SPRING 2021
Session Dates: April 19 - May 13

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG

Choose the Right Stand Up Paddleboard pg. 6
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REGISTER ONLINE! WWW.BOISELEARNLS.ORG
SUPERINTENDENT’S MESSAGE

Everything’s Possible for Students of All Ages with Community Ed!

For more than 140 years, Boise School District has played an integral role in the health and vibrancy of our communities. This year, creating a sense of community has never been more important. While the pandemic currently prevents us from offering Community Education courses in our schools, we are excited to offer you hundreds of online and off-site courses this Spring.

Our Community Education program is a natural extension of our commitment to creating a culture that is inclusive and community-centric. We understand and respect the value of lifelong learning. Through our Community Ed program, participants of all ages develop skills, pursue new interests and become more involved with family, friends, neighbors and community. As a Community Ed student, you’ll be able to enjoy affordable, educational and life enhancing opportunities.

Our volunteer instructors teach a variety of courses including educational, music, computer basics, wellness, crafts, and much, much more. You’ll find all the information you need about our classes, procedures and registration details right here in our Spring 2021 Community Education Catalog, as well as on our Community Education website — www.boiselearns.org.

I encourage you to continue your lifelong education and join us in building a better community.

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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. Participants and their invitees assume all risk of participation. The Boise School District is not responsible for any injury or damage suffered by a participant/student, any person associated with the participant/student, or 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 from all claims for liability, injury, or damage, indemnify the District from any third party claims, and to hold the District harmless from such. 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 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.

For classes which require a supply list, please look online or contact our office.
ACTIVE AGING

ENSENCE FITNESS
Enhance Fitness is an evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

SILVER SNEAKERS CLASSIC
Have fun and move to the 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

BEADED MERMAID BRACELET
Learn to make this elegant, yet simple bracelet using ginkgo beads. Take home your creation! All materials included. Beginners welcome!

BRAZILIAN EMBROIDERY AND BEYOND
This class will teach students an embroidery form that creates a 3D or raised embroidery result. This form of embroidery works exclusively rayon threads. You will learn tips and tricks to work with this type of thread. Class will include a kit and all materials needed to create a complete wall piece. Instructor will also display additional ideas students can explore beyond the basics.

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. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

JUST ROLLIN’ ALONG BEADED BRACELET
Learn to bead this simple, symmetrical bracelet using two-hole lentil beads and fire polished beads. You must be able to thread a beading needle. All materials supplied. Make Mom a special Mother’s Day gift! You will take home a finished bracelet.

3-D NEEDLE FELTING – FELTED CATS & DOGS
This class will cover the basic steps to create needle-felted shapes with wool to create a 3-D completed sculpture of a dog or cat. You may even sculpt your pet! Class will include a kit and all materials needed to create your pet.

MAKE YOUR OWN ENAMEL RING DISH!
In this class you will be shaping, hammering, stamping, and enameling your very own one-of-a-kind dish. These small dishes are perfect for rings, mints, or even spare change. Choose from multiple shapes and colors! No experience needed, all tools and materials will be provided. The perfect gift... for a friend or yourself!

3-D ARTS

WHAT IS ART JOURNALING?
Have you heard the term Art Journaling? It seems interesting, but you really don’t have a grasp of what it is, what it’s for, or why you may need it in your life. Art Journaling is a very personal expression of yourself, through art. It can be a multi-media extravaganza of paint, collage, stencils, stamps, glue, paper, cardboard, fabric, needlework and/or sewing. Instructor will show you how to get started and not spend too much money in the process. You will get an extensive list of artists who, via YouTube, have helped them get started, tips on products she likes, and discuss the journey into the world of mixed media and Art Journaling.

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. In class, you will learn tool basics, layout and proper technique.

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!

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

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

Deb Barger is one of the few Boise natives still hanging around these parts. She graduated from Boise State with a degree in marketing mid-management. She has been doing art projects ever since she can remember. She built furniture for her Barbie doll with scrap pieces of lumber discarded from a construction project next door. She learned from her grandmother how to sew her own clothes in junior high, and has had a love of sewing and quilting since then.

In 1978, Deb had an opportunity to buy a small macramé shop on Vista Avenue called “The Knot Hole.” She eventually moved to a larger location on Vista rebranded to “Deb’s Fiberworks” and sold knitting yarns, wool, weaving yarns, weaving looms, and spinning wheels. In 1991, she built a Navajo loom and took lessons from a Navajo woman to learn to weave in the authentic Navajo way. About 11 years ago, she took up beading, and that set her on a new path with beautiful beads, buttons and beadwork! She recently built a home studio and purchased two kilns to explore her next adventure — fused glass and enameling. The journey continues!

In 2014, Deb opened Art Zone 208, which is a cooperative gallery of local artists that offers a wide variety of art mediums. Several of the member artists donate their time to teach classes in their mediums such as soldering, etching, painting, fiber arts, needle felting, Brazilian embroidery, and beading.

