

For a better us.™

2024

**FALL AND WINTER
PROGRAM GUIDE**
TREASURE VALLEY
FAMILY YMCA

MEMBERSHIP AND FEES

Membership Type	Monthly Fee				Join Fee
	Downtown Boise YMCA	Tomlinson South Meridian YMCA	West Boise YMCA	Caldwell YMCA	All Facilities
Family*	\$96.90	\$96.90	\$96.90	\$89.90	\$60
2-Person Family**	\$77.90	\$77.90	\$77.90	\$71.90	\$45
Individual Adult (30–64)	\$52.90	\$52.90	\$52.90	\$49.90	\$30
Older Adult (65+)	\$48.90	\$48.90	\$48.90	\$46.90	\$30
Young Adult (19–29)	\$36.90	\$36.90	\$36.90	\$35.90	\$30
Youth (10–18)	\$30.90	\$30.90	\$30.90	\$29.90	\$0

Membership fees are based on median household income for 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.

* Family definition: 2 adults in a domestic partnership and their dependent children, age 23 and younger, or 1 adult and 2 or more dependent children, age 23 and younger.

**2-Person Family definition: 2 adults in a domestic partnership or 1 adult and 1 dependent child, age 23 and younger.

JOIN TODAY!

ONLINE

Visit ymcatvidaho.org to join online.

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

› \$15/month if available

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).....\$27/month
- › 2 + children (family membership).....\$39/month
- › 1 child (individual adult membership).....\$33/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.....\$9.43
- › Adult\$16.98
- › Family.....\$33.02

*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

MEMBER BENEFITS

NO CONTRACTS make joining the YMCA easy and flexible!

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

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

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

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

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

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

6 FAMILY GUEST DAY PASSES are renewed every year to share with friends and family*.

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

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

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

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WELCOMING AND INCLUSION

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

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

The Y is a force for building bridges among all people—regardless of ability, age, birthplace, cultural background, ethnicity, faith, gender, gender identity, ideology, income, race, or sexual orientation.

THE Y IS FOR ALL.

ENROLL NOW FOR SCHOOL YEAR CHILD CARE

At the Y, we believe every child is of promise and deserves the opportunity to discover who they are and what they can achieve. As Idaho's largest provider of licensed childcare, the Y is committed to supporting all children in their ongoing growth to help them become independent, self-confident leaders. With over 30 locations throughout Treasure Valley, we provide options for full-time infant, toddler, and preschool childcare; part-time preschool; and school age before and after school childcare.

As you plan for fall, be sure to plan ahead for child care. **Enrollment for fall child care is open.** Learn about different days, times, locations and offerings by visiting the website.

Idaho child care program and financial assistance available.



Register today!



CHILD CARE

FULL-TIME PRESCHOOL

Children participate in academic enrichment activities, reading and math exploration, social-emotional development, physical activity, arts and crafts, outdoor fun, and play.

AGE10 months–5 years

SESSION DATES.....Year round

SESSION TIMESMon–Fri | 7 am–6 pm

LOCATIONSBoise

PART-TIME PRESCHOOL

Children participate in academic enrichment activities, reading and math exploration, social-emotional development, physical activity, arts and crafts, outdoor fun, and play.

AGE3–5

SESSION DATES.....Aug–May

SESSION TIMESAM class | PM class

LOCATIONSBoise | Caldwell | Meridian | Nampa

SCHOOL-AGE, SCHOOL YEAR CHILD CARE

Before/after school, no school days, and holidays. Children participate in academic enrichment activities, healthy snacks, physical activity, STEM, outdoors, and play. Idaho Child Care Program and Financial Assistance available.

GRADES.....K–7

SESSION DATES.....Aug–May

SESSION TIMESBefore school | After school

No school days | Holiday breaks

LOCATIONSBoise | Caldwell | Eagle | Meridian | Nampa

Visit the child care website for fees and more information:
<https://www.ymcatvidaho.org/child-care-preschool/>

CHILD CARE LOCATIONS

BOISE

9TH STREET Y KIDS

208 344 5502 x219
9thstykids@ymcatvidaho.org

WASHINGTON STREET Y KIDS

208 344 5502 x219
washingtonstykids@ymcatvidaho.org

WEST BOISE YMCA CHILD DEVELOPMENT CENTER

208 344 5502 x415
westykids@ymcatvidaho.org

USTICK Y KIDS

208 321 7559
ustickykids@ymcatvidaho.org

FRONTIER Y KIDS

208 344 5502 x415
frontierkids@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - TAFT ELEMENTARY

208 344 5502 x243
taftpreschool@ymcatvidaho.org

CHILDREN'S VILLAGE

208 345 6408
childreenvillage@ymcatvidaho.org

CALDWELL

CALDWELL YMCA

208 459 2498 x655
caldwellykids@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - LINCOLN ELEMENTARY

208 344 5502 x487
preschoolcollaborative@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - CALDWELL YMCA

