



COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG



Growing Orchids in Idaho pg. 7

SPRING 2016

Session Dates: April 25-May 19

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



Intro to Flamenco Dance pg. 6



Vietnamese Spring Rolls pg. 6



Make Your Own Glass Paperweight pg. 4

REGISTER ONLINE! WWW.BOISELEARNS.ORG

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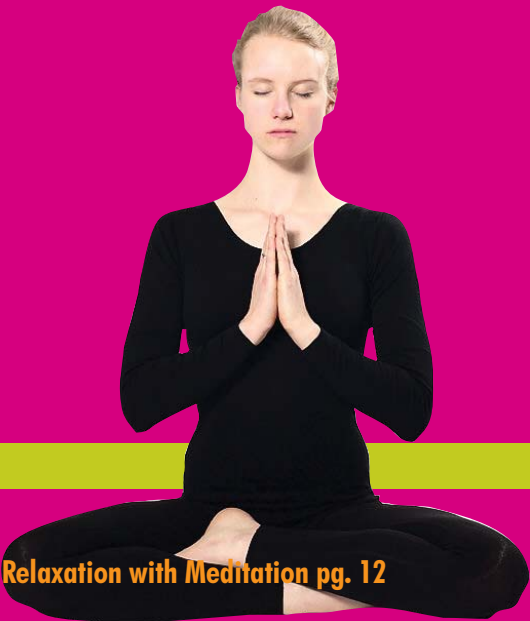
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Relaxation with Meditation pg. 12



Dr. Don Coberly, Superintendent
Boise School District

SUPERINTENDENT’S MESSAGE

Discover the Possibilities with Community Education!

The Boise School District is known for its commitment to student achievement and for its emphasis on the value of lifelong learning. Our Community Education program provides the resources for our citizens to participate in a wide variety of opportunities that embody our belief in the importance of continuing the learning process.

We provide educational experiences and activities in which participants develop skills, pursue new interests and become more involved with family, friends, neighbors and community. In meeting these needs and interests, we connect our adult students with community resources and offer affordable, close-to-home educational and life enhancing opportunities.

Our volunteer instructors teach a variety of courses ranging from computer basics, health, pets, culinary skills, to arts and crafts, and much, much more! You'll find all the information you need about our classes, program procedures and registration details right here in our Spring 2016 Community Education Catalog, as well as on our Community Education website — www.boiselearns.org

I encourage you to become a lifelong learner and feed your curious, hungry mind by taking a Community Education class this spring. For more than 40 years, Community Education has served as Boise’s first choice for lifelong learning opportunities. We are thankful for our volunteer instructors and to our community for making our Community Education program so successful over these many years.

Continue your journey with us and discover the possibilities!

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

NOTICE OF RISK: Participation in a Boise School District Community Education class may be dangerous and cause injury. Participants and their invitees assume all risk of participation. The Boise School District is not responsible for any injury or damage suffered by a participant/student, or that person’s invitees, nor responsible for any medical, dental, chiropractic or hospital bill related to participation in a Community Education activity. By participating in Community Education you are expressly agreeing to assume the risk of participation, to release the District from all claims for liability, injury, or damage, and to hold the District harmless from such. Community Education classes are authorized to take place on Boise School District property. When appropriate, the class instructor may obtain written authorization to conduct class at another location.

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

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

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

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

ACTIVE AGING

AQUA MOTION

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

16S-FIT-021		
F, 4/29-5/20	11-11:50 AM	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Martha Hopper		Age: 40+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

AQUA ZUMBA®

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

16S-FIT-024		
T/Th, 4/26-5/19	3 - 3:50 PM	Sessions: 8
16S-FIT-016		
T/Th, 4/26-5/19	4 - 4:50 PM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 40+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

AQUATIC ARTHRITIS FLOW

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

16S-FIT-015		
F, 4/29-5/20	10-10:50 AM	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 40+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

BABY BOOMER BOOT CAMP

This class covers several components of fitness: strength/resistance training, cardiovascular training, balance training, plus a healthy dose of flexibility/range of motion exercises. We also work on improving coordinated movement to help with fall prevention. And we have FUN!

16S-FIT-018		
M/W, 4/25-5/18	4 - 5 PM	Sessions: 8
16S-FIT-019		
T/Th, 4/26-5/19	8-9 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 40+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

BALANCE AND POSTURE

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

16S-FIT-017		
M/W, 4/25-5/18	9-9:45 AM	Sessions: 8
16S-FIT-035		
M/W, 4/25-5/18	11-11:45 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 40+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

DANCE FITNESS FOR WOMEN OVER 50

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

16S-FIT-002		
Th, 4/28-5/19	10-11 AM	Sessions: 4
Eagle Performing Arts Center	1125 E State St, Eagle	
Lee Leber		Age: 50+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

ENHANCE FITNESS

This is a proven community-based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized and empowered for independent living.

16S-FIT-036		
M/W/F, 4/25-5/20	11 AM -12 N	Sessions: 12
Downtown YMCA	1050 W State St, Boise	
Vicki A DiMatteo		Age: 50+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

GENTLE YOGA FOR SENIORS

This is a gentle class focusing on breathing exercises, and seated and standing yoga poses. Chair support is provided to safely perform postures designed to increase flexibility, balance and range of motion. Relaxation is included to reduce stress and promote a sense of calm. Yoga mats are not needed for this class.

16S-FIT-013		
T, 4/26-5/17	12 N-12:50 PM	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Martha Hopper		Age: 40+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



H2O BOOT CAMP

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

16S-FIT-034		
M/W, 4/25-5/18	9 - 9:50 AM	Sessions: 8
16S-FIT-022		
W/F, 4/27-5/20	4 - 4:50 PM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 40+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

HELP YOUR AGING PARENT LIVE INDEPENDENTLY LONGER

Join an RN specializing in geriatric care to identify tools and services that may enable seniors to stay in their own homes longer.

