

2021 ACTIVITY GUIDE

YOUR ULTIMATE SOURCE FOR SPRING AND SUMMER PROGRAMS

It's Time To Get Active Again!

Indoor and Outdoor Activities For Children & Adults

CARDIO AND WEIGHT TRAINING - PERSONAL AND SMALL GROUP TRAINING - GROUP EXERCISE - YOGA
LAP SWIMMING AND AQUA CLASSES - TENNIS - PICKLEBALL - CHILDREN'S SPORTS & FITNESS AND MUCH MORE!

PLUS THESE FAVORITES



Camp Broadstone



Barracudas Swim Team



Ace Tennis



Play Center



BROADSTONE
SPORTS CLUB

820 Halidon Way • Folsom, CA
916-983-9180 sparetimesportsclubs.com

*Offer expires April 30, 2021 and is a first visit joining incentive. Requires a one-time \$29 initiation fee. Cannot have been a member in the past 30 days to be eligible. Other restrictions may apply.

2021 ACTIVITY GUIDE

Program Key: 🧑 Ages 📅 Program Dates 🕒 Days/Times

Group Exercise/Pilates

The Club offers about 80 classes per week, including step, resistance, interval, dance, yoga, Pilates, and other class formats. From early morning to late evening, there is a class designed for everyone.

Group Classes

🧑 Adults 📅 Ongoing 🕒 Mon - Sunday (See Website)
Strengthen your body and mind. HIIT, Iron Fi, Cardio Combat, Cardio Dance, Strength, Yoga, Qi Gong and Barre.

Cycle

🧑 Adults 📅 Ongoing
Smooth, even ride with great music and a fun instructor.

Pilates Reformer

🧑 Adults 📅 Ongoing
Strengthen your core, improve your posture and increase flexibility.

Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

Fitness Challenges

🧑 Adults 📅 Ongoing
Chart your progress against others in the challenge. You will be motivated beyond expectations.

Small Group Training

🧑 Adults 📅 Ongoing
Individualized program goal development and training options from the novice client to the elite athlete coached in a small group environment.

Personal Training

🧑 Adults 📅 Ongoing
Customized personal training to help you achieve your desired results.

Competition Training

🧑 Adults 📅 Ongoing
Figure, Bikini, and Body building. A complete show preparation training program.

Sports Fun with Coach Kami

🧑 6+ 📅 Ongoing 🕒 Tue & Thu 3:30 - 4:15 PM
Sports drills while still having fun. Improve skills like running, catching and hitting.

Teen Fitness Club

🧑 13-18 📅 Mon, Tue & Thu 4:00 - 5:00 PM
Be a part of a supportive team, learn proper form and technique while having fun.

Basketball Camp/lessons

🧑 14+ 📅 Ongoing
Fun one-week camp for all levels of players; Taught by former Harlem Globetrotter Sterling Forbes.

Tennis

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus Pickleball, Racquetball and Squash too!

Club Sponsored Drop-ins

🧑 Adults 📅 Ongoing 🕒 Mixed: T/Th 6:30PM, Men: W 6:30 PM, Su 9:00 AM
Featuring Mens and Womens Mixed Doubles Drop-ins and Mens Doubles Drop-ins.

Tennis Socials

🧑 Adults 📅 Ongoing
Come out and join us for our Friday Night lights level-based Co-ed doubles match play!

Leagues

🧑 Adults 📅 Ongoing
Competitive adult tennis leagues for men and women.

Pickleball Drop-ins & Lessons

🧑 Adults 📅 Ongoing
Join us for some friendly competition playing America's fastest growing sport. Players of all levels welcome. Plus we offer lessons to teach you the basic. You'll be playing in no time!

Squash/Racquetball

🧑 Adults 📅 Ongoing
High energy racquet sports that provides a great cardio workout. Individual play and competitive drop-in with some restrictions. Lessons coming soon!

Private Junior & Adult Tennis Lessons

🧑 4+ 📅 Ongoing
Learn the game of tennis or take your game to the next level. Our experienced and talented team of tennis professional will make your tennis learning experience fun and challenging.

Spare Time Tennis Academy

🧑 4 - 18 📅 Ongoing
High performance Jr. Academy. Invitation only.

Jr. Teams/Tournaments

🧑 10 - 18 📅 Ongoing 🕒 See Website
Competitive league play for boys and girls with other local clubs. Great for tournament, high school players and Jrs. just starting match play.

ACE Tennis Program

🧑 6-17 📅 Ongoing 🕒 See Website
Comprehensive Jr. tennis program for all levels.

Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

Masters Swim

🧑 Adults 📅 Ongoing 🕒 Mon, Wed, Fri 6:00 - 7:00 AM
A great way to get a recreational, low impact cardiovascular workout with some competitive

swim training. Guided workouts provide fun supportive group swimming and the opportunity to improve your stroke technique.

Aqua Classes

🧑 Adults 📅 Ongoing 🕒 M - W, F 9:30 - 10:30 AM
Movement classes in our heated swimming pool. A great workout that is easy on the joints!

Spring/Fall Clinic

🧑 4 - 18 📅 March 2- April 15 🕒 T/Th Start times based on age groups
Beginning to more advanced swimmers to prepare for the Barracudas swim team. The clinic is structured to provide extensive technical instruction with continued reinforcements of skills learned.

Barracuda Swim Team

🧑 6 - 18 📅 April 26 - July 2 🕒 M - F Start times based on age groups
Broadstone's swim team is a motivating program for kids who love to swim. Practice is offered 5 days a week. The program integrates stroke work, endurance training and activities that help build confidence.

Jr. Barracuda

🧑 6 - Under 📅 May
Swim program designed to help young swimmers prepare for Barracuda Swim Team.

Private Swim Lessons

🧑 4 - 18 📅 May - August
Learning to swim is the best skills a child can have. It encourages participation in a variety of healthy and enjoyable water activities.

Youth Programs

Hands down, we offer the area's best health club based youth programs whether its keeping them fit and healthy or providing stellar childcare services.

Play Center

🧑 6 Mos - 6 📅 Ongoing 🕒 M - Th 8:45 AM - 12:00 PM/ 3:45 - 6:00 PM, F 8:45 AM - 12:00 PM, Sa 8:00 AM - 11:30 PM
Offers a wide variety of enriching activities that focuses on the development of your child's motor and social interaction skills.

Kids Night Out

🧑 7 - 14 📅 Ongoing
Designed for parents to have a night out too, knowing their children are in a safe and fun environment. We offer dinner, games activities and themed programs to entertain the children.

Camp Broadstone

🧑 6+ 📅 July 6 - July 23
Six one-week camps. Each week has a different educational and creative theme (eg. science, animals, nature) and incorporates a variety of fun and interesting activities as well as field trip.

After School Program

🧑 5 - 15 📅 Ongoing 🕒 M - F 1:00 - 3:00 PM/ 3 - 5:30 PM
Designed for children that are distance learning. Join us for the "coolest" club in town to work on homework, engage in fun activities and sports and be creative with arts and crafts.

CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTER
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- PILATES STUDIO
- 22 LIGHTED TENNIS COURTS
- TWO LAP AND RECREATION SWIMMING POOLS
- TWO THERAPEUTIC SPAS
- KIDS' CLUB
- PLAY CENTER
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- TWO RACQUETBALL, TWO SQUASH AND EIGHT PICKLEBALL COURTS
- FULL-COURT GYMNASIUM