2025 SUMMER PROGRAM GUIDE TREASURE VALLEY FAMILY YMCA

For a better us.®



POLAPIA

MEMBERSHIP & FEES

Membership Type		Month	ıly 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 35 for addresses and phone numbers of all our locations.

NO ONE IS DENIED THE Y'S SERVICE DUE TO THE INABILITY TO PAY.

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 access to the Y.

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 your 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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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. <<<<

Y GUIDED DISCOVERY PRESCHOOL

The Y's Guided Discovery Preschool Programs provide part-time and fulltime 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 | Hillsdale Elementary | Willow Creek Elementary Contact: 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 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) Desert Sage Elementary (westguideddiscovery@ymcatvidaho.org) Taft Elementary (taftpreschool@ymcatvidaho.org)

Ages: 3–5 | Aug–May | AM and PM classes available Meridian: Member \$411 | Non–Member \$424 Caldwell: Member \$165 | Non–Member \$171 Nampa: Member \$214 | Non–Member \$220

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**

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 \$1,187 | Non–Member \$1,224 Toddler: Member \$1,097 | Non–Member \$1,131 Preschool: Member \$994 | Non–Member \$1,025

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

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**



The Treasure Valley Family YMCA has a long commitment to ensuring the children and youth we serve are safe and protected from abuse. As part of the commitment, we are excited to share that we have received Praesidium Accreditation[®] for our facilities and programs.

Praesidium Accreditation[®] is a prestigious honor that publicly demonstrates the organization has worked to achieve the highest industry standards in abuse prevention and provides solid proof of sound risk management practices. The honor distinguishes Treasure Valley Family YMCA from others in the industry.

Y KID'S SUMMER CAMP

BEST 1/2 SUMMER EVER!

Y KID'S SUMMER CAMP

Our Summer Camps focus holistically on the social, emotional, cognitive, and physical development that all children & youth experience. With two different types of Camps (Day Camp or Specialty Camp) we provide a safe & inclusive environment for children to achieve success, build relationships, and feel a sense of belonging.



*The Y provides transportation to and from all field trips.

OUR STAFF: Our staff are licensed childcare workers, CPR/first aid certified, background checked, and participate in training on youth development, safety & emergencies, positive behavior guidance, and academic enrichment activities. All Y staff live and model the character values of caring, honesty, respect, and responsibility. They show up everyday with purpose by being welcoming, genuine, hopeful, nurturing, and determined.

Leader In Training (LiT) Program: Know a Youth (ages 14–17) looking for volunteer, real work experience in working with children? Our Leader In Training (LiT) Program offers youth a deeper look into leadership, manage projects under supervision of Y staff, and help facilitate a variety of activities from camp songs to STEM to art to physical activities. LiT's help to impact a child by being a positive role model and mentor. LiT's must complete an interview process, juvenile background check, participate in training & development, and volunteer during program hours (scheduled with supervisor based on LiT's availability). LiT's that complete 100 hours will receive a \$750 stipend.

To submit an interest form: https://forms.office.com/r/MJNRmpvhXe
For more information about LiT Program contact: daycamp@ymcatvidaho.org



SCAN FOR

OUR PARENTS AGREE THAT Y SUMMER CAMPS HAVE A POSITIVE IMPACT ON KIDS

- 90% Provided a Safe & Secure Environment
- 90% Made a New Friend
- 78% Learned Skills to Do Better In School
- 86% Developed a New Skill
- 93% Enjoyed Physical Activity
- 86% Modeled Character Values

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 families in financial need. We also offer additional financial assistance to ensure all kids have a place at the Y.



For more information about financial assistance and ICCP contact: cdaccounting@ymcatvidaho.org



OUR CAMP PHILOSOPHY & ELEMENTS:

OUR CAUSE MEASURES: (1) Help kids to make new friends & build relationships; learn new skills and achieve success; (2) Do better in school academically & socially; (3) Enjoy more physical activity; and (4) Live with Character Values of caring, honesty, respect, & responsibility.

COMMITMENT TO SAFETY: (1) properly screened and trained staff; (2) clear expectations for child abuse prevention; (3) set emergency procedures; and (4) safe & secure environments.

OUR CORE VALUES: All of our camps help kids develop four key character values: (1) Caring: showing a sincere concern for others; (2) Honesty: be truthful in what you say and do; (3) Respect: follow the golden rule; and (4) Responsibility: be accountable for your promises and actions.

POSITIVE BEHAVIOR GUIDANCE: We take a positive approach and neuroscience lens to guiding a child's behavior through (1) safety, (2) connection, and (3) problem–solving. As part of a child's social and emotional development, Y staff help children develop skills in resolving conflicts, managing emotions, making responsible decisions, exhibit self-control, and demonstrate empathy.

HEALTHY EATING & PHYSICAL ACTIVITY: (1) All food activities, snacks, and meals align with healthy eating standards to promote healthy eating and well-being: (2) All kids participate and engage in daily physical activity: 60 min for Full Day Camp and 30 min for Half Day Specialty Camp.

FOR ALL: We are committed to creating a safe environment for all to ensure everyone reaches their full potential with dignity.

CEREMONIES: Every camp has an opening & closing ceremony to provide staff & kids the opportunity to unite, connect, calm, and commit. Ceremonies incorporate elements of camp songs, skits, breathing exercises, emotion naming, daily jobs, and bead ceremonies.

Y KID'S SUMMER CAMP

DAY CAMPS

Our full day, Day Camps provide support for working parents and kids who want to experience all the Y opportunities. We provide parents the options to sign up for full time (5 days per week) or part time (1–4 days per week), on a weekly basis (one entire week), or as needed on a drop-in basis. We engage kids in a variety of academic enrichment activities, social-emotional learning, emotion management, physical activity, AM & PM snacks, STEM education, art education, outdoor play, literacy & math development, weekly community field trips, swimming, and more.

