



For a better us.®

## **MEMBERSHIP & FEES**

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

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

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

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

## 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 quests 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!

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

## **MEMBER BENEFITS**

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

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

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

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

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

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

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

12 FAMILY GUEST DAY PASSES are renewed every year to share with friends and family\*.
\*All Non-Member guests age 18 and older must provide a government-issued photo ID.

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

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

## **TABLE OF CONTENTS**

**MEMBERSHIP** 

2

YOUTH & FAMILY PROGRAMS

4-5

BEFORE & AFTER SCHOOL PROGRAMS

6

**SPRING BREAK CAMPS** 

7

**THRIVE** 

8-9

**RACES** 

10

YOUTH SPORTS

10

AQUATICS

11-17 11-15

SWIM LESSONS SPRING BREAK SWIM LESSONS

15 16

CERTIFICATION RECREATION

16-17

**HEALTH & WELLBEING** 

17–18

YMCA OVERNIGHT CAMP AT HORSETHIEF RESERVOIR

20-21

**PRESCHOOL** 

22-23

**FACILITY INFO** 

24

## **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.



## YOUTH & FAMILY PROGRAMS

#### FREE MEMBER EVENTS

#### FREE FAMILY NIGHTS GOO @

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

AGES .....All Ages

FEES.....FREE | Members Only

#### >>> CALDWELL - DATES/TIMES @

Pizza & Game Night: Jan 5 | 5-7 pm Cookies & Cards: Feb 12 | 5-6:30 pm March Madness: Mar 13 | 5-6:30 pm Healthy Kids Day: Apr 18 | 10 am-1 pm Nite Glo Dance: May 8 | 6-7:30 pm

#### >>> DOWNTOWN - DATES/TIMES ①

STEAM Night: Edible Experiments: Jan 16 | 6-8 pm Valentine's Cookie Decorating: Feb 12 | 6-8 pm Kids Prom: Mar 20 | 5-7 pm Healthy Kids Day: Apr 18 | All Day

#### >>> TOMLINSON - DATES/TIMES •

Winter Wonderland Bash: Jan 9 | 6-8 pm Family Sweetheart Dance: Feb 6 | 6-8 pm Luck O' the Y Bingo: Mar 6 | 6-8 pm Healthy Kids Day: Apr 18 | All Day

#### >>> WEST - DATES/TIMES ®

Trivia: Jan 23 | 5:30-7 pm
Bingo: Feb 27 | 5:30-7 pm
Spring Carnival: Mar 27 | 6-8 pm
Cookie Decorating: Apr 24 | 5:30-7 pm

#### ADAPTIVE & INCLUSIVE EGG HUNT @

In partnership with AdaptABLE Foundation, we will be hosting an adaptive and inclusive egg hunt! Participants of all ages and abilities are welcome to hunt for eggs, visit vendors, and connect with peers. Beeper eggs will be available for individuals that are blind or have a visual impairment. Low sensory spaces will have eggs available for individuals with sensory sensitivities. Aditional eggs will be suspended in the air for individuals with physical disabilities. Join us for a day of fun!

AGES .....All Ages

FEES.....FREE Community Event

TIME......10 am-12 pm
DATE ......Mar 28



## REGISTER TODAY! %



#### CLIMBING G D T W

Get your little climbers started with Little Monkeys Climbing or take climbing skills to new levels in an exclusive Youth Climbing course. Youth will also be trained to belay.

AGES ......4-6 | 6-12

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

#### COOKING G D D W

Let's get cooking! In this hands-on class, kids will learn basic kitchen skills, explore simple recipes, and build confidence in the kitchen — all while having fun. Registration includes two 2-hour classes per month, where young chefs will mix, measure, and create delicious dishes in a safe, supportive environment. No experience needed!

AGES ...... 6 6-13 0 3-5 | 6-12

• 6-9 | 10-13 • 3-5 | 6-12

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

#### **CREATIVE ARTS O W**

This creative class gives kids the chance to explore their imagination and express themselves through hands-on art activities. Each session encourages confidence, creativity, and fun in a supportive environment where every child is an artist.

AGES ...... 3-5 | 6-12 Ø 6-12

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

#### **HOMESCHOOL P.E.** @ **1**

Homeschool P.E. is a fun and engaging way for homeschool students to stay active while learning a variety of sports and gym games. Each class includes warm-ups, skill-building activities, and plenty of active play. Kids will have the chance to explore basketball, soccer, volleyball, floor hockey, and pickleball, along with classic gym favorites like capture the flag, dodgeball, relay races, and obstacle courses. Our focus is on teamwork, sportsmanship, and building confidence through movement in a positive, supportive environment.

**AGES** ......6-15

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

#### **HOMESCHOOL PLATE & PAINT**

Homeschool Plate & Paint is a 4-week class combining creativity in the kitchen and the art studio! On the 1st and 3rd weeks, students will explore simple cooking projects, learning basic kitchen skills and creating tasty treats. On the 2nd and 4th weeks, they'll dive into art projects—like painting a ceramic plate or other creative crafts—developing artistic techniques and self-expression. This hands-on program encourages creativity, confidence, and fun while offering a balanced mix of culinary and artistic experiences. All materials are provided.

