

COMMUNITY EDUCATION

BOISELEARNS.ORG



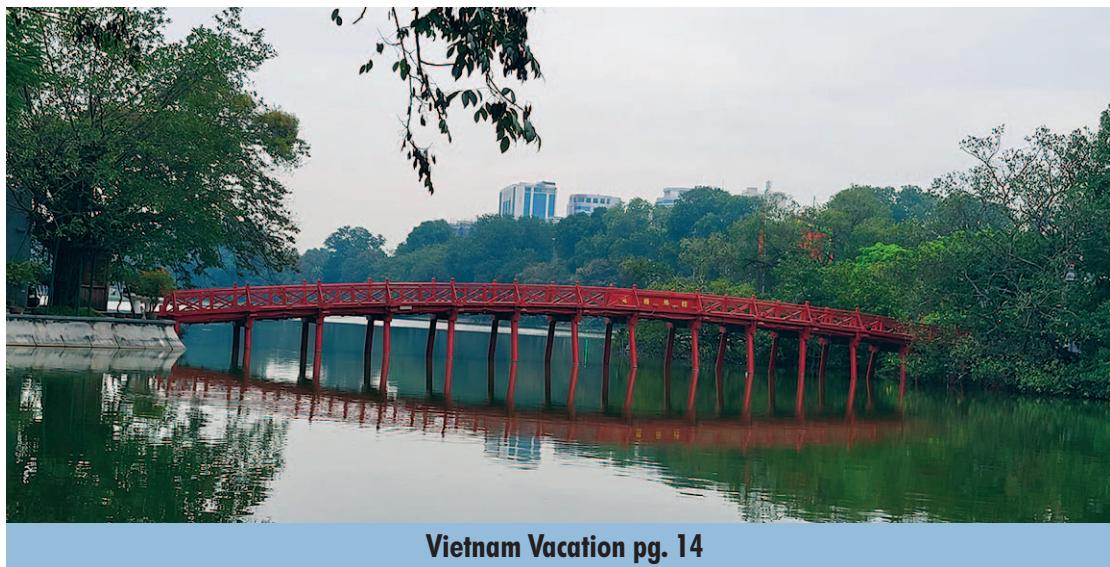
Fruit Tree Pruning/Trimming pg. 9



Fly Fishing pg. 9



Balsamic Vinegar 101 pg. 6



Vietnam Vacation pg. 14

WINTER 2023
Session Dates: January 23 - March 16
E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



REGISTER ONLINE! boiselearns.org

BOARD OF TRUSTEES

Dave Wagers, President
Maria Greeley, Vice President
Nancy Gregory, Trustee
Andy Hawes, Trustee
Elizabeth Langley, Trustee
Beth Oppenheimer, Trustee
Shiva Rajbhandari, Trustee

SUPERINTENDENCY

Coby Dennis, Superintendent of Schools
Lisa Roberts, Deputy Superintendent

AREA DIRECTORS

Becca Anderson
Stacey Roth
Dr. Teri Thaemert
Brian Walker

PROGRAM STAFF

Dan Hollar, Administrator, Public Affairs
Erin Sullivan, Program Coordinator
Courtney Clay, Program Assistant

CREATIVE SUPPORT

Lauren Herceg, Catalog



Coby Dennis, Superintendent
Boise School District

SUPERINTENDENT'S MESSAGE

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

For more than 140 years, Boise Schools have played an integral role in the health and vibrancy of our neighborhoods. Creating a sense of community has never been more important. This year, our Community Education program celebrates 50 years of providing lifelong learning! Our Community Education program is a natural extension of our commitment to creating a culture that is inclusive and community-centric.

This Winter, we are excited to once again offer in-person Community Education classes, as well as online courses.

Face coverings for all students, staff and visitors will be optional.

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, 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 2023 Community Education Catalog, as well as on our Community Education website – boiselearns.org. I encourage you to continue your lifelong education and join us in building a better community.

Table of Contents

Active Aging	3	Home Owners: Buy, Build, Maintain	11
Arts.....	3	Kids	11
Business & Professional Development	5	Language	12
Computers & Technology	5	Leisure	12
CPR/First Aid	5	Music	12
Culinary	6	Personal Enrichment	12
Culture & History	6	Personal Finance	13
Dance	7	Pets	14
Fitness	8	Photography	14
Garden & The Great Outdoors	9	Registration Information	15
Health & Wellness	9	Volunteer Instructor Spotlight	7
Holistic Living	10	Travel	14
		Yoga & Meditation	14

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

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

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

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

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



ACTIVE AGING

ARTHRITIS & JOINT HEALTH

Tested for effectiveness, this program is designed to help those with arthritis and other chronic conditions by improving physical strength, increasing flexibility and balance, enhancing cardiovascular fitness, and reducing arthritic pain. Participants have the option to use a chair throughout class.

23W-FIT-025

M/W/F, 1/23-3/17 1:15 - 2:15 PM Sessions: 24
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$78.00 Materials: \$0.00 Total: \$78.00

BALANCE AND POSTURE – ADVANCED

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

23W-FIT-009

M/W/F, 1/23-3/17 11 -11:45 AM Sessions: 24
23W-FIT-010
M/W/F, 1/23-3/17 1 - 1:45 PM Sessions: 24
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$72.00 Materials: \$0.00 Total: \$72.00

FUN-TIONALLY-FIT – ADVANCED

In this FUN and FIT class, you will learn techniques and form that will enhance your overall skills to move better, improve your motor control and have greater function while training your whole body! You will gain strength, range of motion, cardio endurance and speed. LEVEL 1 ADVANCED.

23W-FIT-006

M/W/F, 1/23-3/17 9 -9:45 AM Sessions: 24
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$72.00 Materials: \$0.00 Total: \$72.00

FUN-TIONALLY-FIT – BEGINNER

In this FUN and FIT class, you will learn techniques and form that will enhance your overall skills to move better, improve your motor control and have greater function while training your whole body! You will gain strength, range of motion, cardio endurance and speed. LEVEL 3 BEGINNER.

23W-FIT-005

M/W/F, 1/23-3/17 10 -10:45 AM Sessions: 24
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$72.00 Materials: \$0.00 Total: \$72.00

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 getaway and celebration!

23W-FIT-052

F, 1/27-3/17 1 - 2 PM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Katherine Riggs Age: 50+
Tuition: \$42.00 Materials: \$0.00 Total: \$42.00

OSTEO-POWER

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

23W-FIT-004

M/W/F, 1/23-3/17 1 - 1:45 PM Sessions: 24
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$72.00 Materials: \$0.00 Total: \$72.00

PARKINSON'S STRENGTH, BALANCE & MOTION

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

23W-FIT-007

T/Th, 1/24-3/16 1 - 1:45 PM Sessions: 16
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$68.00 Materials: \$0.00 Total: \$68.00

SENIOR FIT

Have fun moving to the beat as fitness and fun come together with 30 minutes of low-impact aerobics and 20 minutes of upper and lower body strengthening exercises designed to improve balance and coordination as well as increase muscular strength.

23W-FIT-011

M/W, 1/23-3/15 8 - 8:55 AM Sessions: 16
Tuition: \$68.00 Materials: \$0.00 Total: \$68.00

23W-FIT-012

M/W/F, 1/23-3/17 12 -12:55 PM Sessions: 24
Tuition: \$78.00 Materials: \$0.00 Total: \$78.00
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
Rotating Instructors Age: 50+



SHORIN-RYU KARATE FOR ADULTS (AGES 40+)

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

23W-FIT-001

M, 1/23-3/13 7 - 9 PM Sessions: 8
Broadway Dance Center 893 E Boise Ave, Boise
Robert Gilmore Age: 40+
Tuition: \$32.00 Materials: \$0.00 Total: \$32.00

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Designed for active older adults. Participants do not need to belong to Silver Sneakers to participate.

23W-FIT-031

M, 1/23-3/13 10:45 -11:45 AM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 50+
Tuition: \$42.00 Materials: \$0.00 Total: \$42.00



WAKE UP & TONE UP!

Is your body stiff and creaky when you get up in the morning? 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! Materials provided.

23W-FIT-054

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

ARTS

ACRYLIC PAINTING: MOUNTAIN LANDSCAPE

Paint a 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.

23W-ART-039

W, 2/22 6 - 8:30 PM Sessions: 1
West Jr High Brian Schreiner Age: 18+
Tuition: \$25.00 Materials: \$30.00 Total: \$55.00

CARD MAKING

Give yourself the joy of creating and then sending hand-made cards. We'll create cards using both pre-designed kits and your imagination with multiple paper and decoration choices. This is a basic skill level class for anyone! If you can trim and glue paper, this class is for you! Come get creative! Materials provided.

23W-ART-017

M, 3/6 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Anne Hamilton Age: 18+
Tuition: \$20.00 Materials: \$8.50 Total: \$28.50

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.

23W-ART-015

T, 1/24-3/14 6:30 - 8:30 PM Sessions: 8
Timberline High Donna Adams Age: any w/adult
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. Supplies needed.

23W-ART-010

T, 2/28 6 - 7:30 PM Sessions: 1
Rockbottom Granite 5103 N Sawyer Ave, Garden City
Gisele Pope Age: 18+
Tuition: \$15.00 Materials: \$26.00 Total: \$41.00

Register today at
boiselearns.org

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!

23W-ART-030

M, 6/6
Mosaic Essential
Reham Aarti
Tuition: \$20.00

6 - 8 PM
413 E 37th St - Door 3, Garden City
Age: 18+
Materials: \$48.00 Total: \$68.00

FLORAL DESIGN 101

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

23W-ART-031

Th, 2/23
Boise At Its Best Flowers
Georgia White
Tuition: \$12.00

6 - 7 PM
851 S Vista Ave, Boise
Age: 18+
Materials: \$20.00 Total: \$32.00

FLORAL DESIGN: BEGINNER

Create floral art pieces with unique containers and premium flowers! Taught by local floral designer Kyle Costa of Costa Floral, this fun and interactive class is perfect for those who enjoy art, fashion, and flowers! Learn to blend seasonal flowers with flair, and leave with a masterpiece! MAKES A GREAT GIFT!

23W-ART-021

Th, 1/26

6:30 - 7:30 PM
23W-ART-022
Th, 3/2
West Jr High
Tuition: \$10.00

Sessions: 1

6:30 - 7:30 PM
Kyle Costa
Materials: \$35.00 Total: \$45.00

Sessions: 1

Age: 18+

FLORAL DESIGN: COLORFUL SPRING BOUQUET

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

23W-ART-032

Th, 3/9
Boise At Its Best Flowers
Georgia White
Tuition: \$12.00

6 - 7 PM
851 S Vista Ave, Boise
Age: 18+
Materials: \$20.00 Total: \$32.00

INTRO TO ENAMELING: GARDEN STICKS

In this class you will be adding a beautiful accent to your plants and garden while learning to form and patina metal, and enamel and stamp a copper shape. All this will be attached to a steel rod using cold connections (the process of joining together two pieces of metal without the use of heat) that will complete your garden stick. A great gift!

