



# COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG



Landscape Your Own Yard pg. 8

## SPRING 2018

Session Dates: April 23-May 17

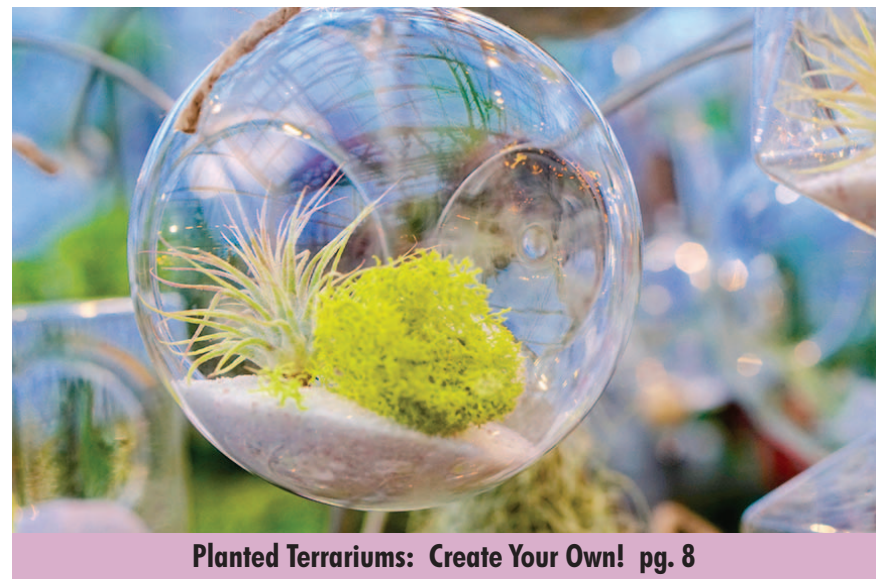
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Making Vietnamese Salads pg. 6



Exercise Ball Technique pg. 7



Planted Terrariums: Create Your Own! pg. 8

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## SUPERINTENDENT'S MESSAGE

### *Discover the Possibilities with Community Education!*

Aristotle asserted that "Man values most that which he has made." Every child and adult is not only a stakeholder but an architect of our community. It is what we make it and make of it.

The Boise School District is known for its commitment to student achievement and for its emphasis on the value of lifelong learning. Through our Community Education 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, close-to-home educational and life enhancing opportunities.

Our volunteer instructors teach a variety of courses ranging from computer basics, health, pets, culinary skills, to arts and crafts, and much, much more. You'll find all the information you need about our classes, program procedures and registration details right here in our Spring 2018 Community Education Catalog, as well as on our Community Education website — [www.boiselearns.org](http://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 Schools District Community Education program agree to abide by Boise School District Policies, as applicable. See [www.boiseschools.org](http://www.boiseschools.org) for a complete review of Boise School Board policies.

**NOTICE OF RISK:** 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, or that person's invitees, nor responsible for any medical, dental, chiropractic or hospital bill 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, 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.





## AQUA KICKBOXING

Aqua Kickboxing is a combination of dance and martial arts in the water. It is based on authentic kickboxing techniques which provide both resistance training and cardiovascular benefits to its participants. As an innovative class, aqua kickboxing combines the benefits of water resistance with the fun and energy of cardio kickboxing.

### 18S-FIT-023

M/W, 4/23-5/16	11 - 11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

## AQUA PILATES

This class is for people of all ages and all levels of fitness. Pilates performed in the water engages the upper and lower extremities through optimal ranges of motion while minimizing stress on the joints, resulting in a unique combination of exercise and physiotherapy, improved core strength, control, stability and flexibility, focus on fall prevention, muscular conditioning and balance. Not only will you get results...you will have fun!

### 18S-FIT-022

W/F, 4/25-5/18	9 - 9:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

## AQUA STRENGTH TRAINING

Aquatic resistance training into the water, this class focuses on muscle isolation while avoiding negative impact to the joints. We will be using some equipment as well as the natural resistance of the water. By bringing the "weight room" into the water, this class will be a fun way to execute water exercise!

### 18S-FIT-017

Th, 4/26-5/17	11 - 11:50 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Erika Jensen	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## AQUA ZUMBA®

Known as the Zumba "pool party," Aqua Zumba integrates the zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating!

### 18S-FIT-020

M, 4/23-5/14	9 - 9:50 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## AQUATIC ARTHRITIS FLOW

This class is designed for those individuals with arthritis, injuries, back problems, fibromyalgia, and post therapy. It is a low intensity workout focusing on full range of motion, flexibility, socialization, and relaxation. Everyone in the pool!

### 18S-FIT-015

M/W, 4/23-5/16	1 PM - 1:45 PM	Sessions: 8
Tuition: \$32.00		

### 18S-FIT-016

F, 4/27-5/18	10 - 10:45 AM	Sessions: 4
Tuition: \$20.00		
Materials: \$ 0.00		
Total: \$20.00		
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	

Learn how to improve postural alignment, increase stability, improve integration of sensory information, increase confidence, improve performance of daily activities, heighten awareness of risk factors, improve walking ability, and improve ability to recover from loss of balance. This class is slow to moderate pace.

### 18S-FIT-029

M/W, 4/23-5/16	9 - 9:45 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

## DANCE FITNESS FOR WOMEN OVER 50

This class is an hour-long session that incorporates dance, resistance work, stretching and balance exercises. It provides a total body workout respectful of a more mature fitness enthusiast. Students please bring a yoga mat and resistance band, and dedicated studio shoes.

### 18S-DAN-002

T/Th, 4/24-5/17	9:15 - 10:15 AM	Sessions: 8
Pat Harris Dance Studio 1225 N McKinney St, Boise		
Lee Leber	Age: 50+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

## "FUN"CTIONAL FITNESS BOOT CAMP

This class is a combination of agility, balance, cardio, flexibility, power and strength training. Body weight and a wide variety of exercise equipment will be used. Exercises performed will increase your range of motion that will help you with everyday activities.

### 18S-FIT-028

T/Th, 4/24-5/17	8 - 8:45 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Erika Jensen, Dustin Cordier	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

## HYDRO-FIT

Water exercise is all about moving more water and creating more resistance. HYDRO-FIT Cuffs enhance the natural buoyancy and resistance of water, providing a more efficient workout with greater benefits. We can use them on ankles, waist, upper arms or wrists, in both deep and shallow water. If you're looking for more challenge in your aquatic workout, this is it!

### 18S-FIT-024

T, 4/24-5/15	10 - 10:50 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Tracy Sampogna	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## MAT STRETCH AND STRENGTH

A blend of standing and floor exercises, paying attention to form. This class will integrate the concept of "mindfulness" while working the body through positions that lengthen the muscles, gaining flexibility and range of motion. Have fun learning new and old exercises to attain strength and a sense of well-being.

### 18S-FIT-025

T/Th, 4/24-5/17	11 - 11:45 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00



MATUA is our version of HOT HULA fitness® for older adults. MATUA incorporates easy-to-perform dance movements set to the traditional Polynesian drum beats fused with island and 60s music. The workout provides the benefits of dance to participants of all levels from non-active to very active older adults. Come transform exercise into a 60 minute get-away and celebration!

### 18S-FIT-053

F, 4/27-5/18	1:05 - 2:05 PM	Sessions: 4
West Family YMCA 5959 N. Discovery Pl, Boise		
Katherine Riggs	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## PARKINSON'S STRENGTH, BALANCE AND MOTION

A combination of seated and standing stretching and strengthening exercises using weights, balance pads, resistance bands and the agility ladder. 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.

### 18S-FIT-030

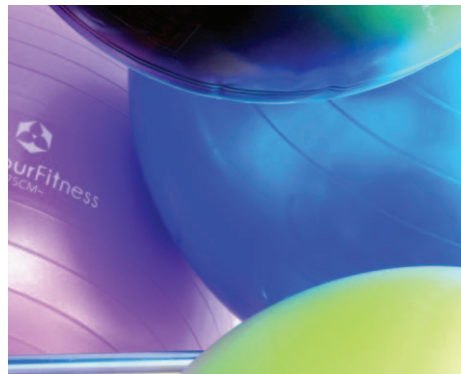
T/Th, 4/24-5/17	1 - 1:45 PM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

## PILATES & STABILITY BALL

The stability ball helps a person focus on balance, core engagement and breathing while standing, sitting or lying on the floor. This class will move through Pilates exercises concentrating on core stabilization, muscle balance, proper body alignment, strength and flexibility.

### 18S-FIT-026

Th, 4/26-5/17	10 - 10:45 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



## PRIVATE SWIMMING LESSONS

This class helps swimmers of all skills and abilities while getting a great workout! With one-on-one lessons, you can learn how to swim or build on what you already know without the big crowd! You can learn how to float, tread water, dive and practice different strokes. These sessions are suitable for all swimming levels. TIMES VARY AND ARE SUBJECT TO AVAILABILITY. STUDENTS MUST CALL OFFICE (854-4047) FOR DATE & TIME SLOT.

### 18S-FIT-056

F & S, 4/27-5/19	times will vary	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Erika Jensen	Age: 50+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00



## SATURDAY SPLASH

Saturday Splash is a fun way to burn calories and engage in physical fitness within a group setting. We will do a variety of different movements to utilize each muscle group to help build strength and encourage better range of motion. What a great way to start your Saturday!!

### 18S-FIT-019

S, 4/28-5/19	9 - 9:50 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Erika Jensen	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## SILVER WAVES

Come join the fun and work at your own level. Making "Waves" as you move through the water focusing on correct movement, muscle toning exercises, range of motion and endurance. Enjoy the buoyancy and freedom water exercise has to offer using noodles, weights and paddle boards.

### 18S-FIT-014

M, 4/23-5/14	9 - 9:45 AM	Sessions: 4
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## WAKE UP & TONE UP!

Learn a 7-minute stretching exercise before you get out of bed that will "wake up" your muscles, joints, glands and organs. Your body will thank you for getting it ready for a great day. Great class for seniors and runners!

### 18S-FIT-055

M, 4/23	6:30 - 8 PM	Sessions: 1
Timberline High	Lois Morgan	Age: 18+
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

## 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.

### 18S-FIT-032

M, 4/23-5/14	1:05 - 2:05 PM	Sessions: 4
West Family YMCA 5959 N Discovery Pl, Boise		
Katie Christensen	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## 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.

### 18S-FIT-052

F, 4/27-5/18	11:15 - 12:15 PM	Sessions: 4
West Family YMCA 5959 N Discovery Pl, Boise		
Casiano Larson	Age: 50+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



## 5 EASY WAYS TO KICKSTART CREATIVITY

If you love creating, this class is for you! Learn 5 fun tools to find inspiration that transform to creations. Leave with a fun project you've made that'll lead to much more. Come ready to play! No artistic experience or knowledge necessary!

### 18S-ART-005

T, 5/15	7 - 8 PM	Sessions: 1
Timberline High	Conda Douglas	Age: 18+
Tuition: \$10.00	Materials: \$ 9.50	Total: \$19.50

## CARVED GOURD BIRDHOUSE

With U-shaped Palm Gouges, students will carve patterns and create a beautiful and usable home for our feathered friends. Materials supplied. You will bring your finished project home on night two.

### 18S-ART-009

M/T, 4/30 & 5/1	6:30 - 8:30 PM	Sessions: 2
West Jr High	Alan D Sweeney	Age: 18+
	Duane Langworthy	
Tuition: \$40.00	Materials: \$ 4.50	Total: \$44.50

## CROCHET 101

Learn the basics of crochet and begin working on fun projects such as amigurumi animals, hats, or a granny square afghan. Bring a G or H size crochet hook and one skein of yarn.

