



For a better us.®

TREASURE VALLEY
FAMILY YMCA
2025
**FALL &
WINTER**
PROGRAM GUIDE

MEMBERSHIP & FEES

Membership Type	Monthly Fee				Join Fee***
	Downtown Boise YMCA	Tomlinson South Meridian YMCA	West Boise YMCA	Caldwell YMCA	All Facilities
Family*	\$99.90	\$99.90	\$99.90	\$95.90	\$60
2-Person Family**	\$79.90	\$79.90	\$79.90	\$75.90	\$45
Individual Adult (30–64)	\$53.90	\$53.90	\$53.90	\$53.90	\$30
Older Adult (65+)	\$49.90	\$49.90	\$49.90	\$49.90	\$30
Young Adult (19–29)	\$37.90	\$37.90	\$37.90	\$37.90	\$30
Youth (10–18)	\$31.90	\$31.90	\$31.90	\$31.90	\$0

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

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

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

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

JOIN TODAY!

ONLINE

Visit ymcatvidaho.org to join online or by scanning the QR code.



IN PERSON

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

WE OFFER FINANCIAL ASSISTANCE

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



CORPORATE MEMBERSHIP

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

LOCKER RENTAL

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

TOWEL SERVICE

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

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

KID ZONE

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

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

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

DAY PASSES*

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

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

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

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

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

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

REFER A FRIEND!

Refer-a-friend to the Y! When a current member welcomes you to the Y, we'll waive 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 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, monthly challenges, and earn points to redeem for YMCA rewards. It is available in the App Store & Google Play Store and can be downloaded to your mobile device, AppleTV, Roku, GoogleTV, Amazon Firestick as well as streamed on your laptop/desktop.

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OUR COMMITMENT TO WELCOME & SERVE ALL

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

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

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

THE Y IS FOR ALL.

YOUTH & FAMILY EVENTS

BACK TO SCHOOL PARTY W T

Kick off the school year with fun and friends at the YMCA! Join us for games, crafts, music, snacks, and more as we celebrate the start of a new year. It's a great way for kids to connect, play, and get excited for what's ahead!

AGESAll Ages

FEESFREE | Members only

DATE/TIMEW Sept 5 | 4-6 pm

T Aug 22 | 6-8 pm

FAMILY NERF NIGHT G

Get ready for an action-packed evening of foam dart fun! Bring the whole family for a night of friendly competition, laughter, and teamwork. Whether you're dodging darts or defending your base, there's excitement for all ages.

AGESAll Ages

FEESFREE | Members only

DATE/TIMESept 12 | 5-6:30 pm

WELCOMING WEEK FAMILY FIELD DAY D

Join us in collaboration with Open Streets on Sunday 9/28 for our Welcoming Week Family Field Day. We will have soccer, a bounce house, field games, and food for all!

AGESAll Ages

FEESFREE

DATE/TIMESept 28 | 12-5 pm

LOCATIONMountain View Park

LIGHTS ON AFTERSCHOOL FAMILY NIGHT G

Celebrate afterschool programs and their important role in the lives of our children and families. Learn about the AfterSchool Programs and Care the Y has to offer while engaging in fun activities with the whole family!

AGESAll Ages

FEESFREE

DATEOct 23 | 5-7 pm

HALLOWEEN CARNIVAL D W T

Join us for a fun-filled evening the whole family will enjoy! Our Halloween Carnival features festive booths, a bounce house, pizza, and plenty of games and treats. Costumes are encouraged as we celebrate the season with laughter, play, and community fun.

AGESAll Ages

FEESFREE | Members only

DATE/TIMEOct 24 | 6-8 pm

MAGIC SHOW FAMILY NIGHT G

Step into a world of wonder and delight! Join us for an enchanting dinner and show full of magical moments the whole family will love. Perfect for kids and adults alike—prepare to be amazed!

AGESAll Ages

FEESFREE | Members only

DATENov 14 | 5-6:30 pm



FAMILY BINGO NIGHT D

Join us for a night of family fun, friendly competition, and pizza at our Family Bingo Night! Whether you're a bingo pro or trying it for the first time, there's something for everyone—plus prizes, laughs, and memories to be made.

AGESAll Ages

FEESFREE | Members only

DATE/TIMENov 21 | 6-8 pm

UGLY SWEATER BINGO T

Ugly Sweater Bingo is a festive and fun-filled event where participants wear their quirkiest holiday sweaters while playing bingo for prizes. Join us for laughter, holiday cheer, and a chance to show off your most outrageous sweater in a joyful, community atmosphere!

AGESAll Ages

FEESFREE | Members Only

DATE/TIMEDec 5 | 6-8 pm

BREAKFAST WITH SANTA G

Kick off the holiday season with a magical morning of food, fun, and festive cheer! Enjoy a delicious breakfast, snap a photo with Santa, and make merry memories with the whole family. Don't forget your wish list—Santa can't wait to hear it!

AGESAll Ages

FEESFREE | Members only

DATE/TIMEDec 22 | 9-10:30 am

WINTER CARNIVAL D W

Step into a world of winter wonder at our Winter Carnival—a night of fun, games, and celebration for the whole family! From exciting activity booths and a bounce house to tasty pizza and festive surprises, there's something for everyone to enjoy.

AGESAll Ages

FEESFREE | Members only

DATE/TIMEDec 19 | 6-8 pm

REGISTER TODAY!



YOUTH & FAMILY EVENTS

FAMILY GAME NIGHT

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

AGESAll Ages

FEESFREE | Members only

DATE/TIMEJan 6 | 5-6:30pm

VALENTINE'S CARD MAKING & EXCHANGE

Valentine's Card Making & Exchange is a heartwarming event where kids and families create personalized Valentine's cards and swap them with others in a fun, festive setting. Enjoy crafting, creativity, and a little kindness as we celebrate friendship and community together!

AGESAll Ages

FEESFREE | Members Only

DATE/TIMEFeb 6 | 6-8 pm

FAMILY VALENTINE'S CARD NIGHT

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

AGESAll Ages

FEESFREE | Members only


DATE/TIMEFeb 11 | 5-6:30pm

KIDS' NIGHT OUT

Join us for Kids' Night Out where kids will get a chance to enjoy a night of games, swimming (depending on pool availability), rock climbing, 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 5-12

FEES FREE | Members only

DATE/TIME  Sept 26, Oct 24, Nov 21, Dec 19 | 6-8:30 pm

 First Friday of every Month | 5:30-8:30 pm

 Fourth Friday of every month | 5:30-8:30pm

 Second Friday of every Month | 5-8 pm

TEEN NIGHT

Come join us for our monthly Teen ONLY Night on the last Friday of each month!

