



# 2024 SUMMER 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. Find addresses and phone numbers of all our locations at the back of this guide.

## 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.**

YMCA CHILD DEVELOPMENT SUMMER CHILD CARE

# SCHOOL IS OUT. THE Y IS IN.



As Idaho's largest licensed child care provider, we provide thousands of children opportunities to learn, grow, and thrive during the summer. Our Y Teachers engage children in a variety of academic enrichment activities, social emotional learning, emotion management, healthy snacks, physical activity, STEM education, art education, outdoor play, literacy development, community field trips, swimming, and more.



Our Summer Child Care strives to meet the needs of working parents by offering full-time and part-time schedules: Monday through Friday | 7am-6 pm.

## FULL-TIME AND PART-TIME SCHEDULES AVAILABLE TO MEET THE NEEDS OF FAMILIES & CHILDREN

### BOISE:

9th St Y Kids | Ustick Y Kids | Washington St Y Kids  
West Boise YMCA Child Development Center

### CANYON COUNTY:

Caldwell Y Kids | Nampa Y Kids | Wilder Y Kids

### EAGLE/MERIDIAN:

Eagle Y Kids | Hillsdale Y Kids | Hunter Y Kids | Siena Y Kids

**Ages: 4-12 | Jun-Aug | 7 am-6 pm**

1 Day/Week: Member \$78 | Non-Member \$80

2 Day/Week: Member \$136 | Non-Member \$140

3 Day/Week: Member \$170 | Non-Member \$175

4 Day/Week: Member \$199 | Non-Member \$205

5 Day/Week: Member \$218 | Non-Member \$225

\*Drop-In Care Available as well



SCAN TO REGISTER



## OUR CAREGIVERS AGREE THAT SUMMER CHILD CARE MADE AN IMPACT ON THEIR CHILD...

**95%**

MADE A NEW FRIEND

**81%**

LEARNED SKILLS TO DO BETTER IN SCHOOL

**85%**

DEVELOPED A NEW SKILL

**100%**

ENJOYED PHYSICAL ACTIVITY

**88%**

MODELED CHARACTER VALUES

### 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)

# 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 A 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 \$1,164 | Non-Member \$1,200  
Toddler: Member \$1,086 | Non-Member \$1,120  
Preschool: Member \$994 | Non-Member \$1,025

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SCAN TO REGISTER

# 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 1.**

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

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

Downtown Boise YMCA | Desert Sage Elementary  
Hillsdale Elementary | 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))

Downtown Boise YMCA ([dtguideddiscovery@ymcatvidaho.org](mailto:dtguideddiscovery@ymcatvidaho.org))

Taft Elementary ([taftpreschool@ymcatvidaho.org](mailto:taftpreschool@ymcatvidaho.org))



SCAN TO REGISTER

**Ages: 3-5 | Aug-May | AM and PM classes available**

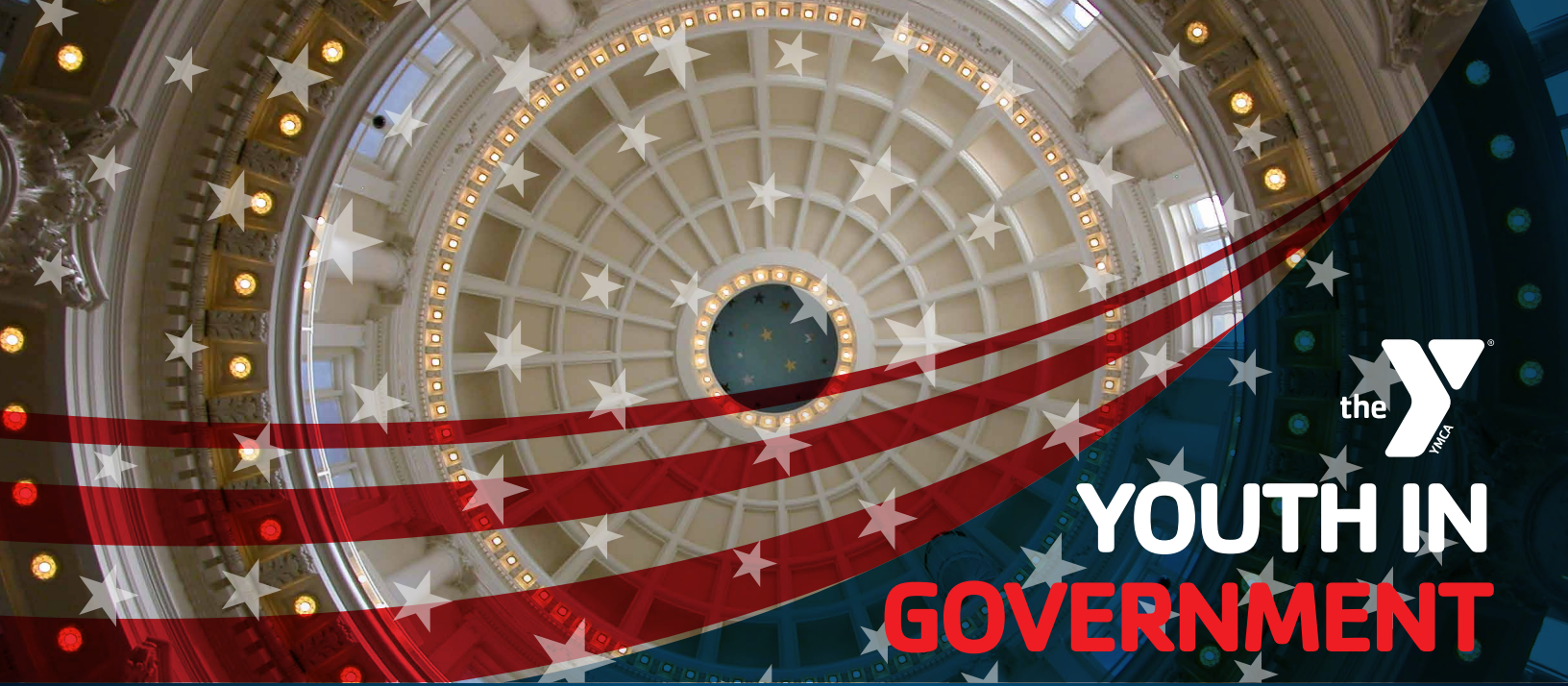
Boise/Meridian: Member \$407 | Non-Member \$420

Caldwell: Member \$150 | Non-Member \$155

Nampa: Member \$194 | Non-Member \$200

**Financial Assistance Available to All.**

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# YOUTH IN GOVERNMENT

**Ages 12-18 (Grades 7-12) | Aug-May | State Conference: \$50**

In partnership with State Legislators, Governor's Office, and local High Schools, Youth in Government offers youths the opportunity to model government and develop new skills such as writing and passing bills, preparing and debating court cases, learning parliamentary procedure, public speaking and leadership skills. Throughout the year, local delegates meet to create and prepare their bills, speeches, and debates. The program culminates at the Idaho State Capitol in April to put these skills to action!