16S-HEA-022		
W, 5/18	6:30 - 8 PM	Sessions: 1
Timberline	Victoria Savage	Age: 40+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

KARATE: SHORIN-RYU FOR SENIORS 2 FOR 1!

In this class, you will learn a modified Shorin-Ryu Okinawan/Japanese style of Karate. The emphasis is on basic techniques. Karate training can improve flexibility and balance. Kicks are mid to low line and the style incorporates self defense escapes and counters. 2-for-1. One registers, two attend!

16S-FIT-007		
F, 4/29-5/20	6:30 - 7:30 PM	Sessions: 4
Pat Harris Dance Studio	1224 N McKinney St, Boise	
Bob Smith		Age: 50+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

LOW IMPACT WATER AEROBICS

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

16S-FIT-020		
T, 4/26-5/17	11-11:50 AM	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Martha Hopper		Age: 40+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



TAKE CHARGE OF YOUR AGING

Join Senior Success Strategist and RN Victoria Savage to learn where your power lies within the process. Find out what you can begin today to make tomorrow more of what you want and less something you’re hoping for.

16S-HEA-021		
W, 5/4	6:30 - 8 PM	Sessions: 1
Timberline	Victoria Savage	Age: 40+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

ZUMBA® GOLD

Zumba® Gold offers one-of-a-kind dance fitness to spirited Latin rhythms, but modifies the moves and pacing to suit the needs of the active older participant.

16S-FIT-030		
M/F, 4/25-5/20	10-10:45 AM	Sessions: 8
Firehouse No. 6	1620 N Liberty St, Boise	
Teri Coonce, Kathi A MacNaughton		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

Classes fill quickly – register today!

ZUMBA® GOLD

Zumba® Gold offers one-of-a-kind dance fitness to spirited Latin rhythms, but modifies the moves and pacing to suit the needs of the active older participant.

16S-FIT-005		
T/Th, 4/26-5/19	10:30-11:30 AM	Sessions: 8
Pat Harris Dance Studio	1224 N McKinney St, Boise	
Kathi A MacNaughton		Age: 50+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

ZUMBA® TONING

This class is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! We add resistance by using Zumba Toning Sticks (or light weights).

16S-FIT-033		
Th, 4/28-5/19	11-11:50 AM	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 40+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

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

ARTS

BEGINNING METALSMITHING: SOLDERING

This class will focus on basic soldering skills that can be used for copper, brass, or silver. Students will make a chain with soldered links and a pendant. Material fee includes all materials including micro-torch and soldering block.

16S-ART-019		
W, 5/11	6:30 - 9 PM	Sessions: 1
Timberline	Nancy Sathre-Vogel	Age: 18+
Tuition: \$23.50	Materials: \$65.00	Total: \$88.50

CARVED GOURD BIRDHOUSE

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

16S-ART-009		
M/T, 5/2 & 5/3	6:30 - 8:30 PM	Sessions: 2
West	Alan D Sweeney,	Age: 18+
	Duane Langworthy	
Tuition: \$37.00	Materials: \$ 4.50	Total: \$41.50

CROCHET – INTERMEDIATE

Do you have basic crochet skills and want to take your projects to the next level? If so, this class is for you! This class is designed for intermediate crochet students. Supplies needed.

16S-ART-014		
T, 4/26-5/17	6:30 - 8:30 PM	Sessions: 4
Timberline	Donna Adams	Age: All w/adult
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

Learn a new craft this spring!

DIY MOSAIC TILE MIRROR

In this workshop, you will learn from an amazing local mosaic tile expert how to make a 12" mirror with this beautiful and unique medium. Pre-cut tiles are supplied, and grouting is done after workshop. A perfect gift for yourself, a friend, or mom!

16S-ART-015		
T, 4/26	6:30 - 8:30 PM	Sessions: 1
Mosaic Essential	413 East 37th St, Door 3, Garden City	
Reham Aarti		Age: 18+
Tuition: \$12.00	Materials: \$ 40.00	Total: \$52.00

DOUBLE KNITTING – INTERMEDIATE

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

16S-ART-018		
W, 4/27	6:30 - 8:30 PM	Sessions: 1
West	Elaine Walker	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



EASY ORIGAMI: ZOO AND YOU!

Come learn to create fun origami zoo animals! Instructor will demonstrate and supply a variety of materials.

16S-ART-020		
T, 5/10	6:30 - 8:30 PM	Sessions: 1
Hillside	Jeanette Ross	Age: 10+ w/adult
Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50



FLORAL DESIGN 101

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

16S-ART-012		
T, 4/26	6 - 7 PM	Sessions: 1
Boise At Its Best Flowers	851 S Vista Ave, Boise	
Georgia White		Age: 18+
Tuition: \$12.00	Materials: \$ 20.00	Total: \$32.00

FLORAL DESIGN 102

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

16S-ART-013		
T, 5/17	6 - 7 PM	Sessions: 1
Boise At Its Best Flowers	851 S Vista Ave, Boise	
Georgia White		Age: 18+
Tuition: \$12.00	Materials: \$ 20.00	Total: \$32.00

HAND STAMPED SPRINGTIME PURSE & GREETING CARDS

We will make and stamp a darling paper purse and hand stamp 2 all-purpose greeting cards to fit inside. Perfect for small gift packaging... or add a gift card and you have an instant gift!

16S-ART-016		
M, 5/9	6:30 - 8 PM	Sessions: 1
Timberline	Becky Roberts	Age: 18+
Tuition: \$13.90	Materials: \$ 6.00	Total: \$19.90



HENNA FOR BEGINNERS

Learn how to make henna paste and roll henna cones so you can do your own temporary henna tattoos! We will practice simple henna designs and all participants will go home with two henna cones.

