

**2025
SPRING
PROGRAM GUIDE**
TREASURE VALLEY
FAMILY YMCA

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* | \$99.90 | \$99.90 | \$99.90 | \$95.90 | \$60 |
| 2-Person Family** | \$79.90 | \$79.90 | \$79.90 | \$75.90 | \$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, and FitOn. Check with your insurance provider to see if you qualify.

*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)

***The Y offers a 5% discount and will waive the join fee for all active duty military and veterans.

JOIN TODAY!

ONLINE

Visit 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.

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.

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.

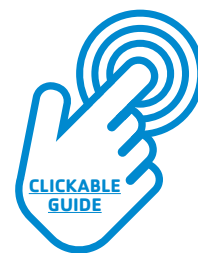
BOISE CITY AQUATIC CENTER PASSES (LOCATED AT THE WEST BOISE YMCA)

- › 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

REFER A FRIEND!

Refer-a-friend to the Y! When a current member welcomes you to the Y, we'll waive their join fee and reward BOTH with a \$25 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 and early registration 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.

6 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. 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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WELCOMING & INCLUSION

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—regardless of ability, age, birthplace, cultural background, ethnicity, faith, gender, gender identity, ideology, income, race, or sexual orientation.

THE Y IS FOR ALL.

PLAN FOR SUMMER CHILD CARE

The Y is the largest provider of childcare in the state of Idaho. With more than 30 sites across the Treasure Valley and talented team members who are focused on youth development, it is a great place for children to thrive.

As you plan for summer, be sure to plan ahead for childcare. **Enrollment for summer childcare begins on Feb. 4.** Learn about different days, times, locations and offerings by visiting the website.



Register today!

*Idaho child care program & financial assistance available.



CHILDCARE LOCATIONS

BOISE

9TH STREET Y KIDS
208 344 5502 x219
9thstykids@ymcatvidaho.org

CHILDREN'S VILLAGE

208 345 6408
childreenvillage@ymcatvidaho.org

FRONTIER Y KIDS

208 344 5502 x463
frontierkids@ymcatvidaho.org

USTICK Y KIDS

208 321 7559
ustickykids@ymcatvidaho.org

WASHINGTON STREET Y KIDS

208 344 5502 x219
washingtonstykids@ymcatvidaho.org

WEST BOISE YMCA CHILD DEVELOPMENT CENTER

208 344 5502 x415
westykids@ymcatvidaho.org

CALDWELL

CALDWELL YMCA
208 459 2498 x655
caldwellykids@ymcatvidaho.org

EAGLE

EAGLE Y KIDS
208 939 6735
eaglekids@ymcatvidaho.org

MERIDIAN

HILLSDALE Y KIDS
208 344 5502 x538
hillsdalekids@ymcatvidaho.org

HUNTER Y KIDS

208 855 5871
hunterykids@ymcatvidaho.org

SIENA Y KIDS

208 861 4832
sienaykids@ymcatvidaho.org

NAMPA

CENTRAL Y KIDS
208 344 5502 x491
nampaykids@ymcatvidaho.org

ENDEAVOR Y KIDS

208 344 5502 x 491
nampaykids@ymcatvidaho.org

LAKEVUE Y KIDS

208 459 2498 x655
vallivuekids@ymcatvidaho.org

SHERMAN Y KIDS

208 344 5502 x491
nampaykids@ymcatvidaho.org

WILDER Y KIDS

WILDER Y KIDS
208 344 5502 x490
wilderykids@ymcatvidaho.org

HEALTH & WELLBEING



YMCA Personal Training provides you with an opportunity to connect with a personal trainer who will actively listen to your needs; offer support, education, and motivation; and help you build confidence that will assist you in meeting and sustaining life-long optimal health. Get a free consultation to get your personal training journey started.

2025 PERSONAL TRAINING PRICING

| | Package | Per Session |
|---------------------|---------------------|-------------|
| Intro | \$150 | \$50 |
| 1 Session | \$79 | \$79 |
| 5 Sessions | \$325 | \$65 |
| 10+ Sessions | \$590 | \$59 |
| Recurring | See Below | \$55 |
| Small Group | \$88 Per Person | \$22 |
| Pairs | \$164 Per Person | \$41 |

Recurring: 3 Month Commitment
1x/week: \$220 | 2x/week: \$440 | 3x/week: \$660

WELLNESS 30 **C O T W**

This 30 minute introductory coaching session is designed to give members personalized, one-on-one support with a certified staff member. Choose between

- Introduction to Weight Machines – Learn the basics of how to use weight machines safely and effectively.
- Cable Machines – Get a guided tour of cable machines and discover exercises to improve strength and flexibility.
- Startup Coaching – Receive expert tips and guidance to help you get started on your fitness journey.

AGES18+

FEESMember \$30

SESSION DATES.....Appointment Only

REGISTERVisit the Front Desk to Register

» Don't know where to start? Reach out to the Health and Wellbeing Department, see the front desk, or find program registration on the YMCA360 app or our website.

NEW EGYM

AVAILABLE AT TOMLINSON SOUTH
MERIDIAN YMCA

Circuit Training With EGYM! Your fitness goals are within reach with a new strength training experience that is an easy to use, fun and motivating workout circuit customized to your personal fitness goals. Reserve your EGYM introductory session now.

Members: \$49 One Time Set Up Fee | \$10 Monthly Recurring
Introduction Session By Appointment
Visit YMCA360 App for Times



CERTIFICATIONS

CHILD & BABYSITTING SAFETY **D T W**

This one or two day 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!

AGES12+
 FEEMember \$55 | Non-member \$85
 SESSION DATES.....**D** April 26
 T April 12
 W April 19
 SESSION TIMESTimes Vary

COMMUNITY 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.

AGES12+
 FEEMember \$35 | Non-member \$55
 SESSION DATES.....**C** Mar 20 | Mar 22 | Apr 10 | Apr 12
 D Mar 29
 T Mar 8
 W Mar 15
 SESSION TIMESTimes Vary

COMMUNITY CPR/AED **C D T W**

The ASHI CPR and AED training program provides workplace and community training in performing CPR and using an automated external defibrillator (AED).

AGES12+
 FEEMember \$35 | Non-member \$55
 SESSION DATES.....**C** Mar 20 | Mar 22 | Apr 10 | Apr 12
 D Mar 29
 T Mar 8
 W Mar 15
 SESSION TIMESTimes Vary

LIFEGUARD **G D T W**

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, Basic First Aid for the Community and Emergency Oxygen Administration.

AGES16+
 FEEMember \$150 | Non-member \$225
 SESSION DATES.....**C** Mar 5-15 | Apr 16-26
 D Mar 6-15
 T Apr 24-May 10
 W Mar 17-21
 SESSION TIMESTimes Vary

SWIM INSTRUCTOR **D**

This course trains instructor candidates to teach YMCA Swim Lessons. It also provides certification in CPR, AED, First-Aid and oxygen administration.

AGES12+
 FEEMember \$150 | Non-member \$225
 SESSION DATES.....Apr 9-Apr 13
 SESSION TIMESTimes Vary



SWIM LESSONS

PARENT/CHILD

STAGE A - WATER DISCOVERY **G D T W**

Parent 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.