AGES 13-17

FEES FREE | Open to All

DATE/TIME Last Friday of every Month | 6-8 pm

REGISTER TODAY!





\$30

TO TURN UP THE FUN

Join the fun with youth &
teen programs for \$30!

YOUTH ENRICHMENT PROGRAMS

CLIMBING

BELAY CERTIFICATION

The belay certification teaches each participant how to safely control the ropes for their partner, how to tie safe climbing knots, and communication commands. Upon completion the participant will be able to belay during certified climbing times at any of the Treasure Valley Family Y Facilities.

AGES14+

FEESMembers \$5 | Non-member \$5

CLIMBING CLASS

These climbing classes teach climbing skills to children ages 4-12. Participants learn more about rock climbing and the climbing Wall while building confidence as they set and achieve climbing goals. They will also learn the Y values of Caring, Honestly, Respect, and Responsibility.

AGES4-6 | 6-12

FEESMembers \$30 | Non-member \$70

REGISTER TODAY!



DANCE & TUMBLE

BALLET

This program teaches the basics of ballet by introducing children to fundamental ballet positions, movements, and terminology. This class aims to help children work on their balance, flexibility, coordination, and posture. We also will take children on a journey to explore some of the most famous ballets and influential dancers in the ballet world.

AGES5-12

FEESMembers \$30 | Non-member \$70

BALLET/JAZZ

This fun and energetic combo class introduces young dancers to the fundamentals of both ballet and jazz in a supportive and creative environment.

AGES3-12

FEESMembers \$30 | Non-member \$70

BASIC ACRO

Basic Acrobatics introduces kids to the exciting world of flips, balances, and partner skills in a safe and structured setting. This class focuses on building core strength, coordination, and teamwork through fun, age-appropriate acrobatic movements. Participants should have prior tumbling experience and be able to perform a controlled handstand against the wall, hold a bridge for 10 seconds, and execute a clean cartwheel.

AGES10-12

FEESMembers \$30 | Non-member \$70

REGISTER TODAY!



CHEER & STUNT

Cheer and Stunt Squad is an exciting seasonal program running from October to January, where participants learn cheerleading techniques—including chants, jumps, tumbling, and partner stunts—and cheer at boys' basketball games. This program builds strength, teamwork, and confidence while developing skills in a safe and supportive environment.

AGES7-10

FEESMembers \$90 | Non-member \$210

SESSION DATEOctober-January

DANCING LIKE THE STARS

Dancing Like the Stars is an exciting fusion dance class where kids explore global styles like K-Pop, Bollywood, Samba, and Belly Dance. Each week features high-energy choreography, cultural rhythms, and dynamic moves that build confidence, coordination, and creativity. No experience needed—just a love for music and movement!

AGES6-12

FEESMembers \$30 | Non-member \$70

HIP HOP

Hip-Hop class is a fun-filled dance party where kids groove to age-appropriate music while learning basic hip-hop moves and rhythms. With games, freestyle moments, and lots of energy, this class builds confidence, coordination, and creativity!

AGES3-5 | 6-12

FEESMembers \$30 | Non-member \$70

INTRO TO DANCE

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. Each class will end in free creative dance time for the children to practice what they learned, connect with their peers, and build confidence in self-expression!

AGES3-12

FEESMembers \$30 | Non-member \$70

JAZZ

Get ready to leap, jump and turn into this exciting program! In this class children will learn about rhythmic expression and movement improvisation. They will discover techniques incorporated from other dance styles such as ballet and modern dance. Plus get a history lesson on who and what influenced jazz dance to make it what it is today.

AGES5-12

FEESMembers \$30 | Non-member \$70

YOUTH TUMBLING

Flip, roll, and tumble your way to fun! Our Youth Tumbling Class helps kids develop strength, balance, and coordination through fundamental tumbling skills. Classes are divided by age to provide age-appropriate instruction in a safe and supportive environment. Whether they're just starting out or looking to refine their skills, this class is perfect for building confidence and having a blast!

AGES0-12 | Age varies by location

FEESMembers \$30 | Non-member \$70

YOUTH ENRICHMENT PROGRAMS

HOMESCHOOL PROGRAMS

HOMESCHOOL PE C T

A fun and active class designed just for homeschoolers! Kids will build strength, coordination, and teamwork through games, fitness challenges, and sports in a supportive and social environment.

AGES6-14
FEESMembers \$30 | Non-member \$70

HOMESCHOOL PAINT & PLATE T

A hands-on homeschool class where kids explore their creativity through art and cooking! Each week blends imaginative art projects with simple, fun recipes to build confidence, skills, and a love for making things from scratch.

AGES6-12
FEESMembers \$30 | Non-member \$70

Spend a week at YMCA Camp at Horsethief Reservoir for Homeschool Outdoor Education!

REGISTER TODAY! 



MARTIAL ARTS

ENSO JUDO CLUB D

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

AGES13+
FEESVisit our website for program rates.

BOISE VALLEY JUDO CLUB C

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

AGESC 6+
FEESVisit our website for program rates.

KARATE KUNG FU C

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

AGESPandas: 6-8 | Tigers: 9+
FEESVisit our website for program rates.

TAEKWONDO D

It is never too late to start! For the first timer we can introduce an entirely new athletic experience. Taekwondo compliments a healthy life-style by developing a well-rounded exercise program and approach toward overall health. Taekwondo offers an extremely rewarding experience for all. If a student has prior experience, they will be acknowledged for their work and will not have to start over as a white belt. We welcome all levels and abilities. Classes taught by Grand Master, eighth degree black belt, Larry Duke.

AGES5-11 | 12+ | 40+
FEESVisit our website for program rates.

REGISTER TODAY! 

YOUTH ENRICHMENT PROGRAMS

REGISTER TODAY!



SPECIALTY PROGRAMS & CLUBS

CAREER READINESS

Get ready to take the first step toward your future! This hands-on program helps teens build essential skills for the workplace—like resume writing, interview prep, communication, and time management. Whether you're looking for your first job or planning your career path, this program sets you up for success!

AGES14-17

FEESMembers \$30 | Non-member \$70

CREATIVE ARTS

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

AGES3-5 | 6-12

FEESMembers \$30 | Non-member \$70

LEADERS CLUB

Leaders Clubs connect young people in grades 8th-12th with adult advisors to develop their leadership potential while fostering a culture of service. With the help of role models and mentors, these teens develop the skills they need to lead positive change in their communities.