16S-ART-008		
T, 4/26	6:30 - 8 PM	Sessions: 1
Hillside	Joanna Russell	Age: 16+ w/adult
Tuition: \$13.90	Materials: \$ 8.75	Total: \$22.65

HOWS AND WHYS OF WRITING SHORT

Whether you write short stories or articles, or both; and whether you are a new author or a long-established pro, you'll find a wealth of benefits from writing short and sweet in this one night class. Optional fee for book.

16S-ART-001		
T, 5/3	7 - 8 PM	Sessions: 1
Timberline	Conda V Douglas	Age: 18+
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25



INTRO TO GLASS ENAMEL JEWELRY

This class provides you with an overview of the ancient and beautiful fine art of fusing glass to metal. Learn the classic enameling technique of stenciling and sgraffito to create interesting enamel patterns and textures. No drawing required! No previous jewelry or metalsmithing skills needed. Take home up to three copper enamel pendant or pin pieces you make in class.

16S-ART-002		
Th, 4/28	6 - 8 PM	Sessions: 1
Fire Fusion Studio	1124 W Front St, Boise	
Delia Dante		Age: 18+
Tuition: \$12.00	Materials: \$ 40.00	Total: \$52.00

KNITTING – BEGINNING

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

16S-ART-017		
M, 5/2 & 5/9	6:30 - 8:30 PM	Sessions: 2
West	Elaine Walker	Age: 18+
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

MAKE YOUR OWN GLASS CUP

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

16S-ART-005		
W, 5/4	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Michelle C Ward		Age: 18+
Tuition: \$22.00	Materials: \$ 35.00	Total: \$57.00



MAKE YOUR OWN GLASS OIL BOTTLE

Create your own oil bottle! This class will go over the basics of the glass blowing studio set-up, techniques and process of making a beautiful oil bottle. You will receive one-on-one instruction from a local glass artist to create your bottle which will be available for pick-up the following day after 3 pm.

16S-ART-004		
Th, 4/28	6 - 9 PM	Sessions: 1
16S-ART-006		
Th, 5/12	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Michelle C Ward		Age: 18+
Tuition: \$22.00	Materials: \$ 33.00	Total: \$55.00

MAKE YOUR OWN GLASS PAPERWEIGHT

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

16S-ART-007		
Th, 5/19	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise	
Michelle C Ward		Age: 18+
Tuition: \$22.00	Materials: \$ 18.00	Total: \$40.00

PRINTMAKING

Learn the basics of woodblock carving and printmaking. Combine bold colors and your very own carving to make a distinctive and beautiful piece of art.

16S-ART-010		
Th, 4/28	6 - 9 PM	Sessions: 1
16S-ART-011		
W, 5/4	6 - 9 PM	Sessions: 1
Woodcraft Of Boise	7005 W Overland Rd, Boise	
Gretchen Weitemeier		Age: 18+
Tuition: \$27.80	Materials: \$ 35.50	Total: \$63.30

BUSINESS AND PROFESSIONAL DEVELOPMENT

BUSINESS START-UP BASICS

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

16S-BUS-003		
T, 5/10	6:30 - 8:30 PM	Sessions: 1
Hillside	John Mathews	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

DIY SMALL BUSINESS SEO, SOCIAL MEDIA & MARKETING

Have a small business or thinking of starting one? Come learn the ins and outs of how to build your SEO, social media, and marketing plan. Get your marketing plan off the ground!

16S-BUS-001		
T, 5/10	6:30 - 8 PM	Sessions: 1
Hillside	Kristin Cole	Age: 18+
Tuition: \$13.90	Materials: \$ 5.00	Total: \$18.90

COMPUTERS & TECHNOLOGY

BEGINNING EXCEL

Learn the basics of this versatile Microsoft program, including database set-up, sorting and simple equations. No prior Excel knowledge required. Bring a USB (flash) drive.

16S-COM-003		
M, 4/25-5/9	6:30 - 8 PM	Sessions: 3
Hillside	John D Biggs	Age: 18+
Tuition: \$41.70	Materials: \$ 0.00	Total: \$41.70



ESSENTIAL COMPUTER SKILLS

For beginners! Learn basic terms, step-by-step use of the computer, and the Windows environment, as well as a brief overview of software applications. Class is for PCs not MACs. Students must know how to type 20 words per minute, and be able to use a mouse.

16S-COM-004		
T/Th 4/26-4/28	6:30 - 8:30 PM	Sessions: 2
Timberline	Andy Lanning	Age: 18+
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00

GOOGLE PHOTO

NEW!

Do you use a smartphone or a digital camera to take photos? Attend this class, taught by a Certified Google Education Trainer, to learn how Google Photo can help you to easily save, edit, and share your photos anywhere, any time.

16S-COM-007		
Th, 5/5	6:30 - 8:30 PM	Sessions: 1
Timberline	Kelly Hall	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

iPAD AND iPHONE BASICS

Learn Settings and Configurations, Photos and Videos, Appstore and Downloads, FaceTime, Movie Streaming, Security Options, WiFi setup and more! Must bring personal iPhone or iPad to class. Device must be updated to iOS 9.2 or later.

16S-COM-001		
M/W, 4/25 & 4/27	6:30 - 8 PM	Sessions: 2
West	Lon G Morgan	Age: 18+
Tuition: \$27.80	Materials: \$ 0.00	Total: \$27.80



MICROSOFT EXCEL 2010: BEGINNING

For those with limited knowledge of Microsoft Excel 2010, learn how to create and format spreadsheet data. Learn about toolbars, shortcuts, and basic math formulas and charts. Class for PC version of Excel, not MAC.

