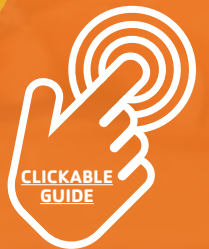




MICHAEL AND KAY ELTON FAMILY  
AQUATIC CENTER



**2024**  
**SPRING BREAK**  
**PROGRAM GUIDE**  
TREASURE VALLEY  
FAMILY YMCA

**For a better us.®**

# MEMBERSHIP & FEES

Membership Type	Monthly Fee				Join Fee
	Downtown Boise YMCA	Tomlinson South Meridian YMCA	West Boise YMCA	Caldwell YMCA	All Facilities
Family*	\$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](http://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.

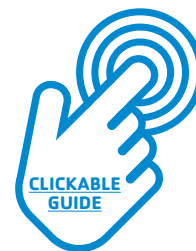
- › Youth.....\$6.75
- › Adult .....\$13.25
- › Family.....\$26.25

\*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 & after school care programs offer part-time and full-time child care for children Kindergarten through 8th Grade.

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

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# WELCOMING & 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.**

# PLAN FOR SUMMER CHILD CARE

The Y is the largest provider of childcare in the state of Idaho. With more than 30 sites across the Treasure Valley and talented team members who are focused on youth development, it is a great place for children to thrive.

As you plan for summer, be sure to plan ahead for childcare. **Enrollment for summer childcare begins on Feb. 1.** Learn about different days, times, locations and offerings by visiting the website.



**Register today!**

\*Idaho child care program & financial assistance available.



## CHILDCARE LOCATIONS

### BOISE

**9TH STREET Y KIDS**  
208 344 5502 x219  
9thstykids@ymcatvidaho.org

### CHILDREN'S VILLAGE

208 345 6408  
childreenvillage@ymcatvidaho.org

### FRONTIER Y KIDS

208 344 5502 x463  
frontierkids@ymcatvidaho.org

### USTICK Y KIDS

208 321 7559  
ustickykids@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

### CALDWELL

**CALDWELL YMCA**  
208 459 2498 x655  
caldwellykids@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

### NAMPA

**CENTRAL Y KIDS**  
208 344 5502 x491  
nampaykids@ymcatvidaho.org

### ENDEAVOR Y KIDS

208 344 5502 x 491  
nampaykids@ymcatvidaho.org

### LAKEVUE Y KIDS

208 459 2498 x655  
vallivueykids@ymcatvidaho.org

### SHERMAN Y KIDS

208 344 5502 x491  
nampaykids@ymcatvidaho.org

### SNAKE RIVER Y KIDS

208 344 5502 x491  
nampaykids@ymcatvidaho.org

### WILDER Y KIDS

**WILDER Y KIDS**  
208 344 5502 x490  
wilderykids@ymcatvidaho.org

# CERTIFICATIONS

## CHILD & BABYSITTING SAFETY **D**

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  
SESSION DATES.....April 13  
SESSION TIMES .....9 am-4 pm

## COMMUNITY BASIC FIRST AID **C D 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  
SESSION DATES.....**C** Mar 9 | Mar 14 | April 25 | April 27  
**D** Mar 2  
**W** Mar 16

SESSION TIMES .....Times Vary

## 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  
SESSION DATES.....**C** Mar 9 | Mar 14 | April 25 | April 27  
**D** Mar 2  
**T** Mar 9  
**W** Mar 16

SESSION TIMES .....Times Vary

## 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  
SESSION DATES.....**C** April 4-13  
**D** Mar 5-16  
**T** Mar 18-23  
**W** April 5-14

SESSION TIMES .....Times Vary

## SWIM INSTRUCTOR **D T**

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

AGES .....12+  
FEE .....Member \$150 | Non-Member \$225  
SESSION DATES.....**D** Mar 6-10  
**T** April 18-20

SESSION TIMES .....Times Vary

## YMCA AQUATIC SAFETY ASSISTANT **C D W**

This course is designed to train and certify individuals in the knowledge and skills necessary to help prevent and recognize aquatic risks to assist and alert a lifeguard in the emergency response to an accident or injury.