Centennial High School | Borah High School | Capital High School | Riverstone International School | Caldwell High School | Downtown Boise Y | Caldwell Y  
Clearwater Valley High School | Grangeville High School | Kamiah High School | Bear Lake High School | Oakley High School

»» If you're interested in starting a program or getting your student involved, email [communityprograms@ymcatvidaho.org](mailto:communityprograms@ymcatvidaho.org)

# EVERDAY LEADERSHIP



**Ages 9-12 (Grades 4-6) | Aug-May**

In partnership with Rotary Clubs, Boise School District, and Caldwell School District, the Y offers Everyday Leadership for kids in 4th-6th grade. The program is a school-based leadership and service program designed to empower students through teambuilding, volunteering, and communication to become leaders with their peers, at their schools, and in their communities.

**Boise Schools:** Garfield Elementary | Grace Jordan Elementary  
Hillcrest Elementary | Morley Nelson Elementary | Koelsch Elementary  
Whitney Elementary | Taft Elementary | Jefferson Elementary  
Hawthorne Elementary

**Caldwell Schools:** Wilson Elementary | Washington Elementary

If you're interested in starting a program at your school or getting your student involved, email [communityprograms@ymcatvidaho.org](mailto:communityprograms@ymcatvidaho.org)

# CERTIFICATIONS

## CHILD & BABYSITTING SAFETY **D 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

SESSION DATES.....April 13

SESSION TIMES .....9 am-4 pm

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

## 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

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

## 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

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

## 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

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



## SWIM INSTRUCTOR **C 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

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

## 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

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

# SWIM LESSONS

## PARENT/CHILD

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

Parent accompanies 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

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

### 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

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



# 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

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

### 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

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

### 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

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

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

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.

AGES .....3-5

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

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

REGISTER ..... **D**



## 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 .....5-13

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

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

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

### 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 .....5-13

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

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

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

### 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 .....5-13

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

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

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

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

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.

AGES .....5-13

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

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

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

### 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 .....5-13

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

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

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

### 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 .....5-13

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

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

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

# SWIM LESSONS

## SCHOOL AGE

### AQUATICS CONDITIONING <sup>W</sup>

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

AGES .....5-13

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

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

SESSION TIMES .....Times Vary

REGISTER .....<sup>W</sup>

## TEEN/ADULT

### BEGINNER <sup>C D W</sup>

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

AGES .....13+

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

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

SESSION TIMES .....Times Vary

REGISTER .....<sup>C D W</sup>

### INTERMEDIATE/ADVANCED <sup>C D W</sup>

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

REGISTER .....<sup>C D W</sup>



# DIVING

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

This program is for the child who is 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

REGISTER .....<sup>W</sup>

### 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

REGISTER .....<sup>W</sup>

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

Recreational Dive Team allows divers with little diving experience to learn about the sport of diving as 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

REGISTER .....<sup>W</sup>

### 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

REGISTER .....<sup>W</sup>

# 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

REGISTER .....<sup>W</sup>

# SWIM TEAM

## BOISE Y SWIM TEAM **G 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+

SESSION DATES.....On going

SESSION TIMES .....Times Vary

## 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 .....5-12

FEE .....Member \$90 | Non-Member \$135

SESSION DATES.....Apr 1-May 24

REGISTER .....**W**

## 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 .....8-18

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

SESSION DATES.....Apr 1-May 24

REGISTER .....**W**

## SWIM FIT **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 \$137.50 | Non-Member \$200

SESSION DATES.....Apr 1-May 24

REGISTER .....**W**

## YELLOW FINNS **T**

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: Jun 3-Jul 28

REGISTER .....5-10 | 11-18



# 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.

# MARTIAL ARTS

## BVJC KOKA KIDS NOVICE 6-12 G

This is designed to teach the very basics of the sport of judo with emphasis on developing coordination, agility, stamina and key muscle strength that will ensure safety. Obtaining a Judo Gi (Judo uniform) is strongly encouraged and can be purchased privately or through the instructor.

AGES ..... 6-12  
 FEE ..... Member \$35 | Non-Member \$52.50  
 SESSION DATES..... Monthly  
 SESSION TIMES ..... Mon & Thurs, 6:30 pm  
 REGISTER ..... G

## BVJC - YOUTH/WAZ-ARI WARRIORS G

This is designed to teach the very basics of the sport of judo with emphasis on developing coordination, agility, stamina and key muscle strength that will ensure safety.

AGES ..... 9-14  
 FEE ..... Member \$35 | Non-Member \$52.50  
 SESSION DATES..... Monthly  
 SESSION TIMES ..... Mon & Thurs, 6:30 pm  
 REGISTER ..... G

## BVJC - KOKA KIDS/BEGINNER 12WK G

This is designed to teach the very basics of the sport of judo with emphasis on developing coordination, agility, stamina and key muscle strength that will ensure safety.

AGES ..... 6-12  
 FEE ..... Member \$105 | Non-Member \$157.50  
 SESSION DATES..... Jan 4-Mar 29 | Apr 1-Jun 27 | Sept 5-Nov 25  
 SESSION TIMES ..... Mon & Thurs, 5:30 pm  
 REGISTER ..... G

## 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. (Participants will sign up for the entire month and will be able to attend as many class sessions as they would like.)

AGES ..... 5+  
 FEE ..... Price per month:  
 1 person-Member \$75 | Non-Member \$125  
 2 person-Member \$120 | Non-Member \$200  
 3 person-Member \$180 | Non-Member \$300  
 4+ Member \$210 | Non-Member \$350  
 SESSION DATES..... Monthly  
 SESSION TIMES ..... Ages 5-11: Mon-Fri, 5-6 pm  
 Ages 12+: Mon-Fri, 6-7 pm  
 Ages 40+: Tue & Thurs, 8-9 am

## CCCCCCC D

## 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. (Participants will sign up for the entire month and will be able to attend as many class sessions as they would like.) Please contact [chris@ensojudoboise.com](mailto:chris@ensojudoboise.com) to schedule private lessons.

AGES ..... 5+  
 FEE ..... Price per month:  
 1 person-Member \$67 | Non-Member \$100  
 2 person-Member \$125 | Non-Member \$185  
 3 person-Member \$150 | Non-Member \$225  
 Private: Member \$50 | Non-Member \$75  
 SESSION DATES..... Monthly  
 SESSION TIMES ..... Ages 5-12: Tue & Thur, 5:30-6:30 pm  
 Ages 13+: Tue & Thur, 6:30-7:30 pm  
 All Ages (min. 3+ months experience): Sat,  
 10:30 am-12 pm  
 REGISTER ..... D

## FAMOUS IDAHO POTATO MARATHON

This is the BEST Marathon in Idaho. Choose between a Full or Half Marathon or choose the 5 or 10K! There is a distance for every ability!

AGES ..... All Ages  
 FEE ..... Marathon: Member \$90 | Non-Member \$110  
 Half: Member \$70 | Non-Member \$90  
 10K & 5K: Member \$35 | Non-Member \$45  
 SESSION DATES..... May 18  
 SESSION TIME ..... Marathon/Half: 7 am  
 10K/5K: 10 am  
 LOCATION..... BSU Stadium



## CAPITOL CLASSIC CHILDREN'S RUN

Celebrating our 40th year running! Join us for this anniversary event! Kids Only on this iconic 1 Mile Dash from the Boise Train Depot to the Idaho State Capitol Building!

AGES ..... 4-14  
 FEE ..... Member \$25 | Non-Member \$35  
 SESSION DATES..... Jun 1  
 SESSION TIME ..... 10 am  
 LOCATION..... Boise Train Depot



Saint Alphonsus

# RACES

## ST PATRICK'S DAY FUN RUN

Join us for a 1 Mile, 5k, or 5 Mile Dash along the Boise River in this Family Friendly event!