16S-COM-006		
T/Th, 5/17 & 5/19	6:30 - 8:30 PM	Sessions: 2
Timberline	Andy Lanning	Age: 18+
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00

MICROSOFT WORD 2010: BEGINNING

Essential job skills! This introductory class for beginners will cover the MS Word screen details, basic operations, creating/saving/reopening a file, fonts, and tabs. Class is for the PC version of Word not MAC.

16S-COM-005		
T/Th, 5/10 & 5/12	6:30 - 8:30 PM	Sessions: 2
Timberline	Andy Lanning	Age: 18+
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00



her mother all aspects of cooking and business. She was head dish washer in her mother’s kitchen! The fascination with bringing cultures together started while watching her mom do cooking demos on Saturdays. Marti’s mom passed away in 1999 and the restaurant was sold in 2000. You may recall that it burned down in August of 2010. Marti has enjoyed hearing students’ memories of the restaurant. One student shared she had her first date there... and another even had their wedding reception there! With Marti’s help, her teenage daughters started a salsa business to help them earn an allowance. Her website (which tells their amazing story) can be found at <http://salsabymarti-com.webs.com>. Maybe you have purchased the tasty salsa at a store around the valley!

Marti is self-taught in online trading. She wants to give back, and help people avoid some of the pitfalls she experienced while she was a new investor. She really enjoys seeing students learn new tricks of the trade! She likes mentoring retired people in particular.

So if you are looking for a class that welcomes you into another culture, by way of delicious and beautiful food, look for Marti’s classes. And if you need guidance to investing online, Marti can help you on your way. We are very lucky to have Marti Miller sharing her wealth of knowledge with Community Ed.

CPR/FIRST AID

CPR CERTIFICATION: AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

CPR/AED course covering adult, child, and infant CPR, choking, and usage of the AED. Students will receive an ASHI certification card upon successful completion of the course, as well as a quick reference guide poster.

16S-HEA-018		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
16S-HEA-019		
M, 5/9	6:30 - 8:30 PM	Sessions: 1
West	Joel Gunstream, Ben White, Dan Hohler	Age: 18+
Tuition: \$18.50	Materials: \$ 15.00	Total: \$33.50

CPR CERTIFICATION-AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

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

16S-HEA-013		
Th, 5/5	6 - 8:30 PM	Sessions: 1
Timberline	Jeanne Llewellyn	Age: 18+
Tuition: \$23.00	Materials: \$ 15.00	Total: \$38.00

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

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

16S-HEA-014		
W, 5/18	6:30 - 8:30 PM	Sessions: 1
Timberline	Jeanne Llewellyn	Age: 18+
Tuition: \$18.50	Materials: \$ 15.00	Total: \$33.50

There are not too many cooks in the kitchen – join us for a Culinary class!

VOLUNTEER INSTRUCTOR SPOTLIGHT

If you are looking for one person who can teach both Asian cooking, and online investing, you are in the right place! **Marti Miller** started teaching for Community Education because she wanted to share her diverse talents with the community of Boise. She loves the camaraderie and the team building that these class environments allow.

We are lucky to offer the varied Asian cooking classes: **MAKE VIETNAMESE SPRING ROLLS; CHA GIO: LEARN TO MAKE VIETNAMESE EGG ROLLS; WON TON SOUP & FRIED WON TONS;** in addition to the Personal Finance class: **MECHANICS OF ONLINE TRADING.**

Marti Miller is a registered Civil Engineer; she works for the State of Idaho, Department of Administration, Division of Public Works as a Project Manager. She was born and raised in Vietnam, and came to Seattle for boarding school when she was 10 years old, with her sister and brother. Her mother and stepfather stayed behind in Vietnam until right before the fall of the country in 1975. They reunited in Seattle in 1973.

Her mother started the original Vietnamese Restaurant at the corner of Curtis and Franklin in 1976. Marti learned from her mother all aspects of cooking and business. She was head dish washer in her mother’s kitchen! The fascination with bringing cultures together started while watching her mom do cooking demos on Saturdays. Marti’s mom passed away in 1999 and the restaurant was sold in 2000. You may recall that it burned down in August of 2010. Marti has enjoyed hearing students’ memories of the restaurant. One student shared she had her first date there... and another even had their wedding reception there! With Marti’s help, her teenage daughters started a salsa business to help them earn an allowance. Her website (which tells their amazing story) can be found at <http://salsabymarti-com.webs.com>. Maybe you have purchased the tasty salsa at a store around the valley!

Marti is self-taught in online trading. She wants to give back, and help people avoid some of the pitfalls she experienced while she was a new investor. She really enjoys seeing students learn new tricks of the trade! She likes mentoring retired people in particular.

So if you are looking for a class that welcomes you into another culture, by way of delicious and beautiful food, look for Marti’s classes. And if you need guidance to investing online, Marti can help you on your way. We are very lucky to have Marti Miller sharing her wealth of knowledge with Community Ed.

CULINARY

ASIAN INDIAN VEGETARIAN COOKING

A long-time Community Ed favorite course! Several Asian Indian dishes will be part of this demonstration, and you’ll enjoy these authentic vegetarian foods in class. Recipes included.

16S-CUL-008		
W, 4/27	6:30 - 8:30 PM	Sessions: 1
Timberline	Prarthana Kashikar	Age: 18+
Tuition: \$18.50	Materials: \$ 16.00	Total: \$34.50

BOSNIAN COOKING WITH PHYLLO DOUGH

Learn how to make phyllo dough from scratch or use a store bought version to make traditional Bosnian pitas! Learn to make pitas filled with cheese and eggs, cheese and spinach and potatoes and ground beef. Cooking Bosnian food from scratch is an art; come see how it’s done and learn techniques to make this delicious food at home!

