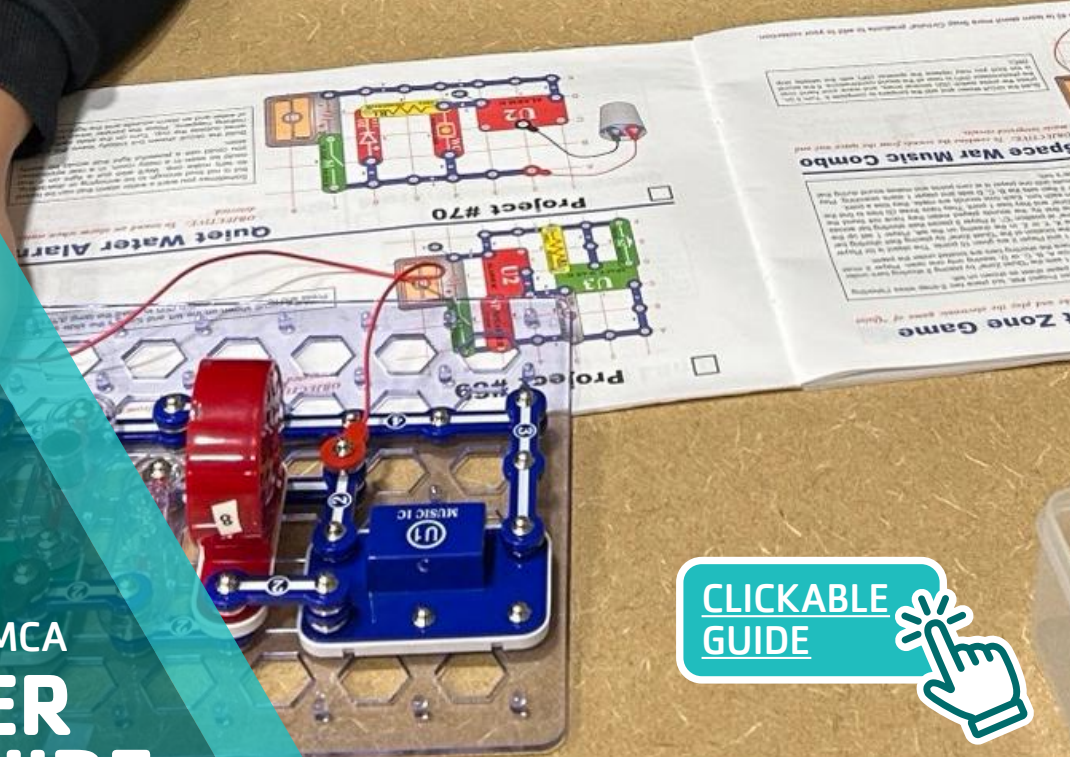




# 2026

TREASURE VALLEY FAMILY YMCA

## FALL & WINTER PROGRAM GUIDE



CLICKABLE  
GUIDE



For a better us.®

# MEMBERSHIP & FEES

| Membership Type          | Monthly Fee         |                               |                 |               | Join Fee***    |
|--------------------------|---------------------|-------------------------------|-----------------|---------------|----------------|
|                          | Downtown Boise YMCA | Tomlinson South Meridian YMCA | West Boise YMCA | Caldwell YMCA | All Facilities |
| Family*                  | \$102.90            | \$102.90                      | \$102.90        | \$100.90      | \$60           |
| 2-Person Family**        | \$80.90             | \$80.90                       | \$80.90         | \$78.90       | \$45           |
| Individual Adult (30–64) | \$53.90             | \$53.90                       | \$53.90         | \$53.90       | \$30           |
| Older Adult (65+)        | \$49.90             | \$49.90                       | \$49.90         | \$49.90       | \$30           |
| Young Adult (19–29)      | \$37.90             | \$37.90                       | \$37.90         | \$37.90       | \$30           |
| Youth (10–18)            | \$31.90             | \$31.90                       | \$31.90         | \$31.90       | \$0            |

Membership fees are based on median household income of each location. Tax applies to all membership dues. These membership rates do not apply to short-term memberships. For information about short-term membership, visit the front desk.

Insurance based membership: we partner with Silver & Fit, Silver Sneakers, Renew Active. Check with your insurance provider to see if you qualify. The Y offers a 5% discount and will waive the join fee for all active duty military and veterans.

\*Family definition: 2 adults in a domestic partnership and their dependent children OR 1 adult and 2+ dependent children (dependent child: 23 & under)

\*\*2-Person Family definition: 2 adults in a domestic partnership or 1 adult and 1 dependent child (dependent child: 23 & under)

## JOIN TODAY!

### ONLINE

Visit [ymcatvidaho.org](http://ymcatvidaho.org) to join online or by scanning the QR code.



### IN PERSON

Visit any Treasure Valley Family YMCA facility to learn more about membership and receive a tour. See the back cover for addresses and phone numbers of all our locations.

### LOCKER RENTAL

- › \$20/month at Downtown Boise
- › \$15/month at West Boise and Caldwell

### TOWEL SERVICE

We offer workout towels at no charge. Bath towels are provided at the rates below.

- › Individual .... \$6/month
- › Family ..... \$12/month

### KID ZONE

We provide safe, clean, and nurturing care for kids age 6 weeks through 6 years old at our facilities for a max of 2 hours/day while you use the facility.

- › 1 child (family membership)..... \$30/month
- › 2 + children (family membership)..... \$40/month
- › 1 child (individual adult membership)..... \$35/month
- › Member drop-in fee ..... \$6.25/child/day\*
- › Non-Member drop-in fee..... \$9.50/child/day

\*Child must be a member to receive the member pricing.

### DAY PASSES\*

Community members and guests may use YMCA facilities with a day pass.

- › Youth..... \$10
- › Adult ..... \$18
- › Family..... \$35

\*All non-member guests age 18 and older must provide a government-issued photo ID.

### BOISE CITY AQUATIC CENTER PASSES (LOCATED AT THE WEST BOISE YMCA)

- › Youth (10–18)..... \$3.90/day ..... \$16.40/month
- › Adult ..... \$8.50/day ..... \$32.74/month
- › Family..... \*\$9.85/day | \*\*\$18.55/day ..... \$54.60/month

\*1 adult with up to 2 children | \*\*Family cap of 5

## WE OFFER FINANCIAL ASSISTANCE

The Treasure Valley Family YMCA believes that everyone, regardless of their financial situation, deserves access to our services. All children deserve the chance to realize their potential, all people deserve access to the tools and education that will help them live healthier, and all people deserve equal access to support from Y friends and neighbors. To learn more about financial assistance, visit your local Y or our website.



## CORPORATE MEMBERSHIP

We partner with local businesses to offer employees access to a healthy lifestyle at a discounted price. Ask your employer if this option is available to you, or learn more by visiting your local Y branch.

## REFER A FRIEND!

Refer-a-friend to the Y! When a current member welcomes you to the Y, we'll waive your join fee and reward BOTH with a \$30 program credit. The Y is better together!

# MEMBER BENEFITS

**NO CONTRACTS** make joining the YMCA easy and flexible!

**ACCESS TO ALL** means you can visit and enjoy the amenities at any of our Treasure Valley facilities.

**FINANCIAL ASSISTANCE** affords everyone the chance to have the Y experience.

**GROUP EXERCISE CLASSES** (in-person and virtual) are included in your membership at no extra charge!

**YOUTH ACTIVITY CENTER** provides a place for kids ages 6–13 to socialize, play, relax, and hang out with YMCA Youth Leaders.

**MEMBER PROGRAM FEES** save you and your family money on a wide variety of Y programs.

**NATIONWIDE MEMBERSHIP** lets you visit any participating YMCA in the U.S. at no additional cost.

**12 FAMILY GUEST DAY PASSES** are renewed every year to share with friends and family\*.

\*All Non-Member guests age 18 and older must provide a government-issued photo ID.

**WHEN SCHOOL IS OUT, THE Y IS IN!** Seasonal school break camps and before & after school care programs offer part-time and full-time child care for children Kindergarten through 8th Grade.

**YMCA360** features thousands of on-demand videos as well as live classes, monthly challenges, and earn points to redeem for YMCA rewards. It is available in the App Store & Google Play Store and can be downloaded to your mobile device, AppleTV, Roku, GoogleTV, Amazon Firestick as well as streamed on your laptop/desktop.

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## OUR COMMITMENT TO WELCOME & SERVE ALL

At the Y, we welcome everyone whose behavior adheres to our core values of caring, honesty, respect, and responsibility.

We advance our cause by building a stronger and more equitable community where everyone has the opportunity to learn, grow, thrive, and reach their full potential with dignity.

The Y is a force for building bridges among all people.

**THE Y IS FOR ALL.**

# YOUTH & FAMILY PROGRAMS

## FREE MEMBER EVENTS

### FREE FAMILY NIGHTS **C D T W**

Once a month, we invite our YMCA members to join us for a Free Family Night filled with fun, connection, and community. Each event features different activities, games, or themes designed for all ages to enjoy together. Come make memories, meet other families, and celebrate what makes the Y special! Most events include dinner or treats.

AGES .....All Ages

FEES .....FREE | Members Only

### »» CALDWELL - DATES/TIMES **C**

End of Summer BBQ: Aug 7 | 5:30-6:30 pm

Caldwell High Friday Night Lights: Sep 11 | 6:30-8:30 pm

Lights On Afterschool Family Night: Oct 22 | 5-7 pm

Hawaiian Bingo: Nov 13 | 5:30-7:30 pm

Breakfast With Santa: Dec 21 | 9-10:30 am

Pizza & Game Family Night: Jan 4 | 5-7 pm

Family Night at the Theater: Feb 19 | Time TBD

### »» DOWNTOWN BOISE - DATES/TIMES **C**

Cookie Decorating: Aug 21 | 6-8 pm

Welcoming Week & World Village Celebration\*: Sep 12 | 10 am-7 pm

Halloween Carnival: Oct 23 | 5-7 pm

Scavenger Hunt : Nov 20 | 5-7 pm

Holiday Ornament and Craft Night: Dec 11 | 5-7 pm

\*Welcoming Week & World Village Celebration will be held at JUMP

### »» TOMLINSON - DATES/TIMES **T**

Check our website calendar for upcoming Tomlinson events.

### »» WEST - DATES/TIMES **W**

BINGO: Aug 28 | 5:30-7 pm

Cookie Decorating: Sep 25 | 5:30-7 pm

Halloween Party: Oct 23 | 6-7:30 pm

Movie Night: Nov 20 | 6-8 pm

Christmas Carnival: Dec 18 | 6-7:30 pm

### KIDS' NIGHT OUT **C D T W**

Kids' Night Out, where kids enjoy a night of games, themed activities, and hanging out with friends. It's a great way for kids to be active and meet new people. And parents get a chance to go out, too! Kids will be supervised by caring and responsible Y staff while they have a blast!

AGES .....Ages Vary

FEES ..... Member FREE | Non-member \$35

DATE/TIME ..... **C** 1st Friday of every Month | 5:30-8:30 pm

**W** 2nd Friday of every Month | 5-8 pm

**T** 3rd Friday of every Month | 5:30-8:30 pm

**C** 4th Friday of every Month | 6-8:30 pm

### TOMLINSON YMCA AND ADAPTABLE FOUNDATION

#### HALLOWEEN CARNIVAL **T**

In partnership with the AdaptABLE foundation, please join us for a night of fun and friends! This adaptive and inclusive event is for everyone of all ages and abilities. Vendors will be on site to pass out treats and resources.

