

with IntelliBricks

Give your student a world of artistic possibilities with this camp! With new and exciting projects (like night sky, farm house etc.) every day your student will be learning concepts fundamental to most major design programs, integrating elements of traditional art such as Form, Shape, and Texture. They will use pressure sensitive Wacom drawing pads that give all the functionality and specificity as any manual drawing tool! Give your students the tools and know-how they need to redesign their world!

AGES 9-12

240078-01 M-F 6/10-6/14 12:00-3:00P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$240 / \$230 resident discount

LEARN MORE AND REGISTER

Lego Robotics: Motor Madness

with IntelliBricks

Calling all car lovers out there! During this session, children will build a new kind of car each week and learn the concepts surrounding it. For example one week might focus on a power car where children try different gear combinations and another week might focus on building a car with sails and learn all about wind resistance and its effect on speed. Some models will focus on programming too.

AGES 6-10

240072-01 M-F 6/17-6/21 8:30-11:30A

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$205 / \$195 resident discount

LEARN MORE AND REGISTER



Lego Minecraft Animation

with IntelliBricks

LEGO® Minecraft class is an exciting and educational experience into the world of stop-motion animation. Using LEGO building sets based on the Minecraft theme, students will stage their own scenes from a storyboard and take photos of the scene to tell a story. Then they will edit the images in the Frames 6 animation software where they will add effects, sound and more. Finally, they will export their project to a video file that they can take home on a USB drive.

AGES 8-12

240073-01 M-F 6/17-6/21 12:30P-3:30P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$208 / \$198 resident discount

LEARN MORE AND REGISTER

Web Development with HTML, CSS, and JavaScript

with IntelliBricks

Whether you're playing games, doing some shopping, or watching silly videos, a website can be a gateway to a world of fun! So being able to make your own is a lucrative, important, and interesting skill! That's why we're offering a new Website Development class! This class will give students an introductory level of knowledge in 3 Coding languages; HTML (Hypertext Markup Language), CSS (Cascading Style Sheets), and Javascript, the three coding languages that make up a vast majority of the sites you will visit! Knowing these 3 languages will allow you to create websites that can compete even with the most state of art web frameworks, with HTML to build the foundation of the site, CSS to streamline and improve the visual styling, and Javascript to make your site intuitive and interactive for your users! Web design has never been a more important skill, so sign your student up today!

AGES 11-15

240074-01 M-F 7/8-7/12 12:00-3:30P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$240 / \$230 resident discount

LEARN MORE AND REGISTER

STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics

Game Design with SCRATCH

with IntelliBricks

Game design with SCRATCH is coming back again after popular demand with all new games! It's fun to play video games, it's even more fun to design your own game! Students will not only learn the characteristics of a good game like speed, obstacles, scoring, visual appeal and sound effects, they will also learn the basics of coding like variables, if then statements, logic, loops etc. To add to this students will learn to create cool characters (sprites) for their game and build the backdrop for the games they create.

AGES 8-12

240076-01 M-F 7/15-7/19 12:30-3:30P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$240 / \$230 resident discount

LEARN MORE AND REGISTER

Lego Robotics: Galaxy Bots

with IntelliBricks

Take a journey out of this world with LEGO Robotics! In this IntelliBricks class we will be using LEGO bricks, WeDo 2.0 electronics, and simple coding to recreate some of the wonders of the galaxy like aliens, satellites, moon walkers, and flying saucers!

AGES 6-10

240075-01 M-F 7/22-7/26 12:30-3:30P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$205 / \$195 resident discount

LEARN MORE AND REGISTER

Lego Robotics: Combat Machines

with IntelliBricks

Let your little engineers work on big ideas! Build a catapult and program it to launch every few minutes, construct a crossbow and learn the physics concepts of force and tension, attach a tilt sensor to your fighter plane and program it to automatically speed up and slow down. Possibilities are endless with our LEGO® elements. Our experienced instructors will guide your children through various projects.

AGES 6-10

240070-01 M-F 7/29-8/2 8:30-11:30A

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$205 / \$195 resident discount

LEARN MORE AND REGISTER

Introduction to Digital Drawing and Design: Images of Imagination

with IntelliBricks

Activate your student's imagination at our Images of Imagination Drawing and Design Camp! With a new and exciting projects (like planets, light house etc.) every day your student will be learning concepts fundamental to most major design programs, integrating elements of traditional art such as Form, Shape, and Texture, and using pressure sensitive Wacom drawing pads that give all the functionality and specificity as any manual drawing tool! Give your students the tools and know-how to unlock their imaginations!

AGES 9-12

240071-01 M-F 7/29-8/2 12:30-3:30P

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$240 / \$230 resident discount

LEARN MORE AND REGISTER



STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics



Fun Introduction to Competitive Robotics using LEGO Mindstorms

with Cool Robotics

Robotics embodies experiential learning and students have fun learn engineering and coding concepts with the latest LEGO Mindstorms. This summer camp poses various game play challenges – following complex lines, wrestling sumo-bots, and solving mazes, to name a few. This camp will also get you started in Competitive Robotics.

AGES 8-14

240080-02 M-F 7/15-7/18 9:30A-12:30P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$190 / \$180 resident discount; \$20 materials fee due to instructor 1st day of camp

LEARN MORE AND REGISTER

Build and Code: Robotics for Younger Kids

with Cool Robotics

Robotics puts fun into coding fundamentals and makes it a great experience to learn STEM and engineering concepts. This Camp will introduce STEM concepts using the LEGO WeDo and SPIKE Essential robotics systems. Student teams will build animals and other cool robots featuring motors and sensors and code using a graphical user interface.

AGES 6-8

240080-01 M-F 7/15-7/18 1:30-4:30P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$190 / \$180 resident discount; \$20 materials fee due to instructor 1st day of camp

LEARN MORE AND REGISTER



STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics

Falcon VEX IQ Robotics: Robot Soccer with Falcon Robotics

VEX IQ is a snap-together robotics system, making it fast and easy to build an endless variety of robots. Campers will explore VEX IQ by working in groups to build and code their robots to compete in classroom events. Campers will begin by building the code and using the remote control to play robot soccer. They will then explore more complex coding and construction. From Day 4, they code Auto Robot and participate in different robot challenges. This class provides foundation for the next level to join a VEX IQ competition team.

AGES 9-13 / BEGINNER & INTERMEDIATE

240030-01 M-F 6/17-6/21 1:00-4:00P

LOCATION: Andy Morin Sports Complex

FEE: \$190 / \$180 resident discount

LEARN MORE AND REGISTER



Falcon VEX EXP Robotics: Clawbot with Falcon Robotics

VEX EXP brings real robots technology to the classroom setting. Students will explore different mechanical structures and decide which techniques to use for their in-class project. Students get to delve into coding, learn how to use sensors as an input in decision making. Advanced students get to explore different coding structures like conditional statement, loops, repeating a decision, or executing a behavior. This class provides foundation for the next level to join a VEX V5 competition team. Level: Beginner to Intermediate.

AGES 12-16

240033-01 M-F 7/8-7/12 1:00-4:00P

LOCATION: Andy Morin Sports Complex

FEE: \$190 / \$180 resident discount

LEARN MORE AND REGISTER

Falcon Drone Engineering Camp with Falcon Robotics

With our innovative Fly Code learning program, students will understand the basic principles of building and flying drones. The program teaches building drones from the ground up, earning their pilot wings through the science of flight, and utilizes block-based coding experience that manipulates the drone's flight using coding commands and programming. At the end of the class, they will participate in various classroom activities and competitions.

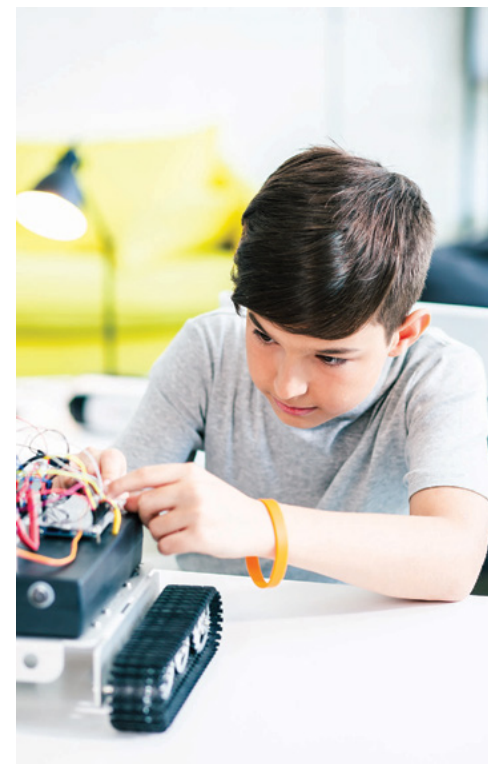
AGES 10-15

240032-01 M-F 6/24-6/28 1:00-4:00P

LOCATION: Andy Morin Sports Complex

FEE: \$200 / \$190 resident discount

LEARN MORE AND REGISTER



STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics

Crazy Chemworks

with Mad Science of Sacramento

Get ready to lose your mind in the vast and exciting world of chemistry! This camp is full of reactions, observations, solutions, suspensions, explosions, concoctions, perplexions, digestions, reflections, and Dalmatians (kidding), just to name a few! You will challenge your friends in the labware game, combat evaporation, be amazed at the awesome power of glue technology and trigger some shocking chemical reactions. You'll snoop out counterfeit money, launch chemical explosions (not TOO big) and learn how and why the chemical world works. So dive into our fantastically fun pool of chemical experimentation! Just don't mix this one with that one or you might blow up the universe!

AGES 6-12

214540-01	M-F	6/3-6/7	9:00A-12:00P
214540-02	M-F	7/8-7/12	1:00-4:00P

LOCATION: Hinkle Creek Nature Center, 7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20 material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

Science Rockstars

with Mad Science of Sacramento

Get ready to rock with science and wow the crowd with cool potions and chemical reactions. Grow your own crystals, make sidewalk chalk, and a chromatography t-shirt to keep. Picture yourself on stage as Sir Isaac Newton as we experiment with inertia and gravity and learn what football players, ballet dancers and scientists have in common. Explore how equipment and movement work together to help you enjoy your favorite sports. Then learn all about visual effects in photography and movie-making as we examine how cameras work, how film captures light and stores images, and how filmmakers make images move. Finally, go mad with structures and machines as you build a geodesic dome you can sit inside. Discover how simple machines such as pulleys, wedges, screws and levers make our lives easier and then build a catapult to keep.

AGES 6-12

214536-01	M-F	6/10-6/14	9:00A-12:00P
214536-02	M-F	7/22-7/26	1:00-4:00P

LOCATION: Hinkle Creek Nature Center, 7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20 material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

Radical Robots

with Mad Science of Sacramento

Dive into circuits, explore the electrifying world of robots, and discover their everyday applications. From gear challenges to building your own robots, this week-long experience is a hands-on journey into the exciting intersection of circuits, technology, and real-life robotics. Unleash creativity, master circuit science, and design your robot masterpiece at this electrifying summer camp!

AGES 6-12

214801-01	M-F	6/3-6/7	1:00-4:00P
214801-02	M-F	7/15-7/19	9:00A-12:00P

LOCATION: Hinkle Creek Nature Center, 7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20 material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

Flight Academy

with Mad Science of Sacramento

It's a bird! It's a plane! No, it's...everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you have built yourself. We'll be moving at light speed throughout this high velocity week!

AGES 6-12

214537-01	M-F	6/10-6/14	1:00-4:00P
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LOCATION: Hinkle Creek Nature Center, 7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20 material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER



STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics

Eureka! The Inventor's Camp with Mad Science of Sacramento

Be inspired by the most famous inventors in history and create your *own* inventions! Use their techniques to break through a series of modern day challenges. You will learn how to invent solutions to problems and make them come to life, just like these legendary innovators did. Construct catapults and forts, design underwater vehicles, build a mini-amplifier, and assemble a working lightsaber to take home. Thomas Edison said invention is 10% inspiration and 90% perspiration, but this camp is 100% fun.

AGES 6-12

214093-01 M-F 6/17-6/21 9:00A-12:00P
214093-02 M-F 7/15-7/19 1:00-4:00P

LOCATION: Hinkle Creek Nature Center,
7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20
material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

Castaway

with Mad Science of Sacramento

An ecological adventure—campers will find themselves stranded on island...now what?! Work together using the supplies you have to learn to survive until you are rescued. Create shelters, use water filtration systems, and study the island's animals. Learn how to harness the sun's energy to create solar cookers, communicate with technology, and work as a team! Campers will build daily projects to survive and escape the island.

