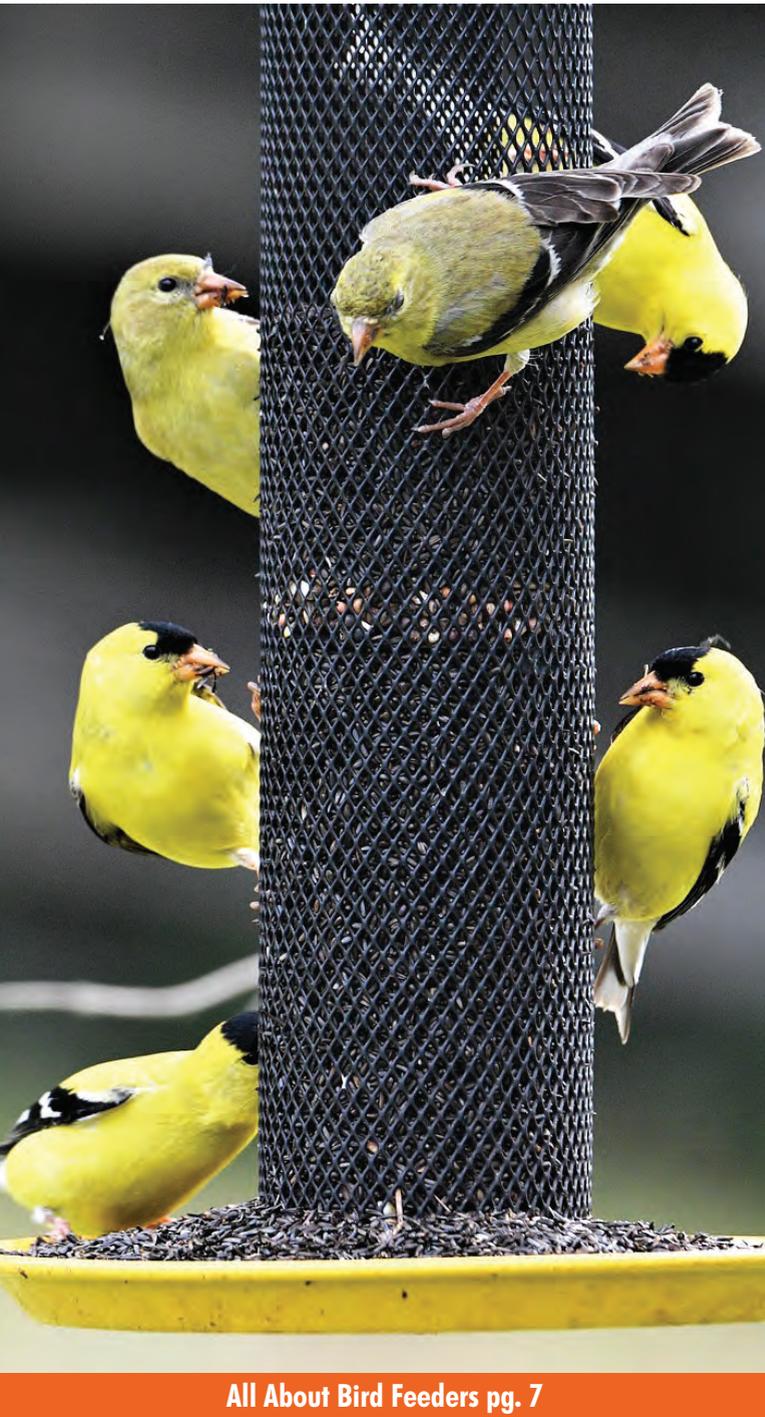


COMMUNITY EDUCATION

BOISELEARN.S.ORG



All About Bird Feeders pg. 7



Asian Indian Vegetarian Cooking pg. 6



Slow Flow Yoga pg. 13



Card Making 101 pg. 3

SPRING 2025

Registration Opens: March 24

Session Dates: April 14 - May 8

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



REGISTER ONLINE! boiselearns.org

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SUPERINTENDENT'S MESSAGE

Dear Community Members,

Fostering community, creating a welcoming environment for all families and encouraging learning for students of all ages is a hallmark of Boise Schools. For more than 54 years, our Community Education program has embodied these principles, as well as the belief that connected communities are stronger communities.

Whether you're looking to develop new skills or pursue personal interests, or create deeper relationships with family, friends and neighbors, our program is designed to provide valuable, life-enhancing opportunities for participants of all ages. From culinary arts to computer basics, wellness, music, and much more, our dedicated volunteer instructors are eager to share their knowledge and passion in fields that span a wide array of subjects.

You will find detailed information about our courses, registration procedures, and more in our Spring 2025 Community Education Catalog and on our website at boiselearns.org. I warmly encourage each of you to embrace the opportunities our Community Education program offers, to not only enhance your own lives but also to contribute to the vibrancy and resilience of our beloved community.

Let us continue to learn and grow together, building a stronger, more connected Boise.

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NOTICE OF PARTICIPATION: The Boise School District is committed to providing a safe and secure learning environment. Patrons who participate in the Boise School District Community Education program agree to abide by Boise School District Policies, as applicable. See www.boiseschools.org for a complete review of Boise School Board policies.

NOTICE OF RISK AND WAIVER OF ALL CLAIMS: Participation in a Boise School District Community Education class may be dangerous and cause injury. Community Education classes are authorized to take place on Boise School District property, and a number of off-site locations. Participants and their invitees assume all risk of participation. Neither the Boise School District nor any third party host is responsible for any injury or damage suffered by a participant/student, any person associated with the participant/student, that person's invitees, nor responsible for any medical, dental, chiropractic or hospital bill whatsoever related to participation in a Community Education activity. By participating in Community Education you are expressly agreeing to assume the risk of participation, to release the District and any host from all claims for liability, injury, or damage, indemnify the District or any host from any third party claims, and to hold the District and host harmless from such.

CLASS CONTENT DISCLAIMER: The Boise School District Community Education volunteer instructor/presenter is not affiliated with nor endorsed by the Boise School District and the District is not responsible for the accuracy, validity, benefit nor detriment that may result from an instructor's information or presentation.

NOTICE OF RELIGIOUS/SECTARIAN PROGRAM: Attendance and participation in Boise School District Community Education classes are voluntary. Community Education classes may provide information about and discuss sectarian or religious doctrines. Community Education classes are not part of the District's required curriculum. The District's religious expression policy respects the right of each individual to follow his/her own beliefs, so long as the beliefs do not infringe upon the rights of others.

PHOTOGRAPHS/VIDEOTAPES: Each participant consents to the use of photographs or video taken of them for future program promotional or marketing materials.



ACTIVE AGING

AGING WITH PURPOSE: GIVING BACK

Explore local volunteer opportunities. Use your passion, talent and leadership to make a difference in your community. Looking for purpose? Recently retired? New to the area? Seeking social connection?

25S-PEN-016	6:30 - 8 PM	Sessions: 1
M, 4/21		
West Jr High		
25S-PEN-015	6:30 - 8 PM	Sessions: 1
M, 4/28		
Riverglen Jr High		
Lisa Underwood, Asia Miller		Age: 50+
Tuition: \$15.75	Materials: \$ 0.00	Total: \$15.75

AQUA STRETCH & TONE

Mobility, stretching, strengthening, and toning: water style! All abilities welcome, perfect for increasing flexibility and mobility, and for those wanting to get stronger.

25S-FIT-005	10 - 10:45 AM	Sessions: 20
M/T/W/Th/F, 4/14-5/9		
Touchmark Health & Fitness Club		
625 S Arbor Ln, Meridian		
Jen Pittard		Age: 50+
Tuition: \$50.00	Materials: \$ 0.00	Total: \$50.00

ARTHRITIS & JOINT HEALTH

This program is designed to help those with arthritis and other chronic conditions by improving physical strength, increasing flexibility and balance, enhancing cardiovascular fitness, and reducing arthritic pain. Participants have the option to use a chair throughout class. Students could be joining an ongoing class.

25S-FIT-053	1:15 - 2:15 PM	Sessions: 12
M/W/F, 4/14-5/9		
Downtown Boise YMCA		1050 W State St, Boise
Rotating Instructors-YMCA		Age: 50+
Tuition: \$51.00	Materials: \$ 0.00	Total: \$51.00

CHAIR YOGA

A gentle way to improve physical health, mental clarity, and overall well-being. Perfect for older adults wanting to maintain flexibility, strength, and balance, or for anyone looking to reduce stress and boost health. Perform modified yoga poses and stretches while seated or using a chair for support. Benefits include increased joint mobility, reduced stiffness, and improved circulation. Students could be joining an ongoing class.

25S-FIT-052	1:15 - 2:15 PM	Sessions: 8
T/Th, 4/15-5/8		
Downtown Boise YMCA		1050 W State St, Boise
Rotating Instructors-YMCA		Age: 50+
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

MOVEMENT FOR MEMORY

Specifically designed for early stage dementia or mild cognitive impairment (MCI). This program incorporates physical and brain exercises shown to reverse or delay the symptoms of early stage dementia.

25S-FIT-008	10:30 - 11:30 AM	Sessions: 8
T/Th, 4/15-5/8		
YMCA Community Hub		805 W Franklin St, Boise
Mary Biddle-Newberry		Age: 50+
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

OSTEO-POWER

Exercise strengthens your bones by your muscles moving across your bones to help increase the bone density. A variety of equipment is used to challenge your muscles, and the intensity is varied to incorporate different levels of compression throughout the body. Each person works at their own level to challenge their body and mind.

25S-FIT-003	1 - 1:45 PM	Sessions: 12
M/W/F, 4/14-5/9		
Touchmark Health & Fitness Club		
625 S Arbor Ln, Meridian		
Carol Garcia		Age: 50+
Tuition: \$38.00	Materials: \$ 0.00	Total: \$38.00

PARKINSON'S STRENGTH, BALANCE & MOTION

With a combination of seated and standing exercises, participants are encouraged to challenge themselves through fun obstacle courses, ball-throwing, boxing footwork and rhythmic walking to a variety of music. Brain teasers, memory and movement exercises, and facial/vocal exercises round out this class.

25S-FIT-004	1 - 1:45 PM	Sessions: 8
T/Th, 4/15-5/8		
Touchmark Health & Fitness Club		
625 S Arbor Ln, Meridian		
Carol Garcia		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

SHORIN-RYU KARATE FOR ADULTS (AGES 40+)

This traditional Okinawan/Japanese karate class will emphasize basic technique, balance, and respect. Course will include self-defense training, as well as traditional kicks, blocks and strikes. 2-for-1 registration!

25S-FIT-025	7 - 9 PM	Sessions: 4
M, 4/14-5/5		
Broadway Dance Center		893 E Boise Ave, Boise
Robert Gilmore		Age: 40+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

SILVER SNEAKERS CHAIR YOGA

Silver Sneakers Yoga is a 45-minute workout class designed for seniors and older adults. This class will help you to increase your flexibility, balance and range of motion through a series of seated and standing yoga poses. A chair is used to accommodate a variety of fitness levels.

25S-FIT-007	12:15 - 1 PM	Sessions: 8
M/W, 4/14-5/7		
YMCA Community Hub		805 W Franklin St, Boise
Kyle Weathermon		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

SILVER SNEAKERS STABILITY

Silver Sneakers Stability is a drills and skills class designed to improve balance, agility, mobility, and power. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

25S-FIT-006	11:45 - 12:30 PM	Sessions: 8
T/Th, 4/15-5/8		
YMCA Community Hub		805 W Franklin St, Boise
Kyle Weathermon		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

SILVER SNEAKERS® CLASSIC

Move to music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Designed for active older adults. Participants do not need to belong to Silver Sneakers to participate. A chair is available if needed for seated or standing support. Students will be joining an ongoing class.

25S-FIT-051	10:15 - 11:15 AM	Sessions: 8
M/W, 4/14-5/7		
Downtown Boise YMCA		1050 W State St, Boise
Rotating Instructors-YMCA		Age: 50+
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00



STRENGTH AND STABILITY

Boost your energy and increase your strength in this fun and lively interval class offering low impact cardio standing routines and seated muscle condition for a balanced workout to start your day.

25S-FIT-002	6:30 - 7:30 PM	Sessions: 12
M/W/F, 4/14-5/9		
Touchmark Health & Fitness Club		
625 S Arbor Ln, Meridian		
Carol Garcia		Age: 50+
Tuition: \$38.00	Materials: \$ 0.00	Total: \$38.00

ZUMBA® GOLD

Perfect for active older adults or beginners who are looking for a modified Zumba class that introduces easy-to-follow Zumba choreography focusing on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Students could be joining an ongoing class.

25S-FIT-050	10:45 - 11:45 AM	Sessions: 4
F, 4/18-5/9		
Downtown Boise YMCA		1050 W State St, Boise
Rotating Instructors-YMCA		Age: 50+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

ARTS

ACRYLIC PAINTING: SPRING MOUNTAIN LANDSCAPE

Paint a Spring Mountain Landscape! Brian will lead artists through the hillside: flowers, pine trees and snowy mountains, painting step-by-step acrylic paint on canvas. Take home your creation! Beginners welcome.

25S-ART-003	6 - 8:30 PM	Sessions: 1
W, 4/16		
25S-ART-004	6 - 8:30 PM	Sessions: 1
W, 5/7		
West Jr High		Brian Schreiner
Tuition: \$26.25	Materials: \$ 30.00	Total: \$56.25

Register today at
boiselearns.org

BEGINNING CARVING – COTTONWOOD BARK HOUSE

In this beginner class you will carve a Cottonwood Bark House. This simple project will give you the basic understanding of carving know-how, safety and skills to allow you to start a wonderful lifelong hobby. All materials provided.

25S-ART-012	6 - 8:30 PM	Sessions: 1
W, 4/16		
West Jr High		Eric Owens
Tuition: \$21.00	Materials: \$ 35.00	Total: \$56.00

BEGINNING CARVING – FLOWER REFRIGERATOR MAGNET

In this beginner class you will carve a flower refrigerator magnet. This simple project will give you the basic understanding of carving know-how, safety and skills to allow you to start a wonderful lifelong hobby. All materials provided.