208 344 5502 x487
caldwellgdpreschool@ymcatvidaho.org

EAGLE

EAGLE Y KIDS

208 939 6735
eagleykids@ymcatvidaho.org

MERIDIAN

HILLSDALE Y KIDS

208 344 5502 x538
hillsdaleykids@ymcatvidaho.org

HUNTER Y KIDS

208 855 5871
hunterykids@ymcatvidaho.org

SIENA Y KIDS

208 861 4832
sienaykids@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - DESERT SAGE ELEMENTARY

208 344 5502 x243
westguideddiscovery@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - HILLSDALE ELEMENTARY

208 344 5502 x243
westguideddiscovery@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - WILLOW CREEK ELEMENTARY

208 344 5502 x243
westguideddiscovery@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - SIENA ELEMENTARY

208 344 5502 x243
westguideddiscovery@ymcatvidaho.org

NAMPA

CENTRAL Y KIDS

208 344 5502 x490
nampaykids@ymcatvidaho.org

ENDEAVOR Y KIDS

208 344 5502 x490
nampaykids@ymcatvidaho.org

LAKEVUE Y KIDS

208 459 2498 x655
vallivueykids@ymcatvidaho.org

SHERMAN Y KIDS

208 344 5502 x490
nampaykids@ymcatvidaho.org

Y GUIDED DISCOVERY PRESCHOOL - GREENHURST ELEMENTARY

208 344 5502 x487
preschoolcollaborative@ymcatvidaho.org

WILDER

WILDER Y KIDS

208-807-3051
wilderykids@ymcatvidaho.org

JOIN OUR TEAM!

Apply today! Learn
more at
ymcatvidaho.org



AQUATICS – SWIM LESSONS

PARENT/CHILD C D T W

Accompanied by a guardian, 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.

AGES 6-36 months

FEE Member \$66 | Non-member \$109

SESSION DATES.... Varies

PRESCHOOL C D T W

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 'swim, float, swim' and 'jump, push, turn, grab.'

AGES 3-5

FEE Member \$66 | Non-member \$109

SESSION DATES.... Varies

SCHOOL AGE C D T W

Students learn personal water safety and basic swimming competency by learning two benchmark skills: 'swim, float, swim' and 'jump, push, turn, grab.' Activities, games, and drills geared to reinforce learning are utilized heavily as students progress in this skill-based approach to swimming.

AGES 5-12

FEE Member \$66 | Non-member \$109

SESSION DATES.... Varies

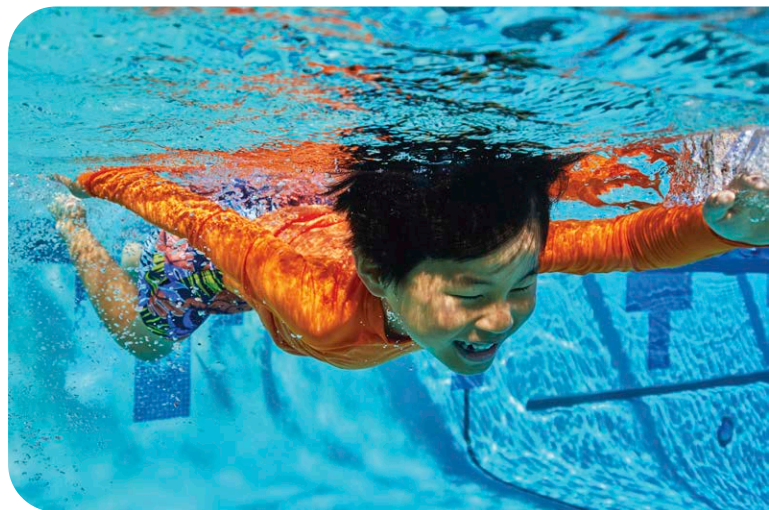
TEEN AND ADULT C D T W

Students are taught the recommended skills for all to have safe water habits, underwater exploration, and how to swim to safety. Activities, games, and drills geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

AGES 13+

FEE Member \$66 | Non-member \$109

SESSION DATES.... Varies



AQUATICS – DIVING

INTRO TO DIVING W

This program is for participants who are interested in diving and wants to try it out for the first time. Participants will start to learn the basics of diving and will have the opportunity to use the 1 meter boards.

AGES 6-15

FEE Member \$58 | Non-member \$88

SESSION DATES.... Varies

BEGINNER W

Beginner Diving allows divers with little diving experience to continue to learn about the sport as well as challenge themselves by learning new skills that they can complete successfully. During the Beginner Diving program, divers will have the opportunity to practice skills on both the 1 and 3 meter diving boards.

AGES 7-15

FEE Member \$60 | Non-member \$88

SESSION DATES.... Varies

INTERMEDIATE W

Intermediate Diving allows divers with some experience to continue their learning of the sport and challenge themselves through higher level skills. These skills give participants the sense of accomplishment in a sport that they have grown to love. During the Intermediate Diving program, divers will have the opportunity to continue practicing on the 1 and 3 meter diving boards.