**AGES** ......6-12

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

#### **STEAM ENRICHMENT @ 0 W**

The STEAM Programs offers young minds the chance to dive into the exciting world of STEAM 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

## **YOUTH & FAMILY PROGRAMS**

#### MARTIAL ARTS @ 0 0

The Y offers high–quality martial arts programming for children and adults in an encouraging, non–intimidating, and family–friendly environment. Our instructors are among the best and promote hard work, discipline, honor, integrity, and respect for themselves and others.

**AGES** ...... **6 6–14** (Karate Kung Fu) **6+** (Judo)

5+ (Taekwondo)

**0** 6-14

FEES...... Members \$30 | Non-members \$70 (Karate)

Members \$50 | Non-members \$140 (Judo)

Members \$75 | Non-members \$125

• Members \$30 | Non-members \$70

#### BALLET 10 10

Grace, strength, and creativity come together in this foundational dance class! Dancers will learn basic ballet positions, terminology, and techniques that build balance, flexibility, and coordination. Classes focus on developing poise, proper posture, and musicality in a fun and encouraging environment. Perfect for beginners or those continuing to grow their ballet skills.

**AGES ..... 0 0–2** (Parent & Me) | **3–5** | **6–9** 

1-2 (Parent & Me) | 3-5 | 6-7 | 8-9 | 10-12

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

#### BALLET/JAZZ 1

The start of each class will begin with the basics of ballet. Children will learn fundamental ballet positions, movements, and terminology. Children work on their balance, flexibility, coordination, and posture. In the second portion of class, children will learn about rhythmic expression and movement improvisation.

**AGES** ......3-5 | 6-9

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

#### CHEERLEADING 10 10

Get ready to cheer, chant, and shine! This upbeat squad teaches the basics of cheer motions, jumps, chants, and simple routines that build confidence, teamwork, and school spirit. Perfect for energetic kids who love to perform and support their team!

**AGES** ..... 3-5

**1** 3-5 | 6-12

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





#### HIP-HOP (1)

Dancers will learn fun, age-appropriate moves to today's coolest beats! This high-energy class focuses on rhythm, coordination, and self-expression through freestyle and choreographed routines. Perfect for kids who love to move, groove, and show their style!

**AGES**......3-5 | 6-9

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

#### INTRO TO DANCE @ W

This program introduces children to the art of dance in a fun, expressive environment with the goal of setting a strong foundation of dance fundamentals! They will learn basic dance techniques and movements through a variety of dance styles including ballet, jazz, and hip-hop. Instructors will teach and review dance terms to help build the children's vocabulary and understanding of each movement.

**AGES** ......3-5 | 6-9

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

#### TUMBLING 😉 🛈 🛈 🖤

This high-energy class introduces the basics of tumbling in a fun and supportive environment! Participants will work on foundational skills such as forward rolls, backward rolls, handstands, cartwheels, and bridges. The focus is on building strength, coordination, flexibility, and confidence while learning proper technique and safety. Perfect for first-time tumblers or those still mastering beginner skills! Skills will increase once the fundementals are mastered.

AGES ...... 0-2 (Parent & Me) | 3-5 | 6-9

**0 0-2** (Parent & Me) | **3-5** | **6-9** 

0-2 (Parent & Me) | 3-4 | 4-5 | 6-7 | 8-9 | 10-12

**W** 3-5|6-9

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

#### WORLD DANCE \*\*O O

Dancers will groove their way around the globe! This fun and high-energy class introduces kids to styles like K-Pop, Bollywood, and more through upbeat music and simple choreography that celebrates cultures from around the world. Perfect for young dancers who love to move and explore new rhythms!

**AGES** ..... 3-5 | 6-9

**1** 6-9 | 10-12

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

## **BEFORE & AFTER SCHOOL PROGRAMS**

With 15 different locations offering before and after school services, we offer full-time (5 days) and part-time (1-4 days) to meet the needs of families. We provide care on early release days and school closure days at no additional charge. To learn more and register, click the link below.



## **FULL-TIME WEEKLY TUITION RATES**

	BEFORE/AFTER SCHOOL	BEFORE SCHOOL ONLY	AFTER SCHOOL ONLY
MEMBERS	\$146	\$95	\$107
NON-MEMBERS	\$150	\$98	\$110

<sup>\*</sup>See website for part-time schedule pricing

#### **CALDWELL Y KIDS**

**CALDWELL YMCA** 

After School Only | Grades K-7

208 459 2498 ext 655 | caldwellykids@ymcatvidaho.org Schools served: Heritage Charter, Mosaics Public School, Vision Charter, Thomas Jefferson, Lewis & Clark, Sacajawea, Washington, Wilson, Van Buren, Central Canyon, East Canyon, Desert Springs, Skyway, West Canyon

#### **DOWNTOWN BOISE**

FIRST PRESBYTERIAN CHURCH (Downtown Boise YMCA)
Before & After School | Grades K-5

208 344 5502 ext 219 | dtboiseykids@ymcatvidaho.org Schools served: Adams, Highlands, Longfellow, Lowell, Roosevelt, Washington, Whittier. Transportation provided by local school.

#### **EAGLE Y KIDS**

Seven Oaks Elementary Campus Before & After School | Grades K-5

208 939 6735 | eagleykids@ymcatvidaho.org

Schools served: Eagle, Eagle Hills, Galileo, Seven Oaks, Eagle Elementary School of the Art. Transportation provided by local school.