25S-ART-013	6 - 8:30 PM	Sessions: 1
W, 4/23		
West Jr High		Eric Owens
Tuition: \$21.00	Materials: \$ 35.00	Total: \$56.00

BEGINNING CARVING FOR TEENS – FOLK ART BIRD

Come to carving class and carve a folk art bird. Add your own artistic touches to complete the project. You will learn tool basics, layout and proper technique. Ages 14 - 19 (with adult if under 18).

25S-ART-014	6 - 8:30 PM	Sessions: 1
W, 4/30		
West Jr High		Eric Owens
		Age: 14 - 19
		(with adult if under 18)
Tuition: \$21.00	Materials: \$ 35.00	Total: \$56.00

CARD MAKING 101

Enjoy a relaxed, creative time as you create handmade cards. You will learn the basics of stamping and assembling cards, and will leave with your own ink pad, stamp set, and cards with envelopes!

25S-ART-033	6:30 - 8:30 PM	Sessions: 1
T, 5/6		
Timberline High		Lisa Hardin
Tuition: \$21.00	Materials: \$ 25.00	Total: \$46.00

DIRTY POUR PAINTING

Learn the techniques for a dirty pour canvas painting while creating your own rendition of this popular art technique! Take home your masterpiece and add to your home decor. No previous art or painting experience required! Supplies needed. **GLOVES IN KIT MAY CONTAIN LATEX.**

25S-ART-001	6 - 8 PM	Sessions: 1
T, 4/29		
Rockbottom Granite		5103 N Sawyer Ave, Garden City
Gisele Pope		Age: 18+
Tuition: \$21.00	Materials: \$ 28.00	Total: \$49.00



DIY MOSAIC STEPPING STONES

In this class, you will learn from an amazing local mosaic tile expert how to make stepping stones with this beautiful and unique medium. They will dazzle your garden all year round and make great gifts! Instructor will grout projects after class. After a few days, students will be notified when they can pick up their finished product at the studio.

25S-ART-002

M, 4/21 6 - 8:30 PM Sessions: 1
Mosaic Essential 413 E 37th St, Door 3, Garden City
Reham Aarti Age: 18+
Tuition: \$21.00 Materials: \$ 80.00 Total: \$101.00

FLORAL DESIGN 101

This fun, hands-on class teaches you how to make a beautiful floral design using fresh flowers and dried accents. Container and all supplies provided. You'll take home your creation to enjoy.

25S-ART-041

Th, 4/17 6 - 7 PM Sessions: 1
25S-ART-042 6 - 7 PM Sessions: 1
Th, 4/24

Boise At Its Best Flowers 851 S Vista Ave, Boise
Georgia White, AIFD CFD Age: 18+
Tuition: \$10.50 Materials: \$ 30.00 Total: \$40.50

FLORAL DESIGN: ADVANCED

This class is for those who have some floral design experience. Create floral art pieces with unique containers and premium flowers! Taught by local floral designer Kyle Costa of Costa Floral, this interactive class is perfect for those who enjoy art, fashion, and flowers!

25S-ART-043

Th, 4/17 6:30 - 7:30 PM Sessions: 1
West Jr High Kyle Costa Age: 18+
Tuition: \$10.50 Materials: \$ 55.00 Total: \$65.50

FUSED GLASS: 6X6 DRAGONFLY DISH

A local expert in fused glass will guide you to create your own unique 6x6" dragonfly dish! These make perfect gifts and home décor accents. Pick up is one week after class. No experience required. All materials supplied. Kids and adults are welcome.

25S-ART-025

T, 4/15 6 - 7:30 PM Sessions: 1

25S-ART-026

Th, 4/24 6 - 7:30 PM Sessions: 1

25S-ART-027

T, 5/6 6 - 7:30 PM Sessions: 1

Fusions Glass Studio 135 N 2nd St, Eagle
Melissa Reche, Cora Sower Age: 5+ w/adult
Tuition: \$15.00 Materials: \$ 53.00 Total: \$68.00



FUSED GLASS: 6X6 GRADUATION DISH

A local expert in fused glass will guide you to create your own unique 6x6" graduation themed dish. Choose your own colors to support your school or your graduating student! These make perfect gifts and home décor accents. Pick up is one week after class. No experience required. All materials supplied. Kids and adults are welcome.

25S-ART-028

T, 4/22 6 - 7:30 PM Sessions: 1

25S-ART-029

Th, 5/1 6 - 7:30 PM Sessions: 1

Fusions Glass Studio 135 N 2nd St, Eagle
Melissa Reche, Cora Sower Age: 5+ with adult
Tuition: \$15.00 Materials: \$ 53.00 Total: \$68.00

FUSED GLASS: 3X10 FLOWER WAVE

A local expert in fused glass will guide you to create your own unique, free-standing 3x10" floral wave art piece. These make perfect gifts and home décor accents. Pick up is one week after class. No experience required. All materials supplied. Kids and adults are welcome.

25S-ART-030

Th, 4/17 6 - 7:30 PM Sessions: 1

25S-ART-031

T, 4/29 6 - 7:30 PM Sessions: 1

25S-ART-032

Th, 5/8 6 - 7:30 PM Sessions: 1

Fusions Glass Studio 135 N 2nd St, Eagle
Melissa Reche, Cora Sower Age: 5+ with adult
Tuition: \$15.00 Materials: \$ 50.00 Total: \$65.00



INTRO TO ENAMELING: CHARM BRACELET

In this class, students will explore multiple enameling techniques to create a one-of-a-kind, custom charm bracelet. You'll craft 4 personalized charms, experimenting with both opaque and transparent enamels, as well as unique glass embellishments like millefiori and glass lumps. Choose from a variety of chains, including copper, brass, and stainless steel, with optional upgrades like sterling silver available for purchase. Techniques covered in this class include metal stamping, fusing glass to copper, and using jump rings to attach your handmade charms. A selection of unique charms, beads, and copper shapes for enameling will also be available for purchase to further personalize your creation.

25S-ART-038

W, 4/16 5:30 - 8:30 PM Sessions: 1

25S-ART-040

S, 5/3 11 - 2 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 70.00 Total: \$90.00

INTRO TO ENAMELING: LEAF PENDANT FORMING

Learn how to anneal and hand form copper into one unique leaf pendant! You will enamel the surface using liquid and brilliant transparent enamel. Luster painting can be fused to the surface to add shimmer. Upgrading to a large leaf dish is an available option.

25S-ART-039

W, 4/30 5:30 - 7:30 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00



INTRO TO METALSMITHING: BANGLES

Discover how to shape, solder, and texture a set of three metal bangles using various sizes of round copper or brass wire. You'll also have the option to add beads, charms, or upgrade to thicker gauge copper, brass, or even silver wire to make your bangles truly unique.

25S-ART-035

W, 5/7 5:30 - 8 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 60.00 Total: \$80.00

INTRO TO METALSMITHING: CUFF BRACELET WITH SWEAT SOLDERED BEZEL

Design and craft a custom cuff bracelet in this hands-on metalsmithing class. Learn fundamental techniques like annealing, forming, soldering and stone setting. Customize your cuff with stamping and texturing. A 6mm copper bezel and a variety of stone options are included. Silver bezels in multiple sizes are available for purchase as well as stones in a variety of sizes. Copper and Brass are included. Due to current market conditions, silver upgrades are not currently available for this class.

25S-ART-037

S, 4/26 11 - 2:30 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 75.00 Total: \$95.00

INTRO TO METALSMITHING: HOOP EARRINGS WITH BEZELS & BEADS

This fun class teaches you how to form, solder, texture, and shape your own set of hoop earrings while adding your favorite stone, bezel, and two beads. A variety of stones and hundreds of beads are available. You can keep it simple or make dangly shoulder dusters by adding brass, copper, or steel jump rings. In the class price, you'll get a silver bezel with a stone and 2 beads per earring, along with brass, copper, or steel jump rings. Upgrades to bezels, stones, silver or rose gold jump rings, and additional beads are available at an additional cost.

25S-ART-036

W, 4/23 5:30 - 8:30 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 78.00 Total: \$98.00

**Classes fill quickly!
Register today!**

INTRO TO METALSMITHING: STAMPED RING

In this class you will be shaping, soldering, stamping, and creating your very own ring! Choose any word or symbol you'd like to create a personal message on the outside of your ring. Brass and copper are included with the class with silver available for an upgrade purchase. We will be using a torch and various hand tools and machines in the studio.

25S-ART-034

F, 4/18 5:30 - 7:30 PM Sessions: 1

Fire Fusion Studio 1322 W Main St, Boise
Christina Gilmore Age: 14+ w/adult
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00

MAKE YOUR OWN GLASS HANGING GARDEN GLOBE

In this workshop, you and an instructor work together to create your own hanging garden globe. This class will go over the basics of the glass-blowing studio set-up, techniques, and process of making a beautiful garden globe, complete with a shepherd's hook. This beautiful, large blown orb comes complete with an eye-hole, allowing it to hang from the shepherd's hook. You will receive one-on-one instruction from a local glass artist to create your item, which will be available for pick-up the following day after 3 pm. The perfect gift for home... for a loved one or yourself! Students will be in a group observing as fellow students have their turn blowing glass.

25S-ART-016

M, 4/14 6 - 7:30 PM Sessions: 1

25S-ART-017

M, 4/14 7:30 - 9 PM Sessions: 1

25S-ART-019

M, 4/21 6 - 7:30 PM Sessions: 1

25S-ART-018

M, 4/21 7:30 - 9 PM Sessions: 1

Boise Art Glass 1124 W Front St, Boise
Caleb Feaster Age: 18+
Tuition: \$15.00 Materials: \$ 52.00 Total: \$67.00

MAKE YOUR OWN GLASS HUMMINGBIRD FEEDER

Create your own glass hummingbird feeder, a functional piece of art! Learn the basics of the glass blowing studio; techniques; and the process of making a beautiful bird feeder. You will receive one-on-one instruction from a local glass artist to create your work of art, which will be available for pick-up the following day. Students will be in a group observing as fellow students have their turn blowing glass.

25S-ART-020

M, 4/28 6 - 7:30 PM Sessions: 1

25S-ART-021

M, 4/28 7:30 - 9 PM Sessions: 1

25S-ART-024

M, 5/5 6 - 7:30 PM Sessions: 1

25S-ART-023

M, 5/5 7:30 - 9 PM Sessions: 1

Boise Art Glass 1124 W Front St, Boise
Josh Hancock Age: 18+
Tuition: \$15.00 Materials: \$ 47.00 Total: \$62.00

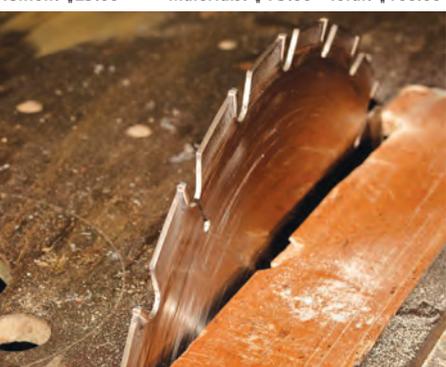
**Some Arts classes require additional supplies –
please look online or contact our office.**

MAKER SHOP: INTRODUCTION TO WOODWORKING

Learn how to use the planer, jointer, and table saw to safely prepare and correctly dimension wood. Virtually every wood project begins with this exercise and a thorough understanding of the basics will be a great foundation upon which you may build a safe and creative hobby experience.

25S-ART-005

F, 4/18 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Cheri Henney Age: 18+
Tuition: \$25.00 Materials: \$ 75.00 Total: \$100.00



MAKER SHOP: INTRODUCTION TO WOODWORKING FOR WOMEN

Learn to use a variety of woodworking machines and tools alongside fellow ladies that share a passion for making things with their hands. Woodworking can be a craft that brings you satisfaction in a wide range of ways, from small boxes to tables. Gain a great foundational understanding for how to mill and cut wood on tools such as the table saw, planer, jointer, miter saw, and more.

25S-ART-015

T, 4/22 5 - 9 PM Sessions: 1

25S-ART-006

F, 4/25 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Cheri Henney Age: 18+
Tuition: \$25.00 Materials: \$ 75.00 Total: \$100.00

MAKER SHOP: WINE RACK

Keep your entertaining accessories fresh by adding a fun wine rack to your home! Learn to make a small wine rack from solid hardwood. You'll get experience operating a variety of machines and power tools to make your creation. Show up, and leave with your handmade wine rack!

25S-ART-008

W, 5/7 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Monte Eldfrick Age: 18+
Tuition: \$25.00 Materials: \$ 75.00 Total: \$100.00

MAKER SHOP: WOOD CUTTING BOARD

What kitchen is complete without a wooden cutting board? Learn how to use the tablesaw, jointer, thickness planer and drum sander. You will leave with a beautiful cutting board that your friends will admire and you will be proud of.

25S-ART-009

W, 4/16 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Cheri Henney Age: 18+
Tuition: \$25.00 Materials: \$ 75.00 Total: \$100.00

WOODCRAFT: BEGINNING CARVING

This class can be your first step to learning something new. Carving is great fun and a hobby you can do anywhere. Learn tool basics, layout and proper technique. All materials provided.

25S-ART-007

S, 4/19 9 - 12 N Sessions: 1
Woodcraft Of Boise 7005 W Overland Rd, Boise
Eric Owens Age: 14+ w/ adult
Tuition: \$21.00 Materials: \$ 35.00 Total: \$56.00

WOODCRAFT: MAKE A WOOD WRITING PEN

Create this classic wooden pen while learning the techniques for other small woodturning projects. Students in this class will learn basic lathe set up and use. A great gift idea!

25S-ART-011

M, 4/14 6 - 9 PM Sessions: 1
Woodcraft Of Boise 7005 W Overland Rd, Boise
Steve Merrill Age: 18+
Tuition: \$20.00 Materials: \$ 70.00 Total: \$90.00

WOODCRAFT: WINE STOPPER & CHEESE BOARD FOR PAIRS **2 FOR 1!**

You and a friend, partner, or significant other will each learn how to turn your own wood and chrome wine bottle stoppers on the lathe, and then finish the evening by making a hardwood cheese board equipped with its own wire slicing kit. 2-for-1 registration!

