



# COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG

## WINTER 2020

Session Dates: Jan. 21 - March 12

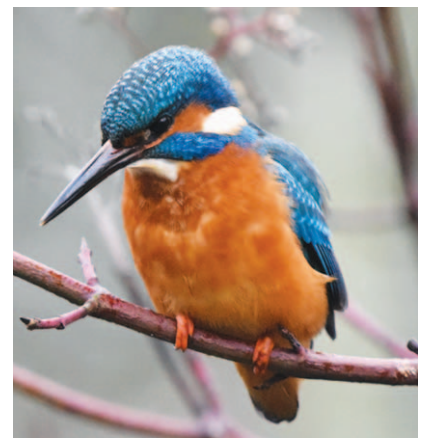
E-MAIL: [COMMUNITYED@BOISESCHOOLS.ORG](mailto:COMMUNITYED@BOISESCHOOLS.ORG)



Cruising with Confidence pg. 17



Cookie Decorating pg. 7



Wildlife Photography pg. 17



Mermaid Bracelet pg. 5

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SUPERINTENDENT’S MESSAGE

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

For 140 years, Boise Schools have been an integral part of our neighborhoods and our community. Your public schools are open to everyone and often well beyond the school day. Our Community Education program is a natural extension of our commitment to creating a culture that is inclusive and community-centric.

We understand and respect the value of lifelong learning. Through our Community 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 including culinary skills, wellness, computer basics, music, arts, crafts, and much, much more. You’ll find all the information you need about our classes, procedures and registration details right here in our Winter 2020 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.

Table of Contents

Active Aging .....	3	Kids .....	13
Arts.....	4	Language .....	14
Business & Professional Development .....	6	Leisure .....	14
Computers & Technology .....	6	Music .....	14
CPR/First Aid .....	6	Personal Enrichment .....	14
Culinary .....	7	Personal Finance .....	15
Culture & History .....	8	Pets .....	16
Dance .....	8	Photography .....	17
Fitness .....	8	Registration Information .....	19
Garden & The Great Outdoors .....	10	Science & Technology .....	17
Health & Wellness .....	11	Travel .....	17
Holistic Living .....	12	Volunteer Instructor Spotlight .....	6
Home Owners: Buy, Build, Maintain .....	13	Yoga & Meditation .....	17

**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.





ACTIVE AGING

AQUA BARRE

Influenced by ballet, Pilates and yoga but adapted to be unique, challenging and effective in water. You will experience original moves as you work in all planes and a variety of positions for full body cardio and strength workout.

<b>20W-FIT-042</b>		
M, 1/20-3/9	11 -11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Jeannie Erway	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

AQUA BOOT CAMP

Reap the benefits of this ultimate calorie-burning workout with the aid of the water’s buoyancy and resistance. Increase your cardiovascular endurance, strengthen your muscles, and improve your flexibility with this challenging and motivating class. Intermediate to advanced participants. Water shoes recommended.

<b>20W-FIT-033</b>		
T, 1/21-3/10	4 -4:50 PM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Jessica Cartwright	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

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.

<b>20W-FIT-040</b>		
W, 1/22-3/11	11 -11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

AQUA MOTION

This class targets all aspects of physical fitness through movement in the water. Class includes low impact cardiovascular conditioning, toning exercises using aqua bells, noodles and other aquatics equipment, and full body stretching for flexibility.

<b>20W-FIT-036</b>		
F, 1/24-3/13	11 -11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Martha Hopper	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

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!

<b>20W-FIT-039</b>		
F, 1/24-3/13	9 -9:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

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

NEW!

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!

<b>20W-FIT-038</b>		
M/W, 1/20-3/11	9 -9:50 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$68.00	Materials: \$ 0.00	Total: \$68.00

AQUATASTIC!

Aquatastic captivates the joy of movement and the expression of life through your favorite 70s, 80s and 90s music. The fusion of aquatic fitness with dance-based choreography will give you a great cardio workout all while having a blast!

<b>20W-FIT-041</b>		
M/Th, 1/20-3/12	4 -4:50 PM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$68.00	Materials: \$ 0.00	Total: \$68.00

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!

<b>20W-FIT-035</b>		
F, 1/24-3/13	10 -10:45 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00



BALANCE AND POSTURE – ADVANCED

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. Participants must be able to move and walk freely and without assistance.

<b>20W-FIT-047</b>		
M/W, 1/20-3/11	1 -1:45 PM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

BALANCE AND POSTURE – INTERMEDIATE

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.

<b>20W-FIT-046</b>		
M/W, 1/20-3/11	9 -9:45 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

BALANCED BODY

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

<b>20W-FIT-050</b>		
T/F, 1/21-3/13	9 -9:50 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Martha Hopper	Age: 50+	
Tuition: \$68.00	Materials: \$ 0.00	Total: \$68.00

FITNESS FOR 40 AND OVER

Exercise is as important at 40+ as it is early in life, but as your body changes, your goals and workouts should, too. Learn sound exercise selection and workout programming with exercise demonstration and practice of fundamental whole body movements. All experience levels are welcome, and attendees with genuine interest in starting or continuing an exercise program designed by themselves will benefit the most. Bring a pen, paper, and wear comfortable clothes.

<b>20W-FIT-061</b>		
W, 2/12	6:30 -8:30 PM	Sessions: 1
Physical Therapy 180 – ParkCenter		
380 E Parkcenter Blvd, Ste 200, Boise		
Sebastian Saur	Age: 40+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

“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.

<b>20W-FIT-045</b>		
T/Th, 1/21-3/12	8 -8:45 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Dave Orton	Age: 50+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

GENTLE YOGA

Gentle yoga offers a slower approach to a traditional yoga class keeping joint limitations in mind. Class features seated and standing yoga poses to increase flexibility, balance and muscular strength.

<b>20W-FIT-051</b>		
T/F, 1/21-3/13	10 -10:50 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Martha Hopper	Age: 50+	
Tuition: \$68.00	Materials: \$ 0.00	Total: \$68.00



H2O BEFIT

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.

<b>20W-FIT-034</b>		
M/W, 1/20-3/11	10 -10:50 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson, Jeannie Erway	Age: 50+	
Tuition: \$68.00	Materials: \$ 0.00	Total: \$68.00

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

H2O DEEP WATER

Enjoy the water with this high energy workout! This class will combine the resistance of deep water using equipment for buoyancy and added strength training. This is great cross training for all sports and is a challenging and invigorating workout designed only for the participant who is comfortable in deep water.

<b>20W-FIT-032</b>		
Th, 1/23-3/12	11 -11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Lysvette Henderson	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

LOW IMPACT WATER AEROBICS

Splash into this low-impact cardio and conditioning class! This class uses standard aqua-based techniques and equipment to provide a fun and energizing workout that is easy on the joints.

<b>20W-FIT-037</b>		
T, 1/21-3/12	11 -11:50 AM	Sessions: 8
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Martha Hopper	Age: 50+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

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.

<b>20W-FIT-043</b>		
T/Th, 1/21-3/12	11 -11:45 AM	Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian		
Carol Garcia	Age: 50+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00



MATUA – POLYNESIAN FITNESS

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!

<b>20W-FIT-025</b>		
F, 1/24-3/13	1:05 -2:05 PM	Sessions: 8
West Family YMCA 5959 N Discovery Pl, Boise		
Katherine Riggs	Age: 50+	
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

**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.

<b>20W-FIT-048</b>		
T/Th, 1/21-3/12	1 -1:45 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

**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.

<b>20W-FIT-044</b>		
Th, 1/23-3/12	10 -10:45 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00



**SELF-DEFENSE FOR SENIORS**

Introduction to basic self-defense for students over 50 years old. This class is based upon balance and posture, as well as aikido techniques. No hitting, kicking, or slamming falls required. Even students with alternate mobility can defend themselves! Aikido is a gentle art of harmony and it is still used by the Tokyo Police force. Seniors will feel more comfortable and energetic than ever before after practicing this form of self-defense!

<b>20W-FIT-052</b>		
Th, 3/5	6:30 -8:30 PM	Sessions: 1
Hillside Jr High	Robert Baxter, John Lilly	Age: 50+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

**SILVER SNEAKERS BOOM MOVE**

MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout in just 30 minutes.

<b>20W-FIT-026</b>		
W, 1/22-3/11	1:10 -1:40 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Deanna Graves		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

**SILVER SNEAKERS CIRCUIT**

This workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

<b>20W-FIT-027</b>		
W, 1/22-3/11	1:45 -2:30 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Deanna Graves		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

**STRETCH, HOLD AND RELEASE**

This class will help improve your flexibility, enhance coordination, increase joint range of motion and help manage stress! Stretches are performed standing and while seated.

<b>20W-FIT-049</b>		
M/W, 1/20-3/11	1:50 -2:20 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

**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!

<b>20W-FIT-001</b>		
M, 1/27	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.

<b>20W-FIT-008</b>		
M, 1/20-3/9	1:05 - 2:05 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen		Age: 50+
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

**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.

<b>20W-FIT-024</b>		
F, 1/24-3/13	11:15 AM -12:15 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 50+
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

**ARTS**

**ACRYLIC PAINTING: ENGLISH GARDEN FLORAL**

Paint an “English Garden Floral” in acrylics on canvas. All supplies are included. Take home your creation! Beginners welcome.

<b>20W-ART-025</b>		
S, 2/1	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



**ACRYLIC PAINTING: SPRING MOUNTAIN LANDSCAPE**

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

<b>20W-ART-026</b>		
S, 2/29	10:30 AM - 2:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Brian Schreiner		Age: 18+
Tuition: \$25.00	Materials: \$ 30.00	Total: \$55.00

**BEADED BRACELET: BRICK BY BRICK**

Learn to make this stylish beaded bracelet using glass beads. This is a very contemporary looking bracelet that can be stacked with other bracelets. Take home your creation! All supplies provided. Beginners welcome.

<b>20W-ART-027</b>		
S, 1/25	10:30 AM -1:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Deb Barger		Age: 18+
Tuition: \$20.00	Materials: \$ 18.00	Total: \$38.00

**BEADED BRACELET: JUST ROLLIN’ ALONG**

Learn to make this interesting bracelet using lentil and fire polished beads. Take home your creation! Supplies provided. Beginners welcome.

<b>20W-ART-029</b>		
S, 2/15	10:30 AM -1:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Deb Barger		Age: 18+
Tuition: \$20.00	Materials: \$ 18.00	Total: \$38.00

**BEADED BRACELET: TILE TRACKS**

Learn to make this fun, fast bracelet using tile and super duo beads. Take home your creation! Supplies provided. Beginners welcome.

<b>20W-ART-028</b>		
S, 2/8	10:30 AM -1:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Deb Barger		Age: 18+
Tuition: \$20.00	Materials: \$ 18.00	Total: \$38.00

**BEGINNING METALSMITHING: ETCHING**

This course is designed for beginners wanting to learn basic principles of etching. Students will make at least one, possibly several copper pendant(s), after learning how to etch a design into metal. All materials will be provided.

<b>20W-ART-024</b>		
S, 2/15	2:30 -4:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Nancy Sathre-Vogel		Age: 18+
Tuition: \$20.00	Materials: \$ 30.00	Total: \$50.00

**BEGINNING METALSMITHING: SOLDERING**

Learn the basics of soldering non-ferrous metals for jewelry! In this class, learn two techniques for soldering, with ample practice time for each. Students will make a short section of soldered chain, and several other practice projects – many make a pendant or two. All materials will be provided.

<b>20W-ART-023</b>		
S, 2/8	2 -4:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Nancy Sathre-Vogel		Age: 18+
Tuition: \$25.00	Materials: \$ 70.00	Total: \$95.00

**CARVED GOURD BIRDHOUSE**

Gourds make fine homes for several varieties of our fine feathered friends. Use wood carving tools (palm gouges) to safely carve a unique series of cuts to create a beautiful sunburst pattern around the entry hole of a birdhouse. All materials are supplied. You will bring your finished project home on night two.

<b>20W-ART-032</b>		
M/T, 2/24 & 2/25	6:30 - 8:30 PM	Sessions: 2
West Jr High	Alan Sweeney, Ken Gordy	Age: 18+
Tuition: \$40.00	Materials: \$ 4.50	Total: \$44.50

**CROCHET 101**

Learn the basics of crochet, and explore new projects if you already have the basics. 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.

<b>20W-ART-011</b>		
T, 1/21-3/10	6:30 -8:30 PM	Sessions: 8
Timberline High	Donna Adams	Age: 18+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

**DIRTY POUR PAINTING**

Learn the techniques for a dirty pour canvas painting while creating your own rendition of this popular art technique! Take home your masterpiece and add to your home decor.