AGES5–12 SESSION DATES May 27–Aug 8 SESSION TIMES.....7 am–6 pm

MEMBER NON-MEMBER

		•
\$237	\$245	5 DAYS A WEEK
\$213	\$220	4 DAYS A WEEK
\$179	\$185	3 DAYS A WEEK
\$140	\$145	2 DAYS A WEEK
\$87	\$90	1 DAYS A WEEK
\$92	\$95	DROP IN

BOISE: 9th & Washington St Y Kids (Downtown Boise YMCA); West Boise YMCA Child Development Center; Ustick Y Kids (Ustick Elementary)

CALDWELL: Caldwell Y Kids (Caldwell YMCA)

EAGLE: Eagle Y Kids (Seven Oaks Elementary)

MERIDIAN: Hillsdale Y Kids (Tomlinson South Meridian YMCA); Hunter Y Kids (Hunter Elementary); Siena Y Kids (Siena Elementary)

LET'S MOVE OUTSIDE AND BIKE DAY 0

In partnership with Safe Routes to School, kids will spend the day outside on a bike with friends and Y staff. They will learn about bike safety, maintenance, and city navigation. Kids must be comfortable riding for long periods of time and have a bike and helmet (some available to borrow).

AGES10-14

FEES......Member \$237 | Non-member \$245 SESSION DATES Jun 3-Aug 1 SESSION TIMES...... 9 am-5 pm



Registration for Day Camps opens Feb 4, 2025. For more information about Day Camps contact: daycamp@ymcatvidaho.org

Our half day, Specialty Camps provide activities for kids that want to take a deeper dive into a specific interest. We offer a wide variety of AM and PM Camps for kids to try as the learn and develop skills in STEM, art, physical activity, exploration, creativity, friendship making, leadership, and literacy.

Kids enrolled in both an AM & PM Specialty Camp in the same week will be supervised and transitioned by Y staff between the AM & PM transition (will not need to be picked up).

PRE-K SPECIALTY CAMPS

SCHOOL AGE SPECIALTY CAMPS

AGES	6-12		
FEES	Member \$	145 Non-me	mber \$175
SESSION TIME	5 AM: 8:30	am-12:30 pm	
	PM 1-5 nr	m	

Register today!

Click the Link or Scan the QR Code to Register for Pre-K or School Age Specialty Camps



PRE-KADVENTURE CAMP

Kids will engage in the thrill of adventure by climbing, bouncing, water and outside games. Learning the basics of adventure safety and participating in active, team bonding activities. With 50+ adventures and activities, no two weeks of this camp will be the same.

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PRE-KALLABOUT ANIMALS CAMP

From grasslands to oceans to forests to deserts, kids journey through earth's habitats learning about animals. Kids will participate in storytelling, arts & crafts, and dramatic play. With so many animals to explore no two weeks of this camp will be the same.

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PRE-KARTS & CRAFT CAMP

Messy Art! Painting! Sculpting! Do-It-Yourself! Kids will learn about different art forms and methods as well as design, create, and build projects each day. With 150+ art activities, no two weeks of this camp will be the same.

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PRE-K CHEER CAMP

Ready, Set, Go! Kids will learn the basics of body movement through cheer, dance, and song. Lifting spirits and energy while building teamwork and confidence.

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PRE-K COOKING CAMP

Food! Culinary Creations! Fun! Introduces kids to the world of cooking in a safe, playful, imaginative way. Using simple kid-friends tools and ingredients kids will explore creative creations. With 50+ recipes to choose from, no two weeks of this camp will be the same.

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PRE-K ROYALS CAMP

Princes, Princesses, Knights! Kids will join in the magical world of crowns, castles and imagination! Through crafts, stories, games and dramatic play, they will explore in a creative, enchanting royal adventure!

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PRE-K SCIENCE EXPLORERS CAMP

Kids will explore the world of science as they learn and explore applying the scientific method in a variety of hands–on science experiments and activities. With 100+ science experiments for our counselors to implement, no two weeks of this camp will be the same.

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ADVENTURE CAMP

Kids will engage in the thrill of adventure by swimming, climbing, archery, water games, outside games, and more. They will learn the basics of adventure safety and participate in active, team bonding activities. When available, kids will explore nature and the outdoors. With 50+ adventures and activities, no two weeks of this camp will be the same.

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ANIMALS CAMP

From grasslands to oceans to forests to deserts, kids journey through earth's habitats learning about animals. Kids will participate in storytelling, arts & crafts, and dramatic play. They will also visit real life animals at Zoo Boise, Idaho Reptile Zoo, Babby Farms, or MK Nature Center.

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Register today!

Click the link or scan the QR code to register for Pre-K or School Age Specialty Camps



ART AND DO-IT-YOURSELF CAMP

Fuse Beads! Tie-Dye! Messy Art! Needlepoint! Painting! Do-lt-Yourself! Kids will learn about different art forms and methods as well as design, create, and build projects each day. With 150+ art activities, no two weeks of this camp will be the same.

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BATTLEMASTER'S & BOARD GAME CAMP

Pokemon! Yu–gi–oh! Magic: The Gathering! Dungeon & Dragons! Monster Madness! And more! Kids will learn, play, and battle in a variety of games. Not only will they play a variety of games but they will design, create, and play their own original tabletop game.

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BIG BRAIN ACADEMY & DETECTIVE CAMP

For the kids who love solving mysteries, logic puzzles, and testing their mental capacities. This camp is filled with brain teasers, riddles, and "Who-Done-It?" mysteries. Kids will test critical thinking, problem-solving, speed, and abstract thinking through games, collaboration, and challenges.

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BOT CAMP

LEGO Mindstorms! OzoBots! Dash & Dot! Spike Prime! Artificial Intelligence! Robots! Kids will interact, code, and test a variety of different types of robots. They will collaborate in teams to solve challenges using programming and robots.

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<u>Register today!</u>



Click the link or scan the QR code to register for Pre-K or School Age Specialty Camps



COOKING CAMP

Food! Top Chef! Bake-offs! Fun! Kids will engage in hands-on cooking while learning about nutrition, meal prep, and food groups. They will create a dish and celebrate with a top chef competition. With 50+ recipes to choose from, no two weeks of this camp will be the same.

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Financial Assistance is available!

ENTREPRENEUR & LEADERSHIP CAMP

Caine's Arcade! Lemonade Day! Kid President! Amber Kelly! Kids will learn from some of the most influential examples of kid entrepreneurs as they learn the basic elements and terminology of business and finances. They will design, create, and showcase their business with a presentation and market.

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JEDI GALAXY CAMP

Is the force strong with your child? Kids will enter a new galaxy by creating their own light sabers, training in mindfulness, participating in Jedi v. Sith obstacle course, and creating all sorts of treats and projects within the Star Wars universe.