23W-ART-028

S, 3/4

11AM - 1 PM
23W-ART-029
S, 3/11
Fire Fusion Studio
Delia Dante
Tuition: \$20.00

Sessions: 1

11AM - 1 PM
1322 W Main St, Boise
Age: 8+ w/adult
Materials: \$45.00 Total: \$65.00

INTRO TO ENAMELING: LEAF PENDANT FORMING

In this class you will be learning how to hand form copper into a leaf pendant and add brilliant enamel to the surface. Take home one leaf pendant. Upgrading to a copper dish is available for an additional cost. During this class, you'll quickly come to appreciate the fine technique of enameling.

23W-ART-026

S, 2/18

11AM - 1 PM
23W-ART-027
S, 2/25
Fire Fusion Studio
Delia Dante
Tuition: \$20.00

Sessions: 1

11AM - 1 PM
1322 W Main St, Boise
Age: 8+ w/adult
Materials: \$40.00 Total: \$60.00

INTRO TO ENAMELING: STAMPING & TEXTURING WITH TRANSPARENT ENAMELS

In this class you will use a variety of hammers and metal stamps to create images and textures into two copper pieces. Black oxide will be added to the recessed areas to darken the details and then the two pieces will be enameled with multiple layers of brilliant opalescent and transparent enamel colors. The pieces will be attached to a jump ring. For extra fee, the 2 pieces can be turned into pendants, magnets, keychains, wine stoppers, etc.

23W-ART-023

S, 1/28

11AM - 1 PM
Fire Fusion Studio
Delia Dante
Tuition: \$20.00

Sessions: 1

1322 W Main St, Boise
Age: 8+ w/adult
Materials: \$40.00 Total: \$60.00

INTRO TO ENAMELING: VALENTINES STAMPED DISH

In this class you will be learning stamping, texturing and forming while, using a kiln, enameling both sides of your very own artistic dish! We have many stamp images available to make it a one-of-a-kind piece. We have three different shape options and four transparent colors to choose from. A larger dish shape is available for an additional cost. It's the perfect gift... for a friend or yourself.

23W-ART-024

S, 2/4

11AM - 1 PM
23W-ART-025
S, 2/11
Fire Fusion Studio
Delia Dante
Tuition: \$20.00

Sessions: 1

11AM - 1 PM
1322 W Main St, Boise
Age: 8+ w/adult
Materials: \$40.00 Total: \$60.00



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

MAKE YOUR OWN GLASS CUP

Create your own glass tumbler, a stemless drinking glass with a flat, thick bottom. This class will go over the basics of the glass blowing studio set-up, techniques, and the process of making a beautiful tumbler. 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.

23W-ART-002

M, 1/23

6 - 9 PM
23W-ART-005
M, 2/13

Sessions: 1

1322 W Main St, Boise
Age: 18+ w/adult
Materials: \$47.00 Total: \$72.00

23W-ART-006

M, 2/20

6 - 9 PM
Boise Art Glass
Grayson Bailey, Caleb Feaster
Tuition: \$25.00

Sessions: 1

1124 W Front St, Boise
Age: 18+
Materials: \$47.00 Total: \$72.00



MAKE YOUR OWN GLASS HANGING GARDEN GLOBE

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

23W-ART-007

M, 2/27

6 - 9 PM
23W-ART-008
M, 3/6

Sessions: 1

1124 W Front St, Boise
Age: 18+
Materials: \$52.00 Total: \$77.00

23W-ART-009

M, 3/13

6 - 9 PM
Boise Art Glass
Grayson Bailey, Caleb Feaster
Tuition: \$25.00

Sessions: 1

1124 W Front St, Boise
Age: 18+
Materials: \$52.00 Total: \$77.00

MAKE YOUR OWN GLASS HEART PAPERWEIGHT

In this workshop, you will make your own heart-shaped glass paperweight. Class will go over basics of the glass blowing studio setup, 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. Perfect gift for Valentine's Day... or any day!

23W-ART-003

M, 1/30

6 - 9 PM
23W-ART-004
M, 2/6
Boise Art Glass
Grayson Bailey, Caleb Feaster
Tuition: \$25.00

Sessions: 1

1124 W Front St, Boise
Age: 18+
Materials: \$47.00 Total: \$72.00

MAKER SHOP: MAGNETIC KITCHEN KNIFE HOLDER

NEW!
Spruce up your kitchen with this super modern and functional knife holder. The knife holder features hidden magnets inside the wooden block so your knives stick to the holder with mystery and class. In class, students will use the tablesaw, bandsaw, drum sander and drill press. Knives not included.

23W-ART-035

M, 2/20

5 - 9 PM
23W-ART-036
W, 2/22

Sessions: 1

6883 W Overland Rd, Boise
Age: 18+
Materials: \$70.00 Total: \$95.00



MAKER SHOP: WOOD CUTTING BOARD

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

23W-ART-033

M, 1/30

5 - 9 PM
23W-ART-034
Th, 2/2

Sessions: 1

6883 W Overland Rd, Boise
Age: 18+
Materials: \$70.00 Total: \$95.00

Whether you've used one of these to tenderize steak or chicken, we bet you do not have one of these in your own kitchen. Your meat tenderizer will be made of hardwood and will be the tool you love to start using again. In class, students will use the bandsaw, drill press and sander to complete their project.

23W-ART-037

M, 2/13

5 - 9 PM
23W-ART-038
Th, 2/16

Sessions: 1

6883 W Overland Rd, Boise
Age: 18+
Materials: \$30.00 Total: \$55.00

Let your creativity shine! Sign up for an Arts class today!

QUILTING: DESIGNING FROM PANELS, ORPHAN, OR THEMED BLOCKS

Come to a fun class to organize blocks and panels and make them into beautiful quilts! Learn how to get the size quilt you want from what you have! This will not be a sewing class, but a design class. Students will need to bring the things they want to make a quilt from (blocks or panels); the size they want to make the quilt; scratch paper, a ruler and pencil, with a calculator optional.

23W-ART-016

W, 1/25	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Mary Farrar	Age: 15+ w/adult (must know how to sew)
Tuition: \$20.00	Materials: \$5.00	Total: \$25.00

SCRAPBOOKING: BEGINNING (FOLDOVER PAGE)

Scrapbooking is about telling your story. We use pictures, journaling, pretty paper, and stickers as a way to do that creatively. There is no wrong way to scrapbook, so if you're ready to start telling your story, join us in making this easy page! MATERIALS PROVIDED. Students please bring 2-4 related photos to place on your page.

23W-ART-019

M, 3/13	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Anne Hamilton	Age: 18+
Tuition: \$10.00	Materials: \$4.50	Total: \$14.50

SCRAPBOOKING: INTERMEDIATE (LAYOUT RECIPE)

Learn a recipe for creating a 2-page layout, which you can repeat multiple times with different papers and orientation to give new looks for your scrapbook! This is an intermediate class – prior scrapbooking experience desired.

MATERIALS PROVIDED.

23W-ART-020

W, 3/15	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Anne Hamilton	Age: 18+
Tuition: \$20.00	Materials: \$8.00	Total: \$28.00



SUCCEED BY WRITING SHORT

Writing short works allows you to practice. In this fun, interactive course learn the best writing ways, powerful means to quickly edit your work, and then sell and promote your finished product. Any author can succeed with writing short, let Conda show you how!

23W-ART-011

Th, 2/16	7 - 8 PM	Sessions: 1
ZOOM	Conda Douglas	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

WHAT IS ART JOURNALING?

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

23W-ART-001

T, 3/7	6:30 - 8:30 PM	Sessions: 1
ZOOM	Kathy Hopkins	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00



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.

23W-ART-012

W, 2/8	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: 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.

23W-ART-013

F, 2/24	6 - 9 PM	Sessions: 1
Woodcraft Of Boise	7005 W Overland Rd, Boise	
Brian Bass	Age: 18+	

Tuition: \$20.00	Materials: \$70.00	Total: \$90.00
------------------	--------------------	----------------

BUSINESS AND PROFESSIONAL DEVELOPMENT

CREATING WITH CANVA

If you are struggling with creating graphics for social media, need to design a flyer or business card for your business, or want a cool new Zoom virtual background, this class will cover that and more. Canva is a free online resource that you can use to create graphics, logos, flyers, presentations, social media posts and more. We will explore how to use Canva for free to up your online game. Taught by social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center). Please bring laptop with free Canva account installed (cell phones are not compatible).

23W-BUS-004

W, 3/15	6:30 - 8:30 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

INSTAGRAM FOR BEGINNERS

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

23W-BUS-002

W, 2/22	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

MAKE BETTER BUSINESS DECISIONS WITH ANALYTICS

Learn best practices and analyze trends about how customers engage with your business online, then turn these insights into well-informed, actionable decisions. Taught by social media consultant, and Certified High-Impact Google Partner, Kim Sherman-Labrum with the Idaho SBDC (Idaho Small Business Development Center).

23W-BUS-001

W, 2/15	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00



SOCIAL MEDIA COPY: CULTIVATE CONNECTION

Learn a simple (but powerful) approach to creating impactful business content on social media. Become more confident in your voice, your message/offer, and your ability to write about it. Leave with a piece of content (to post on social media) that aligns with you and your business's mission. Bring: notebook and pen; laptop/tablet optional.

23W-BUS-005

M, 1/30	6:30 - 8 PM	Sessions: 1
Timberline High	Shantel Perschon	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

WINNING WEBSITE TIPS FOR SMALL BUSINESS

Now more than ever, your business needs a website and you probably have one, but is it working? If it hasn't brought you new or increased business, then it's not working well. In this fast-paced class, we will walk you through easily implemented and proven tips to increase your online business. You don't need to be a technology whiz but participants should have an active website to get the most out of this session. Taught by social media consultant and digital marketing expert, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center).

23W-BUS-006

W, 3/8	6 - 7:30 PM	Sessions: 1
ZOOM	Kim Sherman-Labrum	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

COMPUTERS & TECHNOLOGY

AUTOMATING EXCEL USING VBA

Are you spending hours doing the same Excel analyses just with different data? Radically reduce the time it takes by "automating" repetitive tasks. Did you know that Excel comes with a programming language called Visual Basic for Applications (VBA)? One can automate repetitive tasks. For example, a new batch of data comes in weekly. The boss wants the same analysis that takes you a couple of hours. Writing VBA code will allow you to click a button and the analysis is done in seconds! Must be proficient in Excel and have a desire to learn this programming language. For PCs only. Optional book suggested.