AGES6 months-3 years
 FEEMember \$30 | Non-member \$114
 SESSION DATES.....See Online Schedule For Details
 SESSION TIMESTimes Vary

STAGE B - WATER EXPLORATION **C D T**

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

AGES6 months-3 years
 FEEMember \$30 | Non-member \$114
 SESSION DATES.....See Online Schedule For Details
 SESSION TIMESTimes Vary

SWIM LESSONS

PRESCHOOL

STAGE 1 - WATER ACCLIMATION **C D T W**

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.

AGES3-5

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 2 - WATER MOVEMENT **C D T W**

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.

AGES3-5

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 3 - WATER STAMINA **C D T W**

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.

AGES3-5

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 4 - STROKE INTRODUCTION **D T**

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

AGES3-5

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary



Register today!

SCHOOL AGE

STAGE 1 - WATER ACCLIMATION **C D T W**

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.

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 2 - WATER MOVEMENT **C D T W**

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.

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 3 - WATER STAMINA **C D T W**

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.

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 4 - STROKE INTRODUCTION **C D T W**

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

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 5 - STROKE DEVELOPMENT **C D T W**

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.

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

STAGE 6 - STROKE MECHANIC **C D T W**

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.

AGES5-13

FEEMember \$30 | Non-member \$114

SESSION DATES.....See Online Schedule For Details

SESSION TIMESTimes Vary

SWIM LESSONS

SCHOOL AGE

AQUATICS CONDITIONING **W** **D**

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.

AGES5-13

FEE Member \$30 | Non-member \$114

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary



TEEN/ADULT

BEGINNER **G** **D** **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.

AGES13+

FEE Member \$30 | Non-member \$114

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary

INTERMEDIATE/ADVANCED **G** **D** **W**

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

AGES13+

FEE Member \$30 | Non-member \$114

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary

WATER POLO

YOUTH WATER POLO **W**

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!

AGES8-14

FEE Pricing Varies

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary



Register today!

DIVING

INTRO TO DIVING **W**

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!

AGES6-15

FEE Member \$48 | Non-member \$72

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary

BEGINNER DIVING **W**

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!

AGES7-15

FEE Member \$64 | Non-member \$98

SESSION DATES..... Dates Vary

SESSION TIMES Times Vary

INTERMEDIATE DIVING **W**

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!

AGES7-16

FEE Member \$96 | Non-member \$144

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary

ADVANCED DIVING **W**

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.

AGES9-18

FEE Pricing Varies

SESSION DATES..... See Online Schedule For Details

SESSION TIMES Times Vary

SWIM TEAM

BOISE Y SWIM TEAM **C D T W**

The Boise YMCA Swim Team is a year-round competitive swimming program for youth 6 and older. Practices are held at the Downtown Boise, West Boise, Tomlinson South Meridian, and Caldwell YMCAs throughout the calendar year. To learn more, email BYSTregistrar@ymcatvidaho.org

AGES 6+

SESSION DATES..... On going

SESSION TIMES Times Vary

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 Pricing Varies

SESSION DATES..... Mar 31-May 22

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 5-16

FEE Pricing Varies

SESSION DATES..... Mar 31-May 22

SWIM FIT **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 \$84 | Non-member \$119

SESSION DATES..... Mar 31-May 22

SUMMER RECREATION SWIM TEAM **T W**

This recreational swim team practices Monday through Friday during the noted season. All participants will receive a team t-shirt and swim cap with their registration. Included are weekly or bi-weekly local meets and a Championship swim meet at the end of July.

AGES 5-10 | 11-18

FEE Member \$298 | Non-member \$416

SESSION DATES..... Registration: Mar 17-May 31

Season: Jun 2-Jul 26



SPLASH

NON-SWIMMER **C D T W**

This week long Spring Break swim lesson program is for youth who have never had a swim lesson and have not had a lot of exposure to the water. In this class participants will have the opportunity to get comfortable in the water and learn basic water safety skills.

AGES 3-12

SESSION DATES..... **C D W** Mar 17-21

T Mar 17-21 | Mar 24-28

SESSION TIMES Times Vary

BEGINNER **C D T W**

This week long Spring Break swim lesson program is for youth who are comfortable in the water but are not strong swimmers. In this class participants will have the opportunity to learn swimming basics including front and back crawl stroke and water safety skills.

AGES 3-12

SESSION DATES..... **C D W** Mar 17-21

T Mar 17-21 | Mar 24-28

SESSION TIMES Times Vary

INTERMEDIATE **C D T W**

This week long Spring Break swim lesson program is for youth who are able to swim front and back crawl. In this class participants will work on improving their endurance and stroke technique while learning water safety skills.

AGES 3-12

SESSION DATES..... **C D W** Mar 17-21

T Mar 17-21 | Mar 24-28

SESSION TIMES Times Vary

ADVANCED **C D T W**

This week long Spring Break swim lesson program is for youth who are able to swim front crawl, back crawl, break stroke, and perform a standing dive. In this class participants will work on improving their endurance and stroke technique while learning water safety skills.

AGES 3-12

SESSION DATES..... **C D W** Mar 17-21

T Mar 17-21 | Mar 24-28

SESSION TIMES Times Vary

RACES & FUN RUNS

ST. PATRICK'S DAY FUN RUN C D T W

Trade your pot of gold for a pair of sneakers and join us for the most spirited St. Patrick's Day celebration in town. Spring into action with our YMCA St. Patrick's Run, where green isn't just a color; it's a way of life.

AGES3+
 FEES\$35-\$40
 SESSION DATES.....Mar 15
 SESSION TIMES9:30 am
 REGISTER C D T W

CAPITOL CLASSIC C D T W

Secure your spot now for the Saint Alphonsus Capitol Classic Kids Run! Open to kids ages 6 to 13 of all abilities, this special one-mile journey starts and finishes at the Idaho State Capitol.

AGES6-13
 FEES\$30
 SESSION DATES..... Visit our Website for Date and Time
 REGISTER C D T W

FAMOUS IDAHO POTATO C D T W

The Treasure Valley YMCA is proud to bring you the 48th annual YMCA Famous Idaho Potato Marathon and Fun Runs presented by the Idaho Potato Commission. All of our races take place on the flat and scenic Boise Greenbelt starting and finishing at the The Morrison Center.

AGES6+
 FEES\$35-\$110
 SESSION DATES..... May 17
 SESSION TIMES7 am | 10 am
 REGISTER C D T W



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.



CLINICAL TRX C T W

By leveraging bodyweight and manipulating stability, TRX Suspension Training modifies intensity across range of low to high loads and stable to unstable positions. The suspension trainer is used to train multiple components of fitness: rehabilitate musculo-skeletal injuries, advance overcoming disabilities, prevent injuries, promote health and fitness, and enhance performance. 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.

AGES18+
 FEESMember \$45 | Non-member \$70
 SESSION DATES..... C T W Mon & Wed
 SESSION TIMES C T 1-1:45 pm
 W 12:10-12:55 pm
 REGISTER C T W

DELAY THE DISEASE C D HUB T W

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.

AGES18+
 FEESMember \$45 | Non-member \$70
 SESSION DATES..... C Tue & Thur
 HUB Mon & Wed
 D Mon & Wed
 T Tue & Thur
 W Tue & Thur
 SESSION TIMES C 10:30 am
 HUB 8:15-9:15 am | 9:30-10:30
 D 11 am-12 pm
 T 1:15-2:15 pm
 W 10:30-11:30
 REGISTER C D HUB T W

FOREVERWELL

ENHANCE®FITNESS C D T W

Enhance®Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. 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.