AGES .....14+  
FEE .....Member \$75 | Non-Member \$112.50  
SESSION DATES.....**C** Mar 15-16  
**D** April 27-28  
**W** Mar 8-10

SESSION TIMES .....Times Vary



# SWIM LESSONS

## PARENT/CHILD

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

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.

AGES .....6 months-3 years  
FEE .....Member \$66 | Non-Member \$109  
SESSION DATES.....See Online Schedule For Details  
SESSION TIMES .....Times Vary

### STAGE B - WATER EXPLORATION **C D 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 \$66 | Non-Member \$109  
SESSION DATES.....See Online Schedule For Details  
SESSION TIMES .....Times Vary

# SWIM LESSONS

## 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

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

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

AGES .....3-5

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

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary



## 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

# SWIM LESSONS

## SCHOOL AGE

### AQUATICS CONDITIONING **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 .....5-12

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

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary



## TEEN/ADULT

### BEGINNER **C D 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

### INTERMEDIATE/ADVANCED **C D 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 \$66 | Non-Member \$109

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

# SPLASH

### NON-SWIMMER **C D T W**

This week long Spring Break swim lesson program is for youth who have never had a swim lesson and have not had a lot of exposure to the water. In this class participants will have the opportunity to get comfortable in the water and learn basic water safety skills.

AGES .....5-12

FEE .....\$30

SESSION DATES.....**C** Mar 18-22 | Mar 25-29

**D T W** Mar 18-22

SESSION TIMES .....Times Vary

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

This week long Spring Break swim lesson program is for youth who are comfortable in the water but are not strong swimmers. In this class participants will have the opportunity to learn swimming basics including front and back crawl stroke and water safety skills.

AGES .....5-12

FEE .....\$30

SESSION DATES.....**C** Mar 18-22 | Mar 25-29

**D T W** Mar 18-22

SESSION TIMES .....Times Vary

### INTERMEDIATE **C D T W**

This week long Spring Break swim lesson program is for youth who are able to swim front and back crawl. In this class participants will work on improving their endurance and stroke technique while learning water safety skills.

AGES .....5-12

FEE .....\$30

SESSION DATES.....**C** Mar 18-22 | Mar 25-29

**D T W** Mar 18-22

SESSION TIMES .....Times Vary

### ADVANCED **C D T W**

This week long Spring Break swim lesson program is for youth who are able to swim front crawl, back crawl, break stroke, and perform a standing dive. In this class participants will work on improving their endurance and stroke technique while learning water safety skills.

AGES .....5-12

FEE .....\$30

SESSION DATES.....**C** Mar 18-22 | Mar 25-29

**D T W** Mar 18-22

SESSION TIMES .....Times Vary



# DIVING

## LEARN-TO-DIVE <sup>W</sup>

This program is for the child who interested in diving but has never tried it before. Participants will start to learn the basics of diving and will have the opportunity to use both the 1 and 3 meter diving boards. At least 1 month is required prior to joining the Rec Dive Team.

AGES .....7-14

FEE .....Member \$29 | Non-Member \$44

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

## PRIVATE DIVE LESSONS <sup>W</sup>

Private Dive Lessons are available for individual swimmers ages 5 and over that are green level swimmers.

AGES .....5+

FEE .....Member \$65 | Non-Member \$98

SESSION DATES.....Dates Vary

SESSION TIMES .....Times Vary

## RECREATION DIVE TEAM <sup>W</sup>

Recreational Dive Team allows divers with little diving experience to learn about the sport of diving and well as challenging skills they can do successfully. These skills give the diver a sense of accomplishment in a new sport.