25S-ART-010

T, 4/29 5 - 9 PM Sessions: 1
Woodcraft Of Boise 7005 W Overland Rd, Boise
Karl Sloth Age: 18+
Tuition: \$50.00 Materials: \$ 100.00 Total: \$150.00

BUSINESS AND PROFESSIONAL DEVELOPMENT

CREATING REELS & OTHER SHORT FORM VIDEOS

Short-form videos are dominating social media, but creating engaging Reels, TikToks, and Shorts can be time-consuming. Let us help! We'll teach you how to effortlessly create captivating videos for Facebook, Instagram, TikTok, YouTube, and even Canva. Boost your online presence and reach more customers.

25S-BUS-004

W, 5/7 6:30 - 8:30 PM Sessions: 1
ZOOM Kim Sherman-Labrum Age: 18+
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

CREATING WITH CANVA

If you are struggling with creating graphics for social media, need to design a flyer or business card for your business, or need some video for your website, this class will cover that and more. Canva is an online resource that you can use to create graphics, logos, flyers, presentations, social media posts, and more. Please set up a free Canva account at www.Canva.com and bring your wifi-enabled laptop (cell phones/mobile devices do not have the full capabilities of the browser version).

25S-BUS-002

T, 4/15 6:30 - 8:30 PM Sessions: 1
Timberline High Kim Sherman-Labrum Age: 18+
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

INSTAGRAM FOR BEGINNERS

This class will introduce users to the platform, explain the differences between the formats and demonstrate how to use it. We will cover proven strategies for engagement and growth. This class is targeted at small business owners new to Instagram. Attendees are encouraged to have their Instagram accounts installed for a more hands-on experience, or they can relax and listen

25S-BUS-003

T, 4/22 6:30 - 8:30 PM Sessions: 1
Timberline High Kim Sherman-Labrum Age: 18+
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

COMPUTERS & TECHNOLOGY

A SAFE HOME IN THE DIGITAL WORLD

The latest in home network, device, computer, and phone safety is addressed. Handout provides comprehensive do's and don'ts in the home. Note taking and questions encouraged!

25S-COM-003

W, 4/23 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High Daniel Corsberg Age: 18+
Tuition: \$21.50 Materials: \$ 0.00 Total: \$21.50

AUTOMATING EXCEL USING VBA

Are you spending hours doing the same Excel analyses just with different data? Radically reduce the time it takes by "automating" repetitive tasks. Did you know that Excel comes with a programming language called Visual Basic for Applications (VBA)? One can automate repetitive tasks. For example, a new batch of data comes in weekly. The boss wants the same analysis that takes you a couple of hours. Writing VBA code will allow you to click a button and the analysis is done in seconds! Must be proficient in Excel and have a desire to learn this programming language. For PCs only (no Mac). Optional book suggested. **NO CLASS MAY 1ST! Class dates: 4/24, 4/29, 5/6, 5/8.**

25S-COM-002

T/Th, 4/24-5/8 6:30 - 8:30 PM Sessions: 4
West Jr High James Thomas Age: 18+
Tuition: \$80.00 Materials: \$ 4.00 Total: \$84.00

DIGITAL DEFENSE: A GUIDE TO CYBER AWARENESS & POPULAR SCAMS

Class provides essential insights into protecting yourself in the digital world and common cyber scams, how they target individuals and businesses, and practical tips to enhance your cyber awareness. Learn how to identify red flags, safeguard personal information, and defend against cyber threats effectively.

25S-COM-006

Th, 4/17 6:30 - 7:30 PM Sessions: 1

25S-COM-007

Th, 5/1 6:30 - 7:30 PM Sessions: 1
Riverglen Jr High Sara Hoyt Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

Learn something new this spring! Sign up today!
boiselearns.org

**Register at
[boiselearns.org!](http://boiselearns.org)**

EXCEL 101

Learn the basics of Excel! Microsoft Excel enables users to format, organize and calculate data in a spreadsheet. By organizing data using software like Excel, you can make information easier to view as data is added or changed. Book "Excel for Beginners" by M.L. Humphrey recommended, not required.

25S-COM-001

T/Th, 4/15-4/22 6:30 - 8:30 PM Sessions: 3
West Jr High James Thomas Age: 18+
Tuition: \$63.00 Materials: \$ 0.00 Total: \$63.00

EXPLORING TODAY'S AI

Artificial Intelligence is new, old, and changing. AI is a powerful tool with potential dangers. We cover all that as well as what to use AI for and how to do so including AI's limitations. Highly interactive class.

25S-COM-004

T, 4/29 6:30 - 8 PM Sessions: 1
West Jr High Daniel Corsberg Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

GETTING STARTED WITH IPHONE

Get to know the iPhone and its most popular and common features! Topics include all the basics, as well as communication tools like contacts, text messaging, phone, and FaceTime. Additionally, tools like notes, reminders, the camera, and the App Store. Students bring Apple iPhone running the latest iOS software.

25S-COM-008

W, 4/23-5/7 6:30 - 8 PM Sessions: 3
West Jr High Brandon Stoker Age: 18+
Tuition: \$45.00 Materials: \$ 0.00 Total: \$45.00

KEEP YOUR KIDS SAFE ONLINE **NEW!**

Worried about your kids' mental health? Learn how to block harmful content, limit screen time, and prevent contact from strangers. Hosted by Ben Gillenwater — a 30-year tech veteran, former NSA contractor and former Chief Technologist for a major defense contractor.

25S-COM-005

Th, 4/24 6:30 - 8 PM Sessions: 1
Riverglen Jr High Ben Gillenwater Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

CPR

CPR CERTIFICATION: AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

CPR/AED course covering adult, child, and infant CPR, choking, and usage of the AED. Students will receive an ASHI certification card upon successful completion of the course, which is valid for 2 years.

25S-HEA-001

T, 4/15 6 - 8:30 PM Sessions: 1

25S-HEA-002

M, 4/28 6 - 8:30 PM Sessions: 1
Health Solutions of Idaho
11588 W Fairview Ave, Ste 200, Boise
Joel Gunstream Age: 12+ w/adult
Tuition: \$22.00 Materials: \$ 20.00 Total: \$42.00

CULINARY

ASIAN INDIAN VEGETARIAN COOKING

Learn history and meanings of the magical ingredients used in several Asian Indian dishes. Class is mostly demonstration, with some participation from students. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional fee for book. **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**

25S-CUL-001	W, 4/16	6:30 - 8:30 PM	Sessions: 1
25S-CUL-002	M, 4/21	6:30 - 8:30 PM	Sessions: 1
25S-CUL-003	M, 4/28	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+	
Tuition: \$21.00	Materials: \$ 20.00	Total: \$41.00	



CHA GIO: LEARN TO MAKE VIETNAMESE EGG ROLLS

Cha gio is the Vietnamese version of the egg roll, made with tender pork, shrimp, jicama, carrot, and other veggies all wrapped in crispy rice paper then deep fried and served hot on a bed of lettuce. **INFORM OFFICE OF ANY FOOD ALLERGIES!**

25S-CUL-014	M, 4/28	6:30 - 8:30 PM	Sessions: 1
Riverglen Jr High	Marti Miller	Age: 18+	
Tuition: \$21.00	Materials: \$ 15.00	Total: \$36.00	

GROWING BEAN SPROUTS

Learn how to grow mung bean sprouts at home on the kitchen counter! They are delicious in so many different recipes. A small sprouting container and mung beans to sprout will be provided.

25S-CUL-005	W, 4/16	7 - 8 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$10.50	Materials: \$ 1.00	Total: \$11.50	

LOVE YOUR GUTS

Discover the power of gut health in this hands-on sauerkraut workshop! Learn the basics of fermentation and create your own probiotic-rich kraut! Support digestion, immunity and wellness. Supplies needed.

25S-CUL-006	W, 4/23	6:30 - 8:30 PM	Sessions: 1
25S-CUL-007	W, 5/7	6:30 - 8:30 PM	Sessions: 1
Timberline High	Nytashia Allbritton	Age: 18+	
Tuition: \$21.00	Materials: \$ 10.00	Total: \$31.00	

NEW!

Register at boiselearns.org!

MAKE VIETNAMESE SPRING ROLLS

Come and learn how to make fresh spring rolls! The typical ingredients include slivers of cooked pork or shrimp (sometimes chicken), fresh herbs like basil and cilantro, lettuce, cucumbers, rice noodles, all wrapped in moistened rice paper. Learn how to make the dipping sauce too.

INFORM OFFICE OF ANY FOOD ALLERGIES!

25S-CUL-015	M, 5/5	6:30 - 8:30 PM	Sessions: 1
Riverglen Jr High	Marti Miller	Age: 18+	
Tuition: \$21.00	Materials: \$ 15.00	Total: \$36.00	

MANDARIN CHICKEN AND PORK FRIED RICE

If you like fried chicken and sweet and sour sauce, then you will love Mandarin chicken! The instructor's mom created her version of Mandarin chicken, and it was a popular dish at their beloved local Vietnamese restaurant. Come learn all the secrets. It's all in the sauce!

25S-CUL-013	M, 4/21	6:30 - 8:30 PM	Sessions: 1
Riverglen Jr High	Marti Miller	Age: 18+	
Tuition: \$21.00	Materials: \$ 15.00	Total: \$36.00	

SUN, SAND & SWEETS: SUMMER-THEMED COOKIE DECORATING

Get ready to bring the fun of summer to your cookie creations! You'll learn step-by-step techniques to decorate cookies inspired by sunny days, beach vibes, and tropical treats. Each participant will receive five summer-themed cookies to decorate, individual icing bags, a bakery box to take home your creations, recipes and decorating tips to use at home. No experience necessary! Whether you're a beginner or a seasoned decorator, this class is a fun and relaxed way to learn new skills and enjoy delicious treats.

25S-CUL-009	T, 5/6	6:30 - 8 PM	Sessions: 1
West Jr High	Alison Giachetti	Age: 12+ w/adult	
Tuition: \$15.75	Materials: \$ 25.00	Total: \$40.75	

SWEET VICTORY: SPORTS-THEMED COOKIE DECORATING

Get ready to step up to the plate and sprint to sweet success in this sports-themed cookie decorating class! Whether you're a fan of softball, baseball, track, flag football, or tennis, this hands-on class will teach you how to decorate cookies inspired by your favorite sports. Each participant will receive: Five themed cookies to decorate, individual icing bags, a bakery box to take home your creations, recipes and tips to recreate the magic at home. No experience is needed - just bring your love for sports and sweets! This class is perfect for beginners and seasoned decorators alike.

25S-CUL-008	T, 4/22	6:30 - 8 PM	Sessions: 1
West Jr High	Alison Giachetti	Age: 12+ w/adult	
Tuition: \$15.75	Materials: \$ 25.00	Total: \$40.75	

THE HIGHER TASTE: KARMA FREE FOOD

If you're interested in learning about the vegetarian lifestyle through Eastern philosophy and cooking, then join us for this class in which we talk about the science of vegetarianism and learn how to cook an authentic Indian dish. Recipe book included.

25S-CUL-004	M, 5/5	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+	
Tuition: \$21.00	Materials: \$ 6.00	Total: \$27.00	

THE WORLD OF SPECIALTY COFFEE

Learn the fundamentals of specialty coffee, including sourcing, processing, roasting, and brewing. You'll sample several single-origin coffees and develop your sensory skills as you taste, and then bring home a freshly-roasted bag of coffee to brew on your own!

25S-CUL-010	M, 4/14	10 - 11 AM	Sessions: 1
25S-CUL-011	W, 4/23	10 - 11 AM	Sessions: 1
25S-CUL-012	T, 5/6	10 - 11 AM	Sessions: 1
Dawson Taylor Roast Cafe	1035 Lusk St, Boise	Age: 15+ w/adult	
Amanda Stewart		Tuition: \$10.50	Materials: \$ 15.00 Total: \$25.50



CULTURE & HISTORY

THE LOST LANGUAGE OF CEMETERIES

Learn to interpret the lost language of the cryptic signs and symbols found on the gravestones of our ancestors. Just as symbols today are used as a type of "shorthand" for information, graphics on gravestones and monuments tell us much about the deceased. While symbols on gravestones may appear to be simple, there is often a deeper meaning to them.

25S-HIS-001	M, 4/14	5:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Event Center	1200 N Cloverdale Rd, Boise	Age: 18+	
David Habben		Tuition: \$21.00	Materials: \$ 0.00 Total: \$21.00

WHO LIES BENEATH: INTERESTING PEOPLE BURIED IN IDAHO

Idaho's cemeteries are final resting places for thousands of residents. Some are famous, some infamous, and some just have interesting stories to tell. Some you know. Some you don't. Some you'll say, "How did he end up in Idaho?" We'll take a virtual tour of several cemeteries in Idaho and tell the inhabitants' stories that they themselves can no longer tell. Get ready to be inspired to do your own research on those Idahoans who lie beneath.

25S-HIS-002	W, 4/16	5:30 - 7:30 PM	Sessions: 1
Cloverdale Funeral Home - Event Center	1200 N Cloverdale Rd, Boise	Age: 18+	
David Habben		Tuition: \$21.00	Materials: \$ 0.00 Total: \$21.00

THE ONENESS, VALUE AND INTERCONNECTEDNESS OF RELIGION

Religion is increasingly seen as irrelevant or detrimental to modern life for many reasons. Here we show its necessity; positive view of religion as a source for the transformation of individuals and of civilization, showing an essential oneness between them, a common vision for the future of humanity. The interconnectedness is shown through shared eternal truths and how they mutually establish each other's validity through prophetic relationships in session 2. In session 3 we will examine a story that remarkably links all of the Abrahamic religions together!

25S-PEN-008	T, 4/15-4/29	6:30 - 8:30 PM	Sessions: 3
Timberline High	J Thomas Pawlowski	Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

DANCE

DANCERCIZE FOR ADULTS

This class is an upbeat, fun combination of dance and fitness movements. Designed for adults who love to move and stay fit!