AGES18+

FEESMember \$45 | Non-member \$70

SESSION DATES.....Mon, Wed & Fri

SESSION TIMESC 1-2 pm

D 1:15-2:15 pm

T 8-9 am

W 11 am-12 pm | 12:15-1:15 pm

REGISTERC D T W

FOREVERWELL STRENGTH TRAINING T

This 3 week workshop will provide an introduction to our circuit machines, strength training, healthy eating and an overall guide for exercise. Each session will last 45 minutes. You will have the opportunity to work with a certified staff member in a group setting.

AGES18+

FEESMember \$51

SESSION DATES.....First 3 weeks of the Month

SESSION TIMESWed | 10:45-11:30 am

REGISTERT

LIGAMENT WORKSHOP W

Everyone lifts to increase muscle strength & size, but overlook training to increase tendon strength. Strong tendons help reduce the likelihood of injuries such as tendonitis & overuse injuries. Learn how to include tendon training strategies into your workouts to stay active & well.

AGES18+

FEESMember \$34 | Non-member \$55

SESSION DATES.....February 18th

SESSION TIMESTue | 6-7:30 pm

REGISTERW

MOVEMENT FOR MEMORY C HUB T W

Physical exercise and brain exercise are critical to prevention efforts. Large reputable studies have shown that a lifestyle-based approach can have a positive impact on brain health and reversal of risk factors for memory loss and dementia. Movement for Memory is specifically designed for early-stage dementia and/or mild cognitive impairment (MCI).

AGES18+

FEESMember \$45 | Non-member \$70

SESSION DATES.....C Tue & Thur

HUB Tue & Thur

T Tue & Thur

W Mon & Wed

SESSION TIMESC 11:30 am

HUB 10:30-11:30 am

T 1:30-2:30 pm

W 9:45-10:45 am

REGISTERC HUB T W

ONCOLOGY RECOVERY C D T W

Oncology Recovery is a 12 week small group program 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.

AGES18+

FEESMember \$150 | Non-member \$200

SESSION DATES.....Tue & Thur

SESSION TIMESC 12:30-1:30 pm

D 12:30-1:30 pm

T 10:30-11:30 am

W 11 am-12 pm

REGISTERC D T W

ROCK STEADY BOXING C HUB T W

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.

AGES18+

FEESMember \$45 | Non-member \$70

SESSION DATES.....C Mon & Wed

HUB Tue & Thur

T Mon & Wed

W Mon & Wed | Tue & Thur

SESSION TIMESC 11:45 am-12:45 pm

HUB 9:15-10:15 am

T 11:45 am-12:45 pm

W 9:15-10:15 am (M&W) | 12:15-1:15 pm (T&TH)

REGISTERC HUB T W

Questions about ForeverWell or theY Community Hub?
Contact Kyle at kyle.weathermon@ymcatvidaho.org



COMMUNITY HUB

805 W Franklin St. | Boise, ID 83702

The YMCA Community Hub hosts efforts around the YMCA's evidence based health intervention programs, ForeverWell life-long learning, and social programming opportunities. Join us at the Hub and learn how you can add these programs to your wellness journey and get connected with our community.

SILVER SNEAKERS CHAIR YOGA ^{HUB}

Silver Sneakers Yoga is a 45 minute workout class designed for seniors and older adults. This class will help you to increase your flexibility, balance and range of motion through a series of seated and standing yoga poses. A chair is used to accommodate a variety of fitness levels.

AGES 18+

FEES Free

SESSION DATES..... Mon & Wed

SESSION TIMES 12:15-1 pm

SILVER SNEAKERS STABILITY ^{HUB}

Silver Sneakers Stability is a drills and skills class designed to improve Balance, Agility, Mobility, and Power. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

AGES 18+

FEES Free

SESSION DATES..... Tue & Thur

SESSION TIMES 11:45-12:30 pm

WELLNESS PASSPORT ^{HUB}

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

AGES 18+

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

SESSION DATES..... Tue & Thur

SESSION TIMES 1-2 pm

REGISTER ^{HUB}



BOOK CLUB

AGES 18+

FEES Free

SESSION DATES..... Fourth Wednesday

SESSION TIMES 9:30-11:30 am

BINGO ^{HUB}

AGES 18+

FEES Free

SESSION DATES..... Every Other Thursday

SESSION TIMES 1:15-2:15 pm

CRIBBAGE ^{HUB}

AGES 18+

FEES Free

SESSION DATES..... Mon

SESSION TIMES 9:30-11:30 am

WATER COLOR PAINTING ^{HUB}

AGES 18+

FEES Free

SESSION DATES..... First Wednesday

SESSION TIMES 1:30-2:30 pm

ADULT CLASSES

MEDICINAL HERB CLASS ^T

The Medicinal Herb class introduces participants to the healing properties of common herbs and how to use them in everyday life. Through hands-on activities, participants will learn to craft teas, salves, and remedies while exploring the benefits of natural wellness.

AGES 16+

FEES Member \$25 | Non-member \$35

SESSION DATES..... April 12

SESSION TIMES 6-8 pm

PAINT & SIP CLASS ^T

Love Fizz or Swig? Come to the Y for a Paint and Sip Night! Enjoy crafting your favorite soda creations while painting an adorable Highland cow in a relaxed, fun atmosphere. Childcare included for class participants' kids.

AGES 16+

FEES Member \$25 | Non-member \$35

SESSION DATES..... February 22

SESSION TIMES 6-8 pm

MARTIAL ARTS

JUDO **D**

Judo is a martial art focused on learning how to protect ourselves and others using various grappling techniques. This program is for all skill levels. Whether an athlete is new to Judo or has experience with this martial art, this program will be a great experience for all.

AGES5+

FEES1 Person: Member \$67 | Non-member \$100
2 Person: Member \$125 | Non-member \$185
3+ Person: Member \$150 | Non-member \$225
Private Lessons: Member \$50 | Non-member \$75

SESSION TIMESAges 5-12: 5:30-6:30 pm | Mon & Wed
Ages 13+: 6:30-8:30 pm | Mon, Wed, Fri

REGISTER**D**

JUDO - BEGINNER **C**

Class is designed to teach the very basics of the sport of judo, developing coordination, agility, stamina and key muscle strength ensuring safety. Emphasis will be put on learning ukemi (falling) techniques, judo etiquette and becoming familiar with the principles of judo.

AGES6-12

FEESMember \$120 | Non-member \$240
SESSION DATESMar 3-May 29 | Mon & Thur

SESSION TIMES5:30-6:15 pm

REGISTER**C**

JUDO - NOVICE **C**

Class is designed to teach the very basics of the sport of judo, developing coordination, agility, stamina and key muscle strength ensuring safety. Emphasis will be put on learning ukemi (falling) techniques, judo etiquette and becoming familiar with the principles of judo.

AGES6-12

FEESMember \$40 | Non-member \$80

SESSION DATESMonthly | Mon & Thur

SESSION TIMES5:30-6:15 pm

REGISTER**C**

JUDO - INTERMEDIATE/ADVANCED **C**

Class is designed to teach the very basics of the sport of judo, developing coordination, agility, stamina and key muscle strength ensuring safety. Emphasis will be put on learning ukemi (falling) techniques, judo etiquette and becoming familiar with the principles of judo.

AGES9-14

FEESMember \$40 | Non-member \$80

SESSION DATESMonthly | Mon & Thur

SESSION TIMES6:30-7:30 pm

REGISTER**C**

JUDO - ADULT **C**

Class is designed to teach the very basics of the sport of judo, developing coordination, agility, stamina and key muscle strength ensuring safety. Emphasis will be put on learning ukemi (falling) techniques, judo etiquette and becoming familiar with the principles of judo.