AGES 6-12

210072-01 M-F 6/17-6/21 1:00-4:00P
210072-02 M-F 7/22-7/26 9:00A-12:00P

LOCATION: Hinkle Creek Nature Center,
7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20
material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER



Mad Lab

with Mad Science of Sacramento

Come to the Mad Lab and go scientifically bonkers with a super cool variety of science topics. In Radical Reactions you'll create gases, control chemical reactions and even generate power - with chemicals! In Chemical Counting you'll see awesome chemical magic, build model molecules and electroplate coins! In Cell City you'll build models of the inner machinery of cells, unravel DNA and break a secret code. In Birds and the Beasts you'll examine bugs and birds and even what they just ate - yuck! In Organ Trail you'll learn about the amazing YOU from the inside out - from bones to brains to heart and lungs and more!

AGES 6-12

214056-01 M-F 6/24-6/28 9:00A-12:00P

LOCATION: Hinkle Creek Nature Center,
7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20
material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

Detective Madness

with Mad Science of Sacramento

Like to solve mysteries? Crack the case? You will step into the shoes of a real detective. Use science to uncover evidence and analyze the hidden secrets of a case. Put cool sleuthing tools and proven forensic techniques to work and unravel mysteries that would stump even Sherlock Holmes! Ok, well maybe they would fool your brother. But they'd be CRAZY to think they can fool Detective You!

AGES 6-12

214535-01 M-F 6/24-6/28 1:00-4:00P

LOCATION: Hinkle Creek Nature Center,
7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20
material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

NASA Journey Into Outer Space

with Mad Science of Sacramento

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere on earth and beyond. Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in the "mad" planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for a space flight and then perform spacecraft repairs. This is an experience that is truly out of this world!

AGES 6-12

214055-01 M-F 7/8-7/12 9:00A-12:00P

LOCATION: Hinkle Creek Nature Center,
7000 Baldwin Dam Road, Folsom

FEE: \$205 / \$195 resident discount; \$20
material fee due to instructor on 1st day of camp

LEARN MORE AND REGISTER

STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics



Adventures in STEM with LEGO® Materials

with Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

AGES 5-8

214792-01 Tu-F 5/28-5/31 9:00A-12:00P

LOCATION: Andy Morin Sports Complex, The Edge

FEE: \$178 / \$168 resident discount

LEARN MORE AND REGISTER

Bash'em Bots using LEGO® Materials

with Play-Well TEKnologies

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

AGES 8-14

214831-01 Tu-F 5/28-5/31 1:00-4:00P

LOCATION: Andy Morin Sports Complex, The Edge

FEE: \$178 / \$168 resident discount

LEARN MORE AND REGISTER

STEM + Pokémon using LEGO® Materials

with Play-Well TEKnologies

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then join Ash and Pikachu to explore the vast world of Pokémon as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, and take a ride on the S.S. Anne to uncover rare and mystic Pokémon. Come along on our journey to catch 'em all!

AGES 6-10

214800-01 M-F 6/10-6/14 9:00A-4:00P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$460 / \$450 resident discount

LEARN MORE AND REGISTER

Minecraft Engineering using LEGO® Materials

with Play-Well TEKnologies

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

AGES 5-7

214791-01 M-F 7/8-7/12 9:00A-12:00P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$220 / \$210 resident discount

LEARN MORE AND REGISTER

STEAM Camps

Camps with a Focus on Science, Technology, Engineering, the Arts, and Mathematics



Animal Adventures with LEGO® Materials

with Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

AGES 5-8

212801-01 M-F 7/22-7/26 9:00A-12:00P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$220 / \$210 resident discount

LEARN MORE AND REGISTER



Minecraft Master Engineering with LEGO® Materials

with Play-Well TEKnologies

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

AGES 7-12

214791-02 M-F 7/8-7/12 1:00-4:00P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$220 / \$210 resident discount

LEARN MORE AND REGISTER

PLAYRS 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 916-461-6601. You can read more about this opportunity and download an application at folsom.ca.us—use search keyword “scholarships.”

Transportation Engineering using LEGO® Materials

with Play-Well TEKnologies

Break the sound barrier on a supersonic jet, deliver cargo by train, and explore a swamp in your airboat. Build and create different modes of transportation out of more than 20,000 pieces of LEGO®, all while learning about the engineering concepts that make vehicles and vessels work.

AGES 5-8

214803-01 M-F 7/22-7/26 1:00-4:00P

LOCATION: Andy Morin Sports Complex, Classroom 1

FEE: \$220 / \$210 resident discount

LEARN MORE AND REGISTER

Enrichment Camps



DASH Public Speaking with IntelliBricks

Public speaking can be scary, but with some practice, tricks, and preparation, it can instead be a thrilling form of self-expression! While we go through the process of writing a thoughtful speech with fluid organization, we learn the steps of effective memorization and work on the actor-like performance aspects of public speaking. The end result: a student who is confident in their self, their ideas, and their speaking abilities. After our DASH public speaking course for young learners premiered last year, we were greeted with calls for more! This year, we are back with even more focus on what you asked for – speaking, speaking, and speaking! Whether you joined us last year or you are new to the program, we are excited to welcome you to the group, and eager to help your student become their most confident self.

AGES 9–12

240079-01 M-F 6/24-6/28 12:30-3:30P
240079-02 M-F 7/15-7/19 8:30-11:30A

LOCATION: Robert H. Miller III Rotary Clubhouse, 7150 Baldwin Dam Road

FEE: \$240 / \$230 resident discount

LEARN MORE AND REGISTER



Fashion Camp with Isabel Azam

The Isabel Azam fashion camp goes beyond sewing, giving creatives the foundational skills in the field of fashion such as design from original inspiration, draping, fashion sketching, machine sewing and portfolio presentation. Instructor Jaleh Naasz, MFA infuses important topics from her research and teaching at CSU Sacramento such as sustainability and positive body image into the fun daily activities. All skill levels are welcome as projects will be based on experience.

Students will work toward a project based on their skill levels throughout the week and have an opportunity to present their work at the finale of camp. Parents are invited to attend the final presentations.

AGES 8–15

216011-01 M-F 7/8-7/11 900A-1:00P
216011-02 M-F 7/8-7/11 2:00-6:00P

LOCATION: Folsom Community Center (RG Smith Room)

FEE: \$308 / \$298 resident discount; \$40 materials fee due to instructor 1st day of camp to cover all fabrics, equipment, and supplies

LEARN MORE AND REGISTER

Enrichment Camps



Bilingual Adventure Camp with the Spanish Classroom

Embrace the joy of learning and conversing in Spanish! These camps are crafted to inspire the regular application of the Spanish language. Learn and practice essential phrases, greetings, cultural insights, and basic conversations through a blend of role-playing, games, interactive activities, and artistic endeavors. Enjoy the journey of discovery and cultural enrichment!

AGES 8-12

Travel Through Latin America

240193-02 M-F 6/10-6/14 9:00A-1:00P

Carnival and Table Games

240193-01 M-F 7/8-7/12 9:00A-1:00P

LOCATION: Andy Morin Sports Complex (The Edge)

FEE: \$305 / \$295 resident discount

LEARN MORE AND REGISTER

Multiplication & Division Camp with Debbie Doss

Get a head start before school begins and have fun reviewing and learning multiplication and division through playful physical activity or while doing cool arts and crafts. We'll memorize multiplication and division tables while playing games and creating art projects. Parents note: Memorizing the multiplication and division tables is critical when learning higher level math concepts—we'll help your child develop that firm foundation!

AGES 8-12

221067-B1 M-F 7/29-8/2 9:00A-12:00P

LOCATION: Steve Miklos Aquatic Center, Party Pavilion (outdoors/shaded)

FEE: \$179; \$20 materials fee due to instructor 1st day of camp

LEARN MORE AND REGISTER

Girl Power Camp

with Debbie Doss

This power-packed camp is back by popular demand! Come have fun with us as we explore the future, travel around the world in a week, or learn to be the change you want to see in the world. Activities will include: yoga, cooking, jewelry design, smoothie mixology, hiking, guest speakers, and much more. Camp will be held under our outdoor party pavilion shade structures.

AGES 8-12

221060-B1 M-F 6/3-6/7 9:00A-12:00P

LOCATION: Steve Miklos Aquatic Center

FEE: \$179; \$20 materials fee due to instructor 1st day of camp

LEARN MORE AND REGISTER



**Wednesday
May 15, 2024**

**9:30 AM - NOON
CITY LIONS PARK**



Learn about your city and enjoy dozens of fun and interactive activities. Get an up-close look at your favorite city vehicles and meet the people who protect, serve, build, and maintain the City of Folsom!

For more information visit
www.folsom.ca.us/cityworksdays
or contact
Public Works Department
pwdept@folsom.ca.us
916-461-6702

Preschool Programs



at the
Folsom Community Center
52 Natoma Street

4-year-olds: Mon./Wed./Fri., 9 a.m.-noon

3-year-olds: Tues./Thurs., 9 a.m.-noon

at the
Andy Morin Sports Complex
66 Clarksville Road

3-year-olds: Mon./Wed./Fri., 9 a.m.-noon

3-year-olds: Tues./Thurs., 9 a.m.-noon

Enrollment for the 2024-25 school year:

Limited space may be available in some of our preschool classes. Visit folsom.ca.us/preschool for details about the online registration process. You may add your child's name to the waitlist if your preferred class is currently full. Classes begin the week of August 26, 2024 and end the week of May 19, 2025.



Fun Factory Preschool (314051)

This nine-month structured program offers recreational and educational activities in a positive, non-stressful environment. Our preschool program allows each child opportunities to play and explore independently, as well as involve them in group activities. The curriculum offers opportunities for social, emotional, cognitive, physical, and creative growth that will help better prepare children for kindergarten and a lifelong love of learning. For more information, email wkahn@folsom.ca.us.



3-Year-Old Fun Factory: your child must be age 3 by September 30, 2024. Class is held Tuesdays and Thursdays from 9 a.m. to 12 p.m. at the Andy Morin Sports Complex and the Folsom Community Center.

Fee per month (2 days/week):

\$245 / \$235 resident discount

3 day/week program for 3-year-olds:

Class is held Mondays, Wednesdays, and Fridays from 9 a.m. to 12 p.m. at the Andy Morin Sports Complex.

Fee per month (3 days/week):

\$325 / \$315 resident discount



4-Year-Old Fun Factory: your child must be age 4 by September 30, 2024. Class is held Mondays, Wednesdays, and Fridays from 9 a.m. to 12 p.m. at the Folsom Community Center.

Fee per month (3 days/week):

\$325 / \$315 resident discount

Learn more about the preschool curriculum and find answers to frequently asked questions at folsom.ca.us/preschool.



Monthly Storytimes

presented by

Folsom City Zoo Sanctuary Docents

Volunteer docents read stories featuring a variety of animals and engage young audience members with animal puppets. The books used for storytimes are appropriate for ages 4+, but all ages are welcome to attend. Call 916-461-6626 with questions.

Storytime at the Folsom Zoo Sanctuary Fourth Thursday of the month at 10:30 a.m.

Held on the outdoor Canid Patio or in the Barnyard Experience (*depending on weather conditions*) Free with regular zoo sanctuary admission; purchase tickets online at webtrac.folsom.ca.us or at the gate.

Storytime at the Folsom Historic District Second Tuesday of the month at 9:30 a.m.

Held at Karen's Bakery Cafe,
705 Gold Lake Drive #340
free admission

Preschool/Youth



Tot/Pre Soccer

with Kidz Love Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun, learn the basic techniques of the game, build self-esteem, and learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

AGES 3.5-5

231009-01 Th 6/6-7/11 4:55-5:30P

NOTE: no class 7/4

LOCATION: Kemp Park

FEE: \$135 / \$125 resident discount

231009-02 Th 7/25-8/15 4:55-5:30P

LOCATION: Kemp Park

FEE: \$114 / \$104 resident discount

LEARN MORE AND REGISTER

Mommy/Daddy & Me

with Kidz Love Soccer

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All participants receive a Kidz Love Soccer jersey!

AGES 2-3.5

231008-01 Th 6/6-7/11 5:35-6:05P

NOTE: no class 7/11

LOCATION: Kemp Park

FEE: \$135 / \$125 resident discount

231008-02 Th 7/25-8/15 5:35-6:05P

LOCATION: Kemp Park

FEE: \$114 / \$104 resident discount

LEARN MORE AND REGISTER

SoccerTots

with Skyhawks Instructors

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Class will focus on developing motor skills and self-confidence. Parent participation recommended for ages 2-3.5 years.

CUBS • AGES 2-3

232200-01	Sa	6/8-7/13*	9:30-10:15A
232200-02	Sa	7/27-8/24	9:30-10:15A

BEARS • AGES 3-4

232200-03	Sa	6/8-7/13*	10:30-11:15A
232200-04	Sa	7/27-8/24	10:30-11:15A

GRIZZLIES • AGES 4-5

232200-05	Sa	6/8-7/13*	11:30A-12:15P
232200-06	Sa	7/27-8/24	11:30A-12:15P

***NOTE:** no class 7/6

LOCATION: Handy Park

FEE: \$109 / \$99 resident discount

LEARN MORE AND REGISTER

Skyhawks Mini-Hawks

with Skyhawks Instructors

Skyhawks multi-sport programs are tailored to your child's age and skill level while teaching life lessons such as respect and teamwork. Mini-Hawk® programs give children a fun and positive first step into athletics.