### 18S-ART-006

T, 4/24-5/15	6:30 - 8:30 PM	Sessions: 4
Timberline High	Donna Adams	Age: All w/adult
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

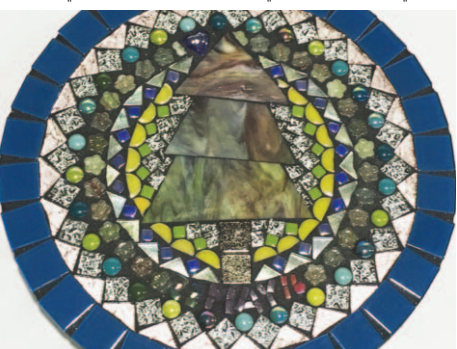


## DIY MOSAIC STEPPING STONES

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! Pre-cut tiles are supplied, and grouting is done at later time. A perfect gift!

### 18S-ART-024

T, 5/1	6 - 8:30 PM	Sessions: 1
Mosaic Essential	413 East 37th St - Door 3, Garden City	
Reham Aarti		Age: 18+
Tuition: \$20.00	Materials: \$ 55.00	Total: \$75.00



## DOUBLE KNITTING – BEGINNING

Double knitting - or reversible knitting - creates a two layer fabric with the same pattern on both sides, but in different colors. It's easy to double knit once you know the secret! We'll knit a reversible mug rug in this class. You must know how to knit, purl, cast on and cast off for this class. Knowing the rib stitch is a plus. Supplies needed.

### 18S-ART-004

W, 5/2	6:30 - 8:30 PM	Sessions: 1
West Jr High	Elaine Walker	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



## INTRO TO GLASS ENAMEL JEWELRY

Get an overview of the ancient and beautiful fine art of fusing glass to metal. Engrave, hammer, or stamp into metal, then enamel with beautiful opalescent transparent color. No drawing required! No previous jewelry or metal-smithing skills needed. Take home up to two copper enamel pendant or pin pieces you make in class.

### 18S-ART-020

W, 4/25	6 - 8 PM	Sessions: 1
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### 18S-ART-021

W, 5/2	6 - 8 PM	Sessions: 1
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### 18S-ART-022

W, 5/9	6 - 8 PM	Sessions: 1
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### 18S-ART-023

W, 5/16	6 - 8 PM	Sessions: 1
FireFusion Studio	1124 W Front St, Boise	
Jessica Noel		Age: 8+ w/adult
Tuition: \$15.00	Materials: \$ 40.00	Total: \$55.00

## KNITTING – BEGINNING

Learn the basics including how to cast on, cast off, knit and purl, and begin a project with the help and guidance of a knitting whiz. Instructor will cover basic supplies, books, useful websites and terminology. Supplies needed.

### 18S-ART-003

T, 4/24 & 5/1	6:30 - 8:30 PM	Sessions: 2
West Jr High	Elaine Walker	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

## LE PAINT WITH LISA BENSON: SUNSET SAILING

Join us for a fun evening creating your own piece of art! All materials are included and no experience is necessary. You will be provided acrylic paints and a 16" x 12" piece of weathered wood. Instruction by Boise Art Museum Art Instructor and local artist, Lisa Benson. This month's painting will be "Sunset Sailing." Your first glass of wine and appetizers will be included in the class cost.

### 18S-ART-025

Th, 4/26	6 - 8 PM	Sessions: 1
Boise Co-op – the Village At Meridian		
	2350 N Eagle Rd, Meridian	
Lisa Benson		Age: 21+
Tuition: \$15.00	Materials: \$ 30.00	Total: \$45.00

## MAKE YOUR OWN GLASS GLOBE

In this workshop, you and an instructor work together to create your own 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 metal stake. 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.

### 18S-ART-013

W, 5/2	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Austin Grill		Age: 18+
Tuition: \$24.00	Materials: \$ 35.00	Total: \$59.00

## MAKE YOUR OWN GLASS HUMMINGBIRD FEEDER

Create your own glass hummingbird feeder, a functional piece of art! This class will go over the basics of the glass blowing studio set-up; 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 after 3 pm.

### 18S-ART-015

Th, 5/17	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Austin Grill		Age: 18+
Tuition: \$24.00	Materials: \$ 35.00	Total: \$59.00

## MAKE YOUR OWN GLASS SUNCATCHER

Create your own glass suncatcher, a functional piece of art that is hung indoors in a window or on a patio to "catch the light"! This class will go over the basics of the glass blowing studio set-up; techniques; and the process of making your suncatcher. 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 after 3 pm.

### 18S-ART-014

W, 5/9	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Austin Grill		Age: 18+
Tuition: \$24.00	Materials: \$ 20.00	Total: \$44.00

## MAKE YOUR OWN GLASS TERRARIUM

Create your own glass terrarium, a functional piece of art! This class will go over the basics of the glass blowing studio set-up; techniques; and the process of making a beautiful terrarium. 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 after 3 pm.

### 18S-ART-012

Th, 4/26	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Austin Grill		Age: 18+
Tuition: \$24.00	Materials: \$ 35.00	Total: \$59.00



## MOTHER'S DAY FLORAL BOUQUET

Create floral art pieces with unique containers and premium flowers! Taught by local floral designer Kyle Costa of K. Costa Floral, this fun and interactive class is perfect for those who enjoy art, fashion, and flowers! Learn about floral trends & techniques and leave with a masterpiece!

### 18S-ART-001

W, 5/16	6:30 - 7:30 PM	Sessions: 1
West Jr High	Kyle Costa	Age: 18+
Tuition: \$10.00	Materials: \$ 25.00	Total: \$35.00



## PAINT A GARDEN WITH A WHITE BRIDGE

Paint a garden with a white bridge on canvas with acrylic paint. Instructor will guide you through the project to achieve a great result!

### 18S-ART-007

S, 4/28	10:30 AM - 1:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Giny Pitchell		Age: 18+
Tuition: \$20.00	Materials: \$ 30.00	Total: \$50.00

## QUILTING: APPLIQUÉ MUG RUGS

Make a set of mug rugs! A mug rug is a mini quilt, traditionally used for a mug and a cake or cookies. The finished size will be 8" square. Students will do machine appliqué. The theme is Sunbonnet Sue and Overall Sam (one of each). Kit is provided. Supplies needed.

### 18S-ART-018

M, 4/23	6:30 - 8:30 PM	Sessions: 1
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### 18S-ART-019

W, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Mary Farrar	
Age: 15+ w/adult (must know how to sew)		
Tuition: \$20.00	Materials: \$ 7.50	Total: \$27.50

## REVERIE BEADED BRACELET

Come create this stunning bracelet for Mom. Or bring your mom and create some special memories. Some beading experience preferred. All materials provided.

### 18S-ART-008

S, 5/12	10:30 AM - 1 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Deb Barger		Age: 18+
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00

## SPRING FLORAL BOUQUET

Create floral art pieces with unique containers and premium flowers! Taught by local floral designer Kyle Costa of K. Costa Floral, this fun and interactive class is perfect for those who enjoy art, fashion, and flowers! Learn about floral trends & techniques and leave with a masterpiece!

### 18S-ART-002

W, 5/2	6:30 - 7:30 PM	Sessions: 1
West Jr High	Kyle Costa	Age: 18+
Tuition: \$10.00	Materials: \$ 25.00	Total: \$35.00

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



## TASSLE MAKING 101

Tassels are a fanciful, beautiful, and an utterly useful addition to your life! They can be as simple as a knot at the end of a cord or complex enough to indicate rank and station by their addition to a uniform. Learn about the components and balance of a pleasing tassel, and create three basic tassels with cords. The instructor will go over more complex designs as well. If you have any tassels you love, please bring them to share!

### 18S-ART-010

W, 5/16	6:30 - 8:30 PM	Sessions: 1
West Jr High	Kathy Hopkins	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

## BUSINESS AND PROFESSIONAL DEVELOPMENT

### ACCOUNTING FOR SMALL BUSINESS

Taught by a CPA, this class teaches you how to record basic transactions such as sales, expenses and payroll. Learn how to prepare financial statements and compute taxes. Bring a basic calculator. Materials needed.

### 18S-BUS-004

T, 4/24-5/15	6:30 - 7:30 PM	Sessions: 4
West Jr High	Laura Canales, CPA	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

### BUSINESS START-UP BASICS

Thinking about starting or buying a business? Join a local business expert to learn about the planning process, along with sources for valuable information and counseling support.

### 18S-BUS-003

Th, 5/3	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	John Mathews	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### PATENTS

Gain useful information about your rights to manufacture and distribute products, and market services, from a practicing local patent attorney. Learn how to identify and avoid patent infringement, and how to perform preliminary patent searches to begin to protect inventions.

### 18S-BUS-001

W, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Ken J Pedersen	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### TRADEMARKS & COPYRIGHTS

Learn how to register and maintain a trademark, to perform preliminary trademark searches, and to identify and avoid trademark infringement, from a practicing local intellectual property attorney. Also learn copyright registration procedures, and how to identify/avoid copyright infringement.

### 18S-BUS-002

W, 5/2	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Ken J Pedersen	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

**Classes fill quickly –  
register today at  
[www.boiselearns.org](http://www.boiselearns.org)**



## COMPUTERS & TECHNOLOGY

### AUTOMATING EXCEL USING VBA

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 coding language.

### 18S-COM-001

T/Th, 4/24-5/3	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$ 4.00	Total: \$69.00

### BOX: CLOUD STORAGE

Box Rivals Dropbox with 10 free GB of cloud storage – 8 more than Dropbox! Learn to download the Box app, make an account and organize your life! Free your mind and always have access to all your files on the go!

### 18S-COM-005

Th, 5/3	7:00 - 8:00 PM	Sessions: 1
Hillside Jr High	Zainab Mesmarim	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

### FREE GOOGLE DRIVE TOOLS FOR WORK AND PLAY

Google Drive has a FREE and powerful word processor, spreadsheet, presentation and drawing tools that can be used from any PC or Mac computer, most tablets and even smartphones! This hands-on, fast paced class taught by a Certified Google Education Trainer, will introduce you to these amazing free resources and so much more. NOTE EARLY START.

### 18S-COM-004

T, 5/1	6 - 8:30 PM	Sessions: 1
Timberline High	Kelly Hall	Age: 18+
Tuition: \$25.00	Materials: \$ 0.00	Total: \$25.00

### INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS

MS Access has many features for managing data that other programs 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. CLASS DATES ARE: 5/8(TU), 5/10(TH), 5/15(TU), 5/16(WED)

### 18S-COM-002

T/Th/W, 5/8 - 5/16	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$ 5.00	Total: \$70.00

### MICROSOFT EXCEL: BEGINNING

Learn how Microsoft Excel can be a powerful resource for your personal or business needs. From creating and formatting spreadsheets to using powerful templates, this class will get you started in understanding the versatility of Excel.

### 18S-COM-003

T/Th, 5/8 & 5/10	7:30 - 8:30 PM	Sessions: 2
Timberline High	Travis Schaat	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## CPR/FIRST AID

### 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, as well as a quick reference guide poster.

### 18S-HEA-001

M, 4/23	6:30 - 8:30 PM	Sessions: 1
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### 18S-HEA-002

T, 5/8	6:30 - 8:30 PM	Sessions: 1
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West Jr High	Joel Gunstream	Age: 18+
	Ben White, Dan Hohler	
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00

### CPR CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

Learn CPR procedures, how to assist choking victims, and AED (Automated External Defibrillators), and pediatric (including infant) CPR used in schools. Class is designed for the general public. Come dressed to perform CPR; certification card provided at the end of class. NOTE EARLY START.