16S-CUL-001		
Th, 4/28	6:30 - 8:30 PM	Sessions: 1
Timberline	Maya Duratovic, Danijela Love, Besima Kajdic	Age: All
Tuition: \$18.50	Materials: \$ 10.00	Total: \$28.50

CHA GIO: LEARN TO MAKE VIETNAMESE EGG ROLLS

Cha gio is the Vietnamese version of the egg roll, made with with tender pork, shrimp, jicama, carrot, and other veggies all wrapped in crispy rice paper. Don’t confuse Cha gio with spring rolls! Cha gio is made with different ingredients and it’s deep fried and served hot on a bed of lettuce.

16S-CUL-005		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
Timberline	Marti Miller	Age: 18+
Tuition: \$18.50	Materials: \$ 9.50	Total: \$28.00



CHOCOLATE TRUFFLES & CARAMELS: ZEPPOLE BAKERY

An introduction to candy making from one of Boise’s leading bakeries! Learn how to make chocolate truffles and caramels, and even a honey caramel sauce! Perfect for gifts, in addition to making dessert time fantastic.

16S-CUL-003		
Th, 5/12	6:30 - 8:30 PM	Sessions: 1
Timberline	Chelsea Mortenson, Ryan Alpers	Age: 18+
Tuition: \$18.50	Materials: \$ 10.00	Total: \$28.50



FUN WITH FOCACCIA: ZEPPOLE BAKERY

Focaccia (pronounced foh-kah-chuh) is Italian bread, which may be topped with herbs or other ingredients. Learn to create your own Focaccia masterpiece in this hands-on baking class taught by local bakery owners. For beginner bakers!

16S-CUL-002		
T, 5/3	6:30 - 8:30 PM	Sessions: 1
Timberline	Ryan Alpers, Ian Alpers	Age: 18+
Tuition: \$18.50	Materials: \$ 7.50	Total: \$26.00

GUMBO, CAJUN & CREOLE

If you love Southern suppers, this is the class for you! Learn to make gumbo, jambalaya, Hoppin’ John, and many other popular Cajun/Creole meals. Learn the differences between Cajun and Creole, and so much more. Be prepared to eat! You’ll take home three types of soup, a pile of corn critters, and recipe booklet on Southern sensations.

16S-CUL-012		
Th, 5/5	6:30 - 8:30 PM	Sessions: 1
Hillside	Anjel Griggs	Age: 18+
Tuition: \$18.50	Materials: \$ 20.00	Total: \$38.50

MAKE MOZZARELLA CHEESE!

One of our most popular courses! Learn how to make fresh cheese at home for a fraction of the cost! You'll take home a ball of mozzarella, a detailed handout on cheesemaking, and two sets of cheese chemicals, along with a raging desire to make more cheese! The samples will set your taste buds tingling!

16S-CUL-013		
W, 5/11	6:30 - 8:30 PM	Sessions: 1
16S-CUL-006		
Th, 5/19	6:30 - 8:30 PM	Sessions: 1
Timberline	Anjel Griggs	Age: 18+
Tuition: \$18.50	Materials: \$ 20.00	Total: \$38.50



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. We will also learn how to make the dipping sauce. Bring your appetite! There will be plenty of food to share!

16S-HIS-004		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
Timberline	Marti Miller	Age: 18+
Tuition: \$18.50	Materials: \$ 9.50	Total: \$28.00

PERFECT PIES & PIE CRUSTS

Learn the basics of pie-making from scratch. Class will cover the secrets to a great pie crust, then move on to fillings. One-crust, two-crust, and lattice-work crusts will be included. Handouts and recipes available, and you will take home 2 unbaked pies. Bring an apron and a rolling pin.

16S-CUL-011		
Th, 4/28	6:30 - 8:30 PM	Sessions: 1
Hillside	Anjel Griggs	Age: 18+
Tuition: \$18.50	Materials: \$ 20.00	Total: \$38.50



WON TON SOUP & FRIED WON TONS

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.

16S-CUL-007		
M, 5/9	6:30 - 8:30 PM	Sessions: 1
16S-CUL-010		
M, 5/16	6:30 - 8:30 PM	Sessions: 1
Timberline	Marti Miller	Age: 18+
Tuition: \$18.50	Materials: \$ 7.00	Total: \$25.50

CULTURE, HISTORY & TRAVEL

ARCHAEOLOGY & PREHISTORIC IDAHO

Who were the peoples who lived in Idaho for the past 14,000 years? How do archaeologists uncover the prehistoric past? With over 50 years in the field, Mario Delisio will tell their stories.

16S-HIS-001		
T, 5/17	6:30 - 8:30 PM	Sessions: 1
Hillside	Mario Delisio	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Carvings and symbols on gravestones can speak to you – but only if you know their language! Class covers the history of cemeteries; burial customs of various civilizations and religions; and hidden meanings of many of the symbols and emblems found on gravestones.

16S-HIS-004		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home	1200 N Cloverdale Rd, Boise	
David M Habben		Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



DAY TRIPS FROM BOISE

We live in a wonderful area for exploration and discovery! Learn about great day experiences around the Boise area, as well as potential weekend trips to venues all over the Gem State.

