WINTER 2024
Session Dates: Jan. 22 - Mar. 14
E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG

Prune Your Landscape Trees pg. 9
Boutonniere & Corsage Making pg. 3
Homeowners: Buy, Build, Maintain pg. 11

The World of Specialty Coffee pg. 6
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. Community Education celebrates over 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 2024 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.

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

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

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

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

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

**AQUA FINNING**
This brand new class utilizes the addition of fins to increase strength, endurance, and cardiovascular health. Put on your fins and join us for a fun new challenge! You can bring your own or borrow a pair at the club. Spots are limited!

**24W-FIT-033**
T/Th, 1/23-3/14
12 N - 12:50 PM
Sessions: 16
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Dione Anderton
Age: 50+
Tuition: $60.00
Materials: $0.00
Total: $60.00

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

**24W-FIT-032**
M/W/F, 1/22-3/15
10 - 11 AM
Sessions: 24
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Dione Anderton
Age: 50+
Tuition: $78.00
Materials: $0.00
Total: $78.00

**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.

**24W-FIT-038**
M/W/F, 1/22-3/15
1:15 - 2:15 PM
Sessions: 24
Downtown Boise YMCA
1050 W State St, Boise

Rotating Instructors-YMCA
Age: 18+
Tuition: $78.00
Materials: $0.00
Total: $78.00

**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!

**24W-FIT-021**
F, 1/26-3/15
1 - 2 PM
Sessions: 8
West Family YMCA
5959 N Discovery Way, Boise

Katherine Rigs
Age: 50+
Tuition: $42.00
Materials: $0.00
Total: $42.00

**OSTEO-POWER**
Exercise strengthens your bones! 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.

**24W-FIT-029**
M/W/F, 1/22-3/15
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 footwork and rhythmic walking to a variety of music. Brain teasers, memory and movement exercises, and facial/voval routines round out this class.

**24W-FIT-031**
T/Th, 1/23-3/14
1 - 1:45 PM
Sessions: 16
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Carol Garcia
Age: 50+
Tuition: $60.00
Materials: $0.00
Total: $60.00

**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.

**24W-FIT-004**
M/W/F, 1/22-3/13
8 - 8:55 AM
Sessions: 16
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Tuition: $68.00
Materials: $0.00
Total: $68.00

**24W-FIT-005**
M/W/F, 1/22-3/15
12 N - 12:55 PM
Sessions: 24
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Tuition: $78.00
Materials: $0.00
Total: $78.00

**SHORIN-RYU KARATE FOR ADULTS**
(AGES 40+)
This traditional Okinawan/Japanese karate class will emphasize basic technique, balance, and respect. Course will include self defense training, as well as traditional kicks, blocks and strikes. 2-for-1 registration!

**24W-FIT-001**
M, 1/22-3/11
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 SilverSneakers to participate.

**24W-FIT-037**
M/W/F, 1/22-3/13
10:15 - 11:15 AM
Sessions: 16
Downtown Boise YMCA
1050 W State St, Boise

Rotating Instructors-YMCA
Age: 50+
Tuition: $68.00
Materials: $0.00
Total: $68.00

**SILVERSNEAKERS® CIRCUIT**
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic activity. A chair is used for standing support, stretching and relaxation exercises.

**24W-FIT-013**
M/W/F, 1/22-3/15
11:30 AM - 12:15 PM
Sessions: 24
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Tuition: $72.00
Materials: $0.00
Total: $72.00

**STRENGTH AND STABILITY – 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.

**24W-FIT-030**
M/W/F, 1/22-3/15
11 - 11:45 AM
Sessions: 24
Touchmark Health & Fitness Club
625 S Arbor Ln, Meridian

Tuition: $72.00
Materials: $0.00
Total: $72.00

**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. Materials provided. Please dress comfortably and bring a water bottle.

**24W-FIT-034**
M, 2/12
6:30 - 8 PM
Sessions: 1
Timberline High
900 S Blue Lake Dr, Boise

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

**ZUMBA® GOLD**
Perfect for active older adults or beginners who are looking for a modified Zumba class that introduces easy-to-follow Zumba choreography focusing on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**24W-FIT-043**
F, 1/26-3/15
10:45 - 11:45 AM
Sessions: 8
Downtown Boise YMCA
1050 W State St, Boise

Rotating Instructors-YMCA
Age: 50+
Tuition: $42.00
Materials: $0.00
Total: $42.00

**ACRYLIC PAINTING:**
**SPRING MOUNTAIN LANDSCAPE**
Paint a spring mountain landscape! Brian will lead artists through the hillsides: flowers, pine trees and snowy mountains, step-by-step acrylic paint on canvas. Take home your creation! All supplies provided. Beginners welcome.

**24W-ART-010**
W, 1/31
6 - 8:30 PM
Sessions: 1
West Jr High
1900 S Main St, Boise

Tuition: $25.00
Materials: $30.00
Total: $55.00

**DIY MOSAIC HEART PICTURE FRAME**
In this workshop, you will learn 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 warmly for a mess! The instructor will guide you in bringing your creation to life.

**24W-ART-024**
M, 3/11
6 - 8 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
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.
24W-ART-017
Th, 2/22 6 - 7 PM Sessions: 1
24W-ART-018
Th, 3/7 6 - 7 PM Sessions: 1
Boise At Its Best Flowers 851 S Vista Ave, Boise
Georgia White Age: 18+
Tuition: $12.00 Materials: $ 30.00 Total: $42.00

MAKE YOUR OWN GLASS HUMMINGBIRD FEEDER
Create your own glass hummingbird feeder, a functional piece of art! This class will go over the basics of the glass blowing studio set-up, techniques; and the process of making a beautiful bird feeder. You will receive one-on-one instruction from a local glass artist to create your work of art, which will be available for pick-up the following day after 3 pm. Students will be in a group observing as fellow students have their turn blowing glass.
24W-ART-008
M, 3/4 6 - 7:30 PM Sessions: 1
24W-ART-032
M, 3/4 7:30 - 9 PM Sessions: 1
24W-ART-009
M, 3/11 6 - 7:30 PM Sessions: 1
24W-ART-033
M, 3/11 7:30 - 9 PM Sessions: 1
Boise Art Glass 1012 W Front St, Boise
Grayson Bailey, Caleb Feaster Age: 18+
Tuition: $15.00 Materials: $ 47.00 Total: $62.00

MAKE YOUR OWN GLASS PARAFFIN CANDLE
Create your own glass paraffin oil candle, a functional piece of art! This class will go over the basics of the glass blowing studio set-up; techniques; and the process of making a beautiful oil candle. You will receive one-on-one instruction from a local glass artist to create your work of art, which will be available for pick-up the following day after 3 pm. Students will be in a group observing as fellow students have their turn blowing glass.
24W-ART-002
M, 1/22 6 - 7:30 PM Sessions: 1
24W-ART-026
M, 1/22 7:30 - 9 PM Sessions: 1
24W-ART-003
M, 1/29 6 - 7:30 PM Sessions: 1
24W-ART-027
M, 1/29 7:30 - 9 PM Sessions: 1
24W-ART-004
M, 2/5 6 - 7:30 PM Sessions: 1
24W-ART-028
M, 2/5 7:30 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Grayson Bailey, Caleb Feaster Age: 18+
Tuition: $15.00 Materials: $ 47.00 Total: $62.00