23W-COM-001

T/Th, 1/24-2/2	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$4.00	Total: \$69.00

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.

23W-COM-002

T/Th, 2/21-3/2	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$5.00	Total: \$70.00

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 2 years.

23W-HEA-007

M, 1/30	6 - 8:30 PM	Sessions: 1
23W-HEA-008		
23W-HEA-009		

23W-HEA-008

W, 2/15	6 - 8:30 PM	Sessions: 1
23W-HEA-009		
T, 3/7	6 - 8:30 PM	Sessions: 1

23W-HEA-009

T, 3/7	6 - 8:30 PM	Sessions: 1
Health Solutions of Idaho	11588 W Fairview Ave, Ste 200, Boise	
Joel Gunstream	Age: 12+ w/adult	

Health Solutions of Idaho

Tuition: \$20.00	Materials: \$20.00	Total: \$40.00
------------------	--------------------	----------------



CPR CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

Learn CPR procedures, how to assist choking victims, 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.

23W-HEA-014

M, 2/27	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jeanne Llewellyn	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00

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. Cards are valid for 2 years.

23W-HEA-015

Th, 2/9	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. Class is mostly demonstration, with some participation from students. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional fee for book. PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!

23W-CUL-005

Th, 2/2	6:30 - 8:30 PM	Sessions: 1
23W-CUL-006	Prarthana Kashikar	
T, 2/21	6:30 - 8:30 PM	Sessions: 1

Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$18.00	Total: \$38.00

BALSAMIC VINEGAR 101

This class gives an overview about balsamic vinegars, why you should incorporate them in your diet and how to expand their usefulness if you are already using them. We will compare to wine vinegar too. Tasting, samples and a bottle of your favorite flavor to take home!

23W-CUL-009

W, 2/8	6:30 - 8 PM	Sessions: 1
Olivin		
Mary Ann Mandel	218 N 9th St, Boise	Age: 18+

Tuition: \$15.00	Materials: \$35.00	Total: \$50.00
------------------	--------------------	----------------



CAKE DECORATING 101

This class will help students learn the basics and foundation skills for do-it-yourself cake decorating. Join this master cake decorator to learn to make flowers (sweet peas, roses, pansies) and borders to create beautiful special occasion cakes in traditional design. You will bake a cake each week, starting at week 2, to bring to class. Supply list provided at first class. Approx. \$30

23W-CUL-003

W, 1/25-3/15	6:30 - 8:30 PM	Sessions: 8
Timberline High	Donna Adams	Age: any w/adult
Tuition: \$50.00	Materials: \$0.00	Total: \$50.00

FERMENTED FOODS COOKING CLASS

Interested in what all the fermented food fuss is all about? Join Jennyfer Berg, and discover how you can support your health with fermented foods. You will learn the fermentation process and make your batch of sauerkraut. All ingredients are included, along with a jar to take home. All participants are encouraged to bring an extra container!

23W-CUL-013

T, 3/7	6:30 - 8 PM	Sessions: 1
Timberline High	Jennyfer Berg	Age: 18+
Tuition: \$15.00	Materials: \$25.00	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 so 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.

23W-CUL-002

M, 2/13	7 - 8 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).

23W-CUL-001

T, 1/24	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!

Hooray! Chocolate can actually be good for us. Join Jennyfer Berg, Natural Grocers Nutritional Health Coach and learn how to use quality chocolate to enhance your food... and your health. She will share some of the health benefits of chocolate or "food of the gods." Learn how to prepare the following: Chocolate Avocado & Turmeric Truffles; Chocolate Keto Fat Bombs; Mushroom Cacao. Participants will receive a Natural Grocers bag with a \$5 coupon, samples, and printed material.

23W-CUL-012

W, 2/15	6:30 - 8 PM	Sessions: 1
Natural Grocers	1195 N Milwaukee St, Boise	
Jennyfer Berg	Age: 18+	

Tuition: \$15.00	Materials: \$25.00	Total: \$40.00
------------------	--------------------	----------------

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

23W-CUL-007

Th, 3/9	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$6.00	Total: \$26.00

WONTON SOUP & FRIED WONTONS

Learn to make one of the most popular Chinese soup recipes! This hearty and nourishing soup is easy to make and very delicious. Make these wontons ahead of time and freeze them, and have a snack anytime you have a craving!

23W-CUL-004

W, 1/25	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00

CULTURE & HISTORY

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Spend the evening with a cemetery historian! Using hundreds of photos of gravestones taken by the instructor, you will learn the secret language of tombstones. Learn how to interpret the cryptic emblems, signs and symbols found on gravestones. Many of our ancestors were illiterate. Signs and symbols are the universal language of graves. 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 discuss the history of cemeteries, burial customs, symbolism and even a little humor!

23W-HIS-005

M, 1/23	5:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Event Center		1200 N Cloverdale Rd, Boise

IRISH SODA BREAD: THE MIXING BOWL

Join the owner of local downtown shop The Mixing Bowl to add some Irish tradition to your menu this month! Irish Soda Bread is a traditional bread made with basic ingredients. We will make two versions – non dairy and gluten free. Bring your favorite cast iron skillet. Just in time for St. Patrick's Day!

23W-CUL-010

W, 3/15	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Mary Ann Mandel	Age: 18+
Tuition: \$15.00	Materials: \$5.00	Total: \$20.00



OLIVE OILS: ALL YOU NEED TO KNOW

Join us in the shop to taste and learn what makes olive oil great and healthy. Adding this one ingredient to your pantry and everyday cooking will improve your health and flavor your favorite dishes immensely. We will provide all you need to taste, a snack with the oils incorporated and a 6.7 ounce bottle to take home.

23W-CUL-008

W, 2/1	6:30 - 8 PM	Sessions: 1
Olivin	218 N 9th St, Boise	
Mary Ann Mandel	Age: 18+	

Tuition: \$15.00	Materials: \$35.00	Total: \$50.00
------------------	--------------------	----------------

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. Add a paella pan for \$20. Add Basque Wine Tasting for \$15/person.

23W-CUL-011

T, 2/7	6 - 8 PM	Sessions: 1
The Basque Market	608 W Grove St, Boise	
Tara McElhose-Eiguren, Tony Eiguren	Age: 18+	

Tuition: \$20.00	Materials: \$14.00	Total: \$34.00
------------------	--------------------	----------------

INTRO TO HIGHLAND DANCE

Highland Dance originated in the Scottish Highlands. This class will have a historical presentation and performance after. Students are welcome to learn a step or two if they desire!

23W-HIS-014

T, 2/7	6:30 - 8 PM	Sessions: 1
Timberline High	Aodhan Crawford, Amy Ginter,	
Jennifer Houle, Tamara Bowman	Age: youth w/adult	

Tuition: \$15.00	Materials: \$0.00	Total: \$15.00
------------------	-------------------	----------------

INTRODUCTION TO 5 SUBJECTS OF BHAGAVAD GITA

Bhagavad gita is the timeless wisdom of India's spiritual teachings. Bhagavad gita teaches that we are eternal spiritual beings (atma) who have become entangled in an ephemeral reality of material existence (Prakriti). This reality is characterized by dualities such as pleasure and pain, birth and death, good and evil, and so forth. Bhagavad gita also teaches how we have been traveling from one ephemeral existence into another for countless lifetimes (kala) as a result of our actions (karma). Finally, Bhagavad gita teaches how we can pursue our worldly engagements and at the same time become liberated from this worldly existence by performing acts of selfless devotional meditation (BHAKTI YOGA) for the pleasure of the Supreme Divinity (Bhagavan).

23W-HIS-009

Th, 1/26-2/16	6:30 - 8 PM	Sessions: 4
Timberline High	Michael Darren	Age: 14 + w/adult
Tuition: \$40.00	Materials: \$5.00	Total: \$45.00

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

COMMUNITY EDUCATION - (208) 854.4047 or e-mail communityed@boiseschools.org

BOISELEARN.ORG

INTRODUCTION TO THE BAHÁ'Í FAITH

The Bahá'í Faith is the youngest of the world religions and is the object of the most frequent inquiries in our classes on World Religions and "Let's Talk About God." This class will introduce you to the basics about this wondrous new world religion which originated in 1844, whose object is unifying all peoples and leading us to a great new world civilization, helping us solve the seemingly intractable problems of our era.

23W-HIS-012

M, 2/13-2/27 6:30 - 8:30 PM Sessions: 3
ZOOM J Thomas Pawlowski Age: 18+
Tuition: \$36.00 Materials: \$0.00 Total: \$36.00

LET'S TALK ABOUT GOD

Let's talk about God, but not a dogmatic conversation. Let's join the forces of mind and heart. We will look at the big questions of the universe. What is God, man, our interrelationship? What is our concept of God and how has the way we have conceptualized God influenced all aspects of society and sprouted atheism? Is there a better view? Can we prove that God even exists? This class will help us see the world in a new, brilliant, and hopeful light.

23W-HIS-011

Th, 1/26-2/9 6:30 - 8:30 PM Sessions: 3
ZOOM J Thomas Pawlowski Age: 18+
Tuition: \$36.00 Materials: \$0.00 Total: \$36.00

MAIN OREGON TRAIL BACK COUNTRY BYWAY

Discover Idaho's Main Oregon Trail Back Country Byway from Glenns 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.

23W-HIS-002

W, 3/8 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.

23W-HIS-003

W, 3/15 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.

23W-HIS-001

W, 3/1 6:30 - 8:30 PM Sessions: 1
West Jr High Jerry Eichhorst Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



VOLUNTEER INSTRUCTOR SPOTLIGHT

Jerry Eichhorst is the President of the Idaho Chapter, Oregon-California Trails Association (IOCTA). He has been active in preserving and researching the Oregon Trail across Idaho for over 22 years. He discovered 30 miles of an alternate route known as the North Alternate Oregon Trail and developed the Main Oregon Trail Back Country Byway, which follows the Oregon Trail from Glenns Ferry to Boise.

He is an emigrant diary researcher with an extensive collection of over 2600 accounts of travelers crossing Idaho. He has been published in the Overland Journal ten times, twice winning the prestigious Merrill Mattes award for writing. Jerry was a recipient of the Idaho State Historical Society Esto Perpetua Award in 2021.

Jerry regularly leads outings on the emigrant trails in Idaho as well as occasionally in Wyoming and eastern Oregon. He has found many emigrant graves and uses certified cadaver dogs to verify human remains.