AGES15+

FEESMember \$40 | Non-member \$80

SESSION DATESMonthly | Mon & Thur

SESSION TIMES6:30-8 pm

REGISTER**C**

KIYO JU **W**

Kiyo Ju incorporates practical self-defense techniques utilizing speed, power, and flexibility of karate and the gentle subtleness of Jujitsu. It is designed to build self-confidence, discipline, coordination, concentration, physical conditioning, respect and honor.

AGES8+

FEESMember \$45 | Non-member \$73.50

SESSION DATESRuns Monthly | Tue

SESSION TIMES7-8 pm

TAEKWONDO **D**

Taekwondo compliments a healthy life style by developing a well rounded exercise program and approach for overall health. Taekwondo offers an extremely rewarding experience. If a student has experience, they will be acknowledged for their work. We welcome all levels and abilities.

AGES5+

FEES1 Person: Member \$75 | Non-member \$125
2 Person: Member \$120 | Non-member \$200
3 Person: Member \$180 | Non-member \$300
4+ Person: Member \$210 | Non-member \$350

SESSION TIMESAges 5-11: 5-6 pm | Mon-Fri

Ages 12+: 6-7 pm | Mon-Fri

Ages 40+: 8-9 am | Tue & Thur

REGISTER**D**

TAEKWONDO 40+ **D**

It is never too late to start! For the first timer we can introduce an entirely new athletic experience. Taekwondo compliments a healthy life-style by developing a well-rounded exercise program and approach toward overall health.

AGES40+

FEESMember \$75 | Non-member \$125

SESSION DATESTuesdays & Thursday

SESSION TIMES8-9 am

REGISTER**D**

YOUTH SPORTS

SPRING BREAK SPORTS CAMP **W**

This camp is perfect for the camper who wants to try a little bit of everything and get active during spring break! From basketball to pickle ball to whiffle ball to soccer, campers will make new friends, learn new skills, and maybe even discover a new favorite sport!

AGES7-11
 FEESMember \$142 | Non-member \$209
 SESSION DATES.....Mar 17-21
 SESSION TIMES9 am-1 pm
 REGISTER**W**

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!

AGES4-6
 FEESMember \$66 | Non-member \$95
 SESSION DATES.....Apr 12, Apr 19, Apr 26, May 3, May 10, May 17
 SESSION TIMES**D** 10:30-11:30 am
 T 10:15-11:15 am | 11:30 am-12:30 pm
 W 9:30-10:30 am | 10:45-11:45 am
 REGISTER**D T W**



Y SPRING BASKETBALL **T**

This competitive basketball league is a platform for players to improve their game in a competitive environment and foster a lifelong pursuit of health. The league offers players the opportunity to compete, while learning the values of sportsmanship, effort, respect, and teamwork.

AGES10-14
 FEESMember \$138 | Non-member \$171
 SESSION DATES.....Mar 31-May 17
 SESSION TIMES9 am-1 pm
 REGISTER**T**

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.

GRADESK-8
 FEESMember \$92 | Non-member \$133
 SESSION DATES.....Mar 31-May 17
 REGISTER**D T W**

Y T-BALL LEAGUE **D T W**

Catch, Throw, Swing, Homerun! Y T-Ball is an opportunity for youth of all abilities and backgrounds to play T-Ball in a safe, fun and nurturing environment. Y T-Ball is a recreational program where every player plays equally regardless of their position or individual ability.

AGES4-6
 FEESMember \$100 | Non-member \$145
 SESSION DATES.....Mar 31-May 17
 REGISTER**D T W**

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.

GRADES2-9
 FEESMember \$92 | Non-member \$133
 SESSION DATES.....Mar 31-May 17
 REGISTER**D T W**

YOUTH FIT

1-ON-1 YST SESSION **C D W**

When you sign up for this program you are signing up for a private session with a Certified Personal Trainer where your child will learn how to safely use the fitness equipment and proper etiquette on the fitness floor. (This is a one-time session for youth to learn to use the fitness floor by appointment with a personal trainer. Any additional sessions purchased will be at the standard personal training rates.)

AGES10-14
 FEESMember \$30
 SESSION DATES.....By Appointment Only
 REGISTER**C D W**

KIDS CROSSFIT **W**

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.

AGES8-14
 FEESMember \$45 | Non-member \$68
 SESSION DATES.....Runs Monthly | 8 Sessions a Month
 SESSION TIMESMon & Wed | 4:40-5:30 pm
 REGISTER**W**



PEEWEE SPORTS **C T**

Designed to help young children enhance social competencies, build motor skills, develop healthy habits, and have FUN! Stay active and jump start into healthy living. Each month features a different sport to keep kids engaged and help them discover new interests and abilities!

AGES3-6

FEESMember \$30 | Non-member \$70

SESSION DATES.....**C** Tue or Thur | Jan-May

T Tue | Jan 7-May 27

SESSION TIMES**C** 10-11 am (Tue) | 5-6 pm (Thur)

T 10-11 am

REGISTER**C T**

YOUTH FIT **T**

Participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength using a variety of movements, including functional fitness.

AGES10-14

FEESMember \$49 | Non-member \$73.50

SESSION DATES.....Runs Monthly | 8 Sessions a Month

SESSION TIMESMon & Thur | 4:45-5:40 pm

REGISTER**T**

YOUTH SPORTS CONDITIONING **D**

This once or 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 in a variety of movement and activities.

AGES10-14

FEESOnce a week \$30 | Twice a week \$60

SESSION DATES.....Runs Monthly | 8 Sessions a Month

SESSION TIMESTue or Thur | 3:15-4:15 pm

REGISTER**D**

YOUTH STRENGTH TRAINING **C D T W**

Your child will learn 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.

AGES10-14

FEESFree to members

SESSION DATES.....**C** First and Third Saturday of every Month

D First Saturday of every Month

T First Wednesday of every Month

W Third Saturday of every Month

SESSION TIMES**C** 9-10 am

D 9:30-10:30 am

T 5-6 pm

W 9-10 am

REGISTER**C D T W**

HOMESCHOOL PE **C T**

Come and enjoy an hour of gym games like Dodge Ball, Capture the Flag, Line Tag and more facilitated by our Youth Leadership, as well as popular sports like basketball, soccer, and hockey! Meet new friends, join our homeschool community, and learn more about the Y culture and values!

AGES6-14

FEES**C** 1 Session a week:

Member \$30 | Non-member \$70

C 2 Session a week:

Member \$45 | Non-member \$85

T Member \$30 | Non-member \$70

SESSION DATES.....**C** Jan 6-29 | Feb 3-26 | Mar 3-Apr 4
Apr 7-30

T Jan 8-29 | Feb 5-26 | Mar 5-Apr 2

Apr 9-30 | May 7-28

SESSION TIMES**C** Mon 2-3 pm | Wed 11 am-12 pm

T Wed 2:30-3:30 pm

REGISTRATION**C T**

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 CAMPS

PRE-K VARIETY CAMP **T**

All things sensory are included in this fun variety camp! Kids are encouraged to experience a variety of textures, sounds, and tastes through activities catered to a child's needs. Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs).