AGES ..... All Ages  
 FEE ..... Member \$30 | Non-Member \$40  
 SESSION DATES..... Mar 16  
 SESSION TIME ..... 9:30 am  
 LOCATION..... Julia Davis Park



Any questions about races or track & field, please reach out to [racedirector@ymcatvidaho.org](mailto:racedirector@ymcatvidaho.org)



# YOUTH SPORTS CAMPS

## **BASKETBALL SKILLS & FITNESS CAMP** C

Introduce young athletes to basketball and enhance their current skill level. Our instructors will help participants become more proficient in dribbling, shootings, passing, and running offensive and defensive plays in a fun and safe environment.

AGES .....6-8 | 9-13  
 FEE .....Member \$93 | Non-Member \$162  
 SESSION DATES.....Jun 24-28 | Jul 22-26  
 SESSION TIMES .....1-5 pm  
 REGISTER .....6-8 | 9-13

## **FLAG FOOTBALL & FITNESS CAMP** C

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

AGES .....6-8 | 9-13  
 FEE .....Member \$93 | Non-Member \$162  
 SESSION DATES.....Aug 5-12  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....6-8 | 9-13

## **MULTISPORT ATHLETICS CAMP** C

Football, Basketball, Soccer, and More! Athletes will learn and practice skills in a different sport each day. Engage in fun physical play and social interaction!

AGES .....7-13  
 FEE .....Member \$93 | Non-Member \$162  
 SESSION DATES.....Jun 3-7  
 SESSION TIMES .....1-5 pm  
 REGISTER .....C

## **SOCCER SKILLS & FITNESS CAMP** C

Refine your foundational soccer skills and learn how to design a strength and conditioning program that maintains fitness for years to come. Improve your athletic performance in speed, quickness, and agility. All skills levels and abilities will benefit.

AGES .....6-8 | 9-13  
 FEE .....Member \$93 | Non-Member \$162  
 SESSION DATES.....Jun 24-28 | Jul 22-26  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....6-8 | 9-13

## **ROOKIES 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 .....4-6  
 FEE .....Member \$75 | Non-Member \$115  
 SESSION DATES.....D Jun 24-28  
T Jul 8-12 | Jul 22-26  
W Jun 17-21 | Aug 5-9

SESSION TIMES .....9-10:30 am  
 REGISTER .....D T W

## **ROOKIES FOOTBALL CAMP** D

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

AGES .....4-6  
 FEE .....Member \$75 | Non-Member \$115  
 SESSION DATES.....Jul 22-26  
 SESSION TIMES .....9-10:30 am  
 REGISTER .....D

## **ROOKIES 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 .....4-6  
 FEE .....Member \$75 | Non-Member \$115  
 SESSION DATES.....D Jul 15-19  
T Jun 17-21 | Jul 15-19  
W Jun 3-7 | Jul 15-19

SESSION TIMES .....9-10:30 am  
 REGISTER .....D T W

## **SUMMER GAMES** 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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....Jun 10-14 | Aug 5-9  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....T



**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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....D Jun 17-21 | Jul 8-12 | Jul 22-26  
                                     Aug 5-9  
                                     T Jun 24-28 | Jul 15-19  
                                     W Jun 10-14 | Jul 29-Aug 2  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....D T W

**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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....Boys: Jun 10-14 | Jul 29-Aug 2  
                                     Girls: Jun 17-21 | Jul 22-26  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....[BOYS](#) | [GIRLS](#)

**YOUTH 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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....D Jun 10-14 | Jun 24-28 | Jul 15-19  
                                     Jul 29-Aug 2  
                                     T Jul 8-12 | Aug 5-9  
                                     W Jun 17-21 | Aug 5-9  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....D T W

**YOUTH 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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....D Jun 24-28 | Jul 22-26 | Aug 5-9  
                                     T Jun 17-21 | Jul 29-Aug 2  
                                     W Jun 24-28  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....D T W



**YOUTH 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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....D Jun 10-14 | Jul 15-19  
                                     T Jun 17-21 | Jul 29-Aug 2  
                                     W Jun 3-7 | Jul 15-19  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....D T W

**YOUTH 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  
 FEE .....Member \$144 | Non-Member \$213  
 SESSION DATES.....D Jun 17-21 | Jul 8-12 | Jul 29-Aug 2  
                                     W Jul 8-12  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....D W



**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

REGISTER .....[Y Camp](#)

**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

REGISTER .....[Y Camp](#)

**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

REGISTER .....[Y Camp](#)

**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

REGISTER .....[Y Camp](#)

**CLIMBING CAMP**

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

REGISTER .....[Y Camp](#)

**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

REGISTER .....[Y Camp](#)

**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](#)

SESSION DATES.....May 17-19

REGISTER .....[Y Camp](#)

**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](#)

SESSION DATES.....May 12-14

REGISTER .....[Y Camp](#)





**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

REGISTER .....[Y Camp](#)

**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

REGISTER .....[Y Camp](#)

**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](#)

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

4th of July: Jul 3-5

Labor Day: Aug 30-Sept 2

Fall Family: Oct 11-13

REGISTER .....[Y 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!

AGES .....Women 18+

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

SESSION DATES.....Sept 27-29

REGISTER .....[Y Camp](#)



# 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 CAMPS

### THRIVE ADAPTIVE DANCE CAMP **T**

Participants will learn body awareness, balance, dance moves, meet new friends, and have a fun time! Participants will perform a structured routine at the end of camp (Friday before pick-up). Learn a variety of dance styles, create a costume, and decorate the stage.

AGES .....5-14  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 24-28 (PM) | Jul 15-19 (AM)  
 SESSION TIMES .....9 am-1 pm | 1-5 pm  
 REGISTER .....**T**

### THRIVE CHRISTMAS IN JULY CAMP **T**

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.

AGES .....6-12  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jul 8-12  
 SESSION TIMES .....1-5 pm  
 REGISTER .....**T**

### THRIVE LIFE SKILLS CAMP **T**

Participants will learn valuable life skills while making friends. Participants will create goals, practice job skills, manage money, practice shopping, and cook. Each day builds on the previous lessons. Participants help guide the class based on their interests and goals.

AGES .....13+  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jul 22-26  
 SESSION TIMES .....1-5 pm  
 REGISTER .....**T**

### THRIVE PRE-K 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.

AGES .....3-6  
 FEE .....Member \$92 | Non-Member \$123  
 SESSION DATES.....Jun 24-28 | Jul 22-26  
 SESSION TIMES .....11 am-1 pm  
 REGISTER .....**T**

### THRIVE 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 \$92 | Non-Member \$123  
 SESSION DATES.....Jun 3-7 | Jun 10-14 | Aug 5-9  
 SESSION TIMES .....11 am-1 pm  
 REGISTER .....**T**

### THRIVE PRE-K 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 .....3-6  
 FEE .....Member \$92 | Non-Member \$123  
 SESSION DATES.....Jul 15-19  
 SESSION TIMES .....11 am-1 pm  
 REGISTER .....**T**

### THRIVE PRE-K UNDER THE SEA CAMP **T**

Come act like a pirate, 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)

AGES .....3-6  
 FEE .....Member \$92 | Non-Member \$123  
 SESSION DATES.....Jun 17-21 | Jul 8-12 | Jul 29-Aug 2  
 SESSION TIMES 11 am-1 pm  
 REGISTER .....**T**



### 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). Activities vary each camp.

AGES .....6-12  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 3-7 (PM) | Jun 10-14 (AM) | Jun 17-21 (AM)  
 Jul 29-Aug 2 (AM) | Aug 5-9 (PM)  
 SESSION TIMES .....9 am-1 pm | 1-5 pm  
 REGISTER .....**T**

### THRIVE SENSORY VARIETY TEEN CAMP **T**

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 .....13+  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 24-28  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....**T**

**THRIVE STEAM CAMP** ⓘ

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 \$138 | Non-Member \$203  
 SESSION DATES.....Jun 10-14 (PM) | Jul 15-19 (PM)  
 Jul 22-26 (AM) | Aug 5-9 (AM)  
 SESSION TIMES .....9 am-1 pm | 1-5 pm  
 REGISTER .....ⓘ

**THRIVE TRY SOMETHING NEW (ADULT) CAMP** ⓘ

We believe that camps should not just be for the kids! Participants are encouraged to try new things and socialize during this fun, interactive camp. We want the participant to get the most out of this new camp, so we're asking for your input!