AGES .....All Ages

FEES .....FREE Community Event

TIMES .....5-8 pm

DATES .....Oct 23



## CHEER | TUMBLING

### THUNDER CHEER **T**

Join the YMCA Thunder Cheer Squad for an exciting Boys Basketball cheer season running September-December! Cheerleaders will build confidence, teamwork, leadership, and performance skills while supporting athletes and bringing energy to the crowd throughout the season. Participants will learn cheers, motions, jumps, halftime routines, sideline engagement, and basic stunting in a fun, encouraging, and recreational environment focused on YMCA core values.

AGES .....Puple Squad: 6-9 | Black Squad: 10-13

FEES .....Fee Varies

### TODDLER TUMBLING **C D T**

This class is where little ones build coordination and confidence alongside their caregiver. Each class emphasizes not only physical development (strength, balance, and flexibility), but also the YMCA's core values of Caring, Honesty, Respect, and Responsibility. Kids will build character and confidence while developing lifelong healthy habits, all in a safe and supportive environment.

AGES .....0-2

FEES .....Member \$30 | Non-member \$70

### PRE-K TUMBLING **C D T W**

A tumble class is a fun, interactive movement class designed for children 3-5 years, focusing on developing motor skills, balance, and coordination. Children will explore basic activities like balance, rolling, and jumping while building strength and confidence. The class also helps children socialize and engage with their peers in a safe, playful environment.

AGES .....3-5

FEES .....Member \$30 | Non-member \$70

### TUMBLING - LEVEL 1 **C D T W**

This class is an introductory class designed for young athletes who are new to tumbling or working on building strong foundational skills. This level focuses on proper technique, body control/alignment, strength, flexibility, and confidence in basic floor skills. This class will emphasize safe progressions, listening skills, coordination, and spatial awareness while creating a positive and encouraging environment.

AGES .....6-9

FEES .....Member \$30 | Non-member \$70

### TUMBLING - LEVEL 2 **C T W**

Tumbling Level 2 is for athletes who have mastered basic tumbling skills and are ready to continue building strength, control, and confidence. This level focuses on refining technique, increasing power and flexibility, and progressing skills with proper form and safe progressions.

AGES .....6-9

FEES .....Member \$30 | Non-member \$70

## REGISTER TODAY!



# YOUTH & FAMILY PROGRAMS

## DANCE

### BALLET D T W

Introduce your child to the graceful world of ballet! These classes focus on developing coordination, balance, and rhythm while teaching basic ballet positions, steps, and terminology. Students will learn proper posture, body alignment, and musical awareness through fun exercises and imaginative movement.

AGES ..... D W 3-9 | T 3-5

FEES ..... Member \$30 | Non-member \$70

### BALLET/JAZZ T

A fun and engaging ballet/jazz class designed just for 3-5 year olds! Little dancers will explore basic movement, rhythm, and coordination through imaginative games, music, and simple dance steps. Perfect for building confidence, creativity, and a love of dance in a playful environment. No prior experience needed—just bring energy, curiosity, and a smile!

AGES ..... 3-5

FEES ..... Member \$30 | Non-member \$70

### BALLET/JAZZ - LEVEL 1 C T

This Ballet/Jazz Combo class introduces dancers to the fundamentals of both styles in a fun and supportive environment. Students will build technique through basic ballet exercises while also exploring jazz movement, rhythm, and simple choreography. The class focuses on coordination, flexibility, and musicality, helping dancers grow in confidence and expression. It's a great way for beginners and developing dancers to strengthen their skills while enjoying a variety of dance styles.

AGES ..... 6-9

FEES ..... Member \$30 | Non-member \$70

### BALLET/TAP D

Leap, twirl, and tap your way into the world of dance! Our Ballet & Tap classes introduce young dancers to the fundamentals of both styles while building coordination, balance, rhythm, and confidence. In a fun and supportive environment, participants will develop new skills, express their creativity, and discover a love for movement.

AGES ..... 3-5

FEES ..... Member \$30 | Non-member \$70

### BALLET - MOMMY & ME T

A gentle and joyful Mommy & Me ballet class for little ones ages 0-2 and their caregivers. Together, you'll explore music, movement, and bonding through simple stretches, songs, and sensory play. A sweet way to support early development while creating special moments together.

AGES ..... 0-2

FEES ..... Member \$30 | Non-member \$70

### HIP HOP C D T

Bring the energy and express yourself through movement! Our Hip Hop class combines rhythm, creativity, and confidence-building in a fun, high-energy atmosphere. Dancers learn to move with style and precision while exploring musicality, coordination, and performance expression.

AGES ..... C 6-9 | D 3-12 | T 5-8 | 9-12

FEES ..... Member \$30 | Non-member \$70

### INTRO TO DANCE C T

This class is a fun and engaging introduction to dance for young movers! Dancers will explore basic movements from ballet and creative dance while building coordination, balance, rhythm, and listening skills. Classes focus on following directions, taking turns, and moving confidently in a supportive and playful environment. Music, imagination, and simple choreography are used to keep little dancers excited and smiling while developing a strong foundation for future dance classes.

AGES ..... 3-6

FEES ..... Member \$30 | Non-member \$70

### JAZZ D W

Get ready to leap, jump and turn into this exciting program! In this class children will learn about rhythmic expression and movement improvisation through the upbeat energy of jazz.

AGES ..... D 6-12 | W 3-9

FEES ..... Member \$30 | Non-member \$70

### JAZZ/HIP HOP D

Jazz/Hip Hop description: Get ready to move! This high-energy class blends the technique of jazz with the fun, upbeat style of hip hop. Dancers will build coordination, confidence, rhythm, and performance skills while learning exciting choreography in a positive and encouraging environment. Perfect for dancers who love to express themselves through movement and music!

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

### TAP D

Get moving and make some noise in our Tap Dance classes! Dancers will learn basic tap techniques, rhythm, timing, and coordination while building confidence and having fun. Through energetic music and engaging instruction, participants will develop their skills and enjoy expressing themselves one step at a time.

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70



REGISTER TODAY!



# YOUTH & FAMILY PROGRAMS

## HOMESCHOOL PROGRAMS

### HOMESCHOOL ART T

Homeschool Art is all about exploring creativity and having fun with art. Your child will get to try different art projects, from drawing and painting to sculpture and mixed media. Whether they're a beginner or have some experience, this class will help them develop their skills and find their own artistic style.

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

### HOMESCHOOL COOKING G T

Homeschool Cooking Class is where students embark on a hands-on culinary journey, learning essential cooking skills, exploring global cuisines, and developing healthy eating habits all from the comfort of home! This course is designed to empower young chefs with practical kitchen knowledge, creativity, and confidence.

AGES ..... 8-13

FEES ..... Member \$30 | Non-member \$70

### HOMESCHOOL PE G T

A fun and active class designed for homeschoolers! Kids will be physically active through teamwork with games, fitness challenges, and sports in a supportive and social environment.

AGES ..... 6-14

FEES ..... Member \$30 | Non-member \$70

### HOMESCHOOL STEM G T

Homeschool STEM is a dynamic and interactive learning environment, students will explore the exciting world of STEM through hands-on projects, real-world applications, and collaborative problem-solving. This class is designed to inspire curiosity, foster creativity, and help students develop critical thinking skills as they engage in the discovery process.

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

### HOMESCHOOL TUMBLING T

Homeschool Tumbling is a flexible, skill-building class tailored for homeschooled children to develop their tumbling abilities in a supportive and fun environment. Students will learn basic to intermediate skills like rolls, cartwheels, handstands, and balance work, all while improving strength, flexibility, and coordination. The class encourages focus, discipline, and teamwork, helping children grow both physically and mentally. It's an ideal way for homeschooled kids to stay active, build confidence, and develop athletic skills in a non-competitive setting.

AGES ..... 6-9

FEES ..... Member \$30 | Non-member \$70

## MAKERSPACE PROGRAMS

### MAKERSPACE HOMESCHOOL PROGRAMMING D

Designed specifically for homeschool learners, this hands-on program encourages creativity, critical thinking, and problem-solving through engaging STEAM-based projects. Participants will explore technology, engineering, art, design, and innovation while building practical skills in a collaborative and supportive environment. Every session offers new opportunities to create, experiment, and learn by doing!

AGES ..... 3+

FEES ..... Member \$30 | Non-member \$70

### MAKESPACE OPEN LAB D

Explore, create, and innovate during our Makerspace Open Lab! This drop-in program provides access to hands-on tools, materials, and creative technology for participants of all ages. Whether you're building, crafting, designing, or experimenting with a new idea, Open Lab is the perfect place to learn, create, and bring your imagination to life.

AGES ..... Ages Vary

FEES ..... FREE

### MAKESPACE YOUTH PROGRAMMING D

Inspire creativity and innovation through hands-on STEAM exploration! Youth participants will design, build, create, and experiment with a variety of tools, technologies, and materials while developing problem-solving, teamwork, and critical-thinking skills. From engineering challenges to creative projects, every session encourages imagination and discovery.

AGES ..... 5+

FEES ..... Member \$30 | Non-member \$70



**REGISTER TODAY!**



# YOUTH & FAMILY PROGRAMS

## MARTIAL ARTS

### BUTOKUKAN KARATE

Butokukan Karate is a traditional Japanese martial arts program that focuses on discipline, respect, and personal growth. Students learn fundamental karate techniques including stances, blocks, strikes, kata (forms), and basic self-defense, while building confidence, focus, strength, and coordination. Classes emphasize character development, perseverance, and respect for self and others, making this program suitable for all skill levels—from beginners to advanced students.

AGES ..... 6-9 | 10-13

FEES ..... Member \$30 | Non-member \$70

### BUTOKUKAN | WOMEN'S DEFENSE CLASS

Empower yourself with confidence, awareness, and practical skills in our Women's Self-Defense program. This 4-week session is designed for women of all ages and fitness levels. You'll learn techniques to protect yourself, recognize and avoid potentially dangerous situations, and build mental and physical confidence. 75% Attendance is required to participate in the course.

AGES ..... 14+

FEES ..... Member \$30 | Non-member \$70

### JIU-JITSU

Our beginner Jiu-Jitsu program introduces young students to the fundamentals of this dynamic martial art in a fun, structured, and confidence-building environment. Kids learn essential movements, basic positions, and simple techniques through drills, games, and partner activities designed specifically for their age group.

AGES ..... 6-9 | 10-13

FEES ..... Member \$30 | Non-member \$70

### JUDO

Judo is a martial art focused on learning how to protect ourselves and others using throws, pins, arm bars, and various other grappling techniques. This program is for all skill levels and all ages.

AGES ..... 6+

FEES ..... Member \$30 | Non-member \$70

### KARATE KUNG FU

Join Sensei Johnny for a powerful blend of Chinese Karate and tradition Kung Fu. This dynamic class will teach self-defense skills with precise strikes and fluid kicks. All rooted in the enriching values of the martial arts.

AGES ..... 6-15

FEES ..... Member \$30 | Non-member \$70

### TAEKWONDO

Taekwondo compliments a healthy life-style by developing a well-rounded exercise program and approach toward overall health. Taekwondo offers an extremely rewarding experience for all. If a student has prior experience, they will be acknowledged for their work and will not have to start over as a white belt. We welcome all levels and abilities.

AGES ..... Ages 4-11 | 12+ | Adult

FEES ..... Member \$75 | Non-member \$125

## PRE-K CLASSES

### KINDER PREP

Kinder Prep is a fun and engaging class designed to help children build confidence and get ready for kindergarten in the fall. Through hands-on learning, children will practice early literacy, numbers, colors, shapes, social skills, classroom routines, listening skills, and independence in a playful YMCA environment. This class is a great way to make new friends, learn important school-readiness skills, and start kindergarten feeling prepared and excited!

AGES ..... 4-5

FEES ..... Member \$30 | Non-member \$70

### PEE WEE SPORTS

A program designed to help younger children enhance social competencies, build motor skills, develop healthy habits, and have FUN! By playing sports with new friends, kids will stay active and have a jump start on maintaining healthy living. Each month features a different sport to keep kids engaged and help them discover new interest and abilities!