AGES 3-6
 FEES Member \$20 | Non-member \$40
 SESSION DATES..... Feb 17 | Mar 5 | Apr 11
 SESSION TIMES 11 am-1 pm
 REGISTER **T**

SENSORY VARIETY CAMP **T**

Kids are encouraged to experience a variety of textures, sounds, and tastes through activities catered to a child's needs. 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 \$50
 SESSION DATES..... Feb 17 (PM) | Mar 5 (AM) | Apr 11 (PM)
 SESSION TIMES 9 am-1 pm (AM) | 1-5 pm (PM)
 REGISTER **T**

SPRING BREAK CAMPS MARCH 17-21

PRE-K VARIETY CAMP **T**

All things sensory are included in this fun variety camp! Kids are encouraged to experience a variety of textures, sounds, and tastes through activities catered to a child's needs. Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs).

AGES 3-6
 FEES Member \$97 | Non-member \$127
 SESSION DATES.... Mar 17-21
 SESSION TIMES 11 am-1 pm
 REGISTER **T**

SENSORY VARIETY CAMP **T**

Kids are encouraged to experience a variety of textures, sounds, and tastes through activities catered to a child's needs. 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 \$138 | Non-member \$203
 SESSION DATES.... Mar 17-21
 SESSION TIMES 9 am-1 pm
 REGISTER **T**

STEAM CAMP **T**

This all-encompassing camp will give participants a chance to experience all modern-day science, technology, engineering, and mathematics with a twist! Campers will use skills and imagination while doing STEM activities, and will tap into their artistic side.

AGES 6-12
 FEES Member \$138 | Non-member \$203
 SESSION DATES.... Mar 17-21
 SESSION TIMES 5:30-6:30 pm
 REGISTER **T**

SKILLS & DRILLS **T**

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.

AGES 5-14
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... Feb 5-26 | Mar 5-Apr 2 | Apr 9-30
 SESSION TIMES 5:30-6:30 pm
 REGISTER **T**

STEAM CAMP **T**

This all-encompassing camp will give participants a chance to experience all modern-day science, technology, engineering, and mathematics with a twist! Campers will use skills and imagination while doing STEM activities, and will tap into their artistic side.

AGES 6-12
 FEES Member \$138 | Non-member \$203
 SESSION DATES..... Feb 17 (AM) | Mar 5 (PM) | Apr 11 (AM)
 SESSION TIMES 9 am-1 pm (AM) | 1-5 pm (PM)
 REGISTER **T**

THRIVE CLASSES

ADAPTIVE DANCE - YOUTH **T**

Youth looking for a place to learn and be a part of a fun and exciting team will enjoy this program. Participants will learn body awareness, balance, dance moves, meet new friends, and have an extremely fun time!

AGES 5-14
FEES Member \$30 | Non-member \$70
SESSION DATES..... Feb 6-May 3 | Thur & Sat
SESSION TIMES 5:30-6:30 pm (Thur) | 10-11 am (Sat)
REGISTER **T**

ADAPTIVE DANCE - TEEN/ADULT **T**

Teen/adults looking for a place to learn and be a part of a fun and exciting team will enjoy this program. Participants will learn body awareness, balance, dance moves, meet new friends, and have an extremely fun time!

AGES 13+
FEES Member \$30 | Non-member \$70
SESSION DATES..... Feb 6-May 3 | Thur & Sat
SESSION TIMES 4:30-5:30 pm (Thur) | 9-10 am (Sat)
REGISTER **T**

BINGO & DINNER **T**

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
SESSION DATES..... Jan 31 | Feb 28 | Mar 28 | Apr 25 | May 30
SESSION TIMES 5-7 pm
REGISTER **T**

DESSERT DECORATING **T**

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! (Celebrate Valentine's Day, Sweets for Mom and Desserts for Dad).

AGES All Ages
FEES Member \$12 | Non-member \$16
SESSION DATES..... Feb 8 | May 10 | Jun 14
SESSION TIMES Feb & Jun: 2-3 pm | May 1-2 pm
REGISTER **T**

ADULT COOKING CLASS **T**

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
SESSION DATES..... Feb 6 | Mar 6 | Apr 10 | May 1
SESSION TIMES 3:30-5:30 pm
REGISTER **T**

LIFE SKILLS **T**

Participants will learn valuable life skills while making friends. Participants will create goals, practice job skills, manage money, practice shopping, and cook. Participants help guide the class based on their interests and goals.

AGES 13+
FEES Member \$30 | Non-member \$70
SESSION DATES..... Feb 4-18 (Job Skills) | Feb 11-25 (Cooking)
Mar 4-25 (Money) | Mar 11-Apr 1 (Social Skills)
Apr 8-22 (Job/SocialSkills)
Apr 15-29 (Money/Cooking)
SESSION TIMES 5-7 pm
REGISTER **T**

TEEN COOKING CLASS **T**

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 \$20 | Non-member \$27
SESSION DATES..... Feb 8 | Mar 8 | Apr 19 | May 3
SESSION TIMES 11:30 am-1:30 pm
REGISTER **T**

Participants that are neurodiverse may attend these programs 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.

FIREFLIES **T**

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
SESSION DATES..... Feb 21 | Mar 14 | Apr 4 | May 2 | May 23
SESSION TIMES 5:30-8:30 pm
REGISTER **T**

KIDS' DAY OUT **D T W**

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
SESSION DATES..... **D** Feb 8 | Mar 8 | Apr 12 | May 10
T Feb 15 | Mar 15 | Apr 19 | May 31
W Feb 22 | Mar 29 | Apr 26 | May 17
SESSION TIMES 1-4:30 pm
REGISTER **D T W**

Caregivers are welcome to join, at no additional cost, if one on one support is desired. Please email Andrea for details: andrea.parker@ymcatvidaho.org



Y CAMP AT HORSETHIEF RESERVOIR

Summer Overnight Camp immerses children 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.

YOUTH OVERNIGHT CAMP

Youth Camp is our traditional overnight camp all about developing positive relationships, learning new skills, and creating memories that will last a lifetime.

AGES7-13
 FEESMember \$679 | Non-member \$799
 SESSION DATES.....Jun 15-20 | Jun 22-27 | Jun 29-Jul 3
 Jul 6-11 | Jul 13-18 | Jul 20-25
 Jul 27-Aug 1 | Aug 3-8

ADVENTURE CAMP

Adventure Camp is for those campers who are ready for a fully immersed wilderness experience. Campers tent camp each night on the outskirts of the camp.

GRADES7-9
 FEESMember \$679 | Non-member \$799
 SESSION DATES.....Jun 15-20 | Jun 22-27 | Jun 29-Jul 3
 Jul 6-11 | Jul 13-18 | Jul 20-25
 Jul 27-Aug 1 | Aug 3-8

JR. ADVENTURE CAMP

Jr. Adventure Camp gives an introductory glance into the world of wilderness living and adventure. Campers tent camp each night and learn how to interact with the natural world around them.

GRADES4-6
 FEESMember \$679 | Non-member \$799
 SESSION DATES.....Jun 15-20 | Jun 22-27 | Jun 29-Jul 3
 Jul 6-11 | Jul 13-18 | Jul 20-25
 Jul 27-Aug 1 | Aug 3-8

TEEN CAMP

Teen Camp is the ultimate overnight summer camp experience for teens. Unique teen activities and social time for building friendships and opportunities to try all the camp activities.