<b>20W-ART-001</b>		
S, 3/7	3 -4:30 PM	Sessions: 1
<b>20W-ART-002</b>		
T, 3/10	6:30 -8 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City	
Gisele Pope		Age: 18+
Tuition: \$15.00	Materials: \$ 30.00	Total: \$45.00

**DIY MOSAIC HEART PICTURE FRAME**

In this workshop, you will learn from an amazing local mosaic tile expert how to make a heart-shaped picture frame with this beautiful and unique medium. Pre-cut tiles will be supplied, and you design the perfect gift - for a friend or yourself or your Valentine! All materials provided - dress for a mess!

<b>20W-ART-036</b>		
T, 1/28	6 -8 PM	Sessions: 1
Mosaic Essential	413 E 37th St – Door 3, Garden City	
Reham Aarti		Age: 18+
Tuition: \$20.00	Materials: \$ 35.00	Total: \$55.00

**FLORAL DESIGN 101**

This fun, hands-on class teaches you how to make a beautiful centerpiece using fresh flowers and dried accents. Supplies provided. You’ll take home your creation to enjoy.

<b>20W-ART-034</b>		
T, 2/25	6 -7 PM	Sessions: 1
Boise At Its Best Flowers	851 S Vista Ave, Boise	
Georgia White		Age: 18+
Tuition: \$12.00	Materials: \$ 20.00	Total: \$32.00





FLORAL DESIGN 102

For students who have previously taken a floral arrangement class, learn advanced techniques, and how to make a beautiful centerpiece using fresh flowers and dried accents. Supplies provided. You'll take home your creation to enjoy.

**20W-ART-035**  
T, 3/10 6 -7 PM Sessions: 1  
Boise At Its Best Flowers 851 S Vista Ave, Boise  
Georgia White Age: 18+  
Tuition: \$12.00 Materials: \$ 20.00 Total: \$32.00

FLORAL DESIGN: ROMANTIC CENTERPIECE

Create romantic themed floral centerpieces with unique containers and premium seasonal 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 and techniques and leave with a masterpiece!

**20W-ART-012**  
Th, 1/23 6:30 -7:30 PM Sessions: 1  
West Jr High Kyle Costa Age: 18+  
Tuition: \$10.00 Materials: \$ 25.00 Total: \$35.00



MAKE YOUR OWN GLASS BOWL

In this workshop, you and an instructor work together to create a glass bowl. You will learn basic functions in the glass blowing studio and how to use certain tools, all while creating your very own bowl! Pick up your creation the following day, after 3 pm.

**20W-ART-004**  
M, 1/27 6 -9 PM Sessions: 1  
**20W-ART-007**  
M, 2/17 6 -9 PM Sessions: 1  
Boise Art Glass 1124 W Front St, Boise  
Austin Grill Age: 18+  
Tuition: \$24.00 Materials: \$ 36.00 Total: \$60.00

**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.

**20W-ART-005**  
M, 2/3 6 -9 PM Sessions: 1  
**20W-ART-008**  
M, 2/24 6 -9 PM Sessions: 1  
**20W-ART-010**  
T, 3/10 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 OIL CANDLE

Create your own glass oil candle, 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 oil candle. 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.

**20W-ART-009**  
M, 3/2 6 -9 PM Sessions: 1  
Boise Art Glass 1124 W Front St, Boise  
Austin Grill Age: 18+  
Tuition: \$24.00 Materials: \$ 33.00 Total: \$57.00

MAKE YOUR OWN GLASS PAPERWEIGHT

In this workshop, you will make your own glass paperweight. Class will go over basics of the glass blowing studio set up, and techniques. You will receive one-on-one instruction from a local glass artist to create your paperweight that will be available for pick-up the following day after 3 pm.

**20W-ART-006**  
M, 2/10 6 -9 PM Sessions: 1  
Boise Art Glass 1124 W Front St, Boise  
Austin Grill Age: 18+  
Tuition: \$24.00 Materials: \$ 24.00 Total: \$48.00



MAKE YOUR OWN GLASS VASE

In this workshop, you and an instructor work together to create a glass vase. You will learn basic functions in the glass blowing studio and how to use certain tools, all while creating your very own bowl! Pick up your creation the following day, after 3 pm.

**20W-ART-003**  
M, 1/20 6 -9 PM Sessions: 1  
Boise Art Glass 1124 W Front St, Boise  
Austin Grill Age: 18+  
Tuition: \$24.00 Materials: \$ 36.00 Total: \$60.00

MERMAID BRACELET

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

**20W-ART-030**  
S, 2/22 10:30 AM-1:30 PM Sessions: 1  
Art Zone 208 3113 N Cole Rd, Boise  
Deb Barger Age: 18+  
Tuition: \$20.00 Materials: \$ 18.00 Total: \$38.00

QUILTING: DOUBLE IRISH CHAIN

Double Irish Chain — Easier than it looks! These stunning, traditional quilting patterns combine several techniques all quilters use to create designs that resemble the classic designs of Celtic crosses and chains. Students will make a practice (doll size 24"x24") quilt top. Supplies needed. Must know how to sew.

**20W-ART-033**  
M, 1/27-2/10 6:30 -8:30 PM Sessions: 3  
Hillside Jr High Mary Farrar Age: 15+ w/adult  
Tuition: \$30.00 Materials: \$ 10.00 Total: \$40.00

SPRING GARDEN DESIGN

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 and techniques and leave with a masterpiece!

**20W-ART-013**  
Th, 3/5 6:30 -7:30 PM Sessions: 1  
Timberline High Kyle Costa Age: 18+  
Tuition: \$10.00 Materials: \$ 25.00 Total: \$35.00

WOODCRAFT: BASIC FINISHING

This will be a “hands on” finishing class where students will learn easy and quick finishes. These take no special mixed ingredients, using only simple, off the shelf materials you can achieve 3-4 different useful finishes that will really express how you feel about your work! No paintbrush required!

**20W-ART-019**  
M, 2/10 6 -9 PM Sessions: 1  
**20W-ART-020**  
M, 3/9 6 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Jeff Watson Age: 13+ w/adult  
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00

WOODCRAFT: BEGINNING CARVING

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

**20W-ART-015**  
W, 1/29 6 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Eric Owens Age: 14+ w/adult  
Tuition: \$20.00 Materials: \$ 35.00 Total: \$55.00



WOODCRAFT: BOX MAKING

Box making is a fundamental skill that can be applied to many different aspects of woodworking. Whether you are a beginner, or just looking to add to your knowledge about woodworking, this is the class for you. Rabbet joints, inset hinges, wood choice and more will be covered in the class.

**20W-ART-021**  
S, 2/29 9 -5 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Brian Bass Age: 13+ w/adult  
Tuition: \$25.00 Materials: \$ 70.00 Total: \$95.00

WOODCRAFT: ROUGH TO READY

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

**20W-ART-014**  
M, 1/27 6 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Brian Bass Age: 13+ w/adult  
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00

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

WOODCRAFT: TABLE SAW TECHNIQUES

This class is designed for those who want to learn the basics of table saw use and for those who want to increase their knowledge of the many available accessories and jigs. The instructor will cover table saw safety, setup and tuning. He will cover the uses of the fence and miter gauge, blade types, and blade uses.

**20W-ART-016**  
F, 2/21 6 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Bob Rudkin Age: 13+ w/adult  
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00

WOODCRAFT: WOOD CUTTING BOARD

Make a functional and beautiful cutting board that every kitchen can use! It's a cheese slicer too! Skills covered: milling rough lumber, glue joints, router and sander use. A great introduction to wood working!

**20W-ART-022**  
Th, 2/27 5 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Tanner Scott Age: 13+ w/adult  
Tuition: \$25.00 Materials: \$ 70.00 Total: \$95.00

WOODCRAFT: WOODEN SPOON CARVING

Add some beautiful wooden spoons to your kitchen utensils collection. Learn the basics of shape and design, using the spokeshave and carving chisels to create an amazing spoon that you can actually use.

**20W-ART-017**  
Th, 1/23 5 -9 PM Sessions: 1  
**20W-ART-018**  
Th, 2/13 5 -9 PM Sessions: 1  
Woodcraft Of Boise 7005 W Overland Rd, Boise  
Rex Hansen Age: 13+ w/adult  
Tuition: \$20.00 Materials: \$ 55.00 Total: \$75.00



WRITE SHORT 2: NEXT LEVEL EXERCISES

Do you want to jump your writing to a higher level? To easily and quickly produce more and sell more? Then this class is for you. This is an interactive class. You will be writing some during class, and leave with tools to use in all your writing. Any author can write short, let Conda show you how!

**20W-ART-031**  
Th, 3/5 6:30 -7:30 PM Sessions: 1  
Timberline High Conda Douglas Age: 18+  
Tuition: \$10.00 Materials: \$ 7.00 Total: \$17.00



## VOLUNTEER INSTRUCTOR SPOTLIGHT

**Kim Sherman-Labrum** is a native Idahoan, originally from southern Idaho, who has been living in the Treasure Valley since 1998. She attended Boise State University as a biology major and eventually moved to the Graphic Design program. She worked full-time at the Idaho SBDC as their administrative assistant and training coordinator while attending school. She inherited the training program when there were budget cuts and staff reductions. She had to learn how to market a training program to meet goals and pay back a deficit budget. During the same period, she sat on a board of a local theater, and as with any arts organization, there is never enough money. She had to be very creative with her marketing efforts.

Around this time, social media was taking off and Kim recognized the power in these platforms to reach beyond traditional advertising. She built her training program into an award-winning one with a surplus budget and established herself as a resource for small businesses in the online and digital marketing fields.

In 2012, she became a professional business consultant with the Idaho SBDC and since then has assisted hundreds of entrepreneurs grow their businesses.

In her spare time, Kim is a theater artist specializing in scenic painting, writing and directing. Her production, *Star Wars Abridged*, co-written with her husband, won the state title for the American Association of Community Theatre's festival. She also dabbles in book art, and is a makeup artist for local independent movies.

Kim holds a degree in Graphic Design from BSU and a Credential of Readiness from Harvard Business School. She is a certified FranFit consultant as well as a Google Partner.

In 2012, she received a grant from HP and Learning Initiative for Entrepreneurs (LIFE) program. Needing to reach a new audience, she turned to Community Education as a channel to those entrepreneurs. The partnership was successful and she delivered LIFE classes through Community Ed for several years until the program transitioned to an online format. She now recommends many of her clients teach for Community Ed as a way to establish themselves in their field, raise awareness and improve their presentation skills. This Winter, she is offering **GET FOUND ON GOOGLE; INSTAGRAM STRATEGIES FOR SMALL BUSINESS; YOUTUBE PLAYBOOK FOR SMALL BUSINESS;** and **SOCIAL MEDIA CHECKLIST FOR SMALL BUSINESS.** Do not miss her classes - they fill up fast!

**Learn a new skill –  
sign up for a  
Community Ed  
class today!**

### BUSINESS AND PROFESSIONAL DEVELOPMENT

#### 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.

##### 20W-BUS-005

T, 2/11	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	John Mathews	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

#### GET FOUND ON GOOGLE

Learn how to get your business online; get found on Google search and maps, as well as other resources available to the small business owner. Google wants every business online and they are making it easier with tools and training for entrepreneurs. Bring mobile devices or laptops for a more hands-on experience, or just relax and listen. Join us for a great time and some cool Google swag!

##### 20W-BUS-001

W, 1/29	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

#### INSTAGRAM STRATEGIES FOR SMALL BUSINESS

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

##### 20W-BUS-002

W, 2/5	6:30 - 8:30 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

#### PROJECT MANAGEMENT

**NEW!**

Learn how to manage projects, both big and small, starting with the basics all the way to the closure. Please bring projects related to business and/or personal projects and we will discuss them all in class. This class will be helpful if you are just curious about project management or thinking of switching careers.

##### 20W-BUS-006

W, 2/12-3/4	6:30 - 8 PM	Sessions: 4
West Jr High	Kelly Merritt	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

#### SOCIAL MEDIA CHECKLIST FOR SMALL BUSINESS

Social media can be confusing, difficult and overwhelming. How do you know that you're on the right platform if you are, if everything is ready and correct? The social media consultant at the Idaho SBDC (Idaho Small Business Development Center) will walk you through each of the major platforms, who uses them, and how to ensure that your profiles are set up correctly, as well as tips and tricks. Participants will leave with an actionable check-list relevant to their unique small business.

##### 20W-BUS-004

W, 3/4	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

#### YOUTUBE PLAYBOOK FOR SMALL BUSINESS

Get to know the fundamentals of YouTube through this comprehensive guidebook. The steps outlined in this small business resource will introduce the basics of building and managing a YouTube business channel, creating eye-catching videos, and advertising on YouTube. Attendees are encouraged to bring their mobile devices with their Instagram account installed for a more hands-on experience, or they can relax and listen.