#### FRONTIER Y KIDS

FRONTIER ELEMENTARY

After School Only | Grades K-5 | FREE

208 344 5502 ext 415 | frontierykids@ymcatvidaho.org Schools served: Frontier Elementary. \*All students at participating school is free. Funding covered by 21st CCLC grant.

#### HILLSDALE Y KIDS

HILLSDALE ELEMENTARY (South Tomlinson YMCA)
Before & After School | Grades K-5

208 344 5502 ext 538 | hillsdaleykids@ymcatvidaho.org Schools served: Hillsdale Elementary

#### **HUNTER Y KIDS**

Hunter Elementary Campus Before & After School | Grades K-7

208 855 5871 | hunterykids@ymcatvidaho.org Schools served: Barbara Morgan STEM Academy, Hunter, Paramount, Sqtooth Middle, Willow Creek, Pleasant View, Ponderosa. Transportation provided by local school.

#### **LAKEVUE Y KIDS**

LAKEVUE ELEMENTARY

After School Only | Grades K-5

208 459 2498 ext 658 | lakevueykids@ymcatvidaho.org Schools served: Lakevue Elementary

#### NAMPA Y KIDS

CENTRAL ELEMENTARY, ENDEAVOR ELEMENTARY, ROOSEVELT ELEMENTARY, SHERMAN ELEMENTARY After School Only | Grades K-5 | FREE

208 344 5502 ext 491 | nampaykids@ymcatvidaho.org Schools served: Central Elementary, Endeavor Elementary, Roosevelt Elementary, Sherman Elementary. \*All students at participating school is free. Funding covered by 21st CCLC grant.

#### SIENA Y KIDS

Siena Elementary Campus Before & After School | Grades K-7

208–344–5502 ext 483 | sienaykids@ymcatvidaho.org Schools served: Pepper Ridge, Siena, Spalding, Victory Middle. Transportation provided by local school.

#### **USTICK Y KIDS**

Ustick Elementary Campus Before & After School | Grades K-7

208 321 7559 | ustickykids@ymcatvidaho.org Schools served: Lewis & Clark Middle, Lowell Scott Middle, River Valler, Spalding STEM Academy, Summer Wind, Ustick. Transportation provided by local school.

#### **WEST BOISE Y KIDS**

WEST BOISE YMCA CHILD DEVELOPMENT CENTER (West Boise YMCA)

Before & After School | Grades K-5

208 344 5502 ext 415 | westboiseykids@ymcatvidaho.org Schools served: Andrus. Transportation provided by local school.

#### **WILDER Y KIDS**

WILDER ELEMENTARY

After School Only | Grades K-8 | FREE

208 807 3051 | wilderykids@ymcatvidaho.org Schools served: Wilder Elementary, Wilder Jr High. Transportation provided by local school. \*All students at participating school is free. Funding covered by 21st CCLC grant.

## **SPRING BREAK CAMPS: MARCH 16–20**

#### **PRE-K CAMPS**

#### PRE-K ADVENTURE CAMP @ 0

Children will engage in the thrill of adventure through climbing, bouncing, exploring and outside games. Learning the basics of adventure safety and participating in active, team building activities. With so many explorations and activities to choose from, this camp is sure to be adventure!

AGES ......3-5 TIME ...... 9 am-12 pm FEES ...... Member \$145 | Non-member \$175

#### PRE-KART CAMP @ 0

Messy art! Painting! Sculpting! Creative Creations! Children will learn about different art forms and methods as well as design, create, and build projects each day. With so many art activities to choose from and participate in, children can let their inspiration run free!

AGES ......3-5 TIME .....1-4 pm FEES ...... Member \$145 | Non-member \$175

Children must be fully bathroom trained to participate in specialty camps

#### **YOUTH SPRING BREAK CAMPS**

#### **DINO DISCOVERY CAMP**

An exciting, hands-on adventure for kids who love dinosaurs! Campers will step into the world of paleontology as they dig for fossils, build dino models, engage in hands-on science, play dinosaur-themed games, and learn about the amazing creatures that roamed the Earth millions of years ago.

**AGES** ......6-12 TIME ......8:30 am-12:30 pm FEES ...... Member \$155 | Non-member \$185

#### **CREATIVE KIDS ART CAMP 00**

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

AGES ......6-12 TIME ......8:30 am-12:30 pm

FEES ...... Member \$155 | Non-member \$185

#### KID'S KITCHEN COOKING CAMP 0

A fun and flavorful experience for kids who love to cook and eat! Campers will learn kitchen basics, practice reading and following recipes, and whip up delicious dishes. Each day includes hands-on cooking, food-themed games, and creative culinary crafts. The perfect recipe for building confidence, creativity, and a lifelong love of cooking!

**AGES** ......6-12

TIME ......8:30 am-12:30 pm

FEES ...... Member \$155 | Non-member \$185

## REGISTER TODAY!

#### YOUTH SPRING BREAK CAMPS

#### **SPACE EXPLORERS 0**

An out-of-this-world adventure! Campers will explore the solar system, learn about stars & galaxies, build rockets, discover what it takes to become an astronaut, and more! As they dive into fun, hands-on creative crafts and STEM activities, this camp launches young minds into a galaxy of learning and imagination!