AGES ..... 3-6

FEES ..... Member \$30 | Non-member \$70

### LITTLE MONKEYS CLIMBING CLASS

Join us for a fun and engaging climbing class where kids will spend an hour each week learning and exploring the climbing wall with the support of our trained YMCA staff. This four-week course focuses on building confidence, improving skills, and having a great time in a safe and encouraging environment.

AGES ..... 3-6

FEES ..... Member \$30 | Non-member \$70

### PRE-K COOKING CLASS

Let's get cooking! This fun and hands-on class is perfect for your little chef to explore the kitchen. Each week, we'll mix, stir, and create simple, kid-friendly recipes together. It's all about trying new things, getting a little messy, and having a great time while learning the basics.

AGES ..... 3-5

FEES ..... Member \$30 | Non-member \$70

### PRE-K INTRO TO CREATIVE ARTS CLASS

Join us for this introductory experience to creative arts where children will explore different arts and crafts and make new friends!

AGES ..... 3-5

FEES ..... Member \$30 | Non-member \$70

### PRE-K PARKOUR CLASS

Jump, climb, balance, and explore in our Preschool Parkour class! Designed for young children, this fun and active program helps develop coordination, balance, agility, and confidence through age-appropriate obstacle courses and movement challenges. In a safe and supportive environment, little movers will build physical skills while having a blast staying active.

AGES ..... 3-6

FEES ..... Member \$30 | Non-member \$70

### PRINCESS PARKOUR CLASS

Calling all princesses, adventurers, and royalty-in-training! Princess Parkour combines imaginative play with active movement as participants jump, climb, balance, and conquer exciting obstacle courses fit for a kingdom. Princess dresses are welcome but not required—just bring your imagination and get ready for a magical adventure that builds confidence, coordination, and strength.

AGES ..... 3-6

FEES ..... Member \$30 | Non-member \$70

**REGISTER TODAY!**



# YOUTH & FAMILY PROGRAMS

## YOUTH PROGRAMS

### DUNGEON & DRAGONS D W

Join us for an exciting Dungeons & Dragons Night designed especially for kids! This adventure-filled evening will transport young heroes into a world of fantasy, teamwork, and imagination. Led by experienced Dungeon Masters, children will embark on thrilling quests, solve puzzles, and encounter magical creatures. No prior experience is needed—just a sense of adventure and a creative spirit.

AGES ..... 6+

FEES ..... Member \$30 | Non-member \$70

### READING READINESS T

Reading Support for 1st and 2nd Graders. Is your child struggling with reading and in need of additional help? Join us for a fun, engaging, and supportive reading class designed specifically for 1st and 2nd-grade students.

AGES ..... 6-8

FEES ..... Member \$30 | Non-member \$70

### YOUTH BAKING CLASS C D

Young bakers will have a blast mixing, measuring, and creating delicious treats while learning basic kitchen skills and baking techniques. Through hands-on activities, participants will build confidence, creativity, and teamwork as they whip up tasty recipes to share with family and friends.

AGES ..... 6-14

FEES ..... Member \$30 | Non-member \$70

### YOUTH CHESS CLASS D

Sharpen your mind, build confidence, and have fun learning the game of chess! Led by Idaho State Chess Champion Caleb Kirchner, participants will develop critical thinking, strategy, problem-solving, and sportsmanship skills in a welcoming and engaging environment. Whether you're brand new to chess or looking to improve your game, these classes offer instruction, guided practice, and friendly competition for all skill levels.

AGES ..... 6+

FEES ..... Member \$30 | Non-member \$70

### YOUTH CLIMBING CLASS D W

Join us for a fun and engaging climbing class where kids will spend an hour each week learning and exploring the climbing wall with the support of our trained YMCA staff. This four-week course focuses on building confidence, improving skills, and having a great time in a safe and encouraging environment.

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

### YOUTH COOKING CLASS C D W

Join us for hands-on cooking fun! In this series, participants will learn kitchen skills, food safety, and make tasty recipes from around the world. Young chefs will explore ingredients, build confidence, and create delicious dishes. Each registration covers two classes a month.

AGES ..... C W 6-12 | D 6-14

FEES ..... Member \$30 | Non-member \$70

### YOUTH CREATIVE ARTS CLASS D W

This Creative Arts Program is a vibrant and hands-on youth art experience designed to ignite creativity and inspire artistic expression. In this dynamic program, participants will explore a variety of mediums each session to allow the discovery of new skills and enhance their artistic abilities.

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

### YOUTH STEM EXPLORERS CLASS D W

The STEM Explorers Program offers young minds the chance to dive into the exciting world of STEM through hands-on learning. Each month, participants will explore a new theme. With each theme, kids will develop critical thinking, teamwork, and problem-solving skills, all while having fun and discovering the wonders of STEM!

AGES ..... 6-12

FEES ..... Member \$30 | Non-member \$70

## ADULT PROGRAMS

### ADULT CHESS CLASS D

Sharpen your mind, build confidence, and have fun learning the game of chess! Led by Idaho State Chess Champion Caleb Kirchner, participants will develop critical thinking, strategy, problem-solving, and sportsmanship skills in a welcoming and engaging environment. Whether you're brand new to chess or looking to improve your game, these classes offer instruction, guided practice, and friendly competition for all skill levels.

AGES ..... 14+

FEES ..... Member \$30 | Non-member \$70

### ADULT BAKING CLASS D

Mix, measure, and create delicious baked goods while learning essential baking techniques from scratch. From breads and pastries to cookies and cakes, these hands-on classes are perfect for beginners and seasoned bakers alike. Come enjoy a fun, welcoming atmosphere and take home treats you'll be proud to share!

AGES ..... 14+

FEES ..... Member \$30 | Non-member \$70

### ADULT COOKING CLASS D

Discover new recipes, build confidence in the kitchen, and learn practical cooking techniques in a fun, hands-on environment. Whether you're a beginner or an experienced home cook, our classes will help you create delicious meals while connecting with others in the community. Join us and bring fresh inspiration to your table!

AGES ..... 14+

FEES ..... Member \$30 | Non-member \$70

### MAKERSPACE ADULT PROGRAMMING D

Learn new skills, explore emerging technologies, and bring your ideas to life in our Adult Makerspace program! Whether you're interested in crafting, design, digital fabrication, electronics, or creative problem-solving, you'll have the opportunity to work on hands-on projects in a welcoming and collaborative environment. No experience necessary, just bring your curiosity and creativity!

AGES ..... 13+

FEES ..... Member \$30 | Non-member \$70

**REGISTER TODAY!**



# NO PLACE



## Like *This Place*

## FALL & WINTER SCHOOL AGE PROGRAMS

The Y provides a safe, supportive, and enriching environment for youth outside regular school hours. Our holistic approach to social, emotional, cognitive, and physical development ensures that all youth learn, grow, & thrive. Whether your child is joining us before school to start their day with energy and confidence, after school to wind down, build friendships, and explore new interests, or joining for a School's Out Camp, we are here to support the growth every step of the way. We provide academic activities, nutritious snacks, physical activity, and free time in a fun, inclusive, and caring community.

### OUR CAUSE & BIG GOALS

We strive to help youth in key developmental areas:

- » Social: make new friends & strengthen relationships;
- » Cognitive: learn new skills and do better in school;
- » Physical: enjoy more physical activity;
- » Character: live with values of caring, honesty, respect, and responsibility.

# BEFORE & AFTER SCHOOL PROGRAMS

With 18 different locations offering before and after school services, we offer full-time (5 days) and part-time (1-4 days) to meet the needs of families. We provide care on early release days and school emergency closure days at no additional charge.

## FULL-TIME WEEKLY TUITION RATES

|             | BEFORE/AFTER SCHOOL | BEFORE SCHOOL ONLY | AFTER SCHOOL ONLY |
|-------------|---------------------|--------------------|-------------------|
| MEMBERS     | \$156               | \$105              | \$115             |
| NON-MEMBERS | \$152               | \$102              | \$112             |

\*See website for part-time schedule pricing

### CALDWELL Y KIDS

#### CALDWELL YMCA | Grades K-7

208-459-2498 ext 655 | [caldwellykids@ymcatvidaho.org](mailto:caldwellykids@ymcatvidaho.org)

AFTER SCHOOL ONLY. Schools served: Heritage Charter, Mosaics Public School, Vision Charter, Thomas Jefferson, Lewis & Clark, Sacajawea, Washington, Wilson, Van Buren, Central Canyon, East Canyon, Desert Springs, Skyway, West Canyon. Transportation provided by local schools.

### DOWNTOWN BOISE

#### FIRST PRESBYTERIAN CHURCH (Downtown Boise YMCA)

##### Before & After School | Grades K-5

208-344-5502 ext 219 | [dtboiseykids@ymcatvidaho.org](mailto:dtboiseykids@ymcatvidaho.org)

Schools served: Adams, Garfield, Highlands, Longfellow, Lowell, Roosevelt, Washington, Whittier. Transportation provided by YMCA to and from local schools.

### EAGLE Y KIDS

#### SEVEN OAKS ELEMENTARY CAMPUS

##### Before & After School | Grades K-5

208-939-6735 | [eaglekids@ymcatvidaho.org](mailto:eaglekids@ymcatvidaho.org)

Schools served: Eagle, Eagle Hills, Galileo, Seven Oaks, Eagle Elementary School of the Art. Transportation provided by YMCA to and from school.

### EAGLE ACADEMY Y TEENS

#### EAGLE ACADEMY

##### After School Only | Grades 9-12 | FREE

208-939-6735 | [eagleacademyyeteens@ymcatvidaho.org](mailto:eagleacademyyeteens@ymcatvidaho.org)

Schools served: Eagle Academy. \*All students at participating school is free. Funding covered by 21st CCLC grant.

### FRONTIER Y KIDS

#### FRONTIER ELEMENTARY

##### After School Only | Grades K-5 | FREE

208-344-5502 ext 415 | [frontierykids@ymcatvidaho.org](mailto:frontierykids@ymcatvidaho.org)

Schools served: Frontier Elementary. \*All students at participating school is free. Funding covered by 21st CCLC grant.

### HILLSDALE Y KIDS

#### HILLSDALE ELEMENTARY (South Tomlinson YMCA)

##### Before & After School | Grades K-5

208-344-5502 ext 538 | [hillsdaleykids@ymcatvidaho.org](mailto:hillsdaleykids@ymcatvidaho.org)

Schools served: Hillsdale Elementary

### HUNTER Y KIDS

#### HUNTER ELEMENTARY CAMPUS

##### Before & After School | Grades K-7

208-855-5871 | [hunterykids@ymcatvidaho.org](mailto:hunterykids@ymcatvidaho.org)

Schools served: Barbara Morgan STEM Academy, Hunter, Paramount, Sawtooth Middle, Willow Creek, Pleasant View, Ponderosa. Transportation provided by YMCA to and from local schools.

### LAKEVUE Y KIDS

#### LAKEVUE ELEMENTARY

##### After School Only | Grades K-5

208-459-2498 ext 658 | [lakevueykids@ymcatvidaho.org](mailto:lakevueykids@ymcatvidaho.org)

Schools served: Lakevue Elementary

### NAMPA Y KIDS

#### CENTRAL ELEMENTARY, ENDEAVOR ELEMENTARY, ROOSEVELT ELEMENTARY, SHERMAN ELEMENTARY

##### After School Only | Grades K-5 | FREE

208-344-5502 ext 491 | [nampaykids@ymcatvidaho.org](mailto:nampaykids@ymcatvidaho.org)

Schools served: Central Elementary, Endeavor Elementary, Roosevelt Elementary, Sherman Elementary. \*All students at participating school is free. Funding covered by 21st CCLC grant.