### 18S-HEA-016

Th, 4/26	6 - 8:30 PM	Sessions: 1
Timberline High	Jeanne Llewellyn	Age: 18+
Tuition: \$25.00	Materials: \$ 15.00	Total: \$40.00

### FIRST AID CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

Become comfortable with the procedures for treating minor or life-threatening injuries. Video presentation will help you gain knowledge, skills and confidence to deal with an emergency. Certification card provided at the end of class.

### 18S-HEA-017

Th, 5/10	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jeanne Llewellyn	Age: 18+
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00

## CULINARY

### ASIAN INDIAN VEGETARIAN COOKING

A long-time Community Ed favorite course! Learn history and meanings of the magical ingredients used in several Asian Indian dishes that are part of this demonstration. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional \$5 fee for book.

### 18S-CUL-014

T, 5/1	6:30 - 8:30 PM	Sessions: 1
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### 18S-CUL-015

T, 5/8	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$ 18.00	Total: \$38.00

### CAKE DECORATING 101

Class covers basic skills for creating flowers and borders in traditional designs. You will bake a cake each week to bring to class. Supply list provided at first class. Approx. \$30

### 18S-CUL-004

W, 4/25-5/16	6:30 - 8:30 PM	Sessions: 4
Timberline High	Donna Adams	Age: All w/adult
Tuition: \$25.00	Materials: \$ 0.00	Total: \$25.00



## CHAAT TIME – STREET FOOD OF INDIA

The term Chaat is used to describe savory snacks, typically served at roadside stalls all over India. These snacks are usually variants of deep fried dough either stuffed or served plain with a combination of yogurt, tamarind, cilantro, or garlic sauce. The word Chaat literally means "to lick," so yes, they are finger licking good! In this class, Sangeeta will cover the the most common Chaat recipes including sauces and chutneys.

### 18S-CUL-019

Th, 5/17	6 - 8 PM	Sessions: 1
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Boise Co-op - the Village At Meridian	2350 N Eagle Rd, Meridian	Age: 18+
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Sangeeta Mistry		
Tuition: \$15.00	Materials: \$20.00	Total: \$35.00

### COOKIN' WITH KIDS: SENSATIONAL SALADS

Let's play with the fruits and veggies that are in season, and make two yummy salads. Veggie salads can be just as fun as fruit salads, and when we combine veggies and fruits, things can get really tasty! We'll also make a homemade dressing or two, as perfect complements to our salads. Adults are free with paid kid's registration. Each child will require a purchased ticket.

### 18S-CUL-017

S, 5/12	10:30 - 11:45 AM	Sessions: 1
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Boise Co-op - the Village At Meridian	2350 N Eagle Rd, Meridian	Age: 8+ w/ adult
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Kendy Radasky		
Tuition: \$7.50	Materials: \$7.50	Total: \$15.00



### EAT BETTER FOR LESS

Decrease your grocery budget, cut time in the grocery store, and prepare well-rounded, nutritious meals for less as you build your rainy day food reserves. Dinner will be provided during class.

### 18S-CUL-001

M, 4/23	6:30 - 8:30 PM	Sessions: 1	Hillside Jr High
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### 18S-CUL-002

M, 5/7	6:30 - 8:30 PM	Sessions: 1	Timberline High
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Mary Ann Wilcox		Age: 18+
Tuition: \$15.00	Materials: \$ 20.00	Total: \$35.00

### GROWING BEAN SPROUTS

In this class, students will learn how to grow mung bean sprouts at home on the kitchen counter! A small sprouting container and mung beans to sprout will be provided. Larger sprouting containers will also be shown.

### 18S-CUL-009

W, 5/2	6:30 - 8 PM	Sessions: 1
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Timberline High	Vince Matthews	Age: 18+
Tuition: \$15.00	Materials: \$ 1.30	Total: \$16.30

### HEALTHY AGING COOKING & TASTING

Good news, we are living longer! As we add years to our lives, we want to add life to those years by feeling as good as possible! Join Molly Tevis, RDN, LD and learn how to cook for 1-2 people while you taste a variety of easy-to-fix foods and learn about the 5 steps to amazing aging!

### 18S-CUL-003

W, 4/25	6:30 - 8 PM	Sessions: 1
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Albertsons Eagle	250 S Eagle Rd, Eagle	Age: 18+
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Molly C Tevis RDN, LD		
Tuition: \$10.00	Materials: \$ 5.00	Total: \$15.00

# There are never too many cooks in the kitchen – sign up for a culinary class!

## MAKE KEFIR DRINKS AT HOME

Make your own probiotic drink with organic MILK KEFIR grains! Learn how to make one of the most powerful probiotic foods on the planet! You will be able to make the best quality milk kefir at home for a fraction of the cost. You will sample drinks and an incredible cheese made from milk kefir. You will also learn how to make organic water kefir and receive starter cultures so that you can start making your healthy drinks immediately!

<b>18S-CUL-007</b>		
W, 5/2	6:30 - 8 PM	Sessions: 1
<b>18S-CUL-008</b>		
W, 5/9	6:30 - 8 PM	Sessions: 1
West Jr High	Olga Harper	Age: 18+
Tuition: \$15.00	Materials: \$ 24.00	Total: \$39.00

## MAKE KOMBUCHA DRINKS AT HOME

Make your own Kombucha with organic SCOBY and starter tea! Learn how to make this probiotic drink at home for a fraction of the store prices. You will sample drinks and receive a starter culture. You can make your own healthy drink immediately. In addition, you will learn how to make water kefir.

<b>18S-CUL-005</b>		
W, 4/25	6:30 - 8 PM	Sessions: 1
<b>18S-CUL-006</b>		
W, 5/16	6:30 - 8 PM	Sessions: 1
West Jr High	Olga Harper	Age: 18+
Tuition: \$15.00	Materials: \$ 24.00	Total: \$39.00



## 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. Bring your appetite! There will be plenty of food to share!

<b>18S-CUL-010</b>		
T, 4/24	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50



**David Habben** is a cemetery historian and what's known as a "taphophile." He has a passion for cemeteries and grave yards, especially their history and symbolism. He has been researching, documenting and photographing cemeteries and grave yards for years. Thousands of his photos appear on the website of the U.S. Cemetery Project and on Findagrave.com.

David grew up in Hammond, IN, right next to Chicago. David worked in law enforcement in the Chicago area, and then moved to Oregon and Idaho where he has worked as a paramedic for 39 years. He has seen Boise grow into a great place to live, becoming more diverse in population, activities, and his favorite, food. His two children were raised, and went to school here. He travels extensively for his EMS work in instructing, consulting and doing evaluations for accreditation. David

also works part time for funeral homes. This gives him time to do the volunteering he enjoys, such as teaching for Community Education, at conferences and other venues, and giving tours at the Old Idaho Penitentiary. He does volunteer work because he loves sharing his passions with others.

"Community Education makes many great topics and classes available to everyone. Local instructors have the opportunity to pass on their knowledge in many topics that might not otherwise be available. You can find a class in just about any topic you can imagine." His classes for example; where else would you find a class on cemetery history and symbolism, and take virtual tours of area cemeteries and their interesting residents? He's been presenting **CARVED IN STONE**, the cemetery history and symbolism class, for several years. This past year he developed **WHO LIES BENEATH**. It's a class based, in part, on the walking tours he used to give of cemeteries in Boise, but now it's a virtual tour of famous, infamous and interesting residents of many of the cemeteries in the Treasure Valley and Idaho.

He will always be involved in EMS, as long as he's able. It's been his life for 39 years. But he'll also continue his passion for history, including that of cemeteries and burial grounds and customs, and volunteering. He does it for love and for the fun of it. Life is too short to do things you hate, or don't bring you joy!

## MAKING VIETNAMESE SALADS

Vietnamese salads are loaded with fresh ingredients such as mint, basil, pork, shrimp, and fresh crunch vegetables. The Vietnamese word for salad is "goi." The base of the salad is either cabbage, green papaya, or kohlrabi, and the dressing is a touch of the savories of fish sauce. Come and learn how to make simple and delicious Vietnamese salads.

<b>18S-CUL-013</b>		
M, 5/14	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

## MANDARIN CHICKEN AND PORK FRIED RICE

If you like fried chicken and sweet & 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!

<b>18S-CUL-018</b>		
M, 5/7	6:30 - 8:30 PM	Sessions: 1
Timberline High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

## STIR-FRY CHICKEN WITH BROCCOLI

Once you understand the art of stir fry, you'll be amazed. It's one of the easiest and healthiest cooking methods. Using broccoli or your favorite vegetables with or without meat, you'll learn to stir fry which will give you that delicious taste that you enjoy in a good Vietnamese or Chinese restaurant.

<b>18S-CUL-011</b>		
M, 4/30	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

## 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.

<b>18S-CUL-016</b>		
T, 5/15	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

# VOLUNTEER INSTRUCTOR SPOTLIGHT

## CULTURE, HISTORY & TRAVEL

### BOISE GREENBELT – A HISTORY

Do you know how the Boise River Greenbelt came to be? Local author David Proctor will take you through how the Greenbelt was created and the people behind it. This class will also discuss the role the Greenbelt played in restoring Boise when it was a city on the verge of self-destruction. Optional \$16.95 fee for book *Pathway of Dreams: Building the Boise Greenbelt*.

<b>18S-HIS-007</b>		
M, 5/7	6:30 - 8:30 PM	Sessions: 1
West Jr High	David Proctor	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### CARL JUNG: BOOK GROUP

Join Idaho Friends of Jung in a discussion of Jung's autobiography, *Memories, Dreams, Reflections*. There will be some lecture, but the emphasis of class is on discussion.

<b>18S-HIS-010</b>		
W, 4/25-5/9	6:30 - 8 PM	Sessions: 3
Hillside Jr High	Bill Renwick	Age: 18+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

### CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Spend the evening with a Cemetery Historian! Using photos of grave stones taken by the instructor, you will learn how to interpret the cryptic signs and symbols found on grave stones. Signs and symbols tell if the deceased was male or female; religious; belonged to a fraternal organization; or even if he or she had a sense of humor. Discuss the history of cemeteries, burial customs, symbolism and even a little humor!

<b>18S-HIS-003</b>		
M, 4/23	6:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Reception Ctr		
	1200 N Cloverdale Rd, Boise	

<b>18S-HIS-004</b>		
M, 5/14	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	David M Habben	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

Register today at  
[www.boiselearns.org](http://www.boiselearns.org)

## FEDERAL LANDS 101, PROTECTING RESOURCES

Explore Constitutional foundation and case law history of Federal Public Land protection. This includes descriptions of the primary federal Land Management agencies.

<b>18S-HIS-011</b>		
W, 5/9	6:30 - 8 PM	Sessions: 1
West Jr High	Dennis B McLane	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## IDAHO'S STATE PARKS, AN ACCIDENTAL TREASURE

Idaho's state parks system was born more than 100 years ago. Learn about the visionaries who created the system, the parks themselves, and what the future might hold for the Jewels of the Gem State.