MAKE YOUR OWN GLASS OIL BOTTLE
Create your own glass oil bottle, a functional piece of art! This class will go over the basics of the glass blowing studio set-up; techniques; and the process of making a beautiful oil bottle. 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. Students will be in a group observing as fellow students have their turn blowing glass.
24W-ART-005
M, 2/12 6 - 7:30 PM Sessions: 1
24W-ART-029
M, 2/12 7:30 - 9 PM Sessions: 1
24W-ART-006
M, 2/19 6 - 7:30 PM Sessions: 1
24W-ART-030
M, 2/19 7:30 - 9 PM Sessions: 1
24W-ART-007
M, 2/26 6 - 7:30 PM Sessions: 1
24W-ART-031
M, 2/26 7:30 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Grayson Bailey, Caleb Feaster Age: 18+
Tuition: $15.00 Materials: $ 47.00 Total: $62.00

MAKER SHOP: INTRODUCTION TO WOODWORKING (CO-ED)
In this beginner’s class, you’ll go from an introductory level to leaving with a wooden coat rack. You’ll cover topics such as understanding grain patterns, different species of wood, and tips for picking proper boards. Learn how to safely use the miter saw, planer, jointer, table saw, router, and drill press.
24W-ART-013
Th, 2/22 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Maker Shop Staff Age: 18+
Tuition: $25.00 Materials: $ 70.00 Total: $95.00

MAKER SHOP: INTRODUCTION TO WOODWORKING FOR WOMEN
Learn to use a variety of woodworking machines and tools alongside fellow ladies that share a passion for making things with their hands. Woodworking can be a craft that brings you satisfaction in a wide range of ways, from small boxes to tables. Gain a great foundational understanding for how to mill and cut wood on tools such as the table saw, planer, jointer, miter saw, and more. Make some new connections in your local community while doing it!
24W-ART-012
W, 2/14 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Maker Shop Staff Age: 18+
Tuition: $25.00 Materials: $ 70.00 Total: $95.00

MAKER SHOP: WINE RACK
Add a fun wine rack to your home — one that you can show off and share more good times with loved ones! Learn to make a small wine rack for a few bottles to store from solid hardwood. In this class you’ll get experience operating a variety of machines and power tools to make your creation. Show up, and leave with your handmade wine rack!
24W-ART-015
Th, 2/29 5 - 9 PM Sessions: 1
Maker Shop Boise 6883 W Overland Rd, Boise
Maker Shop Staff Age: 18+
Tuition: $25.00 Materials: $ 70.00 Total: $95.00

WREATH MAKING
Learn to create a custom wreath to suit your style! Made with faux flowers, these wreaths can be hung year round! 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! All materials provided.
24W-ART-021
Th, 2/1 6:30 - 7:30 PM Sessions: 1
West Jr High Kyle Costa Age: 18+
Tuition: $10.00 Materials: $ 60.00 Total: $70.00

CYBERSECURITY AND YOUR SMALL BUSINESS
Cybersecurity is an important issue for businesses of all sizes. In this workshop, we’ll introduce the basics of online security and how it applies to your business and customers. You’ll learn ways you can identify common digital threats and steps you can take to protect your business. You’ll walk away with practical tips and tools to increase your business’s cybersecurity, as well as learn about the Google Cybersecurity Career Certificate to help your employees build skills in this space.
24W-BUS-004
T, 2/13 6:30 - 8:30 PM Sessions: 1
Timberline High Kim Sherman-Labrum Age: 18+
Tuition: $20.00 Materials: $ 0.00 Total: $20.00

Some Arts classes require additional supplies — please look online or contact our office.
EXCEL 101
Learn the basics of Excel! Microsoft Excel enables users to format, organize and calculate data in a spreadsheet. By organizing data using software like Excel, you can make information easier to view as data is added or changed. Book recommended.

24W-COM-001
T/Th, 1/22 & 1/25 6:30 - 8:30 PM Sessions: 2
West Jr High James Thomas Age: 18+
Tuition: $40.00 Materials: $ 0.00 Total: $40.00

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.

24W-HEA-006
M, 1/29 6 - 8:30 PM Sessions: 1
24W-HEA-007
Th, 2/22 6 - 8:30 PM Sessions: 1
Health Solutions of Idaho
11588 W Fairview Ave, Ste 200, Boise
Joel Gunstream Age: 12+ w/adult
Tuition: $20.00 Materials: $ 20.00 Total: $40.00

FIRST AID CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)
Learn CPR procedures, how to assist choking victims, and AED (Automated External Defibrillators), and pediatric (including infant) CPR used in schools. Class is designed for the general public. Come dressed to perform CPR certification card provided upon successful completion.

24W-HEA-022
Th, 3/7 6:30 - 8:30 PM Sessions: 1
Timberline High Janine Llewellyn Age: 18+
Tuition: $20.00 Materials: $ 15.00 Total: $35.00

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!

24W-CUL-014
M, 1/22 6:30 - 8:30 PM Sessions: 1
24W-CUL-015
M, 2/26 6:30 - 8:30 PM Sessions: 1
Timberline High Prarthana Kashikar Age: 18+
Tuition: $20.00 Materials: $ 18.00 Total: $38.00

BÁNH XÈO – VIETNAMESE CREPES
Vietnamese crepes (Bánh xèo) are made of rice flour, water, turmeric powder, filled with slivers of pork, shrimp, bean sprouts, and sliced green onion served with lettuce leaves, fresh herbs, and a dipping sauce. Come learn to make this popular Vietnamese appetizer!

24W-CUL-008
M, 1/29 6:30 - 8:30 PM Sessions: 1
West Jr High Marti Miller Age: 18+
Tuition: $20.00 Materials: $ 15.00 Total: $35.00

BALSAMIC VINEGAR 101
This class gives an overview about balsamic vinegars, why you should use 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!

24W-CUL-021
W, 2/7 6:30 - 8 PM Sessions: 1
Olivia 218 N 9th St, Boise
Mary Ann Mendel Age: 18+
Tuition: $15.00 Materials: $ 35.00 Total: $50.00

EXCEL 101
Learn the basics of Excel! Microsoft Excel enables users to format, organize and calculate data in a spreadsheet. By organizing data using software like Excel, you can make information easier to view as data is added or changed. Book recommended.

24W-COM-001
T/Th, 1/22 & 1/25 6:30 - 8:30 PM Sessions: 2
West Jr High James Thomas Age: 18+
Tuition: $40.00 Materials: $ 0.00 Total: $40.00

DIY ALTERNATIVE MILK WORKSHOP
Join Natural Grocers Nutritional Health Coach to learn how to make your alternative milk free of sugars, preservatives, and additives. You will make cashew, oat, and coconut milk but have the bases to make other alternative milk at home. All ingredients, jars, recipes, and a nut milk bag are included.

24W-CUL-017
W, 3/6 6 - 8:30 PM Sessions: 1
Natural Grocers 1195 N Milwaukee St, Boise
Tuition: $20.00 Materials: $ 25.00 Total: $45.00

CHICKEN CURRY
Vietnamese chicken curry is light and flavorful with a unique taste of lemongrass and coconut milk. The curry sauce is a little spicy. This dish is loaded with tender and perfectly cooked chicken breast, onion, carrots and potatoes. It is traditionally served with slices of baguette or steamed rice. So bring your appetite and a container to bring food home! – there will be plenty of food to share!