AGES13-18

FEESFREE

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!

AGES3-5 | 6-12 | Age varies by location

FEESMembers \$30 | Non-member \$70

GIRLS ONLY T. SWIFT LOCK-IN

Join us for the ultimate Girls-Only Lock-In: Taylor Swift Edition! Dance the night away with a live DJ, make friendship bracelets, enjoy delicious pizza, and splash around at our late-night pool party. Come for the fun, stay for the music, and leave with new friends and amazing memories!

AGES

FEESMembers \$15 | Non-member \$35

DATE/TIMESept 13 | 4-8 pm

SWIFTY NIGHT

Calling all young Swifties to join an unforgettable night dedicated to celebrating the music and magic of Taylor Swift! Children will partake in fun crafts, activities, and trivia while singing and dancing to Taylor Swift's music. Whether your child is a longtime fan or just discovering her music, this event promises to be a hit!

AGES6-13

FEESMember \$15 | Non-member \$35

DATE/TIMESecond Friday of every Month | 5:30-8:30 pm

TEEN ADVISORY

Please join us for a teen only advisory committee. This volunteer group will plan events and activities solely for teens! We will meet twice a month during out of school hours. There will be one adult moderator, but the group will be comprised of only teens!

AGES13-18

FEESFREE

YOUTH COOKING

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.

AGES3-5 | 6-13 | 13-17 | Age varies by location

FEESMembers \$30 | Non-member \$70



TODDLER & INFANT PROGRAMS

BUZZY BEES

Buzz into fun and learning! Designed for curious little minds, Busy Bees is a playful program where children enjoy storytime adventures, sing silly songs, and create colorful art. It's the perfect mix of imagination, creativity, and early learning—all in a fun, nurturing environment!

AGES3-6

FEESFREE with KidZone add-on or KidZone Day Pass

PARENT/CHILD CREATIVE ARTS

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

AGES3-5

FEESMembers \$15 | Non-member \$35

REGISTER TODAY!



YOUTH ENRICHMENT PROGRAMS

REGISTER TODAY!


PARENT & ME TUMBLING

Parent & Me Tumble is a playful class designed for little ones and their grown-ups to explore movement together. Through basic tumbling skills, songs, and obstacle courses, children build coordination and confidence while bonding with their caregiver in a fun, supportive environment.

AGES 0-2, with Caregivers

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

PEEWEE SPORTS

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

AGES 3-6

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

STROLLER WALK GROUP

Parents and Guardians, join our weekly stroller walk group! We will meet at the Downtown YMCA and walk around the Downtown area. You are welcome to leave older children in the KidZone.

AGES 0-6+, with Caregivers

FEES FREE | Members only

TODDLER CIRCLE TIME

A fun and interactive class designed to spark early learning through songs, stories, movement, and hands-on activities. Perfect for early youth and their caregivers, this class encourages social development, creativity, and routine in a playful setting.

AGES 0-2, with Caregivers

FEES FREE | Members only

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.

REGISTER TODAY!


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

THRIVE CAMPS

ONE DAY CAMP

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

AGES 6-12

SESSION DATES..... Sept 10 | Nov 4 | Jan 2 | Jan 5 | Jan 19 |
Jan 28 | Feb 16 | Mar 47

TWO DAY CAMP

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

AGES 6-12

SESSION DATES..... Oct 9-10 | Dec 22-23 | Dec 29-30

THREE DAY CAMP

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

AGES 6-12

FEES Nov 24-26

TOMLINSON YMCA AND ADAPTABLE FOUNDATION HALLOWEEN CARNIVAL

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

AGES All Ages

FEES FREE community event

SESSION DATE Oct 24

SESSION TIME 5-8 pm

THRIVE CLASSES

ADAPTIVE DANCE CLASS - YOUTH ^T

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

AGES5-14

FEESMember \$30 | Non-member \$70

ADAPTIVE DANCE CLASS - TEEN/ADULT ^T

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

AGES13+

FEESMember \$30 | Non-member \$70

ADULT COOKING CLASS ^T

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

Nov: Fall Favorites • Dec: Holiday Yumms Comfort Foods: Pasta

AGES18+

FEESMember \$15 | Non-member \$35

BINGO & DINNER ^T

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

AGESAll Ages

FEESMember \$15 | Non-member \$35

DESSERT DECORATING CLASS ^T

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

Oct: Creepy Cookies • Dec: Holiday cookies

AGESAll Ages

FEESMember \$15 | Non-member \$35

ORNAMENT DECORATING ^T

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

AGESAll Ages

FEESMember \$15 | Non-member \$35

PUMPKIN DECORATING ^T

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

AGESAll Ages

FEESMember \$15 | Non-member \$35

SKILLS & DRILLS ^T

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

AGES5-14

FEESMember \$30 | Non-member \$70

TEEN COOKING CLASS ^T

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

Nov: Fall Favorites • Dec: Holiday Yumms Comfort Foods: Pasta

AGES13+

FEESMember \$15 | Non-member \$35



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.

DRAGONFLIES ^T

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

AGES18+

FEESFREE | Registration Required

FIREFLIES ^T

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

AGES5-17

FEESFREE | Registration Required

KIDS' DAY OUT ^{D T W}

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

AGESAll Ages

FEESFREE | Registration Required

REGISTER TODAY!





\$30 TO MAKE A SPLASH

Dive into fun and fitness
with our aquatics programs
for only \$30!