<b>18S-HIS-009</b>		
Th, 5/17	6:30 - 8 PM	Sessions: 1
Timberline High	Rick Just	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## MAJESTIC SCENIC IDAHO

Idaho is a scene of wondrous sights: Snake River Birds of Prey, Hells Canyon, Bruneau Dunes, Oregon Trail, Hagerman Fossil Beds, Craters of the Moon, a Frank Lloyd Wright designed house among many others. Learn with Mario Delisio, who has over 50 years experience as a geographer, archaeologist, anthropologist, historian, meteorologist and wildlife photographer-writer. Great for newcomers to Idaho and residents alike!

<b>18S-HIS-001</b>		
Th, 4/26	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Mario Delisio	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00





## PREHISTORIC IDAHO

Prehistoric peoples have been in Idaho at least 10,000 years possibly to 15,000 years. Some of the leading archaeological sites in North America are located in Idaho. With over a half century experience as an archaeologist, anthropologist and historical geographer, Mario Delisio will explain and explore the fascinating story of Prehistoric Idaho as well as how archaeologists actually work in the field.

### 18S-HIS-002

Th, 5/10	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Mario Delisio	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

This new class is along the same lines as "Carved in Stone," but with a local flare. Discussion will highlight the famous and fascinating folks buried in Boise cemeteries. The class will cover Morris Hill and Pioneer Cemeteries, as well as cemeteries in other Idaho counties. Some examples of the people discussed: the 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. Learn local color!

### 18S-HIS-005

T, 4/24	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	David M Habben	Age: 18+

### 18S-HIS-006

T, 5/15	6:30 - 8:30 PM	Sessions: 1
West Jr High	David M Habben	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## WORLD RELIGIONS – AN EXPLORATION

Investigate many world religions with our instructor who lived and worked in Israel for many years. Explore Judaism, Hinduism, Buddhism, Zoroastrianism, Christianity, Islam, and the Baha'i Faith.

### 18S-HIS-008

W, 4/25-5/16	6:30 - 8 PM	Sessions: 4
West Jr High	Louard Crumbaugh	Age: 12+ w/adult
Tuition: \$40.00	Materials: \$ 2.00	Total: \$42.00

## DANCE

### BASICS OF BELLY DANCE

Connect with your sensual, feminine side by learning one of the oldest art forms. Belly dance is a fun form of exercise that is addictive and easy on your body. It celebrates the female form in all its shapes and sizes. Wear comfy clothes and bring a water bottle.

### 18S-DAN-003

F, 4/27-5/18	6 - 7 PM	Sessions: 4
Boise Bellydance Company	7233 Potomac Dr, Boise	
Jennifer Orvis		Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00



## IRISH STEP DANCING

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

### 18S-DAN-001

M, 4/23-5/14	5:30 - 6:30 PM	Sessions: 4
Killarney Irish Dance Studio	6141 W Corporal Ln, Boise	
Carly Allen		Age: 6-18
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00



## FITNESS

### 30 MINUTE CYCLE TOGETHER

A 30-minute cardio workout! Music will make the time fly, and you can make the most out of class together, no matter if you are just starting an exercise program or have been racing bikes for years. It's also perfect for those that are short on time - men and women of all ages.

### 18S-FIT-049

Th, 4/26-5/17	10:15 - 10:45 AM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Sydney Van der Akker		Age: 18+
Tuition: \$16.00	Materials: \$ 0.00	Total: \$16.00

### 60 MINUTE CYCLE TOGETHER

A fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout whether you are just starting out or an avid cyclist looking to train indoors. Or add to your other workouts!

### 18S-FIT-042

T, 4/24-5/15	6 - 7 PM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Molly Smith		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

### ACTIVE TOGETHER

This is a simple and athletic program drawing from all four elements of fitness; cardio, strength, balance, and flexibility. This workout is perfect if you are new to exercise or have not exercised in a long time. It is also ideal for the super busy and fit who need to get it done in one workout.

### 18S-FIT-044

T/Th, 4/24-5/17	12:15 - 1:15 PM	Sessions: 8
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

### 18S-FIT-047

W, 4/25-5/16	4:30 - 5:30 PM	Sessions: 4
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00
West Family YMCA	5959 N Discovery Pl, Boise	
Amy Bedsole, Loretta Grubaugh		Age: 18+

**Commit to get fit  
this spring!**

## AQUA ZUMBA®

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

### 18S-FIT-039

T, 4/24-5/15	10:15 - 11 AM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 18+
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

### ARTHRITIS AQUATIC EXERCISE

This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

### 18S-FIT-040

T, 4/24-5/15	11:30 AM - 12:30 PM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

### DEEP WATER FITNESS

This water fitness program is held in the diving well of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

### 18S-FIT-038

T, 4/24-5/15	9 - 10 AM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

### EXERCISE BALL TECHNIQUE

Taught by a physical therapist, this class will give you several exercises, review your technique and go over the strengthening benefits and how to improve your overall endurance, especially core strength. Please bring an exercise ball to class.

### 18S-FIT-008

T, 4/24	6:30 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Paula Kosberg, DPT		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



### FIX 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 exercise clothes and bring an exercise mat if you have one. Handout of the exercises will be provided.

### 18S-FIT-013

T, 5/8	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Angela Young		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## FIX YOUR NECK PAIN

Stretching, strengthening, yoga poses, and posture tips that are all designed to relieve and prevent neck pain. Wear comfortable clothes that are easy to move around in.

### 18S-FIT-012

T, 5/1	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Angela Young		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## H I I T

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.

### 18S-FIT-035

M/W, 4/23-5/16	6:30 - 7:30 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Joseph Pratt		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

### HOW TO EFFECTIVELY FOAM ROLL

How to use a foam roller for massage, stretching and pain relief for muscles and connective tissue. Wear exercise clothes and bring an exercise mat if you have one. Bring a foam roller or there will be one provided for use.

### 18S-FIT-010

T, 4/24	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Graciela Martinez-Katz		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

### HULA HOOP FITNESS

Hula is a great way to release stressful, negative energy we store in our muscles. Our hip, fabulous instructor will inspire you to learn the basics, and some fun dance moves too! Please purchase your hoop at Big 5, or bring a 34" to 36" hoop to class!!

### 18S-FIT-002

W, 4/25-5/16	7 - 8 PM	Sessions: 4
West Jr High	Nettie Cumpton	Age: 13+ w/adult
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00



### KARATE

Traditional Okinawan Karate. Class emphasizes discipline, physical conditioning, and character development. This class focuses on basic techniques, self defense practices, and an introduction to kata (forms). Classes are family oriented which gives the whole family an opportunity to train together! 2-for-1 registration!

### 18S-FIT-001

W, 4/25-5/16	7 - 8 PM	Sessions: 4
West Jr High	Ron Piston	Age: 10+ w/adult
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



## MOVING FOR BETTER HEALTH

This class is designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

<b>18S-FIT-037</b> T, 4/24-5/15	8 - 9 AM	Sessions: 4
<b>18S-FIT-046</b> W, 4/25-5/16	1 - 2 PM	Sessions: 4
West Family YMCA Michelle Evans	5959 N Discovery Pl, Boise Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

## REFIT

REFIT combines several elements of fitness into one power-packed hour. While the focus is structured around cardio-dance movements, toning and flexibility, strength training and stretching are also incorporated. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners. This workout targets the whole person; body-mind-soul, using positive and uplifting music.

<b>18S-FIT-033</b> M, 4/23-5/14	4:30 - 5:30 PM	Sessions: 4
Loretta Grubaght	Age: 18+	
<b>18S-FIT-043</b> T, 4/24-5/15	6:30 - 7:30 PM	Sessions: 4
Susan Presnell	Age: 18+	
West Family YMCA	5959 N Discovery Pl, Boise	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

## SHALLOW WATER FITNESS

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

<b>18S-FIT-050</b> Th, 4/26-5/17	10:15 - 11 AM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen	Age: 18+	
Tuition: \$21.00	Materials: \$ 0.00	Total: \$21.00

## SHORIN-RYU KARATE FOR ADULTS

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!

<b>18S-FIT-027</b> W, 4/25-5/16	7 - 9 PM	Sessions: 4
Pat Harris Dance Studio	1225 N McKinney St, Boise	
Robert Gilmore	Age: 12+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

## STRENGTH TRAIN TOGETHER

This strength training class uses weighted bars, and combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key to this results-driven workout. Add dynamic and motivational music, and it simply is the most fun you'll have strength training!

<b>18S-FIT-041</b> T/Th, 4/24-5/17	4:30 - 5:30 PM	Sessions: 8
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00
<b>18S-FIT-045</b> W, 4/25-5/16	12 N to 1 PM	Sessions: 4
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00
West Family YMCA	5959 N Discovery Pl, Boise	
Michelle Swantek, Tiona Marburg	Age: 18+	

## T'AI CHI CHIH: AN INTRODUCTION

T'ai chi chih is a series of 19 movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits. Some studies have found the practice to reduce stress and relieve certain ailments. Your instructor has over 20 years teaching this form. Students should wear comfortable clothing, soft shoes or thick socks, and bring a water bottle.

<b>18S-FIT-006</b> Th, 4/26	6:30 - 8 PM	Sessions: 1
West Jr High	Elissa R Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00
<b>18S-FIT-007</b> Th, 5/3	11:15 AM - 12:15 PM	Sessions: 1
Wholistic Beauty Boutique	4516 Emerald St, Boise	
Elissa R Maguire	Age: 18+	
Tuition: \$10.00	Materials: \$ 2.00	Total: \$12.00

## WATER PILATES

You've had Pilates on the mat; you've done the reformer; now try those moves in the water! Build muscle tone and improve range of motion at a moderate pace with attention to control, flowing motion, concentration, centering, breathing, precision, routine, isolation, creating powerhouse strength, and maximizing flexibility.

<b>18S-FIT-048</b> Th, 4/26-5/17	9 - 10 AM	Sessions: 4
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen	Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

## Y-BARRE

Y-Barre is a fun and empowering class set to great music. The ballet barre is used to sculpt the lower body, abs and for flexibility training. Classes focus on postural strength and alignment, followed by a series of full body exercises using light weights and other props. Modifications and challenges for all levels.

<b>18S-FIT-031</b> M/W, 4/23-5/16	12 N - 1 PM	Sessions: 8
Claudia Palta	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00
<b>18S-FIT-051</b> F, 4/27-5/18	11 AM - 12 N	Sessions: 4
Sparkle Paterson	Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00
West Family YMCA	5959 N Discovery Pl, Boise	



## ZUMBA®

Ditch the workout and join the party! Come have fun, learn to dance to hypnotic Latin musical rhythms, and get fit! You will get hooked while getting in shape with this great class! Class Dates: 4/24 (Tu), 5/3 (Th), 5/8(Tu), 5/15 (Tu)

<b>18S-FIT-054</b> T/Th/T, 4/24-5/15	6:15 - 7:15 PM	Sessions: 4
Hillside Jr High	Lila Cabrera	Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

## GARDEN & THE GREAT OUTDOORS

### GROWING AND SHOWING IRISES

This class will cover the different types and classes of irises and which ones grow best in the Treasure Valley. You will learn about replanting, pest and disease control, and so much more!

<b>18S-GAR-002</b> W, 4/25	6:30 - 8 PM	Sessions: 1
Timberline High	Stephen Bouffard	Age: 18+
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00



### LANDSCAPE YOUR OWN YARD!

This University of Idaho horticulturist will challenge students to begin designing their own landscape projects. Learn about what makes a good design, some considerations for plant selection, using color effectively, and much more! NOTE 6PM START.