Jerry has taught for Community Ed for over 11 years, and his classes always have many students! This Winter, he will be offering 3 classes: **OREGON TRAIL: WYOMING TO FORT HALL**; **MAIN OREGON TRAIL BACK COUNTRY BYWAY**; and **NORTH ALTERNATE OREGON TRAIL**. Enroll early! These classes always fill up fast.

Jerry offers a free tour of the Main Oregon Trail Back Country Byway to class participants in mid-April.

For more information, please see the IOCTA website: www.IdahoOCTA.org

THREE AMERICAN ART MOVEMENTS

The Hudson River School, Regionalism and Abstract Expressionism are art movements that sprang up in the US to reflect distinctly American views. The Hudson River School dealt with themes of 19th century discovery, exploration and settlement. Magnificent landscapes were the hallmarks of the school. Regionalism depicted realistic, folksy scenes of rural America, as a response to the Great Depression with reassuring images of the American heartland. Abstract Expressionism developed in the 1940s in New York. The movement built on ideas from Surrealism and Non-representational painting with emphasis on spontaneous, automatic and subconscious creation.

23W-HIS-004

T, 1/24-2/7 7 - 8 PM Sessions: 3
ZOOM Dario Bollacasa Age: 18+
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

The cemeteries of the Treasure Valley have thousands of residents. Each has its own story. Some famous, infamous, and some just plain interesting. The class is a virtual walking tour of the cemeteries of Boise, the Treasure Valley, and even beyond in Idaho. But we don't have to worry about the weather or walking for miles! Some examples of the people discussed: the last professional lady bronc rider; the last man legally hanged in Idaho; the first Jewish governor in the U.S.; Idaho's James Bond; and Idaho's "Wyatt Earp," Idaho's Lady Bluebeard and the first African American settler in Boise. Learn local color!

23W-HIS-006

Th, 1/26 6:30 - 8:30 PM Sessions: 1
Cloverdale Funeral Home - Event Center 1200 N Cloverdale Rd, Boise

23W-HIS-008

Th, 2/16 6:30 - 8:30 PM Sessions: 1
ZOOM David Habben Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

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

DANCE

BEGINNING ADULT TAP DANCE

If you have always wanted to learn how to 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.

23W-DAN-006

Th, 1/26-2/9 6:30 - 7:15 PM Sessions: 3
Susie's Tap and Jazz Etc 6053 W Corporal Ln, Boise
Susie Depew Age: 18+
Tuition: \$27.00 Materials: \$0.00 Total: \$27.00



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. **NON-MARKING SHOES ARE REQUIRED!**

23W-DAN-007

Th, 1/26-2/23 7 - 8:30 PM Sessions: 5
West Jr High Arlene Ankenman Age: 18+
Tuition: \$75.00 Materials: \$0.00 Total: \$75.00

INTRO TO LINE DANCING

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

23W-DAN-002

W, 2/1-2/15 11AM - 12 N Sessions: 3
Impact Dance Studio- Meridian 195 S Adkins Ste #105, Meridian
Sue Hebison Age: 18+
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

IRISH STEP DANCING

Enjoy the spirited music and lively steps of traditional Irish dance with a dancing champion and long-time performer! **CLASS IS FOR AGES 6 - 18.**

23W-DAN-001

M, 1/23-2/27 5:30 - 6:30 PM Sessions: 6
Killarney Irish Dance Studio 3355 N Five Mile Rd, Boise
Carly Allen Age: 6-18
Tuition: \$42.00 Materials: \$0.00 Total: \$42.00

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!). **CLASS ON 2/14**

23W-DAN-005

T, 1/31-3/7 7 - 8:30 PM Sessions: 5
West Jr High Arlene Ankenman Age: 18+
Tuition: \$50.00 Materials: \$0.00 Total: \$50.00

SOCIAL SQUARE DANCE

A four week introduction to social square dancing. Social square dance is the modern adaptation of an American dance form that involves four couples in a square formation dancing to a specific sequence or series of steps announced or cued by a caller. After the first four weeks, students will be invited to continue the lesson.

23W-DAN-003

T, 1/24-2/14 7 - 8:30 PM Sessions: 4
Boise Valley Square Dance Hall 6534 W Diamond St, Boise
Darin Keith Age: youth 10+ and adults
Tuition: \$32.00 Materials: \$0.00 Total: \$32.00

**Classes fill quickly!
Don't miss out –
register today at
www.boiselearns.org**

FITNESS

AQUA WORKOUT

This invigorating class held in the pool improves cardiovascular conditioning, muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, fun and "no sweat" workout. It also allows a break from "impact" on the body so you are getting a great workout without pounding your joints, ligaments and tendons.

23W-FIT-016

M/W, 1/23-3/15 5:30 - 6:25 PM Sessions: 16
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise

23W-FIT-019

M/W, 1/23-3/15 5:30 - 6:25 PM Sessions: 16
AXIOM-Cole and Fairview 7316 W Fairview Ave, Boise

23W-FIT-015

T/Th, 1/24-3/16 8:30 - 9:25 AM Sessions: 16
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
Rotating Instructors Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

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.

23W-FIT-051

Th, 1/26-3/16 9:15 - 10:15 AM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Sonja Barber Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

BODYATTACK™

BODYATTACK™ is a high-energy fitness class with moves that cater to total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way.

23W-FIT-029

T, 1/24-3/14 12 - 1 PM Sessions: 8

23W-FIT-030

Th, 1/26-3/16 2 - 3 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

BODYBALANCE™

BODYBALANCE™ is a yoga-based class that will improve your mind, your body, and your life. It is a blend of Yoga, Tai Chi, and Pilates set to music to help guide you. The class includes balance and stretching to help round out and complement any fitness routine. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

23W-FIT-033

W, 1/25-3/15 5:30 - 6:30 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

**Commit to get fit
this winter!**

Sign up for a fitness class!

BODYPUMP®

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. Water bottle and personal mat suggested but not required.

23W-FIT-036

F, 1/27-3/17 4:30 - 5:30 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

CARDIO KICKBOXING

Cardio kickboxing combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This class is for beginners. Come work out on Wednesday mornings!

23W-FIT-021

W, 1/25-3/15 6:30 - 7:15 AM Sessions: 8
DragonFire Martial Arts 3085 N Cole Rd, Ste 206, Boise
Jessica McBride, Cody McBride Age: 13+
Tuition: \$54.00 Materials: \$0.00 Total: \$54.00



CARDIO STEP TOGETHER

CARDIO STEP TOGETHER is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

23W-FIT-047

M/W, 1/23-3/15 9:35 - 10:35 AM Sessions: 16
West Family YMCA 5959 N Discovery Way, Boise
Amy Bedsole Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

CROSSFIT

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

23W-FIT-048

T/Th, 1/24-3/16 9:15 - 10:15 AM Sessions: 16
West Family YMCA 5959 N Discovery Way, Boise
Carla Wickham Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

CYCLE

A freestyle, non-choreographed cycle class that offers a wide variety of motivating music and several terrain options to get you to the finish line.

23W-FIT-028

M/W, 1/23-3/15 12 - 1 PM Sessions: 16
Downtown Boise YMCA 1050 W State St, Boise

23W-FIT-038

T/Th, 1/24-3/16 5:15 - 6:15 AM Sessions: 16
West Family YMCA 5959 N Discovery Way, Boise
Casey Crown Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

23W-FIT-043

T, 1/24-3/14 4:30 - 5:30 PM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Sonja Barber Age: 18+

23W-FIT-044

W, 1/25-3/15 6:30 - 7:30 PM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Joseph Pratt Age: 18+

23W-FIT-045

F, 1/27-3/17 6:15 - 7:15 AM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Christine Kuzma Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

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.

23W-FIT-023

T, 2/21 6:30 - 7:30 PM Sessions: 1
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
Angela Young Age: 18+
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

GROUP CORE

Group Core gives you three-dimensional strength training in 30 action packed minutes! A stronger Core improves athletic performance and enhances movement health, and helps prevent back pain. Expert coaching and motivating music will push you through integrated exercises that use your body weight and weight plates. HARD CORE!

23W-FIT-049

W, 1/25-3/15 9 - 9:30 AM Sessions: 8
Christine Kuzma Age: 18+

23W-FIT-050

F, 1/27-3/17 12:15 - 12:45 PM Sessions: 8
Sydney Van der Akker Age: 18+
West Family YMCA 5959 N Discovery Way, Boise
Tuition: \$32.00 Materials: \$0.00 Total: \$32.00

HIGH FITNESS

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

23W-FIT-042

M/W, 1/23-3/15 6:15 - 7:15 AM Sessions: 16
Morgan Hansen Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

23W-FIT-041

F, 1/27-3/17 9:30 - 10:30 AM Sessions: 8
Ashley Bateman Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00
West Family YMCA 5959 N Discovery Way, Boise

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

LES MILLS CORE

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

23W-FIT-037

F, 1/27-3/17 5:45 - 6:15 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$32.00 Materials: \$0.00 Total: \$32.00

PRE/POSTNATAL FITNESS

The benefits of exercising while pregnant can include a healthy, intelligent child, 75% less chance of a c-section, and less likelihood of postpartum depression. Come learn beneficial exercises from a pre and postnatal core specialist to help improve your pregnancy or post pregnancy! Please bring your yoga or exercise mat.

23W-FIT-022

T, 2/7-2/28 7:30 - 8:30 PM Sessions: 4
Hillside Jr High Kate Pettis Age: 18+
Tuition: \$40.00 Materials: \$0.00 Total: \$40.00

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.

23W-FIT-046

T, 1/24-3/14 7 - 8 PM Sessions: 8
West Family YMCA 5959 N Discovery Way, Boise
Susan Presnell Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

RUNNING SAFELY: TIPS FOR INJURY PREVENTION

After a long, dark winter with less activity, it's time to get ready for walking/running fitness for the spring. In this workshop, you will learn how to begin a fitness program, get tips for stretching, learn how to safely progress, what proper footwear to get, and more!

23W-FIT-055

T, 2/28 5:30 - 6:30 PM Sessions: 1
Idaho Spine and Sports Physical Therapy-McMillan 12072 McMillan Rd, Boise
Lindsay Freeborn Age: 18+
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00



SHORIN-RYU KARATE FOR AGES 12+

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! PROOF OF VACCINATION AND MASKS REQUIRED.

23W-FIT-002

F, 1/27-3/17 7 - 9 PM Sessions: 8
Pat Harris Dance Studio 1225 N McKinney St, Boise
Robert Gilmore Age: 12+
Tuition: \$32.00 Materials: \$0.00 Total: \$32.00

SPINNING®

An all-level cycling class designed to improve cardio respiratory endurance and increase muscular endurance, strength and power.