##### 20W-BUS-003

W, 2/19	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

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

### INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS

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

##### 20W-COM-008

T/Th, 3/3-3/12	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$ 5.00	Total: \$70.00

### INTRO TO WEBSITES AND WORDPRESS **NEW!**

Do you need to create a personal or business website but don't know where to start? This class is for you! Learn the basics necessary to buy a domain, select a host and hosting plan, and build a WordPress site. Why WordPress? Because it really is the industry standard in site development and most of the tools are free to use. Computers will be provided, but students are welcome to bring their own laptop to class.

##### 20W-COM-009

M, 3/2 & 3/9	6:30 - 8:30 PM	Sessions: 2
Hillside Jr High	Traci Hoff	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

#### MICROSOFT EXCEL: BEGINNING

For those with limited knowledge of Microsoft Excel, learn how to create and format spreadsheet data. Learn about toolbars, shortcuts, and basic math formulas and charts. Class for PC version of Excel, not MAC. Students welcome to bring their own laptop to class.

##### 20W-COM-003

M/W, 3/2 & 3/4	6:30 - 8:30 PM	Sessions: 2
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##### 20W-COM-004

M/W, 3/9 & 3/11	6:30 - 8:30 PM	Sessions: 2
Timberline High	Andy Lanning	Age: 18+
Tuition: \$40.00	Materials: \$ 5.00	Total: \$45.00



### 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, which is valid for one year.

##### 20W-HEA-001

M, 1/27	6 - 8:30 PM	Sessions: 1
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##### 20W-HEA-002

W, 2/26	6 - 8:30 PM	Sessions: 1
West Jr High	Joel Gunstream, Ben White, Dan Hohler	Age: 18+
Tuition: \$25.00	Materials: \$ 15.00	Total: \$40.00



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 upon successful completion.

<b>20W-HEA-015</b>		
W, 2/5	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 upon successful completion.

<b>20W-HEA-016</b>		
Th, 3/5	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 fee for book. PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!

<b>20W-CUL-001</b>		
Th, 1/30	6:30 -8:30 PM	Sessions: 1
<b>20W-CUL-002</b>		
T, 2/18	6:30 -8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$ 18.00	Total: \$ 38.00

BAKING WITH ALMOND FLOUR

Almond flour is a high-protein, low-carb flour alternative with a smooth buttery flavor that's perfect for your gluten-free and grain-free baking. Come to this class and learn how to bake with this amazing flour! Will be making a 3 course meal: Salad with an Almond Vinaigrette, Almond Non-Fried Chicken, and a Berry Crisp.

<b>20W-CUL-009</b>		
Th, 2/13	6:30 -8 PM	Sessions: 1
Timberline High	Jennyfer Berg	Age: 18+
Tuition: \$15.00	Materials: \$ 12.00	Total: \$27.00

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

<b>20W-CUL-005</b>		
W, 1/22-3/11	6:30 -8:30 PM	Sessions: 8
Timberline High	Donna Adams	Age: All w/adult
Tuition: \$50.00	Materials: \$ 0.00	Total: \$50.00



COOKIE DECORATING FOR OCCASIONS

Learn how to decorate cookies for special occasions! We'll be making treats for your Valentines. Cookies are supplied – all you have to do is learn the tricks to make creative and yummy treats. Bring an apron and a container to take home your creations!

<b>20W-CUL-017</b>		
T, 2/11	6:30 -8 PM	Sessions: 1
West Jr High	Alison Giachetti	Age: 12+ w/adult
Tuition: \$15.00	Materials: \$ 15.00	Total: \$30.00



COOKING UNDER PRESSURE

This class will cover the different models commercially available, their features, and how to use them. You will learn about the safety features, additional equipment available for purchase, as well as tips, tricks, and a recipe book that you can use to make cooking a breeze. We will sample some pressure-cooked food!

<b>20W-CUL-022</b>		
Th, 1/30	6:30-7:30 PM	Sessions: 1
Hillside Jr High	Bridget Morrisroe-Aman	Age: 10+ w/adult
Tuition: \$10.00	Materials: \$ 5.00	Total: \$15.00

COOKING WITH POTSTICKER WRAPPERS

Make juicy and crispy gyoza, Japanese potstickers using ingredients found in most grocery stores. You will learn how to fold wrappers and re-purpose any leftover ingredients. Japanese food is simple, adaptable, and delicious!

<b>20W-CUL-020</b>		
M, 2/10	6:30 -8:30 PM	Sessions: 1
Timberline High	Ayaka Nukui, Maki Jackson, Kanae Kidaka	Age: 12+ w/adult
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

GLUTEN & DAIRY FREE BAKING

If you have gluten or dairy sensitivities or celiac disease, this class will show you how to make simple flours that will save you a bundle over commercial products and allow you to make all your favorite recipes with little adjustments. These baked goods are light in texture, taste good and remind you of what baked goods used to be. Taste these and more: cookies, cake, sweet breads, chicken pot pie, biscuits, cinnamon rolls, yeast breads.

<b>20W-CUL-006</b>		
T, 2/18	6:30 -8:30 PM	Sessions: 1
Hillside Jr High		
<b>20W-CUL-007</b>		
M, 3/9	6:30 -8:30 PM	Sessions: 1
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00

GROWING BEAN SPROUTS

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

<b>20W-CUL-004</b>		
T, 1/28	6:30 -7:30 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+
Tuition: \$10.00	Materials: \$ 1.00	Total: \$11.00



HANDMADE PIZZA AT HOME!

Make fantastic pizza at home! It's easy if you know what to do, and what pitfalls to avoid. Our experienced instructor will have you tossing dough and spreading sauce like the pros. Join us for a really fun and tasty class! Take home your creations, of course. Recipes included. BONUS! Make your own dough in class to take home (by popular demand).

<b>20W-CUL-008</b>		
Th, 2/6	6:30 -8:30 PM	Sessions: 1
Timberline High	Joe Levitch, Jennifer Loves	Age: 18+
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00

HEALTHY BY CHOCOLATE!

Chocolate can actually be good for us! Learn how to use quality chocolate to enhance your food, and your health. Come and learn some of the health benefits of chocolate or "food of the gods." Prepare some healthy chocolate treats!

<b>20W-CUL-013</b>		
T, 2/18	6:30 -7:30 PM	Sessions: 1
Natural Grocers	1195 N Milwaukee St, Boise	
Jennyfer Berg		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

KNIFEOLGY: THE MIXING BOWL

This class will cover the basics of holding knives, chopping techniques, and what to look for when shopping for your next knife. Everything you need will be provided, however, you are welcome to bring your favorite knife to compare and ask questions.

<b>20W-CUL-014</b>		
T, 2/4	6:30 -8 PM	Sessions: 1
Timberline High	Mary Ann Mandel	Age: 18+
Tuition: \$15.00	Materials: \$ 6.00	Total: \$21.00



KNIFEOLGY II: THE MIXING BOWL

This is the Intermediate Knifeology class which will have you chopping, dicing and slicing by the end of class. Please bring your favorite chef's knife and cutting board for an interactive lesson on improving techniques and eliminating bad habits.

<b>20W-CUL-015</b>		
T, 3/3	6:30 -8 PM	Sessions: 1
Hillside Jr High	Mary Ann Mandel	Age: 18+
Tuition: \$15.00	Materials: \$ 6.00	Total: \$21.00

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 receive Milk Kefir starter culture, so that you can start making your healthy drink immediately! In addition, you will learn how to make water kefir.

<b>20W-CUL-012</b>		
T, 2/4	6:30 -8 PM	Sessions: 1
West Jr High	Olga Harper	Age: 18+
Tuition: \$15.00	Materials: \$ 26.00	Total: \$41.00

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>20W-CUL-010</b>		
T, 2/18	6:30 -8 PM	Sessions: 1
<b>20W-CUL-011</b>		
Th, 3/5	6:30 -8 PM	Sessions: 1
West Jr High	Olga Harper	Age: 18+
Tuition: \$15.00	Materials: \$ 26.00	Total: \$41.00

OLIVE OILS: ALL YOU NEED TO KNOW

Learn about fresh olive oil and what to look for when shopping for olive oil. This class will feature a blind tasting which involves our premium olive oils compared to other brands. Some appetizers will be provided and you will take home one of Olivin's 6.7 oz bottles.

<b>20W-CUL-016</b>		
W, 2/12	6:30 -8 PM	Sessions: 1
<b>20W-CUL-018</b>		
W, 2/26	6:30 -8 PM	Sessions: 1
Olivin	218 N 9th St, Boise	
Mary Ann Mandel		Age: 18+
Tuition: \$10.00	Materials: \$ 35.00	Total: \$45.00



PAELLA 101

Learn how to make the national dish of Spain! In this class, you will discover the traditional techniques for making amazing chicken, chorizo and seafood paella. Enjoy the final result! Students will stand much of the evening.

<b>20W-CUL-019</b>		
T, 2/11	6 -8 PM	Sessions: 1
The Basque Market	608 W Grove St, Boise	
Tara McElhose-Eiguren, Tony Eiguren	Age: 18+	
Tuition: \$20.00	Materials: \$ 13.00	Total: \$33.00

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 vegetarianis learn how to cook an authentic Indian dish. Recipe book included.

<b>20W-CUL-003</b>		
T, 2/25	6:30 -8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$ 6.00	Total: \$26.00

WHOLE GRAINS: ADDING THEM TO YOUR DIET

This three part series will present three different categories of whole grains and how to incorporate them into your diet. Corn and oats, barley and wheat (varieties and forms), rice and quinoa will be defined and demonstrated through basic cooking preparations. Simple recipes using these grains will be demonstrated, tasted and discussed. Materials and recipes provided!

<b>20W-CUL-021</b>		
M, 1/27-2/10	6:30 -8 PM	Sessions: 3
West Jr High	Julie Hosman Kulm	Age: 18+
Tuition: \$30.00	Materials: \$ 7.50	Total: \$37.50



CULTURE & HISTORY

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Spend the evening with a Cemetery Historian! Using hundreds of photos of grave stones taken by the instructor, you will learn the secret language of tomb stones. Learn how to interpret the cryptic emblems, signs and symbols found on grave stones. Many of our ancestors were illiterate. Signs and symbols are the universal language of grave stones. They tell us if the deceased was male or female; religious; belonged to a fraternal organization; was well loved; or even if he or she had a sense of humor, all without knowing how to read. We'll even discuss the history of cemeteries, burial customs, symbols, even a little humor!

<b>20W-HIS-001</b>		
T, 2/4	5:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Reception Center	1200 N Cloverdale Rd, Boise	
David Habben	Age: 18+	
Tuition: \$25.00	Materials: \$ 0.00	Total: \$25.00

EXPLORING THE GREAT WORLD RELIGIONS

Religion is responsible for the progress of humankind when applied correctly and the source of strife when not. Here we explore the religions in a unifying framework that will make sense of them all, including native American beliefs.

<b>20W-HIS-006</b>		
Th, 1/23-3/12	6:30 - 8:30 PM	Sessions: 6
Timberline High	J Thomas Pawlowski	Age: 18+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

FEARLESS FARRIS LIND: THE HISTORY

Farris Lind, known as Fearless Farris, started the Stinker Stations in Idaho. He's best known for his hilarious advertising signs that dotted the southern part of the state. Lind ran the stations for 20 years after becoming a quadriplegic, becoming Idaho's largest petroleum dealer and the Handicapped American of the year in 1972. Come learn about the tragedy and the triumph of a man who was the essence of Idaho. The presentation includes more than 50 historical photos.

<b>20W-HIS-009</b>		
W, 3/4	6:30 - 8 PM	Sessions: 1
Timberline High	Rick Just	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

FINDING DON GORDONI: A WORLD WAR II STORY

A presentation for WWII buffs. Hear a non-fiction story about Don Gordoni, a WWII aviator on the *Liberty Bell* with Idaho connections. The instructor's father served with him. This story is a tribute to the Gordoni family and the families of over 50 million others killed during WWII in order to remember their loved ones and forever honor the sacrifice that they made.

<b>20W-HIS-008</b>		
T, 1/28	6:30 - 7:30 PM	Sessions: 1
Timberline High	Vicki Ekmark	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

MAIN OREGON TRAIL BACK COUNTRY BYWAY

Discover Idaho's Main Oregon Trail Back Country Byway from Glenn's Ferry to Boise. Pictures and diary quotes will be used to describe the route thousands of emigrants traveled over 150 years ago. Caravan tour of the Oregon Trail offered to class participants in mid-April.

<b>20W-HIS-004</b>		
W, 2/5	6:30 - 8:30 PM	Sessions: 1
West Jr High	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



NORTH ALTERNATE OREGON TRAIL

A historical look at the tragic route of the North Alternate Oregon Trail through the diaries of emigrant pioneers. This route was a tragic story of disease and despair, with the deaths of dozens of emigrants. Caravan tour of the Oregon Trail offered to class participants in mid-April.