AGES ......6-12 TIME ......12:30-4:30 pm FEES......Member \$155 | Non-member \$185

#### **STEM CAMP OW**

A hands-on experience to ask questions, build things, and explore how the world works! Campers will dive into fun experiments and challenges while using the engineering design process. Each day offers new adventures in science, technology, engineering, and math designed to inspire future innovators.

AGES ......6-12 TIME ......8:30 am-12:30 pm | 12:30-4:30 pm FEES ...... Member \$155 | Non-member \$185

#### SPRING BREAK FULL DAY CAMP 😉 🛈 🛈

School is out for Spring Break and the Y is in for Spring Break Day Camp! The Y provides a full day camp option of academic, enrichment, and physical activities to ensure parents have a peace of mind while their child is out of school. Sign up for one day or all five days.

**AGES** ......5-12 TIME ..... 7 am-6 pm FEES......Member & Non-member \$65/Day

#### THRIVE SPRING BREAK CAMP 🕡

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

AGES ......5-14 TIMES ......AM: 8:30 am-12:30 pm | PM: 12:30-4:30 pm FEES ...... Member \$155 | Non-member \$185

#### SCHOOL'S OUT DAY CAMP @ D TO

School is out and the Y is in to provide a safe, supportive environment with academic enrichment activities. The Y provides full day academic, enrichment, and physical activities to ensure parents have a peace of mind while their child is out of school.

**AGES**.....5-12 FEES......Member & Non-member \$65/Day TIME ...... 7 am-6 pm

G Jan: 5, 19, 29, 30 | Feb: 13, 16 | Mar: 13, 23

**1** Jan: 5, 19 | Feb: 16 | May: 19

10 Jan: 19, 28 | Feb: 16 | Mar: 4 | Apr: 10 | May: 22

Jan: 19, 28 | Feb: 16 | Mar: 4 | Apr: 10 | May: 22

## **THRIVE CENTER**

## Together Helping Realize Inclusive Victories Everyday

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

## THRIVE CLASSES

#### THRIVE ADAPTIVE DANCE CLASS (5-14) 0

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

AGES	5–14
FEES	Member \$30   Non-member \$70
DATES	Jan-Apr   Thursdays & Saturdays
TIMES	Thu: 5:30-6:30 pm   Sat: 10-11 am

#### THRIVE ADAPTIVE DANCE CLASS (TEENS/ADULTS) 10

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

AGES	13+
FEES	Member \$30   Non-member \$70
DATES	Jan-Apr   Thursdays & Saturdays
TIMES	Thu: 4:30-5:30 pm   Sat: 11 am-12 pm



#### ADAPTIVE & INCLUSIVE EGG HUNT **©**

In partnership with AdaptABLE Foundation, we will be hosting an adaptive and inclusive egg hunt! Participants of all ages and abilities are welcome to hunt for eggs, visit vendors, and connect with peers. Beeper eggs will be available for individuals that are blind or have a visual impairment. Low sensory spaces will have eggs available for individuals with sensory sensitivities. Aditional eggs will be suspended in the air for individuals with physical disabilities. Join us for a day of fun!

	All Ages	
EES	All AgesFREE Community Event	9
	10 am-12 pm	
ATES	Mar 28	Adapt

#### THRIVE TEEN COOKING CLASS 1

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.

9

AGES	13+
FEES	Member \$15   Non-member \$35
DATES	Jan 10   Feb 7   Mar 7   Apr 11   May
TIMES	11:30 am-1:30 pm

#### THRIVE ADULT COOKING CLASS •

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

AGES	18+		
FEES	Member \$15	Non-member	\$35

#### THRIVE BINGO & DINNER 10

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 \$15   Non-member \$35
DATES	. Jan 16   Feb 13   Mar 20   Apr 17   May 8
TIMES	.5-7 pm

#### THRIVE DESSERT DECORATING •

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

desAll Ages
EESMember \$15   Non-member \$35
ATESFeb 14   May 9   Jun 20
IMESFeb/Jun 11:30 am-12:30 pm   May 2-3 pm

#### THRIVE SKILLS & DRILLS 1

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

	, ,
AGES	5-14
FEES	Member \$30   Non-member \$70
DATES	Jan 7-28   Feb 4-25   Mar 4-Apr 1   Apr 8-29
TIMES	5:30-6:30 pm   Wednesdays





## **THRIVE CAMPS**

#### **THRIVE ONE DAY CAMPS 1**

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 .......5-14

DATES ......Jan: 2, 5, 19, 28 | Feb: 16 | Mar: 4, | Apr: 10\*

TIMES ......AM: 9 am-1 pm | PM: 1-5 pm

\*April Times: AM: 8:30 am-12:30 pm | PM: 12:30-4:30 pm

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

#### THRIVE SPRING BREAK CAMP 10

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

## 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 15-17

#### **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 1–3

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

#### THRIVE KIDS' DAY OUT 10 10 10

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 ......FREE | Registration Required
TIMES .....1-4:30 pm
DATES

Jan: 17 | Feb: 14 | Mar: 14 | Apr: 4 | May: 2
 Jan: 31 | Feb: 28 | Mar: 28 | Apr: 25 | May: 30
 Jan: 24 | Feb: 21 | Mar: 21 | Apr: 18 | May: 9

#### THRIVE DRAGONFLIES 1

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 ......FREE | Registration Required
DATES .....Fridays
TIMES ......5:30-8:30 pm

#### **THRIVE FIREFLIES 1**

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 ......FREE | Registration Required
DATES .....Fridays
TIMES .....5:30-8:30pm

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



#### **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. Spring into action with our YMCA St. Patrick's Run, where green isn't just a color; it's a way of life.