<b>18S-GAR-003</b> M, 4/30 & 5/7	6 - 8:15 PM	Sessions: 2
Hillside Jr High	Susan Bell	Age: 18+
Tuition: \$30.00	Materials: \$ 15.00	Total: \$45.00

### PLANTED TERRARIUMS: CREATE YOUR OWN!

Nature isn't a destination, it's a part of life. Bring it inside! Come learn how to create terrariums - big or small - that can be enjoyed in the home or office. Students bring a small glass container (vase/jar size). All other materials and plants will be provided.

<b>18S-GAR-004</b> T, 5/15	6:30 - 8:30 PM	Sessions: 1
West Jr High	Brent Seamons	Age: 18+
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00

### PONDS FOR BEGINNERS

Join a local Koi and pond expert to create or maintain your pond on a budget. Learn about construction, installation, and adding plants and fish to a backyard pond. Whether you are thinking about a pond, or have inherited one with your house, this class will benefit you!

<b>18S-GAR-001</b> W, 5/2-5/16	6:30 - 8 PM	Sessions: 3
Hillside Jr High	Susan E Boydston	Age: 18+
Tuition: \$35.00	Materials: \$ 5.00	Total: \$40.00



## HEALTH & WELLNESS

### ACUPRESSURE 101

Taught by a certified acupressurist with over 20 years of experience, this class is designed to give you an integral understanding of energy as understood by the oriental traditions. You will learn the basics in caring for general aches, back pain, or everyday stress. If you have breathing problems, digestive disorders or blood pressure issues, this class is for you!

<b>18S-HEA-008</b> Th, 5/17	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Elissa R Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00

### ADDRESSING KNEE PAIN: CARTILAGE TEARS

If you have knee pain, this class is for you. Knee anatomy and injuries will be discussed to help you understand the cause of pain, and conservative treatment options.

<b>18S-HEA-014</b> T, 5/8	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jennifer Thomsen	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

### ADRENAL FATIGUE: NUTRITIONAL TOOLS FOR RECOVERY

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.

<b>18S-HEA-004</b> Th, 4/26	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Kendy Radasky	Age: 18+
Tuition: \$15.00	Materials: \$ 0.50	Total: \$15.50

### DEMYSTIFYING OSTEOARTHRITIS

Learn about the development, characteristics, and management of osteoarthritis. How can adjusting the body's mechanics improve how you feel and your overall function? Come to find out!

<b>18S-HEA-012</b> Th, 5/3	6:30 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Esther R Winn	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

### ELECTRIFIED! — EMF SAFETY

Phones, tablets, laptops and other electronics have become essential in our daily lives. However, there are concerns that electronics can have negative effects on our health, including sleep and development issues. Come learn practical ways to minimize the negative impacts of electromagnetic fields (EMFs) in your daily life!

<b>18S-HEA-021</b> T, 5/1	6:30 - 8 PM	Sessions: 1
Timberline High	Kyle Ritter	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

### EXPLAINING PAIN

This course is to help people understand pain, why they have it, and how they can help themselves manage their own pain. Knowledge is power — allow a licensed physical therapist help you obtain power in your understanding of pain.

<b>18S-HEA-011</b> T, 5/1	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Lisa Kolesar, DPT	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



# Learn something new this spring – sign up for a Community Ed class!

## FATS & CHOLESTEROL: WHY THEY ARE IMPORTANT IN YOUR DIET

Long-time dietary recommendations to eat low-fat foods and avoid cholesterol and saturated fats have led to the development of widespread chronic disease. Learn why our bodies need fats and how to identify healthful and toxic fats + recipes.

### 18S-HEA-003

Th, 5/3 6:30 - 7:45 PM Sessions: 1  
Hillside Jr High Kendy Radasky Age: 18+  
Tuition: \$10.00 Materials: \$ 0.50 Total: \$10.50

## GI & CHRONIC PAIN: HOW VISCERAL THERAPY HELPS

Gastrointestinal pain? Chronic pain? Learn how Visceral Therapy can potentially help you renew your life. Dr. Breann Fox, PT, DPT, PRPC will deliver information spanning from embryological development to the most recent bout of illness and how this can affect your body.

### 18S-HEA-006

T, 5/8 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High Breann Fox Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

## HIKING FOR HEALTH

Get out and get fit! This course includes practical knowledge and tips on speed walking the greenbelt to get toned for Boise foothill trail hiking. The class focuses on the beginner to intermediate trails of Shaw Mountain rising above south-east Boise and includes historical facts about the surrounding hills.

### 18S-HEA-020

T, 5/15 6:30 - 8:30 PM Sessions: 1  
Timberline High Bill March Age: 18+  
Tuition: \$20.00 Materials: \$ 2.00 Total: \$22.00



## IMPROVE YOUR POSTURE

Learn from a physical therapist easy ways to improve standing and sitting posture for decreased stress, pain and tightness. Stop living with pain!

### 18S-HEA-009

M, 4/23 6:30 - 8 PM Sessions: 1  
Physical Therapy 180 5909 W State St, Boise  
Jill Thompson, PT Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## INTRODUCTION TO STRESS MANAGEMENT USING HEARTMATH®

HeartMath is an evidence-based, biofeedback-supported system of techniques proven to reduce the effects of stress, create positive changes in your health and teach you how to sustain them. This class is an introduction to HeartMath's simple techniques to develop self-regulation skills, build mental and emotional resilience, and reduce your stress and anxiety.

### 18S-HEA-015

Th, 5/10 6:30 - 8 PM Sessions: 1  
Physical Therapy 180 5909 W State St, Boise  
Dominique Tardif Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## LOSING WEIGHT WHILE BEING IMPERFECT

Losing weight can be hard and requires so much discipline! But does it really need to be that way? Besides, we know diets don't work anyway, and even weight loss surgery can backfire. Wouldn't it be easier if it wasn't about deprivation or "being good"? There's a smarter and easier way to lose weight, and you can even have your cake and eat it too!

### 18S-HEA-013

Th, 5/10 6:30 - 7:30 PM Sessions: 1  
West Jr High Dr. Kaylan McKinney-Vialpando Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

## NATURAL SUPPORT FOR DIABETES

Learn about the herbs and supplements that may help reduce the damage caused by high blood sugars. Dr. Rodgers is a naturopathic doctor who has helped numerous patients reduce blood sugars and improve their health.

### 18S-HEA-019

T, 5/15 6:30 - 8 PM Sessions: 1  
Physical Therapy 180 5909 W State St, Boise  
Sara Rodgers Age: 18+  
Tuition: \$15.00 Materials: \$ 1.50 Total: \$16.50

## NATURAL THERAPIES FOR LYME DISEASE

Lyme Disease infects over 300,000 people a year and yet it is still one of the most misunderstood and misdiagnosed conditions in medicine! Join us in learning about natural Lyme Disease therapies. Get ideas for navigating the complex world of Lyme treatments.

### 18S-HEA-010

F, 4/27 6:30 - 8 PM Sessions: 1  
Physical Therapy 180 5909 W State St, Boise  
Jessica A Thomas Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## REDESIGN YOUR GUT – MICROBIOME MAKEOVER

Emerging evidence suggests our intestines do more than we originally thought! With this revolutionary class, learn more about how you can revamp your gut microbiota for optimal health. Join Molly for a fun and informative workshop about fermented foods, pre/pro-biotics, and gut friendly foods. Great for any age!

### 18S-HEA-005

W, 5/16 6:30 - 8 PM Sessions: 1  
Albertsons Downtown 1650 W State St, Boise  
Molly C Tevis RDN, LD Age: 10+ w/adult  
Tuition: \$15.00 Materials: \$ 5.00 Total: \$20.00

Get out of the house!  
Sign up for a class today!

## STEM CELLS & OSTEOARTHRITIS

Learn how regenerative medicine is used with your own stem cells or platelets for joint pain. Better understand the indications and the type of stem cells used for osteoarthritis. Taught by a Board Certified Pain Medicine/Anesthesiology MD doctor and the only pain doctor in the valley also certified in Musculoskeletal Ultrasound!

### 18S-HEA-007

T, 5/1 6 - 7 PM Sessions: 1  
Pain Care Boise 301 W Myrtle St, Boise  
William G Binegar, MD Age: 15+ w/ adult  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

## TMJ CONSERVATIVE TREATMENT

Do you have jaw pain? Headaches? Popping jaw? Would you like to find out how to improve this with no surgery? Learn from a trained physical therapist exercises and treatment for TMJ.

### 18S-HEA-018

M, 5/14 6:30 - 8 PM Sessions: 1  
Physical Therapy 180 5909 W State St, Boise  
Jill Thompson, PT Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

### 18S-HEA-022

S, 4/28 & 5/5 9 AM -1:15 PM Sessions: 2  
North Jr High 1105 N 13th St, Boise  
Julie Hambleton, April Arbon Age: 18+  
Tuition: \$30.00 Materials: \$ 20.00 Total: \$50.00

## HOLISTIC LIVING

## EXPLORING ASTROLOGY: THE PRIMARY TRIAD IN YOUR BIRTH CHART

Interpretation of your unique life path and birth chart begins with the synthesis of the archetypes of your Sun, Moon and Ascendant, the Primary Triad. Discover your unique essence in these two sessions. Led by Stephanie Telesco, Organization of Professional Astrologers Certified Professional Astrologer.

### 18S-HOL-014

W, 4/25 & 5/16 6:30 - 8:30 PM Sessions: 2  
Timberline High Stephanie Telesco Age: 18+  
Tuition: \$24.00 Materials: \$ 6.00 Total: \$30.00



## FREEDOM FROM ALLERGIES – NAET TECHNIQUE

Hidden allergies may be the cause of eczema, digestive or behavioral disorders. In this class, students will get an overview of NAET, a non-invasive technique for identifying and treating food and environmental allergies and sensitivities. This may be the answer to your questions!

### 18S-HOL-012

W, 5/16 6:30 - 8 PM Sessions: 1  
Hillside Jr High Emily A Richmond (Yuen) Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## HERBAL MEDICINE 101

Learn the theory and hands on skills of making medicinal tinctures from a Master Herbalist. Students will take home two tinctures. Alcohol is used in the preparation of the tinctures.

### 18S-HOL-005

T, 5/15 6:30 - 8 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Sam Chaffin-Benson Age: 18+  
Tuition: \$15.00 Materials: \$ 10.00 Total: \$25.00

## INTRO TO ACCESS RELAXATION

Experience and learn the beginnings of this easy, gentle, fun (yes, FUN) method of quieting "the gerbils in our brains." The instructor has been using and teaching ACCESS for 20 years and loves to share its incredibly powerful ability to improve our lives with ease, joy and glory!

### 18S-HOL-010

W, 5/2 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High Lisa Anderson Age: 18+  
Tuition: \$20.00 Materials: \$ 1.00 Total: \$21.00

## INTRO TO AMANAE

Experience for yourself the relief of truly "letting go" of long-held pain, anger and grief. After a short explanation of the history and theory of this amazing process, the instructor will answer questions and give each student the opportunity to directly experience the freedom that Amanae bodywork can provide.

### 18S-HOL-013

W, 5/9 6:30 - 8 PM Sessions: 1  
Timberline High Lisa Anderson Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

## INTRO TO REIKI

Stressed? Exhausted just trying to keep up? This ancient Japanese "laying on of hand" technique can help you relax at levels you've never dreamt of! Reiki Master/Teacher, Lisa Anderson will tell a little of its history and show how to use this healing method to assist yourself, your families/friends and even your pets.