25S-DAN-001	T, 4/15	6:30 - 7:30 PM	Sessions: 1
25S-DAN-002	T, 4/22	6:30 - 7:30 PM	Sessions: 1
25S-DAN-003	T, 4/29	6:30 - 7:30 PM	Sessions: 1
25S-DAN-004	T, 5/6	6:30 - 7:30 PM	Sessions: 1
Timberline High	Teresa Vaughan	Age: 18+	
Tuition: \$10.50	Materials: \$ 0.00	Total: \$10.50	

FITNESS

BODYATTACK™ EXPRESS & LES MILLS CORE

BODYATTACK™ EXPRESS is a high-energy fitness class. Combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. LES MILLS CORE is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention. Students could be joining an ongoing class.

25S-FIT-027	Th, 4/17-5/8	2 - 3 PM	Sessions: 4
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Rotating Instructors-YMCA		Tuition: \$29.00	Materials: \$ 0.00 Total: \$29.00



BODYCOMBAT™
High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Release stress, have a blast, and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Closed-toe, supportive shoes are required for classes. Water is recommended, we have some mats to share for floor work. Students could be joining an ongoing class.

25S-FIT-031
M/W, 4/15-5/8 4:30 - 5:30 PM Sessions: 8
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00

25S-FIT-032
F, 4/18-5/9 12 N to 1 PM Sessions: 4
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+



BODYJAM™
Dance-based workout designed to get you moving fast and working your body. Taking inspiration from dancers all over the world, and mixing it up with House, Hip-hop, Drum 'n' Bass, Trap, and all styles of electronic dance music, BODYJAM is a killer workout that burns calories and builds cardio fitness with every class. Students could be joining an ongoing class.

25S-FIT-033
T/Th, 4/15-5/8 5:30 - 6:30 PM Sessions: 8
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00

25S-FIT-034
S, 4/19-5/10 10:30 - 11:30 AM Sessions: 4
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+

BODYPUMP®
BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories. Water bottle and personal mat suggested but not required. Students could be joining an ongoing class.

25S-FIT-035
M/W, 4/14-5/7 5:45 - 6:45 PM Sessions: 8

25S-FIT-036
M/F, 4/14-5/9 2 - 3 PM Sessions: 8

25S-FIT-037
T/Th, 4/15-5/8 6 - 7 AM Sessions: 8

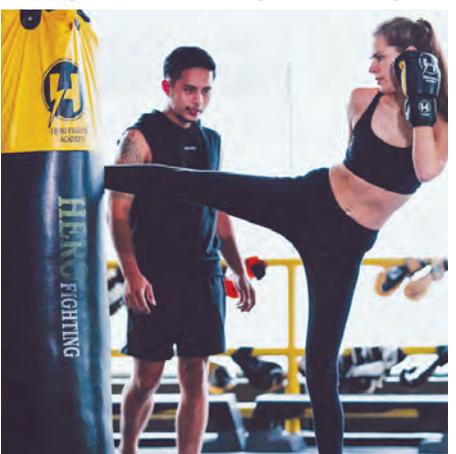
25S-FIT-038
W/F, 4/16-5/9 4:30 - 5:30 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00

BOOTCAMP
This class is a total body strength training modality that challenges all areas of the body and builds strength and fitness through a variety of intense intervals. Expect to use bodyweight, and a variety of non-traditional fitness equipment. (Including, but not limited to: dumbbells, medicine balls, cardio, core, and flexibility). Water bottle and mat are recommended, we have some mats to share. Closed-toe, athletic/fitness shoes are required for this class. Students will be joining an ongoing class.

25S-FIT-020
Th, 4/17-5/8 4:30 - 5:30 PM Sessions: 4
West Family YMCA 5959 N Discovery Way, Boise
Jacob Maupin Age: 17+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

CARDIO KICKBOXING
Cardio kickboxing combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This class is for beginners.

25S-FIT-024
W/F, 4/16-5/9 6:30 - 7:15 AM Sessions: 8
DragonFire Martial Arts 3085 N Cole Rd, Ste 206, Boise
Jessica McBride, Cody McBride Age: 13+
Tuition: \$42.00 Materials: \$ 0.00 Total: \$42.00



CROSSFIT
CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing, and more. Intensity is essential for results and is measurable as work divided by time – or power. The more work you do in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness. NOTE: Students could be joining an ongoing YMCA class.

25S-FIT-018
W, 4/16-5/7 5:45 - 6:45 PM Sessions: 4
Mason Grow

25S-FIT-022
F, 4/18-5/9 6:15 - 7:15 AM Sessions: 4
Hannah Carlson

25S-FIT-023
F, 4/18-5/9 11 - 12 N Sessions: 4
Scott McComb Age: 17+
West Family YMCA 5959 N Discovery Way, Boise
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

CYCLE
A freestyle, non-choreographed cycle class that offers a wide variety of motivating music and several terrain options to get you to the finish line. Students could be joining an ongoing class.

25S-FIT-042
M/W, 4/14-5/7 12 N to 1 PM Sessions: 8

25S-FIT-043
M/W, 4/14-5/7 5:30 - 6:30 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00

25S-FIT-015
T, 4/15-5/6 4:30 - 5:30 PM Sessions: 4

25S-FIT-017
W, 4/16-5/7 6:30 - 7:30 PM Sessions: 4
West Family YMCA 5959 N Discovery Way, Boise
Joseph Pratt Age: 18+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

GROUP FITNESS TRAINING
Discover a workout designed for everyone. This group class blends energizing cardio, bodyweight movements, core-strengthening exercises, and guided weight training for a full-body experience. Join us to build confidence while challenging your limits.

25S-FIT-009
M, 4/14-5/5 6 - 7 PM Sessions: 4
Domination Fitness Center of Boise
2404 S Orchard St, Ste 300, Boise
Gabe Doglietto, Halle Doglietto Age: 18+
Tuition: \$35.00 Materials: \$ 0.00 Total: \$35.00

HIIT
Push yourself to new heights with High Intensity Interval Training. Combines intense bursts of cardio, demanding body-weight exercises, tough core conditioning, and targeted weight training. A state-of-the-art full-body workout designed to challenge all fitness levels. Students may be joining an ongoing YMCA class.

25S-FIT-016
M, 4/14-5/5 6:30 - 7:30 PM Sessions: 4
West Family YMCA 5959 N Discovery Way, Boise
Joseph Pratt Age: 18+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

HIGH FITNESS
HIGH fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography. It combines fun (pop songs of old and new that everyone knows and loves) with intensity (interval, plyometrics, and cardio) with consistency (each song has specific simple moves taught the same by all instructors). Students will be joining an ongoing class.

25S-FIT-019
Th, 4/17-5/8 10:20 - 11:20 AM Sessions: 4
West Family YMCA 5959 N Discovery Way, Boise
Jessica Lewis Age: 18+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

**Commit to get fit this spring.
Sign up for a
fitness class today!**

STRETCHING & NORDIC WALKING
Get in shape faster with Nordic Walking by burning more calories than regular walking, strengthening the upper body, and taking the stress off the lower body. Learn your correct pole height and experience the foundational technique of Nordic Walking and how it is different than trekking or "just walking with poles." Wear athletic shoes, no sandals. Poles provided.

25S-FIT-010
Th, 4/17 6:30 - 7:30 PM Sessions: 1
Timberline High Pamela Bryson DeMetro Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

LES MILLS CORE
Suitable for all fitness levels, Les Mills Core is a 30-minute class that helps improve functional strength to build a stronger core, and get better results from other workouts and activities. Les Mills Core is like having a personal trainer, but with all the fun and energy of a group workout. Students could be joining an ongoing class.

25S-FIT-039
F, 4/18-5/9 5:45 - 6:15 PM Sessions: 4
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+
Tuition: \$14.50 Materials: \$ 0.00 Total: \$14.50

SHORIN-RYU KARATE FOR AGES 16+
This traditional Okinawan/Japanese karate class emphasizes basic technique. Course includes self defense, traditional kicks, blocks and strikes. Uniforms not required; training is barefoot. 2-for-1 registration! NOTE: ages 16+ welcome, but this is NOT a youth only class; teens to seniors are welcome in the class.

25S-FIT-026
F, 4/18-5/9 7 - 9 PM Sessions: 4
Broadway Dance Center 893 E Boise Ave, Boise
Robert Gilmore Age: 16+
Tuition: \$24.00 Materials: \$ 0.00 Total: \$24.00

GARDEN & THE GREAT OUTDOORS

ALL ABOUT BIRD FEEDERS
In this class you'll learn how to select bird feeders and place them properly and you'll learn about the different types of birdseed and what species they attract. We will answer bird feeder FAQs and introduce you to 11 common feeder birds in SW Idaho. This class is taught by Golden Eagle Audubon volunteers.

25S-GAR-001
M, 4/21 6:30 - 8 PM Sessions: 1
Timberline High Golden Eagle Audubon Age: 18+
Tuition: \$15.75 Materials: \$ 2.50 Total: \$18.25

BACKYARD CHICKENS FOR BEGINNERS
Learn the tips and tricks of saving money, becoming more sustainable, and experiencing food security while raising chickens-which provide fresh eggs year-round. Also included in this workshop is a section on bio-security: how to keep backyard chickens safe from Avian Influenza.

25S-GAR-007
M, 4/28 6:30 - 8 PM Sessions: 1
Riverglen Jr High Gretchen Anderson Age: 12+ w/adult
Tuition: \$15.75 Materials: \$ 1.00 Total: \$16.75

FLY FISHING WITH FLIES – FLY FISHING FOR BEGINNERS

If you have just started fly fishing or have always wanted to learn, then this class is for you. Topics covered: basic fly fishing equipment, strategies, and how to put it all together to catch trout.

25S-GAR-013

T/Th, 4/15 & 4/17 6:30 - 8:30 PM Sessions: 2
West Jr High David Lupien Age: 18+
Tuition: \$42.00 Materials: \$ 0.00 Total: \$42.00

HAVE AN ATTRACTIVE LANDSCAPE WITH LESS WATER

Join University of Idaho Emeritus Professor, Susan Bell, to learn valuable water saving techniques to incorporate into your landscape design. Gain an understanding of the principles of xeriscaping, plant selection and placement, irrigation methods, and more!

25S-GAR-011

M, 4/21 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High Susan Bell Age: 18+
Tuition: \$21.00 Materials: \$ 6.00 Total: \$27.00

HOW TO CREATE A BIRD-FRIENDLY YARD

You can support birds at your home by providing food, water, and shelter and eliminating bird hazards. You'll learn about native plants, water features, invasive plants, pesticides, cats, and more. You can enjoy more birds in your yard and help prevent bird loss. This class is taught by Golden Eagle Audubon volunteers.

25S-GAR-003

T, 5/6 6:30 - 8 PM Sessions: 1
West Jr High Golden Eagle Audubon Age: 18+
Tuition: \$15.75 Materials: \$ 2.50 Total: \$18.25

MAINTAINING YOUR OWN LANDSCAPE

Enjoy the great outdoors, get some exercise, and have the best-looking yard on the block! Save yourself the cost of hiring a crew by knowing how to care for your own lawn, shrubs, and trees. University of Idaho Emeritus Professor, Susan Bell, will lead a discussion on plant cultural methods for keeping landscape plants healthy.

25S-GAR-010

M, 4/28 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High Susan Bell Age: 18+
Tuition: \$21.00 Materials: \$ 6.00 Total: \$27.00



PRUNE YOUR LANDSCAPE TREES AND SHRUBS

How do they make ornamental landscape trees and shrubs have those perfect shapes? Join UI Emeritus Professor, Susan Bell, to learn the safe and correct techniques for pruning small to medium shade trees. Topics will include: tree physiology, proper pruning tools, when to prune, different pruning cuts, and much more.

25S-GAR-012

M, 4/14 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High Susan Bell Age: 18+
Tuition: \$21.00 Materials: \$ 6.00 Total: \$27.00



Be sure to sign up for Jean's classes this spring – **Soil Health 1, 2 and 3!**

SOIL HEALTH 1

Plants and soil microbes need each other. When healthy plant to microbial relationships are established and maintained the soil is capable of storing CO2 from the atmosphere. Learn how to enhance soil health and carbon sequestration while growing healthy plants!

25S-GAR-004

T, 4/22 6:30 - 8 PM Sessions: 1
Timberline High Jean Stage Age: 12+ w/adult
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

SOIL HEALTH 2

Take a deeper dive into soil health and the relationships between plants and their microbial partners. Learn how to use the principles of soil health to enhance these relationships, add carbon to your soil, increase the water holding capacity of your soil and grow healthy plants! Soil Health 1 should be taken as a prerequisite but is not required.

25S-GAR-005

Th, 4/24 6:30 - 8 PM Sessions: 1
Timberline High Jean Stage Age: 12+ w/adult
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

SOIL HEALTH 3

Come and meet the owners of True Roots Farm, located near Marsing in the Treasure Valley. Their kale, squashes and many other vegetables are sold through CSAs and the Boise Farmers Market. Learn how their farming and soil health practices translate into nutritious and delicious crops. You'll never eat a sweeter delicata squash than the ones grown by True Roots. Understanding the principles of soil health from classes Soil Health 1 and Soil Health 2 would be helpful, but they are not required for this class.

25S-GAR-006

T, 4/29 6:30 - 8 PM Sessions: 1
Timberline High Jean Stage Age: 12+ w/adult
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

SUMMER WARBLERS IN SOUTHWEST IDAHO

Warblers are beautiful, noisy and notoriously tricky to identify. You will learn about ten summer warblers that can be seen in southwest Idaho. This class is for intermediate and advanced birders. It is taught by Golden Eagle Audubon volunteers.

25S-GAR-002

Th, 5/1 6:30 - 8 PM Sessions: 1
Riverglen Jr High Golden Eagle Audubon Age: 18+
Tuition: \$15.75 Materials: \$ 2.50 Total: \$18.25

VOLUNTEER INSTRUCTOR SPOTLIGHT

Jean Stage is a 13-year Boise resident and a nine-year Ada County Master Gardener.

Her interest in soil health began in 2014 with the book "The Soils Will Save Us" by Kristin Ohlson. She has since attended many soil health conferences both local and regional, including the No Till on the Plains soil health conference in Wichita, Kansas. Her understanding of the relationship between plants, the microbiology in the soil and the atmosphere has deepened and she wants to pass that information on to the public. That's why she enjoys teaching through Community Education.

In addition to building soil, constructing compost piles and growing a pollinator garden, Jean loves to hike in the foothills, cook and eat good food, and drink beer!