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MINECRAFT CAMP

Biome! Creeper! Enderdragon! Cube! Axe! The Nether! Kids will engage with Minecraft software to collaborate, problem-solve, communicate, and build a whole new world. In this immersive camp, kids will not only have fun but learn the basics of coding, game design, and systems thinking.

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PERFORMING ARTS CAMP

Kids will be the star of the show as they learn the art of reading scripts, voice projections, stage presence, set design, and more. They will participate in comedic skits, improv acting, and dramatic play as well as celebrate with a performance for parents at the end of the week.

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Register today!

Click the link or scan the QR code to register for Pre-K or School Age Specialty Camps



SCIENCE ACADEMY CAMP

Kids will explore the world of chemistry, physics, and physical science as they learn and apply the scientific method in a variety of hands-on science experiments. Kids love the edible experiments that bubble, pop, fizz, and foam? With 150+ science experiments for our counselors to implement, no two weeks of this camp will be the same.

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STEM ACADEMY CAMP

Science! Technology! Engineering! Math! Kids will work in teams to solve real world challenges by applying the engineering design process: imagine, create, test, and improve. With 100+ STEM challenges and various counselors leading the camp, no two weeks of this camp will be the same.

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Register today!

Click the link or scan the QR code to register for Pre-K or School Age Specialty Camps

WIZARD'S CAMP

Kids will be placed into different houses to experience the magic of being a wizard. Each day will experience a new year of being a wizard which will be full of storytelling, tri-wizard challenges, tasty treats, dramatic play, arts & crafts, and potions. Will your kid help win their team the House Cup?

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YCAMP ATHORSETHIEF RESERVOIR



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

FEES......Members \$679 | Non-members \$799

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.

GRADES......4-6

FEES Members \$679 | Non-members \$799

ADVENTURE CAMP

BARN

MOUNTAIN BIKE TRAILS

ADVENTURE CAME

LOOKOUT POINT

STARLIGHT AMPHIT

IEATER

TEEN CAMP

FEES Members \$679 | Non-members \$799

CLIMBING CAMP

FEES......Members \$789 | Non-members \$899

2 WEEK CAMP

FEES......Members \$1499 | Non-members \$1719 SESSION DATES.....Jul 6-18

LEADERSHIP CAMPS

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......Members \$679 Non-members \$799

COUNSELOR IN TRAINING

Building on our LIT program Counselor in Training focuses on how to take our personal leadership and teach them 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......Members \$719 Non-members \$834

FAMILY & ADULT CAMPS

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! Memorial Day Weekend • Fourth of July Labor Day Weekend • Fall Family Camp GRADES......All Ages - Families welcomed FEES.....Prices Vary

WOMEN'S WELLNESS WEEKEND

Recharge Reset and Refresh! All adult women are welcome to join us for a weekend of relaxation, adventure, friendship, and tons of camp fun! GRADES.....Adult Women, 18+

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

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

OUR OWN FAMILY CAMP

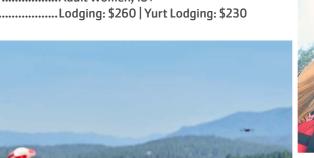
This is a family camp serving the Down Syndrome Community. Activities include zip lining, rock climbing, campfires, arts and crafts, canoeing, nature walks, archery, and much more! Lodging available includes cabins and yurts.

GRADES.....All Ages – Families welcomed FEES.....Prices Vary

<u>Register today!</u>



Click the link or scan the QR code to register for Y Camp at Horsethief Reservoir















YOUTH SPORTS LEAGUES

SUMMER 3V3 BASKETBALL LEAGUE Youth summer 3v3 league offers an opportunity for players to practice the essential skills of basketball: dribbling, shooting, and passing. Players will form teams of 4–5 to compete in this league. There will be a 10U, 12U, 14U, 16U and 18U division.

FEES Member \$92 | Non-member \$133 SESSION DATES Jun 2-Jul 1

SUMMER 3V3 BASKETBALL TOURNAMENT **O**

Join us for the First Annual 3v3 Basketball Tournament! Teams of 4–5 players will compete in a fun, fast-paced summer league. Open to members from all branches, and non members. There will be a 10U, 12U, 14U, 16U and 18U division.

AGES9-18 FEES\$300 per team (5 players) SESSION DATES..... Aug 8-10

Y SAND VOLLEYBALL LEAGUE 😶 🛈 🖤

Bump, Set, Spike! Y Sand 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......2-9

FEES Member \$92 | Non-member \$133 SESSION DATES Jun 2-Jul 1

Y SOCCER LEAGUE 🕖 🛈 🕅

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 \$92 | Non-member \$133 SESSION DATES Aug 25-Oct 11

YT-BALL LEAGUE D 🛈 🕅

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

GRADES......4-6 FEES Member \$92 | Non-member \$133

SESSION DATES Jun 2-Jul 1

Y VOLLEYBALL LEAGUE 🛈 🛈 🖤

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 \$92 | Non-member \$133 SESSION DATES Aug 25-Oct 11

Register today!

Click the link or scan the OR code to register for Sports Leagues and Camps



SPORTS FOR LITTLES

ROOKIES FOOTBALL

The rookies football program is designed as a first experience for players to the sport of football. Your player will learn the basics of football 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

FEES......Member \$66 | Non-member \$104 SESSION DATES..... Sep 6, 13, 20, 27 | Oct 4, 11

ROOKIES SOCCER 🛈 🛈 🖤

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!

FEES......Member \$66 Non-member \$104 SESSION DATES..... Sep 6, 13, 20, 27 | Oct 4, 11



CAMPS

ROOKIES BASKETBALL CAMP 🕖 🛈 🖤

Basketball camp is a great way to introduce young athletes to the sport. Our instructors will help participants work on dribbling, shooting, passing, as well as offensive and defensive plays in a fun, safe environment.

AGES4-6

FEES Member \$95 | Non-member \$127 SESSION DATES D Jun 16-20 | Jul 7-11

🛈 Jun 9-13 | Jul 7-11

🖤 Jun 9–13 | Jul 28–Aug 1

ROOKIES FOOTBALL CAMP

Football camp is a great way to introduce young athletes to the sport. Campers will practice catching, passing and defensive skills while learning from our knowledgeable staff. Players of all levels will improve their knowledge and football skills while making new friends!

