



CLICKABLE  
GUIDE



For a better us.®

2026  
SUMMER  
PROGRAM GUIDE  
TREASURE VALLEY  
FAMILY YMCA

# MEMBERSHIP & FEES

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

Membership fees are based on median household income of each location. Tax applies to all membership dues. These membership rates do not apply to short-term memberships. For information about short-term membership, visit the front desk. Insurance based membership: we partner with Silver & Fit, Silver Sneakers, Renew Active. Check with your insurance provider to see if you qualify. The Y offers a 5% discount and will waive the join fee for all active duty military and veterans.

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

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

## JOIN TODAY!

### ONLINE

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



### IN PERSON

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

## 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 \$30 program credit. The Y is better together!

# MEMBER BENEFITS

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

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

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

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

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

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

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

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

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

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

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## OUR COMMITMENT TO WELCOME & SERVE ALL

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

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

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

**THE Y IS FOR ALL.**

# YOUTH & FAMILY PROGRAMS

## FREE MEMBER EVENTS

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

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

AGES .....All Ages

FEES .....FREE | Members Only

### »» CALDWELL - DATES/TIMES **C**

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

Night at the Ballpark: TBD

Movie Night: July 10

End of Summer BBQ: Aug 7

Hawaiian BINGO: Sep 4

### »» DOWNTOWN - DATES/TIMES **D**

Kids Prom: Mar 20 | 5-7 pm

Healthy Kids Day: Apr 18 | 9 am-12 pm

Movie & Pizza Night: May 15 | 6-8 pm

Nerf Wars: Jun 19 | 6-8 pm

Trivia Night: Jul 24 | 6-8 pm

Back to School Bash: Aug 21 | 7-8 pm

Welcoming Week Family Field Day: TBD

### »» TOMLINSON - DATES/TIMES **T**

Luck O' the Y Bingo: Mar 6 | 6-8 pm

Healthy Kids Day: Apr 24 | All Day

Star Wars Trivia: May 4 | 6-8 pm

Summer Kick-Off BBQ: Jun 12 | 6-8 pm

Water Wars: Jul 17 | 6-8 pm

Family Game Night: Aug 14 | 6-8 pm

Movie in the Park: Sep 18 | 6-8 pm

### »» WEST - DATES/TIMES **W**

Spring Carnival: Mar 27 | 6-8 pm

Healthy Kids Day: Apr 18 | 9 am-12 pm

Trivia: May 22 | 5:30-7 pm

Membership Appreciation & Carnival: Jun 12 | TBD

Karaoke: Jul 24 | 5:30-7 pm

BINGO: Aug 28 | 5:30-7 pm

Cookie Decorating: Sep 25 | 6:30-7 pm

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

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 .....6-12 | Members Only

DATE/TIME .....**C** 4th Friday of every Month | 6-8:30 pm

**D** 1st Friday of every Month | 5:30-8:30 pm

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

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



### CLIMBING **C D 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 **C D T 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 .....**C** 6-13

**D** 3-5 | 6-12

**T** 6-9 | 10-13

**W** 3-5 | 6-12

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

### STEAM **C D W**

YMCA STEAM programs spark creativity and curiosity through hands-on learning in science, technology, engineering, art, and math. Kids explore new skills, experiment with fun projects, and build confidence as they solve real-world challenges. With supportive instructors and engaging activities, STEAM at the Y helps young learners discover their passions and develop the critical thinking skills they'll use for life.

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

**D** 3-5 | 6-12

**W** 6-12

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

### ADAPTIVE & INCLUSIVE EGG HUNT **T**

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. Additional 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



# YOUTH & FAMILY PROGRAMS

## MARTIAL ARTS **C D T**

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 ..... **G** 6-14 (Karate Kung Fu) | 6+ (Judo)  
**D** 5+ (Taekwondo)  
**T** 6-14 (Botokukan Karate | Jiu-Jitsu))
- FEES ..... **G** Members \$30 | Non-members \$70  
**D** Members \$75 | Non-members \$125  
**T** Members \$30 | Non-members \$70

## BALLET **D T**

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

- AGES ..... 3-5 | 6-9  
FEES ..... Member \$30 | Non-member \$70

## BALLET/JAZZ **D**

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 **D T**

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 ..... **D** 3-5  
**T** 3-5 | 6-12  
FEES ..... Member \$30 | Non-member \$70

## DANCE **C 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.

- AGES ..... 3-5 | 6-9  
FEES ..... Member \$30 | Non-member \$70

## HIP-HOP **D T**

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

## JAZZ **D T**

Get ready to leap, jump and turn into this exciting program! In this class children will learn about rhythmic expression and movement improvisation through the upbeat energy of jazz. Each class encourages individuality and teamwork, helping dancers build self-esteem and discover the joy of dance in a supportive environment.

- AGES ..... 3-5 | 6-9  
FEES ..... Member \$30 | Non-member \$70

## TUMBLING **C D T W**

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 fundamentals are mastered.

- AGES ..... **C** 0-2 (Parent & Me) | 3-5 | 6-9  
**D** 0-2 (Parent & Me) | 3-5 | 6-9  
**T** 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 **D**

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 ..... **D** 3-5 | 6-9  
FEES ..... Member \$30 | Non-member \$70

**REGISTER TODAY!**





# **THE** Best Summer *Ever* **PLACE**

Day camp is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong.

Guided by trusted staff, campers can look forward to:

- Swimming, sports, and outdoor play
- Creative art and STEM projects
- Field trips
- And so much more!

Make this place your place for unforgettable summer adventures.

# Our Summer Camps focus holistically on the social, emotional, cognitive, and physical development that all children & youth experience.