AQUATICS

SWIM LESSON SELECTOR

**REGISTER
TODAY!**



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



12+ years
TEEN & ADULT:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1/ WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

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

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

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

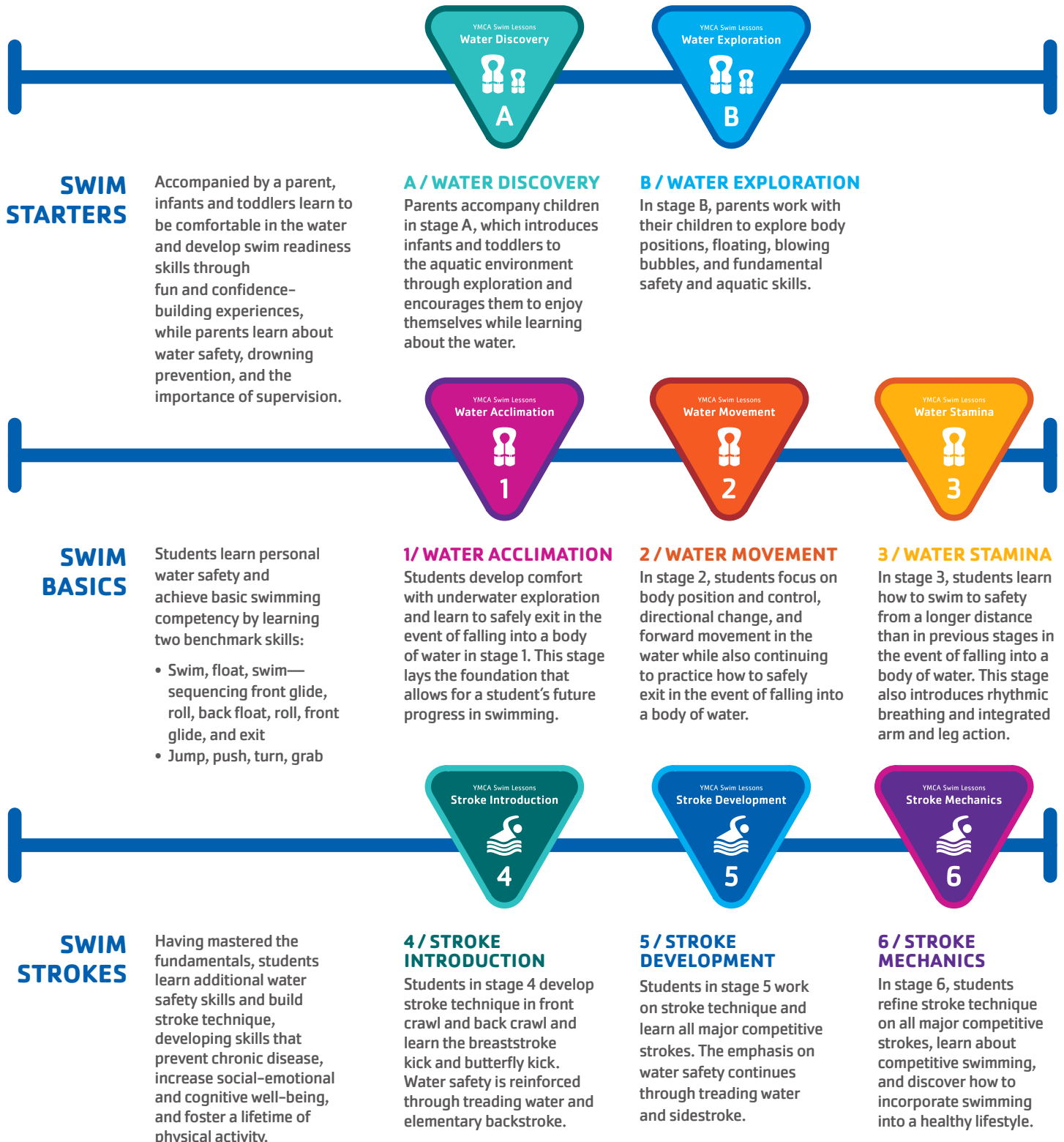
NOT YET

**6 / STROKE
MECHANICS**

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

STAGE DESCRIPTIONS

REGISTER TODAY!



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

AQUATICS

TEEN/ADULT LESSONS

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+

FEEMember \$30 | Non-member \$140

INTERMEDIATE/ADVANCED

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

AGES13+

FEEMember \$30 | Non-member \$140

PRIVATE 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 your Aquatics Director for more information.

CONDITIONING

AQUATICS CONDITIONING

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

AGES5-13

FEEMember \$30 | Non-member \$140

TEAM

BOISE YMCA SWIM TEAM

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

AGES6-18

FEESVisit our website for program rates

CERTIFICATIONS

CHILD & BABYSITTING SAFETY

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

AGES12+

FEEMember \$30 | 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+

FEEMember \$30 | Non-member \$60

COMMUNITY CPR/AED

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

AGES12+

FEEMember \$30 | Non-member \$60

LIFEGUARD

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

AGES16+

FEEMember \$150 | Non-member \$225

SWIM INSTRUCTOR

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

AGES16+

FEEMember \$150 | Non-member \$225

REGISTER TODAY!



UNDER CONSTRUCTION



The 50-meter lap pool at the West Boise YMCA and Boise City Aquatics Center is currently undergoing construction, and at this time, we cannot guarantee it will be open for fall and winter programming. Swim lessons in the instructional pool will continue as scheduled. We appreciate your patience as we work to enhance the facility. Please scan the QR code or text #WestYPool to 513-750-9622 to receive the latest updates and alerts on pool availability and programming details.



DOWNLOAD THE YMCA360 APP



Download on the
App Store



GET IT ON
Google Play

HOW TO LOG IN:

1. Visit YMCA360.org OR scan the QR code OR download the app to your phone, AppleTV, Roku or Android TV by searching your app store for YMCA360
2. Drop in your zip code and choose your Treasure Valley membership branch
3. Type in your email address (must be the one on record with your YMCA) and check your email for a verification code
4. Enter that code in the app and you're ready to go!

Get started with YMCA360 today!

- » Quick barcode check-in.
- » Reserve your spot in group exercise and water fitness classes.
- » Find all the Y schedules including aquatics, basketball, kidzone and more!
- » 3,000+ live and on-demand classes led by YMCA instructors from across the country.
- » Track your workouts and sync your wearables.
- » Participate in challenges and earn points that can be redeemed for YMCA rewards!

The window for class reservations is a 72-hour rolling window. For example: Reservations for a 9 a.m. class on Monday will open on the Friday before at 9 a.m. Tuesdays 5:30 p.m. class will open the Saturday before at 5:30 p.m.

FOR CLASSES ON: RESERVATIONS OPEN ON:

MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	SUNDAY
THURSDAY	MONDAY
FRIDAY	TUESDAY
SATURDAY	WEDNESDAY
SUNDAY	THURSDAY

HEALTH & WELLBEING

FITNESS CHALLENGES & WORKSHOPS

BULLETPROOF KNEES WORKSHOP

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

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

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

AGES18+

FEESMembers \$88

INTRO TO STRENGTH TRAINING FOR WOMEN

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

AGES18+

FEESMembers \$88

SKI & SNOWBOARD CONDITIONING

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

AGES15+

FEESMembers \$88

STRONGHER: NEXT LEVEL LIFTING FOR WOMEN OVER 40

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

AGES40+

FEESMembers \$88

THE WHY, WHAT & HOW OF MEDITATION

Curious about starting—or restarting—a meditation practice? This 90-minute workshop explores the “why, what, and how” of meditation, helping you connect your personal values to a practice that supports your life. You'll learn the basics, experience a guided meditation, and leave with a realistic plan to bring mindfulness into your daily routine. Whether you're brand new or returning to practice, this workshop offers clarity, encouragement, and practical tools to make meditation part of your everyday.