AGES .....7-14

FEE .....Member \$58 | Non-Member \$86

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

## COMPETITIVE DIVE TEAM <sup>W</sup>

Competitive dive team is designed for divers who have developed basic skills and want to take their diving to the next level with the hopes of moving onto our tryout based Rippers team.

AGES .....9-18

FEE .....Member \$58 | Non-Member \$86

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

# WATER POLO

## YOUTH WATER POLO <sup>W</sup>

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 .....Member \$180 | Non-Member \$271

SESSION DATES.....See Online Schedule For Details

SESSION TIMES .....Times Vary

# SWIM TEAM

## BOISE Y SWIM TEAM <sup>C D T W</sup>

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+

SESSION DATES.....Ongoing

SESSION TIMES .....Times Vary

## BLUE MARLINS - BEGINNER <sup>W</sup>

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 \$90 | Non-Member \$135

SESSION DATES.....April 1-May 24

## BLUE MARLINS - INTERMEDIATE/ADVANCED <sup>W</sup>

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 .....8-18

FEE .....Member \$96 | Non-Member \$144

SESSION DATES.....April 1-May 24

## SWIM FIT <sup>W</sup>

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 \$137.50 | Non-Member \$200

SESSION DATES.....April 1-May 24

## YELLOW FINS <sup>T</sup>

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 4 local meets on Saturdays and Valley Championships the last week of July.

AGES .....5-10 | 11-18

FEE .....Member \$289 | Non-Member \$419

SESSION DATES.....Registration: Mar 20-May 20

Season: June 3-July 28



# THRIVE CENTER

## Together Helping Realize Inclusive Victories Everyday

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

# THRIVE CAMPS

### THRIVE 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  
FEES .....Member \$138 | Non-Member \$203  
SESSION DATES.....Mar 18-22  
SESSION TIMES .....9 am-1 pm

### THRIVE STEAM 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  
FEES .....Member \$138 | Non-Member \$203  
SESSION DATES.....Mar 18-22  
SESSION TIMES .....1-5 pm

### THRIVE ONE DAY 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). Activities vary each camp.

AGES .....6-12  
FEES .....Member \$30 | Non-Member \$44  
SESSION DATES.....Feb 16 | Feb 19 | Mar 6  
SESSION TIMES .....10 am-2 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.

### THRIVE KIDS DAY OUT **T**

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  
SESSION DATES.....Jan 27 | Feb 24 | Mar 30 | Apr 27 | May 11  
SESSION TIMES .....1-4:30 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  
SESSION DATES.....Feb 9 | Mar 8 | Apr 5 | May 10 | Jun 7  
July 12 | July 26  
SESSION TIMES .....5:30-8:30 pm

# THRIVE CLASSES

### THRIVE ADAPTIVE DANCE - YOUTH **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.

AGES .....5-14  
FEES .....Member \$125 | Non-Member \$155  
SESSION DATES.....Jan 25-Mar 2 | Apr 4-May 11 | Jun 13-Jul 27  
SESSION TIMES .....Thurs, 5:30-6:30 pm | Sat, 10-11 am

### THRIVE ADAPTIVE DANCE - TEEN/ADULT **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.

AGES .....13+  
FEES .....Member \$125 | Non-Member \$155  
SESSION DATES.....Jan 25-Mar 2 | Apr 4-May 11 | Jun 13-Jul 27  
SESSION TIMES .....Thurs, 4:30-5:30 pm | Sat, 11 am-12 pm

# THRIVE CLASSES

## THRIVE ADULT 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, knife handling, and proper cleaning.

Comfort Foods • Pasta • Breakfast • Sliders • Tacos

AGES .....18+

FEES ..... Member \$18 | Non-Member \$25

SESSION DATES..... Feb 1 | Mar 7 | Apr 4 | May 5

SESSION TIMES .....3:30-5:30 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, knife handling, and proper cleaning.