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

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

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

- 91% – Provided a Safe & Secure Environment
- 94% – Made a New Friend
- 78% – Learned Skills to Do Better In School
- 81% – Developed a New Skill
- 98% – Enjoyed Physical Activity
- 88% – Modeled Character Values



At the Y, we believe no one is turned away due to inability to pay. We accept Idaho Child Care Program (ICCP) and offer financial assistance to ensure all youth have a place at the Y. For more information about ICCP and financial assistance contact [cdaccounting@ymcatvidaho.org](mailto:cdaccounting@ymcatvidaho.org)

# FULL DAY SUMMER CAMP

Our full day camp support youth who want to experience all the Y opportunities. Youth engage in a variety of academic enrichment activities, social-emotional learning, emotion management, physical activity, snacks, STEM education, art education, outdoor play, literacy & math development, weekly community field trips, and swimming. We provide full time (5 days/week), part time (1-4 days/week), or a drop-in basis.

AGES ..... 5-12

SESSION DATES ..... May 26-Aug 7

SESSION TIMES..... 7 am-6 pm

	MEMBER	NON-MEMBER
REGISTRATION FEE	\$30	\$30
5 DAYS A WEEK	\$243	\$250
4 DAYS A WEEK	\$234	\$240
3 DAYS A WEEK	\$205	\$210
2 DAYS A WEEK	\$156	\$160
1 DAYS A WEEK	\$98	\$100
DROP IN	\$118	\$120

## LOCATIONS:

### CALDWELL Y KIDS

caldwellykids@ymcatvidaho.org

### DOWNTOWN BOISE Y KIDS

dtboiseykids@ymcatvidaho.org

### EAGLE Y KIDS

eagleykids@ymcatvidaho.org

### HILLSDALE Y KIDS

hillsdaleykids@ymcatvidaho.org

### HUNTER Y KIDS

hunterykids@ymcatvidaho.org

### SIENA Y KIDS

sienaykids@ymcatvidaho.org

### USTICK Y KIDS

ustickykids@ymcatvidaho.org

### WEST BOISE Y KIDS

westykids@ymcatvidaho.org

## LEADER IN TRAINING (LIT)

Teens gain real world leadership experience by supporting Summer Day Camp activities under supervision of Y staff. They help facilitate activities, act as a positive role model, and help create a fun and safe environment for children. Summer schedules are flexible to meet the needs of each teen.

AGES ..... 13-15

FEES ..... Member \$485 | Non-member \$500

SESSION DATES ..... May 16-Jul 31

SESSION TIMES ..... 7 am-6 pm

## LET'S MOVE OUTSIDE & BIKE CAMP <sup>W</sup>

Teaming up with Safe Routes to School for youth who enjoy long bike rides and want to have exciting outdoor adventures! Beginning our journey at West Boise YMCA, riding destinations include Eagle Island, Camel's back Park, Boise River Greenbelt, and other Boise landmarks. Along our way, we may also go fishing, disc golfing, geocaching, swimming, and more!

AGES ..... 10-14

FEES ..... Member \$243 | Non-member \$250

SESSION DATES ..... Jun 1-5 | Jun 8-12 | Jun 15-19 | Jun 22-26

Jul 6-10 | Jul 13-17

SESSION TIMES..... 9 am-5 pm



# SPECIALTY CAMPS

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

## PRE-K SPECIALTY CAMPS

AGES ..... 3-5  
FEES..... Member \$145 | Non-member \$175  
SESSION TIMES ..... AM: 9 am-12 pm | PM: 1-4 pm  
(Kids must be fully toilet trained to participate in Specialty Camps)

**REGISTER TODAY!**



## SCHOOL AGE SPECIALTY CAMPS

AGES ..... 6-12  
FEES..... Member \$155 | Non-member \$185  
SESSION TIMES ..... AM: 9 am-12 pm | PM: 1-4 pm  
Can drop off and pick up anytime 30 minutes prior/post:  
8:30 am-12:30 pm | 12:30-4:30 pm

**REGISTER TODAY!**



PRE-K HALF DAY SUMMER CAMPS



### LOCATIONS:

#### **CALDWELL YMCA**

Preschool: [preschoolcamps@ymcatvidaho.org](mailto:preschoolcamps@ymcatvidaho.org)  
School Age: [caldwellykids@ymcatvidaho.org](mailto:caldwellykids@ymcatvidaho.org)

#### **DOWNTOWN BOISE YMCA**

Preschool: [preschoolcamps@ymcatvidaho.org](mailto:preschoolcamps@ymcatvidaho.org)  
School Age: [dtboiseykids@ymcatvidaho.org](mailto:dtboiseykids@ymcatvidaho.org)

#### **TOMLINSON SOUTH MERIDIAN YMCA**

Preschool: [preschoolcamps@ymcatvidaho.org](mailto:preschoolcamps@ymcatvidaho.org)  
School Age: [hillsdaleykids@ymcatvidaho.org](mailto:hillsdaleykids@ymcatvidaho.org)

#### **WEST BOISE YMCA**

Preschool: [preschoolcamps@ymcatvidaho.org](mailto:preschoolcamps@ymcatvidaho.org)  
School Age: [westykids@ymcatvidaho.org](mailto:westykids@ymcatvidaho.org)

SCAN QR CODE FOR FULL DAY AND HALF DAY SUMMER DAY CAMP REGISTRATION



Financial Assistance is available!

LEARN MORE AND REGISTER AT [YMCATVIDAHO.ORG](http://YMCATVIDAHO.ORG)

# SPECIALTY CAMPS

## PRE-K ADVENTURE CAMP

Adventure awaits! Campers will explore nature, complete fun obstacle courses, participate in group games, and enjoy creative outdoor play. This camp is designed to build confidence, teamwork, and problem-solving skills while giving children plenty of opportunities to move, explore, and have fun.

## PRE-K ANIMALS CAMP

From farm friends to jungle animals, preschoolers will explore the animal world through stories, movement, crafts, and imaginative play. Children learn about caring for animals, habitats, and nature while building empathy, curiosity, and social connections.