24W-CUL-010
M, 2/12 6:30 - 8:30 PM Sessions: 1
West Jr High Marti Miller Age: 18+
Tuition: $20.00 Materials: $ 15.00 Total: $35.00

BUILDING HEALTHY & DELICIOUS MEALS
Support your New Year’s resolutions! Let’s get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy and delicious meals. Together, we’ll make meal planning easy!

24W-CUL-018
W, 2/12 6:30 - 8 PM Sessions: 1
West Jr High Jennyfer Berg Age: 18+
Tuition: $15.00 Materials: $ 25.00 Total: $40.00

CAKE DECORATING – VALENTINE’S HEARTS
This is a hands-on, interactive sugar cookie decorating class. This is a great class for beginner cookie artists or anyone just looking to have a fun (and sweet!) time. Learn the basics of piping, flooding, and wet-on-wet decorating with an all-hearts theme. The best part? This is a decorating class only! There is no baking involved. Participants will receive all the supplies they need to decorate 5 beautiful sugar cookies and leave with their cookies in their own bakery box.

24W-CUL-005
W, 2/11 6:30 - 8 PM Sessions: 1
West Jr High Alison Giachetti Age: 12+ w/adult
Tuition: $15.00 Materials: $ 25.00 Total: $40.00

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
**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 spraying container and mung beans to sprout will be provided. Larger spraying containers will also be shown.  
**24W-CUL-003**  
T, 2/20  
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).  
**24W-CUL-023**  
T, 1/30  
6:30 - 8:30 PM  
Sessions: 1  
Timberline High  
Joe Levitch  
Age: 18+  
Tuition: $20.00  
Materials: $ 10.00  
Total: $30.00

**INTERMEDIATE COOKIE DECORATING – VALENTINE’S DAY**  
This is a hands-on, interactive sugar cookie decorating class. This is an ideal class for intermediate cookie decorators. Do you already know the basics of piping and flooding? Are you looking to learn more advanced techniques? Our experienced instructor will have you piping and flooding cookie cookies with ease. You will receive all the supplies you need to decorate your own cookies. Students will also take home a 6.7 ounce bottle of our signature cookie icing.  
**24W-CUL-006**  
Th, 2/8  
6:30 - 8 PM  
Sessions: 1  
West Jr High  
Alison Giachetti  
Age: 12+ w/adult  
Tuition: $15.00  
Materials: $ 25.00  
Total: $40.00

**MAKE VIETNAMESE SPRING ROLLS**  
Come and learn how to make fresh spring rolls! The typical ingredients include slivers of cooked pork or shrimp (sometimes chicken), fresh herbs like basil and cilantro, lettuce, cucumbers, rice noodles, all wrapped in moistened rice paper. Learn how to make the dipping sauce too. Bring your appetite and a container to bring food home! There will be plenty of food to share! **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**  
**24W-CUL-012**  
M, 2/26  
6:30 - 8:30 PM  
Sessions: 1  
West Jr High  
Marti Miller  
Age: 18+  
Tuition: $20.00  
Materials: $ 15.00  
Total: $35.00

**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 snack, with the oils incorporated and a 6.7 ounce bottle to take home.  
**24W-CUL-022**  
W, 3/6  
6:30 - 8 PM  
Sessions: 1  
Olivia  
218 N 9th St, Boise  
Mary Ann Mandel  
Age: 18+  
Tuition: $15.00  
Materials: $ 40.00  
Total: $55.00

**SPICY CHICKEN WITH LEMONGRASS & PORK FRIED RICE**  
If you ever wanted to make your own Vietnamese Restaurant at home. One of the most popular meals was Spicy Chicken served with fried rice. In this class you will learn the secret in making this dish – how to make the marinated lemongrass. The spices used are lemon grass, garlic, fish sauce, and soy sauce. Bring your appetite and a container to bring food home! – there will be plenty of food to share! **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**  
**24W-CUL-013**  
W, 3/6  
6:30 - 8:30 PM  
Sessions: 1  
West Jr High  
Marti Miller  
Age: 18+  
Tuition: $20.00  
Materials: $ 15.00  
Total: $35.00

**STIR-FRY CHICKEN WITH BROCCOLI**  
Once you understand the art of stir fry, you'll be amazed. It’s one of the easiest and healthiest cooking methods. Using broccoli or your favorite vegetables with or without meat, you'll learn to stir fry which will give you that delicious taste that you enjoy in a good Vietnamese or Chinese restaurant. **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**  
**24W-CUL-011**  
W, 3/2  
6:30 - 8:30 PM  
Sessions: 1  
West Jr High  
Marti Miller  
Age: 18+  
Tuition: $20.00  
Materials: $ 15.00  
Total: $35.00

**THE WORLD OF SPECIALTY COFFEE**  
Learn the fundamentals of specialty coffee, from growing to processing, roasting, and brewing, all while tasting several different premium roasts. Taught by a coffee educator with over ten years of experience in the industry. Students will take home an 8oz bag of single origin coffee!  
**24W-CUL-001**  
M, 1/22  
6:30 - 7:30 PM  
Sessions: 1  
**24W-CUL-002**  
T, 2/27  
6:30 - 7:30 PM  
Sessions: 1  
Timberline High  
Amanda Stewart  
Age: 15+ w/adult  
Tuition: $10.00  
Materials: $ 15.00  
Total: $25.00

**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! **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**  
**24W-CUL-007**  
W, 1/22  
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 taken by the author from cemeteries throughout the world, learn to interpret the lost language of the cryptic signs and symbols found on the gravestones of our ancestors. Just as symbols today are used as a type of “shorthand” for information, graphics on gravestones and monuments tell if the deceased was religious, a member of a fraternal organization or religion, had a sense of humor (or not) or was worthy of love and respect. While symbols on gravestones may appear to be simple, there is often a deeper meaning to them. The history of graveyards and cemeteries will also be discussed.  
**24W-HIS-004**  
M, 1/22  
5:30 - 8:30 PM  
Sessions: 1  
Cleverdale Funeral Home - Event Center  
1200 N. Cleverdale Rd, Boise  
David Habben  
Age: 18+  
Tuition: $25.00  
Materials: $ 0.00  
Total: $25.00

**EXPLORING THE GREAT WORLD RELIGIONS**  
Religion is responsible for the progress of humankind when applied correctly and the source of strife when not. Students will explore the religions in a unifying framework that will make sense of them all, including Native American beliefs. This class will adopt multiple perspectives: the religions as seen in the unified framework; as seen in the eyes of the believers; as seen in the realm of prophetic relationships.  
**24W-HIS-006**  
T, 1/23/2/27  
6:30 - 8:30 PM  
Sessions: 6  
ZOOM  
J Thomas Pawlowski  
Age: 18+  
Tuition: $54.00  
Materials: $ 0.00  
Total: $54.00

**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 late April.  
**24W-HIS-003**  
W, 3/13  
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 to 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 late April.  
**24W-HIS-001**  
W, 2/28  
6:30 - 8:30 PM  
Sessions: 1  
West Jr High  
Jerry Eichhorst  
Age: 18+  
Tuition: $20.00  
Materials: $ 0.00  
Total: $20.00

**THE WINTER SESSION runs from Jan 22 – March 14**
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.
24W-DAN-006
W, 2/7-2/21  11 AM - 12 N  Sessions: 3
Impact Dance Studio  195 S Adkins, Ste #105, Meridian
Sue Heibson  Age:  18+
Tuition: $30.00  Materials: $ 0.00  Total: $30.00