Deb has been volunteering with Community Education since the mid-1980s, teaching everything from macramé, off-loom weaving, weaving, knitting, and now beading. She gets such joy passing along knowledge to people who want to learn something new. She feels Community Education is a great asset to our community. Thank you Deb. We could not agree more!

This SPRING session, Deb and the volunteer instructors at Art Zone 208 will be offering a great variety of classes ranging from painting to beading to felting. Enroll early! These classes always fill up fast!

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**WOODCRAFT: ROUGH TO READY**

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.

21S-ART-017

Tuition: $20.00  Materials: $ 15.00  Total: $35.00

**WRITE SHORT: SUCCESSFUL AUTHOR EXERCISES**

Do you want to jump your writing to a higher level? To easily and quickly produce more, be a better writer and editor, and sell more, more easily? Then this class is for you. You’ll leave with tools to use in all your writing. Any author can succeed with writing short, let Conda show you how!

21S-ART-003

Tuition: $10.00  Materials: $ 0.00  Total: $10.00

**BUSINESS AND PROFESSIONAL DEVELOPMENT**

**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 want a cool new Zoom virtual background, this class will cover that and more. Canva is a free online resource that you can use to create graphics, logos, flyers, presentations, social media posts and more. We will explore how to use Canva for free to set up your online game. Taught by social media consultant and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center).

21S-BUS-002

Tuition: $15.00  Materials: $ 0.00  Total: $15.00

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**INSTAGRAM FOR BEGINNERS**

In this class, social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center), will cover proven strategies for using and growing your business on Instagram. This class is targeted to small business owners new to using Instagram. Attendees are encouraged to have their Instagram account installed for a more hands on experience, or they can relax and listen.

21S-BUS-001

Tuition: $15.00  Materials: $ 0.00  Total: $15.00

**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.

21S-COM-002

Tuition: $65.00  Materials: $ 0.00  Total: $65.00

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**FALL IN LOVE WITH ORGANICS**

Organic foods are becoming more and more popular, and rightly so! There are many reasons to love organics—pesticide-free, non-GMO, nutrient-dense, good for the planet and... good for you! Join us for this inspiring class and Fall in Love with Organics! Complementary samples available for pick-up.

21S-CUL-005

Tuition: $10.00  Materials: $ 0.00  Total: $10.00

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**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.

21S-HEA-001

Tuition: $20.00  Materials: $ 16.00  Total: $36.00

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**INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS**

Relational databases are in use EVERYWHERE. As a knowledge worker, is it time for you to improve your skill set? Huge databases like at Banks, the IRS, and Amazon are relational databases. The same technology is implemented on PCs via Microsoft MS Access. MS Access has many features for managing data that other programs like Excel don’t have. This course helps you with the learning curve associated with relational database concepts implemented in ALL databases including Oracle, MS SQL Server, Informix, mySQL, SQLite.

21S-COM-001

Tuition: $65.00  Materials: $ 0.00  Total: $65.00

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**HOW TO SET A FORMAL TABLE**

Have you ever wondered why there are so many different kinds of utensils, linens and glasses? This class will answer that question and demonstrate the fun of dressing your table for every meal and/or occasion!

21S-CUL-004

Tuition: $15.00  Materials: $ 0.00  Total: $15.00

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**MEXICAN FIESTA COOKING CLASS**

Join us for a wonderful hands-on cooking experience with the author of the cookbook Healthy Flavors of Mexico, Jennery Aranda. Learn how to make your own Mexican appetizers like traditional guacamole, salsas, and tacos. All recipes are delicious, easy to follow, and quick to prepare so you can have your own Mexican fiesta. Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. All participants will be entering a giveaway for the book Healthy Flavors of Mexico. Ingredients available for pick-up.

21S-CUL-006

Tuition: $10.00  Materials: $ 25.00  Total: $35.00

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Classes fill quickly – register today!
OLIVE OILS: ALL YOU NEED TO KNOW
Learn about fresh olive oil and what to look for when shopping for olive oil. This class will feature a blind tasting which involves our premium olive oils compared to other brands. Some appetizers will be provided and you will take home one of Olivin’s 6.7 oz bottles.

21S-CUL-003
W, 5/12 6:30 - 8 PM  Sessions: 1  
Olivia 
Mary Ann Mondel 
Age: 18+ 
Tuition: $10.00  Materials: $25.00  Total: $35.00

PASSING AWAY IN THE JOINT
During the 101 years of operation, the Old Idaho Penitentiary was the place where 128 inmates spent their last days on earth. 93 of those deaths were from “natural causes,” from heart attacks to strokes and disease. (Spanish flu hit the Old Pen hard.) But 35 of those deaths were not so “natural” – 10 executions, 18 suicides and 7 at the hands of other inmates or guards. We’ll take a closer look at some of the unnatural deaths caused by the hands of others, and tell their unique stories.