AGES18+

FEESMembers \$34 | Non-member \$40

EBHI – EVIDENCE BASED HEALTH INTERVENTION

BRAIN HEALTH SYMPOSIUM

5th Annual Brain Health Symposium – Brain health is a critical piece of holistic wellness and underlies our ability to communicate, make decisions, problem-solve, form and maintain relationships, and live a productive and full life.

LOCATIONICOM or Virtual

AGES18+

FEESFREE

DATESaturday, Oct 18

TIME9 am–2:30 pm



CLINICAL TRX

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

AGESN/A

FEESMembers \$45 | Non-member \$70

DATEMon & Wed

TIME 1 pm |  1 pm |  12:10 pm

DELAY THE DISEASE




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

AGESN/A

FEESMembers \$45 | Non-member \$70

DATE   Tue & Thur

 Mon, Wed, & Fri

TIME 10:30 am |  11:45 am |  10:30 am

 8:15 am, 9:30 am, 11 am

ENHANCEFITNESS

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

AGESN/A

FEESFREE

DATEMon, Wed, & Fri

TIME 1 pm |  1:15 pm |  8 am |  10 am, 11 am & 12:15 pm

REGISTER TODAY!



HEALTH & WELLBEING

**REGISTER
TODAY!**


EBHI – EVIDENCE BASED HEALTH INTERVENTION

HOPE: HEALTHY OPTIONS FOR PREVENTION EXCELLENCE ^{HUB}

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.


LOCATION Online

FEES FREE

DATE First Tue of every Month

TIME 12-1 pm

MOVEMENT FOR MEMORY ^{C HUB T W}

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

AGES N/A

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

DATE Tue & Thur

TIME ^C 11:30 am | ^{HUB} 10:30 am | ^T 1:30 pm | ^W 9:45 am*

*Time changes to 9 am in September for West Bosie YMCA

ONCOLOGY RECOVERY ^{C D T W}

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

AGES 18+

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

DATE Tuesday & Thursday

TIME ^C 12:30 pm | ^D 10:45 am | ^T 10:30 am | ^W 11 am

WELLNESS PASSPORT ^{HUB}

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

AGE 18+

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

DATE Tuesdays & Thursdays

TIME 1-2 pm

ROCK STEADY BOXING ^{C HUB T W}

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

AGES N/A

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

DATE ^C ^T Mon & Wed | ^{HUB} Tue & Thur

^W Mon & Wed and Tue & Thur

TIME ^C 11:45 am | ^T 11:45 am | ^{HUB} 9:15 am

^W 9:15 am* (M&W) & 12:15 am (T&TH)

*Time changes to 9:30 am in mid-August for West Bosie YMCA



FOREVERWELL

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

FOREVERWELL PROM ^{HUB}

Join us at the YMCA Community Hub for our 2nd Annual PROM Dance. Good music, light snacks, dancing, and socializing. This year's theme is Diamonds and Denim.

AGES 55+

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

DATE Friday, Sept 26

TIME 5-7 pm

FOREVERWELLNESS WEEK 2025 ^{C D T W}

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

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

DATE Sept 22-26

REGISTER TODAY!


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

FOREVERWELL

LIVING FOREVERWELL WITH ST. LUKE'S SERIES ^{HUB}

Join experts in their field from St. Luke's and the YMCA as we discuss pertinent health topics that affect our community. This educational series will be aimed at promoting health through all stages of life and ensuring our community is educated and engaged in resources our Treasure Valley offers to stay living, ForeverWell.

AGE 18+
FEES Free
DATE First Wednesday | Sept-Jan
TIME 12-1:15 pm

NUTRITION WORKSHOP SERIES ^{HUB}

WITH KIM VERITY, M.A., M.S.

Kim has worked for the YMCA of the Silicon Valley for 25 years as their community nutrition educator. Kim's focus is nutrition and disease causes for older adults and helping people fit healthy eating into their busy lifestyle.

AGE 18+
FEES Free
DATE/TIME Check On-line for scheduled dates & times

SENIOR ATHLETE FITNESS EVALUATIONS (S.A.F.E.) ^{HUB}

Clinicians with St. Luke's and the National Senior Games Association will be onsite performing 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.

AGE 55+
FEES Free (Non-members: Free with a member)
DATE Wednesday, Sept 24
TIME 10 am-12 pm

COMMUNITY HUB

805 W Franklin St. | Boise, ID 83702

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

SENIOR POWER HOUR CIRCUIT ^{HUB}

This class will consist of a 15 minute group warmup followed by a circuit style - interval training type exercise program followed by a cool down. Fun, energetic music and a variety of movements to keep you active. Your instructor combines low impact cardiovascular training, strength work, mobility, and stretching to help you maintain an active, fulfilling life. A chair is offered for support as needed. Some work is on the floor, but can be adapted to the chair. Class is recommended for 55+.

AGE 18+
FEES FREE
DATE Tuesdays & Thursdays
TIME 8-9 am

SILVER SNEAKERS STABILITY ^{HUB}

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. SilverSneakers Stability is a drills and skills class designed to improve Balance Agility Mobility Power. This class will aim to improve one's confidence and independence. Life happens at various speeds, so finding a movement, holding a movement and progressing through a movement is key to improving our functional strength.

AGE 18+
FEES FREE
DATE Tuesdays & Thursdays
TIME 11:45 am-12:30 pm

YARN & THREAD CLUB ^{HUB}

AGE 18+
FEES FREE (Non-members: Free with a member)
DATE Thursdays
TIME 1-3 pm

YTALKS ^{HUB}

YTalks fosters lifelong learning and connection through conversations, workshops, and storytelling — helping everyone grow, together. Rooted in the belief that everyone has something valuable to teach and learn, we create a welcoming space where community members come together to exchange knowledge, build new skills, and foster well-being. Join us monthly for a new topic of discussion!