## PRE-K ART CAMP

Let creativity shine! Campers will explore different art materials, colors, and textures through age-appropriate, process-focused art projects. This camp supports fine motor development, self-expression, and creativity while allowing children to create proudly and freely.

## PRE-K DINOSAUR CAMP

Step back in time and explore the world of dinosaurs! Preschoolers will dig into hands-on crafts, sensory play, movement games, and outdoor adventures inspired by their favorite prehistoric creatures. This camp encourages curiosity, imagination, and social play while keeping little learners active and engaged

## PRE-K GARDENERS CAMP

Dig, plant, and grow! Preschoolers will learn about plants, gardens, and nature through hands-on planting, sensory play, and outdoor exploration. This camp encourages responsibility, patience, and a love for the natural world while supporting healthy habits and curiosity.

## PRE-K OUTER SPACE CAMP

Blast off into a world of discovery! Campers will explore planets, stars, astronauts, and rockets through imaginative play, themed crafts, and movement activities. This camp inspires curiosity, creativity, and early science exploration in a fun, age-appropriate way.

## PRE-K SCIENCE EXPLORERS CAMP

Curious minds are welcome! Preschoolers will explore simple science concepts through safe, hands-on experiments, sensory exploration, and nature discoveries. Activities focus on cause and effect, observation, and exploration! By helping children build early STEM skills through play and wonder.



## PRE-K HALF DAY SUMMER CAMPS

	CALDWELL		TOMLINSON		DOWNTOWN		WEST	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5			ADVENTURE	SCIENCE			DINOSAUR	ART
Jun 8-12	DINOSAUR	ART			ADVENTURE	SCIENCE		
Jun 15-19			ANIMALS	OUTER SPACE			GARDENERS	ADVENTURE
Jun 22-26	GARDENERS	ADVENTURE			ANIMALS	OUTER SPACE		
Jun 29-Jul 2			DINOSAUR	ART			ANIMALS	OUTER SPACE
Jul 6-10	ANIMALS	OUTER SPACE			DINOSAUR	ART		
Jul 13-17			GARDENERS	ADVENTURE			ART	SCIENCE
Jul 20-24	ART	SCIENCE			GARDENERS	ADVENTURE		
Jul 27-31					ART	OUTER SPACE	ADVENTURE	DINOSAUR

## SCAN QR CODE FOR FULL DAY AND HALF DAY SUMMER DAY CAMP REGISTRATION





# SPECIALTY CAMPS

## BITS, BYTES & BOTS CAMP

Youth explore how computers “think,” how instructions turn into actions, how machines follow commands, learn the basics of coding, build simple circuits, and experiment with real robots.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 8-12		G						
Jun 22-26					T	T		
Jul 6-10				D				
Jul 20-24			D					
Jul 27-31								W

## BOARD GAME BONANZA CAMP

Youth explore the world of tabletop games while building important skills like teamwork, critical thinking, and sportsmanship. Youth play a variety of classic and modern board games—from strategy and word games to cooperative and creative challenges.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 29-Jul 2						T		
Jul 6-10								W
Jul 20-24					T			W

## BRUSHES & BEYOND ART CAMP

A 2D art camp where youth explore painting, drawing, printmaking, and more to bring their creativity to life on paper and canvas. Youth experiment with different tools like brushes, pencils, and pastels while learning about color, composition, and artistic expression.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5						T		
Jun 8-12	G							
Jun 29-Jul 2					T			W
Jul 13-17	G							W

## CREATIVE KIDS ART CAMP

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

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5				D				W
Jun 8-12			D					
Jun 15-19	G							
Jun 22-26				D				
Jul 13-17				D				
Jul 20-24			D					

## CRITTER SCIENCE CAMP

A fun, educational experience for youth who are curious about the science of animals and nature. Through engaging activities like games, crafts, stories, and more, youth learn about different types of animals, their habitats, behaviors, and the roles they play in the world.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5		G	D					
Jun 8-12					T			
Jun 15-19								W
Jun 29-Jul 2				D				
Jul 13-17						T		W

## CURIOS CHEMISTRY CAMP

Dive into the exciting world of chemistry through hands-on experiments and real-world science. Youth explore topics like states of matter, chemical reactions, and more! With exciting experiments and creative challenges, this camp sparks curiosity, and shows how chemistry is part of everyday life.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5								W
Jun 22-26		G				T		
Jul 20-24					T			

# SPECIALTY CAMPS

## DINO DISCOVERY CAMP

An exciting, hands-on adventure for youth who love dinosaurs! Youth 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.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 8-12			D			T	W	
Jul 6-10					T			
Jul 20-24						T		W
Jul 27-31				D				

## EPIC EATS COOKING CAMP

Designed for more experienced chefs ready to elevate their skills! Youth dive into new techniques, bold recipes, and creative challenges that go beyond the basics. Each day features hands-on cooking, fun food-themed games, and plenty of chances to taste their creations.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 15-19			D		T			
Jun 22-26								W
Jun 29-Jul 2							W	
Jul 6-10						T		
Jul 13-17			D		T			

## KID KITCHEN COOKING CAMP

A fun and flavorful experience for youth who love to cook and eat! Youth 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.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5	C							
Jun 8-12					T			
Jun 15-19							W	
Jul 6-10					T			
Jul 20-24						T		



## LAUNCH LAB STEM CAMP

An action-packed camp of the exciting world of propulsion and ballistics! Youth dive into the science behind how things launch, fly, and land through fun, hands-on activities like building air powered rockets, testing catapults, and experimenting with trajectory and force.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 8-12			D					
Jun 15-19					T			
Jun 22-26			D					
Jul 6-10		C				T		
Jul 20-24				D				