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!).
24W-DAN-001
T, 1/23-2/27  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 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.
24W-DAN-003
T, 1/23-2/13  7 - 8:30 PM  Sessions: 4
Boise Valley Square Dance Hall  6534 W Diamond St, Boise
Darin Keith  Age:  10+
Tuition: $32.00  Materials: $ 0.00  Total: $32.00

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.
24W-FIT-006
M/W, 1/22-3/13  5:30 - 6:25 PM  Sessions: 16
AXIOM-Parkcenter  801 E Parkcenter Blvd, Boise
24W-FIT-008
M/W, 1/22-3/13  5:30 - 6:25 PM  Sessions: 16
AXIOM-Cole and Fairview  7316 W Fairview Ave, Boise
24W-FIT-003
T/Th, 1/23-3/14  8:30 - 9:25 AM  Sessions: 16
AXIOM-Parkcenter  801 E Parkcenter Blvd, Boise
Tuition: $80.00  Materials: $ 0.00  Total: $80.00
24W-FIT-009
T/Th, 1/23-3/12  9 - 9:55 AM  Sessions: 8
AXIOM-Cole and Fairview  7316 W Fairview Ave, Boise
Rotating Instructors-Axiom  Age:  18+
Tuition: $60.00  Materials: $ 0.00  Total: $60.00

AQUA ZUMBA™
Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. There is less impact on your joints during an Aqua Zumba™ class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
24W-FIT-011
Th, 1/25-3/14  8:30 - 9:25 AM  Sessions: 8
AXIOM-Cole and Fairview  7316 W Fairview Ave, Boise
Rotating Instructors-Axiom  Age:  18+
Tuition: $56.00  Materials: $ 0.00  Total: $56.00

BEGINNER’S TANG SOO DO CLASS
This class is for people who would like to try martial arts. The course is designed to focus on beginner techniques and set students up for advancement to yellow belt. Tang Soo Do is a traditional martial art that strives to foster self-defense, confidence, and a sense of community.
24W-FIT-035
M, 1/22-3/11  7:45 - 8:45 PM  Sessions: 8
DragonFire Martial Arts  3085 N Cole Rd, Ste 206, Boise
Jessica McBride, Katie Eisenbeis  Age:  13+
Tuition: $54.00  Materials: $ 0.00  Total: $54.00

BODYCOMBAT™
BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast, and feel like a champion. Closed-toe, supportive shoes are required for classes. Water is recommended, we have some mats to share for floor work.
24W-FIT-041
T/Th, 1/23-3/14  4:30 - 5:30 PM  Sessions: 16
Downtown Boise YMCA  1050 W State St, Boise
Rotating Instructors-YMCA  Age:  18+
Tuition: $80.00  Materials: $ 0.00  Total: $80.00

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! Water bottle and personal mat suggested but not required.
24W-FIT-039
M/W, 1/22-3/13  5:45 - 6:45 PM  Sessions: 16
Downtown Boise YMCA  1050 W State St, Boise
Rotating Instructors-YMCA  Age:  18+
Tuition: $80.00  Materials: $ 0.00  Total: $80.00

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!
24W-FIT-036
W/F, 1/24-3/15  6:30 - 7:15 AM  Sessions: 16
DragonFire Martial Arts  3085 N Cole Rd, Ste 206, Boise
Jessica McBride, Cody McBride  Age:  13+
Tuition: $80.00  Materials: $ 0.00  Total: $80.00

CORE FOCUS TOGETHER
A strong core, from your shoulders to your hips, provides the foundation for all of life’s movements. Whether you want to improve your athletic performance, prevent back pain, or improve your balance and stability, this dynamic 30-minute class will train your muscles and body to work in harmony.
24W-FIT-015
T, 1/23-3/12  6 - 6:30 PM  Sessions: 8
Patti chamberlain  Age:  15+
24W-FIT-016
W, 1/23-3/13  9 - 9:30 AM  Sessions: 8
Christine Kuzma  Age:  15+
West Family YMCA  5959 N Discovery Way, Boise
Tuition: $32.00  Materials: $ 0.00  Total: $32.00

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. Must be 17 years or older.
24W-FIT-018
T/Th, 1/23-3/14  9:15 - 10:15 AM  Sessions: 16
Tamra Irish  Age:  17+
Tuition: $80.00  Materials: $ 0.00  Total: $80.00
24W-FIT-017
F, 1/26-3/15  11 AM - 12 N  Sessions: 8
Scott McBride  Age:  17+
Tuition: $56.00  Materials: $ 0.00  Total: $56.00
West Family YMCA  5959 N Discovery Way, Boise

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.
24W-FIT-044
M/W/F, 1/22-3/15  12 N -1 PM  Sessions: 24
Tuition: $96.00  Materials: $ 0.00  Total: $96.00
24W-FIT-045
M/W, 1/22-3/13  5:30 - 6:30 PM  Sessions: 16
Tuition: $80.00  Materials: $ 0.00  Total: $80.00
Downtown Boise YMCA  1050 W State St, Boise
24W-FIT-019
T/Th, 1/23-3/14  5:15 - 6:15 AM  Sessions: 16
Casey Crown  Age:  18+
Tuition: $80.00  Materials: $ 0.00  Total: $80.00
24W-FIT-020
F, 1/26-3/15  9:30 - 10:30 AM  Sessions: 8
West Family YMCA  5959 N Discovery Way, Boise
Tuition: $56.00  Materials: $ 0.00  Total: $56.00

WHO LIES BENEATH: INTERESTING PEOPLE BURIED IN IDAHO
Idaho’s graveyards and cemeteries are final resting places for thousands of residents. Some are famous, some infamous, and some just have interesting stories to tell. Some you have heard of, and some you’ll ask, “Who dat?” We’ll take a virtual tour of several cemeteries in Idaho and tell the inhabitants’ stories that they themselves can no longer tell. Learn about the last hanging in Idaho, the last lady bronc rider, America’s James Bond, the Wyatt Earp of Idaho, Idaho’s Lady Bluebird, the first Jewish governor of Idaho, the Last Madman of Rock n’ Roll, and many more. Get ready to be inspired to do your own research on those Idahoans who lie beneath.
24W-HIS-005
W, 1/24  6:30 - 8:30 PM  Sessions: 1
Cloverdale Funeral Home - Event Center  1200 N. Cloverdale Rd, Boise
David Habben  Age:  18+
Tuition: $20.00  Materials: $ 0.00  Total: $20.00
Commit to get fit this winter – sign up for a fitness class today!

**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) with intensity (interval, plyometrics, and cardio) with consistency (each song has specific simple moves taught the same by all instructors).

24W-FIT-023
West Family YMCA  5959 N Discovery Way, Boise
Jessica Lewis, Krista Bradley  Age: 18+
Tuition: $80.00  Materials: $  0.00  Total: $80.00

**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!

24W-FIT-002
F, 1/26-3/15 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 cardiorespiratory endurance and increase muscular endurance, strength and power.