23W-FIT-014

M/W, 1/23-3/15 9:30 -10:15 AM Sessions: 16
23W-FIT-013 T/Th, 1/24-3/16 6 -6:45 AM Sessions: 16
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
Rotating Instructors Age: 18+
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00

TAI CHI FLOW

Tai Chi (TaijiFit) is a mind/body exercise that combines the best of traditional Tai Chi and Qigong movement practices. This class combines exercise with mindfulness, balance, flexibility and stress management. It is a workout appropriate for any age or fitness level and has you confidently experiencing the flow of Tai Chi right from the start.

23W-FIT-034

T, 1/24-3/14 3 - 4 PM Sessions: 8

23W-FIT-035 F, 1/27-3/17 12 -1 PM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

TRX BOOTCAMP

The TRX suspension trainer is a system that leverages gravity and your body weight to perform hundreds of exercises. You're in control – simply adjusting your body position to add or reduce resistance. Bootcamp uses all the elements of TRX class but with added use of weights, medicine balls, plyo boxes, kettle bells, and cardio components.

23W-FIT-040

T/Th, 1/24-3/16 12 -1 PM Sessions: 16
West Family YMCA 5959 N Discovery Way, Boise
Christine Kuzma Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

WAKE YOUR BODY BOOTCAMP

WAKE up with new exercises and new moves every single day. This class will challenge your muscles, heart and lungs by combining cardio exercises, muscle strengthening, balance and flexibility. You'll leave feeling energized, refreshed and stronger after each workout. A workout designed for every BODY!

23W-FIT-039

M/W, 1/23-3/15 5:15 -6:15 AM Sessions: 16
West Family YMCA 5959 N Discovery Way, Boise
Holly Johnson Age: 18+
Tuition: \$80.00 Materials: \$0.00 Total: \$80.00

ZUMBA®

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will make you love working out!

23W-FIT-032

W, 1/25-3/15 10:45 -11:45 AM Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

GARDEN & THE GREAT OUTDOORS

ANALYZING AND FLY FISHING THE CADDIS HATCH NEW!

Some studies show that up to 50% of what trout eat are caddis flies. Caddis flies hatch every day in summer on almost every river in the west. Learn this hatch, how to catch trout during this hatch, what flies to use, and how the Caddis fly relates to a feeding trout. Class is for active fly fishers.

23W-GAR-009

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

BACKYARD BEEKEEPING

"Buzz" into this class for an overview on the basics of bee-keeping. Our veteran beekeepers will teach you how to start and maintain a healthy hive, and provide materials, sources and information about local clubs.

23W-GAR-002

Th, 1/26 6 - 8:30 PM Sessions: 1

23W-GAR-003

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

23W-GAR-004

T, 2/7 6 - 8:30 PM Sessions: 1

West Jr High

Treasure Valley Beekeepers Club Age: 18+
Tuition: \$25.00 Materials: \$1.00 Total: \$26.00



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.

23W-GAR-012

Th, 2/2 6:30 - 8:30 PM Sessions: 1

Timberline High Rob Newburn, Cindy Simpkins Age: 10+ w/adult

Tuition: \$20.00 Materials: \$2.00 Total: \$22.00

BACKYARD CHICKENS FOR BEGINNERS

CHICK season is here! Learn the tips and tricks of saving money, becoming more sustainable, and experiencing food security while raising chickens – which provide fresh eggs year-round. A great family venture! Youth enroll with an adult; tuition is per student. Optional book for purchase.

23W-GAR-008

W, 3/15 6:30 - 8 PM Sessions: 1
Hillside Jr High Gretchen Anderson Age: 12+ w/adult
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

FOOLING FISH WITH FLIES – FLY FISHING FOR BEGINNERS

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

23W-GAR-011

T/Th, 3/7 & 3/9 6:30 - 8:30 PM Sessions: 2
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.

23W-GAR-001

T, 2/28 6:30 - 8:30 PM Sessions: 1
West Jr High Bob Seymour Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

FUNDAMENTALS OF SOIL HEALTH

Plants and microbes need each other. Learn how these vital plant/microbial relationships are established to create healthy soil. Healthy soil becomes a reservoir to store excess CO2 from the atmosphere. Learn how to enhance soil carbon sequestration and grow healthy plants while doing it!

23W-GAR-005

T/Th, 1/24 & 1/26 6:30 - 8 PM Sessions: 2
Timberline High Jean Stage Age: 12+ w/adult
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

INTRO TO BIRD WATCHING

Do you want to know about the birds you hear or spot in your backyard or on your walks? A bird's color, shape, behavior and sounds are useful for identifying birds. Learn about our local birds with Golden Eagle Audubon Society. This program is designed for both beginning birders and those who want to take their skills to the next level. You'll learn how, when, and where to find birds in Southwest Idaho.

23W-GAR-010

Th, 3/16 6:30 - 8 PM Sessions: 1
Timberline High Golden Eagle Audubon Age: 18+
Tuition: \$15.00 Materials: \$2.50 Total: \$17.50



SOIL HEALTH 2

Take a deeper dive into soil health and the relationships between plants and their microbial partners. We will discuss the carbon cycle, how microbes communicate with each other through quorum sensing, the phosphorus paradox and more. The information will give you a deeper understanding of your soils and the plants that grow in them. "FUNDAMENTALS OF SOIL HEALTH" should be taken as a prerequisite.

23W-GAR-006

T/Th, 1/31 & 2/2 6:30 - 8 PM Sessions: 2
Timberline High Jean Stage Age: 12+ w/ adult
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

WINTER PLANNING FOR A SUMMER HARVEST

Learn the few things you can prep now (during our long winter nights) to help you have a fabulous veggie garden this summer. Seed catalogues demystified, garden tool clean up and sharpening, plan for early tomatoes, how to make seed tape, etc. Get excited for the growing season with this fun, informative and energetic workshop!

23W-GAR-007

M, 3/13 6:30 - 8 PM Sessions: 1
Hillside Jr High Gretchen Anderson Age: 12+ w/adult
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

HEALTH & WELLNESS

ADRENAL FATIGUE: NUTRITIONAL TOOLS TO BUILD STRESS RESILIENCE

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

23W-HEA-011

W, 3/15 6:30 - 8 PM Sessions: 1
Hillside Jr High Kendy Radasky Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

AVOID OR DELAY TOTAL KNEE SURGERY UP TO 15 YEARS

Come learn about the NEW regenerative medicine techniques we are now using for end-stage knee osteoarthritis. Until recently if you had end-stage knee osteoarthritis, you may have not been considered a candidate for regenerative medicine. We are now not only utilizing stem cells and possible platelet-rich plasma, but also bony dowels for the treatment of end-stage knee osteoarthritis. This may prevent or significantly delay having your total knee arthroplasty done. Taught by a Board Certified Pain Medicine/Anesthesiology, M.D. and the only Pain Doctor in the valley also certified in Musculoskeletal Ultrasound!

23W-HEA-002

T, 2/21 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise Age: 18+
William Binigar, MD Materials: \$0.00 Total: \$10.00

CARPAL TUNNEL RELEASE – NO STITCHES!

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

23W-HEA-004

T, 3/7 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise Age: 18+
William Binigar, MD Materials: \$0.00 Total: \$10.00

The Winter Session runs from January 23 - March 16

FIX YOUR NECK PAIN

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

23W-HEA-012

T, 1/24 6:30 - 7:30 PM Sessions: 1
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
Angela Young Age: 18+
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

IMPROVE CHRONIC HEALTH ISSUES: HEALTH OF YOUR HOME

Over 50% of Americans have a chronic health issue. Is this you or someone you love? While modern medicine strives to find answers, one of the biggest influencers is vastly overlooked: the health of your home. Mold, chemical off-gassing, EMFs, moisture, water quality, air quality and so many other things play a substantial role in your health. How healthy is your home? Learn quick and easy tips to improve the health of your home, and everyone who lives there. If you have health challenges of any kind, do not miss this class!

23W-HEA-018

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

IMPROVE YOUR POSTURE TO DECREASE PAIN

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

23W-HEA-005

F, 1/27 1:30 - 2:30 PM Sessions: 1
23W-HEA-006 F, 3/10 1:30 - 2:30 PM Sessions: 1
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
Yvonne Aicher Age: 18+
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

INTERMITTENT FASTING: REVERSE DIABETES & WEIGHT GAIN

Worried about your high blood sugar and ready to try a new, drug-free approach? Learn to incorporate intermittent fasting into your lifestyle and empower yourself to heal from the inside out. Bonus: Spend less money on food!

23W-HEA-010

W, 3/1 6:30 - 8 PM Sessions: 1
Hillside Jr High Kendy Radasky Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00



LOW BACK PAIN: NEW INNOVATIVE TREATMENTS

Learn about the different causes of low back pain (LBP) and the diagnoses of LBP that are commonly missed or overlooked. If you've been told you need a fusion, come learn about a new minimally invasive fusion, called the Minute-Man. You will learn that Medicare just added a new diagnosis, called Vertebrogenic Pain and the treatment for this with Infracpect. Will highlight a minimally invasive Sacroiliac Fusion procedure. Peripheral Nerve Stimulation for LBP will be taught.

23W-HEA-001

T, 3/14 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



RELIEVE YOUR LOW BACK PAIN

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

23W-HEA-013

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

SPINAL STENOSIS & MISTS (MINIMALLY INVASIVE SPINE TREATMENTS)

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

23W-HEA-003

T, 2/28 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

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.

23W-HEA-017

T, 2/7 6 - 8 PM Sessions: 1
ZOOM Glenda Bell Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

23W-HEA-016

T, 2/21 6:30 - 8:30 PM Sessions: 1
Timberline High Glenda Bell Age: 18+
Tuition: \$20.00 Materials: \$2.00 Total: \$22.00

3 WAYS TO REGISTER!

1 ONLINE!

Go to boiselearns.org for a current class list.

2 PHONE!

Call 208.854.4047.

We accept Visa, MasterCard and Discover.*

3 IN PERSON

*exact cash and checks also accepted
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.

HOLISTIC LIVING

ESSENTIAL OILS & MASSAGE: BEGINNER TO PRO

NEW!

Whether you enjoy pampering your family with a massage or you are a Licensed Massage Therapist, take your massage practice to the next level. Learn advanced essential oil application techniques for targeted system support and homeostasis. This can be incorporated simply into any massage whether at a spa or your home. Sample kit provided.

23W-HOL-009

M, 2/13 6:30 - 8 PM Sessions: 1
West Jr High Lisa Moore-Clifton Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00



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.