<b>20W-HIS-005</b>		
W, 2/12	6:30 - 8:30 PM	Sessions: 1
West Jr High	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

OREGON TRAIL: WYOMING TO FORT HALL

Travel the Oregon-California Trail from Thomas Fork at the Wyoming border through Soda Springs and over the mountains to Fort Hall through pictures and the diaries of emigrant travelers. This stretch of trail contains some of the greatest curiosities along the entire trail. Caravan tour of the Oregon Trail offered to class participants in mid-April.

<b>20W-HIS-003</b>		
W, 1/22	6:30 - 8:30 PM	Sessions: 1
West Jr High	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

RUMBOOGIECREW: A HISTORY OF ONE WWII BOMBER & ITS CREW

This class is a tribute to the instructor's dad's B-17 Bomber crew. She will discuss her website and how she found living family relatives of each of the crew members. Step into fascinating WWII history!

<b>20W-HIS-007</b>		
T, 1/21	6:30 -7:30 PM	Sessions: 1
Timberline High	Vicki Ekmark	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

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

<b>20W-HIS-002</b>		
T, 2/11	6:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Reception Center	1200 N Cloverdale Rd, Boise	
David Habben	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

DANCE

BEGINNING ADULT TAP DANCE

If you have always wanted to learn tap dance, this class is for you! Learn the basic tap steps and put them into a dance. Be prepared to laugh, and have a fun workout! Tap shoes required.

<b>20W-DAN-002</b>		
Th, 1/23-2/6	7:15 -8 PM	Sessions: 3
Susie's Tap and Jazz Etc	17 N Fisher Park Way, Eagle	
Susie Depew	Age: 18+	
Tuition: \$27.00	Materials: \$ 0.00	Total: \$27.00

BEGINNING BELLY DANCE

Bellydance (Rags Sharki or oriental dance) is an ancient dance form that is suitable for all ages! Bellydance is fun and can improve your flexibility, core strength, range of motion, balance, body self awareness, self-estee confidence! Come learn the basic movements of this amazing dance for discover the joy of bellydancing! **No class on 1/29.**

<b>20W-DAN-006</b>		
W, 1/22-3/11	6:30 -7:30 PM	Sessions: 7
West Jr High	Diana Ernest	Age: 18+
Tuition: \$54.00	Materials: \$ 0.00	Total: \$54.00

COUPLES COUNTRY DANCE

Kick up your heels with the two-step, waltz, east coast swing, and cha cha. Perfect date night. Tuition is per couple; one registers, both attend. **NO CLASS 2/13! CLASS HELD: 1/23, 1/30, 2/6, 2/20, 2/27**

<b>20W-DAN-005</b>		
Th, 1/23-2/27	7 -8:30 PM	Sessions: 5
West Jr High	Arlene Ankenman	Age: 18+
Tuition: \$70.00	Materials: \$ 0.00	Total: \$70.00

LINE DANCE – BEGINNING

A long-time favorite with Community Ed! Learn the basic dance steps and get fit at the same time! Class is perfect for beginners - no partner or experience necessary. Wear comfortable clothes and non-marking shoes (a must!). **NO CLASS 2/11. CLASS DATES: 1/21, 1/28, 2/4, 2/18, 2/25, 3/3**

<b>20W-DAN-004</b>		
T, 1/21-3/3	6:30 -7:30 PM	Sessions: 6
West Jr High	Arlene Ankenman	Age: 18+
Tuition: \$54.00	Materials: \$ 0.00	Total: \$54.00

LINE DANCING FOR BEGINNERS

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

<b>20W-DAN-001</b>		
W, 2/5-2/19	11 AM -12 N	Sessions: 3
Broadway Dance Center	893 E Boise Ave, Boise	
Sue Hebison	Age: 18+	
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00

LINE DANCING – BEGINNER

In this fun 60 minutes you will learn a variety of line dances to some of your favorite songs. No experience is necessary. Enjoy a judgement free zone, dance and make some new friends!

<b>20W-DAN-003</b>		
W, 1/22-3/11	2:35 -3:35 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

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 who are short on time - men and women of all ages.

<b>20W-FIT-021</b>		
Th, 1/23-3/12	10:15 -10:45 AM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Sydney Van der Akker	Age: 18+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

**The Winter session**

**runs from**

**January 21 -**

**March 12**



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!

<b>20W-FIT-016</b>			
T, 1/21-3/10	6 -7 PM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Molly Smith			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

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 for the ACTIVE older adult. It is also ideal for the super busy and fit who need to get it done in one workout.

<b>20W-FIT-019</b>			
W, 1/22-3/11	4:30 -5:30 PM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Amy Bedsole			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

AQUA CORE

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>20W-FIT-020</b>			
Th, 1/23-3/12	8 -9 AM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Debbie Lilya			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

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.

<b>20W-FIT-013</b>			
T, 1/21-3/10	10:15 -11 AM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Casiana Larson			
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00	

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 an certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

<b>20W-FIT-014</b>			
T, 1/21-3/10	11:30 AM -12:30 PM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Laurie Blomstrom			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

Stay active this winter – sign up for a fitness class!

BALANCE AND TAI CHI

Have you noticed your walking has not been steady lately? Do you have trouble standing on one leg? Trouble changing directions quickly when walking? Tai Chi is an ancient Chinese tradition that has been shown to improve balance. This class will cover balance principles, a progressive balance training program, and Tai Chi sequences. Exercise clothing suggested. This is a fragrance-free event.

<b>20W-FIT-060</b>			
T, 2/25	6:30 -8:30 PM	Sessions: 1	
Physical Therapy 180 – ParkCenter	380 E Parkcenter Blvd, Ste 200, Boise	Age: 18+	
Esther Winn			
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



BARRE

A fusion of yoga, Pilates, and ballet. This total body workout uses the ballet bar to perform small isometric movements. An intense workout designed to create a leaner, longer, stronger you.

<b>20W-FIT-067</b>			
Th, 1/23-3/12	9 -10 AM	Sessions: 8	
Thisbe Sahwell		Age: 18+	
<b>20W-FIT-069</b>			
Th, 1/23-3/12	12 N to 12:55 PM	Sessions: 8	
Samantha Mellen		Age: 18+	
Downtown Boise YMCA	1050 W State St, Boise		
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

BEGINNER TAI CHI

Join instructor Robert Luo, from Hunan province in China, in learning the traditional 8 forms of Yang style Tai Chi. Studying Tai Chi will help to improve your balance, flexibility, muscle strength and agility. Practicing Tai Chi relieves stress and tension also. This class is full of fun and provides health benefits to students of all skill levels. No experience necessary. **No class on 2/27.**

<b>20W-FIT-055</b>			
T/Th, 1/21-3/12	6:30 -7:30 PM	Sessions: 15	
Timberline High	Robert Luo	Age: youth ok w/adult	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

BODY ATTACK

The sports-inspired cardio workout for building strength and stamina combining athletic aerobic movements with strength and stabilization exercises. High intensity set to music.

<b>20W-FIT-064</b>			
T/Th, 1/21-3/12	2 -2:55 PM	Sessions: 16	
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Melanie Strasser			
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00	

BODY PUMP

Major muscle groups are worked via series of compound and isolation-based exercises while raising metabolic rate for rapid fat burning. Incorporates barbells and adjustable weights to tone and condition muscles.

<b>20W-FIT-065</b>			
Th, 1/23-3/12	6:30 -7:25 PM	Sessions: 8	
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Jennifer Bergerson			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

CHEN STYLE TAI CHI

Chen-style is characterized by silk reeling (chán si jìn), alternating fast/slow motion and bursts of power (fa jìn). This class is full of fun and provides health benefits to students of all skill levels. No experience necessary! **No class on 2/27.**

<b>20W-FIT-058</b>			
T/Th, 1/21-3/12	7:30 -8:30 PM	Sessions: 15	
Timberline High	Robert Luo	Age: youth ok w/adult	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

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.

<b>20W-FIT-012</b>			
T, 1/21-3/12	9 -10 AM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Tammi Williams			
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

EXERCISE WITH A BASKETBALL!

Learn a 30-minute exercise routine with a basketball! From the warmup and shots to practice you can get a great upper body workout. Get your cardio in by chasing down the shots you miss and make it as intense as you choose. This workout is good for balance, hand-eye coordination, and understanding more about the game of basketball. Bring non-marking shoes (non-dark soles) and a water bottle.

<b>20W-FIT-053</b>			
M, 2/3	6:30 -7:30 PM	Sessions: 1	
Timberline High	Vince Matthews	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 comfortable clothes that are easy to move around in.

<b>20W-FIT-005</b>			
T, 2/11	6:30 -7:30 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	Age: 18+	
Angela Young			
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

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.

<b>20W-FIT-004</b>			
T, 1/21	6:30 -7:30 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	Age: 18+	
Angela Young			
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	



FOAM ROLLING FOR SELF-CARE

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.

<b>20W-FIT-006</b>			
T, 2/25	6:30 -7:30 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	Age: 18+	
Angela Young			
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

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.

<b>20W-FIT-010</b>			
M/W, 1/20-3/11	6:30 -7:30 PM	Sessions: 16	
West Family YMCA	5959 N Discovery Pl, Boise	Age: 18+	
Joseph Pratt			
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00	

INTERMEDIATE TAI CHI

Join instructor Robert Luo, from Hunan province in China, in learning the traditional 16 forms of Yang style Tai Chi. Studying Tai Chi will help to improve your balance, flexibility, muscle strength and agility. Practicing Tai Chi relieves stress and tension also. This class is full of fun and provides health benefits - must have some experience. **No class on 1/20 or 2/17. Start date is 1/22!**

<b>20W-FIT-056</b>			
W/M, 1/22-3/11	6:30 -7:30 PM	Sessions: 14	
Timberline High	Robert Luo	Age: youth ok w/adult	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

LES MILLS BARRE

This new and popular trend of exercise offers a fusion of yoga, pilates, and ballet. This 30 minute total body workout uses a ballet bar to help participants perform small isometric movements. Combine this with intense stretches, the result is a sculpted physique, strong muscles, and enhanced flexibility.

<b>20W-FIT-070</b>			
S, 1/25-3/14	10:15 -10:45 AM	Sessions: 8	
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Christine Foy			
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00	

MOVING FOR BETTER BALANCE

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>20W-FIT-011</b>	1 - 2 PM	Sessions: 16
M/W, 1/20-3/11		
West Family YMCA	5959 N Discovery Pl, Boise	
Michelle Evans	Age: 18+	
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00

NO-GI BRAZILIAN JIU-JITSU

Learn the most popular ground style martial art used for self-defense, MMA, grappling tournaments and fun! Anyone can learn the art without prior experience.

<b>20W-FIT-059</b>	7 - 8:30 PM	Sessions: 16
T/Th, 1/21-3/12		
Idaho Krav Maga	880 S Vista Ave, Boise	
Thomas Supnet	Age: 14+	
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

P90X

A total-body strength and cardio conditioning workout that helps build lean muscle. Workouts are taught in blocks of cardio, lower-body strength, upper-body strength, and core. Participants use dumbbells or kettle bell weights.

<b>20W-FIT-068</b>	10 - 11 AM	Sessions: 8
Th, 1/23-3/12		
Downtown Boise YMCA	1050 W State St, Boise	
Danica Rhodes	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

PILATES

Exercises designed to strengthen the muscles of the abdomen, lower back, and buttocks to improve overall flexibility and coordination.

<b>20W-FIT-063</b>	12 N to 1 PM	Sessions: 16
M/W, 1/20-3/11		
Downtown Boise YMCA	1050 W State St, Boise	
Lauren Kooma	Age: 18+	
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00



POWER DANCE

A full hour of fabulous music combined with dance to get your body moving. This is a class for those who want something new and fun that benefits the mind, body, and spirit.

<b>20W-FIT-062</b>	10 - 10:55 AM	Sessions: 8
M, 1/20-3/9		
Downtown Boise YMCA	1050 W State St, Boise	
Kim Zuehlke	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

Get fit and feel great!  
Sign up today –  
don't wait!

REFIT

REFIT, a dance fitness format, 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>20W-FIT-017</b>	6:30 - 7:30 PM	Sessions: 8
T, 1/21-3/12		
West Family YMCA	5959 N Discovery Pl, Boise	
Susan Presnell	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

SHALLOW WATER FITNESS

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

<b>20W-FIT-022</b>	10:15 - 11:15 AM	Sessions: 8
F, 1/24-3/13		
West Family YMCA	5959 N Discovery Pl, Boise	
Debbie Lilya	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

SHORIN-RYU KARATE FOR ADULTS 2 FOR 1!

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>20W-FIT-002</b>	7 - 9 PM	Sessions: 8
W, 1/22-3/11		
Pat Harris Dance Studio	1225 N McKinney St, Boise	
Robert Gilmore	Age: 12+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

SHOTOKAN KARATE TECHNIQUES 2 FOR 1!