24W-FIT-007
M/W, 1/22-3/13 9:30 - 10:15 AM  Sessions: 16
AXIOM-Parkcenter  801 E Parkcenter Blvd, Boise
Rotating Instructors-Axiom  Age: 18+
Tuition: $60.00  Materials: $  0.00  Total: $60.00

**STRENGTH TRAIN TOGETHER**

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

24W-FIT-025
Th, 1/25-3/14 4:30 - 5:30 PM  Sessions: 8
West Family YMCA  5959 N Discovery Way, Boise
Elizabeth Barber  Age: 18+
Tuition: $56.00  Materials: $  0.00  Total: $56.00

**THE ART OF SELF-DEFENSE**

Learn to apply one of five simple wrist techniques to overcome almost any assailant that attacks you. Instructor is a black belt who will teach Sanzuyruyuj Japanese Karatedo. 2-for-1 registration!

24W-FIT-027
T, 1/23-2/13 6:30 - 7:45 PM  Sessions: 4
Timberline High  Christopher Owens  Age: 13+  w/adult
Tuition: $25.00  Materials: $  0.00  Total: $25.00

**TOTAL ATHLETIC CONDITIONING (TAC)**

Build strength and endurance all in one workout. A continuous flow of resistance training and low-impact cardio moves set to motivating music will keep your heart rate up as you sculpt and tone your entire body.

24W-FIT-024
T/Th, 1/23-3/14 6:20 - 7:15 AM  Sessions: 16
West Family YMCA  5959 N Discovery Way, Boise
Jani Dittman  Age: 18+
Tuition: $80.00  Materials: $  0.00  Total: $80.00

**TRX BOOTCAMP**

TRX, born in the Navy Seals, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and user’s body weight to complete hundreds of exercises. A core all the time. TRX Bootcamp has all the elements of TRX class but with added use of weights, medicine balls, plyo boxes, kettlebells and cardio components.

24W-FIT-026
T/Th, 1/23-3/14 12 N -12:55 PM  Sessions: 16
West Family YMCA  5959 N Discovery Way, Boise
Christine Kuzma  Age: 18+
Tuition: $80.00  Materials: $  0.00  Total: $80.00

**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 fly fishing equipment, strategies, and how to put it all together to catch trout.

24W-GAR-009
Th/F, 2/6 & 2/8 6:30 - 8:30 PM  Sessions: 2
West Jr High  David Lupien  Age: 18+
Tuition: $40.00  Materials: $  0.00  Total: $40.00

24W-GAR-006
T, 1/30 6:30 - 8:30 PM  Sessions: 1
Timberline High  Jean Stage  Age: 12+  w/adult
Tuition: $15.00  Materials: $  0.00  Total: $15.00

24W-GAR-015
M, 3/4 6:30 - 8 PM  Sessions: 1
Hillside Jr High  Gretchen Anderson  Age: 12+  w/adult
Tuition: $15.00  Materials: $  0.00  Total: $15.00

24W-GAR-016
Th, 2/1 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

**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!

**BACKYARD BEEKEEPING**

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.

**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.
HAVE AN ATTRACTIVE LANDSCAPE WITH LESS WATER
Join University of Idaho Horticulturist, Susan Bell, to learn valuable water saving techniques to incorporate into your landscape design. Gain an understanding of the principles of xeriscaping, plant selection and placement, irrigation methods, and more!

INTRO TO BIRD FAMILIES
Improve your birding skills by learning the scientific families of local birds. Learn to recognize family traits like nest building and aggressiveness.

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.

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

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.

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!

A NON-SURGICAL APPROACH TO KNEE PAIN
Regenerative Medicine, using human cellular products, is one of the fastest growing areas of healthcare. Regenerative Medicine holds the hope of helping people with conditions and diseases at one time thought impossible. Learn the specifics of how this innovative approach lowers inflammation, reduces/eliminates scar tissue and helps regenerate tissue in the knees.

WINTER DUCKS OF THE TREASURE VALLEY
Many species of ducks spend the fall and winter months in the Treasure Valley. They love the Boise River, Hyatt Hidden Lakes Reserve, Kathryn Albertson Park and other ponds. Don’t let the disappearance of our seasonal songbirds get you down. Learn tips and strategies for finding winter ducks at various locations throughout the Treasure Valley and identifying them by sight and sound.

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. Quick recovery: Come learn about it! Visit SonexHealth.com.

MAKE SEED TAPE
Many of you have won the “Tomato Taste Off,” best practices for planting/growing, when to harvest, and the easy way to preserve your harvest. There will be samples of preserved tomatoes. Taught by a U of I certified advanced master gardner/food preserver.

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.

PRUNE YOUR LANDSCAPE TREES
How do they make ornamental landscape trees have those perfect shapes? Join U of I Horticulturist, Susan Bell, to learn the safe and correct techniques for pruning small to medium shade trees. Topics will include: tree physiology, proper pruning tools, when to prune, different pruning cuts, and much more.

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!

INTRO TO REGENERATIVE MEDICINE FOR JOINT PAIN
Regenerative Medicine, using human cellular products, is one of the fastest growing areas of healthcare. Regenerative Medicine holds the hope of helping people with conditions and diseases at one time thought impossible. Learn about a non-surgical approach to joint pain that can help lower inflammation, reduce/eliminate scar tissue and help regenerate tissue.

Register today — boiselearns.org
LOW BACK PAIN: NEW INNOVATIVE TREATMENTS

Learn about the different causes of low back pain (LBP) and the diagnostics 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 MinuteMan. You will learn that Medicare just added a new option, called Vertebrogenic Pain and are relieved with sitting. Come learn about the 3 NEW minimally invasive treatment options for spinal stenosis: Vertiflex, Minuteman, and the MLD procedure. All these and more can be done in our AAMH/ACCMedicated ASC (Ambulatory Surgery Center). YES, this means you will go home the same day!

24W-HEA-014
T, 2/27
5 - 6 PM
Sessions: 1
Pain Care Boise
301 W Myrtle St, Boise
Christopher Vaughan, MD
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

PREGNANCY: HEALTHY BEGINNINGS

Planning to have a child or already expecting? Pregnancy is one of the most important times in a woman’s life to cultivate a healthy lifestyle. Learn how to eat right for mama and baby, move to build connection with body, and create an attitude of greatness during all 4 “trimesters.” Tools and tips will be shared to help prepare you for postpartum and confidently communicate with your partner and/or family. When momma prioritizes her health, the baby and those around her benefit too. This is a 2-part class — both expecting mom and partners are welcome to join.

24W-HEA-001
T, 1/23 & 1/30
6:30 - 8 PM
Sessions: 2
Hillside Jr High
Ashli Fishman
Age: 18+
Tuition: $25.00
Materials: $ 0.00
Total: $25.00

REIMAGINING ORTHOPEDIC CARE

Learn about non-surgical pain relief for joints, tendons, and ligaments using PRP, stem cells, A2M, and more for injuries and arthritis. Our approach incorporates 4 unique steps which can increase tissue repair, lay down new cartilage cells, decrease inflammation, and reduce pain. Come learn what professionals all efforts, veterinarians, and biohackers know! This is the future of joint health!

24W-HEA-020
T, 2/6
6 - 7 PM
Sessions: 1
QC Kinetix
9382 W Overland Rd, Boise
Mary Derlacki
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

SPINAL STENOSIS — 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 MLD procedure. All these and more can be done in our AAMH/ACCMedicated ASC (Ambulatory Surgery Center). YES, this means you will go home the same day!

24W-HEA-014
T, 2/27
5 - 6 PM
Sessions: 1
Pain Care Boise
301 W Myrtle St, Boise
Christopher Vaughan, MD
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

STEM CELLS FOR JOINT OSTEOARTHRITIS PAIN

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

24W-HEA-011
T, 1/23
5 - 6 PM
Sessions: 1
Pain Care Boise
301 W Myrtle St, Boise
Christopher Vaughan, 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.