### RIVER VALLEY Y KIDS

#### RIVER VALLEY Y KIDS

##### After School Only | Grades K-5

208-321-7559 | [rivervalleykids@ymcatvidaho.org](mailto:rivervalleykids@ymcatvidaho.org)

Schools served: River Valley \*All students at participating school is free. Funding covered by 21st CCLC grant.

### SIENA Y KIDS

#### SIENA ELEMENTARY CAMPUS

##### Before & After School | Grades K-7

208-344-5502 ext 483 | [sienaykids@ymcatvidaho.org](mailto:sienaykids@ymcatvidaho.org)

Schools served: Pepper Ridge, Siena, Spalding, Victory Middle. Transportation provided by YMCA to and from local schools.

### SILVER SAGE Y KIDS

#### SILVER SAGE ELEMENTARY

##### After School Only | Grades K-5 | FREE

208-344-5502 ext 483 | [silversageykids@ymcatvidaho.org](mailto:silversageykids@ymcatvidaho.org)

Schools served: Silver Sage

### USTICK Y KIDS

#### USTICK ELEMENTARY CAMPUS

##### Before & After School | Grades K-7

208-321-7559 | [ustickykids@ymcatvidaho.org](mailto:ustickykids@ymcatvidaho.org)

Schools served: Cecil Andrus, Frontier, Lewis & Clark Middle, Lowell Scott Middle, Pioneer, Spalding STEM Academy, Summer Wind, Ustick. Transportation provided by YMCA to and from local schools.

### WEST BOISE Y KIDS

#### WEST BOISE YMCA CHILD DEVELOPMENT CENTER (West Boise YMCA)

##### Schools Out Care Provided | Grades K-5

208-344-5502 ext 415 | [westykids@ymcatvidaho.org](mailto:westykids@ymcatvidaho.org)

### WILDER Y KIDS

#### WILDER ELEMENTARY

##### After School Only | Grades K-8 | FREE

208-807-3051 | [wilderykids@ymcatvidaho.org](mailto:wilderykids@ymcatvidaho.org)

Schools served: Wilder Elementary, Wilder Jr High. \*All students at participating school is free. Funding covered by 21st CCLC grant.

# SCHOOL'S OUT FULL DAY CAMPS

The Y operates School's Out Camp at 7 different locations from 7am–6pm to allow parents the most flexibility to meet their needs and schedules. Breakfast snack and afternoon snack are provided. Youth bring their own lunch. Youth participating in before and/or after school program receive discounted pricing.

## **CALDWELL Y KIDS**

### **CALDWELL YMCA**

208-459-2498 ext 655 | [caldwellykids@ymcatvidaho.org](mailto:caldwellykids@ymcatvidaho.org)

Lunch is provided for all youth through USDA Food Program. Lakevue after school program participate at Caldwell Y Kids.

## **DOWNTOWN BOISE**

### **FIRST PRESBYTERIAN CHURCH (Downtown Boise YMCA)**

208-344-5502 ext 219 | [dtboiseykids@ymcatvidaho.org](mailto:dtboiseykids@ymcatvidaho.org)

## **HILLSDALE Y KIDS**

### **HILLSDALE ELEMENTARY (South Tomlinson YMCA)**

208-344-5502 ext 538 | [hillsdaleykids@ymcatvidaho.org](mailto:hillsdaleykids@ymcatvidaho.org)

Siena Y Kids before and after school program participate at Hillsdale Y Kids. Location is subject to change based on Hillsdale Elementary cleaning schedule.

**AGES** .....5-12

**FEES**.....Before/After School Participant \$28\*

Non-Before/After School Participant \$85

**DATE** .....Aug 11–May 22 | On School District Out Days

**TIME** ..... 7 am–6 pm

\*Contact Y Site for more info

## **HUNTER Y KIDS**

### **HUNTER ELEMENTARY CAMPUS**

208-855-5871 | [hunterykids@ymcatvidaho.org](mailto:hunterykids@ymcatvidaho.org)

Schools served: Barbara Morgan STEM Academy, Hunter, Paramount, Sawtooth Middle, Willow Creek, Pleasant View, Ponderosa. Transportation provided by YMCA to and from local schools.

## **NAMPA Y KIDS**

### **CENTRAL ELEMENTARY, ENDEAVOR ELEMENTARY, ROOSEVELT ELEMENTARY, SHERMAN ELEMENTARY**

208-344-5502 ext 491 | [nampaykids@ymcatvidaho.org](mailto:nampaykids@ymcatvidaho.org)

Schools served: Central Elementary, Endeavor Elementary, Roosevelt Elementary, Sherman Elementary. \*All students at participating school is free. Funding covered by 21st CCLC grant.

## **WEST BOISE Y KIDS**

### **WEST BOISE YMCA CHILD DEVELOPMENT CENTER (West Boise YMCA)**

208-344-5502 ext 415 | [westykids@ymcatvidaho.org](mailto:westykids@ymcatvidaho.org)



# SCHOOL'S OUT SPECIALTY CAMPS

We offer a specialized half day camp for youth that are seeking to develop new skills in a specific topic. Youth that sign up for both the AM & PM can stay with Y staff during 12-1 for lunch. Youth must bring their own lunch.

AGES ..... 5-12

FEES..... Member \$93 | Non-member \$111

## CREATIVE ARTS KIDS CAMP D T W

A colorful, hands-on experience for young artists! Campers will explore a variety of art forms while learning new techniques and expressing their creativity.

DATES ..... D Nov 23-25 (AM)

T Dec 28-30 (PM)

W Dec 21-23 (AM)

TIMES ..... AM: 9 am-12 pm | PM: 1-4 pm

## CURIOUS CHEMISTRY CAMP T

Dive into the exciting world of chemistry through fun, hands-on experiments. Campers will examine real-world science and learn lab skills as they explore chemical reactions and more!

DATES ..... Dec 21-23

TIMES ..... 1-4 pm



## EPIC EATS COOKING CAMP D

Designed for kids who already feel at home in the kitchen and are ready to elevate their skills! Campers dive into new techniques, bold recipes, and creative challenges that go beyond the basics—like making fresh pasta and other familiar favorites from scratch.

DATES ..... Dec 28-30

TIMES ..... 9 am-12 pm

## KID KITCHEN CAMP T

The perfect introduction to the kitchen for young chefs just starting their culinary journey. Campers will learn kitchen basics, practice reading and following recipes, and whip up delicious dishes.

DATES ..... Nov 23-25

TIMES ..... 9 am-12 pm

## MINECRAFT CAMP D T W

An exciting, educational program where kids will explore creativity, teamwork, and problem solving. Through Minecraft gameplay and themed, screen-free activities, campers will learn basic coding, digital citizenship, game strategy, and boost their creativity!

DATES ..... D Dec 21-23

T Dec 28-30

W Nov 23-25

TIMES ..... 9 am-12 pm

## STEM CAMP T

Hands-on program for kids who love to ask questions, build things, and explore how the world works! Campers will dive into fun experiments, challenges, and games while learning to think like real engineers.

DATES ..... Nov 23-25

TIMES ..... 1-4 pm

## SWEETS & TREATS COOKING CAMP T W

A delightfully fun experience where young chefs learn to whip up delicious desserts and tasty treats! From cakes to cookies to no-bake goodies, each day features hands-on cooking & baking, fun food-themed games, and plenty of chances to taste their creations. Perfect for kids with a sweet tooth and a love of cooking!

DATES ..... T Dec 21-23

W Dec 28-30

TIMES ..... 9 am-12 pm



**REGISTER TODAY!**





# YOUTH SPORTS

## LEAGUES

### Y SOCCER LEAGUE D T W

Dribble, Shoot, Score! Y Soccer is an opportunity for youth of all abilities and backgrounds to play soccer in a safe, fun and nurturing environment. Y Soccer is a recreational program where every player plays equally regardless of their position or individual ability.

GRADES .....K-6

FEES .....Member \$120 | Non-member \$175

SESSION DATES ..... Aug 17-Oct 10

### Y VOLLEYBALL LEAGUE D T W

Bump, Set, Spike! Y Volleyball is an opportunity for youth of all abilities and backgrounds to play volleyball in a safe, fun and nurturing environment. Y Volleyball is a recreational program where every player plays equally regardless of their position or individual ability.

GRADES .....2-7

FEES .....Member \$120 | Non-member \$175

SESSION DATES ..... Aug 24-Oct 8

## SPORTS FOR LITTLES

### ROOKIES SOCCER D T W

The rookies soccer program is designed as a first experience for players to the sport of soccer. Your player will learn the basics of soccer by doing different, fun and exciting games with you on the field. Our caring and enthusiastic staff are excited to see your player soon!

AGES .....4-6

FEES .....Member \$66 | Non-member \$104

SESSION DATES ..... Aug 29-Oct 10

**REGISTER TODAY!**



### Y BOYS' BASKETBALL LEAGUE D T W

Y-Ball is an opportunity for youth of all abilities and backgrounds to play recreational basketball in a safe, fun, and nurturing environment. Every player gets equal playtime in Y-Basketball, regardless of their position or individual ability.

GRADES .....K-7

FEES .....Member \$110 | Non-member \$151

SESSION DATES ..... Oct 12-Dec 12

### Y GIRLS' BASKETBALL LEAGUE D T W

Y-Ball is an opportunity for youth of all abilities and backgrounds to play recreational basketball in a safe, fun, and nurturing environment. Every player gets equal playtime in Y-Basketball, regardless of their position or individual ability.

GRADES .....K-7

FEES .....Member \$110 | Non-member \$151

SESSION DATES ..... Jan 11-Mar 6

### ROOKIES BASKETBALL D T W

The rookies basketball program is designed as a first experience for players to the sport of basketball. Your player will learn the basics of basketball by doing different, fun and exciting games with you on the field. Our caring and enthusiastic staff are excited to see your player soon!

AGES .....4-6

FEES .....Member \$66 | Non-member \$104

SESSION DATES ..... Fall Season: Oct 24-Dec 12

Winter Season: Jan 23-Mar 6



# THE Making Memories *Together* PLACE

At YMCA Overnight Camp at Horsethief Reservoir, kids wake up to fresh air and prepare for a day of screen-free fun. From canoeing and climbing to talent shows and late-night laughs, every moment is packed with adventure, friendship, and discovery. It's the kind of summer they'll talk about for years to come.

## **Why Kids and Parents Love YMCA Overnight Camp at Horsethief Reservoir:**

- **Unplug & Reconnect:** Kids trade screens for sunshine and real-life connections.
- **Confidence & Community:** Campers build independence, resilience, and lifelong bonds.
- **Activities for Every Interest:** Sports, arts, nature, and more — there's something for everyone.
- **Safe & Supportive Environment:** Caring staff, cozy cabins, and a focus on well-being.

Make this place your place for campfires, canoes, and connection.

# YMCA OVERNIGHT CAMP AT HORSETHIEF RESERVOIR

Overnight Camp immerses children and families in a community where making friends is natural, exploring new interests is encouraged, and discovering inner strength is guaranteed.

YMCA Camp at Horsethief Reservoir teaches self-reliance, instills a love for nature and the outdoors, and builds character and leadership—all amidst the fun of campfires, canoeing, archery, friends, zip-lining, paddle boarding, mentorships, ropes course, and so much more!

## LABOR DAY FAMILY CAMP

Why let the kids have all the fun? Family camps allow the whole family to experience camp. Enjoy traditional camp activities such as archery, zip line, canoeing, biking, sports, crafts, campfires, and more! All housing, food, and activities are included.