AGES 4-6

231021-01	M-F	6/3-6/7	9:00A-12:00P
231021-02	M-F	7/22-7/26	9:00A-12:00P

LOCATION: Andy Morin Sports Complex

FEE: \$219 / \$209 resident discount

LEARN MORE AND REGISTER

Youth/Teens

Kids Cooking Classes with Chef Terry

Flavors, aromas, and professional techniques are taught to young chefs by Chef Terry Masten. With over fifteen years teaching cooking classes, Chef Terry will share tips and tricks seen in professional kitchens in her hands-on and fast-paced classes. Young chefs will have fun while learning, guaranteed! Each class consists of practical preparation and every chef goes home with recipes from the class, not to mention confidence to carry them to success in the kitchen.

Professional techniques and confidence building taught by Chef Terry will help young chefs' confidence building as well as success in the kitchen...Bon appétit!

IMPORTANT NOTES: No nuts are ever used in any recipes. Hair must be tied back, and all participants need to wear closed-toe shoes. Safety is always the #1 priority in each class. Substitutions of ingredients may be necessary due to current supply shortages, at times. Dietary issues can be accommodated.

Sunset Chefs • AGES 5-8

Asian Flair: Everyone at your table will want your recipes for Asian Pasta Salad and Veggie Sushi—They're that good. Flavors, possibly new ingredients to you and "go to" recipes mean your repertoire of recipes will grow with these recipes added. Bon appétit!

211460-01 W 5/8 4:00-6:00P

LOCATION: Folsom Community Center Kitchen and East Ballroom

FEE: \$45 / \$35 resident discount

LEARN MORE AND REGISTER

Cookie Jar: Fun, easy recipes, new techniques and compliments galore = Perfect recipes! Be ready for new techniques and tips while assembling, baking and decorating Easy Chocolate Shortbread and Cut-Out Sugar Cookies. Bon appétit!

211460-02 W 6/12 4:00-6:00P

LOCATION: Folsom Community Center Kitchen and East Ballroom

FEE: \$45 / \$35 resident discount

LEARN MORE AND REGISTER

Summer Inspirations: Everyone will agree that Easy Chicken Divan and Chocolate Chocolate Trifle are perfect recipes for any reason and in any season. Each of these wonderful recipes will quickly become "go to" favorites! Bon appétit!

211460-03 W 7/10 4:00-6:00P

LOCATION: Folsom Community Center Kitchen and East Ballroom

FEE: \$45 / \$35 resident discount

LEARN MORE AND REGISTER

Morning Glories: Handsome and refreshing are exactly how guests will describe your Cowboy Coffeecake and Seasonal Fruit Parfaits. Easily, these recipes will quickly become your favorites to serve guests year-round. Bon appétit!

211460-04 W 8/14 4:00-6:00P

LOCATION: Folsom Community Center Kitchen and East Ballroom

FEE: \$45 / \$35 resident discount

LEARN MORE AND REGISTER



Folsom Parks & Recreation CANCELLATION POLICY AND REFUND INFORMATION

CANCELLATION POLICY: Folsom Parks & Recreation reserves the right to add, cancel, or make program changes. 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 will not be granted on or after the day an activity is scheduled to begin. Refunds will not be granted for any pre-paid excursions or activities that require pre-paid admission. Some programs require special refund requirements; if special refund requirements apply to this registration see Special Cancellation/Refund Policy on your receipt.

Fees charged for returned checks due to insufficient funds: \$25 for the first occurrence and \$35 for each additional occurrence.

REFUNDS: 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.

NOTE: Some programs mandate special refund requirements. If special refund requirements apply to a program, it will be noted on your receipt under "Special Cancellation/Refund Policy."

City of Folsom INCLUSION SERVICES

The City of Folsom encourages and supports the participation of individuals of all abilities in meetings, facilities, activities, and programs. Please let us know if you or a family member needs additional support to participate by calling 916-461-6601. Requests will be determined on an individual basis and in accordance with the Americans with Disabilities Act (ADA). Please allow at least three weeks for processing.

Youth/Teens



Kid's Creative Drawing with Kaitlyn Berry

Students will learn the basics of traditional drawing. We will cover drawing principles of perspective, shading, and characters. During the class students will explore what they enjoy most about drawing and run with their creativity!

AGES 6-12

211401-01 M 6/17-7/8 9:00-10:15A

LOCATION: Folsom Art Center

FEE: \$90 / \$80 resident discount; \$20 materials fee due to instructor at first class

LEARN MORE AND REGISTER

Kid's Creative Painting with Kaitlyn Berry

Students will learn the basics of traditional painting. Using washable acrylic paint we will cover painting principles of color, texture, and light. Students will explore what they enjoy most about painting and run with their creativity!

AGES 6-12

211402-01 M 6/17-7/8 10:30A-12:00P

LOCATION: Folsom Art Center

FEE: \$90 / \$80 resident discount; \$20 materials fee due to instructor at first class

LEARN MORE AND REGISTER

Fresh Flower Lei Making Workshop

with the Folsom Lei Lady

Come and learn the craft of traditional lei making with the Folsom Lei Lady in this one evening workshop. Using needle and thread with fresh flowers, the instructor will guide you through the process so you may use this lifelong skill for many occasions! She will also teach you where to locally source the flowers and materials. You will take home your very own handmade lei made with Aloha!

AGES 10-ADULT

210080-01 Th 6/20 6:00-7:30P

LOCATION: Folsom Art Center

FEE: \$45 / \$35 resident discount; \$15 supply fee due to instructor at class

LEARN MORE AND REGISTER

**Find additional art classes for
teens starting on page 40.**

Babysitting for Beginners

with Morgan Dziad

Learn the skills needed to be a trusted and responsible babysitter. Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, snack, and dress to play!

AGES 10-16

214592-01 Tu 6/18 10:00A-2:00P

LOCATION: Andy Morin Sports Complex (The Edge classroom)

FEE: \$99 / \$89 resident discount

LEARN MORE AND REGISTER



Taking More Than Selfies – Photography Workshop

with Gina Silvernale

Being new to photography, do you wish to increase your artistic value by taking an eye-catching image that stands out from other images? If so, learn from a professional photographer, the different composition techniques, technical methods, and the secrets to getting superior results to your photographs. Digital SLR cameras, digital point and shoot, and even cells phones are welcome.

AGES 10-17

211558-02 M-W 7/1-7/3 9:00A-12:00P



LOCATION: Rotary Clubhouse

FEE: \$89 / \$79 resident discount

LEARN MORE AND REGISTER

Connect With Us!



  @FolsomParksAndRec

Youth/Teen Sports & Fitness



Soccer 1

with Kidz Love Soccer

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

AGES 5-6

231006-01 Th 6/6-7/11 4:05-4:50P

NOTE: no class 7/4

LOCATION: Kemp Park

FEE: \$135 / \$125 resident discount

231006-02 Th 7/25-8/15 4:05-4:50P

LOCATION: Kemp Park

FEE: \$114 / \$104 resident discount

LEARN MORE AND REGISTER

Soccer 2

with Kidz Love Soccer

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and midfield to forward and goalie, kids get exposure to playing every position and have a blast doing it.

AGES 7-10

231007-01 Th 6/6-7/11 3:15-4:00P

NOTE: no class 7/4

LOCATION: Kemp Park

FEE: \$135 / \$125 resident discount

231007-02 Th 7/25-8/15 3:15-4:00P

LOCATION: Kemp Park

FEE: \$114 / \$104 resident discount

LEARN MORE AND REGISTER

Skyhawks Basketball

with Skyhawks Instructors

This fun, skill-intensive outdoor program is designed for beginner to intermediate players. Using our progressive curriculum, we focus on the whole player-teaching sportsmanship and teamwork. Participants will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

AGES 6-8

131050-03 W 4/24-5/22 4:30-5:30P

AGES 9-12

131050-04 W 4/24-5/22 5:45-6:45P

LOCATION: Mangini Ranch Elem. School

FEE: \$115 / \$105 resident discount

LEARN MORE AND REGISTER



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 sports programs.

Scholarship forms should be submitted directly to the youth sports organization in which there is interest. More details and links to these organizations can be found at 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 95763

HOW TO REGISTER

Online registration is open!

WEBTRAC.FOLSOM.CA.US

Walk-in registration:

Register in-person at 48 Natoma, Andy Morin Sports Complex, or the Steve Miklos Aquatic Center

Youth/Teen Sports & Fitness

Springboard Diving Clinic

with Coach Mike Brown

Ever wanted to learn how to do a pike, dive, or flip? Here is your chance! Start learning how to do those amazing dives and maybe we will see you in the Olympics. You will be diving off the 1 and 3 meter boards. Must be able to swim 25 yards to participate.

AGES 8-17

221051-B1 Tu/Th 6/11-6/20 6:00-7:30P
221051-B2 Tu/Th 7/9-7/18 6:00-7:30P

LOCATION: Steve Miklos Aquatic Center

FEE: \$90 + additional \$20 AAU diving insurance fee required

LEARN MORE AND REGISTER



LEGO Swim Lessons

Combining the fun of swimming with the excitement of playing with Lego. Our primary goal is to foster comfort and independence for students that may be more apprehensive towards water by creating an environment for students who may require more tactile support.

AGES 5-12

220019-B1 M-Th 6/3-6/13 11:15-11:45A
220019-B2 M-Th 6/17-6/27 11:15-11:45A
220019-B3 M-Th 7/8-7/18 11:15-11:45A
220019-B4 M-Th 7/22-8/1 11:15-11:45A

LOCATION: Steve Miklos Aquatic Center

FEE: \$99

LEARN MORE AND REGISTER



Jr. Tennis Lessons

with Bryan Solem

Our program focuses on introducing fundamental tennis skills in a fun and friendly environment. Led by experienced coaches, young players will learn proper techniques, build agility, and cultivate a love for the game. Whether your child is picking up a racket for the first time or looking to enhance their skills, our youth tennis class promises an enjoyable and enriching experience for every participant.

AGES 6-9

230101-01 Tu 6/4-6/25 5:00-6:00P
230101-02 Tu 7/9-7/30 5:00-6:00P
230101-03 Tu 8/13-9/3 5:00-6:00P

LOCATION: Ed Mitchell Park Tennis Courts

FEE: \$82 / \$72 resident discount

LEARN MORE AND REGISTER

AGES 10-16

230102-01 Tu 6/4-6/25 6:00-7:00P
230102-02 Tu 7/9-7/30 6:00-7:00P
230102-03 Tu 8/13-9/3 6:00-7:00P

LOCATION: Ed Mitchell Park Tennis Courts

FEE: \$82 / \$72 resident discount

LEARN MORE AND REGISTER

Taekwondo White Belt

with Bowman Martial Arts

Bowman Martial Arts has been a trusted part of the Folsom community for 20 years and our instructors are ready to help your child find their inner ninja! Students will not only learn the physical part of taekwondo, like kicks, strikes, blocks, balance, and flexibility. But also, the mental part of martial arts which can make your child bullyproof: self-control, courtesy, integrity, and perseverance. We look forward to helping your child learn self-defense basics with classes that include lots of fun!

AGES 6-12

244631-01 Tu/Th 7/9-8/13 5:30-6:10P

LOCATION: Bowman Martial Arts, 626 E. Bidwell Street

FEE: \$130 / \$120 resident discount

LEARN MORE AND REGISTER



Youth/Teen Sports & Fitness

Fall Youth Flag Football League



Welcome to our NFL flag football program!

Register your child as an individual player by their grade level for the 2023-24 school year. Prior to our coaches' meeting, our Parks & Recreation staff will host a very simple and informal yet **mandatory** player evaluation day to grade each player by relative ability.

Evaluation day will be held in the evening **Friday, August 9** at John Kemp Park turf field #2 (closest to the Andy Morin Sports Complex). Times for the evaluation will be emailed to all enrolled players by August 7. All practices and games are played Friday evenings on the all-weather turf and natural grass at Kemp Park.

Call 916-461-6650 with questions.

- 10-week program begins with two weeks of practice followed by eight weeks of games.
- Participants receive an official reversible NFL jersey, a pair of shorts, and a set of NFL flags.
- Mouthguards are required.

GRADES 2 & 3 • JUNIOR NFL

332501-01 F 9/6-11/8 6:00-7:00P

LEARN MORE AND REGISTER

GRADES 4 & 5 • ELEMENTARY SCHOOL DIVISION

330161-01 F 9/6-11/8 7:00-8:00P

LEARN MORE AND REGISTER

GRADES 6-8 • MIDDLE SCHOOL DIVISION

330261-01 F 9/6-11/8 8:00-9:00P

LEARN MORE AND REGISTER

Enrollment is limited—early registration is encouraged! Priority registration is open only to Folsom residents from April 26 through 5 p.m. July 19. Non-resident registration opens at 5:01 p.m. July 19 and closes at 5 p.m. August 2 or when full.