16S-TRA-001		
T, 4/26	6:30 - 8:30 PM	Sessions: 1
Hillside	Dianne Dimick	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

IDAHO'S STATE PARKS, AN ACCIDENTAL TREASURE

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

16S-HIS-003		
T, 5/10	6:30 - 8 PM	Sessions: 1
Hillside	Rick Just	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

WORLD RELIGIONS – AN EXPLORATION

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

16S-HIS-002		
W, 4/27-5/18	6:30 - 8 PM	Sessions: 4
West	Louard Crumbaugh	Age: 12+ w/ adult
Tuition: \$33.00	Materials: \$ 2.00	Total: \$35.00

DANCE

BASICS OF BELLY DANCE

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

16S-DAN-001		
F, 4/29-5/20	6 - 7 PM	Sessions: 4
Boise Bellydance Company	3085 N Cole Rd, Suite 113, Boise	
Jennifer Orvis		Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00



INTRODUCTION TO FLAMENCO DANCE

Did you ever just want to dance like they do in Spain? Flamenco dance incorporates strong, confident posture, flowing arms and expressive hands. Find the proud Spanish Gypsy, the fierce Bull Fighter, or the earthly angel reaching for the stars inside of you! 2-for-1. One registers, two attend!

16S-DAN-002		
W, 4/27-5/18	6:30 - 8 PM	Sessions: 4
West	Estefania Sanchez	Age: 18+
Tuition: \$45.00	Materials: \$ 0.00	Total: \$45.00



DIET, NUTRITION & WEIGHT LOSS

CAN HYPNOSIS HELP WITH WEIGHT LOSS?

Does hypnosis really work? Learn why it works for some people, but not others. Discover why and how hypnosis can help with weight loss and whether or not it can work for you. Even if you don't have an interest in hypnosis, you'll still leave this class with valuable weight loss information.

16S-HOL-015		
W, 5/11	6:30 - 8 PM	Sessions: 1
West	Dr. Kaylan McKinney-Vialpando	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

EAT HEALTHIER TO LIVE LONGER!

Which nutrition habits produce the longest, healthiest lives? This course will survey strategies from cultures which produce the longest living people, and personal strategies for implementing them into your daily life. Topics will include types of foods, recipes, and strategies for finding and optimizing your own personal diet.

16S-HEA-015		
Th, 5/12	6:30 - 8 PM	Sessions: 1
Timberline	Kyle Ritter	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

THE BIG FAT LIE: WHY FATS ARE IMPORTANT IN OUR DIET

NEW!

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

16S-HEA-023		
W, 5/18	6:30 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Kendy Radasky		Age: 18+
Tuition: \$9.25	Materials: \$ 1.50	Total: \$10.75

THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

NEW!

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

16S-HEA-024		
M, 4/25	6:30 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Kendy Radasky		Age: 18+
Tuition: \$9.25	Materials: \$ 1.50	Total: \$10.75

FITNESS

BEGINNER STRENGTH CLASS

Learn basic exercises to strengthen your core and help to reduce muscular aches and pains. Learn proper technique so you can perform them correctly, in the comfort of your home. This will be a 60 minute workout that will combine a fun warm-up and about 30 mins of exercises followed by a cool-down and stretching.

16S-FIT-010		
Th, 4/28	6:30 - 8:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Amber Alexander		Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

CLASSIC AIKIDO AND KI

Introduction to aikido and ki as taught in Japan. Emphasis is on building energy awareness and harmony, and basics of martial arts. Wear loose, comfortable clothing.

16S-FIT-011		
W, 4/27-5/17	7:30 - 8:30 PM	Sessions: 4
Timberline	Robert Baxter	Age: 15+ w/adult
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

Classes fill quickly – register today!
www.boiselearns.org

Get fit and eat right
this spring with the
help of a Community
Ed class!

EXERCISE IN 12 MINUTES A DAY!

This is a short duration, high intensity path to burning fat and building muscle. Cutting-edge science reports that amazing health benefits can be achieved through only minutes of daily exercise.

16S-FIT-012		
M, 5/9	6:30 - 7:30 PM	Sessions: 1
West	Yvonne Fedewa-Aicher	Age: 18+
Tuition: \$9.25	Materials: \$ 3.00	Total: \$12.25

FOAM ROLLER SELF-TREATMENT & EXERCISE

Attend this class taught by a physical therapist and learn how to use a foam roller for strengthening, stretching, massage and core stability. Learn how to self-treat sore joints and muscles.

16S-FIT-009		
M, 5/9	6 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Lisa Kolesar		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

KEI SHIN KAN KARATE

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

16S-FIT-006		
W, 4/27-5/18	6:30 - 8 PM	Sessions: 4
West	Ron Piston	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



PICKLEBALL

This mini version of tennis, played on a badminton size court, is one of the fastest growing sports among active adults, and is becoming a favorite of the "boomer" generation.

16S-FIT-023		
T, 4/26-5/17	1 - 2 PM	Sessions: 4
Homecourt YMCA	936 W Taylor Ave, Suite 104, Meridian	
Nick Leach, Tami Leach		Age: 18+
Tuition: \$28.00	Materials: \$ 6.00	Total: \$34.00

PILATES

Pilates or Physical Mind method is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance and inner awareness. The exercises can also be adapted for people who have limited movement or who use wheelchairs. It is an engaging exercise program!

16S-FIT-032		
W, 4/27-5/18	5:45 - 6:45 PM	Sessions: 4
Firehouse No. 6	1620 N Liberty St, Boise	
Jeana Johnson		Age: 18+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

RESISTANCE BAND HOME TRAINING

Learn to use the resistance band for a total body workout tailored just for you. Great for home, work, or travel, the band fits in your pocket, purse, or suitcase. Suitable for any level of fitness. Bands will be provided for the class.

16S-FIT-008		
T, 5/10	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jill B Boyer		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

SHORIN-RYU KARATE

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. One registers, two attend!

16S-FIT-001		
W, 4/27-5/18	7 - 9 PM	Sessions: 4
Pat Harris Dance Studio	1225 N McKinney St, Boise	
Robert Gilmore		Age: 12+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

STRETCHING AND STRENGTHENING FOR LOW BACK PAIN

This class is a combination of stretching, core muscle strengthening, and yoga poses designed to relieve and prevent low back pain. Wear comfortable clothes that are easy to move around in.