AGES .....3+

SESSION DATES..... Mar 14

#### **EASTER RACE**

New for 2026! Join us at the YMCA Easter Run. Let's ring in the Spring with some fun for the whole family on a scenic 5K or 1-mile run along the Boise Greenbelt.

AGES .....3+

SESSION DATES.....Apr 4

#### **CAPITOL CLASSIC**

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.

AGES ......6-13

SESSION DATES..... May 30



#### **FAMOUS IDAHO POTATO RUN**

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

AGES .....6+

**SESSION DATES....** May 16



## YOUTH SPORTS

#### ROOKIES SOCCER O W

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

AGES ......4-6

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

SESSION DATES.....Apr 11-May 16 | Saturdays

#### Y SOCCER LEAGUE D 🛈 🖤

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-8

FEES...... Member \$90 | Non-member \$135

SESSION DATES..... Mar 30-May 16



#### YT-BALL LEAGUE 10 10 W

Catch, Throw, Swing, Homerun! YT Ball is an opportunity for youth of all abilities and backgrounds to play T Ball in a safe, fun, and nurturing environment. The YT Ball program is a great way to learn fundamentals while developing spatial awareness, agility, and overall athletic skills, as well as emphasizing good sportsmanship. YT Ball is a co-ed recreational program where every player plays equally regardless of their position or individual ability.

AGES ......4-6

FEES......Member \$90 | Non-member \$135

SESSION DATES..... Mar 30-May 16

#### Y VOLLEYBALL LEAGUE O W

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

**GRADES.....2-9** 

FEES...... Member \$90 | Non-member \$135

SESSION DATES..... Mar 30-May 14

The late registration fee of \$30 has already been included to the registration fees. The late registration begins 5 weeks prior to the start of the program for any divisions that still have space available on teams.

Any questions, please reach out to Youth Sports at youthsports@ymcatvidaho.org





## **STAGE DESCRIPTIONS**







## **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**

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







#### **SWIM BASICS**

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

- · Swim, float, swimsequencing front glide, roll, back float, roll, front glide, and exit
- · Jump, push, turn, grab

#### 1/ WATER ACCLIMATION

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

#### 2/WATER MOVEMENT

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

#### 3/WATER STAMINA

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







#### **SWIM STROKES**

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

#### 4/STROKE **INTRODUCTION**

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

#### 5/STROKE **DEVELOPMENT**

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

#### 6/STROKE **MECHANICS**

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

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

## AQUATICS SWIM LESSON SELECTOR



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



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



3 years-5 years
PRESCHOOL:
STAGES 1-4



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



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?

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

Will the student go underwater voluntarily?

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

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

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

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

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

NOT YET A / WATER DISCOVERY

NOT YET B / WATER EXPLORATION

NOT YET 1/ WATER ACCLIMATION

NOT YET 2 / WATER MOVEMENT

NOT YET 3 / WATER STAMINA

NOT YET 4/STROKE INTRODUCTION

NOTYET 5/STROKE DEVELOPMENT

NOT YET 6 / STROKE MECHANICS

<sup>\*</sup>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.

## SWIM LESSONS

## PARENT/CHILD

#### STAGE A - WATER DISCOVERY 😉 🛈 🛈

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.

AGES ...... 6 months-3 years FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details

STAGE B - WATER EXPLORATION G D D D

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

AGES ......6 months-3 years FEE ...... Member \$30 | Non-member \$140 DATES/TIMES.....See Online Schedule For Details

## **PRESCHOOL**

#### STAGE 1 - WATER ACCLIMATION G D TO 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.

**AGES** ......3-5 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details

#### STAGE 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.

AGES ......3-5 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES.....See Online Schedule For Details

#### STAGE 3 - WATER STAMINA @ 0 0 0

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.

**AGES** ......3-5 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES ...... See Online Schedule For Details

#### STAGE 4 - STROKE INTRODUCTION 10 10

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.

**AGES.....**3-5 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details



## **SCHOOL AGE**

#### STAGE 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.

**AGES** ......5-13 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES ...... See Online Schedule For Details

#### STAGE 2 - WATER MOVEMENT @ D TO 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.

AGES ......5-13 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details

#### STAGE 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.

AGES ......5-13 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details

#### STAGE 4 - STROKE INTRODUCTION @ D D D

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.

AGES .....5-13 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details

#### STAGE 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.

AGES ......5-13 FEE ...... Member \$30 | Non-member \$140 DATES/TIMES......See Online Schedule For Details



## **SWIM LESSONS**

#### STAGE 6 - STROKE MECHANIC 😉 🛈 🛈

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.