LOCATION: John Kemp Community Park

FEE prior to 5 p.m. August 2:

\$205 / \$195 resident discount

FEE after 5:01 p.m. August 2 (if space still available): \$221 / \$211 resident discount

NOTE: We do not accept requests to be aligned with a specific coach or player unless the player's are siblings is within the same age category—please indicate this at time of registration.

**Our program is
entirely dependent
on volunteer coaches!**

If you are interested in being a head coach, please indicate at the time of enrollment and contact

Jeremi deOsio at
jdeosio@folsom.ca.us

We will provide background checks, certification, and training.

Teen Programs



CAVE Teen Centers

After-School Program for Middle School Students

The CAVE program is operated by Folsom Parks & Recreation and provides a safe, structured, and inclusive environment for middle school students in 6th through 8th grade who need supervised after-school care. Recreation Leaders engage the teens in themed activities, video games, organized group games and challenges, STEM projects, arts and crafts, movies, and outdoor sports and games. Quiet space is also available for students who want to work on their homework.

Registration for the 2024-25 School Year Opens May 1:

- Registration fee is \$100/month from August through May.
(Fee is averaged as some months are longer.)
- Scholarship opportunities are available through the PLAYRS program.
- The CAVE program does not allow drop-in attendance; pre-registration is required.
- Register for the Folsom Middle School CAVE at webtrac.folsom.ca.us using activity code 310543-01.
- Register for the Sutter Middle School CAVE at webtrac.folsom.ca.us using activity code 310544-01.

CAVE Locations and Hours:

- Both CAVE sites are open Monday through Thursday from class dismissal until 6 p.m., and Friday from class dismissal until 5:30 p.m. The schedule includes all early dismissal days.
- Folsom Middle School (Blue Ravine Campus) Room 122, a triple-wide portable behind the two-story building.
- Sutter Middle School (Riley Street Campus), Room S-3 on the Persifer Street side of campus.

More Information:

For additional information about the CAVE Teen Centers, contact Nadia Khokhhar Roberts, Teen Program Coordinator, at 916-461-6685 or email nroberts@folsom.ca.us.



Folsom Teen Council

Join us! The Folsom Teen Council is a dedicated group of Folsom high school students who want to make the world a better place. The students provide volunteer assistance for a variety of community projects and special events throughout the school year.

Desirable candidates must be willing to attend monthly meetings and be willing to participate in Teen Council activities on a regular basis.

Membership is valid for one year – all members need to complete a new application and emergency waiver each year (available at folsom.ca.us).

Interested teens can contact **Frankie Nelson** at fnelson@folsom.ca.us or call 916-461-6614 for more details.





Folsom Skate and Bicycle Park at Cummings Family Park, 1775 Creekside Drive

Daily operating conditions: 916-817-2767 • General info: 916-461-6601

HOURS OF OPERATION

Spring Hours

April 1 through May 24

Monday-Friday 3:30–8 p.m.
Saturday 1–8 p.m.
Sunday 1–6 p.m.

Summer Hours

May 25–August 7

Monday-Saturday 1–9 p.m.
Sunday 1–8 p.m.

Fall Hours

August 8–September 29

Monday-Friday 3:30–8 p.m.
Saturday 1–8 p.m.
Sunday 1–6 p.m.

Holiday and School Break Hours

Monday, May 27 1–5 p.m.
Thursday, July 4 1–5 p.m.
Monday, September 2 1–5 p.m.

Hours are subject to change dependent upon weather conditions. Elbow pads, knee pads, and helmet are required at all times to utilize skate park. BMX park requires helmet, pads are strongly recommended.

Cummings Family Bike Park Update

In fall 2023, a portion of the bike park was renovated and repaired by staff from Public Works Streets Maintenance Division and Parks & Recreation Department. This section of the bike park is now designed to accommodate beginner and intermediate riders. Features include an elevated start hill, several intermediate and beginner jumps, beginner rollers, turning berms, and tabletops. All participants are required to sign in with the site monitor and wear a helmet when in the park. Contact Recreation Supervisor Chad Gunter at 916-461-6645 or cgunter@folsom.ca.us for more information.

Ride Your Bike in the Skate Park on Wednesday Evenings

You can ride your bike in the skate park every Wednesday night from 5:30 p.m. to close. Bike riders will be provided exclusive use of the skate park as all other use during this time will be prohibited. Bikes must be in good operating condition, and all bikes must be manually operated (i.e. motorized or battery-powered bikes are prohibited). A helmet is mandatory for all spectators and bike riders who enter the skate park.

Skate and Bike Party

Parties are available May 28 through August 4: \$129 party fee includes:

- Private use of either the bike park or skate park from 10:30 a.m. to 12:30 p.m.
- Facility monitor to ensure the safety and privacy of your party

NOTE: The availability of party dates may vary depending on weather, facility conditions, and other scheduled activities. The park opens at 1 p.m. for public use.

All facility rules apply during your party. Agreement must be signed adhering to all normal bike and skate park operation rules and guidelines. Parties are available year-round!

RESERVATIONS: call 916-461-6640 to book your party.



Andy Morin Sports Complex

66 Clarksville Road, Folsom • 916-461-6650



HOURS OF OPERATION:

Monday through Friday 10 a.m.–9 p.m. • Saturday and Sunday 9 a.m.–6 p.m.

The ultimate indoor recreational and competitive sports venue for Folsom and the surrounding areas.

The Andy Morin Sports Complex provides a fun, safe facility for all ages and abilities to play and develop sports skills. We offer a full schedule of leagues, camps, clinics, tournaments, and opportunities for drop-in play.

There is no membership fee. Fee required for drop-in play, batting cages, and field or court rentals.

Registration for leagues and clinics is ongoing; visit webtrac.folsom.ca.us for details.

Our amenities include:

- Two soccer fields
(indoor and outdoor mini turf)
- Two indoor basketball courts and outdoor courts
- Three indoor regulation volleyball courts (*rental only*)
- Four indoor batting cages for softball or baseball
- One pitching/batting cage (*rental only*)
- Four table tennis tables
- Seven pickleball courts
- Meeting room for trainings, team building, or workshops



Join Our Team! The Andy Morin Sports Complex has job opportunities for recreation specialists, scorekeepers, site monitors, shift supervisors, front desk attendants, field maintenance, and more. All positions are part-time/seasonal. Visit folsom.ca.us/HR to learn more about the open positions.

Steve Miklos Aquatic Center



Family Season Passes on Sale Now!

**Purchase your Family Season Pass and enjoy
101 days of summer fun
for less than \$2/day.**

Family Summer Season Passes are \$179 and are valid May 25–September 2.

Family passes include up to four family members in the same household. Additional family members can be added for \$40. Family pass does not include daily admission rate for inflatables (purchase optional inflatables wristband for \$4/day).



The giant inflatables return: Our popular floating obstacle courses return during recreation swim, from 1-5 p.m. daily starting May 25. Purchase an inflatable wristband for \$4 and test your skills!

Enjoy a private poolside cabana: Cabanas are available to rent during recreation swim, 1-5 p.m. daily; rental fee is \$119 and includes four admissions.

Lap Swimming Program

Enjoy the Steve Miklos Aquatic Center year-round and get into shape with our lap swimming program. The water is heated to a comfortable 80 degrees year-round!

SPRING LAP SWIM HOURS

(through May 24)

Mon.–Fri. 11:30 a.m.–1:30 p.m.

Tues./Thurs. 6–7:30 p.m.

Sat. 10:30 a.m.–Noon

Note: pool closed 4/13 & 4/14

SUMMER LAP SWIM HOURS

(May 25 through September 2)

Mon.–Sat. 10:30 a.m.–12:30 p.m.

Mon.–Thurs. 5:30–7:30 p.m.

Mon.–Sun. 1–5 p.m.

Note: due to swim meets and holidays, no a.m. lap swim on 5/11, 5/18, 5/27, 6/1, 6/8, 6/29, 7/4, and 9/2

LAP SWIM FEES

Ages 4–54, \$9/visit Ages 55+, \$6/visit



1200 Riley Street | 916-461-6640

**Summer Recreation Swim
season begins May 25**

Summer Hours

Monday–Sunday 1–5 p.m.

Note: the availability of facility features may vary while school is in session.

Daily Rates

Ages under 2 Free

Ages 2–3 \$6

Ages 4–54 \$9

Ages 55 and up \$6

Inflatable wristband additional \$4/day.

Inflatables are available daily May 25–Aug. 7, and weekends only (Sat/Sun) Aug. 10–Sept. 2.

Join us for these special programs:

Family Picnic & Movie Night page 4

Little Dippers page 36

Special Needs Splash Mondays page 36

Partnership Opportunities

Contact Frankie Nelson at 916-461-6614 (fnelson@folsom.ca.us) or Jeri Karges at 916-461-6616 (jkarges@folsom.ca.us) for more information about partnership opportunities with the Steve Miklos Aquatic Center.

Love to lap swim? Save Money with a Season Pass!

The Individual Summer Season Pass is a great value – just \$69 for unlimited visits from May 25 through September 2.

Purchase your pass today and save: visit webtrac.folsom.ca.us or call 916-461-6640 for more details.



LEGO Swim Lessons

Combining the fun of swimming with the excitement of playing with Lego. Our primary goal is to foster comfort and independence for students that may be more apprehensive towards water by creating an environment for students who may require more tactile support.

AGES 5-12

220019-B1	M-Th	6/3-6/13	11:15-11:45A
220019-B2	M-Th	6/17-6/27	11:15-11:45A
220019-B3	M-Th	7/8-7/18	11:15-11:45A
220019-B4	M-Th	7/22-8/1	11:15-11:45A

LOCATION: Steve Miklos Aquatic Center
FEE: \$99

LEARN MORE AND REGISTER



Sea Squad Swim School

AT THE STEVE MIKLOS AQUATIC CENTER

PLEASE NOTE: Our swim lessons are in high demand. For current availability and pricing, visit webtrac.folsom.ca.us or call 916-461-6640.

Our powerful Sea Squad animals want to share their time-tested swimming techniques with you! We created a safe and empowering environment to encourage growth and success, focusing on basic water skills through competitive swimming techniques. On the first day of each session, our instructors will assess all students and place them into their appropriate level. Lessons are taught in our heated instructional and competitive pool. **Join the Squad today!**

Swim Level Passing Requirements:

Parent/Tot: Children from ages 6 months up to 3 years, accompanied by a parent. Parents will get in the water to help their child learn water adjustments, support float, kicks, and assisted entries through instruction and games.

Starfish: Our program begins at age 3, we encourage learning through play and exploration. Entering and exiting the water safely, bobs, front/back float, front/back glide, arm/leg action, and full submersion.

Seahorse: The following swimming skills need to be performed independently. Entering and exiting the water safely, 5 bobs, front/back float 10 seconds, front/back glide, arm/leg action alternating and simultaneously.

Guppy: Jumping in the pool taking a breath and returning to the wall, unassisted back/front floats 5-10 Breaths, front/back glides with kicking, beginning to side breathing, freestyle arms/legs, leg action alternating and simultaneous, elementary backstroke arms/legs.

Goldfish: Expanding into more strokes. Swimming 15 yards of freestyle with side breathing, with a focus on proper side breathing technique, introduction of elementary backstroke, breaststroke arms/legs, dolphin/mermaid kick, and transitioning to the competitive pool.

Seal: We are developing our strokes techniques. Concentration on achieving a strong 25 yards of freestyle with proper side breathing, and elementary backstroke. Continuing to build proficiency with 15 yards of breaststroke, dolphin/mermaid kick, backstroke arms/legs while introducing the fundamentals of diving and 15 seconds of treading.

Stingray: Focus on improving strokes, building strength and endurance. 25 yards of freestyle with proper side breathing, elementary backstroke, breaststroke, dolphin/mermaid kick. Building proficiency with 15 yards of butterfly arms, diving skills, 20 seconds of treading, and introducing open turns.

Dolphin: Refining strokes and focusing on 50 yards of freestyle with proper side breathing, elementary backstroke, 25 yards of breaststroke, backstroke. Continuing to build proficiency with 15 yards of butterfly, diving skills, treading water with rotary legs, and introducing flip turns and a feet first surface dive.

Sharks: Swimming for fitness. 100 yards of freestyle, 50 yards elementary backstroke, breaststroke, backstroke, 25 yards butterfly, open turns, flip turns while swimming, circle swimming, diving, treading water, swimming with pool equipment.



Little Dippers

at the Steve Miklos Aquatic Center

We've reserved a special time for you and your little ones to enjoy the activity pool before it opens to the public. Little Dippers is exclusively for parents and children ages 6 and under. It's the perfect opportunity for younger children to increase their water confidence in a calmer setting.

Note: all Little Dippers participants are required to exit the facility at 12:30 p.m., but may re-enter at 1 p.m. for no additional charge.

DATE/TIME: Every Friday from June 7 through August 2, 11 a.m.-12:30 p.m.