Comfort Foods • Pasta • Breakfast • Sliders • Tacos

AGES .....13+

FEES ..... Member \$18 | Non-Member \$25

SESSION DATES..... Feb 3 | Mar 9 | Apr 6 | May 4

SESSION TIMES .....11:30 am-1:30 pm

## THRIVE ARTS & CRAFTS <sup>T</sup>

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.

AGES .....All Ages

FEES ..... Member \$12 | Non-Member \$17

SESSION DATES..... Feb 15 | Mar 21 | Apr 18 | May 9

SESSION TIMES ..... 6:30-7:30 pm

## THRIVE BINGO & DINNER <sup>T</sup>

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 \$20 | Non-Member \$28

SESSION DATES..... Feb 23 | Mar 15 | Apr 19 | May 24

Jun 21 | Jul 19 | Aug 16

SESSION TIMES .....5-7 pm



## THRIVE DESSERT DECORATING <sup>T</sup>

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 .....5-14

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

SESSION DATES..... Feb 10 | May 5 | Jun 15

SESSION TIMES .....3-4 pm

## THRIVE SKILLS & DRILLS <sup>T</sup>

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 \$60 | Non-Member \$99

SESSION DATES..... Jan 22-Mar 4 | Apr 1-May 6

SESSION TIMES ..... Mon, 6-7 pm

## THRIVE TEEN NIGHT <sup>T</sup>

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

AGES .....13-17

FEES ..... Member \$12 | Non-Member \$20

SESSION DATES..... Jan 27 | Feb 24 | Mar 30 | Apr 27 | May 11

SESSION TIMES .....4:30-5:45 pm



# YOUTH FITNESS



## CREATIVE MOVEMENT & BALLET D

This program introduces children to the art of dance with a focus on basic ballet elements and techniques. The goal is to tap into the child's creative nature and to make them aware of their abilities through free expression of their imagination.

AGES ..... 4-5  
 FEE ..... Member \$20 | Non-Member \$30  
 SESSION DATES ..... Jan 29 | Feb 5 | Feb 12 | Feb 19 | Feb 26  
 Mar 4 | Mar 11 | Mar 18 | Mar 25  
 SESSION TIMES ..... Mon, 4:30-5:10 pm

## CREATIVE MOVEMENT & BALLET D

This program introduces children to the art of dance including ballet, jazz & Hip Hop for a variety of styles and technique. This class will help children work together in group settings, improve musicality & coordination, and learn basics of new dance forms.

AGES ..... 5-8  
 FEE ..... Member \$20 | Non-Member \$30  
 SESSION DATES ..... Jan 29 | Feb 5 | Feb 12 | Feb 19 | Feb 26  
 Mar 4 | Mar 11 | Mar 18 | Mar 25  
 SESSION TIMES ..... Mon, 5:15-6 pm

# ACTION & ADVENTURE

## SURVIVAL CAMP D

This camp will teach kids all about survival! Campers will get the opportunity to engage in active outdoor activities as well as engage in different survival techniques. Each child should come prepared to spend the day outside.

AGES ..... 6-10  
 FEE ..... Member \$138 | Non-Member \$203  
 SESSION DATES ..... Mar 18-22  
 SESSION TIMES ..... 9 am-1 pm

## CLIMBING CAMP G D

Climbing camp provides an opportunity for climbers at all levels to come and experience climbing the rock wall. They will also participate in other physical games and activities while meeting new friends.

AGES ..... G 7-12  
D 6-10  
 FEE ..... G Member \$93 | Non-Member \$162  
D Member \$138 | Non-Member \$203  
 SESSION DATES ..... G Mar 18-22 | Mar 25-29  
D Mar 18-22  
 SESSION TIMES ..... G 9 am-1 pm  
D 1-5 pm

## REGISTER ..... G D

\*\* All campers should bring closed toed shoes, snack for AM and/or PM Camp. And Lunch if they participate in an AM or Full Day program.