AGES .....5-13

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

DATES/TIMES......See Online Schedule For Details

#### **AQUATICS CONDITIONING 10 10 10**

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

AGES .....5-13

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

DATES/TIMES......See Online Schedule For Details

## TEEN/ADULT

#### BEGINNER @ D T W

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

AGES .....13+

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

DATES/TIMES......See Online Schedule For Details

#### INTERMEDIATE/ADVANCED 😉 🛈 🛈

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

AGES ......13+

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

DATES/TIMES......See Online Schedule For Details

## **SPLASH SPRING BREAK SWIM LESSONS**

#### NON-SWIMMER @ D TO 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...... Mar 16-20

**SESSION TIMES ..... Times Vary** 

#### BEGINNER GOO ®

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...... Mar 16-20

**SESSION TIMES ..... Times Vary** 

#### INTERMEDIATE GOO 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......Mar 16-20

**SESSION TIMES ..... Times Vary** 

#### ADVANCED GO @

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...... Mar 16-20



## CERTIFICATIONS

#### CHILD & BABYSITTING SAFETY 10 10 10

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!

AGES .....12+

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

DATES/TIMES ...... See Online Schedule For Details

#### 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.

AGES .....12+

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

DATES/TIMES ...... See Online Schedule For Details

#### COMMUNITY CPR/AED G D TO W

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

AGES .....12+

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

DATES/TIMES ...... See Online Schedule For Details

#### LIFEGUARD @ 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.

AGES .....16+

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

DATES/TIMES ...... See Online Schedule For Details

#### SWIM INSTRUCTOR @ D TO W

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

AGES .....16+

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

DATES/TIMES ...... See Online Schedule For Details

## **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!

AGES .....8-14

FEE .....Pricing Varies

DATES/TIMES......See Online Schedule For Details

## **SWIM TEAM**

#### 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

AGES .....6+

DATES/TIMES......See Online Schedule For Details

#### **BLUE MARLINS - BEGINNER**

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 ( )

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 10 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 \$100 | Non-member \$320

SESSION DATES...... Registration: Mar 14-Apr 30

Season: Jun 1-Jul 25



## DIVING

#### INTRO TO DIVING 🖤

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

**AGES** ......6-15

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

DATES/TIMES......See Online Schedule For Details

#### 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!

**AGES** ......7-15

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

DATES/TIMES......See Online Schedule For Details

#### 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!

**AGES** ......7-16

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

DATES/TIMES......See Online Schedule For Details

#### 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.

AGES ......9-18

FEE .....Pricing Varies

DATES/TIMES......See Online Schedule For Details

## **HEALTH & WELLBEING**



#### FITNESS CHALLENGES & WORKSHOPS 😉 🛈 🛈 🖤

INDIVIDUAL NUTRTION COACHING 😉 🛈 🛈

goals and helps you build healthier habits for life.

Take charge of your health with our personalized Nutrition

tools, and support you need to make sustainable, healthy

changes to your diet and lifestyle. Whether you're looking to boost your energy, manage your weight, or simply eat smarter,

our Certified Personal Training staff will work with you one-

on-one to provide tailored guidance that supports your unique

Coaching Package at the YMCA! This six-session program (30 minutes each) is designed to equip you with the knowledge,

The YMCA offers a variety of fitness challenges and workshops to help you Level Up Your Training. Take your fitness further with our rotating lineup of workshops that specialized workshops designed to educate, inspire, and empower. Learn to lift with confidence, prep for your favorite sport, strengthen vulnerable joints, or restore your body through mindful movement and recovery. From Ski Conditioning to Meditation and everything in between, our expert trainers and instructors will help you unlock your next level—whatever your goal. Check out our current offerings online or visit the Welcome Center to learn more and sign up.

AGES .....18+

FEES......Pricing Varies

NUTRITION 30 😉 🛈 🛈 🖤

Receive a 30-minute coaching session for \$30 with a certified personal trainer for nutrition planning. Booking this appointment 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 lifelong optimal health. Expires 6 months from date of purchase. If you need to cancel, please contact the Health and Wellness Director for your Branch

AGES .....18+

FEES...... Member \$30

#### NUTRITION FOUNDATIONS WORKSHOP @ 0 0 W

This interactive workshop provides practical tools and knowledge to build a strong nutritional foundation. You'll explore key topics like, macronutrient balance, mindful eating, and sustainable habits for long-term success.

AGES .....18+

FEES...... Member \$68

SPARTAN SGX 😉

Learn, develop, and improve skills for SPARTAN and other obstacle course races, such as ropes, wall climbing, and grip strength. Develop and improve your functional movement and endurance for on and off the race course.

AGES ......18+

FEES......Member \$45

#### AGES .....18+

FEES...... Member \$150

#### KIDS CROSSFIT W | YOUTH FIT O

This 4-week program is designed especially for youth. Using functional fitness and a variety of movement and activities, participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength. Class is held twice a week for 50 minutes each session

AGES ..... 10-14 © 8-14

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

#### YOUTH SPORTS CONDITIONING 10

This twice-a-week program is designed especially for youth. Participants will focus on balance, agility, coordination, speed, stamina, endurance, flexibility, athleticism, and core strength using a variety of movements, including functional fitness a variety of movement and activities.

AGES ......10-14 | 12-18 FEES ...... Member \$30

#### YOUTH STRENGTH TRAINING 🕒 🛈 🛈

Your child will learn how to safely use the fitness equipment and proper etiquette on the fitness floor. Upon completion of this program, participants will be able to workout independently in designated areas of the fitness floor. (Please note the Free Weight area is restricted to members 15 and older.)