## MINECRAFT CAMP

An educational and exploratory experience for youth to build, design, and complete challenges in the world of Minecraft. But it's not all screen time! Youth enjoy offline activities of LEGOs, storytelling, and Minecraft-inspired crafts and games.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5					T	T		
Jun 15-19				D				
Jul 6-10							W	
Jul 20-24	C							

SCAN QR CODE FOR FULL DAY AND HALF DAY SUMMER DAY CAMP REGISTRATION



# SPECIALTY CAMPS

## SCULPT & SHAPE ART CAMP

A 3D creative experience of sculpture, ceramics, and mixed-media! Youth explore shape, texture, and form in three dimensions through guided lessons and open-ended creations.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 15-19						T		
Jun 22-26	C							
Jul 6-10			D					W
Jul 20-24					T			
Jul 27-31			D					

## SLEUTH SQUAD CAMP

Want to be a junior detective and crime scene investigator? Youth sharpen problem-solving skills through mystery-solving activities, gathering clues, analyzing evidence, and thinking critically to crack cases.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 15-19		C				T		W
Jun 29-Jul 2					T			
Jul 6-10	C							

## SPACE CAMP

An out-of-this-world adventure for youth curious about the universe! Youth explore the solar system, learn about stars & galaxies, build rockets, discover what it takes to become an astronaut, and hands-on STEM activities.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5					T			
Jul 6-10			D					
Jul 13-17					T			

## STEM CAMP

A hands-on experience to ask questions, build things, and explore how the world works! Youth 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.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5					T			
Jun 22-26							W	
Jun 29-Jul 2					T			
Jul 20-24							W	

## SWEETS & TREATS COOKING CAMP

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

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 1-5							W	
Jun 8-12					T			W
Jun 22-26					T			
Jun 29-Jul 2			D					
Jul 13-17		C				T		
Jul 27-31								W

## TEXTILE TREASURES CAMP

Youth learn the basics of knitting, weaving, and hand sewing. Youth work on a personalized project for the week to build skills, express creativity, and take home one-of-a-kind handmade creation.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jul 6-10					T			
Jul 20-24		C						

## ROLL FOR ADVENTURE

Youth step into a world of imagination, strategy, and storytelling! This camp invites adventurers of all skill levels to explore the realms of Dungeons & Dragons, where teamwork, creativity, and problem-solving come to life.

	C		D		T		W	
	AM	PM	AM	PM	AM	PM	AM	PM
Jun 15-19					T			



# YOUTH SPORTS LEAGUES

## **ROOKIES SOCCER** D T W

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

**AGES** ..... 4-6

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

**SESSION DATES**..... Apr 11–May 16 | Saturdays  
Aug 29–Sep 10 | Saturdays

## **Y SOCCER LEAGUE** D T W

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

**GRADES** ..... K-8

**FEES** ..... Member \$90 | Non-member \$145

**SESSION DATES**..... Mar 30–May 16  
Aug 17–Oct 10

## **SUMMER BASKETBALL 3V3 LEAGUE** T

Youth summer 3v3 league offers an opportunity for players to practice the essential skills of basketball: dribbling, shooting, and passing. Players will form teams of 4-5 to compete in this league. There will be a 10U, 12U, 14U, 16U and 18U division. Teams will play games in evenings at the Tomlinson South Meridian Y.

**AGES** ..... 9-18

**FEES** ..... Member \$102 | Non-member \$143

**SESSION DATES**..... Jun 1–Jul 10  
Games: Tue & Thur | 5-9 pm

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

Catch, Throw, Swing, Home run! Y T Ball is an opportunity for youth of all abilities and backgrounds to play T Ball in a safe, fun, and nurturing environment. The Y T Ball program is a great way to learn fundamentals while developing spatial awareness, agility, and overall athletic skills, as well as emphasizing good sportsmanship. Y T 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 \$145

**SESSION DATES**..... Mar 30–May 16 | Jun 1–Jul 10



## **Y VOLLEYBALL LEAGUE** D T W

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

**GRADES** ..... 2-7

**FEES** ..... Member \$90 | Non-member \$145

**SESSION DATES**..... Mar 30–May 14 | Jun 1–Jul 10

## **Y SAND VOLLEYBALL LEAGUE** D T W

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

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

**FEES** ..... Member \$90 | Non-member \$145

**SESSION DATES**..... Jun 1–Jul 10  
Games: Tue & Thur | 5-9 pm

Late registration opens five weeks before the start of the program for any divisions with remaining space. A \$30 late registration fee will be added at that time.

Any questions, please reach out to Youth Sports at [youthsports@ymcatvidaho.org](mailto:youthsports@ymcatvidaho.org)



# YOUTH SPORTS CAMPS

## SUMMER GAMES **D T**

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

AGES .....7-11  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....Jun 29-Jul 3  
SESSION TIMES .....9 am-12 pm

## BASKETBALL CAMP **D T W**

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

AGES .....7-11  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....**D** Jun 8-12 | Jul 6-10 | Jul 20-24  
**T** Jun 1-5 | Jul 6-10 | Jul 20-24  
**W** Jun 8-12 | Jun 29-Jul 3 | Jul 13-17 | Jul 27-31  
SESSION TIMES .....9 am-12 pm

## YMCA PREMIER BASKETBALL CAMP **T**

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

AGES .....10-14  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....Boys: Jun 15-19 | Girls: Jun 22-26  
SESSION TIMES .....9 am-12 pm

## FOOTBALL CAMP **D T W**

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

AGES .....7-11  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....**D** Jun 8-12 | Jul 6-10  
**T** Jun 1-5 | Jun 22-26 | Jul 20-24  
**W** Jun 15-19 | Jul 27-31  
SESSION TIMES .....9 am-12 pm

## PICKLEBALL CAMP **D**

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

AGES .....8-12  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....Jun 15-19 | Jul 13-17 | Jul 20-24  
SESSION TIMES .....9 am-12 pm