AGES4-6

FEES Member \$95 | Non-member \$127 SESSION DATES Jul 14-18

YOUTH SPORTS

CAMPS

ROOKIES SOCCER CAMP 🛈 🛈 🕅

Soccer camp is a great way to introduce young athletes to the sport. Campers will practice their dribbling, passing and shooting skills while learning from our knowledgeable staff. Players of all levels will improve their knowledge and soccer skills while making new friends!

AGES4-6

FEES Member \$95 | Non-member \$127

SESSION DATES D Jun 9–13

Jun 16-20 | Jul 14-18
 ✓ Jun 2-6 | Jul 7-11

SUMMER GAMES 🛈 🛈

This camp is perfect for the camper who wants to try a little bit of everything and get active during summer break! In this camp, campers will enjoy a variety of activities both old and new. Campers will make new friends, learn new skills, and maybe even discover a new favorite sport!

YMCA PREMIER BASKETBALL CAMP 🛈

This camp will provide high-level coaching from experienced staff. Players will be lead through drills and games to improve their skills. This is a fun and up-tempo camp that will keep kids entertained and active. Players will be grouped by experience level in a more competitive camp.

AGES10-14 FEES Member \$142 | Non-member \$209 SESSION DATES Boys Jun 2-6 | Jun 16-20 Girls Jun 23-27

YOUTH BASKETBALL CAMP 🛈 🛈 🖤

Basketball camp is a great way to enhance current basketball skills or introduce young athletes to the sport who are new. Our instructors will help participants become more proficient in dribbling, shooting, passing, as well as offensive and defensive plays in a fun, safe environment.

YOUTH FOOTBALL CAMP 🕖 🛈 🕅

Players will have the opportunity to learn and practice the skills of football in a welcoming and unique environment. Football camp provides an opportunity for players of all levels to experience.

AGES7–11 FEES Member \$142 | Non-member \$209

SESSION DATES..... D Jun 16-20 | Jul 14-18 Dun 9-13 | Jun 23-27

🖤 Jun 30-Jul 3

<u>Register today!</u>

Click the link or scan the qr code to register for Sports Leagues and Camps



YOUTH PICKLEBALL CAMP

FEES......Member \$142 | Non-member \$209 SESSION DATES..... Jun 2-6 | Jul 28-Aug 1

YOUTH SOCCER CAMP 🛈 🛈 🕅

Brush up on your soccer skills in this fun and welcoming environment. Campers will improve on their dribbling, passing and shooting skills while learning from our knowledgeable staff. Players of all levels will improve their knowledge and soccer skills while making new friends!

AGES7-11

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

SESSION DATES D Jun 9-13 | Jul 21-25 Dun 16-20 | Jul 14-18

♥ Jun 16-20 | Jul 14-1 ♥ Jun 2-6 | Jul 7-11

YOUTH TENNIS CAMP 🕖 🛈 🖤

In this camp instructors will teach players the skills of tennis through exciting and fun drills and games in a safe and exciting environment. At the same time, they will also learn about our Y-Values (Caring, Honesty, Respect & Responsibility) teamwork, healthy living and much more!

AGES7-11

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

SESSION DATES D Jun 2-6 | Jun 23-27

Jun 16-20 | Jun 30-Jul 3
 ✓ Jun 16-20 | Jul 21-25

YOUTH VOLLEYBALL CAMP 🕖 🛈 🕅

A great way to work on your game! We offer players a fun, enjoyable, and educational environment! Our caring, skilled, and knowledgeable instructors will teach basic to intermediate techniques with 6 major skills: passing, setting, blocking, defense, serving, and attacking.

AGES7–11

FEES Member \$142 | Non-member \$209 SESSION DATES 0 Jun 2-6 | Jun 9-13 | Jun 23-27

Jun 9-13 | Jul 7-11 | Jul 28-Aug 1
 Jun 23-27 | Jul 14-18



AQUATICS LESSON SELECTOR



WHAT AGE GROUP DOES THE STUDENT FALL INTO?

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





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?NOTIs the student comfortable working with an instructor
without a parent in the water?NOTWill the student go underwater voluntarily?NOTCan the student do a front and back float on his or
her own?NOTCan the student swim 10–15 yards on his or her front
and back?NOTCan the student swim 15 yards of front and back crawl?NOTCan the student swim front crawl, back crawl, and breaststroke
across the pool and back?NOT



*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.

FEE	Member \$30
	Non-member \$114
SESSION DATES	See Online Schedule
	For Details
SESSION TIMES	Times Vary

STAGE DESCRIPTIONS



SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding 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

Water Exploration

R R

В

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



ENT 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.



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.

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

Having mastered the

fundamentals, students

learn additional water

safety skills and build

developing skills that

prevent chronic disease,

increase social-emotional

and cognitive well-being,

and foster a lifetime of

physical activity.

stroke technique.

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.

4/STROKE

INTRODUCTION

Students in stage 4 develop

stroke technique in front

crawl and back crawl and

Water safety is reinforced

elementary backstroke.

through treading water and

learn the breaststroke

kick and butterfly kick.

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.

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

SWIM

STROKES

Financial Assistance is available!

AQUATICS

DIVING

INTRO TO DIVING 🖤

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

BEGINNER DIVING

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!

FEE Member \$64 | Non-member \$96

INTERMEDIATE DIVING

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

ADVANCED DIVING

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.

FEE Member \$168 | Non-member \$288



nterested in diving articipants will start swim meets throug

This summer recreational swim team brings together children ages 5–18 for a fun-filled experience. Children will compete at 4 swim meets throughout the state on some Saturday mornings. They will gain confidence, improve strokes, and make new friends.

AGES5-16

FEE Member \$289 | Non-member \$416

SWIM TEAM

RECREATION

Y CITY PIRATES 🕅

This summer recreational swim team brings together children ages 5–18 for a fun-filled experience. Children will compete at 5 local swim meets throughout the city of Boise on Tuesday nights. They will gain confidence, improve strokes, and make new friends.

FEE Member \$289 | Non-member \$416

SWIM FIT - ADULT SWIM TEAM 🖤

This adult program (ages 18+) is for adults who are looking to increase their technical swim skills and endurance.

AGES18+

FEEPricing Varies

SWIM FIT - ADULT SWIM TEAM 🖤

This adult program (ages 18+) is for adults who are looking to increase their technical swim skills and endurance.

AGES18+

FEEPricing Varies

COMPETITIVE

BOISE Y SWIM TEAM 🕒 🛈 🛈

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

AGES6+

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



CERTIFICATIONS

CHILD & BABYSITTING SAFETY 🛛 🛈 🖤

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!