TOMATOES: PLANT, GROW, HARVEST, PRESERVE

Enjoy an evening of entertainment and education, presented by a certified Master Food Safety Advisor. You'll learn why the Gem State is such a great place for growing tomatoes. You'll find out which tomato varieties have won the "Tomato Taste Off," best practices for planting/growing, when to harvest, and the easy way to preserve.

25S-GAR-008

W, 4/30 6:30 - 8 PM Sessions: 1
Riverglen Jr High Gretchen Anderson Age: 18+
Tuition: \$15.75 Materials: \$ 5.00 Total: \$20.75

HEALTH & WELLNESS

A NON-SURGICAL APPROACH TO KNEE PAIN

Explore how human cellular products are revolutionizing healthcare. It can potentially lower inflammation that causes pain in your knees, help eliminate scar tissue that might have developed from old injuries, and help tissue regeneration that has broken down over time.

25S-HEA-013

M, 4/21 1:30 - 2:30 PM Sessions: 1
Thrive Chiropractic Boise

2404 S Orchard St, Ste 800, Boise
Michelle Litzinger, DC Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

ADRENAL FATIGUE: NUTRITIONAL TOOLS TO BUILD STRESS RESILIENCE

Feeling depleted? Learn tools to measure your adrenal function, practice activities to identify your "energy drains," and take home strategies for recovery – foods to eat and avoid, plus lifestyle supports.

25S-HEA-007

W, 4/30 6:30 - 8 PM Sessions: 1
Riverglen Jr High Kendy Radasky Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

ARE CHEMICALS DISRUPTING YOUR HORMONES?

Chemicals in the environment called endocrine disruptors can disrupt and mimic our natural hormones. Learn about where these chemicals are found, how they might be impacting your hormones, how you can get them out of your body, and ways to avoid them.

25S-HEA-010

T, 4/22 6:30 - 7:30 PM Sessions: 1
Boise Natural Health Clinic 4219 W Emerald St, Boise
Amanda Grischow Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

FEMALE HORMONES: BALANCE YOUR HORMONES NATURALLY

Are you struggling with mood swings, hot flashes, fatigue, weight fluctuations, irregular cycles or hormonal imbalances? Your hormones play a crucial role in your overall health, affecting everything from energy levels to metabolism and emotional well-being. Come learn natural ways to balance your hormones.

25S-HEA-009

T, 5/6 7:30 - 8:30 PM Sessions: 1
Riverglen Jr High Boyd Ricks, BS, MOT, DPT Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

FIX YOUR NECK PAIN

Stretching, strengthening, yoga poses, and posture tips that are all designed to relieve and prevent neck pain. Wear clothes that are easy to move around in and bring an exercise mat if you have one.

25S-HEA-014

T, 4/29 6:30 - 7:30 PM Sessions: 1
Thrive Chiropractic Boise
2404 S Orchard St, Ste 800, Boise
Angela Young, DC Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

IMPROVE YOUR POSTURE TO DECREASE PAIN

Come learn simple stretches and exercises to improve your posture. Improving posture has the added bonus of not only feeling better about yourself, but also decreasing pain from having good biomechanics. We will be doing hands-on activities, so wear comfortable clothes.

25S-HEA-012

M, 4/14 1:30 - 2:30 PM Sessions: 1
Thrive Chiropractic Boise
2404 S Orchard St, Ste 800, Boise
Yvonne Aicher Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

MENOPAUSE MATTERS: NAVIGATE THE TRANSITION WITH CONFIDENCE

Learn how to navigate the menopausal transition with knowledge and confidence. We will explore the physical, emotional, and mental changes women experience during this natural life stage and how menopause can influence long term physical and mental health.

25S-HEA-004

Th, 4/17 6:30 - 8 PM Sessions: 1
25S-HEA-005
Th, 5/8 6:30 - 8 PM Sessions: 1
Timberline High Elizabeth Gray, Tamara McDonald Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

MYTHS & TRUTHS OF REGENERATIVE MEDICINE

Learn about the myths and truths of Regenerative Medicine from experienced practitioner Dr. Noah Edvalson. Topics include how Stem Cells, PRP, Shockwave, and Peptides can influence arthritis, tendinitis, hair loss, skin health, erectile dysfunction, autoimmune disease, and more.

25S-HEA-011
T, 4/15 6 - 7 PM Sessions: 1
The Idaho Center for Integrative Medicine
3224 N Maple Grove Rd, Boise

Dr. Noah Edvalson Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

NATURAL APPROACHES FOR CHRONIC INFLAMMATION

In this class, you'll learn how to identify the root causes of chronic inflammation and discover natural solutions to get rid of it. If you are experiencing any health issues, including joint pain, digestive disorders, autoimmune diseases, heart conditions, and more, this informative class is for you.

25S-HEA-008
T, 4/22 7:30 - 8:30 PM Sessions: 1
West Jr High Boyd Ricks, BS, MOT, DPT Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50



NUTRITION FOR BONE HEALTH – PREVENT OR MITIGATE OSTEOPOROSIS

Osteoporosis can feel scary. Empower yourself to improve your bone health. Learn which foods to choose and avoid, and how to optimize absorption of minerals and vitamins to become your strongest and most resilient self!

25S-HEA-006
Th, 4/24 6:30 - 8 PM Sessions: 1
Riverglen Jr High Kendy Radasky Age: 18+
Tuition: \$15.75 Materials: \$ 1.50 Total: \$17.25

PT FOR OSTEOARTHRITIS

Designed to manage pain and improve function in individuals. Focus on exercises to strengthen surrounding muscles, improve joint range of motion, balance training, pain management techniques, and patient education.

25S-HOL-005
M, 4/28 1:30 - 2:30 PM Sessions: 1
Thrive Chiropractic Boise
2404 S Orchard St, Ste 800, Boise
Stevie Hill Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

RELIEVE YOUR LOW BACK PAIN

This class is a combination of stretching, core muscle strengthening, and yoga poses designed to relieve and prevent low back pain. Wear clothes easy to move around in and bring an exercise mat if you have one.

25S-HEA-015
T, 4/22 6:30 - 7:30 PM Sessions: 1
Thrive Chiropractic Boise
2404 S Orchard St, Ste 800, Boise
Angela Young, DC Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

STOP THE BLEED®

Save lives by learning how to stop traumatic bleeding. Important information for hunters and the general community. Learn to control bleeding by applying pressure, packing a wound, and using tourniquets. Certification received after class.

25S-HEA-003
W, 4/16 6:30 - 7:30 PM Sessions: 1
Timberline High Kate McFarland Age: 12+ w/adult
Tuition: \$10.50 Materials: \$ 2.00 Total: \$12.50

WHY YOUR LYMPHATIC SYSTEM MATTERS

Learn from an expert what your lymphatic system is and why keeping yourself well depends on it. Learn practical tools and methods for stimulating lymph flow. We will discuss what steps to take to avoid lymphatic congestion. This is a FRAGRANCE-FREE class. Wear non-restricting clothes and bring water bottle!

25S-HEA-016
M, 4/28 6:30 - 8:30 PM Sessions: 1
Timberline High Glenda Bell Age: 18+
Tuition: \$21.00 Materials: \$ 3.00 Total: \$24.00

HOLISTIC LIVING

A HEALTHIER YOU – ESSENTIAL OILS FOR YOUR MOOD MATRIX

In this class of our Wellness Education Series, learn how to make simple adjustments to create the best you. Learn your Mood Matrix and essential oils that support you for stress, anxiety and much MORE. We will be making a rollerball blend for relaxation and teaching an aroma touch hand massage.

25S-HOL-003
T, 4/22 6:30 - 8 PM Sessions: 1
25S-HOL-004
W, 4/23 6:30 - 8 PM Sessions: 1
West Jr High Christina Forst, Sandra Forst Age: 18+
Tuition: \$15.75 Materials: \$ 5.00 Total: \$20.75

EXPLORING YOUR PERSONAL SPIRITUAL/ ENERGETIC POWER

Are you an Empath, a Sensitive, an Intuitive, a Psychic? How does one know? Explore all of these various energies, and identify what your energetic gifts are. Learn to muscle test yourself so you can get the guidance you crave and begin to identify where your power lies. Instructor will also help you open to the possibility of living life from a personally empowered stance instead of continuing to "hope" things work out for you.

25S-HOL-001
Th, 4/17 6:30 - 8:30 PM Sessions: 1
Timberline High Victoria Savage Age: 18+
Tuition: \$21.00 Materials: \$ 3.00 Total: \$24.00

GLP-1 MEDICATIONS FOR WEIGHT LOSS: A NATUROPATHIC APPROACH

Semaglutide and terzepatide injections are popular for weight loss. Dr. Joan Haynes, NMD, covers 10 key factors for optimizing long-term results, including compounded medications, managing side effects, microdosing, nutrition, muscle loss and appropriate long-term use.

25S-HOL-002
T, 4/15 6:30 - 7:30 PM Sessions: 1
ZOOM Dr. Joan Haynes, NMD Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

HOMEOWNERS: BUY, BUILD, MAINTAIN

1031 TAX DEFERRED EXCHANGES & ANALYZING INVESTMENT PROPERTIES

Learn about 1031 tax deferred exchanges and how you can defer paying taxes when you sell income and investment properties. You will also learn some basics about analyzing investment properties and capitalization rates. 2-for-1 registration!

25S-HOU-009
Th, 4/24 6:30 - 8 PM Sessions: 1
Riverglen Jr High Ron Bishop Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

BUY & MANAGE RENTALS

2 FOR 1!

Led by a local real estate broker, students will learn about screening renters, legal issues, mistakes to avoid, streamlining the process and financing options for buying. Informational packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1 registration!

25S-HOU-008
T, 4/22 & 4/29 6:30 - 8:30 PM Sessions: 2
Riverglen Jr High Ron Bishop Age: 18+
Tuition: \$42.00 Materials: \$ 0.00 Total: \$42.00



CLEAN HOUSE IN MINUTES

There are the housekeeping chores that if left undone pile higher and deeper, encourage clutter and turn your house from a palace to a pig pen in a very short time. Come learn systems and methodologies that will drastically reduce the time and energy spent cleaning to minutes a day.

25S-HOU-001
T, 4/29 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High
25S-HOU-002
M, 5/5 6:30 - 8:30 PM Sessions: 1
Timberline High Mary Ann Wilcox Age: 18+
Tuition: \$21.00 Materials: \$ 10.00 Total: \$31.00

Register at boiselearns.org

DIY HOME RENOVATION

NEW!

This workshop is designed for those ready to roll up their sleeves and take on home improvement projects with newfound confidence. Learn which DIY renovations are the most impactful and budget-friendly, including using paint to transform spaces, create mood, and highlight your home's best features. We'll cover practical skills like installing or refreshing trim and baseboards like a pro, while exploring the hottest home trends. Get ahead of the curve with tips on seamlessly incorporating the latest design styles into your home, no matter your aesthetic.

25S-HOU-010
W, 5/7 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High Mary Peters, Dean Peters Age: 18+
Tuition: \$21.00 Materials: \$ 15.00 Total: \$36.00

FIRST TIME (OR NOT IN A LONG TIME) HOME BUYERS

For first time (or not in a long time) home buyers... uncover the step-by-step process of buying your first or next home in our current real estate market; from pre-approval, home searching, negotiating, inspection, appraisal, loan approval, title and escrow, to closing.

25S-BUS-001
T, 4/15 6:30 - 8:30 PM Sessions: 1
West Jr High Alana Eyolfson Age: 18+
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

GETTING MORTGAGE READY

Prepare to buy your first home! Topics include understanding credit, employment requirements, saving for a down payment/other expenses, time for Q & A. Get answers to your home loan questions!

25S-HOU-006
W, 4/16 6:30 - 8 PM Sessions: 1
Timberline High
25S-HOU-007
Th, 4/24 6:30 - 8 PM Sessions: 1
West Jr High Jeff Enrico Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

PATHWAY TO HOMEOWNERSHIP

If you are a first time home buyer and want to learn what is involved in purchasing a home, this is the class for you! We will discuss the lending process and go over credit, income, and down payments. We will also share what to expect when you are house hunting, and the process of making an offer.

25S-HOU-003
W, 4/23 6:30 - 8:30 PM Sessions: 1
Riverglen Jr High
25S-HOU-004
W, 4/30 6:30 - 8:30 PM Sessions: 1
West Jr High
25S-HOU-005
T, 5/6 6:30 - 8:30 PM Sessions: 1
Timberline High Kim Stastny, Eddy Udry Age: 18+
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

The Spring Session runs from April 14 - May 8

SELLING YOUR HOME

Learn how to sell your home for the highest price in the shortest time! This class covers expert staging and home prep tips, key market insights, and how to avoid common listing mistakes — taught by a local real estate professional.

255-PFI-014

T, 4/22 6:30 - 8:30 PM Sessions: 1
 Timberline High Christina Moore Ward Age: 18+
 Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

KIDS

IRISH STEP DANCING

Enjoy the spirited music and lively steps of traditional Irish dance with a dancing champion and long-time performer!

255-DAN-005

M, 4/14-5/5 5:30 - 6:30 PM Sessions: 4
 Killarney Irish Dance Studio 3355 N Five Mile Rd, Boise
 Carly Allen Age: 6-18
 Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

KIDS MARTIAL ARTS — TANG SOO DO

A dynamic and fun martial arts course. Program builds confidence and character and helps students stand up to peer pressure and other intimidating situations, along with developing physical conditioning.

255-KIDS-005

T/Th, 4/15-5/8 4 - 4:45 PM Sessions: 8
 DragonFire Martial Arts 3085 N Cole Rd, Ste 206, Boise
 Jessica McBride, Kamie Eisenbeis Age: 7-12
 Tuition: \$32.00 Materials: \$ 0.00 Total: \$32.00

LITTLE NINJAS

This detailed curriculum focuses on improving children's basic motor and listening skills through a fun martial arts format. The Little Ninjas program will also prepare your child for the Kids Tang Soo Do class.