AGES .....18+  
 SESSION DATES.....Stay tuned for more details!  
 Contact Andrea to offer feedback and input!  
[andrea.parker@ymcatvidaho.org](mailto:andrea.parker@ymcatvidaho.org)

**THRIVE UNDER THE SEA CAMP** ⓘ

Come act like a pirate, 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)

AGES .....6-12  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 17-21 (PM) | Jul 8-12 (AM) | Jul 29-Aug 2 (PM)  
 SESSION TIMES .....9 am-1 pm | 1-5 pm  
 REGISTER .....ⓘ

**THRIVE CLASSES**

**THRIVE ADAPTIVE DANCE CLASS** ⓘ

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  
 FEE .....Member \$125 | Non-Member \$155  
 SESSION DATES.....Apr 4-May 11  
 SESSION TIMES .....Thur, 5:30-6:30 | Sat, 10-11 am  
 REGISTER .....ⓘ

**THRIVE ADAPTIVE DANCE CLASS (TEENS/ADULTS)** ⓘ

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+  
 FEE .....Member \$125 | Non-Member \$155  
 SESSION DATES.....Apr 4-May 11  
 SESSION TIMES .....Thur, 4:30-5:30 | Sat, 11 am-12 pm  
 REGISTER .....ⓘ

**THRIVE DESSERT DECORATING** ⓘ

Using frosting, sprinkles, and candies to 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  
 FEE .....Member \$12 | Non-Member \$16  
 SESSION DATES.....May 5 | Jun 15  
 SESSION TIMES .....3-4 pm  
 REGISTER .....ⓘ

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 FIREFLIES** ⓘ

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.....Apr 5 | May 10 | Jun 7 | Jul 12 | Jul 26  
 SESSION TIMES .....5:30-8:30 pm  
 REGISTER .....ⓘ

**THRIVE KIDS DAY OUT** ⓘ

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.....Mar 30 | Apr 27 | May 11 | Jun 22 | Jul 20  
 Aug 17  
 SESSION TIMES .....1-4:30 pm  
 REGISTER .....ⓘ



**THRIVE ADULT COOKING CLASS** ⓘ

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

AGES .....18+  
 FEE .....Member \$18 | Non-Member \$25  
 SESSION DATES.....Jun 6 | Jul 11 | Aug 1  
 SESSION TIMES .....4:30-6:30  
 REGISTER .....ⓘ

**THRIVE TEEN COOKING CLASS** ⓘ

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

AGES .....13+  
 FEE .....Member \$18 | Non-Member \$25  
 SESSION DATES.....Jun 1 | Jul 13 | Aug 3  
 SESSION TIMES .....11:30 am-1:30 pm  
 REGISTER .....ⓘ



# ACTION & ADVENTURE CAMPS

## ACTIVE ADVENTURE CAMP **C T W**

The thrill seeker camper will experience many fun activities from swimming and water games to rock climbing and archery. There will be exciting adventures around every corner. This camp is Active! \*Exclude climbing at Tomlinson

- AGES ..... **C** 9-13  
**T** 10-13  
**W** 6-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**T** Member \$138 | Non-Member \$203  
**W** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jun 17-21 | Jul 15-19  
**T** Jun 24-28 (PM) | Jul 29-Aug 2 (AM)  
**W** Jun 17-21 | Jun 24-28 | Jul 8-12  
Jul 15-19 | Jul 22-26
- SESSION TIMES ..... **C** 9 am-1 pm  
**T** 9 am-1 pm | 1-5 pm  
**W** 1-5 pm
- REGISTER ..... **C T W**

## CLIMBING CAMP **C 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. Campers are required to bring a refillable water bottle and closed toe shoes.

- AGES ..... **C** 8-13  
**D** 6-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**D** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jun 3-7 | Jul 29-Aug 2  
**D** Jun 3-7 | Jun 17-21 | Jul 8-12 | Jul 15-19  
Jul 29-Aug 2
- SESSION TIMES ..... **C** 9 am-1 pm  
**D** 9 am-1 pm
- REGISTER ..... **C D**

## 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..... Jun 3-7 (AM) | Jun 10-14 (AM)  
Jun 17-21 (PM) | Jul 8-12 (AM)  
Jul 15-19 (AM) | Jul 29-Aug 2 (PM)
- SESSION TIMES ..... 9 am-1 pm | 1-5 pm
- REGISTER ..... **D**

## ADVANCED SURVIVAL CAMP **D**

Campers will have an opportunity to learn about geocaching, creating snares and spears, and basic urban survival. Bring a refillable water bottle and closed toe shoes – campers will be walking 4-6 miles a day.

- AGES ..... 8-12
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... Jun 24-28 | Jul 22-26 | Aug 5-9
- SESSION TIMES ..... 9 am-1 pm
- REGISTER ..... **D**

**Campers must bring a refillable water bottle and closed-toe shoes.**

# PRE-K CAMPS

## LITTLE ADVENTURE CAMP **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 ..... **C** 3-6  
**D** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
**D** Member \$92 | Non-Member \$123
- SESSION DATES..... **C** Jun 10-14  
**D** Jun 10-14 (AM 2) | Aug 5-9 (AM 1)
- SESSION TIMES ..... **C** 9-11 am  
**D** 9-11 am | 11 am-1 pm
- REGISTER ..... **C D**

## LITTLE ALL ABOUT ANIMALS **D**

This will be a hands on experience where kids will do animal-based projects, and learn about the wildlife in our area.

- AGES ..... 4-6
- FEE ..... Member \$84 | Non-Member \$112
- SESSION DATES..... Jun 24-28
- SESSION TIMES ..... 11 am-1 pm
- REGISTER ..... **D**

## LITTLE CHEER **C 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 participants, teaching them how to lift others' spirits as well!

- AGES ..... **C** 3-6  
**T** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
**T** Member \$92 | Non-Member \$123
- SESSION DATES..... Jun 10-14
- SESSION TIMES ..... **C** 11 am-1 pm  
**T** 1-3 pm
- REGISTER ..... **C T**

## LITTLE CHEFS **C 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 ..... **C** 3-6  
**T** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
**T** Member \$92 | Non-Member \$123
- SESSION DATES..... **C** Jun 17-21  
**T** Jun 3-7 (AM 1) | Jul 1-3 (AM 2)  
Jul 22-26 (AM 1)
- SESSION TIMES ..... **C** 9-11 am  
**T** 9-11 am | 11 am-1 pm
- REGISTER ..... **C T**

## LITTLE FARMERS **C T**

Budding young farmers get to make a scarecrow and milk a "cow," learn about different farm animals and crops, and plant their own seeds and learn about what plants need to grow!