23W-HOL-002

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

23W-HOL-003

Th, 2/23 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Victoria Savage Age: 18+
Tuition: \$20.00 Materials: \$3.00 Total: \$23.00

INTRO TO MOON SIGNS & ESSENTIAL OILS

Ask any nurse or teacher, and you'll know the moon affects our mood. With a little training and knowledge, you can help keep a high vibe. Learn how to use essential oils and an ephemeris (a table giving the calculated positions of a celestial object at regular intervals throughout a period) to be prepared and make the most of each day! Sample kit provided.

23W-HOL-008

M, 1/30 6:30 - 7:30 PM Sessions: 1
West Jr High Lisa Moore-Clifton Age: 18+
Tuition: \$10.00 Materials: \$3.00 Total: \$13.00

MESSAGES FROM OUR SPIRIT ANIMALS

Join us for a fun and playful evening exploring messages from our animal guides. These spiritual messengers can provide us with guidance and assistance as we walk our spiritual path. We will talk about how to work with them, receive their guidance and deepen our respect and connection with the natural world.

23W-HOL-012

T, 1/31 6:30 - 8 PM Sessions: 1
Timberline High Angela Levesque Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

SELF CARE AND ESSENTIAL OILS

NEW!

Natural solutions for selfcare and empowered living. Join us for fun hands-on-learning about essential oils and best ways to use them. We will be making DIY foot soak and room spray for relaxation. Instruction of oil applications and hand massage will also be shared. MATERIALS PROVIDED.

23W-HOL-014

T, 1/31 6:30 - 7:30 PM Sessions: 1
Timberline High

23W-HOL-015

W, 2/1 6:30 - 7:30 PM Sessions: 1
West Jr High Christina Forst, Sandra Forst Age: 18+
Tuition: \$10.00 Materials: \$5.00 Total: \$15.00

**Classes fill quickly –
register today!**

THRIVING INTO ELDERHOOD

Thriving into Elderhood is an introduction to Conscious Aging, a positive aging movement. Learn to begin cultivating and harvesting lifelong experiences into the wisdom necessary to thrive in the third act of our lives. Topics may touch on life review, legacy, forgiveness and death.

23W-HOL-006

W, 2/1	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		
23W-HOL-007		
W, 3/1	6:30 - 8:30 PM	Sessions: 1

Timberline High

Tuition: \$20.00

Kayleen Dowell

Materials: \$0.00

Total: \$20.00



UNLOCKING YOUR INTUITION

In this class you will explore what intuition is, as well as ways to cultivate and use this inherent gift to create your dreams. We will practice how to do intuitive readings along with exercises and meditations that will help to access your luminous self. This class is for anyone that is ready to open their heart and mind to the exploration of the role that practical intuition can play in our everyday lives. Brief lectures and group discussions will also be included.

23W-HOL-011

W, 1/25-2/8	6:30 - 8 PM	Sessions: 3
Hillside Jr High	Katherine Allen	Age: 18+
Tuition: \$39.00	Materials: \$0.00	Total: \$39.00

WORKING WITH THE CHAKRAS

The chakras are not only an important part of our energy body, but they can also be a guide for our personal growth. Each chakra represents a theme that can teach us about who we are, and about the reoccurring obstacles we face in achieving our goals. In this class, we will discuss an overview of the chakras and energy body, and examine how working with the chakras provides insight into our behaviors and life's purpose.

23W-HOL-013

T, 2/28	6:30 - 8:30 PM	Sessions: 1
Timberline High	Angela Levesque	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

WORKSHOP: MOON SIGNS & ESSENTIAL OILS

In this 2 evening workshop, you will not only learn how to maximize the shifting effects of the moon with essential oils and mindfulness to stay high vibe, but you will also learn about yourself through your natal chart. Ask any nurse or teacher, and you'll know the moon affects our mood. With a little training and knowledge, you will be prepared to make the most of each day and plan for a great month. Learn how to find and understand the basics of your natal chart, how to use essential oils for mood support, how to read an ephemeris (a table giving the calculated positions of a celestial object at regular intervals throughout a period), create blends for your natal moon and the current moon. Each attendee will get a kit, including instructor's eBook!

23W-HOL-010

M, 2/27 & 3/6	6:30 - 8 PM	Sessions: 2
Hillside Jr High	Lisa Moore-Clifton	Age: 18+
Tuition: \$30.00	Materials: \$5.00	Total: \$35.00

HOMEOWNERS: BUY, BUILD, MAINTAIN

NEW!
2 FOR 1!

BUYING A HOME IN ANY MARKET

Now is a great time to purchase a home, contrary to what the news and mass media are telling you. You will learn why buying a home right now can make sense even in a market with higher interest rates. This class is for first time home buyers as well as experienced home owners. 2-for-1 registration!

23W-HOU-006

T, 1/24	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High		

23W-HOU-007

T, 2/28	6:30 - 7:30 PM	Sessions: 1
Timberline High		

23W-HOU-008

T, 3/7	6:30 - 7:30 PM	Sessions: 1
West Jr High	Kate McGwire,	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

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.

23W-HOU-005

Th, 3/16	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!

23W-HOU-004

Th, 2/23	6 - 7:30 PM	Sessions: 1
Rockbottom Granite	5103 N Sawyer Ave, 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.

23W-HOU-003

T, 1/24	6:30 - 8:30 PM	Sessions: 1
West Jr High	Alana Eyoifson	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

MORTGAGE 101 – FIRST TIME HOME BUYER

If you are a first time home buyer and want to learn what is involved in purchasing a home, this is the class for you! We will discuss the lending process and go over credit, income, and down payments. We will also share what to expect when you are house hunting, and the process of making an offer. From beginning to end – we will talk about it all! Please join us!

23W-HOU-001

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

Total: \$20.00



KIDS

HOW TO DEAL WITH BULLYING: TAKE YOUR POWER BACK!

NEW!

This is a one-day, two-hour class that empowers kids ages 8-15. A time to discuss the challenges of bullying and develop coping strategies to take your power back! An introduction to bullying, types of bullying, roles kids can play in bullying situations and some basic ways to respond. We teach to respond in an assertive, confident manner, directed at changing the imbalance of power without escalating. Includes role playing and demonstration of verbal responses.

23W-KIDS-005

S, 2/4	1 - 3 PM	Sessions: 1
DragonFire Martial Arts	3085 N. Cole Rd., Ste. 206	
Jessica McBride, Kamie Eisenbeis		Age: 8-15
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

KIDS MARTIAL ARTS – TANG SOO DO

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

23W-KIDS-004

M/F, 1/23-3/17	4 - 4:45 PM	Sessions: 16
DragonFire Martial Arts	3085 N. Cole Rd., Ste. 206	
Jessica McBride		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.

23W-KIDS-003

W/F, 1/25-3/17	6:15 - 6:45 PM	Sessions: 16
DragonFire Martial Arts	3085 N. Cole Rd., Ste. 206	
Jessica McBride, Kamie Eisenbeis		Age: 4-6
Tuition: \$48.00	Materials: \$0.00	Total: \$48.00

TAEKWONDO BASICS FOR TINY TIGERS

Through Songham Taekwondo Tiny Tiger students develop focus, attention span, physical coordination, bully prevention, and self-defense skills. **MON 6-6:30PM TUES 5:30PM**

23W-KIDS-002

M/T, 1/23-2/14	6 - 6:30 PM	Sessions: 8
Eagle ATA Martial Arts Center - Karate for Kids		
1107 E Iron Eagle Dr, Ste. 130, Eagle		
Chris Colberg, Kit Colberg		Age: 4-6

Tuition: \$40.00

Materials: \$0.00

Total: \$40.00

TAEKWONDO BASICS FOR YOUTH

Through Songham Taekwondo, youth students develop focus, longer attention spans, physical coordination, bully prevention, and self-defense skills. **MON 5:30-6PM TUES 4:30-5PM**

23W-KIDS-001

M/T, 1/23-2/14	5:30 - 6 PM	Sessions: 8
Eagle ATA Martial Arts Center - Karate for Kids		
1107 E Iron Eagle Dr, Ste. 130, Eagle		
Chris Colberg, Kit Colberg		Age: 7-12

Tuition: \$40.00

Materials: \$0.00

Total: \$40.00

TAP, JAZZ, BALLET & ACROBATICS – KINDERGARTEN

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun! Call instructor for help getting affordable dance shoes.

23W-KIDS-008

S, 1/28-2/11 12:30 - 1:15 PM Sessions: 3
Susie's Tap and Jazz Etc 6053 Corporal Ln, Boise
Susie Depew Age: 5-6
Tuition: \$27.00 Materials: \$0.00 Total: \$27.00



TAP, JAZZ, BALLET & ACROBATICS – PRE-SCHOOL

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun! Call instructor for help getting affordable dance shoes.

23W-KIDS-007

S, 1/28-2/11 11:30 AM -12:15 PM Sessions: 3
Susie's Tap and Jazz Etc 6053 Corporal Ln, Boise
Susie Depew Age: 3-4
Tuition: \$27.00 Materials: \$0.00 Total: \$27.00

TAP, JAZZ, BALLET & ACROBATICS – TINY TOTS

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun!

Call instructor for help getting affordable dance shoes.

23W-KIDS-006

S, 1/28-2/11 10:30 -11:15 AM Sessions: 3
Susie's Tap and Jazz Etc 6053 Corporal Ln, Boise
Susie Depew Age: 2- barely 3
Tuition: \$27.00 Materials: \$0.00 Total: \$27.00

LANGUAGE

INTRODUCTION TO MANDARIN

An introduction to the language of Mandarin. The class will focus on daily conversation and simple reading and writing. By the end of the class you will have a basic foundation to enable your future in-depth study of Mandarin. The class is conducted in a fun and engaging manner to maximize your learning. Supplies needed.

23W-LAN-001

T, 1/24-3/2 6:30 - 8 PM Sessions: 4
Timberline High Joanne Thong Age: youth/adult
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00

LEISURE

JUGGLING

Learn the step-by-step process to juggle three items – and variations to add later. The instructor learned to juggle 50 years ago and can teach you as well! Balls will be provided for you to take home 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.

23W-LEI-002

Th, 2/16 7 - 8 PM Sessions: 1
Timberline High Vince Matthews Age: 18+
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

SWEEPSTAKING: FUN & FREE!

Everyone loves to be a winner, and anyone can be! That's what makes the hobby of sweepstaking fun. You can win free prizes with just a little effort. This class will cover the hows and whys of starting a sweepstakes hobby.