GRADES8-11
 FEESMember \$679 | Non-member \$799
 SESSION DATES.....Jun 22-27 | Jul 13-18 | Jul 27-Aug 1

CLIMBING CAMP

This camp will focus on climbing on our new real-rock routes located on the back side of our property. This program will get daily access to under the tutelage of rock climbing guides. What makes this camp different is that at least half of each day will be spent climbing!

GRADES6-10
 FEESMember \$789 | Non-member \$899
 SESSION DATES.....Jun 22-27 | Jul 27-Aug 1

2 WEEK CAMP

Would you like to extend your camper's experience? Y Camp offers a Thirteen-Day Session in July, combining two consecutive weeks of camp, including a weekend stayover!

GRADES5-7
 FEESMember \$1499 | Non-member \$1719
 SESSION DATES.....Jul 6-18



Register today!

LEADERS IN TRAINING

The LIT program takes a look into leadership, challenging teens to practice creativity, manage projects as a team and begin to identify which leadership skills they are already great at or need to continue to develop.

GRADES 9-10

FEES Member \$679 | Non-member \$799

SESSION DATES..... Jun 15-20 | Jul 6-11 | Jul 13-18 | Jul 20-25

COUNSELOR IN TRAINING

Building on our LIT program Counselor in Training focuses on how to take our personal leadership and teach it to others. We spend the first week taking a crash course on our staff training and the second week partnered with one of our Youth Camp Cabins.

GRADES 10-11

FEES Member \$719 | Non-member \$834

SESSION DATES..... Jun 15-27 | Jul 6-18 | Jul 20-Aug 1

FAMILY CAMPS

Why let kids have all the fun?! Stay in a cabin, yurt, platform tent, or tent camp. We provide all meals and activities while you and your family enjoy a fantastic getaway in the beautiful mountains. Do as much or as little as you like!

GRADES All Ages - Families welcomed

FEES Prices Vary

SESSION DATES..... May 23-26: Memorial Day Weekend

Jul 3-5: Fourth of July

Aug 29-Sept 1: Labor Day Weekend

Oct 10-12: Fall Family Camp

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!

GRADES Adult Women, 18+

FEES Lodging: \$260 | Yurt Lodging: \$230

SESSION DATES..... Apr 25-27 | Sept 26-28

THRIVE & ADAPTIVE OVERNIGHT FAMILY CAMPS

THRIVE FAMILY CAMP

This is a family camp particularly for our THRIVE families and community. Activities include zip lining, rock climbing, campfires, arts and crafts, canoeing, nature walks, archery, and much more! Lodging available includes Cabins and Yurts.

GRADES All Ages - Families welcomed

FEES Prices Vary

SESSION DATES..... May 16-18

OUR OWN FAMILY CAMP

This is a family camp serving the Down Syndrome Community. Activities include zip lining, rock climbing, campfires, arts and crafts, canoeing, nature walks, archery, and much more! Lodging available includes Cabins and Yurts.

GRADES All Ages - Families welcomed

FEES Prices Vary

SESSION DATES..... May 9-11



AFTER SCHOOL ENRICHMENT

LITTLE MONKEY CLIMBING CLASS G W

This class teaches climbing skills to children ages 4-6. They will also learn the Y values of Caring, Honesty, Respect and Responsibility.

AGES 4-6
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... G Session 1: Jan 9-30 | Session 2: Apr 3-May 1
W Jan-May
 SESSION TIMES Thur | 4-5 pm
 REGISTER G W

YOUTH CLIMBING D W

Take your climbing skills to new levels in this exclusive Youth Climbing course. Youth will also be trained to belay. Registration covers 1 month of climbing class.

AGES 6-12
 FEES Member \$30 | Non-member \$70 (Per Month)
 SESSION DATES..... Jan-May
 SESSION TIMES D Wed | 5:30-6:30 pm
W Tue | 6-7 pm
 REGISTER D W

CODING & PROGRAMING WITH OZO G

This course introduces students to coding and programming through the robotic lens of Ozobots. Focusing on the integration of programming and hardware, students will learn to code and control their ozobot to perform tasks, solve problems, and interact with the physical world.

AGES 6-13
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... Feb 5-26
 SESSION TIMES Wed | 5-6 pm
 REGISTER G

LEGO MASTER G

Unleash your imagination and build incredible creations with fellow LEGO enthusiasts! Create with LEGO Mindstorms, LEGO Spike, or free build as a LEGO Master Builder.

AGES 6-13
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... Mar 5-Apr 2
 SESSION TIMES Wed | 5-6 pm
 REGISTER G

LADIES & GENTS YOUTH CLUB G

This class focuses on developing character and social skill. Participants will learn how to express themselves confidently, interact with others respectfully, and lead with integrity. All values that form the foundation of good manners and strong leadership.

AGES 10-16
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... Apr 9-30
 SESSION TIMES Wed | 5-6 pm
 REGISTER G



LAND NAVIGATION G

Land navigation class teaches map reading, compass skills, GPS use, and advanced techniques like triangulation and dead reckoning. Weekly field exercises will give students a chance to practice their skills in Geocaching.

AGES 10-16
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... May 6-15
 SESSION TIMES Tue & Thur | 5-6 pm
 REGISTER G

STEM EXPLORERS D

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
 SESSION DATES..... Apr-May
 SESSION TIMES Mon | 5:30-6:30 pm
 REGISTER D

YOUTH CREATIVE ART D

The 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, including clay, needle felting, painting, knitting, and holiday crafting, allowing them to discover new skills and enhance their artistic abilities.

AGES 6-12
 FEES Member \$30 | Non-member \$70
 SESSION DATES..... Feb-May
 SESSION TIMES Tue | 5:30-6:30 pm
 REGISTER D

DUNGEONS & DRAGONS NIGHT **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.

AGES10-16
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....Jan-May
 SESSION TIMESFri | 5-8 pm
 REGISTER**W**

FANTASY EXPLORERS: CREATE, BUILD, BATTLE! **T**

Unleash your creativity and curiosity in this magical adventure inspired by Pokémon, Minecraft, Harry Potter, and other beloved worlds! Explore coding, design, and science while crafting potions, building enchanted castles, and designing their own fantastical creatures. This is your fun and safe place for Pokemon Battles!

AGES6-12
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....Jan 8-May 29
 SESSION TIMESWed | 5:30-7 pm

YOUTH COOKING **C D T 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** 8-16
**D T W** 6-12
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....**C** Feb 10-24 | Mar 10-24 | Apr 7-21 | May 5-19
**D** Apr 7-21
**T** Feb 4-25 | Mar 4-25 | Apr 8-29 | May 6-29
**W** Feb 5 & 19 | Mar 5 & 19 | May 7 & 21
 SESSION TIMES**C** Mon | 5-7 pm
**D** Thur | 6:15-8:15 pm
**T** Tue | 5:30-7 pm
**W** 6:15-8:15 pm
 REGISTER**C D T W**



TEEN COOKING **D**

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

AGES12-16
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....Jan-May
 SESSION TIMESTuesdays | 6:15-8:15 pm
 REGISTER**D**

CREATIVE MOVEMENT - BALLET **G**

This program introduces children to the art of dance with a focus on basic ballet elements and techniques. The goal is to tap into the child's creative nature and to make them aware of their abilities through free expression of their imagination.

AGES3-4
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....First Monday of the Month
 SESSION TIMES4-4:35 pm
 REGISTER**G**

CREATIVE MOVEMENT - BALLET **C**

This program introduces children to the art of dance with a focus on basic ballet elements and techniques. The goal is to tap into the child's creative nature and to make them aware of their abilities through free expression of their imagination.