# ALL DAY CAMPS

## SPRING FLING **C D W**

Kids will participate in creative activities, rock climbing, and swimming, all while making new friends along the way! Campers must bring a refillable water bottle and closed-toe shoes. Campers are asked to bring a snack and a lunch. (Swimming will be based on pool availability.)

AGES ..... 6-12

FEE ..... **C** Member \$93 | Non-Member \$162  
(Half Day)

**C** Member \$185 | Non-Member \$323  
(Full Day)

**D W** Member \$138 | Non-Member \$203  
(Half Day)

**D W** Member \$266 | Non-Member \$399  
(Full Day)

SESSION DATES..... **C** Mar 18-22 | Mar 25-29

**D W** Mar 18-22

SESSION TIMES ..... **C** 9 am-1 pm | 1-5 pm | 9 am-5 pm

**D** 9 am-1 pm | 1-5 pm | 9 am-5 pm

**W** 9 am-5 pm

REGISTER ..... **C D W**

## TOMLINSON SPRING BREAK MANIA **T**

FIVE DAYS OF FUN! Come join our energetic team and explore, swimming, cooking, STEM, art, adventure, sports and more. Every day there will be a schedule with multiple activities to choose from. \*Tweens 10-13, will be separated and have their own camp schedule.

AGES ..... 6-13

FEE ..... Member \$138 | Non-Member \$203  
(Half Day)

Member \$266 | Non-Member \$399  
(Full Day)

SESSION DATES..... Mar 18-22 | Mar 25-29

SESSION TIMES ..... 9 am-1 pm | 1-5 pm | 9 am-5 pm



# PRE-K

## LITTLE ADVENTURE **C D**

Join us for this super-silly camp adventure. Campers will have a blast swimming, climbing, bouncing, and making friends in this program. Camp includes arts and crafts, and activities.

AGES ..... 4-6

FEE ..... **C** Member \$47 | Non-Member \$81

**D** Member \$92 | Non-Member \$123

SESSION DATES..... **C** Mar 18-22 | Mar 25-29

**D** Mar 18-22

SESSION TIMES ..... 11 am-1 pm

REGISTER ..... **C D**

## LITTLE CHEER **T**

Ready, Set, Go! In Little Cheer Camp, your camper will learn the basics of body movement through cheer, dance, and song! This upbeat camp will lift the spirits of every camper who participates, teaching them how to lift other's spirits as well!

AGES ..... 4-6

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

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 10 am-12 pm

## LITTLE CHEF **T**

Campers will learn the benefits of eating a variety of foods. This will be a hands-on class where kids will sample and create different combinations of foods.

AGES ..... 4-6

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

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 10 am-12 pm

## LITTLE PICASSO **C D**

Explore different types of art and learn about the artists who created it. Campers will create their own artwork using new techniques learned in camp.

AGES ..... 4-6

FEE ..... **C** Member \$47 | Non-Member \$81

**D** Member \$92 | Non-Member \$123

SESSION DATES..... **C** Mar 18-22 | Mar 25-29

**D** Mar 18-22

SESSION TIMES ..... 9-11 am

REGISTER ..... **C D**

# SPECIALTY

## SLIME **D**

Does your child like to experiment? In this camp kids will do all sorts of fun experiments with slime, gak and other fun materials!

AGES ..... 6-10

FEE ..... Member \$138 | Non-Member \$203

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 1-5 pm

# STEM

## EDIBLE EXPERIMENTS **D**

Campers will be both chefs and scientists as they learn about chemical reactions and the forces of nature through cooking. Some of the projects will be edible, but not all. Kids will work on their own science/cooking guide to take home at the end of the week!

AGES ..... 6-10

FEE ..... Member \$138 | Non-Member \$203

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 9 am-1 pm

## MINECRAFT **D**

In Minecraft camp, campers will use Minecraft to learn a variety of different skills in a fun and engaging way. They will build, share, and collaborate with other campers and staff to create a world of their own!