16S-FIT-004		
T, 5/10	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Suite 800, Boise	
Angela Young		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

STRETCHING FOR NECK PAIN

This class is a combination of stretching, yoga, and posture designed to relieve and prevent neck pain. Wear comfortable clothes that are easy to move around in, and bring an exercise mat if you have one.

16S-FIT-003		
T, 4/26	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Suite 800, Boise	
Angela Young		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90



TRX

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.

16S-FIT-026		
M/W, 4/25-5/18	3:45 - 4:30 PM	Sessions: 8
16S-FIT-025		
M/W, 4/25-5/18	5:45 - 6:45 PM	Sessions: 8
Firehouse No. 6	1620 N Liberty St, Boise	
Sharon Boland		Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00
16S-FIT-027		
T, 4/26	6-6:45 AM	Sessions: 4
Firehouse No. 6	1620 N Liberty St, Boise	
Jeana Johnson		Age: 18+
Tuition: \$16.00	Materials: \$ 0.00	Total: \$16.00

ZUMBA®

Ditch the workout and join the party! Come have fun, learn to dance to hypnotic Latin musical rhythms, and get fit! You will get hooked while getting in shape with this great class!

16S-FIT-031		
M/W, 4/25-5/18	4:30 - 5:30 PM	Sessions: 8
Firehouse No. 6	1620 N Liberty St, Boise	
Teri Coonce		Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

Enjoy the great outdoors with a
Community Ed class!

GARDEN, GREEN LIVING &
THE GREAT OUTDOORS

BASIC FLY CASTING

This casting class will be for beginner to intermediate fly casters. We will cover the overhead cast, as well as the roll cast. Students will also be taught the proper way to play and land a fish.

16S-GAR-007		
W, 5/18	6:30 - 8:30 PM	Sessions: 1
Idaho Angler	1682 S Vista Ave, Boise	
Chris Geron		Age: 18+
Tuition: \$18.50	Materials: \$ 10.00	Total: \$28.50

BASIC FLY TYING

This basic fly tying class will cover the basic verbiage of fly tying, the finishing knot (called a whip finish), and one or two basic fly patterns.

16S-GAR-006		
T, 5/17	6:30 - 8:30 PM	Sessions: 1
Idaho Angler	1682 S Vista Ave, Boise	
Chris Geron		Age: 18+
Tuition: \$18.50	Materials: \$ 10.00	Total: \$28.50

ESSENTIAL OILS FOR GARDENERS

Did you know that peppermint, rosemary and basil essential oils are all commonly used in gardening? From chasing away garden pests, improving health and growth of plants, or restoring those gardener hands, essential oils can help! Please join us for this informative class and share your gardening tips 'n tricks.

16S-GAR-002		
Th, 5/12	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Heather Lowe, DPT		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

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.

16S-GAR-004		
M/T, 4/25 & 4/26	6:30 - 8 PM	Sessions: 2
Northwest School Of Fly Fishing	641 N File Mile Rd, Boise	
Mike Sandifer		Age: 18+
Tuition: \$27.80	Materials: \$ 0.00	Total: \$27.80



FLY FISHING IN SOUTHWEST IDAHO

This class provides a comprehensive review of the best fly fishing waters in Southwest Idaho. We will learn the locations of these rivers and streams and the best time of year to fly fish them. Learn the hatches and flies fly anglers use to be successful. This class will cover the hows, whens, and wheres and why it is so important to get a head start on fly fishing in Southwest Idaho.

16S-GAR-005		
M, 5/16	6:30 - 8:30 PM	Sessions: 1
Northwest School Of Fly Fishing	641 N File Mile Rd, Boise	
Mike Sandifer		Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

FLY FISHING STRATEGIES FOR THE
BOISE RIVER

One of the best reasons to fish the Boise River is that it is open year-round and it is in our backyard. The Boise River is a diverse tail water that has multiple hatches of many aquatic insects that fly anglers must identify in order to be successful. This class will take a virtual tour of the river, where participants will discuss strategies and techniques used by anglers who fish the river regularly.

16S-GAR-003		
M, 5/9	6:30 - 8:30 PM	Sessions: 1
Northwest School Of Fly Fishing	641 N File Mile Rd, Boise	
Mike Sandifer		Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

GROWING ORCHIDS IN IDAHO

This class will cover growing orchids in our Idaho desert. We will cover the many species of orchids, what it takes to grow them, and pests that are particular to orchids. The last class will be dedicated to repotting any of your plants, so if you have any problem orchids, please bring them along!

16S-GAR-001		
M, 4/25 & 5/2	6:30 - 8:30 PM	Sessions: 2
Hillside	Carol Liese-Rodriguez	Age: 18+
Tuition: \$30.00	Materials: \$ 5.00	Total: \$35.00



HIKING BOISE TRAILS FOR BEGINNERS

Join an avid hiker of Boise’s trails and foothills for practical knowledge and tips on speed walking the greenbelt and local trails. Maps of the greenbelt, local parks, and beginner to intermediate trails in the Boise foothills provided.

16S-GAR-008		
W, 5/4	6:30 - 8:30 PM	Sessions: 1
Timberline	Bill March	Age: 18+
Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50

PONDS FOR BEGINNERS

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

16S-GAR-010		
M, 4/25-5/9	6:30 - 8 PM	Sessions: 3
Hillside	Susan E Boydston	Age: 18+
Tuition: \$30.00	Materials: \$ 5.00	Total: \$35.00

SELECTING AND STARTING SEEDS

A hands-on planting demo – tips with a master gardener on types of seeds, where to buy, interpreting packet info, care and storage, damping off disease, when to transplant, etc.