24W-HEA-008
Th, 2/15
6:30 - 8:30 PM
Sessions: 1
Timberline High
Glenda Bell
Age: 18+
Tuition: $20.00
Materials: $ 3.00
Total: $23.00

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.

24W-HOL-006
T, 2/12
6:30 - 8 PM
Sessions: 1
West 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.

24W-HEA-020
T, 2/6
6 - 7 PM
Sessions: 1
QC Kinetix
9382 W Overland Rd, Boise
Mary Derlacki
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

EARTH MAGIC

Join us for a fun and playful evening exploring the signs, symbols and messages all around us. If we are paying attention, the natural world is constantly supporting us on our spiritual path. We will talk about synchronicity and how to receive and interpret the messages in our dreams, through our spirit animals and the natural world. We will also talk about the importance of tuning into the earth’s cycles, and how to feel and flow with the energy in our environment.

24W-HOL-001
W, 1/24
6:30 - 8 PM
Sessions: 1
Timberline High
Angela Levesque
Age: 18+
Tuition: $15.00
Materials: $ 2.00
Total: $17.00

ESSENTIAL OILS FROM PEOPLE TO PETS

Learn best practices for using essential oils with your family and pets. This class features basic education and recipes to get you started. We will be making DIY sprays that are safe for people and pets.

24W-HOL-011
W, 2/21
6:30 - 8 PM
Sessions: 1
Timberline High
Age: 18+
Tuition: $15.00
Materials: $ 2.00
Total: $17.00

MESSAGES FROM OUR SPIRIT GUIDES

Learn how to find and understand 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!

24W-HOL-009
M, 1/29 & 2/5
6:30 - 8 PM
Sessions: 2
West Jr High
Lisa Moore-Clifton
Age: 18+
Tuition: $30.00
Materials: $ 5.00
Total: $35.00

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.

24W-HEA-004
T, 2/20
6:30 - 7:30 PM
Sessions: 1
Thrive Chiropractic
2404 S Orchard St, Ste Suite
Angela Young
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

INTRODUCTION TO ASHTANGA YOGA SYSTEM

The ancient system of Ashtanga Yoga provides certain precepts and guidelines that are universally essential for all forms of yoga practice, so that the yoga practitioner can achieve an inner sense of peace and tranquility. Even a person who is not inclined to the physical aspects of yoga practice can greatly benefit by applying the precepts and guidelines of the Ashtanga Yoga system in today’s hectic and disturbing world. PowerPoint presentation; not an exercise session; no yoga mats required.

24W-HOL-013
Th, 1/25 & 1/28
6:30 - 8:30 PM
Sessions: 2
Timberline High
Michael Darren
Age: 18+
Tuition: $40.00
Materials: $ 5.00
Total: $45.00

MINDFUL HIKING WORKSHOP

Prepare for spring and summer with mindful hiking techniques. Learn how to pause with breath and awareness while hiking. We will have some mindful minutes along with practicing gratitude. Bring a small pack with water, a snack, and a jacket. Wear sturdy walking or hiking shoes. Optional bring binoculars. Meet at the outside entrance to the Library at Bown Crossing, and then walk over to the Bethel Trail. Prepare to walk for about an hour on the dirt trail.

24W-HOL-014
W, 3/13
6 - 7:15 PM
Sessions: 1
Library at Bown Crossing
2153 E Riverwalk Dr, Boise
Patrick Brookman
Age: 18+
Tuition: $10.00
Materials: $ 0.00
Total: $10.00

MOON SIGNS & ESSENTIAL OILS: WORKSHOP

Learn something new – sign up for a class today!
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!
24W-HOU-001
W, 1/24          6:30 - 8:30 PM        Sessions: 1
Hillside Jr High

24W-HOU-002
W, 2/7          6:30 - 8:30 PM        Sessions: 1
Timberline High

24W-HOU-003
W, 3/13          6:30 - 8:30 PM        Sessions: 1
West Jr High        Tuition: $20.00
Materials: $ 0.00 Total: $20.00

SELLING YOUR HOME
How to sell your home for the most money and in the fastest possible time with a real estate professional. Learn from a proven real estate professional the basics to prepare your home for sale.
24W-HOU-007
T, 1/30          6:30 - 8:30 PM        Sessions: 1
West Jr High        Tuition: $20.00
Materials: $ 0.00 Total: $20.00

USING YOUR HOME’S EQUITY FOR THE RETIREMENT YOU DESERVE 2 FOR 1!
Learn the FACTS and the many options one has when using a reverse mortgage on a NEW home purchase or as a refinance. Many homeowners age 62+ have 55% or more of their net worth in home equity. A reverse mortgage can help you unlock this wealth for a more comfortable retirement. Learn how YOU can still own your home, how the non-recourse loan protects you if home values drop, and how according to the IRS, money you get from your equity is not considered income. Come find out what the options are and get your questions answered. 2-for-1 registration!
24W-HOU-013
Th, 1/25          6:30 - 8 PM        Sessions: 1
Hillside Jr High

24W-HOU-018
T, 1/30          6:30 - 8 PM        Sessions: 1
West Jr High        Tuition: $20.00
Materials: $ 0.00 Total: $20.00

VA HOME LOANS: BUY/REFI/RENOVATE 0% DOWN
For active military, retired veterans and/or spouses interested in purchasing, refinancing, or renovating their homes. Come learn: 1) Who is eligible for a 0% Down VA Home Loan. 2) How VA Loans compare to FHA, USDA, FHA, and Conventional Loans. 3) Pros and cons and importance of VA Home Loas. 4) Important things to do to prepare up to 12 months before you’re ready. Bonus: Qualifying attendees can obtain their VA Certificate of Eligibility after class.
24W-HOU-100
T, 1/23          6:30 - 8:30 PM        Sessions: 1
West Jr High

24W-HOU-101
T, 2/20          6:30 - 8:30 PM        Sessions: 1
Timberline High

24W-HOU-106
M, 2/26          6:30 - 8 PM        Sessions: 1
Hillside Jr High

24W-HOU-107
M, 3/4          6:30 - 8 PM        Sessions: 1
West Jr High

24W-HOU-020
T, 3/12          6:30 - 8 PM        Sessions: 1
Timberline High

VA Home Loans, BUY/REFI/RENOVATE 0% DOWN
For active military, retired veterans and/or spouses interested in purchasing, refinancing, or renovating their homes. Come learn: 1) Who is eligible for a 0% Down VA Home Loan. 2) How VA Loans compare to FHA, USDA, FHA, and Conventional Loans. 3) Pros and cons and importance of VA Home Loans. 4) Important things to do to prepare up to 12 months before you’re ready. Bonus: Qualifying attendees can obtain their VA Certificate of Eligibility after class.
24W-HOU-100
T, 1/23          6:30 - 8:30 PM        Sessions: 1
West Jr High

24W-HOU-101
T, 2/20          6:30 - 8:30 PM        Sessions: 1
Timberline High

24W-HOU-106
M, 2/26          6:30 - 8 PM        Sessions: 1
Hillside Jr High

24W-HOU-107
M, 3/4          6:30 - 8 PM        Sessions: 1
West Jr High

24W-HOU-020
T, 3/12          6:30 - 8 PM        Sessions: 1
Timberline High

About to go public:

Register today!