- AGES ..... **C** 3-6  
**T** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
**T** Member \$92 | Non-Member \$123
- SESSION DATES..... **C** Jun 24-28  
**T** Jun 10-14 | Jul 15-19
- SESSION TIMES ..... 11 am-1 pm
- REGISTER ..... **C T**

## LITTLE INVENTORS **D T**

Campers will have an opportunity to explore different science, mathematics, and engineering principles throughout this camp. Campers will create and develop their own inventions, explore and build structures and machines including LEGOS, and explore their environment.

- AGES ..... 4-6
- FEE ..... Member \$92 | Non-Member \$123
- SESSION DATES..... **D** Jun 10-14 | Jul 22-26  
**T** Jun 24-28 (AM 2) | Jul 8-12 (AM 1)  
Aug 5-9 (AM 2)
- SESSION TIMES ..... **D** 9-11 am  
**T** 9-11 am | 11 am-1 pm
- REGISTER ..... **D T**

## LITTLE MONKEYS **C**

Your "Little Monkeys" will learn about the Y core values while exploring the rock wall and climbing. Climb to new heights, team build through games, and have fun on the wall! Climb along with us!

- AGES ..... 3-6
- FEE ..... Member \$47 | Non-Member \$81
- SESSION DATES..... Aug 5-9
- SESSION TIMES ..... 9-11 am
- REGISTER ..... **C**





**LITTLE PICASSO** **G D T**

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 ..... **G** 3-6  
                                   **D T** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
                                   **D T** Member \$92 | Non-Member \$123
- SESSION DATES..... **C** Jul 22-26  
                                   **D** Jun 24-28  
                                   **T** Jun 17-21 | Jul 29-Aug 2
- SESSION TIMES ..... **C D** 9-11 am  
                                   **T** 11 am-1 pm
- REGISTER ..... **C D T**

**LITTLE PRINCESS** **D T**

Each Little Princess will expand their imagination and creativity in this camp where dress up is encouraged! Camper will explore fairy tale stories, learn princess etiquette, create crafts, play games, and celebrate the end of camp with a tea party.

- AGES ..... 4-6
- FEE ..... Member \$92 | Non-Member \$123
- SESSION DATES..... **D** Jul 8-12  
                                   **T** Jun 3-7 | Jul 22-26
- SESSION TIMES ..... **D** 9-11 am  
                                   **T** 11 am-1 pm
- REGISTER ..... **D T**

**LITTLE ROYALS** **G**

Little Princesses and Princes will expand their imagination to a fairy tale time of magic and wonder! Camper will explore fairy tale stories, learn royalty etiquette, create their own royal crowns, play games, and celebrate the end of camp with a tea party. Dress Up is Encouraged!

- AGES ..... 3-6
- FEE ..... Member \$47 | Non-Member \$81
- SESSION DATES..... Jul 8-12
- SESSION TIMES ..... 9-11 am
- REGISTER ..... **G**

**LITTLE SCHOLARS** **G**

Have a little one in or about to start Pre/K? Little Scholars will be the prep your child needs as they enter another school year. Engage in fun learning activities such as reading, math, and more! Conclude with a Little Scholars Graduation Ceremony!

- AGES ..... 3-6
- FEE ..... Member \$47 | Non-Member \$81
- SESSION DATES..... Aug 5-9
- SESSION TIMES ..... 11 am-1 pm
- REGISTER ..... **G**

**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 to keep kids engaged and help them discover new interests and abilities!

- AGES ..... 3-6
- FEE ..... Member \$40 | Non-Member \$55
- SESSION DATES..... Soccer: Mar 5-Mar 28  
                                   Baseball: Apr 2-Apr 25  
                                   Strength & Fitness: Apr 30-May 23  
                                   Football: Sept 3-Sept 26  
                                   Soccer: Oct 1- Oct 24  
                                   Basketball: Oct 29-Nov 21  
                                   Multi Sport: Nov 26- Dec 19

- SESSION TIMES ..... Tue & Thur, 10-11 am
- REGISTER ..... **G**

**LITTLE SUPERHEROS** **G D T**

Ready to reveal your superhero powers? In this weeklong camp, campers will design and create their very own superhero costumes-complete with superhero power-and have their powers put to the test in various challenges.

- AGES ..... **G** 3-6  
                                   **D T** 4-6
- FEE ..... **C** Member \$47 | Non-Member \$81  
                                   **D T** Member \$92 | Non-Member \$123
- SESSION DATES..... **C** Jul 8-12  
                                   **D** Jul 22-26  
                                   **T** Jun 17-21 (AM 1) | Jul 8-12 (AM 2)  
                                   Aug 5-9 (AM 1)
- SESSION TIMES ..... **G D** 11 am-1 pm  
                                   **T** 9-11 am | 11 am-1 pm
- REGISTER ..... **G D T**

**LITTLE WATER ADVENTURE** **D**

Join us for this super-silly water camp adventure. Campers will have a blast swimming, and many other water based activities! Camp also includes arts and crafts, and activities.

- AGES ..... 4-6
- FEE ..... Member \$92 | Non-Member \$123
- SESSION DATES..... Jul 8-12 | Aug 5-9
- SESSION TIMES ..... 11 am-1 pm
- REGISTER ..... **D**

**LITTLE ZOO KEEPERS** **G**

Little ones will get to "adopt" an animal each day. They will learn about various careers that involve working with animals. They will be taught about habitats and diets of different wild creatures.

- AGES ..... 3-6
- FEE ..... Member \$47 | Non-Member \$81
- SESSION DATES..... Jun 24-28
- SESSION TIMES ..... 11 am-1 pm
- REGISTER ..... **G**





**JEDI GALAXY CAMP** **D T**

Is your young knight ready to be a Jedi? Your child will make their own light saber and train in the honorable ways of the force. This great week-long camp will also explore science, space, and allow kids to be creative as they explore all things Jedi.

- AGES ..... **D** 6-10  
**T** 8-10
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... **D** Jun 17-21 (PM) | Jul 15-19 (AM)  
**T** Jun 24-28 | Jul 29-Aug 2
- SESSION TIMES ..... **D** 9 am-1 pm | 1-5 pm  
**T** 1-5 pm
- REGISTER ..... **D T**

**JR CHEF** **C T**

This is a class designed to be a hands-on cooking experience. It will cover meal planning, nutrition and foods from multiple cultures as well as provide campers an opportunity to create their own creations with provided supplies.

- AGES ..... **C** 6-9  
**T** 6-8 | 8-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**T** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jul 15-19  
**T** Jun 24-28 (AM; 8-10) | Jul 15-19 (PM; 6-8)
- SESSION TIMES ..... **C** 9 am-1 pm  
**T** 9 am-1 pm | 1-5 pm
- REGISTER ..... **C T**

**PERFORMING ARTS** **C D T**

Be the star of the show! Campers will expand their capabilities by learning and practicing performing for others. All new found skills will be displayed by the group during a show for family and friends at the end of the week. Step on up!