21S-HIS-004
W, 5/5  6:30 - 8:30 PM  Sessions: 1  
ZOOM  
David Habben  
Age: 18+  
Tuition: $20.00  Materials: $0.00  Total: $20.00

PAELLA 101
Learn how to make the National dish of Spain! Pick up the ingredients to prepare a chicken, chorizo and seafood paella for two and then cook along with us OR just watch and learn so you can make it another time. We will also talk in general about Basque culture and wine so if you want to taste along, add the wine tasting option below! Add a small paella pan for $20. Add Basque Wine Tasting for $15/person.

21S-CUL-001
W, 4/28  6-8 PM  Sessions: 1  
ZOOM  
Tara McElhose-Eiguren 
Tony Eiguren  
Age: 18+  
Tuition: $20.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY
The cemeteries of the Treasure Valley have thousands of residents. Each has its own story. Some famous, infamous, and some just plain interesting. The class is a virtual walking tour of the cemeteries of Boise, the Treasure Valley, and even beyond in Idaho. But we don’t have to worry about the weather or walking for miles! Some examples of the people discussed: a former governor of Idaho and the man who blew him up; the last professional lady bronc rider; the last man legally hanged in Idaho; the man who had the first house in the country heated with geothermal hot steam; the first Jewish governor in the U.S.; Idaho’s James Bond; and Idaho’s “Wyatt Earp.” Learn local color!

21S-HIS-002
W, 5/12  6:30 - 8:30 PM  Sessions: 1  
ZOOM  
David Habben  
Age: 18+  
Tuition: $20.00  Materials: $0.00  Total: $20.00

DANCE
BELLY DANCE FOR BEGINNERS
Students will learn the basics of proper belly dance technique for foot patterns, hips, chest, shoulders and arms as well as how to be kind to ourselves. This is a perfect opportunity for absolute beginners in belly dance!

21S-DAN-003
Th, 4/22-5/13  7 - 8 PM  Sessions: 4  
ZOOM  
Chad Rinn, Cecilia Rinn  
Age: 18+  
Tuition: $40.00  Materials: $0.00  Total: $40.00

INTRO TO LINE DANCING
Learn the basic dance steps and get fit at the same time! Line Dancing is all-American dancing fun! Class is perfect for beginners – no partner or experience necessary. Wear comfortable clothes.

21S-DAN-002
W, 4/28 & 5/5  11AM - 12 N  Sessions: 2  
Broadway Dance Center  
893 E Boise Ave, Boise  
Sue Hebison  
Age: 18+  
Tuition: $20.00  Materials: $0.00  Total: $20.00

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

21S-DAN-001
M, 4/19-5/10  5:30 - 6:30 PM  Sessions: 4  
Killarney Irish Dance Studio  
2138 N Cole Rd, Boise  
Carly Allen  
Age: 6-18  
Tuition: $28.00  Materials: $0.00  Total: $28.00

FITNESS
BARRE
A fusion of yoga, Pilates, and ballet. This total body workout uses the ballet bar to perform small isometric movements. An intense workout designed to create a leaner, longer, stronger you. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21S-FIT-005
W, 4/21-5/12  9:30 - 10:30 AM  Sessions: 4  
Downtown Boise YMCA  
1050 W State St, Boise  
Lynaya Herberholz  
Age: 18+  
Tuition: $28.00  Materials: $0.00  Total: $28.00

CARDIO SCULPT
Build strength and endurance all in one workout. A continuous flow of resistance training and low-impact cardio moves set to motivating music will keep your heart rate up as you sculpt and tone your entire body. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21S-FIT-007
W, 4/21-5/12  6:30 - 7:30 PM  Sessions: 4  
West Family YMCA  
5959 N Discovery Way, Boise  
Joseph Pratt  
Age: 18+  
Tuition: $28.00  Materials: $0.00  Total: $28.00

GET PUMPED IN THE POOL!
Get strong and have fun in the pool! This class happens in the shallow end of our 50-meter pool. Enjoy full body strength conditioning in the pool. Using pool equipment and the resistance of the water, you will work all muscle groups through strength and cardio segments. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21S-FIT-014
T/Th, 4/20-5/13  9 - 10 AM  Sessions: 8  
West Family YMCA  
5959 N Discovery Way, Boise  
Candice Waite, Hailey Harris  
Age: 18+  
Tuition: $56.00  Materials: $0.00  Total: $56.00

INDOOR CYCLING
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. 50 or 60 minutes. NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21S-FIT-010
M, 4/19-5/10  5:30 - 6:30 PM  Sessions: 4  
West Family YMCA  
5959 N Discovery Way, Boise  
Salem Jones  
Age: 18+  
Tuition: $28.00  Materials: $0.00  Total: $28.00

BEGINNER TAI CHI
Join instructor Robert Luo, from Hunan province in China, in learning the traditional 8 forms of Yang style Tai Chi. Studying Tai Chi will help to improve your balance, flexibility, muscle strength and agility. Practicing Tai Chi relieves stress and tension also. This class is full of fun and provides health benefits to students of all skill levels. No experience necessary.