AGES ..... All Ages – Families welcomed

FEES ..... Prices & Housing Options Vary

SESSION DATES ... Sep 4-7

## HOMESCHOOL FAMILY CAMP

Join us for a 4 day, 3 night Outdoor Education Adventure designed specifically for Homeschool families. Students and parents can explore hands-on science topics like aquatic ecosystems, wildlife, and forest ecology through engaging, place-based activities in beautiful Cascade, Idaho. Alongside learning, families will also get to enjoy classic camp experiences such as ziplining, rock climbing, archery, and team challenges, all while building connection, confidence and community.

AGES ..... All Ages – Families welcomed

FEES ..... Prices & Housing Options Vary

SESSION DATES ... Sep 17-20

## WOMEN'S WELLNESS WEEKEND

Recharge, Reset and Refresh! All adult women are welcome to join us for a weekend of relaxation, adventure, fellowship, and tons of camp fun! All meals and activities are included in the registration fee.

AGES ..... Adult Women, 18+ | Girls 13+ are welcome if accompanied by a parent/guardian

FEES ..... Cabin: Member \$275 | Non-member \$300  
Yurt: Member \$235 | Non-member \$275

SESSION DATES ... Sept 25-27

## FALL FAMILY CAMP

Why let the kids have all the fun? Family camps allow the whole family to experience camp. Enjoy traditional camp activities such as archery, zip line, canoeing, biking, sports, crafts, campfires, and more with extra Fall/Halloween fun! All housing, food, and activities are included.

AGES ..... All Ages – Families welcomed

FEES ..... Prices & Housing Options Vary

SESSION DATES ... Oct 9-11

## Start planning for 2027 YMCA Camp!

### SUMMER 2027 REGISTRATION

Registration for Summer 2027 will open in November 2026! Sign up early for all overnight summer programs for youth and teens. Don't miss out on reserving your session of choice!

### GIVE THE GIFT OF CAMP!

Sign your campers up for a 2027 summer overnight camp program by December 15, 2026 to receive an exclusive camp gift this winter!



**REGISTER TODAY!**



# THRIVE CENTER

## Together Helping Realize Inclusive Victories Everyday

THRIVE is designed for children and adults who are neurodiverse, but all are welcome! We are proud to offer a safe center and caring staff. Our staff is well trained and takes great pride in keeping the Blue Cross of Idaho THRIVE Center safe, clean and positive for both the participant and caregiver. The THRIVE Center consists of two sensory rooms with a variety of equipment such as swings, 6ft tall LED bubble tubes, tactile walls, roller track slide and much more! The Y supports social-emotional, cognitive, and physical development for children of all abilities. THRIVE helps close the gap in services for individuals who are neurodiverse, while providing camps and activities that promote belonging.

## THRIVE CLASSES

### THRIVE ADAPTIVE DANCE CLASS (5-14)

Participants will learn body awareness, balance, dance moves, meet new friends, and have fun!

AGES .....5-14  
FEES .....Member \$30 | Non-member \$70  
DATES .....Aug 29-Sep 26 | Oct 1-24 | Oct 29-Sep 21  
TIMES .....Thu: 5:30-6:30 pm | Sat: 10-11 am

### THRIVE ADAPTIVE DANCE CLASS (TEENS/ADULTS)

Participants will learn body awareness, balance, dance moves, meet new friends, and have fun!

AGES .....13+  
FEES .....Member \$30 | Non-member \$70  
DATES .....Aug 29-Sep 26 | Oct 1-24 | Oct 29-Sep 21  
TIMES .....Thu: 4:30-5:30 pm | Sat: 11 am-12 pm

### THRIVE BINGO & DINNER

B-I-N-G-O! Play a few rounds of Bingo while trying to win some fun prizes! Dinner is included with registration. This is a great opportunity to connect with peers and make new friends. Everyone goes home with at least one prize.

AGES .....All Ages  
FEES .....Member \$20 | Non-member \$28  
DATES .....Aug 21 | Sep 18 | Oct 9 | Nov 20 | Dec 4  
TIMES .....5-7 pm

### THRIVE ADULT COOKING CLASS

Participants will learn basic kitchen skills while whipping up easy-to-make meals. Staff will assist participants with kitchen gadgets, learning basic nutrition, safe food and knife handling, and proper cleaning.

AGES .....18+  
FEES .....Member \$20 | Non-member \$27  
DATES .....Sep 3 | Oct 1 | Nov 12 | Dec 3 | Jan 7 | Feb 4  
TIMES .....4:30-6:30 pm

### THRIVE TEEN COOKING CLASS

Participants will learn basic kitchen skills while whipping up easy-to-make meals. Staff will assist participants with kitchen gadgets, learning basic nutrition, safe food and knife handling, and proper cleaning.

AGES .....13+  
FEES .....Member \$15 | Non-member \$35  
DATES .....Sep 12 | Oct 3 | Nov 14 | Dec 9 | Jan 9 | Feb 6  
TIMES .....11:30 am-1:30 pm

### THRIVE DESSERT DECORATING

Using frosting, sprinkles, and candies make some fun holiday designs! This activity is sure to serve up smiles for the whole family! Each participant will receive up to six cookies. Enjoy at home or share with your friends, family, and neighbors!

AGES .....All Ages  
FEES .....Member \$12 | Non-member \$16  
DATES/TIMES .....Oct 17 | 12:30-1:30 pm - Spooky Treats  
Dec 19 | 11:30 am-12:30 pm - Holiday Cookies  
Feb 13 | 2-3 pm - Valentine's Cookies

### LIFE SKILLS

Participants will learn valuable life skills while making friends. Participants will create goals, practice job skills, manage money, practice shopping, and cook. Please review each session's description for the specific class. Classes are every other week. Participants help guide the class based on their interests and goals.

AGES .....13+  
FEES .....Member \$30 | Non-member \$70  
DATES .....Aug 25-Sep 15 | Sep 22-Oct 13 | Oct 20-Nov 10  
Nov 17-Dec 15  
TIMES .....5-7 pm | Tuesdays

### MUSIC THERAPY

Learn about a variety of sounds and musical instruments in this 50-minute class led by a Board Certified Music Therapist! Participants will focus on individual and group goals, such as social and emotional skills while exploring a variety of sounds and musical instruments. (Approved vendor for Family Directed Services (FDS). The number of sessions depends on the number of participants (6-12 weeks))

AGES .....All Ages  
FEES .....Member \$300  
DATES/TIMES .....Please contact Travis for scheduling  
travis.lundin@ymcatvidaho.org

### THRIVE ORNAMENT DECORATING

Crafts filled with holiday cheer! Create a piece that you will cherish for a lifetime.

AGES .....All Ages  
FEES .....Member \$15 | Non-member \$20  
DATES .....Dec 5  
TIMES .....2-3 pm

### THRIVE PUMPKIN DECORATING

Let THRIVE be your Ghost Host for the afternoon! Come let your creativity ooze while you decorate a pumpkin. Choose from spooky, colorful, or even paint your favorite character. All are welcome to join! All supplies are included.

AGES .....All Ages  
FEES .....Member \$15 | Non-member \$20  
DATES .....Oct 10  
TIMES .....1-2:30 pm

### THRIVE SKILLS & DRILLS

Participants will learn the value of a physically active lifestyle with fun PE activities. They will expand their knowledge of fitness concepts including flexibility, stamina, strength, and nutrition. Caregivers may drop off their kids.

AGES .....5-14  
FEES .....Member \$30 | Non-member \$70  
DATES .....Aug 26-Sep 16 | Sep 23-Oct 14 | Oct 21-Nov 11  
Nov 18-Dec 18  
TIMES .....1-2:30 pm

# THRIVE CAMPS

## THRIVE ONE DAY CAMP

Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs). Activities vary each camp.

AGES .....6-12

FEES .....Member \$30 | Non-member \$44

DATES ..... Sep 16 | Sep 25 | Nov 3 | Jan 18 | Jan 27 | Feb 15 | Mar 3

TIMES .....AM: 8:30 am-12:30 pm | PM: 12:30-4:30 pm

## THRIVE TWO DAY CAMP

Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs). Activities vary each camp.

AGES .....6-12

FEES .....Member \$60 | Non-member \$88

DATES ..... Oct 8-9

TIMES .....AM: 8:30 am-12:30 pm | PM: 12:30-4:30 pm

## THRIVE THREE DAY CAMP

Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs). Activities vary each camp.

AGES .....6-12

FEES .....Member \$93 | Non-member \$111

DATES ..... Nov 23-25 | Dec 21-23 | Dec 28-30

TIMES .....AM: 8:30 am-12:30 pm | PM: 12:30-4:30 pm

## TOMLINSON YMCA AND ADAPTABLE FOUNDATION HALLOWEEN CARNIVAL

In partnership with the AdaptABLE foundation, please join us for a night of fun and friends! This adaptive and inclusive event is for everyone of all ages and abilities. Vendors will be on site to pass out treats and resources.

AGES .....All Ages

FEES .....FREE Community Event

TIMES .....5-8 pm

DATES .....Oct 23



**REGISTER TODAY!**



Participants that are neurodiverse may attend at no cost. This amazing opportunity has been sponsored by The M.L. Orndorff Caring for Caregivers Fund. Priority is given to those that are neurodiverse, but all are welcome.

## THRIVE KIDS' DAY OUT

Kids get to enjoy a night of games and friends. It's a great way for kids to be active and meet new people, and parents get a chance to go out, too! Kids will be supervised by caring and responsible Y staff (and have a blast)!

AGES .....All Ages

FEES .....FREE | Registration Required

TIMES .....1-4:30 pm

DATES .....  Sep 12 | Oct 3

 Sep 26 | Oct 17\* | Nov 21 | Dec 19

 Sep 19 | Oct 10 | Nov 14 | Dec 12

\*Oct 17: Time will be from 2-5:30 pm

## THRIVE DRAGONFLIES

Enjoy a night of games and socialize with friends. Parents get a chance to go out, too! Participants will be supervised 1:1 while in the program and dinner is provided. Participants must need 1:1 support, be an adult living at home with their parent/guardian, or be medically complex. Proof of eligibility is required. Participants must fill out a Participants Care Form before the program.

AGES .....All Ages

FEES .....FREE | Registration Required

DATES .....Aug 14 | Sep 4 | Oct 2 | Nov 13 | Dec 11

TIMES .....5:30-8:30 pm

## THRIVE FIREFLIES

Enjoy a night of games and socialize with friends. Parents get a chance to go out, too! Participants will be supervised 1:1 while in the program and dinner is provided. Participants must need 1:1 support, be an adult living at home with their parent/guardian, or be medically complex. Proof of eligibility is required. Participants must fill out a Participants Care Form before the program.

AGES .....All Ages

FEES .....FREE | Registration Required

DATES .....Aug 28 | Sep 11 | Sep 25 | Oct 16

Nov 6 | Dec 4

TIMES .....5:30-8:30 pm



# RACES

## TOBIN BOLTER KIDS DUATHLON

Join us for our annual Tobin Bolter Memorial Kids Duathlon presented by Ada County and the YMCA. Bike and Run through the beautiful Ada/Eagle bike park. Open to all kids aged 12 and under.

DATE ..... Sep 12

TIME..... 9 am

LOCATION ..... Ada/Eagle Bike Park

## THE HARRISON CLASSIC PRESENTED BY BLUE CROSS OF IDAHO

The Harrison Classic is a beloved Boise tradition for kids 14 and under! This one-mile run/walk down historic Harrison Boulevard is all-inclusive, family-friendly, and designed to inspire a lifelong love of fitness. Every kid will receive a shirt, medal, and healthy snack at the end of the race.

DATE ..... Oct 4

TIME..... 3 pm

LOCATION ..... Harrison Blvd

## THE HALLOWEEN RUN PRESENTED BY MICRON

Ready, Set, Glow! Trick out your costume and treat yourself to a fun run! Choose from either the Half Marathon, the Monster Mile or the Freaky 5k. Wear your costumes, neon, or fluorescent clothing, and more...have fun and be creative! We'll have a pre-race costume contest with prizes for the winners!

