

2023 ACTIVITY GUIDE

HERE'S THE
ULTIMATE WAY TO...

ENJOY
SUMMER

(Hint: it starts now)

INDOOR AND OUTDOOR ACTIVITIES FOR CHILDREN & ADULTS

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

PLUS THESE FAVORITES



Swim Lessons



Tennis



Summer Camp



Pickleball



BROADSTONE
SPORTS CLUB



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

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

Group Exercise/Pilates

The Club offers about 60 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 as well as over 20 live stream virtual classes.

Group Classes

👤 Adults 📅 Ongoing 🕒 Mon - Sunday (See Website)
Strengthen your body and mind. HIIT, Iron Fit, Cardio Combat, Cardio Dance, Strength, Yoga, Qi Gong, Barre, Senior Classes, Boxing and Fit Kids.

Cycle

👤 Adults 📅 Ongoing 🕒 Mon - Sunday (See Website)
Smooth even ride with great music and fun instructor, more 30 min classes added.

Pilates Reformer

👤 Adults 📅 Ongoing
Strengthen your core, improve your posture, increase flexibility and reverse aging.

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.

Personal Training

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

Small Group Training

👤 Adults 📅 Ongoing
You're in this together! Feed off the energy of your fellow participants to achieve your fitness goals even faster.

Tennis & Other Racquet Sports

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 6:30 pm Men: W 6:30 pm & Sat 9:00 am Women: Th 6:30 pm
Mixed Doubles, Women's & Men's Doubles drop in's.

Tennis Socials

👤 Adults 📅 Ongoing
Come out and join us for our Friday Night lights level-based co-ed doubles match play - bring a guest.

Tennis Leagues

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

Private Tennis Lessons - Jr. & Adult

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

Spare Time Tennis Academy

👤 10 - 18 📅 Ongoing
High performance Jr. Academy. Invitation only.

Jr. Teams/Tournaments

👤 10 - 18 📅 Ongoing 🌐 See Website
Competitive fun league play for boys and girls with other local clubs using the Universal Tennis Team format. Great for tournament and high school players as well as juniors just starting to play matches. .

ACE Junior Tennis Program

👤 4 - 18 📅 Ongoing 🌐 See Website
Comprehensive junior tennis program for all levels of play starting at age 6 with our Ace's class through 17 with our Teen Tennis.

Pickleball Drop-ins

👤 Adults 📅 Ongoing M, W, SA 9:00 am T-Th 6:00pm
Join us for some friendly competition playing America's fastest going sport. Players of all levels welcome.

Pickleball LiveBall & Level-Up

👤 Adults 📅 Ongoing M, T, Th 9:00 am T-Th 6:00 pm
Learn the basics of the game in these fun, low cost group lessons.

Pickleball Tournaments

👤 Adults 📅 Ongoing
Shotgun style tournament play.

Squash/Racquetball

👤 Adults 📅 Ongoing
High energy racquet sports for a great cardio workout. Individual play and competitive drop-in.

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 🕒 M,W,F, 6:00-7:00 am
The master swim program is a great way to get a recreational, low impact cardiovascular workout and some competitive swim training. Guided workouts provide fun supportive group swimming and the opportunity to improve your stroke technique. Master swim is a free program for Adult members. .

Aqua Classes

👤 Adults 📅 Ongoing 🕒 M-W 9:30-10:30 am; F 9:30-10:30 am
Movement class in our heated swimming pools: a great workout that is easy on the joints.

Spring Clinic

👤 4 - 18 📅 Feb 28- April 20 🕒 T/Th; start times vary by age group
Beginning to more advanced swimmers to prepare children for the Broadstone Barracuda swim Swimming team. The clinic is structured to provide extensive technical instruction with

continued reinforcements of skills learned. We strive to provide an environment that is fun and positive for your kids.

Barracuda Swim Team

👤 6 - 18 📅 April 24 - July 24 🕒 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 self-esteem.

Jr. Barracudas

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

Learn to Swim Lessons

👤 4-18 📅 April - August (see website)
Swim instruction equips children with some of the most important skills they can learn. It encourages participation in a variety of healthy and enjoyable water activities.

Massage

📅 Year Round
Therapy by certified massage therapist Sisi Ray.

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-F 8:30 am-12:00 pm M/3:30-7:00 pm Sat. 8:30 am-12:00 pm Sun. 9:00 am-12:00 pm
The play center offers a wide variety of enriching activities that focuses on the development of your child's fine and motor skills and social interaction skills.

Kids' Night Out

👤 3-12 📅 Ongoing
Designed for parents to have a night out on the town 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+ 📅 June 6 - July 23
Each week of camp has a different educational and creative theme (i.e., science, animals, nature, art, etc.) and incorporates a variety of fun and interesting activities as well as a field trip.

Basketball Camp/lessons

📅 Ongoing
Fun one week camp for all levels of players; taught by Sterling Forbes, former Harlem Globetrotter.

Kids' Club

👤 7+ 📅 Ongoing
Join us at the "coolest" club in town, engage in crafts, fun activities and sports.

Kids' Parties

Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.

CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTER
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- PILATES REFORMER STUDIO
- 20 LED LIT TENNIS COURTS
- 2 LAP AND RECREATION SWIMMING POOLS
- 2 THERAPEUTIC SPAS
- KIDS' CLUB
- PLAY CENTER
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- 2 RACQUETBALL COURTS
- 2 SQUASH COURTS
- 8 LED LIT PICKLEBALL COURTS
- FULL-COURT GYMNASIUM