21S-FIT-001
T/Th, 4/20-5/13  6:30 - 7:30 PM  Sessions: 8  
Timberline High School outside on lawn area  
Robert Luo  
Age: youth ok w/adult  
Tuition: $32.00  Materials: $0.00  Total: $32.00

BOOT CAMP
Get ready to kick your workout up a notch with this weights/cardio bootcamp workout! Boot Camp is designed to burn body fat and break through fitness plateaus, which will increase your overall aerobic capacity. Anyone can participate in this strength training class that adds bursts of cardio throughout the workout to boost fat burning. All classes will be remote via a private Facebook Page.

21S-FIT-006
W, 4/21-5/12  6 - 6:45 PM  Sessions: 4  
Facebook Live  
Alicia Wright  
Age: 18+  
Tuition: $28.00  Materials: $0.00  Total: $28.00

COMMUNITY EDUCATION - (208) 854.4047 or e-mail communityed@boiseschools.org
WWW.BOISELEARNs.ORG
KAYAKING! CHOOSE THE RIGHT KAYAK AND PADDLE
Want to learn about kayaking? Where to start? What is the best: sit-in or sit-on kayaks? What kayak is best for what you want to do? How do you load a kayak on a car, SUV or truck? (with and without help) This is the perfect class to answer all of these questions and more! The perfect intro to flatwater kayaking.

21S-GAR-001
T, 4/20 6 - 7:30 PM Sessions: 1
Quinn's Pond Jimmy Smith Age: 18+
Tuition: $15.00 Materials: $ 0.00 Total: $15.00

SUP! CHOOSE THE RIGHT STAND UP PADDLEBOARD
Want to learn about stand up paddleboarding? What is the best: inflatable or hardshell board? So many inflatables; how do I choose? What paddleboard is best for what you want to do? What is the difference between paddleboards? What is the safest way to load a paddleboard on a car, SUV or truck? This is the class to answer all of these questions and more! The perfect intro to paddleboarding.

21S-GAR-002
T, 4/27 6 - 7:30 PM Sessions: 1
Quinn's Pond Jimmy Smith Age: 18+
Tuition: $15.00 Materials: $ 0.00 Total: $15.00

HIP PAIN RESOLUTION
Join Sebastian Saur PT, DPT, CSCS of Physical Therapy 180 for an educational course that you can put to use today. Participants will learn basic anatomy and function of the human hip joint, common issues of pain, and general strategies to approach hip pain, increase range of motion at the pelvic and hip areas, and build strength at the muscles surrounding the pelvic and hip area. This class is intended for educational purposes only and does not constitute a thorough and in-person evaluation by a medical doctor or physical therapist.

21S-HEA-012
T, 4/27 6:30 - 7:30 PM Sessions: 1
ZOOM Sebastian Saur, DPT Age: 40+
Tuition: $10.00 Materials: $ 0.00 Total: $10.00

CARPAL TUNNEL RELEASE – NO STITCHES!
Traditional carpal tunnel release (CTR) requires an open incision 2 inches in length. We now offer a new technology to do the CTR with ultrasound guidance, requiring an incision less than 5 mm. No IV. No anesthesia. No stitches! Quicker recovery. Learn about it! Visit SonexHealth.com. Masks will be provided if students do not have one.

21S-HEA-005
T, 4/27 5 - 6 PM Sessions: 1
ZOOM William Binegar, MD Age: 18+
Tuition: $10.00 Materials: $ 0.00 Total: $10.00

SACROILIAC FUSION
Learn a new technique to stabilize the sacroiliac joint without utilizing bolts and screws. Learn when this new procedure can be considered for people with sacroiliac etiology for their low back pain. This procedure is commonly done when people have failed medications, physical therapy/chiropractor and other interventions for their low back pain. People have commonly had relief, but short-term relief with sacroiliac steroid injections. This is a minimally invasive procedure done in our AAHC/Medicare certified ASC (Ambulatory Surgery Center). You go home the same day.