FEE: \$7/person; season passes are not valid for this program

Special Needs Splash Mondays

at the Steve Miklos Aquatic Center

Families with special needs are invited to enjoy the activity pool on Monday evenings this summer. Splash Mondays provide exclusive use of the pool for your family's enjoyment. All ages welcome; must be accompanied by a parent/guardian. Call 916-461-6640 for more details.


DATE/TIME: Every Monday from June 3 through August 5, 6:30-8 p.m.

FEE: \$7/person; season passes are not valid for this program

Splash Bash Birthday Party Package

at the Steve Miklos Aquatic Center

INCLUDES:

- 20 party participants (youth or adult)
- birthday cake
- two pepperoni or  cheese pizzas from Pizza Guys
- all necessary tableware
- punch or lemonade
- shade canopy
- tables and chairs
- staff assistance

PARTY TIMES AND FEES:

Monday–Thursday, 2-4 p.m. FEE: \$299

Friday–Sunday, 2-4 p.m. FEE: \$349

NOTE: party fee includes birthday child and 20 guests. Additional fees apply to parties with more than 20 guests.

RESERVATIONS: Call 916-461-6640

The Splash Bash Birthday Party Package allows you and your guests to enjoy all of the aquatic center's great features (the water slide, high and low diving boards, activity pool, and more!) as you celebrate with your friends and family. **Note:** inflatable wristbands are additional \$4/person.

Lifeguards are on duty to assure party-goers' safety. Parties are two hours; advance reservations required.

Additional cheese or pepperoni pizzas may be ordered for \$20/pizza; arrangements for additional pizzas must be made in advance.

Parties are available starting May 25. Party host is allowed to enter the aquatic center 15 minutes prior to party start time.

FREE FAMILY EVENT

Family Picnic and Movie Night

at the Steve Miklos Aquatic Center

Saturday, August 3

6:30 to 10:30 p.m.

Free Admission

See page 4 for more details.

Regular and Deep Water Aquacise

Aquacise is the perfect combination of low-impact conditioning and cardio exercise for all levels of fitness.

AGES 18+

Through May 24:

Midday Sessions

Monday through Thursday: 11:45 a.m.-12:45 p.m.

Evening Sessions

Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions

Friday: 11:45 a.m.-12:45 p.m.

May 28 through August 30*:

Midday Sessions

Monday through Thursday: 11:15 a.m.-12:15 p.m.

Evening Sessions

Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions

Friday: 11:30 a.m.-12:30 p.m.

***NOTE:** no class 7/4 & 7/5

LOCATION: Steve Miklos Aquatic Center

FEE: \$9/drop-in or purchase a **10-Visit Pass** for \$75; passes are valid for 90 days from date of purchase.

Purchase at webtrac.folsom.ca.us or call 916-461-6640.



Team and Club Swim Programs

Sierra Marlins • sierramarlins.net
USA competitive year-round team

Folsom Sea Otters • folsomseaotters.com
Seasonal recreational team

Dos Rios Divers • dosriosdivers.com
USA diving year-round club team

The Gallery at 48 Natoma

PROFESSIONAL FINE ART GALLERY

Showcasing art by regional and national artists, area museum collections, and traveling exhibitions.

About the Gallery

The Gallery at 48 Natoma offers high quality, original art exhibits to our community that we otherwise might not have an opportunity to experience. Find more information about the gallery's current and past exhibits at folsom.ca.us/galleryat48natoma.

Gallery Tours

The Gallery at 48 Natoma is open to the public for free, self-guided tours for individuals or groups from 9 a.m. to 4:30 p.m. Monday through Friday, and from 6 to 8 p.m. Tuesday and Thursday evenings.

No appointment is required to visit during regular hours.



Gallery Sponsors

- 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 call 916-461-6601.



Like us: @galleryat48natoma

MAIN GALLERY



Upcoming Exhibit: "Things with Wings"

On exhibit April 26 through June 20

Opening reception Friday, April 26 from 6 to 8 p.m.

The reception is free and open to the public.

Works of art themed around birds, bugs, and butterflies in a variety of media. Featuring ceramics by Sandy Fong Whetstone and bird quilts by Linda Waddle.



Upcoming Exhibit: "Look Down"

On exhibit June 28 through August 29

Opening reception Friday, June 28 from 6 to 8 p.m.

The reception is free and open to the public.

Featuring moss art by Kifumi Keppler, botanical illustrations by Kristin Jakob, and photography by Timothy Boomer.

COMMUNITY EXHIBITION GALLERY

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

Upcoming Exhibit:

El Dorado Hills Arts Association

On exhibit April 18 through June 6

Annual Studio Tour Preview Show; Studio Tour preview weekend May 4 & 5.

Upcoming Exhibit: Student and Faculty Art Show

On exhibit June 13 through August 15

Works by students and instructors from Folsom Art Center adult classes.



Folsom Art Center AT 48 NATOMA

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

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



Chinese Brush Painting

with Cathy Chiao

New students will be introduced to the four fundamental skills, Bamboo, Plum Blossom, Orchid, and Chrysanthemum. These skills will lead to further advanced studies that can include birds, fish, animals, landscapes and more. Join us and discover the magic of this ancient art style! Students may register for continuing classes. Materials list provided at registration.

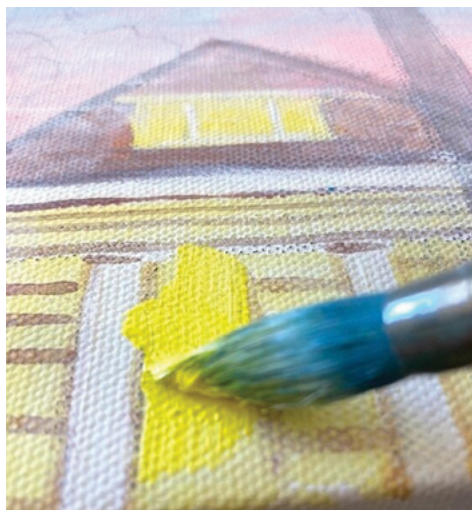
AGES 18+ • ALL LEVELS

211531-01	W	5/1-5/22	9:00-11:30A
211531-05	W	6/5-6/26	9:00-11:30A
211531-06	W	8/7-8/28	9:00-11:30A
211531-02	Tu	5/7-5/28	6:30-9:00P
211531-03	Tu	6/4-6/25	6:30-9:00P
211531-04	Tu	8/6-8/27	6:30-9:00P

LOCATION: Folsom Art Center

FEE: \$70 / \$60 resident discount

LEARN MORE AND REGISTER



Painting

with Michelle Cordova

Learn to use a variety of acrylic techniques to create dynamic compositions, expressive and layered color, and have fun doing it! This class is for the intermediate/advanced painter who wants to refine their acrylic painting techniques with professional advice offered in a positive and encouraging way from the instructor. Materials list provided at registration.

AGES 18+ • INTERMEDIATE/ADVANCED

211591-01	Th	5/2-5/23	9:00A-12:00P
211591-02	Th	6/6-6/27	9:00A-12:00P
211591-03	Th	7/11-8/01	9:00A-12:00P
211591-04	Th	8/8-8/29	9:00A-12:00P

LOCATION: Folsom Art Center

FEE: \$105 / \$95 resident discount

LEARN MORE AND REGISTER



Watercolor

with David Kalbach

Learn to paint watercolor compositions of your own choice. Class is taught with individual emphasis and creative instruction and how to control water to obtain control and rich color. Learn to use different tools, water media and paint for ways to develop a composition or painting. Students may register for continuing classes. Basic material & supply list provided at registration.

AGES 16+ • ALL LEVELS

211912-01	Th	5/2-5/23	6:30-9:00P
211912-02	Th	6/6-6/27	6:30-9:00P
211912-03	Th	7/11-8/01	6:30-9:00P
211912-04	Th	8/8-8/29	6:30-9:00P

LOCATION: Folsom Art Center

FEE: \$110 / \$100 resident discount

LEARN MORE AND REGISTER



Creative Painting with Acrylics

with Vicki Foote

Students will complete a painting each week following step-by-step demonstrations. Create still lifes, landscapes, and animals with vivid color and values. Discussions include painting theory, framing techniques, and making note cards from your paintings. Students may register for continuing classes. Materials list provided at registration.

AGES 18+ • BEGINNING/INTERMEDIATE

241119-01	M	5/6-5/20	1:00-3:30P
241119-02	M	6/10-6/24	1:00-3:30P
241119-03	M	7/8-7/22	1:00-3:30P

LOCATION: Folsom Art Center, 48 Natoma Street

FEE: \$60 / \$50 resident discount

LEARN MORE AND REGISTER

Watercolor

with Margaret Blanchfield

This is an intermediate class and students should have a basic knowledge of painting, supplies and materials, watercolor techniques such as wet into wet, creating textures in your paint, stretching paper and blending paint. We will spend four weeks on the same painting, but in the event we finish early, a second simple painting will be offered. Each monthly session will be a different subject such as landscapes, birds or animals, and florals.

AGES 18+ • INTERMEDIATE/ADVANCED

211900-01	F	5/10-5/31	10:30A-12:30P
211900-02	F	6/7-6/28	10:30A-12:30P
211900-03	F	7/12-8/2	10:30A-12:30P
211900-04	F	8/9-8/30	10:30A-12:30P

LOCATION: Folsom Art Center

FEE: \$120 / \$110 resident discount

LEARN MORE AND REGISTER

Oil and Acrylic Painting

with David Kalbach

Learn to expand your creativity to developing your style through a basic understanding of standard & contemporary techniques. Use texture, glazes, layering, as well as other techniques along with oil or acrylic, or both. Students will paint from reference photos, still life, or abstract ideas. Class is designed to provide individual attention. A modified suggested materials list provided at registration.

AGES 16+ • BEGINNING/INTERMEDIATE

214582-01	Tu	5/7-5/28	1:00-4:00P
214582-02	Tu	6/4-6/25	1:00-4:00P
214582-03	Tu	7/2-7/23	1:00-4:00P
214582-04	Tu	8/6-8/27	1:00-4:00P

LOCATION: Folsom Art Center

FEE: \$110 / \$100 resident discount

LEARN MORE AND REGISTER



Expand Your Artistic Skills: Intermediate Acrylics

with Jim Marxen

This class will challenge you to expand your existing painting skills by using different techniques and styles. You will learn to think differently about painting and push yourself to new levels of expertise. Everyone will have fun in this interactive environment while exploring and expanding their skill. The class emphasizes the "brush on canvas" experience. Materials list at registration.

AGES 16+ • INTERMEDIATE

241121-01	Tu	7/16-8/06	10:00A-12:00P
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LOCATION: Folsom Art Center

FEE: \$123/ \$113 resident

discount **LEARN MORE AND REGISTER**

**REGISTER
TODAY!**

**Online registration
is open 24/7**

WEBTRAC.FOLSOM.CA.US



Drawing Tools and Observation with David Kalbach

Develop awareness of space in constructing a drawing and the use of different tools to achieve or create your art. Landscapes, portraits, (eyes, hands, feet, heads, skeleton, doodles and still lifes). Deal with thumbnails, and compositional approaches, basics of 2-point and 3-point and atmospheric perspective. Learn the different tools available to aid in your development of composition and transitions to painting. Students may register for continuing classes. Initial supply list provided at registration.

AGES 18+ • ALL LEVELS

211834-01	F	5/3-5/24	1:00-4:00P
211834-02	F	6/7-6/28	1:00-4:00P
211834-03	F	7/12-8/2	1:00-4:00P
211834-04	F	8/9-8/30	1:00-4:00P

LOCATION: Folsom Art Center

FEE: \$110 / \$100 resident discount

LEARN MORE AND REGISTER



Fresh Flower Lei Making Workshop

with the Folsom Lei Lady

Come and learn the craft of traditional lei making with the Folsom Lei Lady in this one evening workshop. Using needle and thread with fresh flowers, the instructor will guide you through the process so you may use this lifelong skill for many occasions! She will also teach you where to locally source the flowers and materials. You will take home your very own handmade lei made with Aloha!

AGES 10+

210080-01	Th	6/20	6:00-7:30P
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LOCATION: Folsom Art Center

FEE: \$45 / \$35 resident discount; \$15 supply fee due to instructor at class

LEARN MORE AND REGISTER



Junk Journal Joy Workshop

with Jeanine Robb

Collect that junk mail and packaging that would be destined for the trash and join me for an evening of journal making. We will recycle found papers and light weight cardboard into a fun and unique journal. Also, we will discuss and even venture into some the uses of our journal once it is constructed. Materials list given at registration.

AGES 18+

244650-01	W	7/10	6:00-8:30P
244650-01	W	8/14	6:00-8:30P

LOCATION: Folsom Art Center

FEE: \$35 / \$25 resident discount; \$5 materials fee due to instructor at class

LEARN MORE AND REGISTER

Painting Open Studio

Why paint alone? Join us for a non-instructional open studio.