- AGES ..... **C** 8-13  
**D** 6-10  
**T** 8-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**D T** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jul 8-12  
**D** Jun 10-14 (PM) | Aug 5-9 (AM)  
**T** Jun 3-7 (PM) | Jul 29-Aug 2 (AM)
- SESSION TIMES ..... **C** 9 am-1 pm  
**D T** 9 am-1 pm | 1-5 pm
- REGISTER ..... **C D T**

**POKEMON** **D T**

Gotta catch 'em all in this camp! Campers will do different crafts, games, and activities all with a pokemon theme. There will also be time for pokemon battles.

- AGES ..... **D** 6-10  
**T** 6-8 | 8-10
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... **D** Jun 10-14 (PM) | Jun 24-28 (PM)  
Jul 8-12 (AM) | Jul 22-26 (PM)  
**T** Jun 17-21 (PM; 8-10) | Jul 22-26 (PM; 6-8)
- SESSION TIMES ..... **D** 9 am-1 pm | 1-5 pm  
**T** 1-5 pm
- REGISTER ..... **D T**

**SLIME** **C D W**

Jump into a world of SLIME! Create and experiment with different kinds of slime, gak and other fun materials!

- AGES ..... **C** 6-12  
**D W** 6-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**D W** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jun 3-7 | Jul 8-12  
**D** Jun 10-14 (PM) | Jun 17-21 (AM)  
Jul 8-12 (AM) | Jul 22-26 (AM)  
Jul 29-Aug 2 (PM)  
**W** Jun 17-21 | Jul 15-19
- SESSION TIMES ..... **C W** 9 am-1 pm  
**D** 9 am-1 pm | 1-5 pm
- REGISTER ..... **C D W**

**SUPER ART** **C D T**

Campers will be exposed to a mix of components from the other art camps including various activities, genres, and techniques throughout the week to increase their current knowledge of art skills and styles. This camp is designed for beginners.

- AGES ..... **C** 8-13  
**D** 6-10  
**T** 6-8 | 8-10
- FEE ..... **C** Member \$93 | Non-Member \$162  
**D T** Member \$138 | Non-Member \$203
- SESSION DATES..... **C** Jul 8-12  
**D** Jun 24-28 (AM) | Jul 15-19 (PM)  
Jul 29-Aug 2 (PM)  
**T** Jun 10-14 (AM; 6-8) | Jul 15-19 (AM; 8-10)  
Aug 5-9 (PM; 8-10)
- SESSION TIMES ..... **C** 1-5 pm  
**D T** 9 am-1 pm | 1-5 pm
- REGISTER ..... **C D T**

**SÚPER CAMPAMENTO DE VERANO** **C**

Ven a celebrar la diversión de verano todo en español! Ven a crear, experimentar, y jugar con amigos y los líderes juveniles de la Y que hablan español. Escalar rocas, natación, arte, y ciencia son parte de este increíble campamento lleno de acción!

- AGES ..... 6-13
- FEE ..... Member \$93 | Non-Member \$162
- SESSION DATES..... 17 al 21 de julio
- SESSION TIMES ..... 9 am-1 pm
- REGISTER ..... **C**

**WIZARDS** **D**

Explore the magic of the beloved book and movie series through a week filled with Quidditch, arts & crafts, and science experiments.

- AGES ..... 6-10
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... Jun 3-7 | Jun 17-21
- SESSION TIMES ..... 1-5 pm
- REGISTER ..... **D**

**Y SPY** **C**

Have you wondered what some of the tools a Spy uses? If you choose to accept this mission, this exciting camp explores the science and easy to-do technology behind everything from invisible ink messages to using a book as a secret safe!

- AGES ..... 8-13
- FEE ..... Member \$93 | Non-Member \$162
- SESSION DATES..... Jul 22-26
- SESSION TIMES ..... 9 am-1 pm
- REGISTER ..... **C**

# STEM CAMPS

## MINECRAFT **D T W**

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 ..... **D W** 6-10  
**T** 6-8

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

SESSION DATES..... **D** Jun 3-7 (AM) | Jun 17-21 (AM & PM)  
 Jul 8-12 (AM) | Jul 15-19 (PM) | Jul 22-26 (AM)  
 Jul 29-Aug 2 (AM) | Aug 5-9 (PM)

**T** Jul 8-12  
**W** Jun 24-28 | Jul 29-Aug 2

SESSION TIMES ..... **D** 9 am-1 pm | 1-5 pm  
**T** 1-5 pm  
**W** 9 am-1 pm

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

## ROBOTICS **C D T**

Using the LEGO Mindstorm kits, kids will visualize, build, and program their own robot! They will program their robot to do a variety of different actions using ultrasonic sound, light, and touch sensors.

AGES ..... **C D** 8-12  
**T** 8-10

FEE ..... **C** Member \$93 | Non-Member \$162  
**D T** Member \$138 | Non-Member \$203

SESSION DATES..... **C** Jun 10-14 | Aug 5-9  
**D** Jun 3-7 (PM) | Jun 17-21 (AM)  
 Jul 15-19 (AM) | Aug 5-9 (AM)

**T** Jun 10-14 | Aug 5-9  
 SESSION TIMES ..... **C** 9 am-1 pm  
**D** 9 am-1 pm | 1-5 pm  
**T** 9 am-1 pm

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

## JUNIOR ROBOTICS **D T**

Using Lego Spike Prime Kits, campers will build and code robots to perform various tasks or complete an obstacle course! An introduction to coding and robotics has never been easier than Jr Robotics camp.

AGES ..... **D** 6-10  
**T** 6-8

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

SESSION DATES..... **D** Jun 10-14 (AM) | Jul 8-12 (PM)  
 Jul 29-Aug 2 (AM)  
**T** Jun 17-21 (PM) | Jul 22-26 (AM)  
 Aug 5-9 (PM)

SESSION TIMES ..... **D T** 9 am-1 pm | 1-5 pm

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

## CONTENT CREATOR **C D**

Using video production equipment campers will write, produce, and star in their very own videos. Collaborating with other campers and staff, this camp will be a truly unique experience for your child.

AGES ..... **C** 8-13  
**D** 6-10

FEE ..... **C** Member \$93 | Non-Member \$162  
**D** Member \$138 | Non-Member \$203

SESSION DATES..... **C** Jun 10-14  
**D** Jun 10-14 | Jul 15-19 | Jul 29-Aug 2

SESSION TIMES ..... 1-5 pm

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

## HANDS ON STEM **C D T**

Hands On! Stem Camp combines elements from Robotics, Civil Engineering, and Rockets. This camp takes kinesthetic approach to STEM, where campers will learn scientific concepts by creating and building.

AGES ..... **C D** 6-10  
**T** 8-10

FEE ..... **C** Member \$93 | Non-Member \$162  
**D T** Member \$138 | Non-Member \$203

SESSION DATES..... **C** Jun 17-21 | Aug 5-9  
**D** Jun 24-28 (PM) | Jul 8-12 (PM)  
 Jul 29-Aug 2 (AM)

**T** Jun 3-7 | Jul 8-12  
 SESSION TIMES ..... **C** 1-5 pm  
**D** 9 am-1 pm | 1-5 pm  
**T** 9 am-1 pm

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

## LET'S EXPERIMENT STEM CAMP **D T W**

This camp is all about experiments! We will experiment with slime, explosions, and so much more!