21S-HEA-007
T, 5/11 5 - 6 PM Sessions: 1
ZOOM William Binegar, MD Age: 18+
Tuition: $10.00 Materials: $ 0.00 Total: $10.00

WAKING UP YOUR BODY BOOTCAMP
Wake up with new exercises and new moves every single day. This class will challenge your muscles, heart and lungs by combining cardiovascular exercise, muscle strengthening, balance and flexibility. You’ll leave feeling energized, refreshed and stronger after each workout. A workout designed for every BODY! NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21S-FIT-008
W/M/W/F, 4/19-5/14 5:15 - 6:15 AM Sessions: 12
West Family YMCA 5959 N Discovery Way, Boise
Tuition: $60.00 Materials: $ 0.00 Total: $60.00

WUG TANG SWORD
Join instructor Robert Luo, from Hunan province in China, in learning the traditional Wug Tang sword. Wug Tang sword includes some defensive and attacking sword techniques, practicing with the rhythm of fast and slow motions. It looks smooth and beautiful. Some Tai Chi or martial arts experience needed, limited swords available.

21S-FIT-003
W, 4/21-5/12 6:30 - 8:30 PM Sessions: 4
Timberline High School outside on lawn area
Robert Luo Age: youth ok w/adult
Tuition: $36.00 Materials: $ 0.00 Total: $36.00

GARDEN & THE GREAT OUTDOORS
GARDENING FOR BEGINNERS
Learn the few things you can prep now to help you have a fabulous veggie garden this summer. What should you plant? What grows well in our area? Make a plan for early tomatoes. Get excited for the growing season with this fun, informative and energetic online workshop!

21S-GAR-003
Th, 4/22 6:30 - 8:30 PM Sessions: 1
Google Meet Gretchen Anderson Age: 10+ w/adult
Tuition: $20.00 Materials: $ 0.00 Total: $20.00

STRAIN & STRESS & MISTS (MINIMALLY INVASIVE SPINE TREATMENTS)
Come and learn about spinal stenosis and the new minimally invasive options for treatment. Spinal stenosis is due to a variety of factors and is defined in different locations of your spine. People often describe tingling, numbness, weakness in their legs and back. Often the symptoms are worse with walking, standing and are relieved with sitting. Come learn about the 3 NEW minimally invasive treatment options for spinal stenosis: Vertiflex, Minuteman, and the MILD procedure. All these and more can be done in our AAHC/Medicare certified ASC (Ambulatory Surgery Center), YES, this means you will go home the same day!

21S-HEA-006
T, 5/4 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binegar, MD Age: 18+
Tuition: $10.00 Materials: $ 0.00 Total: $10.00

STEM CELLS: BONE MARROW VS. UMBILICAL CORD
Learn the advantages of utilizing your own bone marrow over that of umbilical cord stem cells. Stem cells are used to treat or prevent diseases or conditions such as osteoarthritis and joint pain; degenerative discs and back pain; complete tendon or ligament tears.

21S-HEA-004
T, 4/20 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binegar, MD Age: 18+
Tuition: $10.00 Materials: $ 0.00 Total: $10.00

THE HEART OF THE MATTER: LEARNING MORE ABOUT YOUR HEART AND BLOOD VESSELS
A 3-session class: the initial session will feature the anatomy and physiology of the cardio-vascular system, the how and why it works. The second session will discuss common symptoms and ailments of the heart and blood vessels. The third session will focus on heart wellness.

21S-HEA-013
T, 4/27-5/11 6:30 - 8 PM Sessions: 3
ZOOM Anita Ralstin Age: 18+
Tuition: $30.00 Materials: $ 0.00 Total: $30.00

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.

21S-HEA-010
Th, 5/6 6:30 - 8:30 PM Sessions: 1
ZOOM Glenda Bell Age: 18+
Tuition: $20.00 Materials: $ 0.00 Total: $20.00

Virtual classes are offered through a variety of platforms. Be sure you follow specific instructions for each class.
SPRING CLEANING FOR YOUR BODY
Feeling tired, sluggish or just plain toxic? The fact is, we live in a toxic world. The good news is, you can do something about it! Learn about toxins we are exposed to in everyday life and how to reduce your exposure. Learn how the liver works, the nutrients and herbs that support detoxification and help protect your liver. Get that spring back in your step!
21S-HOL-005
M, 4/19
6 - 7 PM
Sessions: 1
Tuition: $10.00
Materials: $0.00
Total: $10.00

COUNTERPOINT CONFUSION SOLVED
Whether you are remodeling, restoring or building a new home, surface selection for kitchens and bathrooms can be confusing. Learn the trends, options and differences between quartz, granite, quartzite, marble, and tile. Demystify the fabrication process and what is involved in installation and options for countertops, bathrooms, and strategies to cut costs on your projects. 2-for-1 registration!
21S-HOL-005
T, 5/4
6 - 7:30 PM
Sessions: 1
Tuition: $15.00
Materials: $0.00
Total: $15.00

HOUSING:

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. Keep your profit! Don’t give it to the IRS. You will also learn some basics about analyzing investment properties, including gross rent multipliers and capitalization rates.
21S-HOU-007
W, 4/21
7 - 8 PM
Sessions: 1
Tuition: $10.00
Materials: $0.00
Total: $10.00