DATE ..... Oct 24

TIME..... 9 am: Half Marathon

10 am: 5K | 10:15 am: Mile

LOCATION ..... Ann Morrison Park

## CAPED DOWNTOWN BOISE YMCA GRAND OPENING WALK

Be part of the celebration as we kick off a new chapter for our community. Join us directly before the official Grand Opening of the CapEd Downtown YMCA for a special Grand Opening Walk that brings neighbors, families, and partners together in a fun, active way.

DATE ..... TBD

TIME..... 9:30 am

LOCATION ..... Downtown Boise YMCA

## THANKSGIVING LEFTOVERS RUN

As part of our race community, you know race day gear is special! We've got leftover swag from past events—hats, shirts & medals—available first come, first served at packet pickup on race day. Arrive early to grab your favorites before they're gone!

DATE ..... Nov 28

TIME..... 10 am

LOCATION ..... Ann Morrison Park

## THE YMCA CHRISTMAS RUN PRESENTED BY FORD

Create a new tradition or continue a long-standing one! Celebrate the holiday season with family, friends, or community by running or walking together. Join the festivities as Santa starts the race. Wear your holiday costumes for a chance to win the costume contest!

DATE ..... Dec 19

TIME..... 10 am

LOCATION ..... Boise High School

**REGISTER TODAY!**



# TRACK & FIELD

## TEAM IDAHO ADVANCED WINTER TRACK & FIELD

Our Winter Track program consists of flexibility exercises, form drills, and aerobic exercises designed to prepare participants for their 2027 Outdoor Track and Field seasons! Our coaching staff is knowledgeable and passionate about track and field. We can help you achieve your goals – whether it is competing at the annual Simplot Games, preparing for your spring season or staying conditioned for other sports. Practices are held 3 days/week outside on the track. Coaching is available for the following events: sprints, hurdles, distance, long/triple jump, high jump, and throws. Open to ages 12+ with prior track & field experience.

DATE ..... Nov 30–Feb 19

FEE ..... Members \$75 | Non-member \$150 (6 week session)

Members \$150 | Non-member \$300 (12 week session)

## YOUTH CROSS COUNTRY

Youth Cross Country is a program for kids 5–14 years old who enjoy running and want to improve their skill and endurance. Practice Mondays and compete in meets every Wednesday. Four locations across the valley: West Park, Camel's Back Park, Hobbie Creek Park, and Hillsdale Park.

DATE ..... Aug 31–Oct 21

FEE ..... Members \$60 | Non-member \$160

## YOUTH INDOOR RUNNING

Looking for a high-energy way to keep kids active through the winter months? Our youth indoor running program is an engaging opportunity for kids ages 5–12 to build strength, improve agility, and stay fit—all while having a blast & making new friends! Participants meet twice weekly, using our indoor track and program space at West Boise YMCA and Caldwell YMCA. Spots are limited to 25 kids per session so register today!

DATE ..... Nov 30–Jan 28

FEE..... Members \$30 | Non-member \$90 (4 week session)

Members \$60 | Non-member \$180 (8 week session)

**REGISTER TODAY!**



# STAGE DESCRIPTIONS

**REGISTER TODAY!**



## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

# AQUATICS

## SWIM LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# AQUATICS

## TEEN/ADULT LESSONS

### BEGINNER G D T W

Adult lessons – ages 13 and older – non-swimmer through beginner. This class is designed to acclimate teens and adults to the water and learning safety skills.

AGES .....13+

FEE .....Member \$30 | Non-member \$140

### INTERMEDIATE/ADVANCED G D T W

Adult lessons – ages 13 and older – intermediate/advance swimmers. This class is designed to help with endurance and stroke refinement.

AGES .....13+

FEE .....Member \$30 | Non-member \$140

### SWIM FIT G T W

This advanced adult swim team is excellent for adults who are training for triathlons, ex-competitive swimmers looking to get back into the pool, and anyone who knows the competitive strokes and wants to incorporate swimming into their workout routine.

AGES .....18+

FEE .....Member \$30 | Non-member \$140

## PRIVATE LESSONS

### PRIVATE LESSONS G D T W

These swim lessons are for individuals who desire dedicated time from an instructor in a one on one or small group setting. We will cover the skills the student desires to learn. Please contact your Aquatics Director for more information.

## SWIM TEAM

### BOISE YMCA SWIM TEAM

The Boise YMCA Swim Team is both a YMCA and USA swimming year-round, competitive swim team offering high quality, professional coaching for swimmers ages 6 and over of all abilities. The goal of our team is to provide members an opportunity to improve swimming skills and achieve success at their level of ability, from novice to national competitor.

AGES .....6-18

FEES .....Visit our website for program rates

### BLUE MARLINS – BEGINNER W

The Blue Marlins are a recreational swim team with an emphasis on stroke development and aerobic exercise. Participants will continue their growth as a swimmer by increasing their endurance through age/skill appropriate workouts in a fun environment.

AGES .....5-16

FEE .....2x a Week: Member \$30 | Non-member \$140  
3x a Week: Member \$50 | Non-member \$160

### BLUE MARLINS – INTERMEDIATE/ADVANCED W

The school year Blue Marlins are a recreational swim team with an emphasis on stroke development and aerobic exercise. Participants will continue their growth as a swimmer by increasing their endurance through age/skill appropriate workouts in a fun environment.

AGES .....8-18

FEE .....2x a Week: Member \$30 | Non-member \$140  
3x a Week: Member \$50 | Non-member \$160

# CERTIFICATIONS

Certifications are issued by the American Health and Safety Institute

### CHILD & BABYSITTING SAFETY D T W

This one day or two course offers a babysitting certification. Participants will learn how to choose safe and age-appropriate toys and games, prevent injuries, be prepared if an emergency happens in their care, handle bed time issues, and more!

AGES .....12+

FEE .....Member \$55 | Non-member \$85

### COMMUNITY ADULT BASIC FIRST AID G D T W

BFA participants will learn to recognize the signs and symptoms of injuries and sudden illness. This class teaches crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reactions, diabetic emergencies, and seizures.

AGES .....12+

FEE .....Member \$30 | Non-member \$60

### COMMUNITY CPR/AED G D T W

The American Health and Safety Institute CPR and AED training program provides workplace and community training in preforming (infant, pediatric, and adult) CPR and using an automated external defibrillator (AED).

AGES .....12+

FEE .....Member \$30 | Non-member \$60

### LIFEGUARD G D T W

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in Basic Life Support, Adult/Pediatric First-Aid and Emergency use of Medical Oxygen.

AGES .....16+

FEE .....Member \$150 | Non-member \$225

### SWIM INSTRUCTOR G D T W

This course trains instructor candidates to teach YMCA Swim Lessons. It also provides certification in Basic Life Support, Adult/Pediatric First-Aid and Emergency use of Medical Oxygen.

AGES .....16+

FEE .....Member \$150 | Non-member \$225

## CONDITIONING

### AQUATICS CONDITIONING D T W

Aquatics conditioning is a competitive pathway for students following swim lessons. This program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

AGES .....5-13

FEE .....Member \$30 | Non-member \$140

**REGISTER TODAY!**



## DIVING

### INTRO TO DIVING <sup>W</sup>

This program is for participants who are interested in diving and wants to try it out for the first time. Participants will start to learn the basics of diving and will have the opportunity to use the 1 meter boards. At least one session of Introduction to Diving is required prior to joining the higher levels. The next level is typically the Beginner diving program. The coaches will hand out certifications of achievement at the end of the session so you know where to place your new diver next. We welcome all divers ages 6-15 to try this program!

AGES .....7-15

FEE .....Member \$30 | Non-member \$140

### BEGINNER DIVING <sup>W</sup>

Beginner Diving allows divers with little diving experience to continue to learn about the sport as well as challenge themselves by learning new skills that they can complete successfully. These skills give participants a sense of accomplishment in a new sport. During the Beginner Diving program, divers will have the opportunity to practice skills on both the 1 and 3 meter diving boards. The next level is typically the Intermediate Diving class. The coaches will hand out certifications of achievement at the end of the session so you know where to place your diver. We welcome all divers ages 7-15 to try this program!

AGES .....7-15

FEE .....Member \$30 | Non-member \$140

### INTERMEDIATE DIVING <sup>W</sup>

Intermediate Diving allows divers with some experience to continue their learning of the sport and challenge themselves through higher level skills. These skills give participants the sense of accomplishment in a sport that they have grown to love. During the Intermediate Diving program, divers will have the opportunity to continue practicing on the 1 and 3 meter diving boards. The next level is an invite only Advanced team. The coaches will hand out certifications of achievement at the end of the session so you know where to place your diver. We welcome all divers ages 7-16 to try this program!

AGES .....10-16

FEE .....Member \$30 | Non-member \$140

### ADVANCED DIVING <sup>W</sup>

Advanced Diving is designed for divers who are looking to compete in the sport. These divers have developed upper level skills and want to take their diving to the next level. They will be coached by former competitive divers so that they may receive important feedback on their development. Participants will have the opportunity to travel to competitive dive meets.

AGES .....12-18

FEE .....Member \$30 | Non-member \$140

## ARTISTIC SWIMMING

### ARTISTIC SWIMMING <sup>W</sup>

Welcome to artistic swimming! Joining our Sapphire Group (Level 1) focuses on building water confidence and learning the basic skills of the sport. We will practice introductory figures and develop coordination and rhythm. This course is perfect for athletes who love the water and want to try a new sport!

AGES .....6-12

FEE .....Member \$40 | Non-member \$100

**REGISTER TODAY!**



## WATER POLO

### SPLASH BALL <sup>W</sup>

Youth Splash Ball is a program for youth ages 6-13 wanting to practice their water polo skills and techniques in a friendly and team-oriented environment. Splash Ball is designed for younger players and takes place in the shallow pool. Players will be introduced to water polo instruction, as well as participate in scrimmages. No previous experience is necessary. Just bring a suit and be ready to have fun! Participants must be able to pass the green swim test.

AGES .....6-13

FEE .....Member \$30 | Non-member \$140

### YOUTH WATER POLO <sup>W</sup>

Come and join the team! YMCA Youth Water Polo is a program for youth wanting to practice their water polo skills and techniques in a friendly and team oriented environment. No previous experience is necessary. Just bring a suit and be ready to have fun!

AGES .....10-14

FEE .....Member \$30 | Non-member \$140

### HIGH SCHOOL WATER POLO <sup>W</sup>

Come and join the team! YMCA Water Polo is a program for young men and women wanting to practice their water polo skills and techniques in a friendly and team-oriented environment. No previous experience is necessary. Just bring a suit and be ready to have fun! Participants must be able to pass the green swim test.

AGES .....14-18

FEE .....Member \$30 | Non-member \$140

## SCUBA

### SCUBA <sup>W</sup>

Aquatic Awakening offers participants with PTSD, anxiety, and depression a guided and unique blend of SCUBA diving, mindfulness, and yoga for a transformative underwater experience. Participants can relax in the shallow end of the pool using a simplified SCUBA setup, allowing for freedom of movement and pain-free maneuvering. This program aims to reduce cortisol levels and improve sleep, providing profound mental and physical benefits. Dive into tranquility and join us in a serene aquatic environment designed to enhance your well-being and rejuvenate your spirit.

AGES .....18+

FEE .....Member \$95 | Non-member \$158





# YOUTH FIT

## KIDS CROSSFIT <sup>W</sup>

This 4-week program is designed especially for youth. Using functional fitness and a variety of movement and activities, participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength. Class is held 2 times a week for 50 minutes on Monday and Wednesday. Participants should wear comfortable clothes they can work out in and close toed shoes.