AGES4-5
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....First Monday of the Month
 SESSION TIMES4:45-5:25 pm
 REGISTER**C**

CREATIVE MOVEMENT - COMBO CLASS **C**

This program introduces children to the art of dance including ballet, jazz & Hip Hop for a variety of styles and techniques. This class will help children work together in group settings, improve musicality & coordination, and learn basics of new dance forms.

AGES6-8
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....First Monday of the Month
 SESSION TIMES5:30-6:15 pm
 REGISTER**C**



TODDLER ENRICHMENT

LITTLE PICASSO ^W

In this creative class, little ones will explore the world of art through fun activities that spark imagination and self-expression. Kids will have the chance to create colorful masterpieces while developing their creativity and fine motor skills. Let your child's inner artist shine!

AGES2-5
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....May 6-27
 SESSION TIMESTue | 11 am -12 pm
 REGISTER..... ^W

TINY TWISTER TUMBLING ^{D W}

Jump, roll, and tumble! Tiny Tumblers is a fun, energetic class where kids build coordination, balance, and flexibility through guided play and tumbling basics. Perfect for little ones who love to move, explore, and make new friends!

AGES2-4
 FEESMember \$30 | Non-member \$70
 SESSION DATES..... ^D Mar 27-Apr 24 | May 6-29
 ^W Mar 4-27 | Apr 8-May 1
 SESSION TIMES ^D Tue & Thur | 10-10:30 am
 ^W Tue & Thur | 10-10:45 am
 REGISTER..... ^{D W}

LITTLE CHEFS ^W

In Little Chefs, kids will have fun exploring food by mixing, measuring, and making simple dishes. They'll learn basic cooking skills while having a blast in the kitchen! Perfect for little hands and big imaginations!

AGES2-5
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....Apr 9-30
 SESSION TIMESWed | 11 am-12 pm
 REGISTER..... ^W



NIGHT EVENTS

VALENTINE'S DAY YOUTH PARTY ^G

Parents, make your Valentine reservation and enjoy a night on the town while your kids have a party at the Y! Children will enjoy a fun-filled evening with dinner, swimming, exciting activities, and a movie.

AGES5-12
 FEESMember \$30 | Non-member \$70
 SESSION DATES.....Friday, February 14
 SESSION TIMES5-8:45 pm
 REGISTER ^G

KIDS' NIGHT OUT ^{G 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!

AGES6-12
 FEESMembers Only, Free
 SESSION DATES..... ^G Fourth Friday of Every Month
 ^D First Friday of Every Month
 ^T Third Friday of Every Month
 ^W Second Friday of Every Month
 SESSION TIMES ^G 6-8:30 pm
 ^D 5:30-8:30 pm
 ^T 5:30-8:30 pm
 ^W 5-8 pm
 REGISTER ^{G D T W}

SWIFTY NIGHT FOR KIDS ^{D T W}

Calling all young Swifties! Join us for an unforgettable Taylor Swift Night designed just for kids. This evening is dedicated to celebrating the music and magic of Taylor Swift with fun activities, sing-alongs, and dance-offs. Whether your child is a longtime fan or just discovering her music, this event promises to be a hit!

AGES6-13
 FEESMember \$25 | Non-member \$35
 SESSION DATES..... ^D Second Friday of Every Month | Jan-May
 ^T Third Saturday of Every Month | Jan-May
 ^W First Friday of Every Month | Jan-May
 SESSION TIMES ^D 5-8 pm
 ^T 4-6 pm
 ^W 5-8 pm
 REGISTER ^{D T W}

NERF WARS ^T

The Nerf Wars program is a high-energy activity where kids engage in friendly team battles using Nerf blasters in a safe and supervised environment. Participants will develop teamwork, strategy, and sportsmanship while having tons of fun in an action-packed setting.

AGES6-13
 FEESMember \$25 | Non-member \$35
 SESSION DATES.....Last Friday of Every Month
 SESSION TIMES6-8 pm
 REGISTER ^T

FREE FAMILY PROGRAMS

END-OF-SCHOOL FAMILY DANCE **C**

Join us as we celebrate the end of a school year with a heartwarming and fun-filled **Parent-Child Dance**, where parents and their little ones can bond through movement, music, and laughter! Create lasting memories as families dance together in a joyful environment. Ball room attire encouraged, not mandatory.

AGESAll Ages

SESSION DATES.....May 9

SESSION TIMES6-8 pm

REGISTER**C**

FAMILY BIKE RODEO **C**

Get ready to roll into fun with our Family Bike Rodeo! Whether you're a seasoned cyclist or just starting out, our Bike Rodeo offers a variety of challenges for all skill levels. Perfect way to spend time together while building confidence on two wheels.

AGESAll Ages

SESSION DATES.....Apr 11

SESSION TIMES5-7 pm

REGISTER**C**

FAMILY BINGO NIGHT **C W**

Join us for Family Bingo Night! Enjoy a fun-filled evening with classic bingo games, prizes, and laughter for all ages. It's the perfect chance to unwind, connect, and cheer each other on. Bring your lucky charms and get ready for a night of family-friendly excitement!

*Caldwell is Hawaiian theme and dressing up is encouraged.

AGESAll Ages

SESSION DATES.....**C** Mar 14

W Feb 28

SESSION TIMES**C** 6-7:30 pm

W 6-8 pm

REGISTER**C**

FAMILY GAME NIGHT **C D T W**

Get ready for a night full of fun, laughter, and friendly competition at our Youth Family Game Night! This event is all about bringing families together for an evening of games, challenges, and bonding. Whether you're a family of board game enthusiasts, card game lovers, or puzzle pros, this night promises something for everyone.

AGESAll Ages

SESSION DATES.....**C** Jan 7

D Jan 17

T Feb 2

W Mar 28

SESSION TIMES**C** 5-7 pm

D T W 6-8 pm

REGISTER**C**

FAMILY MOVIE NIGHT **T**

Join us for Free Family Movie Night, a fun and relaxing evening perfect for all ages! Bring your blankets and enjoy a family-friendly film with complimentary popcorn and great company.

AGESAll Ages

SESSION DATES.....Jan 3

SESSION TIMES6:30-8:30 pm

FAMILY TRIVIA NIGHT **T W**

Gather the family for a night of trivia fun! Compete as a team to answer questions on a variety of topics, with something for everyone to enjoy. It's a perfect evening of laughs, teamwork, and lighthearted competition—plus prizes for the top scores. Come ready to play and make memories!

AGESAll Ages

SESSION DATES.....Jan 24 | Mar 7

SESSION TIMES6-8 pm

FAMILY VALENTINE CARD ART NIGHT **C**

Join us for a fun and creative family activity where you can craft personalized Valentine's Day cards together! Create beautiful, heartfelt cards for the special people in your life.

AGESAll Ages

SESSION DATES.....Feb 6

SESSION TIMES5-7 pm

REGISTER**C**

FAMILY VALENTINE'S PARTY **D**

Join us for a heartwarming and fun-filled Family Valentine's Day Party! Whether you're celebrating with your loved ones, friends, or neighbors, this event is all about sharing the love and making memories together. We'll have something for everyone, from crafts and games to delicious treats.