BUY AND MANAGE RENTALS
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!
21S-HOU-009
T/W, 4/27 & 4/28
7 - 8:30 PM
Sessions: 2
Tuition: $30.00
Materials: $0.00
Total: $30.00

BUYING YOUR HOME: FIRST TIME OR NOT FOR A LONG TIME
Now is the perfect time to buy! Buying is way cheaper than renting with today’s record low interest rates, plus save on your Federal tax return by getting interest write offs! Learn how to get a good buy, how to avoid costly mistakes and repairs, how to be well represented (at no cost to you), and how to receive instant equity. Class is geared toward first time buyers.
21S-HOU-008
Th, 4/22
7 - 8 PM
Sessions: 1
Tuition: $10.00
Materials: $0.00
Total: $10.00

PREPARING YOUR HOME FOR SALE
Learn how to maximize your profit while limiting your liability when selling your property. Make it a win-win transaction for you and the buyers. Learn how to minimize your marketing time. Some remodeling and updating brings a 150% return while other remodeling only returns 30% of costs. Avoid problems legally and financially.
21S-HOU-006
T, 4/20
7 - 8 PM
Sessions: 1
Tuition: $10.00
Materials: $0.00
Total: $10.00

SELLING YOUR HOME
How to sell your home for the most money and in the fastest possible time with a real estate professional. Learn from a proven real estate professional the basics to prepare your home for sale.
21S-HOU-002
T, 4/27
6:30 - 8:30 PM
Sessions: 1
Tuition: $20.00
Materials: $0.00
Total: $20.00
LEISURE
BICYCLE SAFETY
Learn safe bicycle riding skills from the League of American Bicyclists. Taught by a League Coaching 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.
21S-MUS-001
M, 4/19 - 5/10 6:30 - 8:30 PM Sessions: 4
Google Meet
Tuition: $10.00 Materials: $0.00 Total: $10.00

MUSIC
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.
21S-MUS-001
M, 4/19-5/10 6 - 7 PM Sessions: 4
Google Meet
Tuition: $40.00 Materials: $0.00 Total: $40.00

PERSONAL ENRICHMENT
FIRST CREATE HAPPINESS…THE REST WILL FOLLOW
In this class you will learn how to transform your life from the mundane to the magical using the law of attraction and the science of happiness. Discover how science supports the fact that we create our own reality and learn how to modify your vibration in three simple steps that will help you 1) decrease negativity, 2) increase positivity and 3) share the good. When we view life more optimistically, we see greater possibilities, bounce back from setbacks faster, connect more readily with others and attract the life of our dreams.
21S-PEN-005
M, 4/19 6:30 - 7:30 PM Sessions: 1
21S-PEN-006
M, 5/10 6:30 - 7:30 PM Sessions: 1
Huntington Learning Center East Boise
3165 S Bown Way, Boise
David Ries
Tuition: $10.00 Materials: $0.00 Total: $10.00

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!
21S-PEN-005
M, 4/19 6:30 - 7:30 PM Sessions: 1
21S-PEN-006
M, 5/10 6:30 - 7:30 PM Sessions: 1
Huntington Learning Center East Boise
3165 S Bown Way, Boise
Jennifer Hovey
Tuition: $0.00 Materials: $0.00 Total: $0.00

VOICE-OVERS... NOW IS YOUR TIME!
In what could be the most enlightening ONLINE class you've ever taken, our instructor and professional voice coach will show you how you can actually 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.
21S-PEN-004
T, 5/11 6 - 8 PM Sessions: 1
ZOOM
Tuition: $20.00 Materials: $0.00 Total: $20.00

PERSONAL FINANCE
A, B, C, & Ds OF MEDICARE
Clarify the benefits and regulations to maximize your participation in this program. Class discussion includes enrollment guidelines, premiums, and supplements.
21S-PFI-005
M, 4/19 6:30 - 8 PM Sessions: 1
21S-PFI-006
M, 5/3 6:30 - 8 PM Sessions: 1
GoToMeeting
Tuition: $15.00 Materials: $0.00 Total: $15.00

LIVING WITH CHRONIC ILLNESS: GO FROM STRESSED TO SUCCESS
This class is for people living with, or caring for a child or loved one with a chronic illness. You will learn how to reduce stress, prevent burnout and build resilience. Instructor will share helpful and practical strategies for living with a chronic illness, time management strategies and how to get it “ALL” done without being overwhelmed.
21S-PFI-002
T, 4/27 7:30 - 8:30 PM Sessions: 1
21S-PFI-007
T, 5/11 7:30 - 8:30 PM Sessions: 1
Google Meet
Tuition: $10.00 Materials: $0.00 Total: $10.00