AGES ......10-14

FEES......FREE for Members

#### YOUTH STRENGTH TRAINING - PRIVATE 😉 🛈

Individual Youth Strength Training is a private 60 minute session with Certified Personal Trainer where your child will learn safe usage of fitness equipment and proper etiquette on the fitness floor. This program is required for children 10–11 in order to exercise independently in designated fitness areas in the facility. While not required for children 12–14, it is highly encouraged. (Please note the Free Weight area is restricted to members 15 and older.)

AGES ......10-14 FEES ......Member \$30

#### **EBHI - EVIDENCE BASED HEALTH INTERVENTION**

#### LIVING FOREVER - PRESENTED BY ST. LUKES & YMCA 10

FREE educational lecture series focused on your wellbeing at every stage of life. Each month, we'll explore timely health topics and share practical tools to help you stay healthy, connected, and Living ForeverWell in the Treasure Valley.

AGES ...... 18+ FEES ...... FREE

DATES ...... First Wednesday of the Month
TIMES .......1-2:15 pm | First Wednesday

#### **LECTURES:**

- The Power of Movement, Fall Prevention Tips & Tricks Kathryn Ormiston, CEP
- April Kovalscik, YMCA Membership Director
- Nourish the New Year
   Josie Read, RD & Casey Sheehy, M.S., C.S.C.S.



#### **HAVE MORE QUESTIONS?**

CONTACT: mary.biddle@ymcatvidaho.org 208-344-5502 EXT. 276

#### **HOPE, HEART & PEAC**I

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

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

#### **HOPE: Healthy Options for Prevention Excellence**

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

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

 Focus is on post-diagnostic dementia education for individuals with MCI and mild dementia and their family members on various components of holistic state of the science care to improve quality of life, slow cognitive and functional decline and improve autonomy and confidence in living well with neurocognitive disorder.

#### $\label{peace:palliative} \textbf{PEACE: Palliative Excellence in Alzheimer's and related dementias Care Efforts}$

 Focus is on educating family members and non-family caregivers on comprehensive approaches to promote safety, living at home, delaying institutionalization, preventing visits to ED and hospitalizations, preventing and reducing agitation and other behavioral and psychological symptoms of dementia, ensuring goal concordant care, and importance of high quality palliative and hospice care.

LOCATION......Online
FEES.....FREE
DATE ......First Tue of every Month
TIME.......12–1 pm



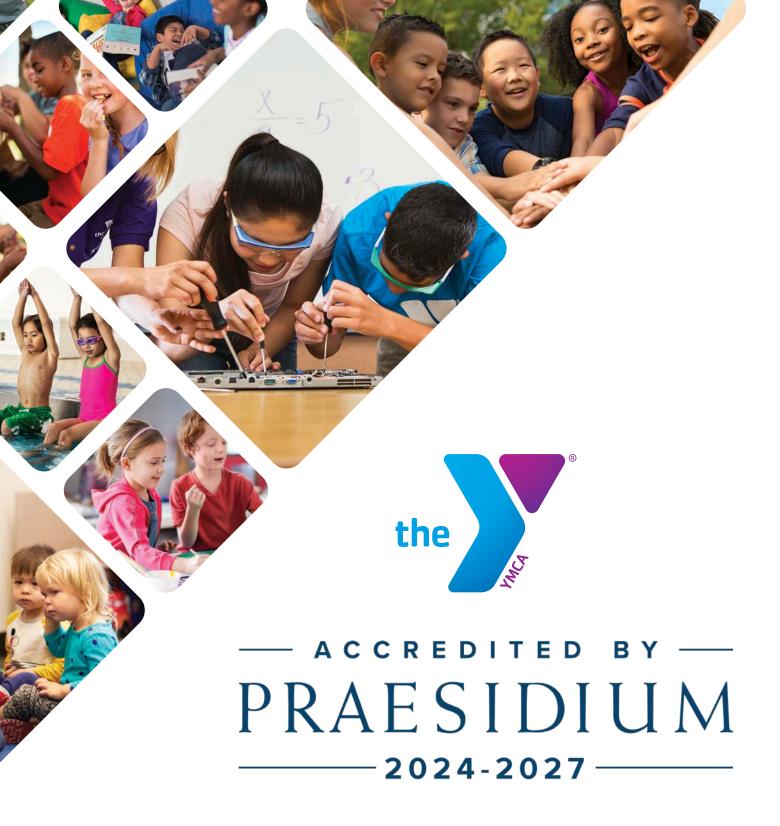


## <u>EBHI:</u> <u>Evidence Based Health Intervention</u>

At the Y, we're proud to offer a variety of classes focused on Evidence Based Health Interventions

for individuals recovering from or mitigating the side effects of a Movement Disorder.





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<sup>®</sup> 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.