AGES ..... 6-10

FEE ..... Member \$138 | Non-Member \$203

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 1-5 pm

## ROBOTICS **G**

Campers will be using LEGO Mindstorm kits, kids will visualize, build, and program a robot! With the help of Chromebooks, they will program a robot to do a variety of different actions using ultrasonic sound, light, and touch sensors.

AGES ..... 7-12

FEE ..... Member \$93 | Non-Member \$162

SESSION DATES..... Mar 18-22 | Mar 25-29

SESSION TIMES ..... 1-5 pm

# YOUTH SPORTS

## LIL'Y SPRING SPORTS **T**

Welcome to our exciting sports camp, where little athletes embark on a fun-filled journey of discovery and physical activity! Our camp is specifically designed to introduce the youngest members of our community to the world of sports -basketball, soccer, flag football, and t-ball- in a safe, supportive, and enjoyable environment.

AGES ..... 3-5

FEE ..... Member \$105 | Non-Member \$135

SESSION DATES..... Mar 18-21

SESSION TIMES ..... 12-3 pm

## SPRING BREAK SPORTS CAMP **W**

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

FEE ..... Member \$144 | Non-Member \$213

SESSION DATES..... Mar 18-22

SESSION TIMES ..... 9 am-1 pm

## YOUTH, FAMILY & COMMUNITY

### HEALTHY KIDS DAY **G D T W**

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. Join us at your local Y branch for free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond. Events at each branch may vary.

AGES ..... All Ages

FEES ..... Free

SESSION DATES..... Apr 20

SESSION TIMES ..... All Day

## YMCA ST. PATRICK'S DAY RUN

Join the fun and celebrate St. Patrick's Day the healthy way, the Y way. Bring your green and get ready to run!

MARCH 16 | ALL AGES

3 DISTANCES:

LEPRECHAUN LOOP (1 mile): 9:30am

5K or 5 MILES: 10am

Early bird registration: Jan 1-Feb 29: \$30

\*Price increases after February 29, 2024 at 11:59pm MST





**YOUTH OVERNIGHT CAMP**

Youth Camp is our traditional overnight camp all about developing positive relationships, learning new skills, and creating memories that will last a lifetime.

AGES .....7-13

FEE .....Member \$679 | Non-Member \$799

SESSION DATES..... Jun 16-21 | Jun 23-28 | Jun 30-Jul 3\* | Jul 7-12  
Jul 14-19 | Jul 21-26 | Jul 28-Aug 2 | Aug 4-9

\*Shorter session due to the holiday. Fee is also different:  
Member \$383 | Non-Member \$475

**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.

AGES .....Grade 7-9

FEE .....Member \$679 | Non-Member \$799

SESSION DATES..... Jun 16-21 | Jun 23-28 | Jun 30-Jul 3\* | Jul 7-12  
Jul 14-19 | Jul 21-26 | Jul 28-Aug 2 | Aug 4-9

\*Shorter session due to the holiday. Fee is also different:  
Member \$383 | Non-Member \$475

**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.

AGES .....Grade 4-6

FEE .....Member \$679 | Non-Member \$799

SESSION DATES..... Jun 16-21 | Jun 23-28 | Jun 30-Jul 3\* | Jul 7-12  
Jul 14-19 | Jul 21-26 | Jul 28-Aug 2 | Aug 4-9

\*Shorter session due to the holiday. Fee is also different:  
Member \$383 | Non-Member \$475

**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.

AGES .....Grade 8-11

FEE .....Member \$679 | Non-Member \$799

SESSION DATES..... Jun 23-28 | Jul 14-19 | Jul 28-Aug 2

**CLIMBING CAMP**

This camp will focus on climbing on our new real-rock routes on the back side of our property that this program will get daily access to under the tutelage of rock climbing guides. What makes this camp different is that at least half of each day will be spent climbing!