## SOCCER CAMP **D T W**

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

AGES .....7-11  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....**D** Jun 15-19 | Jul 13-17  
**T** Jun 8-12 | Jun 6-10 | Jul 27-31  
**W** Jun 1-5 | Jul 6-10 | Jul 20-24  
SESSION TIMES .....9 am-12 pm

## TENNIS CAMP **D W**

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

AGES .....7-11  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....**D** Jun 1-5  
**W** Jun 22-26  
SESSION TIMES .....9 am-12 pm

## VOLLEYBALL CAMP **D T W**

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

AGES .....7-15  
FEES .....Member \$155 | Non-member \$185  
SESSION DATES.....**D** Jun 1-5 | Jun 22-26 | Jul 13-17 | Jul 27-31  
**T** Jun 8-12 | Jun 29-Jul 3 | Jul 13-17 | Jul 27-31  
**W** Jun 15-19 | Jul 6-10  
SESSION TIMES .....9 am-12 pm

**REGISTER TODAY!**





# THE Summer You'll *Never Forget* PLACE

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

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

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

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

# YMCA OVERNIGHT CAMP AT HORSETHIEF RESERVOIR

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

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

## YOUTH OVERNIGHT CAMP

Youth Camp is our traditional overnight camp all about making new friends, fun and adventure, building 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

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

## 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 program focuses on climbing on our real-rock routes on the back side of our property under the tutelage of professional rock climbing guides. What makes this camp different is that at least half of each day will be spent climbing in addition to other traditional camp activities.

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 21-24 | Jul 26-31

**COUNSELOR IN TRAINING**

The Counselor in Training (CIT) program is a 2 week camp that focuses on how to take personal leadership and teach it to others. The first week focuses on learning about working with youth and running camp activities, and the second week allows CITs to partner with 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! All meals and activities are included in the registration fee.

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**

**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

**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

**REGISTER TODAY!**

# THRIVE CENTER

## Together Helping Realize Inclusive Victories Everyday

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



### ADAPTIVE & INCLUSIVE EGG HUNT <sup>T</sup>

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. Additional 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  
TIMES ..... 10 am-12 pm  
DATES ..... Mar 28



THRIVE/ADAPTIVE

## THRIVE CLASSES

### THRIVE ADAPTIVE DANCE CLASS (5-14) <sup>T</sup>

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) <sup>T</sup>

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

### THRIVE TEEN COOKING CLASS <sup>T</sup>

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

AGES ..... 13+  
FEES ..... Member \$15 | Non-member \$35  
DATES ..... Mar 7 | Apr 11 | May 9 | Jun 13 | Jul 11 | Aug 15  
TIMES ..... 11:30 am-1:30 pm

**REGISTER TODAY!**





**THRIVE ADULT COOKING CLASS** C T

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

AGES .....18+  
 FEES .....Member \$15 | Non-member \$35  
 DATES .....Mar 5 | Apr 9 | May 7 | Jun 11 | Jul 9 | Aug 13

**THRIVE BINGO & DINNER** T

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

AGES .....All Ages  
 FEES .....Member \$15 | Non-member \$35  
 DATES .....Mar 20 | Apr 17 | May 8  
 TIMES .....5-7 pm

**THRIVE DESSERT DECORATING** T

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

AGES .....All Ages  
 FEES .....Member \$15 | Non-member \$35  
 DATES .....May 9 | Jun 20  
 TIMES .....Feb/Jun 11:30 am-12:30 pm | May 2-3 pm

**THRIVE 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.

AGES .....5-14  
 FEES .....Member \$30 | Non-member \$70  
 DATES .....Mar 4-Apr 1 | Apr 8-29  
 TIMES .....5:30-6:30 pm | Wednesdays

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** D T W

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

AGES .....All Ages  
 FEES .....FREE | Registration Required  
 TIMES .....1-4:30 pm  
 DATES

- D Mar: 14 | Apr: 4 | May: 2
- T Mar: 28 | Apr: 25 | May: 30
- W Mar: 21 | Apr: 18 | May: 9

**THRIVE 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.

AGES .....All Ages  
 FEES .....FREE | Registration Required  
 DATES .....Fridays  
 TIMES .....5:30-8:30 pm

**THRIVE FIREFLIES** T

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

AGES .....All Ages  
 FEES .....FREE | Registration Required  
 DATES .....Fridays  
 TIMES .....5:30-8:30 pm

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

**REGISTER TODAY!**



# THRIVE SPECIALTY CAMPS

## WARM UP WEEK <sup>T</sup>

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

## CHRISTMAS IN JULY CAMP <sup>T</sup>

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

## SENSORY VARIETY CAMP <sup>T</sup>

Kids are encouraged to experience a variety of textures, sounds, and tastes through activities catered to a child's needs. Each day pulls activities from the Y's most popular camps (Super Art, Sports Camps, STEM Camps, and Jr. Chefs). Activities vary each camp.)

## SPOOKY CAMP <sup>T</sup>

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

## STEAM CAMP <sup>T</sup>

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

## UNDER THE SEA CAMP <sup>T</sup>

Come act like a pirates, play games, and even touch a real starfish! Each day pulls activities from the Y's most popular camps (All About Animals, DIY, Sports Camps, STEM Camps, and Jr. Chefs)

## THRIVE SPECIALTY CAMPS SCHEDULE

	WARM UP WEEK		CHRISTMAS IN JULY				SENSORY VARIETY CAMP				SPOOKY CAMP				STEAM CAMP				UNDER THE SEA CAMP			
	AGES: 6-12		AGES: 3-6		AGES: 6-12		AGES: 3-6		AGES: 6-12		AGES: 3-6		AGES: 6-12		AGES: 3-6		AGES: 6-12		AGES: 3-6		AGES: 6-12	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
May 26-28	●	●																				
Jun 1-5									●													
Jun 8-12																						
Jun 15-19																						
Jun 22-26									●													
Jun 29-Jul 1																						
Jul 6-10				●																		
Jul 13-17																						
Jul 20-24																						
Jul 27-31																						
Aug 3-7																						