AGES 7-16

FEE Member \$60 | Non-member \$88

SESSION DATES.... Varies

ADVANCED W

Advanced Diving is designed for divers who are looking to compete in the sport. These divers have developed upper level skills and want to take their diving to the next level. They will be coached by former competitive divers so that they may receive important feedback on their development. Participants will have the opportunity to travel to competitive dive meets.

AGES 9-18

FEE Member \$90 | Non-member \$132

SESSION DATES.... Varies

AQUATICS

BLUE MARLINS SWIM TEAM - 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 5-12

FEE Member \$132 | Non-member \$192

SESSION DATES....Varies

BLUE MARLINS SWIM TEAM - INTERMEDIATE/ADVANCED ^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 8-18

FEE Member \$132 | Non-member \$192

SESSION DATES....Varies

SWIM FIT ^W

This adult program (ages 18+) is for adults who are looking to increase their technical swim skills and endurance. The coaches will provide workouts and technique based feedback on how to improve your strokes to be more a more competitive swimmer. This program 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 \$132 | Non-member \$192

SESSION DATES....Varies

WATER POLO - YOUTH ^W

Come and join the team! YMCA Youth Water Polo is a program for youth wanting to practice their water polo skills and techniques in a friendly and team oriented environment. No previous experience is necessary.

AGES 10-14

FEE Member \$180 | Non-member \$271

SESSION DATES....Varies

WATER POLO - HIGH SCHOOL ^W

Come and join the team! YMCA Youth Water Polo is a program for youth wanting to practice their water polo skills and techniques in a friendly and team oriented environment.

AGES 14-18

FEE Member \$200 | Non-member \$291

SESSION DATES....Varies

SCUBA - AQUATIC AWAKENING ^W

Aquatic Awakening offers participants with PTSD, anxiety, or depression a guided and unique blend of SCUBA diving, mindfulness, and yoga for a transformative underwater experience. Dive into tranquility and join us in a serene aquatic environment designed to enhance your well-being and rejuvenate your spirit.

AGES 18+

FEE Member \$95 | Non-member \$158

SESSION DATES....Varies

RACES

HARRISON CLASSIC

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!

AGES 13 and under

REGISTRATION.....\$25+

LOCATION Harrison Blvd, Boise

DATE Oct 5

TIME 3 pm

HALLOWEEN RUN

Trick out your costume and treat yourself to a ghoulish run! Choose from either the Monster Mile or Freaky 5k course and run (for your life)! Have fun, be creative, and win prizes for best costume! (Family Friendly is a must!)

AGES 4+

FEE \$30+

LOCATION Ann Morrison Park, Boise

DATE Oct 26

TIME 10 am

CHRISTMAS RUN

1 Mile Dash, 2 Mile Run, 6 Mile Run options available from the Downtown Boise Y through the scenic neighborhoods of the Boise North End.

AGES All Ages

FEE \$30+

LOCATION Downtown YMCA, Boise

DATE Dec 21

TIME 10 am





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.

AGESAll Ages

FEEPrices and housing options vary

SESSION DATES....Aug 30-Sept 2

SESSION TIMES.... Fri 4 pm-Mon 12 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!

AGESWomen 18+

FEECabin \$260 | Yurt \$230

SESSION DATES....Sept 27-29

SESSION TIMES.... Fri 4 pm-Sun 12 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 with extra Fall/Halloween fun! All housing, food, and activities are included.

AGESAll Ages

FEEPrices and housing options vary

SESSION DATES....Oct 11-13

SESSION TIMES.... Fri 4 pm-Sun 12 pm

Start planning for 2025 Y Camp!

SUMMER 2025 EARLY BIRD REGISTRATION

Early bird registration for Summer 2025 opens November 1 through December 1, 2024! 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 2025 summer overnight camp program by December 15, 2024 to receive an exclusive camp gift this winter!



FALL FAMILY CAMP



October 11-13, 2024

Y CAMP AT HORSETHIEF RESERVOIR

Treat your family to an intimate or multi-generational holiday weekend in the woods where no one has to cook! Meals, activities, and fun included! All families are welcome.

»» [Register at ycampidaho.org/family-camp](https://ycampidaho.org/family-camp)



WOMEN'S WELLNESS WEEKEND

Recharge. Reset. Refresh.

Take a weekend for yourself at
YMCA Camp at Horsethief
Reservoir for Women's
Wellness Weekend.

DATES: SEPTEMBER 27-29

COST: \$260 FOR CABIN

\$230 FOR YURT





FOREVERWELL

ForeverWell is a collection of fitness, educational, recreational, and social programs and events designed to connect you to the Treasure Valley Family YMCA 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. We hope you join us!

EXPLORE PROGRAM TYPES:

- »»» Life-long Learning Opportunities
- »»» Group Exercise
- »»» Creative Workshops
- »»» Fun and Games!
- »»» Mindfulness
- »»» Member Experience Socials

Inquire about our Neurological Rehab, Cancer Survivorship and more, contact Mary Biddle at mary.biddle@ymcatvidaho.org
Inquire about the HUB programming and ForeverWell, contact Kyle Weathermon at kyle.weathermon@ymcatvidaho.org

Treasure Valley Family YMCA Community Hub

805 W Franklin St

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.