### 18S-HOL-009

W, 4/25 6:30 - 8 PM Sessions: 1  
West Jr High Lisa Anderson Age: 18+  
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00

## MEDITATION FOR SELF-HEALING

Enter the inner-world of self-awareness and stress relief! Meditation is a powerful tool that will enhance your well-being and facilitate self-growth in every area of life.

### 18S-HOL-006

M, 4/30 6:30 - 8:30 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Angela Levesque Age: 18+  
Tuition: \$20.00 Materials: \$ 2.00 Total: \$22.00





## COURSES: INTUITION AND SPIRITUAL ABILITIES

Join RN Victoria Savage to learn the traits of an empath, and then learn how to expand those traits in your practice and daily life. This course will empower you to live more fully from your spirit-soul-gut self and teach you how to protect your own energy as well as how to identify when you've absorbed someone else's energy. You'll also learn how to protect your self as you move through everyday life.

<b>18S-HOL-015</b>		
T, 5/15	6:30 - 8 PM	Sessions: 1
Timberline High	Victoria Savage	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## RESTORATIVE POWER OF STEM CELLS

Dr. Huycke will discuss the innovative stem cell therapy including what stem cells are and how they differ from other cells. Stem-cell therapy is the use of stem cells to treat or prevent a disease or condition. Learn the pitfalls and healing effects of stem cells.

<b>18S-HOL-016</b>		
M, 4/23	6:30 - 8 PM	Sessions: 1
Timberline High	Ann Huycke	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## TAPPING/EFT TO RELIEVE TENSION & STRESS

Learn the skill of psychological acupressure to reduce tension, help cope with stress and identify the root of why you are hanging on to discomfort. Students must be willing to participate; be honest, open and inquisitive within themselves.

<b>18S-HOL-011</b>		
Th, 5/3	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Emily A Richmond (Yuen)	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

## TOOLS OF INTUITION

Learn how to tune into your internal guidance system using various tools. Learn about where intuition comes from, how you best connect with it and how to use it to guide your life choices.

<b>18S-HOL-008</b>		
M, 5/14	6:30 - 8:30 PM	Sessions: 1
Timberline High	Angela Levesque	Age: 18+
Tuition: \$20.00	Materials: \$ 2.00	Total: \$22.00

## UNDERSTANDING YOUR ENERGY FIELD

This experiential class will teach you to gain awareness of your own energy field. Learn about your energy body anatomy and how to maximize balance for health and healing. Dress comfortably and bring yoga mat.

<b>18S-HOL-007</b>		
M, 5/7	6:30 - 8:30 PM	Sessions: 1
Timberline High	Angela Levesque	Age: 18+
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00

## WHAT IS HYPNOSIS AND CAN IT REALLY HELP?

Is hypnosis a real thing or a bunch of nonsense? Can anyone be hypnotized? What can it be used for? Learn about the realities, the mystery, and the myths about hypnosis, as well as how the knowledge of this information can help you. Maybe it could be the answer you were looking for.

<b>18S-HOL-004</b>		
Th, 5/3	6:30 - 7:30 PM	Sessions: 1
West Jr High	Dr. Kaylan McKinney-Vialpando	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

## 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. This is a fragrance-free event.

<b>18S-HOL-002</b>		
M, 4/30	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	Age: 18+
Glenda F Bell		Materials: \$ 0.00
Tuition: \$15.00		Total: \$15.00

## 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. 2-for-1 registration!

<b>18S-HOU-003</b>		
W, 5/16	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Ron Bishop	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### BUY & 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. Take-home packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1 registration!

<b>18S-HOU-001</b>		
W, 5/2 & 5/9	6:30 - 8:30 PM	Sessions: 2
Hillside Jr High	Ron Bishop	Age: 18+
Tuition: \$40.00	Materials: \$ 5.00	Total: \$45.00

### COUNTERTOP 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!

<b>18S-HOU-004</b>		
S, 5/5	2 - 3:30 PM	Sessions: 1
<b>18S-HOU-005</b>		
T, 5/8	6 - 7:30 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City	Age: 18+
Gisele Pope		Materials: \$ 0.00
Tuition: \$15.00		Total: \$15.00



# 3 WAYS TO REGISTER!

## 1 ONLINE!

Go to [www.boiselearns.org](http://www.boiselearns.org) for a current class list.

## 2 PHONE!

Call 208.854.4047.

We accept Visa, MasterCard and Discover.

## 3 IN PERSON!

Office hours are 8:30 a.m. - 4:30 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.

### FIRST TIME HOME BUYERS

2 FOR 1!

Uncover the step-by-step process of buying your first home; from pre-approval, home searching, negotiating, inspection, appraisal, loan approval, title and escrow, to closing. 2-for-1 registration!

<b>18S-HOU-008</b>		
T, 5/8	6:30 - 8:30 PM	Sessions: 1
West Jr High	Deanna Kline	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



### HOME BUYING – NOW IS THE 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. 2-for-1 registration!

<b>18S-HOU-002</b>		
W, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Ron Bishop	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

### INTRO TO PROPERTY MANAGEMENT

Need help deciding whether to manage your own property or hire a professional? Do you want a brief overview of Idaho laws concerning homeowners and tenants? If you want tips and tricks on how to manage properties or Air BNB rentals, this class is for you! NOTE EARLY START.

<b>18S-HOU-010</b>		
T, 4/24	6 - 8 PM	Sessions: 1
Timberline High	Antonio Bommarito	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### MORTGAGE & INSURANCE 101

2 FOR 1!

Let's talk about financing and owning a new home! We'll discuss how a mortgage lender will view your information, determine your purchasing power, and review financing options. Once you are ready to purchase, learn the importance of protecting your investment with proper insurance coverage. 2-for-1 registration!

<b>18S-HOU-011</b>		
Th, 4/26	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jayne Bick, Juliet Bick	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

### REFRESH YOUR SPACE: PERK IT UP!

Wondering what to do for an easy kitchen or home decor update? Learn the options and techniques for painting, staining, color washing, or adding chalk finishes to your own cabinets, tables, chairs and home accessories. Designer and Product Development Artist Gisele Pope demonstrates and discusses shortcuts for a professional finish.

<b>18S-HOU-006</b>		
S, 4/28	2 - 3:30 PM	Sessions: 1
<b>18S-HOU-007</b>		
T, 5/15	6 - 7:30 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City	Age: 18+
Gisele Pope		Materials: \$ 0.00
Tuition: \$15.00		Total: \$15.00

### SELLING YOUR HOME

2 FOR 1!

How to sell your home for the most money and in the fastest possible time. Learn from a proven real estate professional the basics to prepare your home for sale. 2-for-1 registration!

<b>18S-HOU-009</b>		
T, 5/15	6:30 - 8:30 PM	Sessions: 1
West Jr High	Christina Moore-Ward	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



Learn something new this spring!  
Sign up for a class today - [www.boiselearns.org](http://www.boiselearns.org)



## KIDS & FAMILY FUN

### ADAPTIVE MARTIAL ARTS

Learn practical martial arts techniques that are adaptable for anyone wanting to learn beginners martial arts. Enjoy family fitness nights while learning from a black belt in Jujitsu. Wear comfortable clothing and bring a water bottle. 2-for-1 registration!

#### 18S-FIT-021

W, 4/25-5/16 6:30 - 7:30 PM Sessions: 4  
Hillside Jr High Christopher J Owens Age: 10+ w/adult  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

### 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.

#### 18S-KIDS-007

M/T/Th, 4/23-5/17 5:30 - 6:15 PM Sessions: 12  
DragonFire Martial Arts 4464 Chinden Blvd, Unit F, Boise  
Stephen Semancik Age: 7-12  
Tuition: \$27.00 Materials: \$ 0.00 Total: \$27.00

### 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.

#### 18S-KIDS-006

W/F, 4/25-5/18 6 - 6:30 PM Sessions: 8  
DragonFire Martial Arts 4464 Chinden Blvd, Unit F, Boise  
Stephen Semancik Age: 4-6  
Tuition: \$18.00 Materials: \$ 0.00 Total: \$18.00

### SHORIN-RYU KARATE FOR KIDS

This Okinawan/Japanese style Karate utilizes kicks, strikes, and self-defense with an emphasis on speed and evasion, self-discipline and respect. This course is best-suited for children as it is geared toward shorter attention spans while instilling values and philosophy in a gentle manner. 2-for-1 registration; parents - join us!

#### 18S-KIDS-005

M, 4/23-5/14 7 - 8 PM Sessions: 4  
Broadway Dance Center 893 E Boise Ave, Boise  
Robert Gilmore Age: 9-12  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

### STUDY SKILLS WORKSHOP

This session will explore ways to structure a child's time and environment to improve homework performance, and step-by-step solutions to incorporate into the daily homework routine.

#### 18S-KIDS-009

Th, 5/3 6:30 - 7:30 PM Sessions: 1  
Timberline High Emily Wilson Age: 10+ w/adult  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



## TAEKWONDO BASICS FOR TINY TIGERS

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

#### 18S-KIDS-003

M, 4/23-5/14 6 - 6:30 PM Sessions: 4  
18S-KIDS-004  
T, 4/24-5/15 5 - 5:30 PM Sessions: 4  
Eagle ATA Martial Arts Center/Karate for Kids  
1107 E Iron Eagle Dr, Ste 130, Eagle

Chris Colberg, Kit Colberg Age: 4-6  
Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

### TAEKWONDO BASICS FOR YOUTH

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

#### 18S-KIDS-001

M, 4/23-5/14 5:30 - 6 PM Sessions: 4  
18S-KIDS-002  
T, 4/24-5/15 4:30 - 5 PM Sessions: 4  
Eagle ATA Martial Arts Center/Karate for Kids  
107 E Iron Eagle Dr, Ste 130, Eagle

Chris Colberg, Kit Colberg Age: 7-12  
Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

### TANG SOO DO FOR FAMILIES AND ADULTS

This is a dynamic and fun martial arts course. Students will develop coordination, strength, flexibility, physical conditioning and build confidence and character and ability to stand up to peer pressure and other intimidating situations.

#### 18S-KIDS-008

M/T/Th/F, 4/23-5/18 6:30 - 7:30 PM Sessions: 16  
DragonFire Martial Arts 4464 Chinden Blvd, Unit F, Boise  
Stephen Semancik Age: 14+  
Tuition: \$35.00 Materials: \$ 0.00 Total: \$35.00

## LANGUAGE

### BEGINNING KOREAN LANGUAGE & CULTURE

This class is an introduction to Korean culture, the writing system (Hangul), basic conversation and useful expressions.

#### 18S-LAN-001

M/Th, 4/23-5/3 7 - 8:30 PM Sessions: 4  
Timberline High Joen Baek Age: Youth w/adult  
Kwanwoo Baek, Kyungsuk Lee  
Tuition: \$48.00 Materials: \$ 4.00 Total: \$52.00

### GRAMMAR & PUNCTUATION BASICS!

Clear, understandable writing is important regardless of your age or field of employment. Students will gain a better understanding of both grammar and punctuation; an appreciation of their importance, and where to go for assistance. Lots of great tips!

#### 18S-LAN-002

M/W, 4/23 & 4/25 6:30 - 8:30 PM Sessions: 2  
West Jr High David Proctor Age: 18+  
Tuition: \$25.00 Materials: \$ 2.00 Total: \$27.00

### SPANISH FOR EVERYONE

One of our most popular classes... 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!