AGES12-15

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

COMMUNITY BASIC FIRST AID 🖸 🛈 🗊

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+ FEE Member \$35 | Non-member \$55

COMMUNITY CPR/AED 🕒 🛈 🔞

FEE Member \$35 | Non-member \$55

LIFEGUARD C O O O

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+

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

SWIM INSTRUCTOR G D D 🛈

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

AGES16+

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





TEEN/ADULT

BEGINNER 🕒 🕅

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

INTERMEDIATE/ADVANCED 🖸 🛈 🕅

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

PRIVATE SWIM LESSONS

PRIVATE LESSONS 🖸 🖸 🗊 🕅

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 Aquatics office for scheduling.



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-KADAPTIVE DANCE CAMP

Participants will learn body awareness, balance, dance moves, meet new friends, and have fun! Participants will practice twice a week and perform a structured routine at the end of the block of classes. Uniform included in the fee.

FEES Member \$118 | Non-member \$157

ADAPTIVE DANCE CAMP

Participants will learn body awareness, balance, dance moves, meet new friends, and have a fun time! Participants will perform a structured routine at the end of camp (Friday before pick-up). Learn a variety of dance styles, create a costume, and decorate the stage.

PRE-K CHRISTMAS IN JULY CAMP

Christmas shouldn't just come once a year! Participants will play holiday games, make snow, decorate cookies, and enjoy holiday themed STEM activities! Each day pulls activities from the Y's most popular programs.

CHRISTMAS IN JULY CAMP 🛈

Christmas shouldn't just come once a year! Participants will play holiday games, make snow, decorate cookies, and enjoy holiday themed STEM activities! Each day pulls activities from the Y's most popular programs.

AGES6-12

FEES Member \$145 | Non-member \$175

LIFE SKILLS CAMP

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

AGES13+

FEES Member \$145 | Non-member \$175



PRE-K SENSORY VARIETY CAMP 🛈

FEES......Member \$118 | Non-member \$157

SENSORY VARIETY CAMP

FEES Member \$145 | Non-member \$175

TEEN SENSORY VARIETY 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.

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. Contact Travis for additional details: travis.lundin@ymcatvidaho.org

AGESAll Ages FEESMember \$240 | Non-member \$240

TEEN NIGHT

Join us for Teen Night where we will play a variety of games and social activities! Teens are encouraged to make friends and try new things. Participants will also be given the opportunity to suggest future activities and events that interest them!

AGES13–17 FEES Member \$12 | Non-member \$20

Register today! —

Click the link or scan the QR code to Register for THRIVE Programs



THRIVE/ADAPTIVE

THRIVE CAMPS

PRE-K SPOOKY CAMP

Let us be your ghost host and celebrate this spooky time of year with five days of frightful fun! All things sensory are included in this fun variety camp with a ghoulish twist! This is full of Halloween happiness!

FEES Member \$118 Non-member \$157

SPOOKY CAMP

Let us be your ghost host and celebrate this spooky time of year with five days of frightful fun! All things sensory are included in this fun variety camp with a ghoulish twist! This is full of Halloween happiness!

AGES6-12

FEES Member \$145 | Non-member \$175

STEAM CAMP

FEES Member \$145 | Non-member \$175

PRE-K UNDER THE SEA CAMP

UNDER THE SEA CAMP

FEES Member \$145 | Non-member \$175

THRIVE CLASSES

<u>ADAPTIVE DANCE CLASS – YOUTH 🛈</u>

Participants will learn body awareness, balance, dance moves, meet new friends, and have fun! Participants will practice twice a week and perform a structured routine at the end of the block of classes. Uniform included in the fee.

AGES5-14 FEES Member \$30 | Non-member \$70

ADAPTIVE DANCE CLASS - TEEN/ADULT 🛈

Participants will learn body awareness, balance, dance moves, meet new friends, and have fun! Participants will practice twice a week and perform a structured routine at the end of the block of classes. Uniform included in the fee.

AGES13+

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

ADULT COOKING CLASS 🛈

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

AGES18+ FEES Member \$20 | Non-member \$27

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 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 🛈

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.

AGESAll Ages

FEESFree | Registration Required

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)!

AGESAll Ages
FEESFree | Registration Required

<u>BINGO & DINNER</u> 🛈

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.

AGES13+

FEES......Member \$20 | Non-member \$28

DESSERT DECORATING CLASS

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!

AGESAll Ages

FEES Member \$12 | Non-member \$16

LIFE SKILLS CLASS

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

AGES13+

FEES Member \$138 | Non-member \$203

<u>SKILLS & DRILLS</u> 🛈

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.

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

TEEN COOKING CLASS

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

AGES13+

FEES Member \$20 | Non-member \$27

YOUTH, FAMILY & COMMUNITY

CODING AND PROGRAMMING WITH OZO

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 ozobots to perform tasks, solve problems, and interact with the physical world.

AGES6-13

FEES Members \$30 | Non-members \$70

COOKING SUMMER SERIES

Join our weekly cooking class and explore a new culinary theme each session, from global flavors to classic comfort food. Perfect for food lovers looking to expand their kitchen skills and taste something fresh every week!

AGES8-12

FEES Members \$30 | Non-members \$70

ENGINEERING AND STRUCTURE

Discover the exciting world of engineering and design! This hands-on program is perfect for young minds eager to explore the principles of engineering, construction, and problem-solving. Students will build structures, bridges, and objects of movement through creative means. This program encourages innovation and curiosity about how the world is built. Join us to learn, build, and imagine!

AGES6-13

FEES Members \$30 | Non-members \$70

KIDS' NIGHT OUT 🕒 🛈 🛈

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	6-12
FEES	Members Only, Free

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.

AGES10-16

FEES Members \$30 | Non-members \$70

LITTLE MONKEY CLIMBING 🕒 🕅

FEES......Members \$30 | Non-members \$70



NERF WARS

Gear up for an action-packed Nerf Wars event where strategy and quick reflexes rule the battlefield! Bring your best aim and teamwork to outsmart opponents in this thrilling, high-energy competition. PIZZA PARTY INCLUDED!