**BINGO
CREATIVE WRITING
CARD PLAYING
SILVERSNEAKER® STABILITY
EXERCISE CLASS
& MANY MORE!**

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 and much more!

THRIVE CENTER CAMPS

PRE-K SENSORY VARIETY CAMP T

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

AGES 3-6

FEE Member \$55 | Non-member \$75

SESSION DATES..... Nov 25-27

SESSION TIMES 11 am-1 pm

SENSORY VARIETY CAMP T

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

AGES 6-12

FEE Member \$84 | Non-member \$123

SESSION DATES..... Nov 25-27

SESSION TIMES 9 am-1 pm

SKILLS AND 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

FEE Member \$60 | Non-member \$99

SESSION DATES..... Oct 2-Nov 6

SESSION TIMES Every Wed, 6-7 pm

STEM CAMP T

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

AGES 6-12

FEE Member \$84 | Non-member \$123

SESSION DATES..... Nov 25-27

SESSION TIMES 1-5 pm

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

FIREFLIES T

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

AGES All Ages

FEE Free, registration required

SESSION DATES..... Sept 6 | Sept 27 | Oct 11 | Nov 15 | Dec 06

SESSION TIMES 5:30-8:30 pm

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

FEE Free, registration required

SESSION DATES..... D Aug 10 | Sept 14 | Oct 12 | Nov 9 | Dec 7

..... T Aug 17 | Sept 28 | Oct 19 | Nov 16 | Dec 21

..... W Aug 24 | Sept 21 | Oct 26 | Nov 23 | Dec 14

SESSION TIMES 1-4:30 pm



THRIVE CENTER CLASSES

ADAPTIVE DANCE ^T

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

AGES5-14

FEEMember \$125 | Non-member \$155

SESSION DATES.....Sept 12-Oct 19 | Nov 7-Dec 21

SESSION TIMESThu 5:30-6:30 and Sat 10-11 am

ADAPTIVE DANCE ^T

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

AGES13+

FEEMember \$125 | Non-member \$155

SESSION DATES.....Sept 12-Oct 19 | Nov 7-Dec 21

SESSION TIMESThu 4:30-5:30 and Sat 11 am-12 pm

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.

AGES18+

FEEMember \$18 | Non-member \$25

SESSION DATES.....Sept 5 | Oct 3 | Nov 7 | Dec 5

SESSION TIMES3:30-5:30 pm

ARTS AND CRAFTS ^T

Let THRIVE be your host for the night! Let's explore your creativity! Parents are welcome to assist in the activity or drop off their children. All materials are provided for the craft. Theme varies each month.

AGESAll Ages

FEEMember \$12 | Non-member \$17

SESSION DATES.....Sept 19 | Oct 17 | Nov 21 | Dec 19

SESSION TIMES6:30-7:30 pm

BINGO AND 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

FEEMember \$20 | Non-member \$28

SESSION DATES.....Aug 16 | Sept 13 | Oct 18 | Nov 8 | Dec 13

SESSION TIMES5-7 pm

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!

AGESAll Ages

FEEMember \$12 | Non-member \$16

SESSION DATES.....Oct 5 | Dec 7

SESSION TIMES3-4 pm

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.

AGES13+

FEEMember \$18 | Non-member \$25

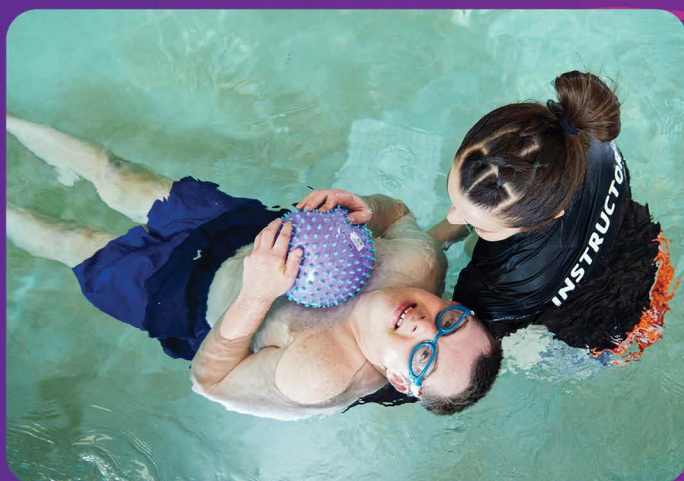
SESSION DATES.....Sept 7 | Oct 5 | Nov 9 | Dec 7

SESSION TIMES11:30 am-1:30 pm

SEPT: BREAKFAST • OCT: SPOOKY EATS • NOV: FALL FAVORITES

DEC: HOLIDAY YUMMS

Check out THRIVE Winter Break and No School Day camps as well!