REIKI & ESSENTIAL OILS
Come learn the powerful combination of the healing energies of Reiki and the supportive frequencies of essential oils to take your Reiki practice; at home or in your business, to the next level. Mini oil kit included.
24W-HOU-010
M, 2/12          6:30 - 8 PM        Sessions: 1
West Jr High        Tuition: $15.00
Materials: $ 0.00 Total: $15.00

HOMEOWNERS: BUY, BUILD, MAINTAIN

BUY & MANAGE RENTALS
2 FOR 1!
Led by a local real estate broker, students will learn about screening renters, legal issues, mistakes to avoid, streamlining the process and financing options for buying. Informational packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1 registration!
24W-HOU-004
T, 1/30 & 2/6          6:30 - 8:30 PM        Sessions: 2
Hillside Jr High Ron Bishop        Age: 18+
Tuition: $40.00 Materials: $ 0.00 Total: $40.00

CLEAN HOUSE IN MINUTES
There 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.
24W-HOU-005
Th, 2/22          6:30 - 8:30 PM        Sessions: 1
Hillside Jr High

24W-HOU-006
Th, 2/22          6:30 - 8:30 PM        Sessions: 1
Timberline 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 the installation and options for countertops, bathrooms, and strategies to cut costs on your projects. 2-for-1 registration!
24W-HOU-009
Th, 2/8          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
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.
24W-HOU-008
M, 1/22          6:30 - 8:30 PM        Sessions: 1
West Jr High Alana Eysolfsen        Age: 18+
Tuition: $20.00 Materials: $ 0.00 Total: $20.00

Community Ed classes are fun for the whole family!
Tutoring

Susie Depew started taking dancing lessons when she was 3 years old in Twin Falls. She student-taught there and then opened her first dance studio when she was just barely 18. She went to CSI and ISU studying to be a schoolteacher but decided that teaching dance was really her niche, because it combined her two favorite things – children and dancing! She taught in Shoshone, Dietrich and Richfield until she got married and moved to north Idaho where she owned “Susie’s Tap & Jazz, Etc.” in Rathdrum for the next 25 years.

Susie has been very active in two dance organizations; the Inland Northwest Dance Association (INDA), based in Spokane, Washington, and the Idaho Dance Arts Alliance (IDAA) based in Twin Falls, and for the National Dance Week Foundation. She was fortunate enough to go to New York City for 3 summers where she attended dance teacher seminars and got to dance with the Radio City Rockettes! All three times after turning 40!

After moving to Boise, she went back to school to finish up her degree in Family Studies at BSU and graduated in 2013. After that she started teaching Adult Tap for Boise Community Education, Adult Tap classes at Firehouse #6, and classes for all ages for Eagle Park & Recreation. In 2015, she joined Pat Harris Dance School. In 2019, she opened her own studio again, but had to close it down due to COVID-19. She is very happy to have been able to start up again in 2021.

Susie teaches in a relaxed, noncompetitive atmosphere with lots of encouragement and laughter because she believes that dance lessons should be fun and affordable!

Community Education is SO lucky to have amazing Susie volunteer her time and extensive dance knowledge. This Winter, she is offering her TAP, JAZZ, BALLET & ACROBATICS classes for all ages, and BEGINNING ADULT TAP DANCE class. Do not delay... Her classes fill up fast!

### TAP, JAZZ, BALLET & ACROBATICS – TINY TOTS

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

**24W-KIDS-006**

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Jr High</td>
<td>1/27-2/20</td>
<td>6:30 - 7:30 PM</td>
<td>2-3 years old</td>
<td>$27.00</td>
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<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillside Jr High</td>
<td>2/19-3/14</td>
<td>6:30 - 8 PM</td>
<td>4-6 years old</td>
<td>$27.00</td>
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**Language**

**CONVERSATIONAL SIGN LANGUAGE**

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

**24W-LAN-001**

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<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>West Jr High</td>
<td>2/8-2/29</td>
<td>6:30 - 8 PM</td>
<td>11+ w/adult</td>
<td>$64.00</td>
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**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 halei/island rhythms on this easy to learn instrument. Students required to have supplies. NO ONE will be taught to play the ukulele.

**24W-MUS-001**

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<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>Hillside Jr High</td>
<td>3/10-4/13</td>
<td>6:30 - 7:30 PM</td>
<td>12+ w/adult</td>
<td>$60.00</td>
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**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.

**24W-PEN-008**

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<th>Location</th>
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<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>Hillside Jr High</td>
<td>3/10</td>
<td>6:30 - 8 PM</td>
<td>18+</td>
<td>$20.00</td>
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**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.

**24W-LEI-001**

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<th>Location</th>
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<th>Age</th>
<th>Price</th>
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<tbody>
<tr>
<td>Timberline High</td>
<td>2/13</td>
<td>7 - 8 PM</td>
<td>18+</td>
<td>$10.00</td>
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**DRESS BETTER FOR LESS**

What are the colors, patterns, styles and accessories that flatten your figure and bring lots of compliments? COME FIND OUT! Learn to choose 12 basic wardrobe pieces that fit your personality, style and body type, and make 102 combinations that will work for every occasion!

**24W-PEN-003**

**3/15 | 6 - 8:30 PM | 18+ | $15.00 |

**ENERGIZE YOUR HOME WITH FENG SHUI**

Is there something in your life you wish to improve? Simple changes in the placement of furniture and arrangement of items in your home or business activate the principles of Feng Shui. We will discuss how to harness the energy of the Nine Flying Stars and dive into the best remedies for one area of your life! Bring journal or notebook to class.

**24W-PEN-012**

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<th>Price</th>
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<tbody>
<tr>
<td>Hillside Jr High</td>
<td>2/25</td>
<td>6 - 8 PM</td>
<td>18+</td>
<td>$15.00</td>
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</table>
FAMILY HISTORY/GENEALOGY
Discover the basics of genealogical research. We will dive into your family as we learn the fundamentals in family history research. Come join us as we uncover the details that we can find about your family. Bring a 3-ring notebook for handouts and basic research.
24W-PEN-018
T, 1/30–3/5 6:30 - 8:30 PM  Sessions: 6
Hillside Jr High  Renee Post  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.
24W-PEN-009
T, 2/13 6:30 - 8:30 PM  Sessions: 1
Hillside Jr High  John Courtright  Age:  18+
Tuition: $10.00  Materials: $ 0.00  Total: $10.00

MENTAL FITNESS 101: REFRAME YOUR MIND, RESTORE YOUR PERSPECTIVE
Embark on a journey of self-discovery and self-mastery as you learn practical techniques and strategies to rewire your brain to navigate life's ups and downs. This session will look at different sabotaging mindsets and methods to shift out of these negative perspectives into a more powerful and productive mindset. Bring journal or notebook to class!
24W-PEN-022
T, 1/23 6:30 - 8 PM  Sessions: 1
24W-PEN-023
T, 2/13 6:30 - 8 PM  Sessions: 1
24W-PEN-024
T, 3/12 6:30 - 8 PM  Sessions: 1
Hillside Jr High  Jaymie Rietmann  Age:  18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

PARING DOWN PAPER
Paper is a major clutter culprit! 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.
24W-PEN-002
Th, 2/8 6:30 - 8:30 PM  Sessions: 1
Hillside Jr High  John Courtright  Age:  18+
Tuition: $20.00  Materials: $ 0.00  Total: $20.00

PRACTICING HEALTHY COMMUNICATION
After her divorce, Lois resolved to be a changed person—one who was positive, accepting, nonjudgmental, and fun. She learned to be more self-confident and use her voice more assertively. She is offering this interactive class to help you build more fulfilling relationships through healthy communication. Come share in building the joy of feel-good, authentic communication.
24W-PEN-013
M/T, 2/6 & 2/27 6:30 - 8 PM  Sessions: 2
Timberline High  Cindi Bergen  Age:  18+
Tuition: $30.00  Materials: $ 2.00  Total: $32.00

Classes fill quickly!
Don’t miss out — register today!
boiselearns.org
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. After discussing key factors, a sample financial power of attorney will be provided.