AGES6-8 | 9-13

FEES Members \$25 | Non-members \$65

PAINTING AND DRAWING ARTS

Join us for this art program focusing on painting and drawing! This creative and hands-on program is designed for young artists who want to explore the world of visual art through the power of color and sketching. Students will learn essential techniques through different mediums. Our experienced instructors will guide them through step-by-step lessons, helping them develop their own unique style and confidence in their artistic abilities. Whether they're beginners or have some experience, each session will inspire creativity, improve skills, and encourage self-expression. Come join us and let your imagination come to life on the canvas!



PRE-K CREATIVE ART 🛈 🖤

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

FEES......Members \$30 | Non-members \$70

SWIFTY NIGHT FOR KIDS 0

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

FEES......Members \$25 | Non-members \$35



OUTH, FAMILY & COMMUNITY

TEEN COOKING CLASS

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

FEES......Members \$30 | Non-members \$70

YOUTH CLIMBING CLASS 🛈 🕅

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.

AGES6-12

FEES Members \$30 | Non-members \$70

YOUTH COOKING CLASS 🛈 🕅

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.

AGES6-12

FEES......Members \$30 | Non-members \$70

YOUTH CREATIVE ART 🛈 🖤

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.

AGES6-12

FEES......Members \$30 | Non-members \$70

YOUTH STEM EXPLORERS 🖸 🖤

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!

AGES6-12

FEES......Members \$30 | Non-members \$70

Register today!

Click the link or scan the QR code to register for Youth, Family & Community Camps



FREE FAMILY PROGRAMS

BABY AND YOU STORY AND PLAY 🖸 🛈

Join us for rhymes, songs, and stories. This program is for babies (0–2 years) and their caregivers to play and bond with each other. It is a great way to socialize with others in the community and start your baby with early literacy success! AGES0–2

FEES Free for Members

END OF SUMMER BBQ NIGHT G

Celebrate the end of summer with a Family BBQ! Gather your loved ones for an evening of delicious food, games, and great company. Enjoy sizzling BBQ favorites like smoked meat, hot dogs, and grilled veggies, all while relaxing and enjoying the warm summer evening. It's the perfect way to reflect on the summer memories made and make a few more before the season ends. Come unwind, relax, and enjoy a night of family fun and great food! We can't wait to close out the summer with you!

AGES	.All Ages	
FEES	.Free for Member	S

FAMILY CORNHOLE NIGHT

Come join us for a little for a little friendly competition! Our family cornhole night will be full of laughter, snacks, and of course cornhole!

AGESAll Ages
FEESFree for Members



FAMILY SWIM NIGHT O

Join us for a fun-filled evening at the YMCA's Family Swim Night! This special event offers the perfect opportunity for families to come together and enjoy quality time in the pool. Whether you're looking to swim, splash around, or just relax in the water, there's something for everyone! All pools, slides, and even Tsunami boards will be out for those to enjoy!

AGESAll Ages
FEESFree for Members

FAMILY TRIVIA NIGHT 🕑 🛈

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 teams! Come ready to play and make memories!

AGESAll Ages

FEES.....Free for Members

ROOFTOP FAMILY MOVIE NIGHT

FEESFree for Members

SUMMER FAMILY STEM NIGHT

Join us for an afternoon full of hands-on fun and learning for all ages! Explore the interactive activities that spark creativity and curiosity. Whether building rockets, designing simple machines, or experimenting with cool chemistry projects, there's

something for everyone to enjoy. We can't wait to see you there! AGESAll Ages

FEES Free for Members

RAMS



DANCE & TUMBLE

BALLET MOVEMENT 🖸 🛈

This class introduces young children to the fundamentals of ballet through playful activities and imaginative movement. This class helps develop balance, coordination, and rhythm while fostering creativity and a love for dance.

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

BALLET MOVEMENT 🕒 🛈

Ballet is a classical dance form that focuses on technique, grace, and fluidity. Dancers learn fundamental movements, posture, and alignment while building strength, flexibility, and discipline in a fun and bright structured environment.

AGES4-5 | 5-6 | 7-8 | 9-10

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

НІР НОР 🛈

Hip-Hop is an energetic dance style that combines bold, expressive movements with rhythmic beats. Dancers learn a variety of hip-hop techniques, from grooves to jumps, while improving their coordination, confidence, and creativity.

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

HIP TOTS 🛈

This high-energy class designed for young children to explore hip hop dance in a fun and age-appropriate way. Little ones will learn basic dance moves, rhythm, and coordination while building confidence and having a blast!

FEES Members \$30 Non-member \$70

JUST FOR DUDES

The Just For Dudes Tumble and Ninja class combines highenergy tumbling skills with exciting ninja warrior training. Participants will build strength, agility, and coordination while mastering flips, rolls, and obstacle courses in a fun and supportive environment.

FEES Members \$30 | Non-member \$70

LYRICAL DANCE 🛈

The Adaptable Tumble and Dance class for 4-6-year-olds combines fun tumbling techniques with creative dance movements. Kids will develop balance, coordination, flexibility, and rhythm while exploring movement in a playful and supportive setting.

AGES4-6

FEES......Members \$30 Non-member \$70

MINI MEN 🛈

Designed just for boys, this high-energy tumbling class builds strength, coordination, and confidence through fun flips, rolls, and jumps. Perfect for active learners, it encourages teamwork and skill-building in an exciting, supportive environment!

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

Register today! Click the link or scan the QR code to **Register for Dance & Tumble**



DANCE & TUMBLE

DANCE & TUMBLE

<u>POM & STUNT</u> 🛈

Pom & Stunt is an exciting, high-energy class where kids develop strength, agility, and confidence through stunts, tumbling, and performance movement. Participants will learn proper techniques for partner stunts, dynamic jumps, and controlled falls while improving coordination and teamwork in a safe and supportive environment.

AGES7-8 | 9-10 FEES Members \$30 | Non-members \$70

TINY TWISTER TUMBLER 🕖 🛈 🖤

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

FEES Members \$30 | Non-members \$70

TUMBLE STARZ D 🛈 🕅

Tumble Starz is designed for young children ready to build on basic tumbling skills while developing strength, coordination, and flexibility. In this fun and engaging class, children will learn foundational movements like forward and backward rolls, handstands, cartwheels, and basic beam and mat skills. Our experienced instructors will provide individualized guidance and encourage each child to reach new goals in a safe, supportive environment. Tumble Starz is a perfect way to boost confidence, improve motor skills, and introduce teamwork—all while having a blast!