COLLEGE ATHLETICS — GET THERE! 2 FOR 1!!
This class will help parents and students, grades 7-12, understand the path to college athletics. We will go over a plan of action, the timeline for recruitment, what a student athletic portfolio should look like as well as how ATHLETIC scholarships work, what should go into a website and how to make an unofficial and official visit. 2-for-1 registration!
21S-PFI-003
M, 4/19 6:30 - 8 PM Sessions: 1
Google Meet
Tuition: $15.00 Materials: $0.00 Total: $15.00

COLLEGE PLANNING — WHAT TO DO NOW TO PAY LESS LATER
For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. Parents — learn what you and your student can do during high school to pay less for college, including: 3 sources of financial aid, how they work, maximizing financial aid eligibility, finding scholarships and much more! Bring your notepad and your questions, and figure out how to pay for college! 2-for-1 registration!
21S-PFI-025
T, 4/20 6:30 - 7:30 PM Sessions: 1
21S-PFI-026
Th, 4/29 6:30 - 7:30 PM Sessions: 1
21S-PFI-027
T, 5/11 6:30 - 7:30 PM Sessions: 1
Huntington Learning Center East Boise
3165 S Bown Way, Boise
David Ries
Tuition: $10.00 Materials: $0.00 Total: $10.00

COLLEGE SCHOLARSHIPS & FINANCIAL AID
Go to college without years of debt! This is for parents of 10th, 11th, and 12th graders. Learn about how to prepare for college scholarships and financial aid for the 2020-2021 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!
21S-PFI-004
W, 4/28 6:30 - 7:30 PM Sessions: 1
Google Meet
Tuition: $15.00 Materials: $0.00 Total: $15.00

FINANCIAL EDUCATION
In this class, you will learn the basics of budgeting. Understand how to track income and expenses, create a personalized budget, and start reaching your financial goals.
21S-PFI-028
W, 4/21 - 5/12 6:30 - 7:30 PM Sessions: 4
ZOOM
Tuition: $40.00 Materials: $0.00 Total: $40.00

ESTATE PLANNING 101
Estate Planning is critical for all families! Join a local estate planning attorney to learn the top ten mistakes families often make and how to avoid them. Class will cover wills, living trusts, living wills, and powers of attorney. 2-for-1 registration!
21S-PFI-020
M, 4/19 6 - 8 PM Sessions: 1
Quali Hollow Golf Course
4720 36th St, Boise
Tuition: $20.00 Materials: $0.00 Total: $20.00

FUNDATIONS OF INVESTING
In this class, you will learn the rules for investing: develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.
21S-PFI-014
T, 4/20 6 - 7 PM Sessions: 1
21S-PFI-017
Th, 5/6 6 - 7 PM Sessions: 1
ZOOM
Tuition: $10.00 Materials: $0.00 Total: $10.00

HEALTH INSURANCE SPECIAL ENROLLMENT PERIODS
If you recently experienced a major life change, like getting married, having a baby, or retiring early, you could be eligible to enroll in health insurance coverage. This class will provide an in-depth explanation of the circumstances that allow you to apply for health insurance coverage outside of the annual open enrollment period. With a health insurance expert from Your Health Idaho, learn how to apply for coverage, shop for plans, compare options, and choose the right plan for you. You can even find out how to receive a tax credit to lower the cost of coverage. Join us to learn more!
21S-PFI-024
Th, 5/13 6:30 - 8 PM Sessions: 1
ZOOM
Tuition: $10.00 Materials: $0.00 Total: $10.00

Virtual platforms include: ZOOM • Google Meet • Microsoft Teams
Join.me
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</tr>
</tbody>
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**Tuition:** $10.00  
**Materials:** $0.00  
**Total:** $10.00

**MEDIQRE AND WORKING PAST AGE 65**
Let's have fun and go over basic Medicare A, B, C, & D Medicare supplement policies, working past age 65, setting up your medicare.gov profile and what that can be used for. This class is based on fun and to ease your worries about understanding Medicare. Taught by an independent licensed insurance agent with 15 years experience. This is an educational event.

**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!

**PETS**

**HOW TO HELP YOUR BARKING/LUNGING DOG**
Does your dog bark and lunge at people or other dogs? You're not alone. 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.

**MENTAL FUN AND GAMES FOR 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!

**RETIREMENT: MAKING YOUR MONEY LAST**
Learn from a financial advisor about considerations and trade-offs when developing a withdrawal strategy. Working longer, spending less and delaying Social Security. Students will leave with more ways to plan for expected and unexpected expenses with insurance.

**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.

**PAYING FOR LONG TERM CARE WITHOUT GOING BROKE**
70% of persons over the age of 65 will need long-term care costing anywhere from $1,000 - $12,000 per month. This class will help you understand your options regarding available resources to pay for long-term care and preserving your assets.

**YOGA & MEDITATION**

**SIMPLE MEDITATION**
Learn how to simply meditate. This is a practice that can be added to your daily life. Meditation can help decrease feelings of loneliness, anxiety, and even the blues. Through daily practice, one will find more peace, love, insight, and inspiration for their day. Students will learn some basic techniques for meditation and then follow with a 20-minute guided meditation.