AGESAll Ages

SESSION DATES.....Feb 21

SESSION TIMES6-8 pm

HEALTHY KIDS DAY **C D T W**

Get ready to jump, run, and play at our Healthy Kids Day! This exciting event is all about celebrating health, wellness, and an active lifestyle, while having tons of fun with your friends and family. Whether you're into sports, outdoor adventures, or simply moving your body, this day is packed with activities to inspire kids and families to embrace fitness in a fun and engaging way.

AGESAll Ages

SESSION DATES.....Apr 26

SESSION TIMESAll Day

ST. PATRICK'S DAY COOKIE DECORATING **D**

Get ready to add a little extra luck to your St. Patrick's Day celebration with our St. Patrick's Day Cookie Decorating event! Whether you're a seasoned baker or a first-time decorator, this hands-on event is perfect for anyone who loves creating sweet, festive treats.

AGESAll Ages

SESSION DATES.....Mar 14

SESSION TIMES6-8 pm

SUMMER LAUNCH PARTY **D T W**

Summer is here, and it's time to celebrate the season of fun in the sun at our Summer Launch Party! Join us for an exciting event to kick off the summer and discover all the amazing programs the YMCA has to offer. Whether you're interested in summer camps, swim lessons, fitness classes, or youth sports, this is your chance to learn about all the activities that will keep you and your family active, engaged, and having fun all summer long!

AGESAll Ages

SESSION DATES.....May 17

SESSION TIMES**D W** 12-4 pm

T 4-7 pm

SPRING BREAK YOUTH CAMPS

ACTION ADVENTURE **G**

This thrill seeker camper will experience many fun activities from swimming and water games to rock climbing and archery. There will be exciting adventures around every corner. This camp is Active!

AGES 8-13
FEES Member \$142 | Non-member \$209
SESSION DATES..... Mar 17-21
SESSION TIMES 9 am-1 pm
REGISTER **G**

FLY & FLIP **T**

A high-energy camp where kids learn acrobatics, cheerleading, and dance fundamentals! Campers will build flexibility, strength, and coordination through fun routines, stunts, and creative movement. Perfect for beginners and experienced dancers alike!

AGES 6-12
FEES Member \$142 | Non-member \$209
SESSION DATES..... Mar 17-21
SESSION TIMES 9 am-1 pm
REGISTER **T**

LITTLE CHEFS **G T**

Campers will learn the benefits of healthy foods through using the nutrition rainbow connection. Eating a rainbow helps your body get a complete range of nutrients. This will be a hands-on class where kids will sample different combinations of foods.

AGES 3-6
FEES Member \$97 | Non-member \$127
SESSION DATES..... Mar 17-21
SESSION TIMES 9-11 am
REGISTER **G T**

LITTLE FARMERS **G**

Budding young farmers get to visit tractors, make a scarecrow, milk a "cow," and build a cardboard wagon. They will learn about different farm animals and crops. They will plant their own seeds and learn about what plants need to grow.

AGES 3-6
FEES Member \$97 | Non-member \$127
SESSION DATES..... Mar 17-21
SESSION TIMES 11 am-1 pm
REGISTER **G**

SCHOOL DAY OUT CAMP **D T W**

Keep the fun going when school's out! Join us for a day filled with games, crafts, outdoor activities, swimming, and more. It's the perfect way to spend your day off with friends and adventure!

AGES 6-12
FEES Member \$28 | Non-member \$41 (Half Day)
Member \$53 | Non-member \$73 (Full Day)
SESSION DATES..... **D** Feb 17 | Apr 18
T Jan 29 | Feb 17 | Mar 5 | Apr 11
W Jan 29 | Feb 17 | Mar 5 | Apr 11
SESSION TIMES **D T W** 9 am-5 pm (Full Day)
D T 9 am-1 pm (AM-Half Day)
1-5 pm (PM-Half Day)
REGISTER **D T W**



SLIME! **T**

Get ready to mix, stretch, and create in Slime Camp! Campers will make all kinds of slime—from glittery to glow-in-the-dark—learning fun science along the way. A hands-on, sensory experience where creativity and messiness are encouraged!

AGES 6-12
FEES Member \$142 | Non-member \$209
SESSION DATES..... Mar 17-21
SESSION TIMES 9 am-1 pm
REGISTER **T**

SPACE ODYSSEY **T**

Blast off into an exciting week of space exploration! Campers will discover planets, build rockets, and learn about stars and galaxies through hands-on science, creative crafts, and team challenges. Get ready for an adventure that's truly out of this world!

AGES 6-12
FEES Member \$142 | Non-member \$209
SESSION DATES..... Mar 17-21
SESSION TIMES 1-5 pm
REGISTER **T**

All campers should bring closed toed shoes, a snack for AM and/or PM Camp and a lunch if they participate in an AM or Full Day program.

SPRING BREAK YOUTH CAMPS

SPRING FLING CAMP **C D T W**

Kids will participate in creative activities, rock climbing, and swimming, all while making new friends along the way! Campers must bring a refillable water bottle and closed-toe shoes. Campers are asked to bring a snack and a lunch. (Swimming will be based on pool availability.)

AGES 6-12

FEES Member \$142 | Non-member \$209 (Half Day)
Member \$ 266 | Non-member \$399 (Full Day)

SESSION DATES..... Mar 17-21

SESSION TIMES 9 am-5 pm (Full Day)

9 am-1 pm (AM-Half Day) | 1-5 pm (PM-Half Day)

REGISTER **C D T W**

SPRING SPORTS SPECTACULAR **T**

Get ready for an action-packed week at Spring Sports Spectacular, where kids will explore a variety of sports, build skills, and foster teamwork in a fun and supportive environment. Each day is filled with engaging activities, games, and challenges designed to inspire confidence and a love for staying active!

AGES 6-12

FEES Member \$142 | Non-member \$209

SESSION DATES..... Mar 17-21

SESSION TIMES 1-5 pm

REGISTER **T**



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: 7 am-6 pm
Sun: 12-5 pm



DOWNTOWN BOISE YMCA

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

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 10 am-6 pm



TOMLINSON SOUTH MERIDIAN YMCA

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

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 10 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: 7 am-6 pm
Sun: 10 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

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: 9 am-12 pm
Sun: Closed
D Mon-Thur: 8:45 am-7 pm
Fri: 8:45 am-4 pm
Sat: 8 am-2 pm
Sun: 10 am-2 pm
T Mon-Thur: 8:45 am-8 pm
Fri: 8:45 am-7 pm
Sat: 8 am-2 pm
Sun: 10:15 am-1:15 pm
W Mon-Thur: 9 am-12 pm | 4-7 pm
Fri: 9 am-12 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: 9 am-12 pm
Sun: Closed
No School Days: 9 am-1 pm
D Spring Break Hours: Mar 18-22
Mon-Thur: 9 am-7 pm
Fri: 9 am-4 pm
Sat: 8 am-2 pm
Sun: 10 am-2 pm
T Mon-Thur: 8:45 am-8 pm
Tue & Thur: 11:30 am-1:30 pm
Fri: 8:45 am-7 pm
Sat: 8 am-2 pm
Sun: 10:15 am-1:15 pm
West Ada No School Days: Open All Day
W Mon-Thur: 4-7 pm
Fri: Closed
Sat: 9 am-12:30 pm
Sun: Closed

ROCK WALL **C D W**

AGES 3+

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

HOURS **C** Mon, Tue & Thur: 5-7 pm
Sat: 9 am-12 pm
D Tue & Thur: 4-6 pm
Sat: 9-11 am
W Mon-Thur: 4-7 pm
Sat: 9 am-12:30 pm