24W-PFI-004
T, 2/20 6:30 - 8 PM  Sessions: 1
Timberline High  John McGown  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

PASSIVELY INVEST IN REAL ESTATE
It is possible to invest in real estate with little money and be truly passive through syndications! Learn what syndications are and how to find, analyze and invest in the best ones.

24W-PFI-024
W, 1/24 6:30 - 8 PM  Sessions: 1
West Jr High  Adon Galindo  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

RETIREMENT: MAKING YOUR MONEY LAST
Learn from a financial adviser about considerations and tradeoffs when developing a withdrawal strategy. Work longer, spend less and delay Social Security. Students will leave with more ways to plan for expected and unexpected expenses with insurance.

24W-PFI-021
T, 1/23 6 - 7 PM  Sessions: 1
24W-PFI-022
T, 3/12 6 - 7 PM  Sessions: 1
ZOOM  Randall Dorvin  Age: 18+
Tuition: $10.00  Materials: $ 0.00  Total: $10.00

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

24W-PFI-016
W, 2/7 6:30 - 8 PM  Sessions: 1
24W-PFI-019
M, 2/12 6:30 - 8 PM  Sessions: 1
24W-PFI-020
T, 3/5 6:30 - 8 PM  Sessions: 1
West Jr High  Gretchen Brown  Dusty Clement  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

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

24W-PFI-017
M, 2/26 6:30 - 8 PM  Sessions: 1
West Jr High  Gretchen Brown  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

PETs
DIABETES MANAGEMENT FOR YOUR DOG
Learn basic information about caring for your dog after this common diagnosis, including insulin use and blood glucose monitoring. Learn 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.

24W-PET-003
Th, 2/8 6:30 - 8:30 PM  Sessions: 1
Timberline High  Janet Tweedle  Age: 18+
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.

24W-PET-002
W, 2/7 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
Did you know that mental exercise can be more tiring than physical exercise for your dog? Come learn simple games using household items to challenge your dog’s brain. Great for homes with small spaces, timid dogs, exuberant dogs, older dogs, blind dogs, deaf dogs, dogs on restricted activity, puppies, or hyper-energetic dogs that exercise just can’t tire out; in other words — all dogs!

24W-PET-001
Th, 2/1 6:30 - 8 PM  Sessions: 1
24W-PET-023
T, 1/23 6 - 7 PM  Sessions: 1
24W-PET-028
T, 1/23 6 - 7 PM  Sessions: 1
ZOOM  Randall Dorvin  Age: 18+
Tuition: $10.00  Materials: $ 0.00  Total: $10.00

Mental fun and games for your dog

Yoga & Meditation

THE JOY OF PARTNER YOGA
You don’t have to wait until Valentine’s to try something different with your loved one! Bring your partner, a good friend, a family member, or anyone you love. This class will experience more profound expressions of yoga postures, trust, laughter, and connection with each other’s hearts. All levels are welcome; no yoga experience is necessary! All you need is a partner. Bring yoga mat if you have one.

24W-FIT-046
M 2/12 6:30 - 8 PM  Sessions: 1
Timberline High  Jannyfer Berg  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

YOGA (ALL LEVELS)
All levels class for ages 15+. Some yoga experience 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.

24W-FIT-040
W, 1/24-3/13 6 - 7 AM  Sessions: 8
Downtown Boise YMCA 1050 W State St, Boise
Tuition: $56.00  Materials: $ 0.00  Total: $56.00

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.

24W-FIT-047
W, 3/13 6:30 - 8 PM  Sessions: 1
Timberline High  Jennyfer Berg  Age: 18+
Tuition: $15.00  Materials: $ 0.00  Total: $15.00

YOGA FOR LOW BACK PAIN
Yoga is a gentle practice that is ideal for maintaining back strength and flexibility. It’s also one of the more effective tools for helping reduce low back pain. This class is best suited for individuals who can get on and off the floor. Please bring a yoga mat and comfortable clothes.

24W-FIT-028
M, 1/22 6:30 - 7:30 PM  Sessions: 1
Thrive Chiropractic 2404 S Orchard St, Ste 800, Boise
Angela Young  Age: 18+
Tuition: $10.00  Materials: $ 0.00  Total: $10.00
WHEN DO CLASSES BEGIN?
The eight-week Winter 2024 session will run January 22 through March 14. 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 Megargue & John Derr

WEST JUNIOR HIGH SCHOOL
3536 Hill Rd., Boise, ID 83703
(Corner of Hill Rd. and 36th St.)
Site Facilitators: John Youngkin & Denise McClung

TIMBERLINE 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

HILLSIDE JUNIOR HIGH SCHOOL
Boise, ID 83706;     (208) 955-1113

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

REGISTRATION INFORMATION

EDUCATION

Dr. Cheryl Doherty, Ph.D.
Office of Community Education
Community Education - (208) 854-4047 or e-mail communityed@boiseschools.org

HILLSIDE JUNIOR HIGH SCHOOL
3536 Hill Rd., Boise, ID 83703
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(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):

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

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

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CLOVERDALE FUNERAL HOME - EVENT CENTER
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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

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

IMPACT DANCE STUDIO – MERIDIAN
195 S. Adkins Ste. 105
Meridian, ID 83642;     (208) 855-2662

MAKERSHOP BOISE
6882 W. Overland Rd.
Boise, ID 83709;     (208) 254-6150

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

NATURAL GROCERS
413 E. 37th St., Door 3
Boise, ID 83704;     (208) 955-1113

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

QC KINETIX
9382 W. Overland Rd.
Boise, ID 83709;     (208) 901-8806

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.

WHAT ARE SCHOLARSHIPS AVAILABLE?
• YES! Scholarships awarded on a first-come, first-serve basis and are dependent upon the amount of scholarship funds available.
• Students who mail forms receive either an e-mail or printed proposal.
• 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.

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.

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.

MAY I TEACH A COMMUNITY EDUCATION CLASS?
• We are always seeking new instructors to join our wonderful team of volunteers!
• Instructors choose the date, number of classes and location.
• Volunteer Instructors receive credit to attend a one-night Community Education class.
• To volunteer, go to boiselearns.org and click on ‘Teach with us!’ and download the Instructor Application and Class Proposal.
• Instructor forms can be mailed to Boise School District Community Education, 8169 W. Victory Rd., Boise, ID 83709, or faxed to (208) 854-4041 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.**

<table>
<thead>
<tr>
<th>Student Name (print)</th>
<th>Parent/Guardian Name (print)</th>
<th>Date (if student is 17 years of age and under)</th>
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**Work Phone** | **Home Phone** | **Cell Phone**
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**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.

### BOISE SCHOOL DISTRICT LOCATIONS:

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

- **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.