## YMCA CAMP AT HORSETHIEF RESERVOIR

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

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

#### 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.

**AGES** ......7-13

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

SESSION DATES.....Week 2: Jun 14-19

Week 3: Jun 21-26

Week 4: Jun 28-Jul 1\*

Week 5: Jul 5-10

Week 6: Jul 12-17

Week 7: Jul 19-24

Week 8: Jul 26-31

#### **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.

**GRADES.....**7-9

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

SESSION DATES.....Week 2: Jun 14-19

Week 3: Jun 21-26

Week 4: Jun 28-Jul 1\*

Week 5: Jul 5-10

Week 6: Jul 12-17

Week 7: Jul 19-24

Week 8: Jul 26-31

\*4TH OF JULY WEEK: SHORTENED SESSION & REDUCED RATE

#### 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......Member \$679 | Non-member \$799

**SESSION DATES.....** Jun 21–26 | Jul 5–10 | Jul 12–17 | Jul 19–24

#### **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.

**GRADES.....**8-11

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

**SESSION DATES.....** Jun 21–26 | Jul 12–17 | Jul 26–31



#### **CLIMBING CAMP**

This camp will focus on climbing on our new real-rock routes on the back side of our property that 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!

GRADES...... 6-10

FEES...... Member \$789 | Non-member \$899

**SESSION DATES ...** Jun 21-26 | Jul 12-17

#### **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 14-19 | Jul 5-10 | Jul 19-24 | Jul 26-31

#### **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 14-26 | Jul 5-17 | Jul 19-31

#### **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 22-25: Memorial Day Weekend

Jul 3-5: Fourth of July Sep 4-7: Labor Day Weekend Oct 9-11: 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...... Cabin: Member \$275 | Non-member \$300

Yurt: Member \$235 | Non-member \$275

SESSION DATES ... May 8-10 | Sept 25-27

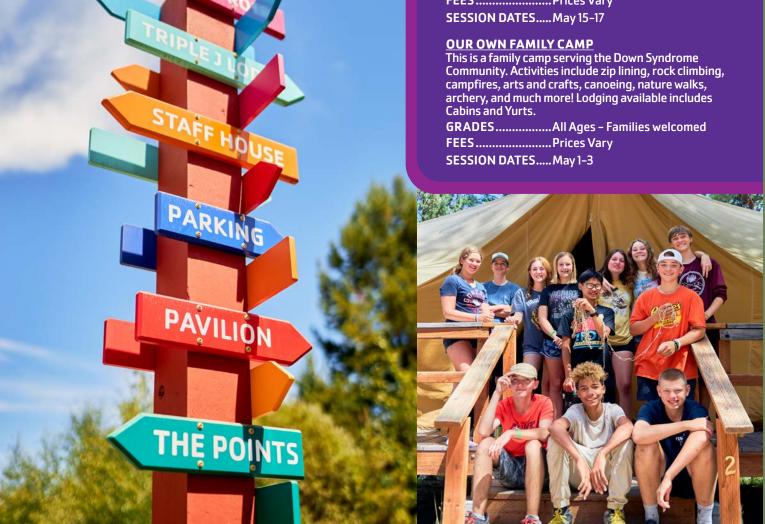
#### **THRIVE & ADAPTIVE OVERNIGHT FAMILY CAMPS**

#### 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



# Y GUIDED DISCOVERY PRESCHOOL

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

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

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

#### >>> Boise & Meridian Part-Time Preschool:

Desert Sage Elementary | Y Siena Guided Discovery Preschool Willow Creek Elementary

Contact: westguideddiscovery@ymcatvidaho.org 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 & PM classes available

Meridian: Member \$411 | Non-Member \$424 Caldwell: Member \$184 | Non-Member \$190 Nampa: Member \$238 | Non-Member \$245

#### 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.



SCAN TO REGISTER

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

## TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY



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

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



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

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



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

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



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

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

Please note: All YMCA Aquatic Centers close thirty minutes before the rest of the facility. For up-to-date Aquatics hours please visit <a href="mailto:ymcatvidaho.org">ymcatvidaho.org</a>

#### KID ZONE G 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...... • Mon-Fri: 8 am-1 pm

Mon-Thur: 4-8 pm

Sat: 9 am-12 pm

Sun: 11 am-2 pm

Mon-Thur: 8:45 am-7 pm

Fri: 8:45 am-4 pm

Sat: 8 am-2 pm

Sun: 10 am-2 pm

Mon-Fri: 8:45 am-8 pm

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

■ Mon-Thur: 9 am-1 pm | 4-7 pm

Fri: 9 am-1 pm Sat: 9 am-12:30 pm

Sun: Closed

#### YOUTH ACTIVITY CENTER (YAC) 🥥 🕕 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

Fri: 4-6 pm

Sat: 9 am-12 pm

Sun: 11 am-2 pm

No School Days (CSD & VSD): 8 am-1 pm

Mon-Thur: 4 am-7 pm

Fri: Closed

Sat-Sun: 8 am-2 pm

Boise No School Days: Open All Day

Mon-Fri: 4-8 pm

Mon & Wed: 11 am-1 pm (Homeschool)

Tue & Thur: 9-11 am (Homeschool)

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

W Mon-Thur: 4-7 pm

Fri: Closed

Sat: 9 am-12:30 pm

Sun: Closed

West Ada No School Days: 9 am-1 pm | 4-7 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.

**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

#### ROCK WALL G D W

**AGES** .....3+

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

HOURS ..... Mon, Tue & Thur: 5-7 pm Sat: 9 am-12 pm

Sun: 11 am-2 pm

Tue & Thur: 4-6 pm Sat: 9 am-12 pm

Mon-Thur: 4-7 pm Sat: 9 am- 12:30 pm