AGES .....Grade 6-10

FEE .....Member \$789 | Non-Member \$899

SESSION DATES..... Jun 23-28 | Jul 14-19 | Jul 28-Aug 2

**2 WEEK CAMP**

Would you like to extend your camper's experience? Y Camp offers a Thirteen-Day Session in July, combining two consecutive weeks of camp, including a weekend stayover!

AGES .....Grade 5-7

FEE .....Member \$1499 | Non-Member \$1719

SESSION DATES..... Jul 7-19

**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.

AGES .....All ages welcome!

FEE .....Prices on [ycampidaho.org](http://ycampidaho.org)

SESSION DATES..... May 17-19

**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.

AGES .....All ages welcome!

FEE .....Prices on [ycampidaho.org](http://ycampidaho.org)

SESSION DATES..... May 12-14



**COUNSELOR IN TRAINING**

Building on our LIT program Counselor in Training focuses on how to take our personal leadership and teach them to others. We spend the first week taking a crash course on our staff training and the second week partnered with one of our Youth Camp Cabins.

AGES .....Grade 10-11

FEE .....Member \$719 | Non-Member \$834

SESSION DATES.....Jun 16-29 | Jul 7-19 | Jul 21-Aug 2

**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!

AGES .....All ages welcome!

FEE .....Prices on [ycampidaho.org](http://ycampidaho.org)

SESSION DATES.....Memorial Day: May 24-27

4th of July: Jul 3-5

Labor Day: Aug 30-Sept 2

Fall Family: Oct 11-13

**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!

AGES .....Women 18+

FEE .....Cabin Lodging: \$260 | Yurt Lodging: \$230

SESSION DATES.....Sept 27-29

**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.

AGES .....Grade 9-10

FEE .....Member \$679 | Non-Member \$799

SESSION DATES.....Jun 16-21 | Jul 7-12 | Jul 21-26 | Aug 4-9




# TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY



**CALDWELL YMCA**

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

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



**DOWNTOWN BOISE YMCA**

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


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



**TOMLINSON SOUTH MERIDIAN YMCA**

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

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



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

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

Mon-Fri: 5 am-9 pm  
Sat: 7 am-6 pm  
Sun: 10 pm-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: \$27  
Two or more & Family Membership: \$39  
One Child on Single Adult Membership: \$33

**DROP-IN FEE**.....Member: \$6.25/child  
Non-Member: \$9.50 child

**HOURS** ..... C Mon-Fri: 8 am-1 pm  
Mon-Thur: 4-8 pm  
Sat: 9 am-12 pm  
Sun: Closed

D Mon-Thur: 8:45 am-7 pm  
Fri: 8:45 am-4 pm  
Sat: 8 am-1 pm  
Sun: 10 am-1 pm

T Mon-Thur: 8:45 am-2 pm | 4-8 pm  
Fri: 8:45 am-2 pm | 4-7 pm  
Sat: 8:30 am-2:30 pm  
Sun: 10:15 am-1:30 pm

W Mon-Thurs: 9 am-12 pm | 4-7 pm  
Fri: 9 am-12 pm  
Sat: 9 am-12:30 pm  
Sun: Closed

**YOUTH ACTIVITY CENTER (YAC)** C D T 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 Spring Break Hours: Mar 18-22 | Mar 25-29

Mon-Fri: 9 am-1 pm  
Mon-Thur: 3-8 pm  
Fri: 3-6 pm  
Sat: 9 am-12 pm  
Sun: Closed

D Spring Break Hours: Mar 18-22  
Mon-Thurs: 9 am-7 pm  
Fri: 9 am-4 pm  
Sat: 8 am-1 pm  
Sun: 10 am-1 pm

T Mon-Fri: 4-7 pm  
Sat: 8:30 am-12:30 pm  
Sun: Closed

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

**ROCK WALL** C D T W

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

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

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

D Tue & Thur: 4-6 pm  
Sat: 9-11 am

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