THRIVE AquAbility at the Y

Therapeutic Aquatic Sessions

All Abilities and ages are welcome

1 on 1 for 30 minutes

YOUTH SPORTS

JUDO D

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

AGES5+

FEEMember: 1 person \$67 | 2 person \$125
3+ person \$150 | private lessons \$50
Non-member: 1 person \$100 | 2 person \$185
3+ person \$225 | private lessons \$75

SESSION DATES.....Monthly

SESSION TIMESAges 5-12: Tue and Thu | 5:30-6:30 pm
Ages 13+: Tue and Thu | 6:30-8:30 pm
All Ages: Saturday | 10:30 am-12 pm
(must have 3 months of experience for Saturday)

TAEKWONDO D

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

AGES5+

FEEMember: 1 person \$75 | 2 person \$120
3 person \$180 | 4+ person \$210
Non-member: 1 person \$125 | 2 person \$200
3 person \$300 | 4+ person \$350

SESSION DATES.....Monthly

SESSION TIMESAges 5-11: Mon-Fri | 5-6 pm
Ages 12+: Mon-Fri | 6-7 pm
Ages 40+: Tue and Thu | 8-9 am

ROOKIES BASKETBALL D T W

The rookies basketball program is designed as a first experience for players to the sport of basketball. They will learn the basic skills of basketball by doing different fun and exciting games and drills. Our caring and enthusiastic staff are excited to see you and your player soon.

AGES4-6

FEEMember \$66 | Non-member \$104

SESSION DATES.....Oct 26-Dec 14 | Jan 25-Mar 8

SESSION TIMESD W Sat, 9:30-10:30 am | 10:45-11:45 am
T Sat, 9:30-10:30 am | 10:45-11:45 am | 12-1 pm

ROOKIES FOOTBALL D T

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

AGES4-6

FEEMember \$66 | Non-member \$104

SESSION DATES.....Sept 7-Oct 12

SESSION TIMESD Sat, 11:45-12:45 pm
T Sat, 10:30-11:30 am | 11:45 am-12:45 pm

ROOKIES SOCCER D T W

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

AGES4-6

FEEMember \$66 | Non-member \$104

SESSION DATES.....Sept 7-Oct 12

SESSION TIMESSaturdays
D 10:30-11:30 am
T 10:15-11:15 am | 11:30 am-12:30 pm
W 9:30-10:30 am | 10:45-11:45 am



YOUTH SPORTS

Y BOYS' BASKETBALL LEAGUE D T W

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 Kinder-7

FEE Member \$92 | Non-member \$133

SESSION DATES Oct 14-Dec 14

Y GIRLS' BASKETBALL LEAGUE D T W

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 Kinder-7

FEE Member \$92 | Non-member \$133

SESSION DATES Jan 13-Mar 8

Y BALL: Any questions please reach out to YouthSports@ymcatvidaho.org
A late registration fee of \$30 will be added to registration fees 5 weeks prior to the start of the program for any divisions that still have space available on teams.
For first time Y Basketball league players or returning players that would like to purchase a new uniform, there is a \$20 uniform fee.

AAU BOYS BASKETBALL LEAGUE

The AAU competitive basketball league offers players the opportunity to complete all while learning the value of sportsmanship, effort, respect, and teamwork, which is a focus on maintaining a healthy lifestyle and relationship.

GRADES 5th-8th

FEE Member \$138 | Non-member \$171

SESSION DATES Oct 14-Dec 17

TRYOUTS West Ada School District: Sept 6 | Evening
Boise School District: Sept 7 | Evening
Makeup Tryout: Sept 10 | Evening

AAU GIRLS BASKETBALL LEAGUE

The AAU competitive basketball league offers players the opportunity to compete all while learning the values of sportsmanship, effort, respect, and teamwork with a focus on maintaining healthy lifestyles and relationships.

GRADES 5th-8th

FEE Member \$138 | Non-member \$171

SESSION DATES Jan 13-Mar 11

TRYOUTS West Ada School District: Nov 15 | Evening
Boise School District: Nov 16 | Evening
Makeup Tryout: Nov 19 | Evening

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 Kinder-6

FEE Member \$122 | Non-member \$163

SESSION DATES Aug 26-Oct 12

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

FEE Member \$122 | Non-member \$163

SESSION DATES Aug 26-Oct 10

VOLLEYBALL PREP T

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

GRADES 1-2

FEE Member \$66 | Non-member \$104

SESSION DATES Sep 5-Oct 10

SESSION TIMES Thu | 5:30-6:30 pm



HOLIDAY BLITZ CAMPS

Explore a variety of exciting themes each day within this camp mixed with a little holiday fun. Rock climbing, swimming, playing games, and more are all a part of this awesome, fun-filled, action-packed camp.