FEES Members \$30 | Non-members \$70

TUMBLING 🛈

The Tumbling class focuses on developing basic to intermediate tumbling skills, including rolls, handstands, walk-overs, and more. Students will improve their strength, flexibility, and coordination in a safe, progressive environment.



SUMMERE THEIR NEXT

b KNOW WHERE THEIR NEXT MEAL IS COMING FROM.

The summer is a particularly vulnerable time for kids who rely on free or reduced-price meals during the school year. At the Y, we know that children who receive daily nutrition are set up to succeed. That's why we're helping kids reach their full potential by providing free access to healthy snacks and meals when school's out for summer.

Free meals for kids!

The Caldwell YMCA will be providing snacks to all children in the facility under the age of 18! Snacks must be eaten on site. Please join us!

DANCE & TUMBLE

Contact your nearest branch for more information.

YOUTH FIT

PEEWEE SPORTS

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!

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

KIDS CROSSFIT

FEES Member \$45 | Non-member \$68

YOUTH FIT 🛈

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

FEES...... Member \$49 | Non-member \$73.50

<u>Register today!</u>

Click the link or scan the QR code to register for Youth Fitness



YOUTH SPORTS CONDITIONING

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 | 12-18

FEES.....Once a week \$30 | Twice a week \$60

YOUTH STRENGTH TRAINING GOO 🐨

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 | Private lessons \$30

HOMESCHOOL PE G 🛈

Come and enjoy an hour of gym games like Dodge Ball, Capture the Flag, Line Tag and more facilitated by our Y 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!

AGES	6-14
FEES	C 1 Session a week:
	Member \$30 Non-member \$70
C 2 Session a week:	
	Member \$45 Non-member \$85

• Member \$30 | Non-member \$70

RACES & FUN RUNS

ST. PATRICK'S DAY FUN RUN

Trade your pot of gold for a pair of sneakers and join us for the most spirited St. Patrick's Day celebration in town – the Y's way! Spring into action with our YMCA St. Patrick's Run, where green isn't just a color; it's a way of life. Get ready to run, laugh, and showcase your shamrock swagger – it's all happening, and you're invited to the luckiest run in town!

SESSION DATES..... Mar 15

SESSION TIMES 9:45 am

LOCATIONJulia Davis Park



FAMOUS IDAHO POTATO

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. This year, due to construction in the BSU Stadium, we will be starting and finishing at the The Morrison Center.

SESSION DATES..... May 17

SESSION TIMES Half & Marathon: 7 am 5K & 10K: 10 am LOCATION Morrison Center



SAINT ALPHONSUS CAPITOL CLASSIC

Join us for the 41st Saint Alphonsus Capitol Classic Kids Run! This beloved one-mile run is open to children 14 under. Our NEW course begins in front of the State Capitol, with participants racing down Jefferson, up Bannock and back to Cecil D. Andrus Park. The event promotes health and well-being among the community's youth. Hosted by Saint Alphonsus and the Treasure Valley Family YMCA, the Capitol Kids Classic is a cherished tradition that fosters a sense of community and encourages a healthy lifestyle.

SESSION DATES..... May 18

SESSION TIMES 11 am

LOCATIONCecil D Andrus Park

TREASURE VALLEY TRIATHLON

Join us for the YMCA Treasure Valley Triathlon, a circuit style triathlon on a closed course along the scenic Boise River. Spectators welcome! The course is flat, fast, and great for racers of all levels. Enjoy the beautiful Esther Simplot Park as you swim, bike, and run your way to the finish line. We are excited to announce that the Treasure Valley Triathlon is a 2025 USAT Para Nationals Qualifier Series Race! The Paratriathlon Nationals Qualifier Race Series provides paratriathletes and ATD1 athletes opportunities to race sprint distance races following USAT and World Triathlon paratriathlon competition rules.

SESSION DATES.....Jun 7 SESSION TIMES9 am

LOCATIONEsther Simplot Park



<u>Register</u>

today!

RACE

TEAM IDAHO

TEAM IDAHO

Team Idaho has been serving the Treasure Valley for over 30 years. It is recognized as one of the top teams in the country, and members regularly compete at regional and national meets. Our goal is to strengthen youth by building character and develop assets within them through track and field activities and positive mentorship and coaching. All ability levels are welcome from the beginner to the elite. All-comers meets: June 13th, June 26th, July 14th, July 28th

<u>YOUTH</u>

AGES......5-12 SESSION DATES.....Jun 2-Jul 18 | Two practices per week SESSION TIMESTBD | Morning or Evening FEE......Member \$125 | Non-member \$150

TEEN/MASTERS*

AGES......5–12 SESSION DATES.....Jun 2–Jul 18 | Two practices per week SESSION TIMESTBD | Morning or Evening FEE......Member \$155 | Non-member \$170 *Masters: Age 20+

ADVANCED

AGES......12–18 SESSION DATES.....Jun 2–Jul 18 | Two practices per week SESSION TIMESTBD | Morning or Evening FEE.......Member \$195 | Non-member \$220 *Masters: Age 20+



EAM IDAH

MARTIAL ARTS

<u>JUDO </u>

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. **Please contact chris@ensojudoboise.com to schedule.**

AGES	5+
FEES	1 Person: Member \$67 Non-member \$100
	2 Person: Member \$125 Non-member \$185
	3 Person: Member \$150 Non-member \$225
	Private Lesson: Member \$50 Non-member \$75

<u>KIYO JU</u>

A traditional style of martial arts developed to train Samurai warriors for battle. Sanjuriu incorporates practical self-defense techniques utilizing speed, power, and flexibility of karate and the gentle subtleness of Jujitsu. Training is designed to build self-confidence, discipline, coordination, concentration, physical conditioning, respect and honor.

AGES8+ FEES Member \$45 | Non-member \$73.50

TAEKWONDO 🕖

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.

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

Register today!

Click the link or scan the QR code to Register for Marial Arts



HEALTH & WELLBEING



WELLNESS 30 🖸 🛈 🔞

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+

FEES......Member \$30

NUTRITION FOUNDATIONS

Transform your approach to healthy eating with our 4-week Nutrition Foundations program. Whether you're looking to optimize your diet for energy, improve overall wellness, or achieve specific health goals, this workshop is the perfect place to start.