23W-LEI-001

Th, 2/23 6:30 - 8 PM Sessions: 1
ZOOM Carolyn Fenzl Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

MUSIC

BEGINNER UKULELE

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

23W-MUS-001

Th, 1/26-3/2 6:30 - 7:30 PM Sessions: 6
Hillside Jr High Andrew Query Age: 12 + w/ adult
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00

GUITAR: FLATPICK 102

Flatpick 102 is a 6 week intermediate level workshop designed to leverage the skills learned in Flatpick 101 to: Arrange Solos for Vocal Tunes; 5 Step process; Carter Style Arrangements; Tremolo Embellishments; Double Stops Embellishments; Crosspicking. Experience level is "low beginner-intermediate" however, workshop participants new to the instrument may struggle unless they are familiar with I - IV - V chord progressions in the Keys of G (G-C-D) and C (C-F-G) and able to make the changes at 50-60 BPM by week 2. This will be a jam style class with 7 other workshop participants working a song or songs at 60 BPM in those progressions. Purchase of book required prior to class. Bring a 6-string flattop (steel string) guitar – NO 12 strings! Round-neck resonators are okay.

NEW!

23W-MUS-002

W, 1/25-3/1 6:30 - 7:30 PM Sessions: 6
Hillside Jr High Alan Anderson Age: 18+
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00



PERSONAL ENRICHMENT

ABANDONING CABLE TV FOR INTERNET STREAMING

The goal of this class is to provide information on the selection of internet connection devices such as ROKU, Apple TV and others. We will also look at various internet content providers such as Netflix, Disney +, Sling TV, Apple TV + and others. Learn more about the different system components and how they integrate, as well as internet capacities to support streaming services.

23W-PEN-001

T, 1/24 6:30 - 8:30 PM Sessions: 1
Hillside Jr High John Courtright Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



APPLY YOUR CHARACTER STRENGTHS FOR SUCCESS

Your Values-in-Action (VIA) Character Strengths are traits that improve your life and that of your community, ranked per their development in you, creating your unique character profile. Your top strengths are those that come most naturally to you. Research shows that people who know and use their evidence-based VIA Character Strengths are 18 times more successful than those who do not. Come and learn how to apply your Character Strengths for a more successful, fulfilling life! Students will complete Character Strengths online assessment prior to class. See receipt for details.

23W-PEN-016

T, 3/7 & 3/14 6:30 - 8:30 PM Sessions: 2
Timberline High Lisa Hecht Age: 16 + w/adult
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

CLUTTER FREE LIVING

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

23W-PEN-003

Th, 2/16 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Lois Morgan Age: 18+
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

DEATH SCENE INVESTIGATION AND THE FORENSIC AUTOPSY

Join forensic pathologists, technicians and investigators to learn about the fascinating world of forensic science. Learn the many roles and responsibilities of a ME/Coroner's Office including: Determining cause and manner of death, blood stain pattern analysis, postmortem interval, forensic examination of the body and clothing, examining post mortem wounds and injuries, examining skeletal remains, multi-agency collaboration and evidence collection. Students will analyze crime scene photographs and study interesting cases. Actual crime scene photos will be studied; some graphic images will be shown. No photographs or video permitted. Age 18+ NO EXCEPTIONS! Last class (3/16) will be held at Ada County Coroner's Office.

23W-PEN-017

Th, 2/23-3/16 6 - 8 PM Sessions: 4
Timberline High Rich Riffle/ Ada County Coroner Age: 18+
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00

HOW TO CONNECT TO BROADCAST TV

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

23W-PEN-002

T, 2/7 6:30 - 8:30 PM Sessions: 1
Hillside Jr High John Courtright Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

LESSONS FROM MY CHILDREN: PRACTICING HEALTHY COMMUNICATION

After getting divorced, the instructor's intention was to become a person she could like – one who was positive, accepting, nonjudgmental, fun to be around. Since her four adult children were more honest than she was, they would often suggest ways she could be more self-confident, and learn to use her voice more assertively. This interactive class will be about the journey to more healthy communication, a journey all can gain from, no matter what the circumstances are.

23W-PEN-010

M/T, 1/30 & 1/31 6:30 - 8 PM Sessions: 2
Timberline High Lois Morgan Age: 18+
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

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.

23W-PEN-005

Th, 3/2 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Lois Morgan Age: 18+
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

23W-PEN-006

Th, 3/9 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! Student okay w/adult.

23W-PEN-008

M, 2/6 6:30 - 7:30 PM Sessions: 1

23W-PEN-009

M, 3/13 6:30 - 7:30 PM Sessions: 1

ZOOM Jennifer Hovey, Michael Naragon Age: Student okay w/adult

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

TRANSFORM YOUR LIFE FROM THE MUNDANE TO THE MAGICAL

You can't get away from negativity or bad things happening in your life but you can choose how you respond. During this class, you will learn how to shift your thought process to promote more positivity. Scientific studies have revealed that with an optimistic view of life we see greater possibilities, bounce back from setbacks faster, connect more readily with others and become the best version of ourselves. We even sleep better. Join us to learn a simple technique, that with continued effort, has the ability to transform your life from the mundane to the magical.

23W-PEN-015

Th, 2/2 6:30 - 8:30 PM Sessions: 1

23W-PEN-014

Th, 2/16 6:30 - 8:30 PM Sessions: 1

Timberline High Cindi Bergen Age: 18+ Materials: \$1.50 Total: \$21.50

VOICE-OVERS... NOW IS YOUR TIME!

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

23W-PEN-011

W, 3/1 6 - 8 PM Sessions: 1
ZOOM Lisa Foster Age: 18+
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

WOMEN'S SELF DEFENSE

NEW!
This class is 6 modules that focuses on the defense of women. We will meet together one night a week for six weeks exploring topics of women's risks, challenges and defenses in a relaxed, low-key and fun environment.

23W-PEN-007

F, 1/27/3/ 7 - 8:30 PM Sessions: 6
DragonFire Martial Arts 3085 N. Cole Rd., Ste. 206
Jessica McBride, Kamie Eisenbeis Age: 18+
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

Clarify the benefits and regulations to maximize your participation in this program. Class discussion includes enrollment guidelines, premiums, and supplements.

23W-PFI-001

M, 2/13 6:30 - 8 PM Sessions: 1

West Jr High

23W-PFI-002

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

Timberline High

Ken Azbill, Angie Jackson 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.

23W-PFI-029

W, 2/22 6:30 - 8 PM Sessions: 1

Timberline High

John McGown Age: 18+

Tuition: \$15.00 Materials: \$1.00 Total: \$16.00



ESTATE PLANNING 101

Estate Planning is critical for EVERYONE, regardless of your wealth! Join a local estate planning attorney to learn/avoid the top 10 mistakes people make regarding estate planning, and what is included in a "complete" estate plan. Class will cover wills, trusts, powers of attorney, living wills, probate, as well as how to keep the chaos and uncertainty of death at bay. You'll learn a lot and might even laugh a little! 2-for-1 registration!

23W-PFI-008

M, 1/23 6:30 - 8:30 PM Sessions: 1

Hillside Jr High

23W-PFI-009

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

West Jr High

23W-PFI-010

M, 2/6 6:30 - 8:30 PM Sessions: 1

Timberline High

23W-PFI-011

W, 2/15 6:30 - 8:30 PM Sessions: 1

Hillside Jr High

23W-PFI-012

M, 2/27 6:30 - 8:30 PM Sessions: 1

ZOOM

23W-PFI-013

W, 3/1 6:30 - 8:30 PM Sessions: 1

West Jr High

23W-PFI-014

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

Timberline High

23W-PFI-015

M, 3/13 6:30 - 8:30 PM Sessions: 1

Hillside Jr High

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

Register online today!
boiselearns.org

ESTATE PLANNING BASICS: PEACE OF MIND FOR SENIORS

Does your estate plan address your long-term care concerns and give you peace of mind for the future? Many seniors have not properly addressed their long-term care needs or protection of assets in their estate plan. Come learn what steps you can take to ensure your estate is protected. Topics include: preparing for long-term care, VA/Medicaid planning, advanced directives, living wills, powers of attorneys, wills and trusts.

23W-PFI-003

W, 1/25 6:30 - 8 PM Sessions: 1

West Jr High

23W-PFI-004

T, 2/22 6:30 - 8 PM Sessions: 1

Timberline High

Joshua Reams

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

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.

23W-PFI-028

T, 2/21 6:30 - 8 PM Sessions: 1

Timberline High

John McGown

Tuition: \$15.00 Materials: \$1.00 Total: \$16.00

FOUNDATIONS OF INVESTING

In this class, you will learn the rules for investing: develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

23W-PFI-017

T, 2/14 6 - 7 PM Sessions: 1

ZOOM

Randall Dorvin

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

HOW MEDICARE AND EMPLOYER INSURANCE INTERACT

Come explore the relationship between Medicare and employer health insurance and how they interact. Many continue to work past age 65. Understanding this subject is a key to avoiding financial penalties or periods of no health insurance.

23W-PFI-030

W, 2/22 6:30 - 8:30 PM Sessions: 1

Hillside Jr High

Michael McShane

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

INVESTING BEYOND SINGLE FAMILY RENTALS

Take your real estate investing to the next step! Are you just curious to learn more about the full spectrum of opportunities beyond residential real estate? Learn how to get started investing in commercial real estate.

23W-PFI-005

T, 1/31 6:30 - 7:30 PM Sessions: 1

Timberline High

23W-PFI-006

T, 2/21 6:30 - 7:30 PM Sessions: 1

West Jr High

23W-PFI-007

T, 3/7 6:30 - 7:30 PM Sessions: 1

Hillside Jr High

Adon Galindo

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.

23W-PFI-018

T, 2/28 6 - 7 PM Sessions: 1

ZOOM

Randall Dorvin

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

MEDICARE PLAYBOOK FOR BABY BOOMERS

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

23W-PFI-025

Th, 1/26 6:30 - 7:30 PM Sessions: 1

Hillside Jr High

23W-PFI-026

Th, 2/2 6:30 - 7:30 PM Sessions: 1

West Jr High

23W-PFI-027

Th, 3/9 6:30 - 7:30 PM Sessions: 1

Timberline High

Dusty Clement

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

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.

23W-PFI-024

T, 2/28 6:30 - 8 PM Sessions: 1

Hillside Jr High

Gretchen Brown

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

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.

23W-PFI-016

T, 1/31 6 - 7 PM Sessions: 1

23W-PFI-019

T, 3/14 6 - 7 PM Sessions: 1

ZOOM

Randall Dorvin

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!

23W-PFI-023

Th, 2/16 6:30 - 7:30 PM Sessions: 1

Hillside Jr High

Gretchen Brown

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

THE FUNDAMENTALS AND IMPORTANCE OF ESTATE PLANNING – ARE YOU WELL POSITIONED?

NEW!

This crash course will discuss the importance of having an estate plan, the elements that make up traditional plans, some insight on DIY approaches, and lastly the value of including estate planning professionals when planning for your future.