AGES 18+ • ALL LEVELS WELCOME

4-session studio 213991-01 Fridays 12:00-3:00P

FEE: \$40 / \$20 Folsom Arts Association member discount

8-session studio 213991-02 Fridays 12:00-3:00P

FEE: \$70 / \$35 Folsom Arts Association member discount

LOCATION: Folsom Art Center, 48 Natoma Street

LEARN MORE AND REGISTER



Special Note About Ceramics Classes

These are the most popular classes at the Folsom Art Center. They fill quickly and are often at full capacity. These classes are offered on a first-come, first-served basis when registration opens. The fastest way to register is online (see *below*).

If the class you want is full, please sign up online to be placed on a waiting list. The waiting list is specific to each class and does not roll over. Students must be able to demonstrate the described skills required for each class.

For those new to ceramics, please note the process involves many weeks to complete a piece including drying, trimming, bisque fire, glazing, and glaze fire. Pieces must be started and finished during each class session. (We do not have room to fire work created outside the class.) Typically, you will finish each class session with 2 to 3 pieces. Clay may be purchased in class from the instructor. See the materials list at registration for other required supplies.

What can you do to help ensure your registration process goes smoothly?

- Visit webtrac.folsom.ca.us and click on sign in/register to confirm your existing WebTrac account status or set up a new household/account. Call 916-461-6601 for assistance.
- Select your class and add it to your cart.
- Plan to register as soon as online registration opens.

Let's Play in Clay

with Lisa McCord

Enjoy creating as you obtain hand building and wheel throwing skills in clay. Techniques include pinch, coil, and slab to create vessels, sculptures, and functional objects. Glazes, stains, or alternative finishes may complete your projects. Tool list provided at first class. Class fee includes stock glazes and firing.

AGES 50+

241123-01	Tu	6/4-7/16*	1:00-4:00P
241123-02	Tu	7/23-8/27	1:00-4:00P
241123-03	W	6/5-7/17*	1:00-4:00P
241123-04	W	7/24-8/28	1:00-4:00P

*NOTE: no class 6/11 & 6/12

LOCATION: Folsom Art Center

FEE: \$102 / \$92 resident discount; clay may be purchased from instructor for approx. \$18-\$30

LEARN MORE AND REGISTER

Pottery Wheel

with Marianne Dana

Learn beginning techniques on the potter's wheel of centering, throwing small bowls and cylinders, trimming, and surface decoration. Firing and stock glazes are included. Students will need to purchase a basic tool kit for throwing pottery. Because of a limited number of wheels and Beginning Curriculum, students cannot make up classes if absent. Lessons are taught in consecutive order and cannot be repeated if a student misses class.

AGES 18+ • BEGINNING

211820-01	W	5/29-8/14	6:00-9:00P
211820-02	Th	5/30-8/15	1:00-4:00P

LOCATION: Folsom Art Center, 48 Natoma Street

FEE: \$197 / \$187 resident discount; clay may be purchased from instructor for approx. \$20

LEARN MORE AND REGISTER



Natural Science Programs

We invite youth and adults to discover the wonder, beauty, and science of our natural world.

There's Always a Good Season to Bird Watch

with Paul Miller

Learn from the Sacramento Audubon Society's very own Paul Miller on the increasing hobby of bird watching. From beginners to advanced bird watchers, he'll share times of year and hours in the day to maximize the birding experience. Paul will also share tips when doing photography of these beautiful creatures.

AGES 10+

211843-01 Tu 6/11 6:30-8:00P

LOCATION: Robert H. Miller III Rotary Clubhouse

FEE: \$5; preregistration is mandatory

LEARN MORE AND REGISTER

Eagles in An Urban Environment

with Kathy Kayner

Join us for an evening learning about the eagles along Lake Natoma. Kathy will share her insight to these national treasures. Bald Eagles everywhere are being forced to nest in more urban areas because of development and other human interference.

Kathy has been a volunteer at the Bald Eagle nest since 2017, has volunteered for State Parks and now is the lead volunteer at the Bald Eagle nest for the Bureau of Reclamation who owns the land the nest tree is on.

AGES 10+

211867-01 Tu 8/6 6:30-8:00P

LOCATION: Robert H. Miller III Rotary Clubhouse

FEE: \$5; preregistration is mandatory

LEARN MORE AND REGISTER

My Coyote Neighbor

with Guy Galante

Have you ever wondered if we could coexist with coyotes? Guy has observed, tracked, photographed, and researched coyotes in the Sacramento area for the last 20 years. Being a Volunteer Wildlife Educator with Project Coyote, Guy works with various public and private groups, sharing how to humanely coexist with urban coyotes, suburban coyotes as well as those in natural areas.

AGES 10+

311867-01 W 9/11 6:30-8:00P

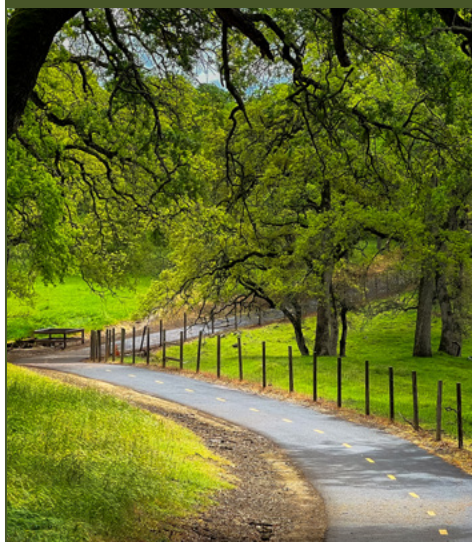
LOCATION: Robert H. Miller III Rotary Clubhouse

FEE: \$5; preregistration is mandatory

LEARN MORE AND REGISTER

Folsom's Adopt-A-Trail Program

Help Maintain Our Beautiful Trail System!



The Adopt-A-Trail program was developed by Folsom Parks & Recreation to provide the opportunity for community members and organizations to beautify, restore, and help maintain the city's treasured trail system. Through the dedication of our volunteers, the trail system receives the extra attention needed to help keep the trails maintained.

Trail sections are adopted in one-mile segments. Adopters are required to make a one-year commitment with regular trail checks and workdays. Individuals, groups, or businesses can also choose to sponsor a trail segment, and the funds will be used for trail maintenance and upkeep.

Learn More About the Adopt-A-Trail Program at folsom.ca.us/trails.

Adult Sports

Leagues: Soccer, Softball, and Flag Football



Adult sports leagues are offered for a variety of divisions and skill levels, including men's, women's, and coed.

League schedules:

- Outdoor soccer and flag football: year-round
- Softball: spring, summer, fall
- Indoor soccer: year-round

League fees are structured as follows:

Folsom resident teams, which must have 60% of the roster comprised of people who live or own property within Folsom city limits. Non-resident teams are those that do not meet the Folsom resident criteria.

Questions About Adult Sports Leagues:

Call the Andy Morin Sports Complex at 916-461-6650 or visit webtrac.folsom.ca.us for details about registration deadlines, manager's meetings, league start dates, and more.

Drop-in Sports

Drop-in Table Tennis

Weekly round robin tournament for all ages/skills.
Visit folsomtt.com for details.
Sundays 2–7 p.m.

LOCATION: Andy Morin Sports Complex
FEE: \$5/person, per visit

Drop-in Volleyball

Sundays 2:30–5:30 p.m.
(ages 18+ only)

LOCATION: Folsom Middle School Gym
FEE: \$5/person, per visit

Drop-in Badminton

Sundays 5:30–8:30 p.m.
(ages 18+ only)

LOCATION: Folsom Middle School Gym
FEE: \$5/person, per visit

We also offer: drop-in basketball, soccer, pickleball, karate, and batting cages at the Andy Morin Sports Complex.



Adult Fitness & Enrichment



Safe Street Cycling

with Gina Silvernale

Nervous or just don't know how to ride or maneuver the streets of Folsom in traffic while on a bike? Join Gina for a two-part class that includes 3 hours of classroom learning, educating cyclists how to coexist with traffic, and 6 hours of on-bike skills and a road ride practicing the rules of the road. Bring your own bike, helmet, water, snack and know how to ride a bike. This is not a "How to Ride a Bike Class." Class is designed for those who currently ride on a regular basis. Not for E-bikes. Gina is an instructor with The League of American Bicyclists. This is also a "smart cycling" class for those taking the first steps of education to becoming a League Cycling Instructor.

AGES 18+

Classroom Session

(held at the Andy Morin Sports Complex)

243000-01	Th	5/9	5:30-8:30P
343000-01	Th	10/3	5:30-8:30P

On-Bike In-Person Session

(meet at Andy Morin Sports Complex)

Sa	5/11	9:00A-3:00P
Sa	10/5	9:00A-3:00P

FEE: \$85 / \$75 resident discount

LEARN MORE AND REGISTER

Adult Tennis Lessons

with Bryan Solem

Designed for those new to the sport or haven't played in a while, this class offers a supportive and engaging environment. Learn the fundamentals of tennis from proper grip and footwork to basic strokes. Our experienced instructor focuses on skill development, game strategy and fostering a love for the game.

AGES 18+

235102-01	Tu	6/4-6/25	7:00-8:00P
235102-02	Tu	7/9-7/30	7:00-8:00P
235102-03	Tu	8/13-9/3	7:00-8:00P

LOCATION: Ed Mitchell Park Tennis Courts

FEE: \$88 / \$78 resident discount

LEARN MORE AND REGISTER

Yoga for Healthy Living

with Donna Rixmann

Enjoy yoga in this supportive environment with an experienced teacher (20 years!) This flow-style class (Viniyoga) incorporates movement with breath. All levels welcome. There is always an alternative pose if one is not accessible to you. Contact Donna with questions at donna@yogapeace.net. First class is FREE!

AGES 21+

MEETS: 9-10 a.m. Tues/Thurs
May 2-August 29 (no class 7/4)

CLASS CODE: 243030

LOCATION: 48 Natoma

FEE: \$54 / \$44 resident discount 4-class pass

\$82 / \$72 resident discount 8-class pass

Passes expire 60 days from date of purchase.
Passes available at webtrac.folsom.ca.us or in-person at 48 Natoma.

Introduction to Mindfulness

with Donna Rixmann

Mindfulness is a practice for lessening stress and enjoying life to its fullest. It can be applied to everything from brushing your teeth to being less reactive, kinder, and more compassionate to yourself and others.

In these 6-week, 90-minute sessions, you'll practice making friends with your "monkey mind" and enjoy the peace and mental clarity that comes as you begin to tame that "monkey."

The course includes talks, guided meditations, and small group activities to share and deepen your experience and learning. You can sit in a chair (provided) or bring a cushion or yoga mat to comfortably sit on the floor.

AGES 21+

243029-01	TU	5/14-6/18	3:00-4:30P
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LOCATION: 48 Natoma

FEE: \$70 / \$60 resident discount

LEARN MORE AND REGISTER

Zumba Gold

with Rhea Molina

This class offers a modified, low impact and easy to follow dance fitness program that focuses on balance, range of motion and coordination. Have fun enjoying different genres like the cha cha, mambo, swing. Perfect for active seniors and beginners.

AGES 18+

248815-01	W	5/1-5/29	10:30-11:15A
248815-02	W	6/5-6/26	10:30-11:15A
248815-03	W	7/3-7/31*	10:30-11:15A
248815-04	W	8/7-8/28	10:30-11:15A

***NOTE:** no class 7/10

LOCATION: 48 Natoma

FEE: \$40 / \$30 resident discount

LEARN MORE AND REGISTER

Adult Fitness & Enrichment



Belly Dance/Middle Eastern Dance with Marzieh Gachipour

Are you ready to have fun and challenge yourself with beautiful and fascinating Middle Eastern Dance and music? In this class you will learn the basic movements of Egyptian, Persian, Afghan, Iraqi, Turkish and Indian dance. Just bring your bare feet and wear comfortable clothes.

AGES 18+ • BEGINNER/CONTINUING

BEGINNER

244329-01 Tu 6/4-8/20 6:30-7:45P

CONTINUING

244329-02 W 6/5-8/21 6:30-7:45P

LOCATION: 48 Natoma

FEE: \$202 / \$192 resident discount

LEARN MORE AND REGISTER

Get Moving through Chair Yoga with Donna Rixmann

Come, have fun. Movement is chair-based and standing only. Cultivate your flexibility, strength and balance. Donna has 20 years of experience with older adults and others with mobility issues (Parkinson's, MS). Contact Donna with questions at donna@yogapeace.net. First class is FREE!

AGES 21+

MEETS: 2-2:50 p.m. Mon/Wed
May 1-August 28 (no class 5/27)

CLASS CODE: 243031

LOCATION: 48 Natoma

FEE: \$54 / \$44 resident discount 4-class pass
\$82 / \$72 resident discount 8-class pass

Passes expire 60 days from date of purchase.
Passes available at webtrac.folsom.ca.us or
in-person at 48 Natoma.



Regular and Deep Water Aquacise

Aquacise is the perfect combination of low-impact conditioning and cardio exercise for all levels of fitness.

AGES 18+

Through May 24:

Midday Sessions

Monday through Thursday: 11:45 a.m.-12:45 p.m.