AGES .....8-14

FEES .....Members \$30 | Non-member \$140

## YOUTH FIT <sup>T</sup>

Participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength using a variety of movements, including functional fitness. Class is held 2 times a week for 55 minutes during this 4-week session. Participants should wear comfortable clothes they can work out in and close-toed shoes.

AGES .....10-14

FEES .....Members \$30 | Non-member \$140

## YOUTH SKI & SNOWBOARD CONDITIONING <sup>D</sup>

Don't miss a minute of fresh powder this season! In this 4-week class, you will work with a personal trainer in a small group setting. A total of 4 one-hour sessions designed especially for young skiers and snowboarders will prepare you for the season with a special focus on strength, flexibility, and recovery. Register online or at the Front Desk.

AGES .....10-18

FEES .....Members \$30 | Non-member \$140

## YOUTH SPORTS CONDITIONING <sup>D</sup>

This twice-a-week program is designed especially for youth. Participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength using a variety of movements, including functional fitness a variety of movement and activities. (Participants should wear comfortable clothes in which they can exercise and closed-toe fitness shoes. Water bottles are required.)

AGES .....10-14 | 12-18

FEES .....Members \$30 | Non-member \$140

## YOUTH STRENGTH TRAINING - PRIVATE <sup>G D W</sup>

This is a private 60 minute session with a Certified Personal Trainer where your child will learn safe usage of fitness equipment and proper etiquette on the fitness floor. This program is required for children 10-11 in order to exercise independently in designated fitness areas in the facility. While not required for children 12-14, it is highly encouraged. (After you register, the Health & Well-being department will contact you to schedule their participants session)

AGES .....10-14

FEES .....Member \$30

## YOUTH STRENGTH TRAINING - GROUP <sup>G D T W</sup>

This is a 60 minute group session with Certified Personal Trainer where your child will learn the safe usage of fitness equipment and proper etiquette on the fitness floor. This class is required for children 10-11 in order to exercise independently in designated fitness areas in the facility. While not required for children 12-14, it is highly encouraged.

AGES .....10-14

FEES .....FREE | Members Only

**REGISTER TODAY!**



# HEALTH & WELLBEING

## BULLETPROOF KNEES WORKSHOP

Your knees carry you through life—let's keep them strong, stable, and pain-free. In this active workshop, you'll learn key exercises to support healthy knees through strength, mobility, and alignment. Whether you're recovering from discomfort or aiming to prevent future issues, you'll leave with practical tools to build resilience in your joints. Benefits include:

- Improved knee stability and alignment
- Stronger muscles to support joint health
- Reduced risk of injury
- Better movement mechanics for everyday life

Perfect for anyone who walks, squats, runs, lifts—or just wants to keep moving comfortably for years to come.

AGES .....18+

FEES .....Members \$92

## EXERCISE & STRATEGIES FOR INJURY PREVENTION

Instruction & education to improve balance, strength, mobility & injury prevention strategies to reduce falls & increase safety with daily activities. This class can help improve physical strength & coordination by implementing exercise program, preventing injuries, identifying potential hazards in environment & using modifications or adaptive strategies with daily activities.

AGES .....18+

FEES .....Member \$30 | Non-member \$ 70

**REGISTER TODAY!**



## INTRO TO STRENGTH TRAINING FOR WOMEN

Are you ready to feel stronger, more empowered, and confident in the gym? This welcoming course is perfect for women of all fitness levels who want to explore strength training and discover the benefits of lifting weights. Strength training is essential for women, as it helps improve bone density, boosts metabolism, and enhances overall physical and mental well-being. Participants will gain hands-on experience with various tools such as free weights, machines, and barbells, while learning techniques for key exercises like squats, deadlifts, and presses. You will also have the opportunity to explore different areas of the Y, building confidence in your abilities.

AGES .....18+

FEES .....Members \$92

## SKI & SNOWBOARD CONDITIONING

Don't miss a minute of fresh powder this season! In this 4-week class, you will work with a personal trainer in a small group setting.

A total of 4 one-hour sessions will prepare you for the season with

a special focus on strength, flexibility, and recovery.

AGES .....15+

FEES .....Members \$92

## STRONGER: NEXT LEVEL LIFTING FOR WOMEN OVER 40

Ready to take your strength training to the next level? This 4-week small group workshop is designed for women 40+ who already have some weight room experience and are ready to go heavier, train smarter, and feel more empowered in their bodies. Together, we'll explore progressive overload, proper form for heavier lifts, and how to build muscle safely and effectively. Whether your goal is to get stronger, feel more capable, or simply challenge yourself in new ways, this supportive and educational group will help you level up your lift—at your pace, with expert guidance.

AGES .....40+

FEES .....Members \$92

## EBHI – EVIDENCE BASED HEALTH INTERVENTION

### CLINICAL TRX

Clinical TRX is targeted for individuals who have had hip or knee surgery as well as anyone who is interested in strengthening with an emphasis on joint stability.

AGES .....N/A

FEES .....Members \$45 | Non-member \$70

### DELAY THE DISEASE

Delay the Disease is a unique, community-based PD exercise program that consists of group classes that include brief episodes of high-intensity aerobic work followed by PD-specific task training. Core stability, eccentric strength training, dual-task training, large-amplitude walking, rotational movements, integrated cognitive challenges, fine motor drills, and balance training are incorporated at a challenging level of difficulty for all functional abilities. Delay the Disease is an evidence-based fitness program, led by a certified instructor, designed to empower people with Parkinson's disease and other neurological disorders.

AGES .....N/A

FEES .....Members \$45 | Non-member \$70

### ENHANCEFITNESS

Regular physical activity for the older adult population can help manage a number of illnesses, including high blood pressure, osteoporosis, heart disease, diabetes, and depression. Physical activity helps to decrease arthritic pain, delay the onset of disability, improve physical functioning and independence, enhance mood and quality of life, and improve aerobic and muscular strength.

AGES .....N/A

FEES .....FREE

### MOVEMENT FOR MEMORY

Movement for Memory is specifically designed for early-stage dementia and/or mild cognitive impairment (MCI). This table shows changes for the most common types of dementia.

AGES .....N/A

FEES .....Members \$45 | Non-member \$70

**REGISTER TODAY!**

[CLICK HERE TO VIEW DATES/TIMES](#)



# HEALTH & WELLBEING

## EBHI – EVIDENCE BASED HEALTH INTERVENTION

### ONCOLOGY RECOVERY

The Oncology Recovery Program is designed to meet the needs of cancer survivors before, during and/or after treatment in a safe and supportive environment. Research shows that when geared specifically to the patient, exercise is safe for all physical levels of ability. Additionally, it is suggested that interaction with individuals who have similar circumstances may lead to benefits beyond exercise alone. Participants partake in physical and social activities focused on strengthening the whole person and improving quality of life. By shifting the emphasis away from the disease, participants move beyond cancer in spirit, mind, and body.

AGES .....18+

FEES .....Members \$150 | Non-member \$200

### WELLNESS PASSPORT

Wellness Passport is a small group program offered in collaboration between St. Luke's Neurosciences Rehabilitation and the YMCA. This small group class is for individuals recovering from and/or living with neurological injuries such as: stroke, brain injury, spinal cord injury, Parkinson's disease, and other related conditions.

AGE.....18+

FEES.....Member \$45 | Non-member \$70

### ROCK STEADY BOXING

Rock Steady Boxing is a one-of-a-kind program providing a uniquely effective form of physical exercise to people who are living with Parkinson's. Exercises are largely adapted from boxing drills. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points while focusing on overall fitness.

AGES .....N/A

FEES .....Members \$45 | Non-member \$70



**REGISTER TODAY!**

[CLICK HERE TO VIEW DATES/TIMES](#)



## LECTURE SERIES

### BRAIN HEALTH SYMPOSIUM

Unlock your mind, enhance your life: empowering brain health for a brighter future! Brain health is a critical piece of holistic wellness and underlies our ability to communicate, make decisions, problem-solve, form and maintain relationships, and live a productive and full life.

FEES .....FREE | Open to the Public

DATE .....Oct 17

TIME.....8:15 am–2:45 pm

LOCATION .....Online & In-Person at ICOM



SCAN THE  
QR CODE TO  
REGISTER

#### Presenters:

- Thomas Farrer, PhD, ABPP
- Shashi Ajmani, MD
- Sheila Weaver, LCSW, MPA
- Tina Barnett, CSA
- Theresa Trimarco, AuD, F-AAA
- Sarah Mosseau, AuD, CCC-A
- Leslee Blanch, RD, LD, GPX
- Bob Wood, PhD
- Sydney Boutros, PhD
- Michael White, PA-C

For professional and general audiences. Additionally, it provides Continuing Medical Education for medical providers and fitness professionals.

CME / CEC Registration Fee: \$20

In support of improving patient care, this activity has been planned and implemented by the University of Idaho, School of Health and Medical Professions, and the YMCA Treasure Valley.

The University of Idaho, School of Health and Medical Professions, is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

### HAVE MORE QUESTIONS?

CONTACT: [mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.org)  
208-344-5502 EXT. 276



# LECTURE SERIES

## HOPE, HEART & PEACE

The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to provide once-a-month online (virtual) free educational evidence-based program series open to our community. These programs are delivered by healthcare professionals and academic centers to the following adult audiences:

- Interested in improving brain health
- Interested in reducing risk of dementia
- With early Alzheimer's & related dementias and their family members

### HOPE: Healthy Options for Prevention Excellence

- Focus is on education about dementia risk reduction including 14 established modifiable risk factors to improve brain health and reduce one's risk of dementia.

### HEART: Holistic Evidence-based Alzheimer's and Related dementias Treatment

- Focus is on education about obtaining early diagnosis and creating a comprehensive holistic evidence-based care plan for treatment of dementia.

### PEACE: Palliative Excellence in Alzheimer's and related dementias Care Efforts

- Focus is on education about palliative care for individuals with dementia that includes approaches to promote safety, delay institutionalization, prevent and reduce agitation and improve end of life care.

## HAVE MORE QUESTIONS?

CONTACT: [mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.org)  
208-344-5502 EXT. 276

## WOMEN'S HEALTH SERIES

Join us for an educational women's health series focused on menopause, nutrition, movement, heart health, and self-care. Sessions are led by local health and wellness professionals and provide practical strategies to support healthy aging and overall well-being.

FEES .....FREE | Open to the Public  
DATE .....Sep 24-Oct 29 | Thursdays  
TIME.....5:30-7 pm  
LOCATION .....Tomlinson South Meridian YMCA



**REGISTRATION IS REQUIRED**  
For more information or to register, scan the QR code.



### September 1:

#### From Confusion to Clarity: Understanding Palliative Care

Led by: Marissa Click, M.Div., BCC

### October 17:

#### 6th Annual Brain Health Symposium

### November 3:

#### Where Care Meets Connection: Transforming the Caregiving Experience

Led by: Honey Goodman

### December 1:

#### Dementia Friendly Hospital Care

Led by: Daniela Schneider-Aguilera, NP

FEES .....FREE | Registration is required

DATE ..... First Tuesday of the Month

TIME..... 11:30-12:30 pm MST

LOCATION ..... Online

### TO REGISTER, CONTACT MARY BIDDLE:

[Mary.Biddle@ymcatvidaho.org](mailto:Mary.Biddle@ymcatvidaho.org) | 208-344-5502 ext. 276

### WEEK 1 (9/24): UNDERSTANDING PERIMENOPAUSE & MENOPAUSE

Led by: Hannah Underdahl CNM, WHNP-BC

Overview: Learn about the changes your body goes through during perimenopause and menopause.

### WEEK 2 (10/1): NUTRITION FOR MIDLIFE WOMEN

Led by: Liz LeFevre RD, LD, CDCES, CSO

Overview: How diet can impact menopause symptoms and overall health.