23W-PFI-031

Th, 3/2	6:30 - 8 PM	Sessions: 1
Timberline High	Matthew Platt, Jordan Roeske	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

UNDERSTANDING SOCIAL SECURITY AND MEDICARE FOR BABY BOOMERS

Getting Social Security and Medicare benefits right is essential to a successful retirement. Join two industry experts who will explain in detail how social security and medicare work. The decisions you make today can negatively impact your future benefits. This course will talk about choices to consider as well as pitfalls to avoid. Learn important rules and strategies to maximize your benefits and eliminate stress and confusion regarding these important benefits.

23W-PFI-020

Th, 2/23	6:30 - 7:30 PM	Sessions: 1
West Jr High		
23W-PFI-021		
Th, 3/2	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High		
23W-PFI-022		
Th, 3/16	6:30 - 7:30 PM	Sessions: 1
Timberline High	Gretchen Brown, Dusty Clement	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

PETS

DIABETES MANAGEMENT FOR YOUR DOG

Learn basic information about caring for your dog after this common canine diagnosis, including insulin use and blood glucose monitoring. Learn more about the basics and management of diabetes care and common complications. Learn about techniques and equipment for diabetes care, tips and information from the instructor's professional "human" role and practical tips from the instructor's own experience.

23W-PET-001

Th, 2/23	6:30 - 8:30 PM	Sessions: 1
Timberline High	Janet Tweedle	Age: 10+ w/adult
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

HOW TO HELP YOUR BARKING/LUNGING DOG

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

23W-PET-002

W, 2/15	6:30 - 8:30 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 16+ w/adult
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

MENTAL FUN AND GAMES FOR YOUR DOG – SCENT GAMES

Dogs have incredible noses, and love to use them. Teach your dog a bunch of games with their noses! We'll play some easy ones and do a brief intro to the competitive sport of nose work. These are suited for old dogs, young dogs, couch potato dogs, bouncing-off-the-wall dogs, dogs with mobility issues, difficult dogs, deaf dogs, blind dogs – all dogs! Common household supplies required – see receipt and/or online description.

23W-PET-003

W, 3/1	6:30 - 8 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 10+ w/adult

Tuition: \$15.00	Materials: \$0.00	Total: \$15.00
------------------	-------------------	----------------

PETS AND ESSENTIAL OILS

Looking for natural solutions for your pets? Enjoy this essential oil class and learn the best practices for using essential oils with your fur family. Featuring basic education and recipes to get you started on your journey.

23W-PET-004

T, 3/15	6:30 - 8 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 10+ w/adult

Tuition: \$15.00	Materials: \$0.00	Total: \$15.00
------------------	-------------------	----------------

PHOTOGRAPHY

ORGANIZE YOUR PHOTOS

Get your photos out of the shoe box! Explore and practice different techniques for organizing your photos for easy access and scrapbooking. This is an interactive class, so bring up to 100 photos to sort! In addition to organizing your physical photos, we'll also discuss strategies for dealing with all the photos on your phone. STUDENTS BRING ALL MATERIALS – SEE ONLINE OR CALL OFFICE.

23W-ART-018

W, 3/8	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Anne Hamilton	Age: 18+

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
------------------	-------------------	----------------

PHOTOGRAPHY FOR BEGINNERS

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

23W-PHO-001

W, 1/25-2/15	6:30 - 8:30 PM	Sessions: 4
West Jr High	Tom Alvarez	Age: 18+

Tuition: \$70.00	Materials: \$2.00	Total: \$72.00
------------------	-------------------	----------------



TRAVEL

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.

23W-TRA-001

T, 1/31	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Bev Sheeley	Age: 18+

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
------------------	-------------------	----------------

MINDFUL MEDITATIONS

Learn how to simply meditate. This is a practice that can be added to your daily life. Meditation can help decrease feelings of loneliness, anxiety, and even the blues. Through daily practice, one will find more peace, love, insight, and inspiration for their day. We will discuss some techniques that can be used for meditation, and also preview a couple of breathing exercises. After a talk on meditation methods, class will go over the techniques, and then include one or two of the meditations. (10-20 minutes in total). Yoga mats and other supplies needed.

23W-HOL-004

T, 2/7	7 - 8 PM	Sessions: 1
--------	----------	-------------

23W-HOL-005

T, 3/7	7 - 8 PM	Sessions: 1
Timberline High	Patricia Brookman	Age: 18+

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
------------------	-------------------	----------------



YOGA (ALL LEVELS)

All levels class for ages 15+. Some yoga experience is helpful although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted. Modifications are suggested as needed. Using attention and breath, learn how to move through the yoga poses (asanas) to improve balance, reduce stress, and increase body awareness and flexibility.

23W-FIT-026

M, 1/23-3/13	6 - 7 AM	Sessions: 8
Downtown Boise YMCA		1050 W State St, Boise
Rotating Instructors		Age: 15+

23W-FIT-053

M/W, 1/23-3/15	6:45 - 7:45 PM	Sessions: 16
West Family YMCA		5959 N Discovery Way, Boise
Loretta Grubaugh		Age: 15+
Tuition: \$80.00	Materials: \$0.00	Total: \$80.00

YOGA FOR BEGINNERS

Learn how to start a safe yoga practice at home. You will learn the basics of yoga, and how yoga poses can offer alignment, breathing, and purpose to your body and mind. This class is thoughtfully designed and accessible to all fitness backgrounds and body types. You will get plenty of information, and a sequence that you can practice anytime, anywhere. Please if possible, bring a towel, and a belt to your practice. Participants will enter a raffle for a yoga kit with a yoga mat, belt, and blocks.

23W-FIT-056

W, 3/15	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jennyfer Berg	Age: 18+

23W-FIT-027

M, 1/23-3/13	12 - 1 PM	Sessions: 8
Downtown Boise YMCA		1050 W State St, Boise

23W-FIT-027

Rotating Instructors		Age: 15+
Tuition: \$56.00	Materials: \$0.00	Total: \$56.00

23W-FIT-027

Th, 3/16	6:30 - 7:30 PM	Sessions: 1
Timberline High	Jeanette Germain	Age: 18+

23W-FIT-027

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
------------------	-------------------	----------------

Follow us on



REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The eight-week Winter 2023 session will run Mon.-Thurs. evenings, Jan. 23 - Mar. 16. 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: Summer Megargee & Brodie Scott

TIMBERLINE HIGH SCHOOL

701 E. Boise Ave., Boise, ID 83706

(Use clock tower entrance on Boise Ave. Park in the lot accessed off Linden St.)

Site Facilitators: John Youngkin & Denise McClung

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):

ALL PAWS STAY-N-PLAY

454 N. Phillipi St.

Boise, ID 83706; (208) 501-8056

AXIOM – COLE & FAIRVIEW

7316 W. Fairview Ave.

Boise, ID 83704; (208) 955-1112

AXIOM – PARKCENTER

801 E. Parkcenter Blvd.

Boise, ID 83706; (208) 955-1113

AXIOM – VILLAGE

2505 E. Monarch Sky Ln., Ste. #220

Boise, ID 83646; (208) 955-1114

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

BOISE VALLEY SQUARE DANCE HALL

6534 W. Diamond St.

Boise, ID 83709; (208) 562-8488

BROADWAY DANCE CENTER

893 E. Boise Ave.

Boise, ID 83706; (208) 342-6123

CLOVERDALE FUNERAL HOME - EVENT CENTER

1200 N. Cloverdale Rd.

Boise, ID 83713; (208) 375-2212

DOWNTOWN BOISE YMCA

1050 W. State St.

Boise, ID 83702; (208) 344-5501

DRAGONFIRE MARTIAL ARTS

3085 N. Cole Rd. Ste. 206

Boise, ID 83704; (208) 861-3422

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Ste. 130

Eagle, ID 83616; (208) 854-0968

FIRE FUSION STUDIO

1322 W. Main St.

Boise, ID 83702; (208) 810-6240

HEALTH SOLUTIONS OF IDAHO

11588 W. Fairview Ave., Ste. 200

Boise, ID 83713; (208) 249-7157

IDAHO SPINE & SPORTS PHYSICAL THERAPY – FIVE MILE

3040 N. Five Mile Rd.

Boise, ID 83713; (208) 939-0533

IMPACT DANCE STUDIO – MERIDIAN

195 S. Adkins Ste. 105

Meridian, ID 83642; (208) 855-2662

KILLARNEY IRISH DANCE STUDIO

3355 N. Five Mile Rd.

Boise, ID 83713; (208) 488-0505

MAKER SHOP BOISE

6883 W. Overland Rd.

Boise, ID 83709; (208) 254-6150

MOSAIC ESSENTIAL

413 E. 37th St., Door 3

Boise, ID 83714; (208) 841-5988

NATURAL GROCERS

1195 N. Milwaukee St.

Boise, ID 83704; (208) 378-7323

OLIVIN

218 N. 9th St.

Boise, ID 83702; (208) 344-0306

PAIN CARE BOISE

301 W. Myrtle St.

Boise, ID 83702; (208) 342-8200

PAT HARRIS DANCE STUDIO

1225 N. McKinney Ln.

Boise, ID 83704; (208) 375-3255

ROCKBOTTOM GRANITE

5103 N. Sawyer Ave.

Garden City, ID 83714; (208) 376-7328

SUSIE'S TAP AND JAZZ ETC.

6053 W. Corporal Ln.

Boise, ID 83704; (208) 699-0714

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: 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 approximately \$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.
- 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.

DO I TEACH A COMMUNITY EDUCATION CLASS?

- We are always seeking new instructors to join our wonderful team of volunteers!
- Instructors choose the date, number of classes and location.
- Volunteer Instructors receive credit to attend a one-night Community Education class.
- To volunteer, go to boiselearns.org and click on 'Teach with us!' and download the Instructor Application and Class Proposal.
- Instructor forms can be mailed to Boise School District Community Education, 8169 W. Victory Rd., Boise, ID 83709, or faxed to (208) 854-4014 or e-mailed to communityed@boiseschools.org.

ARE GIFT CERTIFICATES AVAILABLE?

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

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 _____ Street _____ City _____ State _____ Zip _____ E-mail _____

Work Phone _____ Home Phone _____ Cell Phone _____

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

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

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

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Subtotal _____ \$

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

Grand Total (pay this amount) _____ \$

PREFERRED payment method: Visa MasterCard Discover Debit Card

 /  / 

Card Number



Expiration Date



Security Code
(last three digits on back)

Cardholder's Signature

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

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

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

BOISE SCHOOL DISTRICT LOCATIONS:

SIGN UP NOW!

VIEW CLASSES AND REGISTER
IMMEDIATELY ONLINE AT
WWW.BOISELEARN.SORG

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 and online. See course descriptions and details at boiselearns.org.