THANKSGIVING CAMP C D T W

AGES6-12

FEE C Member \$112 | Non-member \$196 (Full Day)
C Member \$56 | Non-member \$98 (Half Day)
D T W Member \$160 | Non-member \$239 (Full Day)
D T W Member \$83 | Non-member \$122 (Half Day)

SESSION DATES....Nov 25-27

SESSION TIMES9 am-5pm (Full Day) | 9 am-1 pm (Half Day) | 1-5 pm (Half Day)

CHRISTMAS CAMP C D T W

AGES6-12

FEE C Member \$38 | Non-member \$66 (Single Full Day)
C Member \$20 | Non-member \$34 (Single Half Day)
D T W Member \$53 | Non-member \$73 (Single Full Day)
D T W Member \$28 | Non-member \$41 (Single Half Day)
C Member \$106 | Non-member \$186 (Three Days Full Day)
C Member \$53 | Non-member \$93 (Three Days Half Day)
D T W Member \$152 | Non-member \$186 (Three Days Full Day)
D T W Member \$76 | Non-member \$93 (Three Days Half Day)

SESSION DATES....Dec 23 | Dec 26 | Dec 27

SESSION TIMES9 am-5pm (Full Day) | 9 am-1 pm (Half Day) | 1-5 pm (Half Day)

*Sign up for all three days and receive a discount!

NEW YEAR'S CAMP C D T W

AGES6-12

FEE C Member \$185 | Non-member \$323 (Full Day)
C Member \$93 | Non-member \$162 (Half Day)
D T W Member \$253 | Non-member \$379 (Full Day)
D T W Member \$124 | Non-member \$183 (Half Day)

SESSION DATES....Dec 30-Jan 3

SESSION TIMES9 am-5pm (Full Day) | 9 am-1 pm (Half Day) | 1-5 pm (Half Day)

*Tomlinson: Excludes Jan 1 | Camp starts at 10am on Dec 31 and Jan 1

COMMUNITY PROGRAMS AND EVENTS

ART NIGHT T

Let your child's creativity shine at Art Night! Join us for an evening of painting, drawing, and crafting fun tailored for ages 6-8. From colorful masterpieces to imaginative crafts, it's a night of artistic adventure your child won't want to miss!

AGES 6-8

FEE Member \$20 | Non-member \$35

SESSION DATES.... Nov 19 | Dec 30 | Jan 27 | Feb 24

SESSION TIMES 5:30-7 pm

BELAY CERTIFICATION C D

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 Open Climb time at any TV Family YMCA.

AGES 14+

FEE Member \$5 | Non-member \$5

SESSION DATES.... By appointment

SESSION TIMES 1-1.5 hours

DUNGEONS & DRAGONS GAME NIGHT W

Join us for an exciting Dungeons & Dragons Night designed especially for kids! This adventure-filled evening will transport young heroes into a world of fantasy, teamwork, and imagination. Led by experienced Dungeon Masters, children will embark on thrilling quests, solve puzzles, and encounter magical creatures. No prior experience is needed—just a sense of adventure and a creative spirit.

AGES 10-16

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

SESSION DATES.... Fridays | Sep-Feb

SESSION TIMES 5-8 pm

GIRLS JUST WANT TO HAVE FUN T

Join us for 'Girls Just Wanna Have Fun: Winter Edt.' It's a night of winter wonder and friendship! From cozy crafts to seasonal treats, it's the ultimate girls' night out. Let's celebrate the magic of winter together!

AGES 9-12

FEE Member \$20 | Non-member \$30

SESSION DATES.... Dec 4 | Jan 5

SESSION TIMES 6-8 pm

WELCOMING WEEK FAMILY FIELD DAY

Welcoming Week is a chance for neighbors- immigrants, new Americans, and American-born residents alike- to get to know one another and celebrate what unites us as a community. Free dinner, games, activities, music and prizes for all ages and abilities.

AGES All Ages

FEE Free

SESSION DATES.... Sep 21

SESSION TIMES 4-7 pm

LOCATION..... Sunset Park, 2625 N 32nd St Boise

HALLOWEEN CARNIVAL D T W

Join us here at the YMCA Friday October 25th for a celebration of family fun. There will be a variety of activities that engage the whole family. Costumes are encouraged!

AGES All Ages

FEE Free

SESSION DATES.... Oct 25

SESSION TIMES D W 6-8 pm

T 5-8 pm

HOLIDAY NIGHT AT THE Y D W

Join us Friday December 6th for a celebration of holiday cheer. There will be a variety of activities that engage the whole family.

AGES All Ages

FEE Free to the community

SESSION DATES.... Dec 6

SESSION TIMES 6-8 pm

HOMESCHOOL PE G

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

AGES 6-14

FEE 1 ses/wk: Member \$25 | Non-member \$50
2 ses/wk: Member \$40 | Non-member \$70

SESSION DATES.... Sep 3-25 | Sep 30-Oct 23 | Oct 28-Nov 20
Nov 25-Dec 18

SESSION TIMES Mon, 2-3 pm and Wed, 11 am-12 pm

KIDS' NIGHT OUT G D T W

Kids' Night Out, where kids enjoy a night of games, themed activities, and hanging out with friends. It's a great way for kids to be active and meet new people. And parents get a chance to go out, too! Kids will be supervised by caring and responsible Y staff while they have a blast!