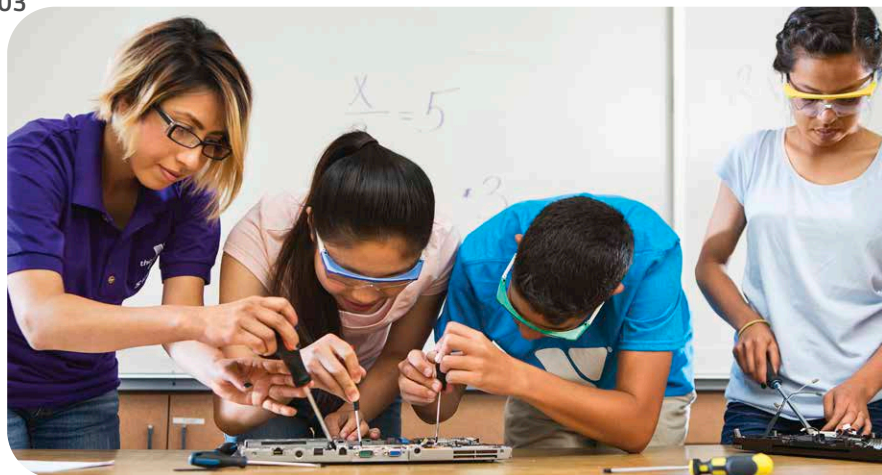
AGES ..... **D W** 6-10  
**T** 6-8

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

SESSION DATES..... **D** Jun 10-14 (AM) | Jul 22-26 (PM)  
 Jul 29-Aug 2 (AM)  
**T** Jun 24-28 (PM) | Jul 29-Aug 2 (AM)  
**W** Jun 10-14 | Jul 8-12

SESSION TIMES ..... **D T** 9 am-1 pm | 1-5 pm  
**W** 9 am-1 pm

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



**ENGINEERING & STRUCTURES** C D

In this camp, campers will learn all about buildings, focusing on architecture and structural engineering. Then they will create their own new and unique architecture and build a city.

- AGES ..... C 8-13  
D 6-10
- FEE ..... C Member \$93 | Non-Member \$162  
D Member \$138 | Non-Member \$203
- SESSION DATES..... C Jul 29-Aug 2  
D Jun 24-28 (AM) | Aug 5-9 (PM)
- SESSION TIMES ..... C 1-5 pm  
D 9 am-1 pm | 1-5 pm
- REGISTER ..... C D

**STEAM EXPERIENCE CAMP** T

This all-encompassing camp will give participants a chance to experience all modern day science, technology, engineering, and mathematics teaching but with an artistic twist! Expect campers to use all aspects of their skills and imagination while doing STEM activities.

- AGES ..... 6-8 | 8-10
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... Jun 10-14 (PM; 6-8) | Jul 22-26 (PM; 8-10)
- SESSION TIMES ..... 1-5 pm
- REGISTER ..... T

**EDIBLE EXPERIMENTS** C D T W

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 ..... C 6-12  
D W 6-10  
T 6-8 | 8-10
- FEE ..... C Member \$93 | Non-Member \$162  
D T W Member \$138  
D T W Non-Member \$203
- SESSION DATES..... C Jun 10-14 | Jul 29-Aug 2  
D Jun 10-14 (PM) | Jun 24-28 (PM)  
Jul 22-26 (PM) | Aug 5-9 (AM)  
T Jun 17-21 (AM; 8-10) | Jul 15-19 (AM; 6-8)  
W Jul 22-26
- SESSION TIMES ..... C T W 9 am-1 pm  
D 9 am-1 pm | 1-5 pm
- REGISTER ..... C D T W

**GIRLS ROBOTICS** D

It's the same class as Robotics, but without the boys! Girls will have the opportunity to have their STEM skills nurtured by awesome Y role models in a welcoming and supportive environment, utilizing LEGO Mindstorm kits to learn both engineering and computer science fundamentals.

- AGES ..... 8-12
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... Jul 22-26
- SESSION TIMES ..... 1-5 pm
- REGISTER ..... D

**GIRLS SCIENCE & ENGINEERING** D

Girls will have the opportunity to discover science and engineering in a welcoming and unique environment. Engineered structures, and science and chemical reactions are just a few topics this camp will explore.

- AGES ..... 6-10
- FEE ..... Member \$138 | Non-Member \$203
- SESSION DATES..... Jun 10-14 (AM) | Jul 15-19 (PM)
- SESSION TIMES ..... 9 am-1 pm | 1-5 pm
- REGISTER ..... D

**CSI MYSTERY** C D T

A "who-done-it" mystery camp that will challenge and excite even the most curious of kids. Campers will have an opportunity to solve various mysteries each day and use their deductive and inductive reasoning skills to complete challenges!

- AGES ..... C 8-13  
D 6-10  
T 8-10
- FEE ..... C Member \$93 | Non-Member \$162  
D T Member \$138 | Non-Member \$203
- SESSION DATES..... C Jun 24-28  
D Jun 3-7 (AM) | Jun 24-28 (AM)  
Aug 5-9 (PM)  
T Jul 8-12
- SESSION TIMES ..... C 9 am-1 pm  
D 9 am-1 pm | 1-5 pm  
T 1-5 pm
- REGISTER ..... C D T





**GIRLS JUST WANT TO HAVE FUN T**

Taylor Swift Edition. Girls will bond and witness the importance of sisterhood. The girls in this group will tie blankets, make bracelets, dance and celebrate each other to age appropriate Taylor Swift songs.

AGES .....10-13  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 3-7 | Jul 15-19  
 SESSION TIMES .....1-5 pm  
 REGISTER .....T

**JR COUNSELOR CAMP D W**

Jr Counselors will have the opportunity to train with seasoned camp veterans to learn the ins and outs of being a successful camp counselor. They will gain leadership skills and learn how to facilitate games and activities. After that, they will volunteer in a camp of their choice.

AGES .....12-14  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....D Jun 10-14  
 W Jun 10-14 | Jul 8-12  
 SESSION TIMES .....9 am-5pm  
 REGISTER .....D W

**LARP T**

Have you heard of Live Action Role Play? In this fantasy-themed camp, tweens will pick characters, race cardboard boats they make in the pool, and create foam weapons to unlock their imaginations in fun, active ways.

AGES .....10-13  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Aug 5-9  
 SESSION TIMES .....1-5 pm  
 REGISTER .....T

**NINTENDO CAMP T**

This Camp will allow campers to play real life versions of their favorite video games. It will give alternative ideas to sitting in front of the screen. This camp is geared to bring like minded tweens together. Mario Kart building, Pokemon Go, Donkey Kong Relay, and more.

AGES .....10-13  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 17-21 | Jul 8-12  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....T

**SUPER TWEEN CAMP D**

Super Tween Camp is for those that like variety! With activities from many different topics, your child will come away with a number of new skills. From Art, to leadership, to STEM, and everything in between campers will get to wear many different hats across the fun filled week!

AGES .....10-13  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jul 22-26  
 SESSION TIMES .....1-5 pm  
 REGISTER .....D

**TECHTOPIA CAMP T**

In this technology-focused camp, tweens will go through fun activities led and monitored by counselors to learn more about how to engage with their peers through technology in healthy ways. VR, Nintendo, and more.

AGES .....10-13  
 FEE .....Member \$138 | Non-Member \$203  
 SESSION DATES.....Jun 24-28  
 SESSION TIMES .....9 am-1 pm  
 REGISTER .....T

# YOUTH, FAMILY & COMMUNITY

**COOKING CLUB T**

Join our cooking club and embark on a delicious journey of flavors and fun! Whether you're a seasoned chef or a kitchen novice, our club is a place to share, learn, and savor the joys of cooking together. Each week members will be making an entree from a different country.