Join black belt instructors to explore basic self-defense techniques while improving balance, coordination and flexibility through the study of traditional, disciplined, Okinawan Shotokan Karate. Class is open to both beginners (basics) and returning karate practitioners (intermediate and advanced). 2-for-1 registraton! **NO CLASS ON 2/27**

<b>20W-FIT-054</b>	6 - 7:30 PM	Sessions: 7
Th, 1/23-3/12		
Timberline High	Jose Rodriguez, Sr., Jose Rodriguez, II, Aleena Habib	Age: 15+ w/adult
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

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>20W-FIT-015</b>	4:30 - 5:30 PM	Sessions: 16
T/Th, 1/21-3/12		
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00
<b>20W-FIT-018</b>	12 N to 1 PM	Sessions: 8
W, 1/22-3/11		
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen	Age: 18+	

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.

STRETCH AND RESTORE

In recovery is when change and repairs are made to the body. In this 45-minute class you can expect to warm up your muscles and then begin to work through a series of deep, lengthening stretches to aid in muscle recovery, improved flexibility, posture restoration and an overall ease of tension.

<b>20W-FIT-007</b>	12 N to 12:45 PM	Sessions: 8
W, 1/22-3/11		
West Family YMCA	5959 N Discovery Pl, Boise	
Shanna Marks-Madeira	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00



T'AI CHI CHIH: AN INTRODUCTION

T'ai Chi Chih is a modern compilation of gentle Chi Gong exercises. This mindful practice fosters a relaxed state of well-being. Studies have attributed health benefits such as improved posture and balance, increased strength and agility, easier breathing, and reduced effects of everyday stress. Your instructor has over twenty-five years of teaching this form. Wear comfortable clothing, and soft shoes or thick socks.

<b>20W-FIT-029</b>	6:30 - 8 PM	Sessions: 1
M, 1/27		
Timberline High		
<b>20W-FIT-031</b>	6:30 - 8 PM	Sessions: 1
M, 2/24		
West Jr High	Elissa Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00

TAI CHI FAN

Instructor Robert Luo, from Hunan China, will teach how to gracefully wield a Chinese fan while practicing traditional Yang style Tai Chi movements and principles. Tai Chi fan class will help to improve your balance, flexibility, strength and agility. No experience necessary. **No class on 1/20 or 2/17. Start date is 1/22.**

<b>20W-FIT-057</b>	7:30 - 8:30 PM	Sessions: 14
W/M, 1/22-3/11		
Timberline High	Robert Luo	Age: youth ok w/adult
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

Y BARRE

Y-Barre is a fun and empowering class set to great music. The ballet barre is used to sculpt the lower body and 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, but not for beginners.

<b>20W-FIT-003</b>	12 N to 1 PM	Sessions: 8
M, 1/20-3/9		
Shanna Marks-Madeira		
<b>20W-FIT-023</b>	11 AM - 12 N	Sessions: 8
F, 1/24-3/13		
Sparkle Paterson	Age: 18+	
West Family YMCA	5959 N Discovery Pl, Boise	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

GARDEN & THE GREAT OUTDOORS

BACKYARD CHICKENS & YOUR GARDEN

Class is for the inexperienced to the advanced backyard chicken person. Learn the basics of caring for chickens and how they can help your garden grow, no matter what time of year! This is a hands-on class with several breeds of chickens for you to view and to work with.

<b>20W-GAR-003</b>	6:30 - 8:30 PM	Sessions: 1
T, 2/11		
Timberline High	Rob Newburn	Age: 10+ w/adult
Tuition: \$20.00	Materials: \$ 2.00	Total: \$22.00



FLY FISHING FOR BEGINNERS

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

<b>20W-GAR-005</b>	6:30 - 8:30 PM	Sessions: 2
W/Th, 1/22 & 1/23		
West Jr High	David Lupien	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00



FRUIT TREE PRUNING/TRIMMING

Learn the craft of pruning and trimming your fruit trees to promote a healthy tree that is easy to maintain and produces quality fruit. Discussions and slide show will include tools, tricks, methods and the dos and don'ts, etc. After class we may schedule some voluntary group hands-on demonstrations at several different students' homes with the instructor.

<b>20W-GAR-001</b>		
T, 3/3	6:30 -8:30 PM	Sessions: 1
Timberline High	Bob Seymour	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

HOW TO CREATE A BIRD-FRIENDLY YARD

Join the Golden Eagle Audubon Society as we teach you how to create bird-friendly habitat in your yard and community greenspaces. Through a series of simple actions, your outdoor area can provide important habitat and food sources for birds, pollinators, and wildlife. Whether you have an acre of land or a small outdoor patio, you can make a difference for local birds! We will cover best practices and share local resources on how you can start attracting birds and other wildlife to your yard right away.

<b>20W-GAR-002</b>		
T, 2/11	6:30 -7:30 PM	Sessions: 1
Hillside Jr High	Adra Lobdell	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



IDAHO LONG DISTANCE TRAILS

Idaho has two great long distance trails: the Idaho Centennial Trail, and the Idaho Boundary Trail. This class covers what you will see and how to prepare to hike these spectacular trails.

<b>20W-GAR-004</b>		
W, 2/19	6 -8:30 PM	Sessions: 1
West Jr High	Michael O'Brien	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

HEALTH & WELLNESS

BRAIN HEALTH – IS DEMENTIA AVOIDABLE?

In this class, we will learn some of the latest theories about why people develop Alzheimer's, and current thoughts on what can be done to help prevent it, as well as different possibilities for treating early onset mild cognitive decline.

<b>20W-HEA-018</b>		
Th, 3/12	6:30 - 8 PM	Sessions: 1
Timberline High	Victoria Savage	Age: 40+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

*Don't miss out on a class you really want to take!*

*Sign up today!*

*Register today at*  
*www.boiselearns.org*

CARPAL TUNNEL RELEASE – NO STITCHES!

Traditional carpal tunnel release (CTR) requires an open incision - 2 inches in length. We now offer a new technology to do the CTR with ultrasound guidance, requiring an incision less than 5 mm. No IV. No anesthesia. No stitches. Quicker recovery. Come learn about it! Visit SonexHealth.com

<b>20W-HEA-005</b>		
T, 1/28	5 -6 PM	Sessions: 1
<b>20W-HEA-009</b>		
T, 3/3	5 -6 PM	Sessions: 1
Pain Care Boise	301 W Myrtle St, Boise	
William Binegar, MD	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

DIGESTIVE HEALTH 101

Today 70% of Americans experience digestive related symptoms or diseases. An unhealthy gut has been linked to increased risk for chronic diseases such as diabetes, obesity, depression, and anxiety. Join this class to learn how to support your digestive health and ease digestive discomfort.

<b>20W-HEA-013</b>		
W, 3/4	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Jennyfer Berg	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



EAT FAT – GET SLIM (AND HEALTHY)

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

<b>20W-HEA-023</b>		
T, 2/4	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Kendy Radasky	Age: 18+
Tuition: \$15.00	Materials: \$ 0.50	Total: \$15.50

KETO 101

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going "keto" is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

<b>20W-HEA-011</b>		
W, 1/22	6:30 - 7:30 PM	Sessions: 1
West Jr High		
<b>20W-HEA-012</b>		
W, 2/19	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Jennyfer Berg	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

MILD – DECOMPRESSION FOR SPINAL STENOSIS WITHOUT SURGERY

MILD is a procedure done for people with LSS (Lumbar Spinal Stenosis) due to LFH (Ligamentum Flavum Hypertrophy). If your back or legs hurt or just feel TIRED or WEAK when you are standing or walking, come learn about a simple procedure to relieve your symptoms. Go to mildprocedure.com

<b>20W-HEA-007</b>		
T, 2/18	5 - 6 PM	Sessions: 1
Pain Care Boise	301 W Myrtle St, Boise	
William Binegar, MD	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

NUTRITION FOR HEALTHY AGING

This class will teach you the nutritional challenges related to aging and how to combat those challenges. Take the initiative to live well and take charge of your health! A handout with suggested take-home tips and a nutritious snack with recipe will be provided.

<b>20W-HEA-026</b>		
T, 1/21	6:30-7:30	Sessions: 1
Hillside Jr High		
<b>20W-HEA-027</b>		
W, 1/29	6:30-7:30	Sessions: 1
Timberline High	Bridget Morrisroe-Aman	Age: 18+
Tuition: \$10.00	Materials: \$ 5.00	Total: \$15.00

PREGNANCY AND BIRTH WORKSHOP

Come learn about choosing a care provider and place of birth, prenatal tests and procedures, childbirth education classes, doulas, maintaining a healthy lifestyle and evidence based resources on pregnancy and birth. Bring your partner or support person to attend this beneficial class together! 2-for-1 registration!

<b>20W-HEA-010</b>		
Th, 1/30	6:30 - 8:30 PM	Sessions: 1
West Jr High	Darcy Clark	Age: 18+
Tuition: \$20.00	Materials: \$ 0.50	Total: \$20.50

REDUCE YOUR EMF EXPOSURE!

Is the wireless radiation from your cell phone, Wi-Fi, and smart speaker causing your health problems? Is there a connection between these devices and cancer, depression, anxiety, insomnia, and chronic illnesses? Come learn the facts about EMFs and learn easy, practical steps you can take immediately to protect the health of you and your family.

<b>20W-HEA-003</b>		
T, 3/10	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Cathy Cooke	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

SELF-HELP ACUPRESSURE

Learn from a certified acupressurist of twenty years how to use your hands to connect points on your body to relieve mild aches and pains, breathing problems, and everyday stress - the oriental way. If you have back pain, digestive disorders, blood pressure problems, or anxiety, this introductory class is for you! Wear comfortable clothing.

<b>20W-HEA-014</b>		
W, 2/12	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Elissa Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00



STEM CELLS FOR JOINT OSTEOARTHRITIS PAIN

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 and the only pain doctor in the Valley also certified in musculoskeletal ultrasound!

<b>20W-HEA-008</b>		
T, 2/25	5 - 6 PM	Sessions: 1
Pain Care Boise	301 W Myrtle St, Boise	
William Binegar, MD	Age: 15+ w/adult	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

STEM CELLS/PRP & LOW BACK PAIN

Learn how regenerative medicine is used with your own stem cells or platelets for low back pain. Better understand degenerative disc disease versus a herniated disc and how they contribute to low back pain. Taught by a Board Certified Pain Medicine/Anesthesiology MD!

<b>20W-HEA-006</b>		
T, 2/11	5 - 6 PM	Sessions: 1
Pain Care Boise	301 W Myrtle St, Boise	
William Binegar, MD	Age: 15+ w/adult	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

STEM CELLS: BONE MARROW VS. UMBILICAL CORD

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

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

STRESS THE SILENT KILLER – LIVING THE BEST YOU

Join us for a combination of our two most popular classes. You will learn how to manage stress naturally. We cannot make it go away, but we can teach techniques on how to manage it. Also learn how to live life to the fullest at any age with proper nutrition, supplemental stretches for mind, body and spirit.

<b>20W-HEA-017</b>		
M, 1/27	6:30 - 8 PM	Sessions: 1
Timberline High		
<b>20W-HEA-019</b>		
M, 2/24	6:30 - 8 PM	Sessions: 1
West Jr High		
<b>20W-HEA-020</b>		
M, 3/9	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Afshin Mofid,	Age: 18+
	Karen Christianson	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



THE BLOOD-TYPE DIET

Carol Bachelder is a massage therapist who realized after reading the book, *Eat Right for Your Type*, that eating according to your blood type can make a positive difference in those with health problems as apposed to all the fad diets!

**20W-HEA-022**  
Th, 2/6 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Carol Bachelder Age: 18+  
Tuition: \$10.00 Materials: \$ 1.00 Total: \$11.00

THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

Too much sugar is extremely detrimental; diabetes, heart disease, and cancer are all linked to excessive sugar intake. Learn how our bodies regulate sugar intake, and how a shift toward whole foods can help you on your way to kicking the sugar habit.

**20W-HEA-024**  
T, 2/11 6:30 - 8 PM Sessions: 1  
Hillside Jr High Kendy Radasky Age: 18+  
Tuition: \$15.00 Materials: \$ 1.50 Total: \$16.50

WEIGHT LOSS PROGRAM

The Weight Loss Program can help people achieve their goals for healthier weight by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants commit to daily food and physical activity tracking, as well as developing self-designed weekly action plans, which includes a Fitness Class at the YMCA. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short-term solution. **STUDENTS MUST CALL OFFICE (208-854-4047) TO CHOOSE FITNESS CLASS. TIMES VARY AND ARE SUBJECT TO AVAILABILITY. SEE LISTINGS AT WWW.BOISELEARNS.ORG OR UNDER "FITNESS" IN CATALOG (CLASSES AT WEST YMCA ONLY)**

**20W-HEA-025**  
W, 1/22-3/11 5:45 - 7:30 PM Sessions: 8  
West Family YMCA 5959 N Discovery Pl, Boise  
Christine Kuzma Age: 18+  
Tuition: \$45.00 Materials: \$ 70.00 Total: \$115.00



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.