AGES 6-12

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

SESSION DATES.... G Fourth Friday of every month

D First Friday of every month

W Second Friday of every month

T Third Friday of every month

SESSION TIMES G 6-8:15 pm

D 5:30-8:30 pm

W 5-8 pm

T 5:30-8:30 pm

REGISTER..... G D T W

LITTLE MONKEY CLIMBING CLASS G W

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

AGES 4-6

FEE Member \$92 | Non-member \$123

SESSION DATES.... Sep 5-Oct 3 | Oct 10-Nov 7

SESSION TIMES Thu, 4-5 pm

REGISTER..... G W

COMMUNITY PROGRAMS AND EVENTS

NO SCHOOL DAY CAMPS **D T W**

No School Day Camp: Keep the fun going when school's out! Join us for a day filled with games, crafts, outdoor activities, swimming, and more. It's the perfect way to spend your day off with friends and adventure!

AGES 6-13

MEMBER FEE Member \$53 | Non-member \$73 (Full Day)
Member \$28 | Non-member \$41 (Half Day)

SESSION DATES..... **D** Oct 11 | Oct 18 | Jan 20 | Feb 17 | Apr 18
T Sep 18 | Oct 10 | Oct 11 | Oct 17 | Oct 18
Nov 6 | Jan 6 | Jan 20 | Jan 29 | Feb 17 | Mar 3
Apr 11 | Apr 18th
W Sep 18 | Oct 10 | Oct 11 | Nov 5 | Jan 6 | Jan 20
Jan 29 | Feb 17 | Mar 5 | Apr 11

SESSION TIMES 9 am-5 pm

REGISTER..... **D T W**

NO SCHOOL FRIDAY CAMPS **G**

School may be out on Friday, but the Caldwell Y is in! Join us for swimming, rock climbing, games, crafts, experiments & MORE! No School is better at the Y!

AGES 6-13

MEMBER FEE Single Day: Member \$50 | Non-member \$80
Sep and Dec: Member \$111 | Non-member \$194
Oct and Nov: Member \$148 | Non-member \$259

SESSION DATES..... Sep 13 | Sep 20 | Sep 27 | Oct 4 | Oct 11 | Oct 18
Oct 25 | Nov 1 | Nov 8 | Nov 15 | Nov 22
Dec 6 | Dec 13 | Dec 20

SESSION TIMES 9 am-5 pm

*Contact Youth Director if an early check in is needed

PANCAKES WITH SANTA **G T**

Join us for pancakes with Santa! Enjoy a free breakfast with your family, festive music, and meet our amazing YMCA staff. Don't miss out on this jolly event!

AGES All Ages

FEE Free to the community

SESSION DATES..... Dec 23

SESSION TIMES 8 am-12 pm

PEEWEE SPORTS **G**

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

AGES 3-6

FEE Member \$40 | Non-member \$55

SESSION DATES..... Football: Sept 3-26

Soccer: Oct 1-24

Basketball: Oct 29-Nov 21

Multi-sport and Fitness: Nov 26-Dec 19

SESSION TIMES Tue and Thu | 10-11 am

POKEMON NIGHT **T**

Get ready for a Pokémon Night extravaganza! Calling all trainers to join us for a fun-filled evening of battles, trading, and Pokémon-themed activities. Catch 'em all, meet fellow fans, and unleash your inner Pokémon master. Gotta catch this event!

AGES 7-11

FEE Member \$20 | Non-member \$35

SESSION DATES..... Second Thur of every month | Sep-Feb

SESSION TIMES 6-7:30 pm

SPARKLE AND SHINE JEWELRY MAKING **T**

Dive into the world of jewelry making with beads, wire, and clay in our hands-on workshops. Learn to design and craft unique pieces to wear or share!

AGES 12-15

FEE Member \$50 | Non-member \$80

SESSION DATES..... Aug 1 | Sept 3 | Oct 5 | Nov 8 | Dec 1
Jan 7 | Feb 8

SESSION TIMES Times Vary

TECHTOPIA **T**

Welcome to Techtopia Night for Kids! Dive into a world of innovation with hands-on tech activities, coding challenges, and interactive experiments. Join us for an electrifying evening of learning and fun. Let's explore the future together! (Switch, Wii, Oculus, and coding)

AGES 10-13

FEE Member \$20 | Non-member \$30

SESSION DATES..... Fourth Wed of every month | Sep-Feb

SESSION TIMES 6-8 pm

TEEN CHRONICLES CLASS (BULLET JOURNAL) **T**

Bullet Journaling Class! Discover the art of bullet journaling in our creative workshops! Learn to organize your life with style, from tracking goals to expressing yourself through colorful layouts. This isn't your average journal class.