AGES .....6-8 | 10-13  
 SESSION DATES.....Ages 6-8: Apr 3-May 8 | Nov 6-Dec 11  
 Ages 10-13: Sept 4-Oct 9  
 SESSION TIMES .....Wednesday, 6-7:30 pm

**HOMESCHOOL PE C**

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, hockey! Meet new friends, join our homeschool community, and learn more about the Y culture and values!


AGES .....6-14  
 FEE .....1 Session/Week (4 sessions/month):  
 Member \$25 | Non-Member \$50  
 2 Session/Week (8 sessions/month):  
 Member \$40 | Non-Member \$70  
 SESSION DATES.....Mar 4-27 | Apr 1-24 | Apr 29-May 22  
 Sept 3-25 | Sept 30-Oct 23 | Oct 28-Nov 20  
 Nov 25-Dec 18  
 SESSION TIMES .....6-8:15 pm  
 REGISTER .....C

**KIDS' NIGHT OUT C 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 .....5-12  
 FEE .....Member \$25 | Non-Member \$35  
 SESSION DATES.....C 4th Friday of the Month  
 D 1st Friday of the Month  
 T 3rd Friday of the Month  
 W 2nd Friday of the Month  
 SESSION TIMES .....C 6-8:30 pm  
 D T W 5:30-8:30 pm  
 REGISTER .....C D T W

\*See branch for theme



**Birthday parties available at each branch. Please see website for more details and availability.**


# 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: 12-5pm



**DOWNTOWN BOISE YMCA**

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


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



**TOMLINSON SOUTH MERIDIAN YMCA**

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

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



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

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

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

**Please note:** All YMCA Aquatic Centers close thirty minutes before the rest of the facility. For up-to-date Aquatics hours please visit [ymcatvidaho.org](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-8 pm  
Fri: 8:45 am-7 pm  
Sat: 8:30 am-2:30 pm  
Sun: 10:15 am-1:15 pm

**W** Mon-Fri: 9 am-12 pm  
Mon-Thur: 4-7pm  
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** Mon-Thur: 7:45 am-1 pm | 3-8 pm  
Fri: 7:45 am-1 pm | 3-6 pm  
Sat: 9 am-12 pm  
Sun: Closed

**D** Mon-Thurs: 9 am-7 pm  
Fri: 9 am-4 pm  
Sat: 8 am-1 pm  
Sun: 10 am-1 pm

**T** Mon-Thur: 4-8 pm  
Fri: 4-7 pm  
Sat: 8:30 am-2:30 pm  
Sun: 10:15 am-1:15 pm  
\*West Ada no school days:  
Mon-Thur: 8:30 am-8 pm  
Fri: 8:30am-7pm

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

## ROCK WALL **C D 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

**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. 3-7</b>	AM	AM	AM
	PM	PM	PM
<b>JUN. 10-14</b>	AM	AM	AM
	PM	PM	PM
<b>JUN. 17-21</b>	AM	AM	AM
	PM	PM	PM
<b>JUN. 24-28</b>	AM	AM	AM
	PM	PM	PM
<b>JUL. 1-5</b>	AM	AM	AM
	PM	PM	PM
<b>JUL. 8-12</b>	AM	AM	AM
	PM	PM	PM
<b>JUL. 15-19</b>	AM	AM	AM
	PM	PM	PM
<b>JUL. 22-26</b>	AM	AM	AM
	PM	PM	PM
<b>JUL. 29-AUG. 2</b>	AM	AM	AM
	PM	PM	PM
<b>AUG. 5-9</b>	AM	AM	AM
	PM	PM	PM
<b>AUG. 12-16</b>	AM	AM	AM
	PM	PM	PM

## FINANCIAL ASSISTANCE

The Treasure Valley Family YMCA believes that every child is of promise. Therefore, no one is denied Y services due to the inability to pay. For more information about financial assistance, please call 208 344 5502 ext 254.

Please make sure your child brings **appropriate clothing, a water bottle, closed-toe shoes, and a snack.**

If they are participating in an AM or full-day program, please make sure they bring a lunch as well.

## CANCELLATION & REFUND POLICY

No credits, refunds, or program/camp transfers will be allowed within 7 days of the start of the program or camp in which you are registered. If you wish to make a change (transfer) or cancel your registration prior to the 7 day cut off, you will be given two options:

- 1) A full refund to your credit card or method of payment. Please allow a few days for processing.
- 2) A system credit toward another camp or program at the YMCA. Prior to the start of camp, we pay for buses, staffing, admission tickets, and all supplies. Therefore, our cancellation and refund policy has been created with those expenses in mind.

### WHAT HAPPENS IF THE YMCA CANCELS THE PROGRAM OR CAMP?

The YMCA reserves the right to cancel any program or camp due to unforeseen circumstances (i.e., extreme weather conditions, emergency facility issues, etc). If the YMCA cancels your program or camp, you will be offered two options:

- 1) A full refund.
- 2) A system credit to be used toward another camp or program.



Treasure Valley Family YMCA  
805 W Franklin St.  
Boise, ID 83702

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**Anywhere, Anytime.** DISCOVER THE ADDED BENEFITS OF YMCA360

# WORKOUTS AT YOUR FINGERTIPS

## INTRODUCING YMCA360

We know life gets busy! That's why we're excited to provide our members with **YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more.** This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your phone, on the web or on Apple TV. And best of all: **It's free for our members.**

**Join YMCA360 for the following and more:**



**FREE with your YMCA membership**

### HOW TO START:

VISIT [ymca360.org/zipcodes/new](http://ymca360.org/zipcodes/new)  
OR Download the YMCA360 app on your phone, Apple TV, Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address and get your verification code.
- Now you're ready to workout!









HALF-DAY: 9 am-1 pm (AM)  
1-5 pm (PM)  
FULL-DAY: 9 am-5 pm

	PAGE	AGE	Jun. 5-9		Jun. 12-16		Jun. 19-23		Jun. 26-30		Jul. 3-7		Jul. 10-14		Jul. 17-21		Jul. 24-28		Jul. 31-Aug. 4		Aug. 7-11		Aug. 14-18	
			AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
JR ROBOTICS	23	6-12		T	D								T	D					D					
LET'S EXPERIMENT CAMP	23	6-12			D W			T					W				C	D T						
MINECRAFT CAMP	23	6-12	D					D	W								D		W			D		
ROBOTICS	23	6-12		D	C		D T	W					W	D	D							C	D T	
STEAM	23	6-12				D T													D T					
THRIVE ADAPTIVE DANCE CAMP	13	5-14							T														T	
THRIVE LIFE SKILLS CAMP	13	13+						T																
THRIVE PRE-K SENSORY VARIETY CAMP	13	3-6	T														T							
THRIVE PRE-K UNDER THE SEA CAMP	13	3-6			T								T											
THRIVE SENSORY VARIETY CAMP	13	6-12		T						T				T								T		
THRIVE SENSORY VARIETY TEEN CAMP	13	13+															T							
THRIVE STEAM CAMP	13	6-12					T							T										
THRIVE TRY SOMETHING NEW CAMP	13	18+																			T			
THRIVE UNDER THE SEA CAMP	13	6-12				T													T					