Evening Sessions

Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions

Friday: 11:45 a.m.-12:45 p.m.

May 28 through August 30:

Midday Sessions

Monday through Thursday: 11:45 a.m.-12:45 p.m.

Evening Sessions

Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions

Friday: 11:45 a.m.-12:45 p.m.

NOTE: no class 7/4 & 7/5

LOCATION: Steve Miklos Aquatic Center

FEE: \$9/drop-in or purchase a **10-Visit Pass** for \$75; passes are valid for 90 days from date of purchase.

Purchase at webtrac.folsom.ca.us or call
916-461-6640.

Folsom Senior Center

AT 48 NATOMA

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

Register for your free Annual Pass today!

Folks are invited to join us for a variety of social activities from 9 a.m. to 4:30 p.m. Monday through Friday. Drop in and enjoy a cup of hot coffee, books, puzzles, games, organized activities, and make some new friends along the way!



Social Bridge

This bridge group is designed for people who have played before and are familiar with the basics of the game. We meet from noon to 3 p.m. on the 1st and 3rd Monday of each month. We also meet the 5th Monday on months that have them.

Sign-up is required prior to each game:
Call Janet Larsen at 916-293-8820 or Ann Schindler at 916-933-4089 to reserve your seat.

Activities at the Folsom Senior Center

Call 916-461-6601 for more details.

Drop-in Daily Activities

- Board games
- Card games
- Crafting
- Wii bowling
- Music/karaoke
- Puzzles

Weekly Activities

- Off-Key Singers • Monday, 9:30 to 11 a.m.
- Mah Jongg (American) • Tuesday, 11 a.m. to 2 p.m.
- Bingo • Wednesday, 1 to 2 p.m.
- Pinochle • Thursday, noon to 4 p.m.
- Crafty Fridays • Friday, 10 a.m. to noon

Monthly Activities

- Gab & Grub Meeting • Get together, celebrate, and share feedback
- Golden Gamers • Learn and play new games

Stop by and pick up a
monthly activity calendar
in the lounge!



COMMUNITY SUPPORT SERVICES

For Seniors and Caregivers

Parkinson's Support Group

This support group is for people with Parkinson's, their families, caregivers and friends.

For more information call Donna Rixmann at 916-712-9642 or email donna@yogapeace.net.

Visit the Parkinson's Foundation website for more information: parkinson.org or call 1-800-473-4636.

This group meets the 4th Monday of each month from 10:30 a.m. to noon at the Folsom Senior Center, 48 Natoma Street.

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 provides caregiving strategies, education, resource information and a shoulder to lean on.

The support group meets the 2nd Friday of each month from 10 to 11:30 a.m. at the Folsom Senior Center, 48 Natoma Street. No fee is required. Call 1-800-272-3900 for more information.

Grief Support Group

For family and friends suffering the loss of a loved one to meet in a comforting and compassionate environment.

The support group meets the 1st and 3rd Friday of each month from 10:30 to 11:30 a.m. at the Folsom Senior Center, 48 Natoma Street. No fee is required. Call Cynthia Bazin at 916-458-0303 for more information.

Blood Pressure Screenings

This free service is provided by Mercy Hospital Auxiliary and is held the 4th Monday of each month from 10:30 to 11:30 a.m. No appointment needed.

HICAP

HICAP is a non-profit agency dedicated to assisting current and soon-to-be Medicare beneficiaries. HICAP's highly-trained volunteer counselors are registered with the State of CA Dept. 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.

Appointments available on select Tuesdays in person. Call 916-376-8915 to schedule an in-person or phone appointment. No fee for this service.

Nutrition Assistance Programs

Twin Lakes Food Bank
916-985-6232
twinlakesfoodbank.org

Park in the Mt. Olive Lutheran Church parking lot (320 Montrose Dr.); the food bank is located at 327 Montrose Dr.

Food distribution is from 9 a.m. to 12:30 p.m. Tuesday, Wednesday, and Thursday—bring your reusable grocery bags to each visit.

CalFresh

The program issues monthly electronic benefits that can be used to buy most foods at many markets, food stores, and some farmers' markets.

The food bank offers grocery delivery to seniors age 60+ who are housebound and do not have the support to pick up their food.

Email info@twinlakesfoodbank.org to schedule a delivery or call 916-874-3100.

Additional Senior Resources and Assistance

Call the County of Sacramento at 2-1-1 or 916-498-1000, email info@211sacramento.org, or visit 211sacramento.org.

Join Us for Lunch



Folsom's Senior Lunch Program is Back!

*Brought to you by Meals on
Wheels by ACC*

Join us for lunch 3 days a week

Meals on Wheels Senior Lunch Program

This program serves hot lunches to seniors (age 60+) 11:30 a.m. Monday, Tuesday, and Thursday at the Folsom Senior Center, 48 Natoma Street.

No reservations are required; walk-ins welcome (while meals last). We do encourage new patrons to call ahead to make sure we have enough meals. For more information, call the Folsom Senior Center at 916-461-6601.

Home-delivered meals are also available Monday through Friday. There is a \$6/meal suggested contribution for both Café meals and Home Delivered Meals. To apply for the home-delivered meal program, please call the Meals on Wheels office: 916-444-9533.

Our Folsom Art Center offers a wide range of fine art classes for adults.

See pages 38-41 for details.

Educational Workshops



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.

NOTE: This class is year-round; new participants may enroll at any time!

AGES 55+

242870-01 W 5/1-8/28 9:30-11:30A

LOCATION: 48 Natoma

FEE: \$39 / \$29 resident discount

LEARN MORE AND REGISTER

HOW TO REGISTER

Online registration
is open!

[HTTPS://WEBTRAC.FOLSOM.CA.US](https://webtrac.folsom.ca.us)

Accepted online payment methods:

VISA, MasterCard, Discover Card,
and American Express.

You may also pay with a Folsom Parks
& Recreation gift card.

Walk-in registration:

Register in-person at 48 Natoma,
Andy Morin Sports Complex, or the
Steve Miklos Aquatic Center

Changes to Veterans Benefits: What Does That Mean For You?

with Helen Justice of GCM

Did you know there is a VA Pension Fund to help you defray the cost of assisted living or in-home care? There is also new in home care, paid for by VA. If you are an elder, widow, or wartime veteran, please join us to learn when and how this "tax free" benefit may apply to you or your loved one.

This seminar is educational only; no sales.

AGES 50+

249008-01 Th 5/30 10:30-11:30A

LOCATION: 48 Natoma

FEE: FREE, but must pre-register

LEARN MORE AND REGISTER

Technology Workshop

with SeniorTechPal (volunteers from tech companies)

Learn how to use your phone to Face Time, Zoom or even schedule an Uber or Lyft. Everyday convenient features are available for your smartphone, laptop, tablet, and other common devices if you know how to use them.

There will be time at the end of the session for help with any issues/questions regarding your devices. Topics are selected prior to the session; call 916-461-6601 for more information.

AGES 55+

242724 -01 Tu 5/14 10:30A-12:00P

242724 -03 Tu 6/11 10:30A-12:00P

LOCATION: 48 Natoma

FEE: FREE, but must pre-register

LEARN MORE AND REGISTER

Educational Workshops



Technology 1:1 with SeniorTechPal (volunteers from tech companies)

Is your phone camera suddenly taking pictures only in black & white mode? Has the microphone stopped working? These annoying little issues can often be solved with some simple changes to the settings on your devices. We'll help you get your smartphone, laptop, E-reader, and other devices working better for you. Reserve your time in advance; there are only 12 spots available per date. Each 1:1 session is 30 minutes; bring your devices that need troubleshooting with you.

AGES 55+

242725-01	W	5/15	2:00-4:00P
242725-02	W	8/21	2:00-4:00P

LOCATION: 48 Natoma

FEE: FREE, but must pre-register

LEARN MORE AND REGISTER

CalFresh Healthy Living: Cooking Matters

with Christina Mason, Agency on Aging \ Area 4

This four-session food demonstration nutrition education series empowers participants with the skills to stretch their food budgets to maintain healthy eating at home. Each session the participants will enjoy fun and interactive group activities, along with delicious food from the live cooking demonstrations.

AGES 60+

248829-01	Tu/Th	7/9-7/18	10:30-11:30A
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LOCATION: 48 Natoma

FEE: FREE, but must pre-register

LEARN MORE AND REGISTER



How to Create a Tax-Free Retirement

with Bill Corley, CFP, RICP

Learn how to create a tax-free retirement plan before you retire and escape the tax mistakes most people make. You will be facing inflation and health care costs in retirement, but you can bypass the IRS attack on your sizeable nest egg with careful planning. In this workshop you will learn how to avoid taxes on your withdrawals, mandatory distributions, and Social Security. Question/answer period is included.

About the instructor:

Bill is a Certified Financial Planner™ and Retirement Income Certified Professional®. He has taught retirement classes at the Folsom Senior Center for 8+ years and in the Sacramento region for 30+ years. Bill's personal mission is to help people increase their retirement income while paying less in taxes.

AGES 50+

249002-01	W	6/12	6:30-8:30P
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LOCATION: RG Smith Room at the Folsom Community Center, 52 Natoma Street

FEE: \$19; preregistration is mandatory

LEARN MORE AND REGISTER



NEW! Stretch! with Linda Faircloth

We'll be performing dynamic and static stretches standing, sitting, and on a mat throughout these 4 classes. You'll learn easy-to-remember stretches that you can do at home and will help alleviate aches, pains, soreness and tight muscles and joints. A word of caution: Stretching can cause relaxation! While your muscles are being stretched, they will also be working (and you might even work up a bit of a sweat). But after that, it's sweet dreams.

AGES 50+

242611-01	W	5/1-5/22	3:30-3:55P
242611-02	W	5/1-5/22	4:00-4:25P
242611-03	W	5/29-6/19	3:30-3:55P
242611-04	W	5/29-6/19	4:00-4:25P

LOCATION: 48 Natoma

FEE: \$38 / \$28 resident discount

LEARN MORE AND REGISTER

Looking for more fitness classes?

Turn to page 44 for information about yoga, aquacise, tennis, and other adult sports and fitness programs.

Functional Fitness Training

with Linda Faircloth

At the core, the purpose of this class is to provide a social environment for active agers to connect with, and become a part of an exercise community. This program incorporates strength and flexibility exercises and stretches that will help improve your mobility, stability, and general overall well-being and function. We use yoga balls, medicine balls, dumbbells, and other "toys" in conjunction with performing standing and on-the-mat routines. We are a fun bunch, and offer a friendly and welcoming environment. We're all in this together; we travel, hike golf, dance, watch and play with our grandkids, and LIVE! So, join us. You'll find that it really is easy to fit right in and become a part of our really fun exercise community.

Enjoy one complimentary trial class.

AGES 50+

MEETS: 8:40-9:40 a.m. Mon/Wed/Fri
May 1-August 30 (no class 5/27 & 6/24-6/28)

CLASS CODE: 242614

LOCATION: 48 Natoma

FEE: \$85 / \$75 resident discount for an 8-class pass. Passes expire 5 weeks from date of purchase.

\$105 / \$95 resident discount for a 12-class pass.

Passes expire 5 weeks from date of purchase. Passes available at webtrac.folsom.ca.us or in-person at 48 Natoma.



Walk and Talk

Folsom has 50+ miles of trails to explore as well as some amazing, active seniors who enjoy getting together to socialize while on the trails – which is how Walk and Talk began. Groups are led by our wonderful staff who go out ahead of the group and add directional markings to the trails and lead small groups based on their preferred walking pace (fast=3 miles/hour or average=2 miles/hour).

If you can walk or mobilize a minimum of 2 miles in one hour, we invite you to join us. With the safety of our participants in mind, please make sure you can say "yes" to the following requirements before you join us on the trails, as this program is designed for the independent, active senior.

- ✓ I can walk or mobilize a minimum of 2 miles in one hour.
- ✓ I can independently follow pre-set directional markers on the trail of the day.
- ✓ I can leave my pet at home. No dogs in our large group setting.
- ✓ I am ready and excited to meet new friends while enjoying the great outdoors on the trails.

In compliance with the Americans with Disabilities Act, if you are a disabled person and you need a disability-related modification or accommodation to participate in the program, please email strobe@folsom.ca.us or call 916-461-6601. Requests must be made as early as possible and at least three weeks before the event.

AGES 50+

MEETS: 9-10 a.m. Tues/Thurs January through April; 8:30-9:30 a.m. Tues/Thurs May through December (no walk 7/9 & 9/2)
Walks may cancel due to weather or air quality conditions.

CLASS CODE: 248801

LOCATION: pick up location schedule when you register or see attachment online with your receipt

FEE: \$16 for an 8-walk punch card (bring your receipt with you to exchange for a punch card). Punch cards expire 2 months from first walk.