255-KIDS-006

W/F, 4/16-5/9 5:30 - 6 PM Sessions: 8
 DragonFire Martial Arts 3085 N. Cole Rd, Ste 206, Boise
 Jessica McBride, Kamie Eisenbeis Age: 4-6
 Tuition: \$32.00 Materials: \$ 0.00 Total: \$32.00

TAEKWONDO BASICS FOR TINY TIGERS

Through Songham Taekwondo, Tiny Tiger students develop focus, longer attention spans, physical coordination, bully prevention, and self-defense skills.

255-KIDS-001

M, 4/14-5/5 6 - 6:30 PM Sessions: 4

255-KIDS-003

T, 4/15-5/9 5 - 5:30 PM Sessions: 4

Eagle ATA Martial Arts Center Karate for Kids

1107 E Iron Eagle Drive, Ste 130, Eagle
 Chris Colberg, Kit Colberg Age: 4-6
 Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

**Community Ed
 classes are fun for
 the whole family!**

TAEKWONDO BASICS FOR YOUTH

Through Songham Taekwondo, Youth students develop focus, longer attention spans, physical coordination, bully prevention, and self-defense skills.

255-KIDS-002

M, 4/14-5/5 5:30 - 6 PM Sessions: 4

255-KIDS-004

T, 4/15-5/6 4:30 - 5 PM Sessions: 4

Eagle ATA Martial Arts Center Karate for Kids

1107 E Iron Eagle Drive, Ste 130, Eagle

Chris Colberg, Kit Colberg Age: 7-12

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

LANGUAGE

SPANISH FOR EVERYONE

SPANISH FOR EVERYONE is designed to help those interested in learning and/or improving their Spanish, regardless of previous language experience. A fun learning method!

255-LAN-001

M, 4/14-5/5 7 - 8:30 PM Sessions: 4

Timberline High Rosemarie Schwarzenberger Age: 18+

Tuition: \$63.00 Materials: \$ 0.00 Total: \$63.00

LEISURE

BICYCLE SAFETY

Learn safe bicycle riding skills from the League of American Bicyclists. Taught by a League Cycling Instructor, the class will get you ready for a safe ride every time; teach you about choosing safe routes; help you master riding safely in traffic and on the Greenbelt; inform you about the Idaho Stop Law; show you the proper way to use safety equipment; and make you a better bicycle rider and driver.

255-LEI-005

W, 5/7 7 - 8 PM Sessions: 1

Timberline High Vince Matthews Age: 18+

Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

CLOWNING 101: IT'S FUN!

Wanna be a clown? Come find out how you can bring smiles and joy to others. You'll get an introduction to clowning including skits, costuming, simple make-up, and balloon making. You are invited to join our Clowns of Idaho alley to learn more.

255-LEI-003

W, 4/16 6:30 - 8:30 PM Sessions: 1

West Jr High Wanda Jennings Age: 12+ w/adult

Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

CTRL + ALT + ESCAPE: OUTWIT THE SYSTEM

This is a group cyber escape room activity! In this cyber escape room, your team is trapped in a digital world where every puzzle brings you closer to freedom — or a permanent lockout. Solve puzzles, crack codes, and race against the clock to escape before the system seals you in for good. Time is running out — can you break free? Bring laptop to class if you have one. Can still participate without laptop.

255-LEI-006

Th, 4/24 6:30 - 7:30 PM Sessions: 1

West Jr High

255-LEI-007

Th, 5/8 6:30 - 7:30 PM Sessions: 1

Timberline High Sara Hoyt Age: 12+ w/adult

Tuition: \$10.50 Materials: \$0.00 Total: \$10.50

3 WAYS TO REGISTER!

1 ONLINE!

Go to boiselearns.org for a current class list.

2 PHONE!

Call 208.854.4047.

We accept Visa, MasterCard and Discover.

3 IN PERSON exact cash and checks accepted

Office hours are 8:00 a.m. - 4:00 p.m., M-F
 8169 W. Victory Rd., Boise

Registration cannot be completed without payment. Registering for and enrolling in one of our classes implies that you have read, understood and agree to the disclaimers printed on the registration form on page 16 of this catalog.

JUGGLING

Learn the step-by-step process to juggle three items, and variations to add later. Balls will be provided for you to take home and continue to practice. Homework before class: throw a ball from your right hand to your left, arching it just above your eyes.

255-LEI-004

W, 4/23 7 - 8 PM Sessions: 1

Timberline High Vince Matthews Age: 18+

Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50



LEARN TO PLAY GO

Go is a 2-person, strategic board game that is over 4,000 years old. It is the essence of simplicity and the ultimate of complexity, all at the same time. Learning Go is easy; mastering Go is a delightful, never-ending challenge!

255-LEI-002

W, 4/16 6:30 - 8:30 PM Sessions: 1

Riverglen Jr High Patrick Grever Age: 18+

Tuition: \$21.00 Materials: \$ 1.00 Total: \$22.00

PUPPETRY FOR TEACHING & COMMUNICATION

Puppets can help us express difficult emotions and teach concepts in a fun and lighthearted way. This class explores the empowering techniques used to create puppet life using movement, sound and whatever else is available. Puppets are provided but participants are welcome to bring favorite toys and/or puppets.

255-LEI-001

M, 4/28 6:30 - 8 PM Sessions: 1

Timberline High LeeAnn Garton Age: 10+ w/adult

Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75

TIPS & TRICKS TO HIKING WITH CHILDREN

Class is for adults looking for activities to do before, during and after hikes with kids ages 4-9. A "make and take" section will send you home with ready-to-go ideas. We will also discuss hiking checklists, trail etiquette, journaling, safety tips, and trail suggestions. Not for kids to attend; ages 18+.

255-LEI-008

M, 4/14 6:30 - 8 PM Sessions: 1

West Jr High Kris Davis Age: 18+

Tuition: \$15.75 Materials: \$ 1.00 Total: \$16.75

MUSIC

ACOUSTIC GUITAR

In this hands-on class, students will learn how to play basic chords and strum the guitar. Please bring your own guitar.

255-MUS-002

M, 4/14-5/5 6:30 - 8 PM Sessions: 4

Timberline High Gary Morrison Age: 18+

Tuition: \$63.00 Materials: \$ 0.00 Total: \$63.00



BAGPIPES FOR BEGINNERS

Learn to play one of the world's most challenging instruments! This class is taught by experienced players, and designed for those with no musical experience. Students must bring a McCallum Practice Chanter and "The Highland Bagpipe Tutor, Book 1" by the National Piping Centre. 2-for-1 registration!

255-MUS-001

W, 4/16-5/7 7 - 8:15 PM Sessions: 4

West Jr High John McDade Age: 12+ w/adult

Tuition: \$50.00 Materials: \$ 0.00 Total: \$50.00

BEGINNER UKULELE

Almost anyone can learn to play the ukulele. In this class you will be shown the techniques necessary to play chords and traditional hapa haole/island rhythms on this easy to learn instrument. Students required to have supplies.

255-MUS-003	6:30 - 7:30 PM	Sessions: 4
T, 4/15-5/6		
Riverglen Jr High	Andrew Query	Age: 12+ w/adult
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

PERSONAL ENRICHMENT

ABANDONING CABLE TV FOR INTERNET STREAMING

Class will provide information on the selection of internet connection devices. Explore various internet content providers such as Netflix, Disney +, Sling TV, Apple TV + and others. Learn more about the different system components and how they integrate, as well as internet capacities to support streaming services.

255-PEN-003	6:30 - 8:30 PM	Sessions: 1
T, 4/29		
Riverglen Jr High	John Courtright	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

AMATEUR RADIO FOR EMERGENCY COMMUNICATIONS

This class will show newly Licensed Amateur Radio operators (Hams) how to use Amateur Radio for "Emergencies" and be prepared when traditional communications means are down. Having an Amateur Radio License is helpful, but not required.

255-PEN-005	6:30 - 7:30 PM	Sessions: 1
T, 4/22		
Riverglen Jr High		
255-PEN-006	6:30 - 7:30 PM	Sessions: 1
T, 5/6		
West Jr High	Bart Hill, Richard Dees	Age: 18+
Tuition: \$10.50	Materials: \$ 0.00	Total: \$10.50



BEGINNING ETIQUETTE & AFTERNOON TEA MASTERCLASS

Instruction begins with receiving the latest book from Polite Society School of Etiquette entitled, "The Art of Timeless Etiquette, Graceful Dining Manners, & Afternoon Tea." Please join Ms. Petrotta in this exciting and instructional presentation masterclass that will provide rules for living in our society and enable students to feel comfortable and confident in all social situations. Incorporated in the curriculum are all aspects of etiquette to enhance one's lifestyle in the social and business world.

255-PEN-007	6:30 - 8:30 PM	Sessions: 1
M, 4/21		
Timberline High	Bernadette Petrotta,	
	Jens Rivera	Age: 12+ w/adult
Tuition: \$21.00	Materials: \$ 28.00	Total: \$49.00

CLUTTER FREE LIVING

Every home has storage issues regardless of its size. Double your storage space with simple principles that will keep your home clutter free all day, every day. Learn 3 basic principles of organization; 4 space saving methods for your storage space; step-by-step process for organizing anything and everything in your home; how to save time, money and energy while you tackle the projects ahead of you.

255-PEN-009	6:30 - 8:30 PM	Sessions: 1
T, 4/15		
Riverglen Jr High		
255-PEN-010	6:30 - 8:30 PM	Sessions: 1
Th, 4/17		
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$21.00	Materials: \$ 10.00	Total: \$31.00

DEATH SCENE INVESTIGATION AND THE FORENSIC AUTOPSY

Learn about the world of forensic science and the many roles of a ME/Coroner's Office including: Determining cause and manner of death, postmortem interval, forensic examination of the body and clothing, examining post mortem wounds and injuries, examining skeletal remains; multiagency collaboration and evidence collection. Students will analyze crime scene photographs and study interesting cases. Actual crime scene photos will be studied; some graphic images will be shown. No photographs or video permitted. **Age 18+ NO EXCEPTIONS!**

255-PEN-024	6 - 8 PM	Sessions: 4
Th, 4/17-5/8		
Ada County Coroner's Office		
	95 N Touchmark Way, Meridian	
	Ada County Coroner's Office Staff	Age: 18+
Tuition: \$70.00	Materials: \$ 0.00	Total: \$70.00

DRESS BETTER FOR LESS

In this class you will learn how to choose 12 basic wardrobe pieces that make 102 combinations that will work for every occasion. How to shop thrift stores for great bargains will also be covered.

255-PEN-013	6:30 - 8:30 PM	Sessions: 1
T, 5/6		
Riverglen Jr High		
255-PEN-014	6:30 - 8:30 PM	Sessions: 1
Th, 5/8		
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$21.00	Materials: \$ 15.00	Total: \$36.00

FAMILY HISTORY/GENEALOGY

Discover the basics of genealogical research. We will dive into your family as we learn the fundamentals in Family History research. Come join us as we uncover the details that we can find about your family. Bring a 3-ring notebook for handouts and basic research.

255-PEN-017	6:30 - 8:30 PM	Sessions: 6
W/Th, 4/16-5/1		
Riverglen Jr High	Rena Post	Age: 18+
Tuition: \$75.00	Materials: \$ 0.00	Total: \$75.00

HAPPINESS: METHODS TO A HAPPIER LIFE

This class will explore methods and techniques that you can implement to improve your happiness and overall life satisfaction.

255-PEN-018	6:30 - 8 PM	Sessions: 3
Th, 4/17-5/1		
Riverglen Jr High	Viktor Bentley	Age: 18+
Tuition: \$47.00	Materials: \$ 0.00	Total: \$47.00

HOW TO CONNECT TO BROADCAST TV

Examine broadcast TV, TV antennas, placement, cabling, controllers and sling AirTV. The goal of the class is to help individuals identify the problems they may be encountering and help evaluate the amount of time, effort, and complexity as they acquire the Over The Air (OTA) channels. The class focuses only on OTA TV.

255-PEN-004	6:30 - 8:30 PM	Sessions: 1
T, 5/6		
Riverglen Jr High	John Courtright	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

IMPROVE YOUR DISCUSSION SKILLS

This class will engage students in group discussion on topics of mutual interest, supported by the use of a deck of cards designed to improve skills in constructive dialogue.

255-PEN-020	6:30 - 8:30 PM	Sessions: 1
W, 4/16		
Riverglen Jr High		
255-PEN-021	6:30 - 8:30 PM	Sessions: 1
W, 4/30		
Timberline High		
255-PEN-022	6:30 - 8:30 PM	Sessions: 1
W, 5/7		
West Jr High	Matthew Shapiro	Age: 15+ w/adult
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

INTRO TO VINYL RECORD COLLECTING

Course walks new vinyl record owners through the basics of how records are made, choosing a new turntable, stylus replacement, buying and selling vinyl, cleaning, storage, and cataloging your collection.

255-PEN-025	6:30 - 8:30 PM	Sessions: 1
M, 4/21		
West Jr High	Marc Rethwisch	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00



LIFE COACHING 101: EMPOWER YOURSELF TO A BETTER LIFE

Do you feel like life is just happening to you, leaving you powerless and stuck? Like you're a victim of your circumstances instead of the owner of your destiny? You're not alone — and you don't have to stay that way. The truth is, you have the power to break through the thought patterns holding you back. Learn how to take control of your mindset and solve any problem with proven thought management techniques I use in my life coaching practice. Join me to discover how to get unstuck, empower yourself, and create a better life — one thought at a time.

255-PEN-019	6:30 - 7:30 PM	Sessions: 2
T, 4/29-5/6		
West Jr High	Cherie Palmer	Age: 18+
Tuition: \$21.00	Materials: \$ 2.00	Total: \$23.00

PARING DOWN PAPER

Paper is a major clutter culprit. The amount of daily paper coming into a home multiplies and can create a lot of frustration and chaos. Managing paper can be expensive and timeconsuming and a filing system can be an alphabetical way to lose important papers. In this class you will learn time tested systems that control paper, minimize the number of timespaper passes through your hands and establish a filing system that really works.

255-PEN-011	6:30 - 8:30 PM	Sessions: 1
T, 4/22		
Riverglen Jr High		
255-PEN-012	6:30 - 8:30 PM	Sessions: 1
M, 4/28		
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$21.00	Materials: \$ 10.00	Total: \$31.00

PSAT/SAT/ACT: SECRETS TO MASTER STANDARDIZED TESTS

Learn the format of the PSAT, SAT and ACT, what factors influence college admissions/scholarships and tips to improve your score. Bring your questions and leave with a better understanding of these important exams that affect your future!