**20W-HEA-021**  
Th, 2/13 6:30 - 8:30 PM Sessions: 1  
Physical Therapy 180 - ParkCenter 380 E Parkcenter Blvd, Ste 200, Boise  
Glenda Bell Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

HOLISTIC LIVING

ACUPUNCTURE FOR FERTILITY

With a brief overview of frequently asked questions about acupuncture as well as the specialized information regarding fertility, this course strives to inform you how acupuncture can increase your possibility of successfully conceiving and carrying a pregnancy to full term. Also covered in class: cost, safety and how often and how long a series of acupuncture treatments should be for the most success.

**20W-HOL-014**  
W, 2/26 6:30 - 8:30 PM Sessions: 1  
Physical Therapy 180 - ParkCenter 380 E Parkcenter Blvd, Ste 200, Boise  
Donna Selle, LAc Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

AWARENESS THROUGH MOVEMENT® (ATM): FELDENKRAIS METHOD

ATM® lessons are verbally-guided movement sequences that refresh the brain and nervous system. This stimulates new learning, which interrupts old patterns and allows healthier movement and better posture to emerge.

**20W-HOL-015**  
M, 2/3-2/24 6:30 - 7:30 PM Sessions: 4  
Physical Therapy 180 - ParkCenter 380 E Parkcenter Blvd, Ste 200, Boise  
Dana Fitzgibbons Age: 18+  
Tuition: \$36.00 Materials: \$ 0.00 Total: \$36.00

CHOLESTEROL: THE GOOD, THE BAD AND THE NUMBERS

Join a naturopathic physician to discuss cholesterol labs in relation to cardiovascular health: which labs to do, what does each number mean, what are the targets and how to get there.

**20W-HOL-013**  
W, 1/22 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Dr. Nicole Maxwell Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

CREATING YOUR TOXIN FREE HOME

Learn simple, effective ways to replace man-made chemicals with essential oils and basic ingredients to maintain a clean, safe home without any of the risks. Students will leave feeling empowered with information and supplies to create a home that is safe and toxin free for your family. You are the gatekeeper to your home, and when you know better, you do better! All materials provided.

**20W-HOL-018**  
Th, 2/13 6:30 - 7:30 PM Sessions: 1  
West Jr High Kayla Burton Age: 18+  
Tuition: \$10.00 Materials: \$ 10.00 Total: \$20.00

DIGESTION ADVANCED: THE NATUROPATHIC APPROACH TO IBD

Inflammatory Bowel Disease (IBD) is an umbrella term for a group of disorders characterized by chronic inflammation of the digestive tract. IBD leads to flares of severe pain, sores and bleeding, and nutrient deficiencies. This course will cover the physiology of digestive inflammatory disorders as well as dietary and supplementary approaches to healing, and how naturopathic medicine can increase quality of life when dealing with IBD.

**20W-HOL-007**  
T, 2/25 6:30 - 8 PM Sessions: 1  
Hillside Jr High Ashlee Hull Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

DIGESTION BASICS: THE NATUROPATHIC APPROACH TO IBS

Irritable Bowel Syndrome (IBS) is a common disorder affecting 45 million Americans. Symptoms include cramping, bloating, gas, and diarrhea or constipation. Natural therapies are better suited to treat IBS than medications alone, because they work to heal the intestines. This course will cover the basics of healthy digestion, simple at-home approaches to healing, and signs that you should seek specialized care.

**20W-HOL-006**  
T, 2/11 6:30 - 8 PM Sessions: 1  
Hillside Jr High Ashlee Hull Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

ESSENTIAL OILS: WHAT IS ALL THE FUSS ABOUT?

Looking for natural solutions? Enjoy this hands-on essential oil class and learn what all the fuss is about. Featuring basic education on essential oils for better health and recipes to get you started on your journey. Course includes make and take items!

**20W-HOL-020**  
Th, 1/23 6:30 - 8 PM Sessions: 1  
Timberline High  
**20W-HOL-019**  
T, 1/28 6:30 - 8 PM Sessions: 1  
West Jr High  
**20W-HOL-021**  
Th, 2/6 6:30 - 8 PM Sessions: 1  
Hillside Jr High Christina Forst, Sandra Forst Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00



EXPLORING YOUR LIFE PATH THROUGH ASTROLOGY

Discover your inner design, your unique roadmap of character, temperament and abilities by learning how to translate the symbols of your birth chart using the language of astrology. Led by Stephanie Telesco, Organization of Professional Astrologers Certified Professional Astrologer. Birth information IS REQUIRED

**20W-HOL-005**  
T, 2/4-3/10 6:30 - 8:30 PM Sessions: 6  
Timberline High Stephanie Telesco Age: 18+  
Tuition: \$60.00 Materials: \$ 9.00 Total: \$69.00

EXPLORING YOUR PERSONAL SPIRITUAL/ENERGETIC POWER

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

**20W-HOL-012**  
Th, 1/30 6:30 - 8:30 PM Sessions: 1  
Timberline High Victoria Savage Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

FASTING MADE EASY

Learn how to fast and properly break a fast from intermittent to extended fasting. Learn about the many health benefits of fasting from anti-aging to healing and reducing risk of degenerative diseases. Learn how fasting can increase your energy, stem cell production and longevity.

**20W-HOL-017**  
T, 2/25 6:30 - 8 PM Sessions: 1  
Hillside Jr High Everett Beyer DC Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

HOW TO MAKE SOAP USING KOMBUCHA AND SCOBY

Do you make your own Kombucha? You know you can make your own soap by using Kombucha and SCOBY! Kombucha not only detoxifies, but it also hydrates the skin while improving skin elasticity. Never made soap before? Not sure about using lye? You’re not alone! Let the experienced instructor guide you throughout the process. You will not make soap in the class, so leave your gloves and goggles at home. But after class you will be confident enough to make your own Kombucha Soap at home. Take the Kombucha soap with you, so you can try it before you make one!

**20W-HOL-003**  
Th, 3/12 6:30 - 7:30 PM Sessions: 1  
West Jr High Olga Harper Age: 18+  
Tuition: \$10.00 Materials: \$ 8.00 Total: \$18.00



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 and joy and glory!

**20W-HOL-010**  
W, 2/5 6:30 - 8 PM Sessions: 1  
Timberline High Lisa Anderson Age: 18+  
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00

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.

**20W-HOL-009**  
W, 1/29 6:30 - 8 PM Sessions: 1  
Timberline High Lisa Anderson Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

INTRO TO REIKI

Reiki healing is a Japanese technique that promotes relaxation and well-being. This class will combine learning about this simple practice and actual hands-on experience with an instructor that has been sharing this experience for over twenty years. Reiki offers countless benefits such as reducing body discomfort and easing everyday stress.

**20W-HOL-004**  
W, 2/19 6:30 - 8 PM Sessions: 1  
Timberline High Elissa Maguire Age: 18+  
Tuition: \$15.00 Materials: \$ 2.00 Total: \$17.00



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.

20W-HOL-008

W, 1/22	6:30 - 8 PM	Sessions: 1
Timberline High	Lisa Anderson	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

NATURAL PRE-CONCEPTION PLANNING FOR HEALTHY BABY AND MOM

Learn steps to increase fertility (especially if over the age of 31) and successful conception, decrease miscarriages and low birth weight from an experienced Nutritional Functional Medicine Physician. Reduce risk of prenatal and post-partum complications of Autism, ADD/ADHD, allergies. Also reduce risk for asthma, gestational diabetes, eclampsia, post-partum depression, autoimmune disease, childhood diabetes and environmental toxins for baby and mom.

20W-HOL-011

T, 2/18	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Everett Beyer DC	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

SLEEP LIKE YOU MEAN IT!

Over 160 million Americans have trouble sleeping. Poor quality sleep has been linked to increased risk of diabetes, heart disease, depression, anxiety, Alzheimer’s, obesity, and a lot more! Don’t be victim to this curable condition. Learn simple yet effective strategies for improving your sleep TONIGHT! We’ll cover the top 10 secrets to improving sleep that your doctor will never tell you!

20W-HOL-001

M, 3/2	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Cathy Cooke	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



WOMEN’S WELLNESS: FROM SURVIVE TO THRIVE

Are you finding it hard to balance all your external demands and somehow find time for self care? The key to thriving, especially in middle age and beyond, is not found in learning to balance it all. This class will focus on new ways to build very small habits and kick start a new way to view your priorities and opportunities! Book required - *Atomic Habits* by James Clear.

20W-HOL-002

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

NEW!

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!

20W-HOU-006

W, 2/19	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!

20W-HOU-008

W, 3/4 & 3/11	6:30 - 8:30 PM	Sessions: 2
Hillside Jr High	Ron Bishop	Age: 18+
Tuition: \$40.00	Materials: \$ 5.00	Total: \$45.00

CLEAN HOUSE IN MINUTES

These are the housekeeping chores that if left undone turn your house from a palace to a pig pen in a very short time. Come learn systems that will drastically reduce the time and energy spent cleaning to minutes a day.

20W-HOU-004

M, 2/10	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Mary Ann Wilcox	Age: 18+
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00

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!

20W-HOU-002

T, 2/18	6 - 7:30 PM	Sessions: 1
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20W-HOU-003

S, 2/22	3 - 4:30 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City	
Gisele Pope		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

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

For first time (or not in a long time) home buyers... uncover the step-by-step process of buying your first or next home in our current real estate market; from pre-approval, home searching, negotiating, inspection, appraisal, loan approval, title and escrow, to closing. 2-for-1 registration! Bring a friend to class with you! You do not need to register them ahead of time.

20W-HOU-009

T, 1/28	6:30 - 8:30 PM	Sessions: 1
West Jr High	Christina Moore-Ward,	Age: 18+
	Sheila Moore	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

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 your properties or Airbnb rentals, this class is for you!

20W-HOU-013

T, 3/10	6:30 - 8:30 PM	Sessions: 1
Timberline High	Antonio Bommarito	Age: 18+
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00

MORTGAGE 101 – FIRST TIME HOME BUYER

If you are a first time home buyer and want to learn what it takes to qualify to buy a home, this the class for you! Credit, income, down payments – we will talk about it all!

20W-HOU-012

M, 2/3	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Kim Stastny	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

PREPARING YOUR HOME FOR SALE

Learn how to maximize your profit while limiting your liability when selling your property. Make it a win-win transaction for you and the buyers. Learn how to minimize your marketing time. Some remodeling and updating brings a 150% return while other remodeling only returns 30% of costs. Avoid problems legally and financially. 2-for-1 registration!

20W-HOU-007

W, 2/26	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Ron Bishop	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

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.

20W-HOU-001

T, 2/25	6 - 8 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City	
Gisele Pope		Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

SELLING YOUR HOME

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!

20W-HOU-010

T, 2/4	6:30 - 8:30 PM	Sessions: 1
West Jr High	Christina Moore-Ward	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



UNDERSTANDING RESIDENTIAL REMODELING

Is a remodel in your future? Bring your questions, and get answers from an expert! Learn the pros and cons of remodeling: picking a qualified remodeler, green building, cost vs. value, and so much more!

20W-HOU-005

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

KIDS

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.

20W-KIDS-002

M/T/Th, 1/20-3/12	5:30 -6:15 PM	Sessions: 24
DragonFire Martial Arts	4464 Chinden Blvd, Unit F, Boise	
Stephen Semancik		Age: 7-12
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

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.

20W-KIDS-003

W/F, 1/22-3/13	6 -6:30 PM	Sessions: 16
DragonFire Martial Arts	4464 Chinden Blvd, Unit F, Boise	
Stephen Semancik		Age: 4-6
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

SELF-DEFENSE FOR GRADE SCHOOL STUDENTS

Introduction to basic self-defense for elementary students. Learn proper falling and rolling, as well as performing the throwing techniques using an attacker’s momentum. Good balance, focusing, and energy control will help in practicing other sports and activities. If you are looking for a fun way for your child to learn self-defense, this class is for them!

20W-KIDS-004

Th, 3/12	6:30 -8:30 PM	Sessions: 1
Hillside Jr High	Robert Baxter,	Age: 5+ w/adult
	John Lilly	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

STAND TALL – SELF-DEFENSE

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

20W-KIDS-006

W, 1/22-2/12	6:30 -7:30 PM	Sessions: 4
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20W-KIDS-007

W, 2/19-3/11	6:30 -7:30 PM	Sessions: 4
Hillside Jr High	Christopher Owens	Age: 13+ w/adult
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

Community Ed classes  
are fun for the  
whole family!

TAEKWONDO BASICS FOR TINY TIGERS

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

<b>20W-KIDS-011</b>		
M, 1/20-3/9	6 -6:30 PM	Sessions: 8
<b>20W-KIDS-014</b>		
T, 1/21-3/10	5 -5:30 PM	Sessions: 8
Eagle ATA Martial Arts CenterKarate for Kids		
	107 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.