AGES18+ FEES Member \$68 | Non-member \$102 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

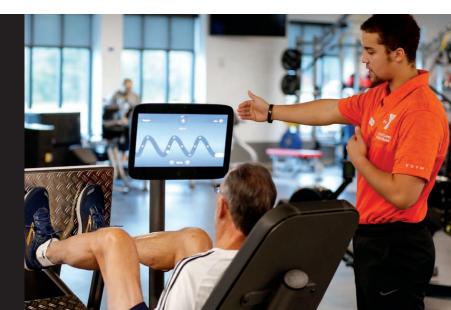
	Package	Per Session
Intro	\$150	\$50
1 Session	\$79	\$79
5 Sessions	\$325	\$65
10+ Sessions	\$590	\$59
Recurring	See Below	\$55
Small Group (3-8 People)	\$88 Per Person	\$22
Pairs	\$164 Per Person	\$41

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

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



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.

<u>CLINICAL TRX 🕒 🛈 🕅</u>

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+

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

DELAY THE DISEASE 🕒 💷 🛈 🕅

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

ENHANCE[®]FITNESS 🕒 🛈 🔞

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+

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

FOREVERWELL STRENGTH TRAINING 0

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+ FEES Member \$51

HOPE: HEALTHY OPTIONS FOR PREVENTION EXCELLENCE

Improving brain health, reducing risk of dementia, delaying onset of dementia symptoms and slowing progression of dementia symptoms. The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to bring to you a once-a-month **online** (virtual) free education program on evidence-based lifestyle-medicine strategies and treatment of potentially modifiable risk factors to improve brain health and reduce one's risk of dementia.

FEES.....Free

SESSION DATES....First Tuesday of Every Month SESSION TIMES12–1 pm To register, contact Mary Biddle–Newberry

208–344–5502, ext. 276 or mary.biddle@ymcatvidaho.org



MOVEMENT FOR MEMORY G 💷 🛈 🕅

Physical exercise and brain exercise are critical to prevention efforts. Large reputable studies have shown that a lifestylebased 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+

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FEES ...... Member $45 | Non-member $70
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ONCOLOGY RECOVERY 🕒 🛈 🗊

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+

FEES Member \$150 | Non-member \$200

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.

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

Register today! Click the link or scan the QR code to

register for ForeverWell Programs



Questions about ForeverWell or the Y 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 lifelong 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.

COOKING UNDER PRESSURE

University of Idaho Extension Office will be presenting on how to use your instapot and other electronic pressure cookers with recipe sharing.

DATE/TIMEMar 19 | 11 am-12 pm FEESFree

SAFE – SENIOR ATHLETE FITNESS EVALUATIONS

FREE physical fitness screenings. Clinicians with St. Luke's and the National Senior Games Association will be onsite preforming Cardiovascular, Muscular, Flexibility, and Balance Fitness evaluations. The exams will take around 15–20 minutes and will provide you numbers around these important markers with education material to follow.

DATE/TIMEApr 2 9-11 am FEESFree

SILVER SNEAKERS CHAIR YOGA

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.

AGES18+ FEESFree SESSION DATE.....Monday & Wednesday SESSION TIME12:15-1:15 pm





SILVER SNEAKERS STABILITY

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.

WELLNESS PASSPORT

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.

AGES18+ FEES Member \$45 | Non-member \$70

BOOK CLUB

AGES18+ FEESFree SESSION DATES.....Fourth Wednesday SESSION TIMES9:30-11:30 am

BINGO

CRIBBAGE

AGES18+ FEESFree SESSION DATES Mon SESSION TIMES9:30-11:30 am

WATER COLOR PAINTING

AGES18+ FEESFree SESSION DATESFirst Wednesday SESSION TIMES1:30–2:30 pm

TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY



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 🤆 D 🕇 🕅

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-	The YAC p relax, and
term, 2-hour per day limit. The Y REQUIRES parents/guardians	AGES
to stay on-site while their child is in our care.	
AGES6 weeks-6 years	FEE
ADD ON FEEOne Child & Family Membership: \$30	HOURS
Two or more & Family Membership: \$40	
One Child on Single Adult Membership: \$35	
DROP-IN FEEMember: \$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	
🛈 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	
🚾 Mon-Thur: 9 am-12 pm 4-7 pm	
Fri: 9 am-12 pm	
Sat: 9 am–12:30 pm	
Sun: Closed	DOCK

YOUTH ACTIVITY CENTER (YAC) 🧲 D 🖤

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

GES6-13

FEEMember: Free | Non-member: Day Pass Required

- O Mon-Thur: 4-8 pm ______ Fri: 4-6 pm
 - Sat: 9 am-12 pm
 - Sun: Closed
 - No School Days: 9 am–1 pm
 - 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
 - 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
 Sup. 10.15 am-1.15 am-1.
 - 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 🧿 🕖

AGES3+

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

- HOURS G 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

FAMILY ADVENTURE ZONE (FAZ)

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

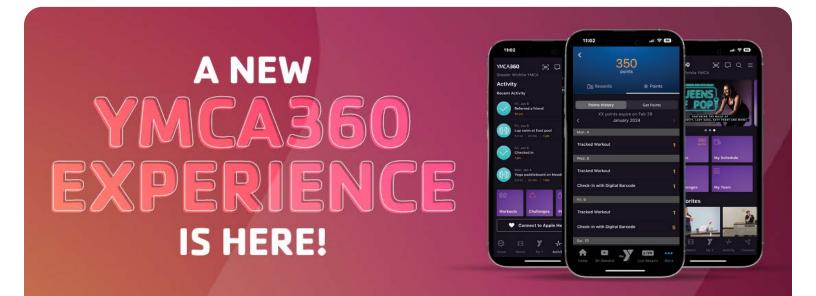
AGES1-17

FEEMember: Free | Non-member: Day Pass Required HOURS Mon-Fri: 8 am-8 pm Sat: 8 am-6 pm Sun: 10 am-6 pm



Treasure Valley Family YMCA 805 W Franklin St. Boise, ID 83702





INTRODUCING THE TREASURE VALLEY FAMILY YMCA'S ALL NEW POINTS & REWARDS SYSTEM

The more you use your YMCA, the more points you earn towards great rewards. Earn points by:

- Checking into any YMCA facility using the YMCA360 app
- Participating in group exercise classes
- Watching live & on-demand classes in YMCA360
- Tracking your workouts
- Joining and completing monthly challenges
- And much more!

You can redeem your points at any time for great prizes or save them up for larger prizes. Points are automatically added to your account and prizes can be found in the rewards center of the YMCA360 app.