255-PEN-001	6:30 - 7:30 PM	Sessions: 1
M, 4/14		
ZOOM		
255-PEN-002	6:30 - 7:30 PM	Sessions: 1
Th, 4/24		
ZOOM	Jennifer Hovey	Age: All
Tuition: \$10.50	Materials: \$ 0.00	Total: \$10.50

DISCOVER VOICE-OVER: LEARN TO MAKE EXTRA MONEY

In this enlightening online class, our instructor and professional voice coach will show you how you can begin using your speaking voice for commercials, films, videos, and more. You will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day.

255-PEN-026	6:00 - 8:00 PM	Sessions: 1
Th, 4/24		
ZOOM	Lisa Foster	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

WOMEN'S SELF DEFENSE — REFRESHER

This class is open ONLY to students who have previously taken The Women's Self Defense class at Dragonfire Martial Arts. We will meet together one night a week for 4 weeks exploring topics of women's risks, challenges and defenses in a relaxed, low-key and fun environment.

255-PEN-023	7:15 - 8:15 PM	Sessions: 4
W, 4/16-5/7		
DragonFire Martial Arts		
	3085 N Cole Road, Ste 206, Boise	
Jessica McBride, Kamie Eisenbeis		Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

This course includes a deep dive into Medicare and your insurance options, brief history of Medicare, an in-depth explanation of Medicare Parts A, B, C and D, Medicare enrollment guidelines and how to avoid a late enrollment penalty, premiums associated with Medicare, and a detailed outline of the ways to fill in the gaps of Medicare.

25S-PFI-003	M, 4/14	6:30 - 8 PM	Sessions: 1
	West Jr High		
25S-PFI-004	M, 5/5	6:30 - 8 PM	Sessions: 1
	Riverglen Jr High	Ken Azbill, Angie Jackson	Age: 18+
Tuition: \$15.75	Materials: \$ 0.00		Total: \$15.75

ADVANCE CARE PLANNING

Advance Care Planning is the process of thinking and talking about future medical decisions if you had a sudden event, like a car accident or illness, and could not make your own decisions. The best time to make these decisions is when you can choose for yourself. After discussing key factors, a sample Advance Care Directive for Health Care will be provided.

25S-PFI-002	W, 4/23	6:30 - 8 PM	Sessions: 1
	Timberline High	John McGown	Age: 18+
Tuition: \$15.75	Materials: \$ 1.00		Total: \$16.75

COLLEGE FINANCIAL AID – HOW IT WORKS & HOW TO GET MORE

For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. This class helps you understand the resources available to help you, including: Understanding the 3 main sources of financial aid, how each source works, how to maximize your eligibility for financial aid, where to find scholarships, how to “shop” financial aid while shopping for colleges, what to do now to make financial aid and scholarships easier. 2-for-1 registration!

25S-PFI-023	T, 5/6	6:30 - 7:30 PM	Sessions: 1
	Riverglen Jr High	Brad Burbank	Age: 16+ w/adult
Tuition: \$10.50	Materials: \$ 0.00		Total: \$10.50

DON'T WORRY, RETIRE HAPPY!

By developing a plan to protect your savings and build income, you can retire happy. We will cover the seven steps to retirement. This presentation is based on the book “Don’t Worry, Retire Happy” by financial expert Tom Hegna.

25S-PFI-017	Th, 4/17	6:30 - 8:30 PM	Sessions: 1
	West Jr High		
25S-PFI-018	T, 4/22	6:30 - 8:30 PM	Sessions: 1
	Timberline High		
25S-PFI-016	W, 4/30	6:30 - 8:30 PM	Sessions: 1
	Riverglen Jr High	Jim Hintze	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00		Total: \$21.00

Keep more of your hard-earned \$\$.
Let a Community Ed class show you how!

ESTATE PLANNING 101

Estate Planning is critical for EVERYONE, regardless of your wealth! Join a local estate planning attorney to learn/avoid the Top 10 Mistakes people make regarding estate planning, and what is included in a “complete” estate plan. Class covers Wills, Trusts, Powers of Attorney, Living Wills, Probate, as well as how to keep the chaos and uncertainty of death at bay. You’ll learn a lot and maybe laugh a little! 2-for-1 registration!

25S-PFI-005	M, 4/14	6:30 - 8:30 PM	Sessions: 1
	Timberline High		
25S-PFI-006	W, 4/23	6:30 - 8:30 PM	Sessions: 1
	Riverglen Jr High		
25S-PFI-007	M, 4/28	6:30 - 8:30 PM	Sessions: 1
	West Jr High		
25S-PFI-008	W, 5/7	6:30 - 8:30 PM	Sessions: 1
	Riverglen Jr High	Sheli Fulcher Koontz	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00		Total: \$21.00

ESTATE PLANNING BASICS: PEACE OF MIND FOR SENIORS 2 FOR 1!

Does your estate plan address your long-term care concerns and give you peace of mind for the future? Learn what steps to take to ensure your estate is protected. Topics include preparing for long-term care, VA/Medicaid planning, advanced directives, living wills, powers of attorneys, wills and trusts. 2-for-1 registration!

25S-PFI-009	W, 4/23	6:30 - 8 PM	Sessions: 1
	West Jr High		
25S-PFI-010	W, 5/7	6:30 - 8 PM	Sessions: 1
	Timberline High	Joshua Reams	Age: 18+
Tuition: \$15.75	Materials: \$ 0.00		Total: \$15.75



FEDERAL EMPLOYEE RETIREMENT PLANNING

This workshop will help you navigate the key components of the Federal Employee Retirement System (FERS) and understand how your FERS pension, the Thrift Savings Plan and Social Security benefits work in retirement.

25S-PFI-024	M, 4/14	6:30 - 8:30 PM	Sessions: 1
	Timberline High	Jeremy Ouchley	Age: 18+
Tuition: \$21.00	Materials: \$ 0.00		Total: \$21.00



FINANCIAL POWERS OF ATTORNEY

Many of us will need someone to help handle our financial affairs at some point. This practical course explores the options available in planning ahead for this possibility and avoiding the need for a Conservator. After discussing key factors, a sample Financial Power of Attorney will be provided.

25S-PFI-001	W, 4/16	6:30 - 8 PM	Sessions: 1
	Timberline High	John McGown	Age: 18+
Tuition: \$15.75	Materials: \$ 1.00		Total: \$16.75

MEDICARE 101

High-level overview of Medicare to equip you with a basic framework and vocabulary of Medicare terms so that you can start your own journey in the world of Medicare. Learn about the four parts of Medicare – Part A, B, C and D, concluding with a Q and A session to make sure you understand the basics.

25S-PFI-011	W, 4/16	6:30 - 7:30 PM	Sessions: 1
	Riverglen Jr High		
25S-PFI-012	M, 4/21	6:30 - 7:30 PM	Sessions: 1
	Timberline High		
25S-PFI-013	M, 5/5	6:30 - 7:30 PM	Sessions: 1
	West Jr High	Michael McShane	Age: 18+
Tuition: \$10.50	Materials: \$ 0.00		Total: \$10.50

MEDICARE PLAYBOOK FOR BABY BOOMERS

Understand when and why penalties can be applied and how to avoid them. Get answers to your questions and learn how the Medicare system works. Instructor will cover different types of plans and also what to consider when you choose a plan that will best suit your individual needs.

25S-PFI-025	Th, 4/17	6:30 - 7:30 PM	Sessions: 1
	Riverglen Jr High		
25S-PFI-026	Th, 4/24	6:30 - 7:30 PM	Sessions: 1
	West Jr High		
25S-PFI-027	T, 4/29	6:30 - 7:30 PM	Sessions: 1
	Timberline High	Dusty Clement, Shawn Vincent	Age: 18+
Tuition: \$10.50	Materials: \$ 0.00		Total: \$10.50

MINIMIZING TAXES ON RETIREMENT INCOME

Understand the potential impact taxes will have on your income during retirement. If you are nearing retirement, this will be an important course to help you understand how taxes are different when you are not working. It may be possible for you to pay less in taxes on your hard-earned dollars.

25S-PFI-021	M, 4/28	6:30 - 8 PM	Sessions: 1
	Riverglen Jr High		
25S-PFI-022	M, 5/5	6:30 - 8 PM	Sessions: 1
	ZOOM	Gretchen Brown	Age: 18+
Tuition: \$15.75	Materials: \$ 0.00		Total: \$15.75

MONEY MILESTONES TO FINANCIAL SECURITY & INDEPENDENCE

Learn the key concepts (the 7 Money Milestones) you need to know to win the money game. Get the life changing money principles you weren't taught in school!

25S-PFI-015	W, 4/16-5/7	6:30 - 7:30 PM	Sessions: 4
	Timberline High	Bethany Smith	Age: 18+
Tuition: \$42.00	Materials: \$ 0.00		Total: \$42.00

READY, SET, RETIRE: CRAFTING YOUR PERFECT TRANSITION

Join advisors Dusty Clement and Owen Tennyson for a 90-min workshop to craft your ideal retirement. Get a “Transition Toolkit” and steps to thrive beyond finances.

25S-PFI-028	W, 4/30	6:30 - 8 PM	Sessions: 1
	Timberline High	Dusty Clement, Owen Tennyson	Age: 18+
Tuition: \$15.75	Materials: \$ 0.00		Total: \$15.75

SOCIAL SECURITY: UNLOCK ITS POTENTIAL

The decisions you make today can negatively impact your Social Security benefits. Learn the important rules and strategies for collecting benefits. Avoid being caught by surprise when it's too late to make changes!

25S-PFI-019	M, 4/14	6:30 - 8 PM	Sessions: 1
	Riverglen Jr High		
25S-PFI-020	M, 4/21	6:30 - 8 PM	Sessions: 1
	ZOOM	Gretchen Brown	Age: 18+
Tuition: \$15.75	Materials: \$ 0.00		Total: \$15.75

PETS

ALL YOU NEED TO KNOW ABOUT YOUR DOG

3-week series from Meridian Canine Rescue covering everything you need to know to live a happy life with your dog(s). Topics include preventing problem behaviors, how dogs learn, dog body language, promoting healthy dog/dog interactions, how to choose the right dog for your lifestyle, managing multi-pet households, promoting safe interactions with kids and dogs. Class is for people; do not bring dogs. Includes one snuffle mat per registration.

25S-PET-003	T, 4/15-4/29	6:30 - 8:30 PM	Sessions: 3
	West Jr High	Jennifer Harrington	Age: 18+
Tuition: \$55.00	Materials: \$ 18.00		Total: \$73.00

Register today! boiselearns.org

HOW TO HELP YOUR BARKING/LUNGING DOG

Does your dog bark and lunge at people or other dogs? The good news is that you can change the way your dog reacts. This one-night class will not fix your dog's behavior. It will introduce you to local and online resources to help you chart a new, and better path forward.

25S-PET-001

Th, 4/17 6:30 - 8:30 PM Sessions: 1
ZOOM Christina O'Brien Age: 16+ w/adult
Tuition: \$21.00 Materials: \$ 0.00 Total: \$21.00

MENTAL FUN AND GAMES WITH YOUR DOG

Did you know that mental exercise can be more tiring than physical exercise for your dog? Come learn simple games using household items to challenge your dog's brain. Great for homes with small spaces, timid dogs, exuberant dogs, older dogs, blind dogs, deaf dogs, dogs on restricted activity, puppies, or hyper-energetic dogs that exercise just can't tire out; in other words – all dogs!

25S-PET-002

W, 4/30 6:30 - 8 PM Sessions: 1
ZOOM Christina O'Brien Age: 10+ w/adult
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75



PHOTOGRAPHY

PHOTOGRAPHY FOR BEGINNERS

This course will focus on the use of Digital Single Lens Reflex cameras and the use of the most basic components contained in the camera menu. Concepts of composition, color and use of light will also be discussed. Please bring DSLR or film SLR cameras and specific user guide/manual for camera to classes. User guides and manuals can usually be found and downloaded online by searching for make and model of camera. The owners guide/manual is an important part of the classwork.

25S-PHO-001

W, 4/16-5/7 6:30 - 8:30 PM Sessions: 4
West Jr High Tom Alvarez Age: 18+
Tuition: \$75.00 Materials: \$ 2.00 Total: \$77.00

TRAVEL

DEFENDING YOUR MOBILE DEVICES

The latest in computer, phone, and web travel safety is addressed. Handout provides a comprehensive pre-travel checklist as well as dos and don'ts while on the road. Note-taking and questions encouraged!

25S-TRA-001

M, 4/14 7:30 - 8:30 PM Sessions: 1
Riverglen Jr High Daniel Corsberg Age: 18+
Tuition: \$10.50 Materials: \$ 0.00 Total: \$10.50

TRAVEL TIPS, TRICKS, AND LESSONS LEARNED

Are you ready to embark on the adventure of a lifetime? Whether you're planning to travel across the country or globe, join us for an exciting session with the TRAVELING TWOSOME – Jana and Steve! After spending a year exploring 33 countries, they've gathered invaluable tips, tricks, and lessons that they're eager to share with you. Discover what to pack, how to travel smart, and the best places to stay, all while learning how to dodge travel headaches, save money, and maximize your adventure. With practical advice, handy travel blogs, apps, and websites, this class will prepare you to not just survive but relax and enjoy your next big trip.

25S-TRA-002

W, 4/30 6:30 - 8 PM Sessions: 1
Timberline High

25S-TRA-003

W, 5/7 6:30 - 8 PM Sessions: 1
Riverglen Jr High Jana Jones Age: 18+
Tuition: \$15.75 Materials: \$ 0.00 Total: \$15.75



YOGA

BODYBALANCE™

Yoga-based class that will improve your mind, your body, and your life. It is a blend of Yoga, Tai Chi, and Pilates set to music to help guide you. The class includes balance and stretching to help round out and complement any fitness routine. Instructors will provide options for those just getting started. Participants will need the ability to move through seated, standing, kneeling and reclined positions unassisted. Students could be joining an ongoing class.