<b>20W-KIDS-012</b>		
M, 1/20-3/9	5:30 -6 PM	Sessions: 8
<b>20W-KIDS-013</b>		
T, 1/21-3/10	4:30 -5 PM	Sessions: 8
Eagle ATA Martial Arts CenterKarate 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
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TANG SOO DO FOR FAMILIES AND ADULTS

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

<b>20W-KIDS-001</b>		
M/Th, 1/20-3/12	6:30 -7:30 PM	Sessions: 16
DragonFire Martial Arts	4464 Chinden Blvd, Unit F, Boise	
Stephen Semancik	Age: 12+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

LANGUAGE

ARABIC LANGUAGE: BEGINNING

Come learn the Arabic alphabet and basic conversational phrases! Experience the fun of speaking an ancient language. Taught by a native speaker. For beginners.

<b>20W-LAN-001</b>		
T, 1/21-3/10	6:30 - 8 PM	Sessions: 8
Hillside Jr High	Ahlam Khalaf	Age: 15+ w/adult
Tuition: \$95.00	Materials: \$ 5.00	Total: \$100.00

CONVERSATIONAL SIGN LANGUAGE

Learn the basics of American Sign Language (ASL) to be able to converse with the deaf or hard-of-hearing. Each evening will include information sharing and hands-on practice time.

<b>20W-LAN-002</b>		
T, 2/4-2/25	6:30 - 8:30 PM	Sessions: 4
West Jr High	Julie Robison,	Age: 11+ w/adult
	Kirk Robison	
Tuition: \$64.00	Materials: \$ 4.00	Total: \$68.00



INTRODUCTORY MANDARIN CHINESE

Students will learn a basic introduction to Chinese pronunciation, tones, grammar and character writing. Also, Chinese culture, such as traditional Chinese painting, calligraphy, paper-cutting will be talked about during the class. No experience is necessary! This class will teach you how to have a basic conversation in Chinese, and glance at people’s life in modern China.

<b>20W-LAN-004</b>		
T, 1/21-3/10	6:30 - 8:30 PM	Sessions: 8
Timberline High	Ruoding (Betsy) Wang	Age: 18+
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00

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!

<b>20W-LAN-003</b>		
M, 1/27-2/24	7 - 8:30 PM	Sessions: 4
Timberline High	Rosemarie Schwarzenberger	Age: 18+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

LEISURE

CLOWNS ARE AMBASSADORS OF JOY!

Wanna be a clown? Come find out how you can bring smiles and joy to others. You'll get an introduction to clowning including skits, costuming, simple make-up, and balloon making. After class, you are invited to join our Clown Alley to learn more. Find them on Facebook at ClownsofIdaho.

<b>20W-LEI-002</b>		
Th, 3/5	6:30 - 8:30 PM	Sessions: 1
West Jr High	Wanda Jennings,	Age: 18+
	Mary Ann Kojis	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

INTRODUCTION TO IMPROV

Do you need an easy and fun way to relax? Learn the basics of improvisation from an experienced performer. You don't need any acting ability to enjoy this class – all you need is an open mind. Conquer your fears! Improve your confidence! Tap into that forgotten “creative” part of your brain and invest in yourself.

<b>20W-LEI-001</b>		
W, 2/19-3/11	6:30 - 8 PM	Sessions: 4
Hillside Jr High	Randy Reese	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

JUGGLING

Learn the step-by-step process to juggle three items – and variations to add later. The instructor learned to juggle 45 years ago and can teach you as well! Balls will be provided so you can take home what you learn and continue to practice. Improve your hand-eye coordination! Homework before class: throw a ball from your right hand to your left, arching it just above your eyes.

<b>20W-LEI-003</b>		
W, 1/29	6:30 - 7:30 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



MUSIC

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!

<b>20W-MUS-003</b>		
W, 1/22-2/12	7 - 8:15 PM	Sessions: 4
<b>20W-MUS-004</b>		
W, 2/19-3/11	7 - 8:15 PM	Sessions: 4
Amelia Audas Piano Studio	1029 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!

<b>20W-MUS-001</b>		
T, 2/11-3/17	7 - 8:15 PM	Sessions: 6
West Jr High	John McDade,	Age: 12+ w/adult
	Brent Davis	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

WHAT IS INSIDE YOUR ACCORDION?

Each person will bring an accordion to class. We will separate the accordion into its three main parts to see the condition of your accordion as well as how each part functions. Each accordion can take about 20 minutes. This will teach you how to transport, care for and store an accordion.

<b>20W-MUS-002</b>		
T, 1/21	6:30 - 8 PM	Sessions: 1
West Jr High	Michael Civiello	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

PERSONAL ENRICHMENT

CLUTTER FREE LIVING

Every home has storage issues regardless of its size. Double your storage space with simple principles that will keep your home clutter free all day, every day.

<b>20W-PEN-004</b>		
M, 1/27	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		
<b>20W-PEN-006</b>		
M, 2/24	6:30 - 8:30 PM	Sessions: 1
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00

DISCOVERING YOUR HAPPILY EVER AFTER

Have you emptied the kids out of the nest, and thinking, now what? Are you looking for improved relationships and better communication? Whether you are looking to connect more in your relationship, this class is for you. It is full of tools to add steam; sprinkle in some lovingness; and render ways to help you work together more effectively. Quality relationships are built daily, with attentiveness and intention. It is not a fairy tale, until it is.

<b>20W-PEN-002</b>		
T, 1/21	6:30 - 8 PM	Sessions: 1
Timberline High	Marie Wallace,	Age: 18+
	Joe Wallace	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

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!

<b>20W-PEN-010</b>		
Th, 1/23	6:30 - 8:30 PM	Sessions: 1
Timberline High		
<b>20W-PEN-011</b>		
Th, 1/30	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		
<b>20W-PEN-012</b>		
Th, 2/6	6:30 - 8:30 PM	Sessions: 1
West Jr High	Heather Welborn	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

FUNERAL PLANNING BASICS

Plan for later, and enjoy life now! 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!

<b>20W-PEN-014</b>		
M, 1/27	6:30 - 8 PM	Sessions: 1
West Jr High	Charles Bonney RN	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

GENEALOGY

Interested in tracing your family history but don't know where to begin? This class is for you! Led by a professional genealogist; learn what you need to know to get started.

<b>No class on 2/27!</b>		
<b>20W-PEN-017</b>		
Th, 2/20-3/12	6:30 - 8:30 PM	Sessions: 4
Timberline High	Gene Williams	Age: 18+
Tuition: \$60.00	Materials: \$ 5.00	Total: \$65.00

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.

<b>20W-PEN-013</b>		
W, 3/4	6:30 - 8:30 PM	Sessions: 1
West Jr High	Kathy Hopkins	Age: 18+
Tuition: \$20.00	Materials: \$ 6.00	Total: \$26.00

Classes fill quickly!  
Register today at  
[www.boiselearns.org](http://www.boiselearns.org)



HOW TO GET HAPPY AND STAY HAPPY

Happiness, it turns out, is a skill – which means that you can learn and become good at it. This course will encourage and support you to do just that as we explore some of the most provocative lessons scientists are learning about what truly makes us happy. With plenty of opportunities to put that knowledge into practice, students will leave with the skills necessary to effectively make the rest of their life the best of their life.

20W-PEN-003

Th, 1/30-2/20	6:30 - 8 PM	Sessions: 4
Hillside Jr High	Dr. Sophia Godkin	Age: 18 +
Tuition: \$39.00	Materials: \$ 1.00	Total: \$40.00

LEARN TO TEACH HOW TO DRIVE

NEW!

Teaching someone to drive or supervising a recent driver's education graduate can be frustrating and unsafe! Learn effective strategies to help you stay safer and more relaxed when teaching or supervising a new driver.

20W-PEN-015

T, 1/21	6:30 - 8:30 PM	Sessions: 1
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West Jr High

20W-PEN-016

T, 1/28	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Wes Hult	Age: 18 +
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

PARING DOWN PAPER

Paper is a major clutter culprit! In this class you will learn time tested systems that control paper, minimize the number of times paper passes through your hands, and establish a filing system that really works.

20W-PEN-005

M, 2/3	6:30 - 8:30 PM	Sessions: 1
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Hillside Jr High

20W-PEN-007

M, 3/2	6:30 - 8:30 PM	Sessions: 1
Timberline High	Mary Ann Wilcox	Age: 18 +
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00



PSAT/SAT/ACT: SECRETS TO MASTER STANDARDIZED TESTS

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

20W-PEN-009

W, 2/5	6:30 - 7:30 PM	Sessions: 1
Timberline High	Emily Wilson, Jennifer Hovey	Age: Student OK w/adult
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

PUBLISHING BASICS

Whether you want to self-publish or go the traditional route, you'll learn the basics. Includes info on ISBNs, copyright, e-book publishing, marketing, and blogging. The instructor has published several books and e-books as an independent publisher and through traditional publishing.

20W-PEN-019

T, 2/11	6:30 - 8 PM	Sessions: 1
Timberline High	Rick Just	Age: 18 +
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00



SHARING WOMEN'S WISDOM

Learn to be comfortable with your life lessons and acknowledge the wisdom you have acquired. This workshop for women will help you recognize your circle of influence and use your wisdom in daily life. All ages welcome!

20W-PEN-001

T, 2/11	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Barbara Leinberger-Bolin	Age: 18 +
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

STUCK IN A JOB RUT?

NEW!

Are you working but in a job rut and know you need to find a better job? Are you in between jobs? Perhaps you are a recent college graduate and do not know where to start looking. This class will help you develop and implement a plan to find a new job. Come prepared to work hard! Create your resume, set up job alerts, fill out online job applications, and apply to networking sites such as LinkedIn and professional associations. The class will also include mock interviews. Please bring laptops.

20W-PEN-024

M, 1/27-2/10	6:30 - 8:30 PM	Sessions: 3
Timberline High	Garland Draper	Age: Ages 18 +
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

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. And NOW is the best time to make this happen as new companies are looking for new voices like never before. Step up to the microphone to do some practice recording, and best of all, hear the results!

20W-PEN-023

T, 2/18	6 - 8:30 PM	Sessions: 1
Hillside Jr High	Lisa Foster, Tara Harrison	Age: 18 +
Tuition: \$25.00	Materials: \$ 0.00	Total: \$25.00



WILD WOMAN RECLAMATION

Wild Woman is an archetype of female wholeness. Within this wholeness lies our fulfillment and personal freedom. Students will shed over-civilized skins to reclaim true longings, desires and dreams. Through myths and stories from *Women Who Run with the Wolves* by Clarissa Pinkola Estés, students will run deep into inner and wild realities to bring forward self-realization, growth and healing. Walk away with further understanding of self-discovery and self-help!

20W-PEN-020

W, 2/19	6:30 - 8:30 PM	Sessions: 1
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Hillside Jr High

20W-PEN-021

W, 2/26	6:30 - 8:30 PM	Sessions: 1
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Timberline High

20W-PEN-022

W, 3/11	6:30 - 8:30 PM	Sessions: 1
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West Jr High

Magdalena Waliszewska	Age: 18 +	Total: \$20.00
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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.

20W-PFI-008

M, 2/10	6:30 - 8 PM	Sessions: 1
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Hillside Jr High

20W-PFI-007

M, 3/2	6:30 - 8 PM	Sessions: 1
Timberline High	Ken Azbill,	Age: 18 +

Angie Jackson

Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00
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A, B, Cs OF STOCK OPTION TRADING

NEW!

Trading stock options can be low risk yet offer high reward. Whether you are just starting to invest or nearing retirement, you will learn how options can help you achieve your financial goals.

20W-PFI-034

W, 2/19	6:30 - 8 PM	Sessions: 1
West Jr High	Courtney Garrett	Age: 18 +
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



ADVANCE CARE PLANNING

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

20W-PFI-010

W, 1/22	6:30 - 8 PM	Sessions: 1
Timberline High	John McGown	Age: 18 +
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

COLLEGE ATHLETICS – GET THERE!

This class will help parents and students, grades 7-12, understand the path to college athletics. We will go over a plan of action, the timeline for recruitment, what a student athletic portfolio should look like as well as how ATHLETIC scholarships work, what should go into a website and how to make an unofficial and official visit. 2-for-1 registration!

20W-PFI-028

Th, 1/30	6:30 - 8:30 PM	Sessions: 1
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West Jr High

20W-PFI-031

W, 2/12	6:30 - 8:30 PM	Sessions: 1
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Timberline High

20W-PFI-032

M, 2/24	6:30 - 8:30 PM	Sessions: 1
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Hillside Jr High

Rebecca Carroll, Mitch Rummer

Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00
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COLLEGE SCHOLARSHIPS & FINANCIAL AID

Go to college without years of debt! This is for parents of 10th, 11th, and 12th graders. Learn about how to prepare for college scholarships and financial aid for the 2020-2021 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!