LEARN MORE AND REGISTER

Folsom City Zoo Sanctuary



FOLSOM CITY ZOO SANCTUARY

403 Stafford Street
Located in Folsom City Lions Park
(corner of Natoma and Stafford streets)
916-461-6629
folsom.ca.us/zoo

DAYS AND HOURS OF OPERATION

MAY 1 THROUGH SEPTEMBER 30

9 a.m.-3 p.m. Thursday-Sunday
Note: last admission is at 2:30 p.m.;
grounds open until 3 p.m.

Gift Shop Opens: 9:30 a.m.

Fisher's Beastro Opens: 9:30 a.m.

OCTOBER 1 THROUGH APRIL 30

10 a.m.-4 p.m. Thursday-Sunday
Note: last admission is at 3:30 p.m.;
grounds open until 4 p.m.

Gift Shop Opens: 10:30 a.m.

Fisher's Beastro Opens: 10:30 a.m.



Admission:

Admission tickets are \$7/person for ages 2 years and older; ages under 2 years are free (*no ticket required*). Purchase tickets at webtrac.folsom.ca.us or in person at the gate.

Friends members do not need tickets – simply show your membership card and I.D., or your pass on your phone at the ticket booth for admission.

Visit FolsomZooFriends.org to learn how to become a Friends member.



About the Folsom City Zoo Sanctuary

Since 1963, the Folsom Zoo Sanctuary has been dedicated to enriching the lives of the animals living at the sanctuary facility.

This is not your typical zoo! Our rescued domestic and wild animals come to live here for a variety of reasons: they're orphaned, have sustained life-threatening injuries, were illegal or discarded pets, or were victims of abuse or neglect. Our animal residents include black bears, cougars, and other native species, as well as exotic species like kinkajous and macaques. The zoo sanctuary provides a caring, forever home for these amazing creatures.

Our educational focus is to promote responsible and appropriate behavior toward all animals. Learn more about us at folsom.ca.us/zoo.



Join Us for Summer Zookeeper Camps!

Kids and teens will take part in age-appropriate hands-on activities and learn about the many tasks involved in the daily care of the zoo sanctuary animals. Learn more and register at webtrac.folsom.ca.us.

All aboard! The Folsom Valley Railway miniature steam train operates in Folsom City Lions Park near the zoo sanctuary entrance. The train typically operates on days the zoo sanctuary is open (*weather permitting*). Tickets are available for purchase onsite directly from the train operator. Find train schedules and more details at folsomvalleyrailway.com.



Folsom Zoo Sanctuary Friends

Free admission for a year! That's just one of the great benefits of becoming a member of the nonprofit Folsom Zoo Sanctuary Friends.

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 and donation programs are available. Double your impact by applying for a matching gift through your employer's program.

The Board of Directors volunteer their time and are active in sponsoring Friends core programs and committees to support the needs of the zoo sanctuary. We are always on the lookout for passionate individuals with skills to assist us with accounting, communications, event planning, and more. Learn more about the Friends and join us at FolsomZooFriends.org or call 916-226-5445.



Zoo to You

From classrooms to senior centers, libraries to churches, let us bring the Folsom Zoo Sanctuary to you! The 30-45 minute program includes a PowerPoint and animal biofact presentation.

There is no charge for this program. Reservations are required a minimum of 30 days in advance. For more information or to schedule a presentation, call 916-496-2030 or e-mail ZooToYou@folsom.ca.us.

Birthday Parties

Create lasting memories with a party held on the Canid Patio or at the barn picnic tables. Our animals are only inches away on the other side of the fence. Parties include: admission for up to 30 guests, patio rental for two hours, tables and chairs, 15-minute animal presentation, and a coloring activity.

Available weekends by advance reservation.

FEE: \$349; additional guests: \$7/each

RESERVATIONS:

jdonahoo@folsom.ca.us

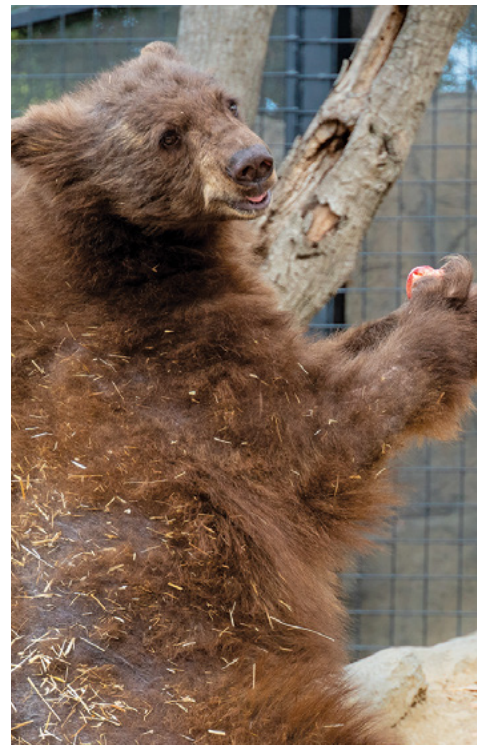
Rent the Zoo Sanctuary

Treat your employees and their family members to a fun evening at the zoo, create a memorable exchange of vows, or host a community fundraiser!

Depending on group size, we can create activities to make your visit even more special. Include a private tour, watch zookeepers provide enrichment to the animals, and meet some of our animal residents up close!

MORE INFORMATION:

jdonahoo@folsom.ca.us



Breakfast with the Bears

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

Available 8-9:30 a.m. May through September and 9-10:30 a.m. October through April. Rental includes a bear biofact table. Available weekends by advance reservation.

FEE: \$349 includes tables and chairs for up to 20 people (you supply your own food)

RESERVATIONS:

jdonahoo@folsom.ca.us

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

Docent guided tours			
Pre-paid price: \$9/person (3/15-6/15); \$8/person (other dates) • One free chaperone per 10 paid students			
GRADE LEVEL	NUMBER OF STUDENTS	DAYS/TIMES	To reserve a tour, email zoodocents@folsom.ca.us or call 916-461-6626
Kindergarten and up	10-60	Thursday & Friday 9:45 and 11 a.m.	One-hour tour of the zoo sanctuary led by docents. Learn about our wonderful animal residents and artifacts.
Pre-K and TK	10-40	Thursday & Friday 9:45 and 11 a.m.	One-hour tour of the zoo sanctuary led by docents. Learn about our wonderful animal residents and artifacts.

NOTE: Special weekend and other tour times available – email zoodocents@folsom.ca.us or call 916-461-6626 for details.



Join Us for Monthly Storytimes

Presented by Folsom City Zoo Sanctuary Docents

Volunteer docents read stories featuring a variety of animals and engage young audience members with animal puppets. The books used for storytimes are appropriate for ages 4+, but all ages are welcome to attend.

Call 916-461-6626 with questions.

Storytime at the Folsom Zoo Sanctuary

Fourth Thursday of the month at 10:30 a.m.

Held on the outdoor Canid Patio or in the Barnyard Experience
(depending on weather conditions)

Free with regular zoo sanctuary admission; purchase tickets online
at webtrac.folsom.ca.us or at the gate.

Storytime at the Folsom Historic District

Second Tuesday of the month at 9:30 a.m.

Held at Karen's Bakery Cafe, 705 Gold Lake Drive #340; free admission



Adopt An Animal!

When you sponsor a Folsom Zoo Sanctuary animal for one year, you can help provide the special care that our animals require.

Learn more about the benefits and complete your animal adoption online at webtrac.folsom.ca.us.

Email jdonahoo@folsom.ca.us with questions.

Wish List

Help support the zoo sanctuary animals with your donation—find our complete list at folsom.ca.us/zoo.

Volunteer Opportunities

Volunteer opportunities are now available at the Folsom City Zoo Sanctuary. Give back to your community and support the zoo sanctuary animals by joining us in a variety of positions in animal care, horticulture, maintenance, and the gift shop. All volunteers must be at least 18 years old and committed to six months of service. For more information, email zoovolunteer@folsom.ca.us.

Connect with us!

@FOLSOMCITYZOOSANCTUARY



When visiting the Folsom City Zoo Sanctuary, don't forget to enjoy the Play for All universally accessible play area and Butterfly Garden in Folsom City Lions Park.

— funded by —



Folsom Public Library



Summer Reading Challenge Begins May 24

READ FIVE BOOKS TO WIN

The Folsom Public Library invites you to join the 2024 Summer Reading Challenge! Sign up to read or listen to five books in June and July. Kids and teens completing the Challenge win a free book, a book bag, and entry into a drawing for a \$100 gift card. Adults reading five books earn a book bag and an entry into the drawing.

Participate by picking up the Challenge's bingo-style game card at the library or track your summer reading using the Library's Beanstack Tracker app. The one-of-a-kind app lets everyone track the amount they read by scanning ISBNs, timing reading sessions, or keeping records of current and past books completed. Sign up today at folsom.beanstack.org.

The Folsom Public Library offers summer activities for kids, including daily story times, weekly crafts and LEGO programs, and a monthly kids' book club. Visit the Library website at www.folsom.ca.us/library to find more information about the Summer Reading Challenge, Summer Events, or other library resources and programs.

The Summer Reading Challenge is funded by the Friends of the Folsom Library.



Inconceivable: A Suite of Princess Bride Programs

The beloved fantasy tale of Buttercup, Westly, inconceivable villains, and quirky co-stars has enjoyed decades of popularity on page (1973) and screen (1987), but did you know this classic was almost lost multiple times before America fell in love with it at the video store? Enjoy a suite of programs dedicated to all things Princess Bride:

- **Thursday, June 20, 10:30 a.m.**
Book Discussion: The Princess Bride: S. Morgenstern's Classic Tale of True Love and High Adventure by William Goldman
- **Saturday, June 22, 1 p.m.**
Movie Screening: The Princess Bride
- **Saturday, June 29, 1 p.m.**
Princess Bride: Book to Movie Drama by Carrie Sessarego

AMERICAN RIVER HISTORY: THEN AND NOW

Saturday, May 11 at 1 p.m. at the Folsom Public Library Meeting Room

Survey the Gold Rush history of the Folsom Lake State Recreation Area using historic and contemporary photographs set side-by-side. State Parks Interpretive Aide Zakary Adams will present Then and Now photos from the same vantage point so you can see the changes in the river and visualize the sunken settlements that are now underneath Folsom Lake.

This program is offered in partnership with the California State Parks.



Folsom Public Library

411 Stafford Street • 916-461-6130

Hours of Operation:

Tuesday & Wednesday 10 a.m.–7 p.m.
Thursday–Saturday 10 a.m.–5 p.m.
Sunday & Monday CLOSED

Follow Us!



@folsomlibrary

VISIT US ONLINE FOR MORE INFORMATION: [WWW.FOLSOM.CA.US/LIBRARY](https://www.folsom.ca.us/library)

Rental Facilities

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 916-461-6620 Monday-Friday, 9 a.m.–2 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

R.G. SMITH ROOM: Capacity: 50

EVENT TYPES: meetings

AMENITIES: optional A/V

RENTAL FEES:

Room	Resident	Non-Resident
Entire Ballroom	\$180/hr	\$260/hr
East Room	\$95/hr	\$130/hr
West Room	\$95/hr	\$130/hr
R.G. Smith Room	\$45/hr	\$55/hr

- 8-hour minimum, Fri & Sat;
4-hour minimum, Sun-Thurs
- Additional fees may apply

Take a virtual tour of the Folsom Community Center at folsom.ca.us.

Picnic Pavilion Rentals

Rentals are available for the picnic pavilion and gazebo at Folsom City Lions Park, and picnic pavilions at John Kemp Park, Lew Howard Park, and Livermore Park. For information and reservations, visit <http://webtrac.folsom.ca.us> (search keywords: "facility rentals.")

Robert H. Miller III Rotary Clubhouse

7150 Baldwin Dam Road

RESERVATIONS AND INFORMATION:

916-461-6620

CAPACITY: 128-170

EVENT TYPES: weddings, receptions, meetings, parties, fund-raisers

AMENITIES: full kitchen, optional A/V system

RENTAL FEES:

- \$80/hour resident;
\$100/hour non-resident
- 8-hour minimum, Fri & Sat;
4-hour minimum, Sun-Thurs

Take a virtual tour of the Robert H. Miller III Rotary Clubhouse at folsom.ca.us.

Outdoor Field Rentals

A variety of sports fields are available for rent at some of Folsom's parks; call 916-461-6661 for more information.

HOST A PARTY OR EVENT AT ONE OF OUR SPECIALIZED FACILITIES:

Folsom Skate & Bike Park
1775 Creekside Dr.

Reservations/Info:
916-461-6640

see page 32

Andy Morin Sports Complex
66 Clarksville Road

Reservations/Info:
916-461-6650

see page 33

Steve Miklos Aquatic Center
1200 Riley Street

Reservations/Info:
916-461-6640

see page 36

Folsom City Zoo Sanctuary
403 Stafford Street

Reservations/Info:
916-461-6613

see page 52

Rent the Zittel Family Amphitheater in the Folsom Historic District • Call 916-461-6620 for details



- 2024 -

Summer Camps

Animals | Math | Sports | Technology | Science
Academics | Enrichment | and More!

Register early for best selection!

Camps start on page 6 inside.