## THRIVE & ADAPTIVE OVERNIGHT FAMILY CAMPS

### 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

### 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

# RACES

## ST. PATRICK'S DAY FUN RUN

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

SESSION DATES..... Mar 14

LOCATION ..... Julia Davis Park

## 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.

SESSION DATES..... Apr 4

LOCATION ..... Ann Morrison Park

## FAMOUS IDAHO POTATO

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

SESSION DATES..... May 16

LOCATION ..... Morrison Center



## SAINT ALPHONSUS CAPITOL CLASSIC

Join us for the 41st Saint Alphonsus Capitol Classic Kids Run! This beloved one-mile run is open to children 14 under. The event promotes health and well-being among the community's youth. Hosted by Saint Alphonsus and the Treasure Valley Family YMCA, the Capitol Kids Classic is a cherished tradition that fosters a sense of community and encourages a healthy lifestyle.

SESSION DATES..... May 30

LOCATION ..... Cecil D Andrus Park

## TREASURE VALLEY TRIATHLON

The YMCA Treasure Valley Triathlon is a circuit style triathlon on a closed course along the scenic Boise River. The course is flat, fast, and great for racers of all levels. Enjoy the beautiful Esther Simplot Park as you swim, bike, and run your way to the finish line. We are excited to announce that the Treasure Valley Triathlon is a 2026 USAT Para Nationals Qualifier Series Race! The Paratriathlon Nationals Qualifier Race Series provides paratriathletes and ATD1 athletes opportunities to race sprint distance races following USAT and World Triathlon paratriathlon competition rules.

SESSION DATES..... Jun 6

LOCATION ..... Esther Simplot Park

# TEAM IDAHO

## TEAM IDAHO TRACK & CROSS COUNTRY CLUB

Team Idaho has been serving the Treasure Valley for over 45 years, and our participants regularly compete in meets at local, regional, and national levels. It is recognized as one of the top teams in the country, and members regularly compete at regional and national meets. Our goal is to strengthen youth by building character and developing skills within them through track and field activities and positive mentorship and coaching. All ability levels are welcome, from the beginner to the elite. Four practice sites across the Treasure Valley. For more info visit [www.team-idaho.org](http://www.team-idaho.org)

### YOUTH

AGES.....5-12

SESSION DATES..... Jun 1-Jul 18 | Two practices per week

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

### ADVANCED

AGES.....12+

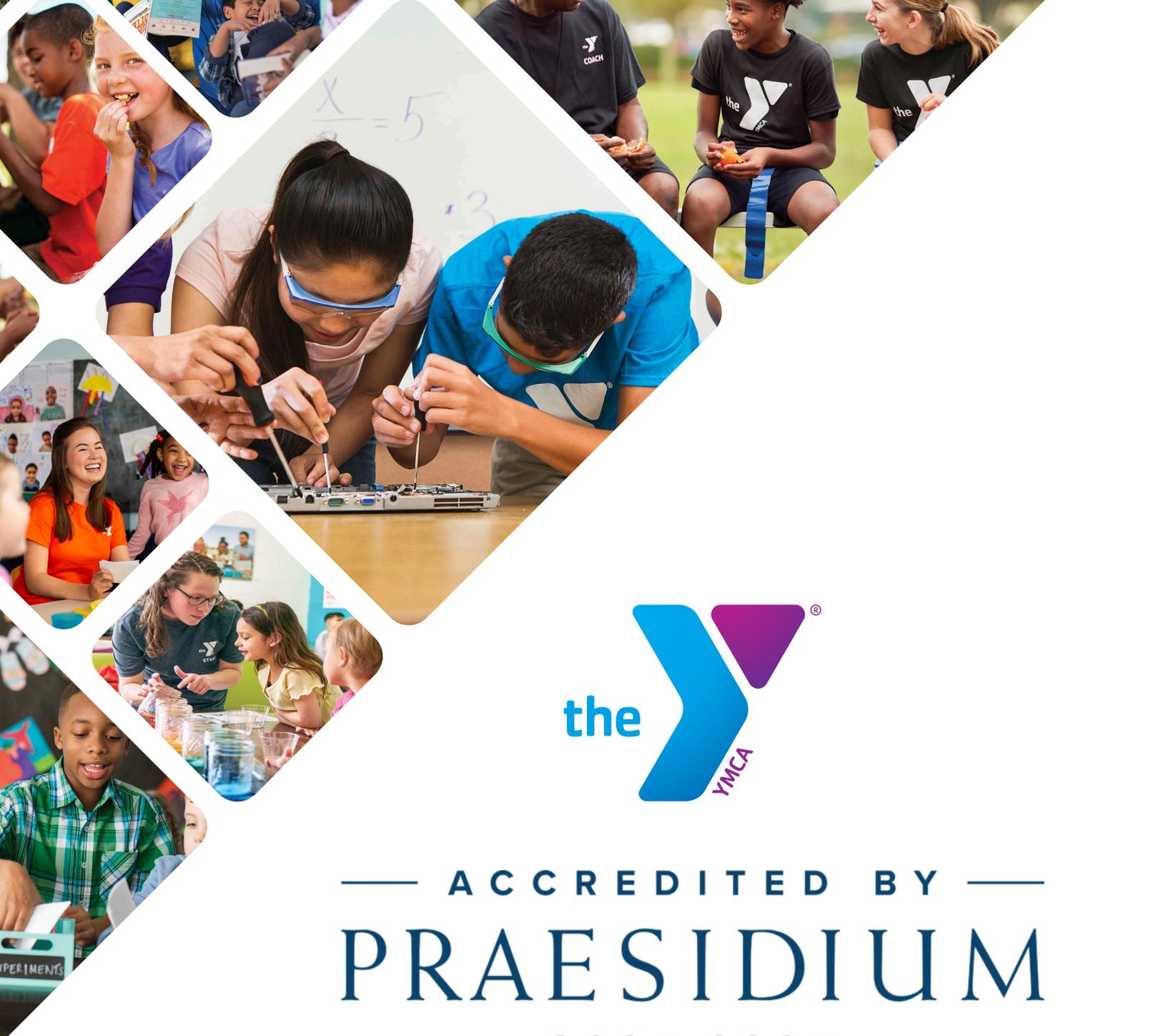
SESSION DATES..... Jun 1-Jul 18 | Three practices per week

FEE ..... Member \$100 | Non-member \$225



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.