25S-FIT-029

T/Th, 4/15-5/8 5:45 - 6:45 PM Sessions: 8
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00

25S-FIT-028

Th, 4/17-5/8 12 N to 1 PM Sessions: 4
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

25S-FIT-030

S, 4/19-5/10 11:45 - 12:45 PM Sessions: 4
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+

BUTI YOGA

Buti Yoga is an invigorating and dynamic yoga practice that combines traditional yoga asanas, primal movement, and intense cardio bursts. Through vigorous vinyasa-style flow, percussion-based dance music, and deep core conditioning exercises, Buti Yoga helps to ignite the body's inner power. This class is done barefoot, on and off a mat. Participants will need the ability to move through seated, standing, kneeling and reclined positions unassisted. Students could be joining an ongoing class.

25S-FIT-040

T, 4/15-5/6 10:45 - 11:45 AM Sessions: 4

25S-FIT-041

Th, 4/17-5/8 9 - 10 AM Sessions: 4
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 15+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

POWER YOGA

Fast-paced, strength-building workout that combines strength, flexibility, and endurance. Through challenging poses and flowing movements, it helps improve muscle tone, boost energy, and enhance focus. Great for those seeking a full-body workout and stress relief, Power Yoga is a powerful practice that energizes both the body and mind. Participants will need the ability to move through seated, standing, kneeling, and reclined positions unassisted. Will be joining an ongoing class.

25S-FIT-045

W, 4/16-5/7 6 - 7 AM Sessions: 4
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 15+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00



Follow us on



Please Note:

We included the most up-to-date and accurate information at the time of printing, however, some details may change. The most accurate information on times, dates, locations, etc., will be available in the online registration system. If you have any questions, please call (208) 854-4047 or e-mail communityed@boiseschools.org

STLOW FLOW YOGA

Using attention and breath, learn how to move through the yoga poses (asanas) to improve balance, reduce stress, and increase body awareness and flexibility. In Slow Flow class, you will practice about half the number of poses you might practice in a regular yoga flow class. The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose. All levels class for ages 15+

25S-FIT-021

Th, 4/17-5/8 6:45 - 7:45 PM Sessions: 4
West Family YMCA 5959 N. Discovery Way, Boise
Sarah Field Age: 15+
Tuition: \$29.00 Materials: \$ 0.00 Total: \$29.00

VINYASA YOGA

Vinyasa is a dynamic practice that flows from one pose to another, using breath to unite the mind and body. Through strengthening and stretching postures, you will feel relaxed and restored. All levels welcome – all you need to do is breathe and turn inward! Participants will need the ability to move through seated, standing, kneeling and reclined positions unassisted. Students could be joining an ongoing class.

25S-FIT-044

T/Th, 4/15-5/8 8 - 9 AM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors-YMCA Age: 18+
Tuition: \$58.00 Materials: \$ 0.00 Total: \$58.00





TEACH WITH US!

Do you have a skill, talent, hobby or interest you would like to share with the community?

COMMUNITY EDUCATION
WWW.BOISELEARNS.ORG

wants YOU!

Diversity is the key to meeting the community's needs – we love fresh ideas for new and interesting courses.



REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The four-week Spring 2025 session will run Mon.-Thurs. evenings, April 14 - May 8. Please see individual class listings for specifics on date, time, supplies needed and location.

WHERE ARE CLASSES HELD?

Boise School Locations:

RIVERGLEN JUNIOR HIGH SCHOOL

6801 N. Gary Ln., Boise, ID 83714
(Located between Hill Rd and Hwy 44)

TIMBERLINE HIGH SCHOOL

701 E. Boise Ave., Boise, ID 83706
(Use clock tower entrance on Boise Ave. Park in the lot accessed off Linden St.)

WEST JUNIOR HIGH SCHOOL

8371 W. Salt Creek Ct., Boise, ID 83709
(Turn south on S. Trabuco Ave., off Victory Rd. between Cole and Maple Grove roads)

Community Business Partners (off-site):

ADA COUNTY CORONER'S OFFICE

95 N. Touchmark Way
Meridian, ID 83642; (208) 287-5556

BOISE ART GLASS

1124 Front St.
Boise, ID 83702; (208) 345-1825

BOISE AT ITS BEST FLOWERS

851 S. Vista Ave.
Boise, ID 83705; (208) 342-4885

BROADWAY DANCE CENTER

893 E. Boise Ave.
Boise, ID 83706; (208) 342-6123

CLOVERDALE FUNERAL HOME - EVENT CENTER

1200 N. Cloverdale Rd.
Boise, ID 83713; (208) 375-2212

DAWSON TAYLOR ROAST CAFE

1035 Lusk St.
Boise, ID 83706; (208) 576-3655

DOMINATION FITNESS CENTER OF BOISE

2404 S Orchard St., Ste 300
Boise, ID 83705 (208) 982-5008

DOWNTOWN BOISE YMCA

1050 W. State St.
Boise, ID 83702; (208) 344-5501

DRAGONFIRE MARTIAL ARTS

3085 N. Cole Rd. Ste. 206
Boise, ID 83704; (208) 861-3422

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Ste. 130
Eagle, ID 83616; (208) 854-0968

FIRE FUSION STUDIO

1322 W. Main St.
Boise, ID 83702; (208) 810-6240

FUSIONS GLASS STUDIO

135 N. 2nd St.
Eagle, ID 83616; (208) 938-1055

HEALTH SOLUTIONS OF IDAHO

11588 W. Fairview Ave., Ste. 200
Boise, ID 83713; (208) 249-7157

KILLARNEY IRISH DANCE STUDIO

3355 N. Five Mile Rd.
Boise, ID 83713; (208) 488-0505

MAKER SHOP BOISE

6883 W. Overland Rd.
Boise, ID 83709; (208) 254-6150

MOSAIC ESSENTIAL

413 E. 37th St., Door 3
Boise, ID 83714; (208) 841-5988

ROCKBOTTOM GRANITE

5103 N. Sawyer Ave.
Garden City, ID 83714; (208) 376-7328

THRIVE CHIROPRACTIC BOISE

2404 S. Orchard St., Ste. 800
Boise, ID 83706; (208) 345-2222

TOUCHMARK HEALTH & FITNESS CLUB

325 S. Arbor Ln.
Meridian, ID 83642; (208) 319-5261

WEST FAMILY YMCA

5959 N. Discovery Pl.
Boise, ID 83713; (208) 377-9622

WOODCRAFT OF BOISE

7005 W. Overland Rd.
Boise, ID 83709; (208) 339-1190

YMCA COMMUNITY HUB

805 W. Franklin St.
Boise, ID 83702; (208) 344-5502

HOW DO I REGISTER?

- Online: boiselearns.org.
- Mail: Registration form with payment to Boise Schools Community Education, 8169 W. Victory Rd., Boise, ID 83709.
- Walk-in: 8:00 AM - 4:00 PM, Mon. - Fri., located in the Boise Schools District Services Center, 8169 W. Victory Road, Boise, ID 83709.
- Phone: (208) 854-4047.
- Use the waiting list! There is no charge to add your name to the waiting list; if space becomes available we will contact you.

WHAT ARE THE CLASS FEES?

- Tuition is approximately \$10.50 per instructional hour, prorated per number of sessions, plus applicable class material fees.
- See individual class descriptions for tuition and material costs.

WHEN IS PAYMENT DUE?

- Class fees must be paid in full at the time of registration; Exact Cash, Check, Money Order, MasterCard, Visa, Discover or Debit Card accepted.

HOW IS COMMUNITY EDUCATION FUNDED?

- The department goal is to cover all expenses without relying on supplemental funding from the Boise School District. The budget for Community Education covers catalog publishing costs, postage, and administrative staff/overhead.

DO I RECEIVE REGISTRATION CONFIRMATION?

- Online registrants receive an e-mail receipt.
- Students who mail forms receive either an e-mail or printed receipt via mail.

ARE SCHOLARSHIPS AVAILABLE?

- YES. Tuition scholarships may be available for those in hardship situations; eligibility guidelines are those used for the BSD Free or Reduced Lunch Program.
- Scholarships awarded on a first-come, first-serve basis and are dependent upon the amount of scholarship funds available.
- A \$21 scholarship may be awarded per session, per student; maximum of two per family. Recipients are required to pay materials fee and additional tuition.
- Scholarship applications are available online or at the Community Education office and must be submitted with the Class Registration Form.
- Students will be informed if they have been awarded a scholarship within two business days of receipt of their application.

CAN I DONATE TO THE SCHOLARSHIP FUND?

- Please consider making a tax-deductible donation to the Boise School District Community Education Scholarship Fund! It is through your generous contributions that tuition scholarships are made available to other students in need.
- When registering online, click "Add More Courses" and choose "Scholarship Donation." We thank you in advance!

WHY WOULD A CLASS BE CANCELLED?

- If an instructor becomes ill or has an emergency.

- On-site classes are not scheduled when Boise Public Schools are closed.
- Inclement weather; listen to local radio or television for information on school closures, or visit www.boiseschools.org.
- Classes that do not meet minimum enrollment requirements may be cancelled.
- Staff will attempt to contact students via e-mail and/or telephone if a class is cancelled. Please provide both e-mail and telephone contact data when registering.

HOW DO I GET A REFUND?

- A refund of class tuition and material fees will be given if our office cancels the class.
- If a student requests to drop a class **seven days** before the start of class or has a documented medical reason, a refund of only the class tuition will be issued. Material fees will not be refunded. **A \$5 transaction fee will be charged for all refunds.**
- Students may call the Community Education office for assistance in processing a request for a refund. No refunds once a class has already begun.
- Escrow credit for tuition only is also available for future classes in lieu of a refund.

WHAT DOES IT MEAN TO BE ON A WAITING LIST?

- If you are on a waiting list for a Community Education class, that means the class is already full, and you are NOT enrolled in the class. If space becomes available in the class, Community Ed staff will contact you (either by phone or email) and offer you a seat in the class. At that point, you will be able to pay for the class. Only then will you be enrolled and able to attend the class.

MAY I TEACH A COMMUNITY EDUCATION CLASS?

- We are always seeking new instructors to join our wonderful team of volunteers!
- Instructors choose the date, number of classes and location.
- Volunteer Instructors receive credit to attend a one-night Community Education class.
- To volunteer, go to boiselearns.org and click on "Teach with us!" and download the Instructor Application and Class Proposal.
- Instructor forms can be mailed to Boise School District Community Education, 8169 W. Victory Rd., Boise, ID 83709 or e-mailed tocommunityed@boiseschools.org.

ARE GIFT CERTIFICATES AVAILABLE?

- YES!
- Please call the Community Education office (208-854-4047) for assistance.
- What a great gift!

CLASS REGISTRATION FORM

Complete one registration form per student. Use an additional class registration form, if necessary.

Student Name (print) _____ Parent/Guardian Name (print) _____ Date _____
(if student is 17 years of age and under)
Address _____ E-mail _____
Street City State Zip
Work Phone _____ Home Phone _____ Cell Phone _____

NOTICE OF RISK: Participation in a Boise School District Community Education class may be dangerous and cause injury. The Boise School District is not responsible for any injury to a participant/student, nor responsible for any medical, dental, chiropractic or hospital bill related to participation in a Community Education activity. Community Education classes are authorized to take place on Boise School District property. When appropriate, the class instructor may obtain written authorization to conduct class at another location.

CLASS CONTENT DISCLAIMER: The Boise School District Community Education volunteer instructor/presenter is not affiliated with, nor endorsed by, the Boise School District and the District is not responsible for the accuracy, validity, benefit nor detriment that may result from an instructor's information or presentation.

NOTICE OF RELIGIOUS/SECTARIAN PROGRAM: Attendance and participation in Boise School District Community Education classes are voluntary. Community Education classes may provide information about and discuss sectarian or religious tenants or doctrines. Community Education classes are not part of the District's required curriculum. The District's religious expression policy respects the right of each individual to follow his/her own beliefs, so long as the beliefs do not infringe upon the rights of others.

PHOTOGRAPHS/VIDEOTAPES: Each participant/instructor consents to the use of photographs or video taken of them for future program promotional or marketing materials.

Class Number _____ Start Date of Class _____ Class Title _____

Location of Class _____ Time of Class _____ Total Class Fee \$ _____

Class Number _____ Start Date of Class _____ Class Title _____

Location of Class _____ Time of Class _____ Total Class Fee \$ _____

Class Number _____ Start Date of Class _____ Class Title _____

Location of Class _____ Time of Class _____ Total Class Fee \$ _____

Subtotal \$ _____

(Optional) Tax deductible donation to the Community Education Scholarship Fund \$ _____

Grand Total (pay this amount) \$ _____

PREFERRED payment method: Visa MasterCard Discover Debit Card

□□□□/□□□□/□□□□ □□/□□ □□□
Card Number Expiration Date Security Code
(last three digits on back)

Cardholder's Signature _____

Check/Money Order (Payable to **Boise School District Community Education**)

Students 17 and under are only permitted to take classes with age limits as identified in the class description.

Complete and mail to Boise School District Community Education, 8169 West Victory Road, Boise, ID 83709 (Keep a copy for your file)

SIGN UP NOW!

VIEW CLASSES AND REGISTER
IMMEDIATELY ONLINE AT
WWW.BOISELEARNS.ORG

FOR MORE INFORMATION,
CONTACT THE COMMUNITY
EDUCATION OFFICE AT
(208) 854-4047 OR VIA E-MAIL AT
COMMUNITYED@BOISESCHOOLS.ORG



BOISE SCHOOL DISTRICT LOCATIONS:



TIMBERLINE HIGH SCHOOL
701 E. Boise Ave., Boise, ID 83706
(Park in the lot accessed off Linden St. & use
the clock tower entrance on Boise Ave.)



RIVERGLEN JUNIOR HIGH SCHOOL
6801 N. Gary Ln., Boise, ID 83714
(Located between Hill Rd. and Hwy. 44)



WEST JUNIOR HIGH SCHOOL
8371 W. Salt Creek Ct., Boise, ID 83709
(Turn south on S. Trabuco Ave., off Victory Rd.
between Cole Rd. & Maple Grove Rd.)

Classes also offered at various off-site locations and online. See course descriptions and details at boiselearns.org.