AGES 12-15

FEE Member \$50 | Non-member \$80

SESSION DATES..... Aug 19 | Sept 14 | Oct 26 | Nov 12 | Dec 16
Jan 21 | Feb 20

SESSION TIMES Times Vary

TEEN CULINARY CREATION **T**

Dive into the delicious world of cooking with our teen cooking classes! Learn essential kitchen skills, whip up tasty recipes, and bond with friends over food. Come join us once a month for a culinary adventure just for teens! Sign up now and unleash your inner chef!

AGES 12-15

FEE Member \$50 | Non-member \$80

SESSION DATES..... Aug 16 | Sept 18 | Oct 8 | Nov 28
Dec 12 | Jan 14 | Feb 17

SESSION TIMES 5:30-8 pm

COMMUNITY PROGRAMS AND EVENTS

TEEN MOVIE NIGHT

Calling all teens! Join us for a FREE movie night just for you! Grab your friends and come enjoy a fun evening filled with popcorn, snacks, and your favorite flicks. It's the perfect way to unwind and make memories together. Don't miss out!

AGES11-15

FEEMember \$5 | Non-member \$10

SESSION DATES ... First Friday of every month | Sep-Feb

SESSION TIMES5:30-8:30 pm


SWIFTY NIGHT FOR KIDS!

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

AGES6-13

FEEMember \$25 | Non-member \$35

SESSION DATES ...  Second Fri of every month | Sep-Feb

 First Fri of every month | Sep-Feb

SESSION TIMES5-8 pm

REGISTER.....  

VALENTINE'S KIDS' NIGHT OUT

Parents, enjoy a night on the town while your kids have a blast at our exclusive Valentine's Kids' Night Out event! Children will enjoy a fun-filled evening with dinner, swimming, exciting activities, and a movie.

AGES5-14

FEEOne Kid: \$60 | Two Kids: \$100

Three Kids: \$115 | Four+ Kids: \$130

SESSION DATES....Feb 14

SESSION TIMES6-10 pm

YOUTH CLIMBING CLASS

This 5-week class covers the basic rules and skill development of indoor climbing. Participants will learn about technique improvement and overall climbing skills. Participants must wear closed in toe shoes.

AGES6-12

FEEMember \$92 | Non-member \$123

SESSION DATES ... Sep 3-Oct 1 | Oct 8-Nov 5

SESSION TIMESTue, 6-7 pm

YOUTH CULINARY CREATIONS

Embark on a culinary journey with our exciting youth cooking classes! Kids aged 7-9 and 9-11 will learn essential kitchen skills, explore new flavors, and create delicious dishes in a fun and interactive environment. Join us for hands-on cooking adventures that will inspire a love for cooking and eating healthy!

AGES7-9 | 9-11

FEEMember \$40 | Non-member \$55

SESSION DATES....Ages 7-9: Aug 6 | Sep 16 | Oct 21

Nov 4 | Dec 2 | Jan 17 | Feb 4

Ages 9-11: Aug 23 | Sept 23 | Oct 15

Nov 22 | Dec 5 | Jan 24 | Feb 11

SESSION TIMES5:30-8 pm

REGISTER..... Ages 7-9 | Ages 9-11

TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY



CALDWELL YMCA

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

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



DOWNTOWN BOISE YMCA

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

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



TOMLINSON SOUTH MERIDIAN YMCA

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

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



WEST BOISE YMCA and BOISE CITY AQUATIC CENTER

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

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

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



Y CAMP AT HORSETHIEF RESERVOIR

301 Horsethief Rd
Cascade, ID 83611
208-344-5502 ext 250

805 COMMUNITY HUB

805 W Franklin St, Boise ID 83702
208-344-5502

YOUTH SPORTS

CALDWELL YMCA
208-454-9622 ext 654

DOWNTOWN BOISE YMCA
208-344-5502 ext 292

WEST BOISE YMCA
208-377-4886 ext 819

TOMLINSON SOUTH MERIDIAN YMCA
208-331-9622 ext 515

KID ZONE C D T W

AGES6 weeks-6 years

FEEAdd on to Membership:

One Child \$27
Two or more: \$39
Single Adult: \$33

HOURSC Mon-Thur: 8 am-1 pm | 4-8 pm
Fri: 8 am-1 pm
Sat: 9-12 pm

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-7 pm
Sat: 8 am-1:30 pm
Sun: 10 am-1:30 pm

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

ROCK WALL C D W

AGES3+

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

HOURSC Mon, Tues & Thurs: 5-7 pm
Sat: 9 am-12 pm

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

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

YOUTH ACTIVITY CENTER (YAC) C D T W

AGES6-13

FEEMember: Free | Non-Member: Day Pass Required

HOURSC Mon-Thur: 4-8 pm
Fri: 4-6 pm
Sat: 9 am-12 pm

D Mon-Thur: 4-7 pm
Fri: Closed
Sat: 8 am-2 pm
Sun: 10 am-2 pm

T Mon-Fri: 4-7 pm
Sat: 8:30 am-1:30 pm
Sun: 10 am-1:30 pm

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



*Hours may vary based on availability