# **THE** *Everyone Get* Water-Ready **PLACE**

We know you're looking forward to enjoying Idaho's lakes, rivers, and reservoirs, or gearing up for summer adventures like kayaking, paddleboarding, and family boating trips. The Y is where water safety becomes a shared value and swimming becomes a lifelong skill.

Make this place your place for learning water safety skills.

# STAGE DESCRIPTIONS

REGISTER TODAY!



## SWIM STARTERS

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

### A / WATER DISCOVERY

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

### B / WATER EXPLORATION

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

## SWIM BASICS

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

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

### 1 / WATER ACCLIMATION

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

### 2 / WATER MOVEMENT

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

### 3 / WATER STAMINA

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

## SWIM STROKES

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

### 4 / STROKE INTRODUCTION

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

### 5 / STROKE DEVELOPMENT

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

### 6 / STROKE MECHANICS

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

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

# AQUATICS

## SWIM LESSON SELECTOR

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



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



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



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



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

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

### WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / WATER  
DISCOVERY**

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

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

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

NOT YET

**2 / WATER  
MOVEMENT**

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

NOT YET

**3 / WATER  
STAMINA**

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

NOT YET

**4 / STROKE  
INTRODUCTION**

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

NOT YET

**5 / STROKE  
DEVELOPMENT**

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

NOT YET

**6 / STROKE  
MECHANICS**

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

# SWIM LESSONS

## PARENT/CHILD

### STAGE A - WATER DISCOVERY **C D T W**

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

AGES ..... 6 months-3 years

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

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

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

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 **C D T W**

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

AGES ..... 3-5

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

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

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

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

AGES ..... 3-5

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

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

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

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

AGES ..... 3-5

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

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

### STAGE 4 - STROKE INTRODUCTION **D T**

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

AGES ..... 3-5

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

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

## SCHOOL AGE

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

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

AGES ..... 5-12

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

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

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

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

AGES ..... 5-12

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

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

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

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

AGES ..... 5-12

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

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

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

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

AGES ..... 5-12

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

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



**REGISTER TODAY!**



# SCHOOL AGE

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

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

AGES .....5-12

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

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

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

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

AGES .....5-12

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

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

## AQUATICS CONDITIONING **D T W**

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

AGES .....5-15

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

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

**REGISTER TODAY!** 

# TEEN/ADULT

## BEGINNER **C 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 **C D T W**

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

AGES .....13+

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

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



# THRIVE AquAbility at the Y

AquAbility at the Y provides support to people of all ages with diverse abilities through programs that increase independence, ability, confidence, health, and well-being.

Please contact Andrea Parker at [andrea.parker@ymcatvidaho.org](mailto:andrea.parker@ymcatvidaho.org) for more information about the program

# CERTIFICATIONS

## CHILD & BABYSITTING SAFETY **D T W**

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

AGES .....12+  
FEE .....Member \$55 | Non-member \$85  
DATES/TIMES .....See Online Schedule For Details

## COMMUNITY BASIC FIRST AID **C D T W**

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

AGES .....12+  
FEE .....Member \$35 | Non-member \$55  
DATES/TIMES .....See Online Schedule For Details

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

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

AGES .....12+  
FEE .....Member \$35 | Non-member \$55  
DATES/TIMES .....See Online Schedule For Details

# SWIM TEAM

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

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

AGES .....6+  
DATES/TIMES.....See Online Schedule For Details

## BLUE MARLINS - BEGINNER **W**

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

AGES .....5-16  
FEE .....Pricing Varies  
SESSION DATES.....Mar 31-May 22

## LIFEGUARD **C D T W**

Course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in Basic Life Support, Basic First Aid for the Community and Emergency Oxygen Administration.

AGES .....16+  
FEE .....Member \$150 | Non-member \$225  
DATES/TIMES .....See Online Schedule For Details

## SWIM INSTRUCTOR **C D T 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



## 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 **C W**

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

AGES .....18+  
FEE .....Member \$30 | Non-member \$140  
SESSION DATES.....See Online Schedule For Details

## SUMMER RECREATION SWIM TEAM **T W**

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

AGES .....5-10 | 11-18  
FEE .....Member \$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

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

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

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

# WATER POLO

## YOUTH WATER POLO

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



# HEALTH & WELLBEING

## FITNESS CHALLENGES & WORKSHOPS **C D T W**

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

## INDIVIDUAL NUTRITION COACHING **C D T W**

Take charge of your health with our personalized Nutrition Coaching Package at the YMCA! This six-session program (30 minutes each) is designed to equip you with the knowledge, 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 goals and helps you build healthier habits for life.

AGES .....18+  
FEES .....Member \$150

## NUTRITION 30 **C D T W**

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 life-long 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 **C D T 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 **C**

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

## KIDS CROSSFIT **W** | YOUTH FIT **T**

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 .....**T** 10-14  
.....**W** 8-14  
FEES .....Member \$30 | Non-member \$140

## YOUTH SPORTS CONDITIONING **D**

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 **C D W T**

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 **C D**

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



**REGISTER TODAY!**



# EBHI – EVIDENCE BASED HEALTH INTERVENTION

The Treasure Valley Family YMCA provides evidence-based programs that profoundly address many health concerns. These programs bring together medical and fitness professionals to help individuals achieve the best possible healthcare and overall quality of life. We focus on prevention and lifestyle changes as an essential part of health care and healthy living.