#### 18S-LAN-003

M, 4/23-5/14 7 - 8:30 PM Sessions: 4  
Timberline High Rosemarie Schwarzenberger Age: 18+  
Tuition: \$60.00 Materials: \$ 0.00 Total: \$60.00

## MUSIC

### ACCORDION HEALTH CHECK UP

Each person will bring an accordion to class. Each accordion will have a 20 minute visual inspection of its three exterior sections followed by an interior inspection. A bellows compression check will also be made.

#### 18S-MUS-001

T, 5/8 6:30 - 8 PM Sessions: 1  
West Jr High Michael Civiello Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

### ADULT PIANO FOR BEGINNERS

Learn to play the piano for fun and personal enjoyment in a relaxing, friendly, social environment. Start learning to play songs during the first class. Class sizes are small (4-6 players.) Share the joy of making music!

#### 18S-MUS-004

F, 4/27-5/18 12:45 - 2 PM Sessions: 4  
Amelia Audas Piano Studio 1029 E Park Blvd, Ste 101, Boise  
Amelia Audas Age: 18+  
Tuition: \$75.00 Materials: \$ 23.00 Total: \$98.00



### ADULT PIANO FOR RETURNING STUDENTS

Did you take piano lessons when you were younger? Learn to play the piano again in a relaxing, friendly, social environment. Class sizes are small (4-6 players.) Share the joy of making music!

#### 18S-MUS-003

T, 4/24-5/15 7 - 8:15 PM Sessions: 4  
Amelia Audas Piano Studio 1029 E Park Blvd, Ste 101, Boise  
Amelia Audas Age: 18+  
Tuition: \$75.00 Materials: \$ 23.00 Total: \$98.00

### 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 *College of Piping Tutor, Book 1* (book and CD). 2-for-1 registration!

#### 18S-MUS-002

T, 4/24-5/15 7 - 8:15 PM Sessions: 4  
West Jr High John McDade Age: 12+ w/adult  
Brent Davis, Daniel L Mackey  
Tuition: \$40.00 Materials: \$ 0.00 Total: \$40.00

## PERSONAL ENRICHMENT

### COMMUNICATION MIRACLES FOR COUPLES & ALL RELATIONSHIPS

Whether you are a couple looking to enhance a good relationship or are deeply mired in communication challenges, learn techniques that can produce miracles for communication success. We'll use simple to understand, effective and practical exercises for communicating that brings closeness and acceptance in any relationship. Whether it's with your partner, business associate or friend, success is guaranteed!

#### 18S-PEN-009

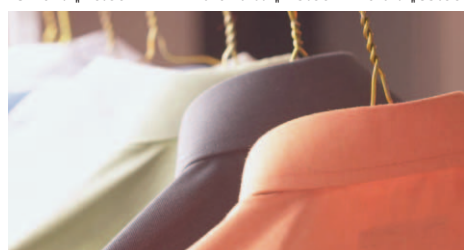
Th, 4/26-5/17 6:30 - 7:45 PM Sessions: 4  
Hillside Jr High Ali Landers Age: 18+  
Tuition: \$40.00 Materials: \$ 1.50 Total: \$41.50

## DRESS BETTER FOR LESS

Learn to choose 12 basic wardrobe pieces that fit your personality, style and body type and make 102 combinations that will work for every occasion!

#### 18S-PEN-002

M, 4/30 6:30 - 8:30 PM Sessions: 1 Hillside Jr High  
18S-PEN-003  
M, 5/14 6:30 - 8:30 PM Sessions: 1 Timberline High  
Mary Ann Wilcox Age: 18+  
Tuition: \$20.00 Materials: \$ 15.00 Total: \$35.00



### DYING MATTERS

In this interactive death education course, you can take part in activities that include funeral planning, pre-planning, obituary writing, and other death related topics. An industry professional will answer questions and clear up any misconceptions regarding the deathcare field. 2-for-1 registration!

#### 18S-PEN-007

T, 5/1 6 - 8:30 PM Sessions: 1 Timberline High  
18S-PEN-008  
T, 5/15 6 - 8:30 PM Sessions: 1 Hillside Jr High  
Heather Felkel Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

### FUNERAL PLANNING BASICS

Plan now, and enjoy life later! In this class you will discuss ways to plan an affordable, meaningful funeral. The instructors will go over your options, advance directives, and other details to make this important process as stress-free as possible! 2-for-1 registration!

#### 18S-PEN-006

M, 4/30 6:30 - 8 PM Sessions: 1  
West Jr High Sherri Rudai, Rose Thomas Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

### GET BENT – UNDERSTAND & LOVE YOUR CURLS

Learn why the "straight hair" world of styling products will never work for delicate curls, plus how to care for, cut and live with curls in harmony. Be prepared to get your hair wet and try a new styling technique in class.

#### 18S-PEN-005

W, 4/25 6:30 - 8:30 PM Sessions: 1  
West Jr High Kathy Hopkins Age: 18+  
Tuition: \$20.00 Materials: \$ 6.00 Total: \$26.00

### INTRODUCTION TO TRUST-BASED RELATIONAL PARENTING

Caring for a foster or adopted child is no easy task. Trust-Based Relational Intervention (TBRI©) is a therapeutic model that trains caregivers to provide effective support and treatment for at-risk children. Students will learn main components of TBRI and brainstorm creative parenting to discover the need behind the behavior. Class includes discussion, videos and activities.

#### 18S-PEN-004

T, 5/8 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High Michelle L Batten Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00



## VOICE-OVERS... NOW IS YOUR TIME!

Learn how to really make it in voice-overs from an industry representative. Discover an exciting way to get around the competition and actually turn voice-overs into a thriving full or part-time business.

### 18S-PEN-001

Th, 5/10	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Lisa Foster	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



## ZERO WASTE LIVING

Learn simple tips, easy swaps, and gradual steps that make a huge impact on your overall waste at home and in the world. Discover local places that make this lifestyle simpler and more attainable - all while living a full life!

### 18S-PEN-010

Th, 4/26	6:30 - 8 PM	Sessions: 1	Timberline High
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### 18S-PEN-011

Th, 5/10	6:30 - 8 PM	Sessions: 1	West Jr High
Kristan Paulin		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

## 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.

### 18S-PFI-002

M, 4/23	6:30 - 8:30 PM	Sessions: 1	Hillside Jr High
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### 18S-PFI-003

M, 5/14	6:30 - 8:30 PM	Sessions: 1	West Jr High
Ken Azbill		Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



## COLLEGE SCHOLARSHIPS & FINANCIAL AID

Go to college without years of debt! Learn about how to prepare for college scholarships and financial aid for the 2018-2019 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!

### 18S-PFI-007

T, 4/24	6:30 - 8 PM	Sessions: 1	West Jr High
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### 18S-PFI-009

Th, 4/26	6:30 - 8 PM	Sessions: 1	Hillside Jr High
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### 18S-PFI-011

T, 5/1	6:30 - 8 PM	Sessions: 1	Timberline High
Rebecca Carroll, David Ries		Age: Student ok w/parent	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

## CREATING A RETIREMENT PAYCHECK

Creating a monthly income in retirement can be tricky! In this class, you'll learn the strategies that can help you protect and sustain your income over a 30-year retirement.

### 18S-PFI-022

Th, 5/10	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

## ESTATE PLANNING 101

2 FOR 1!

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!

### 18S-PFI-024

W, 5/2	6:30 - 8:30 PM	Sessions: 1	Hillside Jr High
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### 18S-PFI-025

T, 5/8	6:30 - 8:30 PM	Sessions: 1	Timberline High
Natasha N Hazlett		Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



## FINANCIAL FREEDOM

Learn how to pay off your mortgage in 5-7 years instead of 30, and other loans in months instead of years without making extra payments, without making more money, and without resorting to extreme methods. It's all about financial literacy and being educated about money and interest!

### 18S-PFI-014

W, 5/2	7 - 8 PM	Sessions: 1
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### 18S-PFI-015

W, 5/16	7 - 8 PM	Sessions: 1
West Jr High	Reneé Roberts	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

## FINANCIAL FREEDOM 2: TAX SAVINGS STRATEGIES & CASH RECOVERY

The average cost of raising a child from birth is about \$250,000. Learn how to legally pay 2/3 less taxes, and how you can write off everything from diapers to prom dresses and more!

### 18S-PFI-016

M, 4/30	7 - 8 PM	Sessions: 1
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### 18S-PFI-017

M, 5/14	7 - 8 PM	Sessions: 1
West Jr High	Reneé Roberts	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

*The Spring session  
runs from  
April 23 – May 17!*

## FINANCIAL POWERS OF ATTORNEY

Many of us will need someone to help handle our financial affairs at some point. If nothing is done to plan for this, a conservator may have to be appointed by a judge. This practical course explores the options available in planning ahead for this possibility and avoiding the need for a conservator.

### 18S-PFI-001

T, 4/24	6:30 - 8 PM	Sessions: 1
Timberline High	John McGown	Age: 18+
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

## HOW THE NEW TAX LAW AFFECTS YOUR FAMILY

NEW!

A certified public accountant will walk you through the tax code changes passed by congress late last year that will impact most individual tax returns. We will discuss the most common deductions, credits, and tax benefits and what will change in 2018 and beyond.

### 18S-PFI-019

W, 5/9	6:30 - 7:30 PM	Sessions: 1
West Jr High	Laura Canales, CPA	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

## MEDICARE – UNRAVELING THE MYSTERIES

In this class, you will discuss recent changes to the Medicare program and go over the enrollment process. You will also learn which costly mistakes to avoid along the way. 2-for-1 registration!

### 18S-PFI-004

M, 4/30	6:30 - 8 PM	Sessions: 1	Timberline High
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### 18S-PFI-005

W, 5/9	6:30 - 8 PM	Sessions: 1	Hillside Jr High
Dianna Trout, Anna Aella		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

## NAVIGATING THE EXCHANGE

Come join us in learning the ins and outs of Idaho's state health insurance exchange: Your Health Idaho. Choosing a health plan can be complicated and this workshop will provide information about health plans on the exchange, important dates, qualifying life events, special enrollment periods and open enrollment. The presentation will be followed by a question and answer session. Handouts provided.

### 18S-PFI-020

M, 4/23	6:30-7:30 PM	Sessions: 1	Hillside Jr High
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### 18S-PFI-026

M, 5/7	6:30-7:30 PM	Sessions: 1	Timberline High
Robin Donovan		Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

## PERSONAL BUDGETING AND FINANCE

Taught by a CPA, this class teaches you how to manage your income and expenses, set aside the right amount to pay your bills, and forecast expenses to fit them into your spending plan. Bring a basic calculator.

### 18S-PFI-018

W, 5/2	6:30 - 8 PM	Sessions: 1
West Jr High	Laura Canales, CPA	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



## RETIREMENT: RETURN ON LIFE

What are the questions you should be asking yourself before you retire? Retirement is not just about reaching a number. This class will show you how to get the best retirement possible with the money you have.

### 18S-PFI-023

T, 4/24	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



## SOCIAL SECURITY 101

Social security benefits can be an important part of your retirement income. It is NOT one size fits all. Learn how the system works and what your options are. Develop a strategy that works best for you.

### 18S-PFI-012

Th, 4/26	6:30 - 8 PM	Sessions: 1	Hillside Jr High
Peggy Farnworth, CPA, CFP, CSA		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

## SOCIAL SECURITY: UNLOCK ITS POTENTIAL

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

### 18S-PFI-021

Th, 5/17	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

## THE PATH TO COLLEGE ATHLETICS

The 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!