### WEEK 3 (10/8): EXERCISE & MOVEMENT

Led by: Monique Middlekauff, PhD, C-EP, CSCS

Overview: Safe and effective ways to stay active and support physical and mental health.

### WEEK 4 (10/15): YMCA OPEN HOUSE

Led by: YMCA Staff

Overview: Health education and provider engagement with attendees, along with YMCA program exposure and membership information.

### WEEK 5 (10/22): HEART HEALTH

Led by: Alina Robert, MD

Overview: Women's cardiovascular health, prevention, and early recognition.

### WEEK 6 (10/29): PUTTING IT ALL TOGETHER: SELF-CARE & SYMPTOM MANAGEMENT

Led by: LeAnn Mora, LCSW, CBTI-C

Overview: Integrating nutrition, movement, and lifestyle strategies for optimal health.

# FOREVERWELL

ForeverWell is a collection of fitness, educational, recreational, and social programs and events designed to connect our 55+ community. Our focus is on creating a space for achievement, finding a sense of belonging, building relationships, and working on our overall health and well-being. Whether you are an Active Older Adult or new to the community and looking for a place to begin, check out our ForeverWell programming.

## FOREVERWELL PROM

Join us at the YMCA Community Hub for our 3rd Annual PROM Dance. Good music, light snacks, dancing, and socializing. This years theme is Sock Hop.

AGES ..... 55+

FEES ..... FREE (Non-members: Free with a member)

DATE/TIME ..... Sep 25 | 5:30-7 pm

## FOREVERWELLNESS WEEK 2026

ForeverWellness Week is a collection of fitness, educational, recreational and social programs designed to connect you to your YMCA. Join us this week at your YMCA branch of choice and get involved in all the fun activities being hosted. Each branch will have a unique schedule of events for you to participate in.

FEES ..... FREE (Non-members: Free with a member)

DATE ..... Sep 21-25

Foreverwell Schedules including weekly classes and special offerings are available on YMCA360 and at the welcome center.

**REGISTER TODAY!**



## CRAFT & FIBER SOCIAL

Looking for a place to unwind, create, and spend time with good company? Our craft group welcomes makers of all kinds—knitters, stitchers, scrapbookers, artists, and anyone working on a personal project. Come as you are, bring what you love, and enjoy two hours of creativity and connection. All ages welcome, and childcare is available

AGE ..... All Ages

FEES ..... FREE (Non-members: Free with a member)

## BRING YOUR OWN BOOK CLUB

Bring Your Own Book Club is a non-traditional twist to your everyday Book Club. Each month will have a theme for the book which allows readers to pick their own book within that category.

AGES ..... 18+

FEES ..... FREE

## CRIBBAGE

AGES ..... 18+

FEES ..... FREE

FOREVERWELL



**THE**  
Show Up  
For  
Each Other  
**PLACE**

No Place Like *This Place*™

# Y GUIDED DISCOVERY PRESCHOOL

The Y's Guided Discovery Preschool Programs provide part-time and full-time preschool opportunities for children to learn, grow, and thrive. Our Y Teachers focus on each child's language, cognitive, physical, social, and emotional development. The Y implements evidence-based curricula of Conscious Discipline, Frogstreet, and Creative Curriculum to ensure the cognitive, physical, and social-emotional development of each child. We also follow the Idaho Early Learning e-Guidelines as standards to ensure children are meeting key benchmarks to be ready for school. All children enrolled in Y Guided Discovery Preschool must be toilet trained.

## REGISTRATION OPENS FOR NEW FAMILIES **MARCH 4.**

Spots fill fast so please email below to add your name to our interest list for enrollment.

### »» **Boise & Meridian Part-Time Preschool:**

Desert Sage Elementary | Y Siena Guided Discovery Preschool

Willow Creek Elementary

Contact: [westguideddiscovery@ymcatvidaho.org](mailto:westguideddiscovery@ymcatvidaho.org) to learn more!

### »» **Canyon County Preschool Collaborative:**

In partnership with United Way, Caldwell School District, and Nampa School District, we provide preschool options at a reduced-tuition at:

Lincoln Elementary (Caldwell) | Greenhurst Elementary (Nampa)

Contact: [preschoolcollaborative@ymcatvidaho.org](mailto:preschoolcollaborative@ymcatvidaho.org) to learn more!

### »» **Boise & Caldwell Preschool 21st CCLC:**

In partnership with State Department of Education's 21st Century Community Learning Center grant, we provide tuition-free preschool options at:

Caldwell YMCA ([caldwellgdpreschool@ymcatvidaho.org](mailto:caldwellgdpreschool@ymcatvidaho.org))

Desert Sage Elementary ([westguideddiscovery@ymcatvidaho.org](mailto:westguideddiscovery@ymcatvidaho.org))

Taft Elementary ([taftpreschool@ymcatvidaho.org](mailto:taftpreschool@ymcatvidaho.org))

Wilder Elementary ([preschoollcollaborative@ymcatvidaho.org](mailto:preschoollcollaborative@ymcatvidaho.org))



## **Ages: 3-5 | Aug-May AM & PM Classes Available**

### **Meridian:**

Member \$427 | Non-Member \$440

### **Caldwell:**

Member \$204 | Non-Member \$210

### **Nampa:**

Member \$257 | Non-Member \$265



**CLICK OR  
SCAN TO  
REGISTER**



## **Financial Assistance Available to All.**

At the Y, we believe no one is turned away due to inability to pay. We also offer additional financial assistance to ensure all children have a place at the Y. For more information about financial assistance contact: [cdaccounting@ymcatvidaho.org](mailto:cdaccounting@ymcatvidaho.org)

# FULL-TIME INFANT, TODDLER & PRESCHOOL CARE

The Y's early learning child care programs are staffed with licensed childcare workers who understand the cognitive, physical, and social-emotional development of infants, toddlers, and preschoolers. At the Y, infants develop trust, security, and positive relationships, toddlers learn new skills and make friends, and preschoolers experience community field trips, the enjoyment of early literacy, friends, and social-emotional development. Registration is open year round.

The Y implements evidence-based curricula of Conscious Discipline and Frogstreet to ensure the cognitive, physical, and social-emotional development of each child.

**OUR CAREGIVERS AGREE THAT FULL-TIME EARLY LEARNING CHILD CARE MAKES A DIFFERENCE:**

**94% >>> OF CHILDREN MADE A NEW FRIEND**

**93% >>> OF CHILDREN DEVELOPED NEW KNOWLEDGE & SKILLS**

**91% >>> OF CHILDREN PRACTICED CARING, HONESTY, RESPECT & RESPONSIBILITY DAILY**

**82% >>> OF CHILDREN DEVELOPED SKILLS TO SUCCEED IN SCHOOL**

**Boise: Children's Village** (First Presbyterian Church)

**Age: 10 months–5 years**

**Year Round | 7 am–6 pm**

Infant: Member \$1,212 | Non-Member \$1,249

Toddler: Member \$1,119 | Non-Member \$1,154

Preschool: Member \$1,015 | Non-Member \$1,046



**CLICK OR  
SCAN TO  
REGISTER**

**Financial Assistance & Idaho Child Care Program (ICCP) Available to All.**

At the Y, we believe no one is turned away due to inability to pay. As licensed childcare, we are eligible to receive ICCP for all those families in financial need. We also offer additional financial assistance to ensure all children have a place at the Y. For more information about financial assistance and ICCP contact: [cdaccounting@ymcatvidaho.org](mailto:cdaccounting@ymcatvidaho.org)



**FULL-TIME PRESCHOOL CARE**

## TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY

CALDWELL  
YMCA

3720 S Indiana Ave  
Caldwell, ID 83605  
208-454-9622

Mon-Fri: 5 am-9 pm  
Sat-Sun: 7 am-6 pm

DOWNTOWN  
BOISE  
YMCA

1050 W State St  
Boise, ID 83702  
208-344-5501

Mon-Fri: 5 am-9 pm  
Sat-Sun: 7 am-6 pm

TOMLINSON  
SOUTH  
MERIDIAN  
YMCA

5155 Hillsdale Ave  
Meridian, ID 83642  
208-331-9622

Mon-Fri: 5 am-9 pm  
Sat-Sun: 7 am-6 pm

WEST BOISE  
YMCA & BOISE  
CITY AQUATIC  
CENTER

5959 N Discovery Way  
Boise, ID 83713  
208-377-9622

Mon-Fri: 5 am-9 pm  
Sat-Sun: 7 am-6 pm

**Please note:** All YMCA Aquatic Centers close thirty minutes before the rest of the facility. For up-to-date Aquatics hours please visit [ymcatvidaho.org](http://ymcatvidaho.org)

KID ZONE **C D T W**

We provide safe, clean, nurturing care for kids six weeks-6 years old at all of our facilities. Kid Zone is available on a short-term, 2-hour per day limit. The Y **REQUIRES** parents/guardians to stay on-site while their child is in our care.

AGES ..... 6 weeks-6 years

ADD ON FEE ..... One Child & Family Membership: \$30  
Two or more & Family Membership: \$40  
One Child on Single Adult Membership: \$35

DROP-IN FEE ..... Member: \$6.25/child  
Non-member: \$9.50 child

HOURS ..... **C** Mon-Fri: 8 am-1 pm  
Mon-Thur: 4-8 pm  
Sat: 8:30 am-1 pm  
Sun: 11 am-2 pm  
**D** Mon-Thur: 8 am-7 pm  
Fri: 8 am-4 pm  
Sat & Sun: 8 am-2 pm  
**T** Mon-Fri: 8:45 am-8 pm  
Sat: 8 am-2:30 pm  
Sun: 10 am-2:30 pm  
**W** Mon-Thur: 9 am-1 pm | 4-7 pm  
Fri: 9 am-1 pm  
Sat: 9 am-12:30 pm  
Sun: Closed

FAMILY ADVENTURE ZONE (FAZ) **T**

The Family Adventure Zone Playground is a dynamic, all-ages play space designed to spark imagination, promote physical activity, and encourage family bonding.

AGES ..... 1-17

FEE ..... Member: Free | Non-member: Day Pass Required

HOURS ..... Mon-Fri: 8 am-8 pm  
Sat: 8 am-6 pm  
Sun: 10 am-6 pm

YOUTH ACTIVITY CENTER (YAC) **C D W**

The YAC provides a place for kids 6-13 years old to socialize, play, relax, and hang out with YMCA Youth Leaders.

AGES ..... 6-13

FEE ..... Member: Free | Non-member: Day Pass Required

HOURS ..... **C** Mon-Thur: 4-8 pm  
Fri: 4-6 pm  
Sat: 8:30 am-1 pm  
Sun: 11 am-2 pm  
No School Days (CSD & VSD): 8 am-1 pm  
**D** Mon-Thur: 4 pm-7 pm  
Fri: Closed  
Sat-Sun: 8 am-2 pm  
Boise No School Days: Open All Day  
**T** Mon-Fri: 4-8 pm  
Mon & Wed: 11 am-1 pm (Homeschool)  
Tue & Thur: 9-11 am (Homeschool)  
Sat: 8 am-2:30 pm  
Sun: 10 am-2:30 pm  
**W** Mon-Thur: 4-7 pm  
Tue & Thur: 10 am-12 pm  
Fri: Closed  
Sat: 9 am-12:30 pm  
Sun: Closed  
West Ada No School Days: 9 am-1 pm | 4-7 pm

ROCK WALL **C D W**

AGES ..... 3+

FEE ..... Member: Free | Non-member: Day Pass Required  
Belay certifications by appointment: \$5

HOURS ..... **C** Mon-Thur: 5-7 pm  
Sat: 9 am-12:30 pm  
**D** Tue & Thur: 4-6 pm  
Sat: 9 am-12 pm  
**W** Mon-Thur: 4-7 pm  
Sat: 9 am-12:30 pm