AGE 18+
FEES FREE (Non-members: FREE with a member)
DATES/TIMES Check Calendar for Dates & Times

BRING YOUR OWN BOOK CLUB

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

AGES 18+
FEES FREE (Non-members: Free with a member)
DATE Fourth Tuesday of the Month
TIME 1-2:15 pm

CRIBBAGE

AGES 18+
FEES FREE (Non-members: Free with a member)
DATE Mondays
TIME 9:30-11:30 am

REGISTER TODAY!



YOUTH FIT

KIDS CROSSFIT ^W

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

AGES8-14

FEESMembers \$30 | Non-member \$140

YOUTH FIT ^T

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

AGES10-14

FEESMembers \$30 | Non-member \$140

YOUTH SKI & SNOWBOARDING CONDITIONING ^D

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

AGES10-18

FEESMembers \$30 | Non-member \$140

YOUTH SPORTS CONDITIONING ^D

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

AGES10-14 (4:30-5:15 pm) | 12-18 (3:30-4:15 pm)

FEESMembers \$30 | Non-member \$70 (1xweek)

Members \$30 | Non-member \$140 (2xweek)

YOUTH STRENGTH TRAINING - PRIVATE ^{G D W}

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

AGES10-14

FEESMember \$30

YOUTH STRENGTH TRAINING - GROUP ^{G D T W}

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

AGES10-14

FEESFREE | Members Only

REGISTER TODAY!





YOUTH SPORTS LEAGUES

Y BOYS' BASKETBALL LEAGUE

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

GRADES.....K-7

FEES.....Member \$95 | Non-member \$135

SESSION DATES..... Oct 13-Dec 13

Y GIRLS' BASKETBALL LEAGUE

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

GRADES.....K-7

FEES.....Member \$95 | Non-member \$135

SESSION DATES..... Jan 12-Mar 7

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 \$122 | Non-member \$163

SESSION DATES..... Aug 25-Oct 11

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 \$122 | Non-member \$163

SESSION DATES..... Aug 25-Oct 9

AAU Basketball is now YBall Elevate!
Competitive basketball available for grades 5-8. New name, same game!

SPORTS FOR LITTLES

ROOKIES BASKETBALL

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

AGES.....4-6

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

SESSION DATES..... Fall Season: Oct 25-Dec 13

Winter Season: Jan 24-Mar 7

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!

AGES.....4-6

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

SESSION DATES..... Sept 6-Oct 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!

AGES.....4-6

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

SESSION DATES..... Sept 6-Oct 11

REGISTER TODAY!



RACES & TEAM IDAHO

TOBIN BOLTER KIDS DUATHLON

Join us for the 9th annual Ada County Kid's Duathlon, now known as the Tobin Bolter Memorial Kids Duathlon presented by Ada County and the YMCA. Bike and Run through the beautiful Ada/Eagle bike park.

DATE Sept 13

TIME 9 am

LOCATION Ada/Eagle Bike Park

THE HARRISON CLASSIC PRESENTED BY BLUE CROSS OF IDAHO

Run, Fun Win! Everyone who participates in the YMCA Harrison Classic is a winner! Take a jog down Boise's scenic Harrison Boulevard. This one-mile kids run is all-inclusive and family-friendly. All participants will receive a t-shirt, medal, and healthy snack at the end of the race.

DATE Oct 5

TIME 3 pm

LOCATION Harrison Blvd

THE HALLOWEEN FREAKY 5K AND MONSTER MILE PRESENTED BY MICRON

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

DATE Oct 25

TIME 10 am

LOCATION Ann Morrison Park

THE YMCA CHRISTMAS RUN

'Tis the season to sparkle! Make this a December to remember with Santa, family, and friends at the YMCA Christmas Run! Create a new tradition or continue a long-standing one! Celebrate the holiday season as a family by running or walking together. We are so excited for this Treasure Valley tradition. This winter celebrate with the YMCA at the Christmas Run.

DATE Dec 20

TIME 10 am

LOCATION Boise High School

TEAM IDAHO ADVANCED WINTER TRACK & FIELD

Our Advanced Winter Track program consists of flexibility exercises, strength training sessions, form drills, and aerobic exercises designed to prepare participants for their 2026 Outdoor Track and Field seasons! Our coaching staff is knowledgeable and passionate about track and field. We can help you achieve your goals – whether it is preparing for the high school or junior high/middle school seasons this spring, competing at Regionals and Nationals, or staying conditioned for other sports. Practices are held 3 days/week outside on the track, PLUS we will also have one indoor session at Rock & Armor in Meridian with their Sports Performance Coach! Coaching is available for the following events: sprints, hurdles, distance, long/triple jump, high jump, and throws. Prior track experience is required.

DATE Dec 1-Feb 21

FEE Members \$75 | Non-member \$200 (6 week session)

Members \$150 | Non-member \$400 (12 week session)



YOUTH CROSS COUNTRY

Youth Cross Country is a program for kids 5-14 years old who enjoy running and want to improve their running abilities. Practice Mondays and compete in meets every Wednesday.

DATE Sept 1-Oct 20

FEE Members \$60 | Non-member \$125 (2xweek)

YOUTH INDOOR RUNNING

Looking for a high-energy way to keep kids active through the winter months? Our Youth Indoor Track & Conditioning program at the West YMCA is an engaging opportunity for kids ages 5-12 to build strength, improve agility, and stay fit—all while having a blast & making new friends! Participants meet twice weekly on Mondays and Wednesdays, using our indoor track and program space.