**YOGA FOR A HEALTHY BACK WORKSHOP**
A four-week workshop on how to strengthen and nurture your back. Do you experience back discomfort with activities such as standing, walking, running, sitting, driving, or everyday movement? Do you feel that your back needs strengthening and flexibility? Join your Certified Yoga Teacher for this workshop that is designed to meet you where you are; no yoga experience is required. You will learn basic yoga postures to support a healthy back by strengthening, increasing flexibility, and releasing tension. At the end of this workshop, you will be able to establish a yoga practice at home that can lead to a healthy back. All you need is your body and a yoga mat.

**WAYS TO REGISTER!**
Go to www.boiselearns.org for a current class list.

**PHONE!**
Call 208.854.4047.
We accept Visa, MasterCard and Discover.

**BY MAIL!** (form on back cover)
8169 W. Victory Rd., Boise, ID 83709
NO IN-PERSON REGISTRATIONS FOR THIS SESSION
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 12 of this catalog.

**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
TEACH WITH US!

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

COMMUNITY EDUCATION
WWW.BOISELEARN.ORG

wants YOU!

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

COMMUNITY EDUCATION - (208) 854.4047 or e-mail communityed@boiseschools.org
WWW.BOISELEARN.ORG
WHEN DO CLASSES BEGIN?
The four-week Spring 2021 session will run April 19 through May 13. Please see individual class listings for specifics on date, time, supplies needed and location.

WHERE ARE CLASSES HELD?
Online Classes
Many classes will be taught via virtual platforms. Each class has specific instructions. See details on website www.boiselearns.org in each class listing. Call office 208-854-4047 if you have questions.

Community Business Partners (off-site):
ART ZONE 208
3113 N. Cole Rd.
Boise, ID 83702; (208) 322-9464

THE BASQUE MARKET (for pick-up)
608 W. Grove St.
Boise, ID 83702; (208) 433-1208

THE MIXING BOWL
2016 N. 9th St.
Boise, ID 83702; (208) 345-6025

NATURAL GROCERS (for pick-up)
1195 N. Milwaukee St.
Boise, ID 83704; (208) 378-7323

OLIVIN
218 N. 9th St.
Boise, ID 83702; (208) 344-0306

PAIN CARE BOISE
301 W. Myrtle St.
Boise, ID 83702; (208) 342-8200

QUAIL HOLLOW GOLF COURSE
4720 N. 36th St.
Boise, ID 83703; (208) 344-7807

QUINN’S POND
3150 W. Pleasanton Ave.
Boise, ID 83702; (208) 867-5660

ROCKBOTTOM GRAINTE
5013 N. Sawyer Ave.
Garden City, ID 83714; (208) 376-7328

ROOTS ZERO WASTE MARKET
3308 Chinden Blvd.
Garden City, ID 83714; (208) 514-2665

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

TOUCHMARK (VIRTUAL ONLY)
625 S. Arbor Ln.
Meridian, ID 83642; (208) 319-5261

WEST FAMILY YMCA
5959 N. Discovery Pl.
Boise, ID 83713; (208) 376-7328

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

WHAT ARE THE CLASS FEES?
• Tuition is $10 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; 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 register by mail or phone 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 $20 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?
• Yes. 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.” Thank you in advance!

MAKE A CLASS BE CANCELLED?
• If an instructor becomes ill or has an emergency.
• Instructor changes; 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.
• Escrow credit for tuition only is also available for future classes in lieu of a refund.

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 www.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 faxed to (208) 854-4014 or e-mailed to communityed@boiseschools.org.

ARE GIFT CERTIFICATES AVAILABLE?
• YES!
• Please call the Community Education office (208-854-4047) for assistance.
• What a great gift!
### 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. Participants and their invitees assume all risk of participation. The Boise School District is not 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 from all claims for liability, injury, or damage, indemnify the District from any third party claims, and to hold the District harmless from such. 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 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.

### OFFSITE LOCATION NOTES

Compliance with CDC guidelines and local health guidelines must be followed.

Each location will have specific guidelines — details on your receipt.

Some classes require supplies — instructions on each class.

### VIRTUAL CLASSES

Students must have an email address and access to the internet to take Virtual classes.

Virtual classes are offered through a variety of platforms. Be sure you follow specific instructions for each class.

Some platforms require download of app if using your cellphone.

If you are not familiar with virtual platforms, please see “how-to videos” listed on boiselearns.org or call the office for help! 208-854-4047.

Virtual Platforms include:

- ZOOM
- Google Meet
- Go To Meeting
- Microsoft Teams
- Join.me

If your class utilizes PowerPoint, please be sure you have access to the program before class begins.

Your instructor will email Meeting ID 24 hours before class. Watch for it! Be sure to check your spam/junk folders.