## HOPE, HEART & PEACE

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

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

### HOPE: Healthy Options for Prevention Excellence

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

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

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

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

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

LOCATION..... Online

FEES..... FREE

DATE..... First Tue of the Month

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



SCAN TO REGISTER

At the YMCA, we’re dedicated to fostering health and well-being for everyone, regardless of their journey. As part of this commitment, we offer specialized programs to address unique health challenges and empower individuals to lead fuller lives. Whether it’s improving brain health, enhancing mobility, or building strength, our programs provide the tools and community support to make a meaningful difference.

- Clinical TRX
- Enhance®Fitness
- Delay the Disease
- Movement for Memory
- Oncology Recovery Program
- Rock Steady Boxing
- Wellness Passport

## HAVE MORE QUESTIONS?

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



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

No Place Like *This Place*™

# Y GUIDED DISCOVERY PRESCHOOL

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

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

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

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

Desert Sage Elementary | Y Siena Guided Discovery Preschool  
Willow Creek Elementary  
Contact: [westguideddiscovery@ymcatvidaho.org](mailto:westguideddiscovery@ymcatvidaho.org) to learn more!

## »» Canyon County Preschool Collaborative:

In partnership with United Way, Caldwell School District, and Nampa School District, we provide preschool options at a reduced-tuition at:  
Lincoln Elementary (Caldwell) | Greenhurst Elementary (Nampa)  
Contact: [preschoolcollaborative@ymcatvidaho.org](mailto:preschoolcollaborative@ymcatvidaho.org) to learn more!

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

In partnership with State Department of Education's 21st Century Community Learning Center grant, we provide tuition-free preschool options at  
Caldwell YMCA ([caldwellgdpreschool@ymcatvidaho.org](mailto:caldwellgdpreschool@ymcatvidaho.org))  
Desert Sage Elementary ([westguideddiscovery@ymcatvidaho.org](mailto:westguideddiscovery@ymcatvidaho.org))  
Taft Elementary ([taftpreschool@ymcatvidaho.org](mailto:taftpreschool@ymcatvidaho.org))



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

**Meridian:**  
Member \$427 | Non-Member \$440

**Caldwell:**  
Member \$204 | Non-Member \$210

**Nampa:**  
Member \$257 | Non-Member \$265



**CLICK OR  
SCAN TO  
REGISTER**

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

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

# FULL-TIME INFANT, TODDLER & PRESCHOOL CARE

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

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

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

94% >>> OF CHILDREN MADE A NEW FRIEND

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

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

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

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

**Age: 10 months–5 years**

**Year Round | 7 am–6 pm**

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

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

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



**CLICK OR  
SCAN TO  
REGISTER**

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

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



# TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY



**CALDWELL YMCA**

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

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



**DOWNTOWN BOISE YMCA**

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

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



**TOMLINSON SOUTH MERIDIAN YMCA**

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

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



**WEST BOISE YMCA & BOISE CITY AQUATIC CENTER**

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

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

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

## KID ZONE **C D T W**

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

**AGES** .....6 weeks-6 years

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

Two or more & Family Membership: \$40

One Child on Single Adult Membership: \$35

**DROP-IN FEE** .....Member: \$6.25/child

Non-member: \$9.50 child

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

Mon-Thur: 4-8 pm

Sat: 9 am-12 pm

Sun: 11 am-2 pm

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

Fri: 8:45 am-4 pm

Sat & Sun: 8 am-2 pm

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

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

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

Fri: 9 am-1 pm

Sat: 9 am-12:30 pm

Sun: Closed

## FAMILY ADVENTURE ZONE (FAZ) **T**

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

**AGES** .....1-17

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

**HOURS** .....Mon-Fri: 8 am-8 pm

Sat: 8 am-6 pm

Sun: 10 am-6 pm

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

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

**AGES** .....6-13

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

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

Fri: 4-6 pm

Sat: 9 am-12 pm

Sun: 11 am-2 pm

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

**D** Mon-Thur: 4 am-7 pm

Fri: Closed

Sat-Sun: 8 am-2 pm

Boise No School Days: Open All Day

**T** Mon-Fri: 4-8 pm

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

Tue & Thur: 9-11 am (Homeschool)

Sat: 8 am-2:30 pm

Sun: 10 am-2:30 pm

**W** Mon-Thur: 4-7 pm

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

Sun: 11 am-2 pm

**D** Tue & Thur: 4-6 pm

Sat: 9 am-12 pm

**W** Mon-Thur: 4-7 pm

Sat: 9 am-12:30 pm

# SCHEDULE SUMMER FUN!

Keep track of all your family's Y activities this summer! Simply record the programs you have signed up for each week, and you and your kids will always know what to look forward to!

WEEK	NAME:	NAME:	NAME:
<b>JUN 1-5</b>	AM	AM	AM
	PM	PM	PM
<b>JUN 8-12</b>	AM	AM	AM
	PM	PM	PM
<b>JUN 15-19</b>	AM	AM	AM
	PM	PM	PM
<b>JUN 22-26</b>	AM	AM	AM
	PM	PM	PM
<b>JUL 29-JUL 2</b>	AM	AM	AM
	PM	PM	PM
<b>JUL 6-10</b>	AM	AM	AM
	PM	PM	PM
<b>JUL 13-17</b>	AM	AM	AM
	PM	PM	PM
<b>JUL 20-24</b>	AM	AM	AM
	PM	PM	PM
<b>JUL 27-31</b>	AM	AM	AM
	PM	PM	PM

**\$30** TO BOOST YOUR KID'S DAY  
Members can enroll in youth enrichment programs for \$30