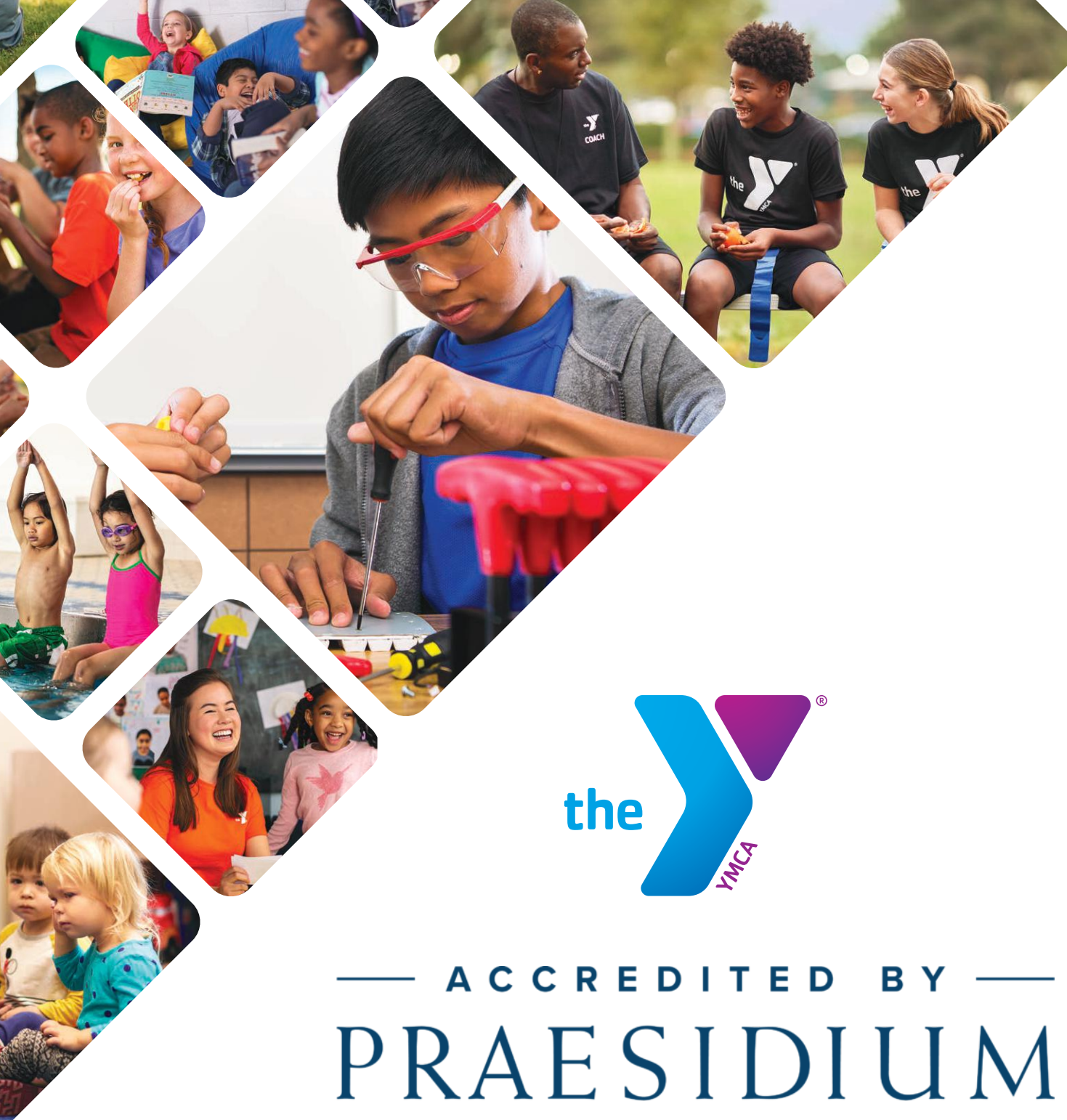
DATE Dec 1-Feb 18

FEE Members \$90 | Non-member \$280



REGISTER TODAY!





— ACCREDITED BY —
PRAESIDIUM
— 2024-2027 —

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 GUIDED DISCOVERY PRESCHOOL

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

REGISTRATION OPENS FOR NEW FAMILIES MARCH 4.

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

»» Boise & Meridian Part-Time Preschool:

Desert Sage Elementary | Y Siena Guided Discovery Preschool

Willow Creek Elementary

Contact: westguideddiscovery@ymcatvidaho.org 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

Y KID'S FALL & WINTER SCHOOL AGE PROGRAMS

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



OUR CAUSE & BIG GOALS: We strive to help youth in key developmental areas

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

COMMITMENT TO SAFETY: We ensure every youth is safe and protected through diligence in:

- » Proper staff screening & training
- » Clear expectations & reporting for Child Abuse Prevention
- » Established & practice emergency procedures
- » Maintaining safe facilities
- » Adherence to all childcare licensing requirements

POSITIVE BEHAVIOR GUIDANCE: We take a positive approach and neuroscience lens to guiding a child's behavior through:

- » Safety
- » Connection
- » 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.

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.

REGISTER TODAY!



FULL-TIME WEEKLY TUITION RATES

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

*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.

SCHOOL'S OUT FULL CAMPS

REGISTER TODAY!



School is out, whether it is a holiday break or a teacher in-service. The Y is in to provide a safe, supportive environment with academic enrichment activities for youth. Breakfast snack and afternoon snack are provided. Youth bring their own lunch. Youth participating in before and/or after school program receive discounted pricing.

AGES 5-12
 FEES..... Before/After School Participant \$25*
 Non-Before/After School Participant \$60
 SESSION DATES .. Aug 11-May 22
 SESSION TIMES .. 7 am-6 pm
 *Contact Y Site for more info

CALDWELL Y KIDS

CALDWELL YMCA

208 459 2498 ext 655 | caldwellykids@ymcatvidaho.org
 Lunch is provided for all youth through USDA Food Program.

DOWNTOWN BOISE

FIRST PRESBYTERIAN CHURCH (Downtown Boise YMCA)

208 344 5502 ext 219 | dtboiseykids@ymcatvidaho.org

HILLSDALE Y KIDS

HILLSDALE ELEMENTARY (South Tomlinson YMCA)

208 344 5502 ext 538 | hillsdaleykids@ymcatvidaho.org

Location is subject to change to Siena Y Kids based on Hillsdale Elementary cleaning schedule.

HUNTER Y KIDS

Hunter Elementary Campus

208 344 5502 ext 538 | hunterykids@ymcatvidaho.org

NAMPA Y KIDS

CENTRAL ELEMENTARY, ENDEAVOR ELEMENTARY,
 ROOSEVELT ELEMENTARY, SHERMAN ELEMENTARY

208 344 5502 ext 491 | nampaykids@ymcatvidaho.org

*All students at participating school is free. Funding covered by 21st CCLC grant.

USTICK Y KIDS

Ustick Elementary Campus

208 321 7559 | ustickykids@ymcatvidaho.org

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

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

STEM ACADEMY

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.

Contact: specialtycamp@ymcatvidaho.org

AGES 5-12
 FEES Member \$155 | Non-member \$195
 SESSION DATES Dec 29-Jan 2
 SESSION TIME 9 am-12 pm

ART & DO-IT-YOURSELF CAMP

Fuse Beads! Tie-Dye! Messy Art! Painting! Do-It-Yourself! Kids will learn about different art forms and methods as well as design, create, and build projects each day.

Contact: specialtycamp@ymcatvidaho.org

AGES 5-12
 FEES Member \$155 | Non-member \$195
 SESSION DATES Dec 29-Jan 2
 SESSION TIME 1-4 pm



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!