20W-PFI-029

Th, 1/23	6:30 - 8 PM	Sessions: 1
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Timberline High

20W-PFI-030

T, 2/4	6:30 - 8 PM	Sessions: 1
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Hillside Jr High

20W-PFI-033

M, 3/2	6:30 - 8 PM	Sessions: 1
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West Jr High

Rebecca Carroll

Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00
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ESTATE PLANNING 101

Estate Planning is critical for all families! Join a local estate planning attorney to learn the top ten mistakes families often make and how to avoid them. Class will cover wills, living trusts, living wills, and powers of attorney. This class is conducted via a live video conference with Natasha in addition to an attorney instructor in the classroom. 2-for-1 registration!

20W-PFI-041

W, 2/19	6:30 - 8:30 PM	Sessions: 1
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Hillside Jr High

20W-PFI-042

M, 3/9	6:30 - 8:30 PM	Sessions: 1
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Timberline High

Natasha Hazlett,

Sheli Fulcher Koontz

Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00
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**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.

**20W-PFI-009**  
T, 1/21 6:30 - 8 PM Sessions: 1  
Timberline High John McGown Age: 18+  
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00

**HOW TO SAVE ON HEALTH INSURANCE & GET THE MOST OUT OF YOUR COVERAGE**  
Come learn the ins and outs of how to save on your health insurance with Idaho's health insurance exchange, Your Health Idaho. Choosing a health plan can be complicated and this workshop will help provide information about health plans and savings offered through the exchange, how and when to enroll, understanding insurance terminology and how to get the most out of your plan coverage.

**20W-PFI-017**  
M, 1/27 6:30 - 7:30 PM Sessions: 1  
West Jr High  
**20W-PFI-018**  
M, 2/24 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Alison Steinbacher Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**LEAVE IT, MOVE IT, ROLL IT, TAKE IT**  
Learn how to handle your 401K, pension, or other employer-sponsored retirement plans when you leave your job.

**20W-PFI-001**  
M, 1/27 6:30 - 7:30 PM Sessions: 1  
**20W-PFI-002**  
M, 2/24 6:30 - 7:30 PM Sessions: 1  
West Jr High Randall Dorvin Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**LIFE INSURANCE: CREATING AND PROTECTING WEALTH**  
In this course, you will compare the costs and risks of common wealth-creating strategies. We often overlook life insurance to easily and safely create wealth long-term for ourselves, our spouses, our children, and our grandchildren. You will learn why life insurance needs to be included in everyone's wealth creating strategy regardless of age.

**20W-PFI-035**  
W, 1/22 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High  
**20W-PFI-036**  
W, 2/5 6:30 - 8:30 PM Sessions: 1  
West Jr High  
**20W-PFI-037**  
W, 3/4 6:30 - 8:30 PM Sessions: 1  
Timberline High Jay Berman Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

*Keep more of your hard-earned money. Let a Community Ed class show you how.*

**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!

**20W-PFI-038**  
M, 1/27 6:30 - 8 PM Sessions: 1  
Hillside Jr High  
**20W-PFI-039**  
T, 2/18 6:30 - 8 PM Sessions: 1  
Timberline High  
**20W-PFI-040**  
M, 3/2 6:30 - 8 PM Sessions: 1  
West Jr High Dianna Troudt, Anna Aella Age: 18+  
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

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

**20W-PFI-016**  
T, 2/25 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Gretchen Brown Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**PAY FOR LONG TERM CARE WITHOUT GOING BROKE**  
Seniors sometimes have trouble paying the high cost of long-term care. This class will help you understand your options regarding available resources to pay for long-term care without going broke.

**20W-PFI-011**  
T, 1/21 6:30 - 8:30 PM Sessions: 1  
West Jr High  
**20W-PFI-012**  
T, 2/4 6:30 - 8:30 PM Sessions: 1  
Timberline High  
**20W-PFI-013**  
T, 2/18 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High  
**20W-PFI-014**  
T, 3/3 6:30 - 8:30 PM Sessions: 1  
West Jr High Joshua Reams Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00



**PLAN NOW FOR FINANCIAL FREEDOM LATER**  
As retirement approaches, do you need tools and information to be in charge of your financial future? This course provides information on Social Security, Long-Term Care, Medicare, etc.

**20W-PFI-043**  
W, 3/11 6:30 - 8:30 PM Sessions: 1  
West Jr High J Wayne Irish, Ronald Hatch, Evaly Poole Age: 18+  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

**PLANNING FOR COLLEGE – WHAT TO DO NOW TO PAY LESS LATER**  
For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. Parents – learn what you and your student can do during high school to pay less for college, including: 3 sources of financial aid, how they work, maximizing financial aid eligibility, finding scholarships and much more! Bring your notepad and your questions, and figure out how to pay for college! 2-for-1 registration!

**20W-PFI-019**  
Th, 2/6 6:30 - 7:30 PM Sessions: 1  
Timberline High  
**20W-PFI-020**  
T, 2/25 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High  
**20W-PFI-021**  
M, 3/9 6:30 - 7:30 PM Sessions: 1  
West Jr High David Ries Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

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

**20W-PFI-004**  
M, 3/2 6:30 - 7:30 PM Sessions: 1  
West Jr High Randall Dorvin Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



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

**20W-PFI-015**  
T, 2/4 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Gretchen Brown Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**STUDENT LOAN PLANNING AND REPAYMENT STRATEGIES**  
This class offers an overview of the different types of student loans that exist along with a comparison of repayment options available and specific strategies to save money in repayment.

**20W-PFI-023**  
T, 2/4 7:30 - 8:30 PM Sessions: 1  
West Jr High  
**20W-PFI-026**  
T, 3/3 7:30 - 8:30 PM Sessions: 1  
Timberline High Marshal Rich Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**TAX FREE INVESTING: IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP!**  
This class offers an overview of tax-advantaged investments such as muni bonds (muni/UIT/mutual funds), IRAs (traditional/Roth/401k/403b) and/or life insurance.

**20W-PFI-006**  
M, 3/9 6:30 - 7:30 PM Sessions: 1  
West Jr High Randall Dorvin Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**THE IMPORTANCE OF TAX PLANNING FOR RETIREMENT**  
This class will discuss how considering taxes when planning for retirement can supercharge your saving efforts.

**20W-PFI-024**  
T, 2/11 7:30 - 8:30 PM Sessions: 1  
West Jr High  
**20W-PFI-027**  
T, 3/10 7:30 - 8:30 PM Sessions: 1  
Timberline High Marshal Rich Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**WIN AT FINANCIAL PLANNING**  
A financial plan is the map that helps you reach your goals. Learn how simple it is to make a plan and start your own winning journey!

**20W-PFI-022**  
T, 1/28 7:30 - 8:30 PM Sessions: 1  
West Jr High  
**20W-PFI-025**  
T, 2/25 7:30 - 8:30 PM Sessions: 1  
Timberline High Marshal Rich Age: 18+  
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**PETS**

**DO-IT-YOURSELF VETERINARY CARE: WHEN YOU CAN AND WHEN YOU CAN'T**  
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, 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! Some graphic images are shown.

**20W-PET-002**  
T, 2/18 6 - 8:30 PM Sessions: 1  
West Jr High Laura Lefkowitz, DVM Age: 12+ w/adult  
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00





**HOW TO HELP YOUR BARKING/LUNGING DOG** **2 FOR 1!**

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!

<b>20W-PET-001</b>		
W, 1/22	6 - 8:30 PM	Sessions: 1
West Jr High	Christina O'Brien	Age: 16+ w/adult
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00

**PHOTOGRAPHY**

**PHOTOGRAPHING PEOPLE – CAPTURE THE MOMENT**

Make your people pictures exceptional. Learn how to "Capture the Moment." Your lifestyle photos can be outstanding regardless of the equipment used... even a cell phone. This class is led by a professional photographer with a unique approach to photographing people. Bring your camera and camera manual to class.

<b>20W-PHO-001</b>		
T, 2/25-3/10	6:30 -8:30 PM	Sessions: 3
West Jr High	Jack Floegel	Age: 18+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

**WILDLIFE PHOTOGRAPHY – TIPS & TECHNIQUES**

This class is for photographers who want to learn or improve their skills in Wildlife photography. Learn about wildlife behaviors, camera settings and equipment needed for the exciting, rewarding and challenging adventure that is wildlife photography. Students are not required to bring cameras to class.

<b>20W-PHO-002</b>		
W, 2/12	6:30 -8:30 PM	Sessions: 1
Hillside Jr High	George Hernandez	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



**SCIENCE & TECHNOLOGY**

**SOLAR POWER 101**

Come learn all about solar power! The general science behind how it works and specifics around getting solar in Idaho. We will cover net metering, state and federal tax incentives, solar-specific financing options; and answer your questions!

<b>20W-SCI-001</b>		
W, 1/22	6:30 - 7:30 PM	Sessions: 1
Timberline High		
<b>20W-SCI-002</b>		
W, 2/19	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High		
<b>20W-SCI-003</b>		
W, 3/11	6:30 - 7:30 PM	Sessions: 1
West Jr High	Lindsay Meloy	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



**TRAVEL**

**CRUISING WITH CONFIDENCE**

Cruises are gaining in popularity as all-in-one vacations, but planning and preparing for them can be a bit overwhelming. In this class, taught by a frequent cruiser with hundreds of days at sea, you will learn everything you need to know about getting ready for (and enjoying) the cruise ship life. Whether you are just thinking about a cruise or already have one booked, this class is for you. Bring your questions!

<b>20W-TRA-001</b>		
M, 3/2	6:30 - 8:30 PM	Sessions: 1
West Jr High	Deb Pfeifer	Age: 18+
Tuition: \$20.00	Materials: \$ 7.95	Total: \$27.95

**ROAD SCHOLAR TRAVEL: INTRODUCTION**

Learn about Road Scholar, a not-for-profit organization, created for the enrichment of adults dedicated to lifelong learning. Learn how the "university of the world" offers thousands of educational travel adventures around the globe, from studying art in Arizona to learning about zoology in Zambia. Road Scholar learning adventures open minds to new ideas and deepen understanding of oneself and of the world's people, places, cultures, history and environments.

<b>20W-TRA-002</b>		
W, 2/5	6:30 - 7:30 PM	Sessions: 1
West Jr High	Bev Sheeley	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

**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, and heavy socks. Please also bring a bath towel, exercise mat, strap or belt and water to drink.

<b>20W-FIT-028</b>		
Th, 3/5	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Elissa Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00

**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.

<b>20W-FIT-009</b>		
M, 1/20-3/9	5:30 - 6:30 PM	Sessions: 8
West Family YMCA	5959 Discovery Pl, Boise	
Emily Nielsen		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

**GENTLE YOGA**

A less strenuous and slower-paced class. Good choice for beginners or active older adults, but all are welcome. Wall belts, props and partners can be used to explore poses. No yoga experience necessary.

<b>20W-FIT-066</b>		
Th, 1/23-3/12	9:30 - 10:30 AM	Sessions: 8
Downtown Boise YMCA	1050 W State St, Boise	
Donna Hartman		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00



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

**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 more flexibility. After 45 years of guiding stiff students to greater mobility, 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, bath towel, strap or belt, and water to drink.

<b>20W-FIT-030</b>		
M, 2/3	6:30 - 8 PM	Sessions: 1
West Jr High	Elissa Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00



**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 eight-week Winter 2020 session will run Mon.-Thurs. evenings, starting Tuesday, January 21 through Thursday, March 12. 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 & Suzy Erickson

#### 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: Lori Cameron & 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):

#### 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 AT ITS BEST FLOWERS

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

#### BROADWAY DANCE CENTER

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

#### CLOVERDALE FUNERAL HOME

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

#### DOWNTOWN BOISE YMCA

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

#### 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

#### IDAHO KRAV MAGA

880 S. Vista Ave.  
Boise, ID 83705; (208) 660-8778

#### NATURAL GROCERS

1195 N. Milwaukee St.  
Boise, ID 83704; (208) 378-7323

#### MOSAIC ESSENTIAL

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

#### OLIVIN

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

#### 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

380 E. Parkcenter Blvd., Ste. 280  
Boise, ID 83706; (208) 343-7700

#### ROCKBOTTOM GRANITE

219 Murray St.  
Garden City, ID 83714; (208) 376-7328

#### SUSIE'S TAP AND JAZZ ETC.

17 N. Fisher Park Way  
Eagle, ID 83716; (208) 278-2011

#### THRIVE CHIROPRACTIC BOISE

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

#### TOUCHMARK HEALTH & FITNESS CLUB

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

#### WEST FAMILY YMCA

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

#### WOODCRAFT OF BOISE

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

## 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!



**Essential Oils:**  
**What is All the Fuss About? pg. 12**

## 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






☐ 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).*