### 18S-PFI-006

M, 4/23	6:30 - 8:30 PM	Sessions: 1	West Jr High
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### 18S-PFI-008

W, 4/25	6:30 - 8:30 PM	Sessions: 1	Timberline High
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### 18S-PFI-010

M, 4/30	6:30 - 8:30 PM	Sessions: 1	Hillside Jr High
Rebecca Carroll, Lori Reinke		Age: Student ok w/parent	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



## YOUR RETIREMENT YOUR WAY

Retirement can be uncharted territory. How much can I spend? Where should I live? What do I do with my time? Learn some of the traps and pitfalls to avoid in your retirement years.

### 18S-PFI-013

Th, 5/3	6:30 - 8:30 PM	Sessions: 1	Hillside Jr High
Peggy Farnworth, CPA, CFP, CSA		Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

## PETS

### EMERGENCY ESSENTIALS FOR DOG FIRST AID

This course teaches first aid techniques to address the most common veterinary emergencies. Whether you are a pet owner or a caretaker for other people's pets, learn the necessary skills that could help save a dog's life... Take a tour of WestVet trauma center after class.

### 18S-PET-003

M, 5/14	6 - 8 PM	Sessions: 1	
WestVet 24 Hour Animal Emergency Specialty Center			
5024 W Chinden Blvd, Garden City			
Erica Mattox CVT, VTS (ECC), Leah Miller		Age: 18+	
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00	

### 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. Please leave your pups at home. 2-for-1 registration!

### 18S-PET-001

M, 4/30	6 - 8:30 PM	Sessions: 1	
Hillside Jr High	Christina O'Brien	Age: 18+	
Tuition: \$25.00	Materials: \$ 0.50	Total: \$25.50	

### MY PET IS SICK. CAN I TREAT MYSELF OR DO I NEED TO SEE A VET? 2 FOR 1!

Join a local veterinarian to discuss common veterinary medical problems. Learn some at-home therapies for managing common problems such as vomiting, diarrhea, allergic reactions, ear infections, lacerations, and toxin or medication ingestions, and when you need to see a veterinarian immediately. Learn to make educated decisions about when self-treatment of your pet is appropriate and when it is not. 2-for-1 registration!

### 18S-PET-002

T, 4/24	6:30 - 8 PM	Sessions: 1	
Hillside Jr High	Laura Lefkowitz, DVM	Age: 12+ w/adult	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	



## PHOTOGRAPHY

### ART OF TRAVEL PHOTOGRAPHY

In this class, you will learn how to take travel images you will be proud to show off. No more boring slideshows!

### 18S-PHO-001

M, 5/7	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	Jim S Bolen, CPP	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



### TURNING OFF "AUTO" - USING YOUR CAMERA IN MANUAL MODE

For those comfortable with photography, learn to take control of the more advanced functions of your camera; turn off "auto"; adjust shutter speed, ISO, and exposure manually.

### 18S-PHO-002

W, 4/25-5/9	6:30 - 8:30 PM	Sessions: 3	
West Jr High	Jack Floegel	Age: 18+	
Tuition: \$54.00	Materials: \$ 0.00	Total: \$54.00	

## YOGA & MEDITATION

### ADAPTING YOGA FOR STIFFER BODIES

Hatha Yoga will enable you to start where you currently are, regardless of age, condition, and familiarity with yoga concepts. This class utilizes gentle movements to restore flexibility, strength and harmony with oneself, as well as others. Class will include breathing, modified yoga for stretching and strengthening, inclusive of everyone. Wear comfortable clothing with an expandable waist, heavy socks, exercise mat, strap or belt and water to drink.

### 18S-FIT-004

Th, 5/3	9:30 - 10:45 AM	Sessions: 1	
Wholistic Beauty Boutique	4516 Emerald St, Boise		
Tuition: \$12.50	Materials: \$ 2.00	Total: \$14.50	

### 18S-FIT-005

Th, 5/10	6:30 - 8 PM	Sessions: 1	Timberline High
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00	
Elissa R Maguire		Age: 18+	

### BEGINNING YOGA

This is a slower paced class designed for students who have little or no experience in yoga. This is an ideal class for students who have physical restrictions.

### 18S-FIT-034

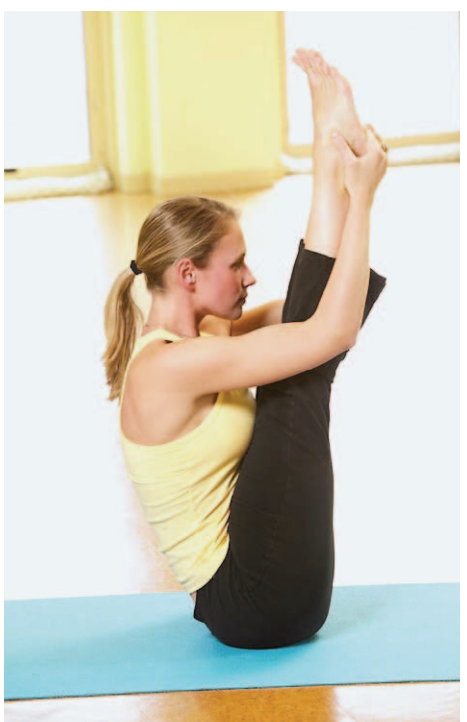
M, 4/23-5/14	5:30 - 6:30 PM	Sessions: 4	
West Family YMCA	5959 N Discovery Pl, Boise		
Penny Smith		Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

## FEEL GOOD BEGINNER YOGA

This is a gentle, restorative yoga class focusing on very gentle, therapeutic yoga poses as well as foundational poses. Class concludes with a short (10- to 15-minute) meditation session to help you unwind after a long day and transition from work to home. Bring yoga mat.

### 18S-FIT-057

T, 4/24-5/15	6:30 - 7:30 PM	Sessions: 4	
Timberline High	Susan D Benson	Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	



## YOGA

Balance and peacefulness result from attention to breath as we move through physical "asana" yoga practice. Modifications are suggested as needed. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted.

### 18S-FIT-036

T, 4/24-5/15	7 - 8 AM	Sessions: 4	
West Family YMCA	5959 N Discovery Pl, Boise		
Josie Kunzman		Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

## YOGA FOR MEN WHO DON'T BEND!

Think you are too stiff to try yoga? Consider joining a group of like-minded guys and learn how to re-educate your muscles to allow for more flexibility. After 45 years of guiding stiff students to greater flexibility, your instructor is an expert in demystifying the art of yoga regardless of your condition. Wear comfortable clothing with an expandable waist and socks. Bring an exercise mat, strap or belt, and water to drink.

### 18S-FIT-003

Th, 5/3	6:30 - 8 PM	Sessions: 1	
Hillside Jr High	Elissa R Maguire	Age: 18+	
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00	



## YOGA FOR PAIN RELIEF

Taught by a physical therapist with extensive exercise training experience, this class explains basic gentle yoga techniques for reduction in pain, and improved movement patterns.

### 18S-FIT-009

M, 5/7	6:30 - 7:30 PM	Sessions: 1	
Physical Therapy 180 - Meridian			
3919 E Overland Rd, Meridian			
Amica M Vogler		Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

**Classes fill quickly!  
Don't miss out –  
register today!**

## 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](mailto:communityed@boiseschools.org)**

Follow us on







# 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, so we love fresh ideas for new and interesting courses.**





# REGISTRATION INFORMATION

## WHEN DO CLASSES BEGIN?

The four-week Spring 2018 session will run Mon.-Thurs. evenings, April 23 through May 17. Please see individual class listings for specifics on date, time, supplies needed and location.

## WHERE ARE CLASSES HELD?

### Boise School locations:

#### HILLSIDE JUNIOR HIGH SCHOOL

3536 Hill Rd., Boise, ID 83703

(Corner of Hill Rd. and 36th St.)

Site Facilitators: Mona Pizano & Timothy Haus

#### 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.)

Site Facilitators: John Derr & John Youngkin

#### 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)

Site Facilitators: T.J. Mayer & Ryan Voorstad

### Community Business Partners (off-site):

#### ALBERTSONS DOWNTOWN

1650 W. State St.

Boise, ID 83702; (208) 342-5651

#### ALBERTSONS EAGLE

250 S. Eagle Rd.

Eagle, ID 83616; (208) 939-9850

#### AMELIA AUDAS PIANO STUDIO

1029 E. Park Blvd., Ste. 101

Boise, ID 83706; (208) 345-8680

#### ART ZONE 208

3113 N. Cole Rd.

Boise, ID 83704; (208) 322-9464

#### THE BASQUE MARKET

608 W. Grove St.

Boise, ID 83702; (208) 433-1208

#### BOISE ART GLASS

1124 Front St.

Boise, ID 83702; (208) 345-1825

#### BOISE BELLYDANCE COMPANY

7233 Potomac Dr.

Boise, ID 83704; (208) 353-7441

#### BOISE CO-OP – THE VILLAGE AT MERIDIAN

2350 N. Eagle Rd.

Meridian, ID 83646; (208) 809-2200

#### BROADWAY DANCE CENTER

893 E. Boise Ave.

Boise, ID 83706; (208) 342-6123

#### CLOVERDALE FUNERAL HOME

1200 N. Cloverdale Rd.

Boise, ID 83713; (208) 375-2212

#### DRAGONFIRE MARTIAL ARTS

4464 W. Chinden Blvd. Unit F

Boise, ID 83714; (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

1124 W. Front St.

Boise, ID 83702; (208) 345-1825

#### KILLARNEY IRISH DANCE STUDIO

6141 W. Corporal Ln.

Boise, ID 83704; (208) 377-0580

#### MOSAIC ESSENTIAL

413 E. 37th St., Door 3

Garden City, ID 83714; (208) 841-5988

#### PAIN CARE BOISE

301 W. Myrtle St.

Boise, ID 83702; (208) 342-8200

#### PAT HARRIS DANCE STUDIO

1225 N. McKinney Lane

Boise, ID 83704; (208) 375-3255

#### PHYSICAL THERAPY 180

5909 W. State St.

Boise, ID 83703; (208) 343-7700

#### PHYSICAL THERAPY 180 – MERIDIAN

3919 E. Overland Rd.

Meridian, ID 83642; (208) 888-1468

#### ROCKBOTTOM GRANITE

219 Murray St.

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

#### WESTVET 24 HOUR ANIMAL

#### EMERGENCY & SPECIALTY CENTER

5024 W. Chinden Blvd.

Boise, ID 83714; 375-1600

#### WHOLISTIC BEAUTY BOUTIQUE

4516 W. Emerald St.

Boise, ID 83706; (208) 841-9062

## HOW DO I REGISTER?

- Online: [www.boiselearns.org](http://www.boiselearns.org).
- Mail: Registration form with payment to Boise Schools Community Education, 8169 W. Victory Rd., Boise, ID 83709.
- Walk-in: 8:30 AM - 4:30 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 \$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 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 \$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?

- 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](http://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](http://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](mailto:communityed@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
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Location of Class	Time of Class	Total Class Fee	\$
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Class Number	Start Date of Class	Class Title
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Location of Class	Time of Class	Total Class Fee	\$
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Class Number	Start Date of Class	Class Title
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Location of Class	Time of Class	Total Class Fee	\$
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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

Card Number

Expiration Date

Expiration Date

Security Code

Security Code

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)**

## BOISE SCHOOL DISTRICT LOCATIONS:

**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**



## 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.)



## HILLSIDE JUNIOR HIGH SCHOOL

**3536 Hill Rd., Boise, ID 83703**  
(Corner of Hill Rd. and 36th St.)



## 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. See course descriptions at [WWW.BOISELEARNS.ORG](http://WWW.BOISELEARNS.ORG).*