FAMILY & ADULT CAMPS

LABOR DAY FAMILY CAMP

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

AGES All Ages - Families welcomed

FEES Prices Vary

SESSION DATES Aug 29-Sept 1

SESSION TIMES Friday 4 pm-Monday 1 pm

WOMEN'S WELLNESS WEEKEND

Recharge, Reset, and Refresh. Join us for a relaxing and inspiring weekend retreat at camp in the beautiful Idaho mountains.

Traditional camp activities will be offered in addition to health, fitness, wellness programs, and more!

AGES Adult Women, 18+

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

SESSION DATES Sept 26-28

SESSION TIMES Friday 4 pm-Sunday 1 pm

FALL FAMILY CAMP

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

AGES All Ages - Families welcomed

FEES Prices Vary

SESSION DATES Oct 10-12

SESSION TIMES Friday 4 pm-Sunday 1 pm

REGISTER TODAY!



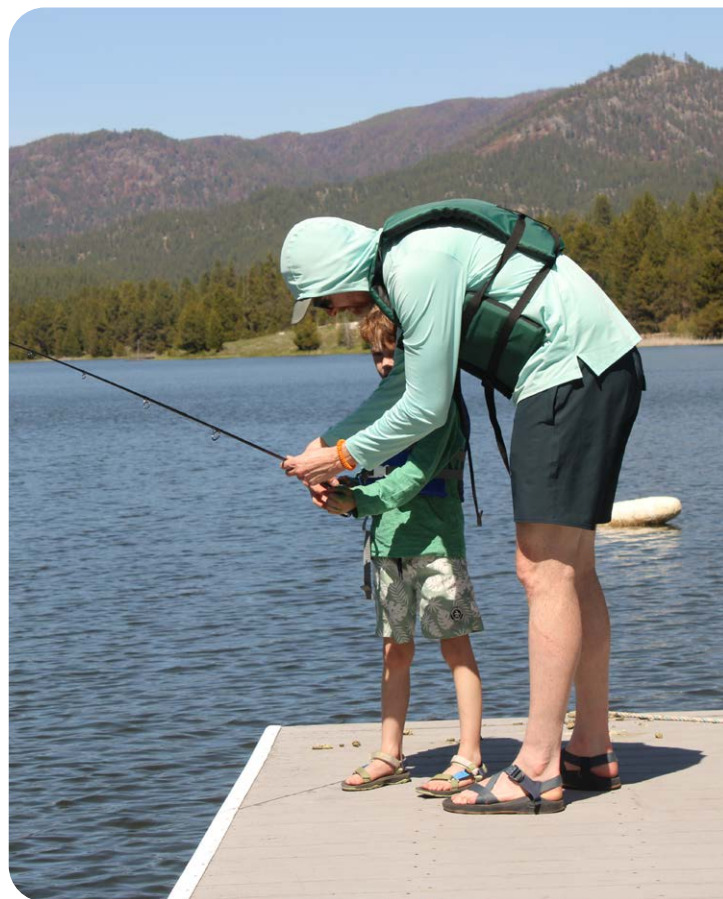
Start planning for 2026 YMCA Camp!

SUMMER 2026 EARLY BIRD REGISTRATION

Early bird registration for Summer 2026 opens November 1 through December 1, 2025! Sign up early to receive discounted rates for all overnight summer programs for youth and teens. Don't miss out on reserving your session of choice and locking in the best price!

GIVE THE GIFT OF CAMP!

Sign your campers up for a 2026 summer overnight camp program by December 15, 2025 to receive an exclusive camp gift this winter!



HOMESCHOOL OVERNIGHT CAMP

Step into the wild with YMCA Camp Outdoor Education! This unforgettable experience is designed for homeschool students to immerse kids and their parents in Idaho's forests, lakes, and meadows through hands-on science, nature exploration, and outdoor fun.

AGES Families with homeschool children ages 8-11

FEES Member \$300 | Non-member \$350

SESSION DATES Oct 6-10

SESSION TIMES Friday 4 pm-Monday 1 pm

TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY

CALDWELL
YMCA

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

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 12-5 pm

DOWNTOWN
BOISE
YMCA

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

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

TOMLINSON
SOUTH
MERIDIAN
YMCA

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

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

WEST BOISE
YMCA & BOISE
CITY AQUATIC
CENTER

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

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

Please note: All YMCA Aquatic Centers close thirty minutes before the rest of the facility. For up-to-date Aquatics hours please visit ymcatvidaho.org

KID ZONE **C D T W**

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

AGES 6 weeks-6 years

ADD ON FEE One Child & Family Membership: \$30

Two or more & Family Membership: \$40

One Child on Single Adult Membership: \$35

DROP-IN FEE Member: \$6.25/child

Non-member: \$9.50 child

HOURS **C** Mon-Fri: 8 am-1 pm

Mon-Thur: 4-8 pm

Sat: 9 am-12 pm

Sun: Closed

D Mon-Thur: 8:45 am-7 pm

Fri: 8:45 am-4 pm

Sat: 8 am-2 pm

Sun: 10 am-2 pm

T Mon-Fri: 8:45 am-8 pm

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

W Mon-Thur: 9 am-1 pm | 4-7 pm

Fri: 9 am-1 pm

Sat: 9 am-12:30 pm

Sun: Closed

FAMILY ADVENTURE ZONE (FAZ) **T**

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

AGES 1-17

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

HOURS Mon-Fri: 8 am-8 pm

Sat: 8 am-6 pm

Sun: 10 am-6 pm

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

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

AGES 6-13

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

HOURS **C** Mon-Thur: 4-8 pm

Fri: 4-6 pm

Sat: 9 am-12 pm

Sun: Closed

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

D Mon-Thur: 4 am-7 pm

Fri: Closed

Sat: 8 am-2 pm

Sun: 10 am-2 pm

Boise No School Days: Open All Day

T Mon-Fri: 4-8 pm

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

Tue & Thur: 9-11 am (Homeschool)

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

W Mon-Thur: 4-7 pm

Fri: Closed

Sat: 9 am-12:30 pm

Sun: Closed

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

ROCK WALL **C D W**

AGES 3+

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

HOURS **C** Mon, Tue & Thur: 5-7 pm

Sat: 9 am-12 pm

D Tue & Thur: 4-6 pm

Sat: 9 am-12 pm

W Mon-Thur: 4-7 pm

Sat: 9 am-12:30 pm