16S-GAR-011		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
West	Elaine Walker	Age: 18+
Tuition: \$18.50	Materials: \$ 1.00	Total: \$19.50



SUCCULENT CONTAINER GARDENING

Learn about growing succulents in the Treasure Valley and plant your own container to take home. Student needs to bring their own container - no larger than 12" diameter and no deeper than 6", with a drainage hole. 3 succulent plants and potting mix will be provided!

16S-GAR-009		
Th, 5/12	6:30 - 8:30 PM	Sessions: 1
West	Brent Seamons	Age: 18+
Tuition: \$18.50	Materials: \$ 20.00	Total: \$38.50



HEALTH & WELLNESS

ACNE-FREE ACTION PLAN

Acne is the #1 skin disease experienced by 85% of the population at any age. If you are tired of losing the battle against acne break outs, this informative session will debunk common acne myths and offer simple steps to get and stay clear, without the need for prescription medication.

16S-HEA-005		
T, 4/26	6:30 - 8 PM	Sessions: 1
West	Krista Rambow	Age: 14+ w/adult
Tuition: \$13.90	Materials: \$ 5.00	Total: \$18.90

ACUPRESSURE POINTS FOR COMMON PROBLEMS

Taught by a licensed acupuncturist, this class will teach you about acupressure points that will allow you to self treat stress, anxiety, pain, and many other common complaints. Please wear loose-fitting, comfortable clothes.

16S-HEA-008		
M, 5/16	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	Age: 18+
Betsy K Wiss, LAC		
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

BRAIN HEALTH – IS DEMENTIA AVOIDABLE?

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

16S-HEA-020		
W, 4/27	6:30 - 8 PM	Sessions: 1
Timberline	Victoria Savage	Age: 40+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

CHRONIC PAIN MANAGEMENT FOR CAREGIVERS

In this class you will learn how to help minimize the effects that daily life can have on pain. You will be taught proper body mechanics when lifting or transferring the patient, and other beneficial activities to promote a reduction in pain.

16S-HEA-004		
T, 5/3	6:30 - 8:30 PM	Sessions: 1
62 Degrees Physical Therapy	8660 W Emerald St #112, Boise	
Katrin Moffett		Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

CORRECT CORE ACTIVATION

This introductory class will explain and demonstrate correct abdominal activation and core exercises. This will help people with lower back pain, or who are postpartum, increasing strength and creating more effective movements. Please wear comfortable clothing for doing exercises on the floor.

16S-HEA-010		
Th, 5/19	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Heather Lowe, DPT		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

DEALING WITH NECK PAIN

Led by a local physical therapist, this class will discuss common problems that cause neck pain; how to avoid and deal with it; physical therapy and other treatment options. Find out how to stop relying on pain medication to treat your neck pain!

16S-HEA-009		
W, 4/27	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Chris Martinez		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

EARS, HEARING & BALANCE: AN INTRODUCTION

This class is an introduction to ears, hearing, and balance taught by audiologists. We will cover many topics about your ears, hearing solutions, and hearing protection. You will leave with an understanding of the importance of hearing as part of your healthcare.

16S-HEA-002		
T, 4/26 & 5/3	6:30 - 7:30 PM	Sessions: 2
West	Cory Workman	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



FEMALE HORMONE ISSUES

Help unravel the mysteries of hormone imbalances for females that lead to things like PCOS, PMS, cramps, infertility, hot flashes, and much more. Learn if progesterone and estrogen are friend or foe, and the basics of testing. We’ll also discuss the benefits and risks of synthetic vs bio-identical hormone replacement therapy (BHRT).

16S-HEA-025		
T, 5/3	6 - 7:30 PM	Sessions: 1
The Idaho Center for Integrative Medicine	3271 N Milwaukee St, Boise	
Noah Edvalson		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

HOW TO AGE BEAUTIFULLY WITHOUT SURGERY

We live in an era of appearance awareness, with a growing number of baby boomers over 55. Learn about non-surgical solutions to help you learn to love the skin you’re in, and stay looking as young as you feel inside. View your skin inside a special UV scope to see damage normally not visible on the surface of the skin.

16S-HEA-006		
T, 5/10	6:30 - 8:30 PM	Sessions: 1
West	Krista Rambow	Age: 18+
Tuition: \$18.50	Materials: \$ 3.15	Total: \$21.65



IMPROVE YOUR BALANCE AND REDUCE FALL RISK

Aging, joint injuries or surgeries, and inactivity are common contributing factors to loss of stability and balance. The good news is that regaining your balance is not difficult! (But it does take some effort!) Learn how you can improve your strength, stability, and confidence. Class is taught by a physical therapist.

16S-HEA-012		
T, 5/3	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Paula Kosberg, DPT		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

IMPROVE YOUR POSTURE

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

16S-HEA-011		
W, 5/11	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jill Thompson, PT		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

SUN SAFE SKIN

This sun safety class will focus on myths vs. facts about sun exposure and skin cancer. You will also learn easy tips on how to recognize and prevent skin cancer, while still enjoying outdoor activities. Take a look through a special UV scope at skin damage not visible on the skin surface.

16S-HEA-007		
T, 5/17	6:30 - 8 PM	Sessions: 1
West	Krista Rambow	Age: 18+
Tuition: \$13.40	Materials: \$ 3.75	Total: \$17.15

TOBACCO CESSATION

Quit smoking! Covered topics: nicotine addiction and habit; consequences of smoking; different quitting techniques/therapies; benefits of being smoke-free; withdrawal symptoms; coping strategies; stress management tools; nutrition and exercise; social supports; and relapse prevention. NO CHARGE!

16S-HEA-016		
T, 4/26-5/17	6:30 - 8:30 PM	Sessions: 4
Timberline	Chakoma Tahuri	Age: 18+
Tuition: \$0.00	Materials: \$ 0.00	Total: \$0.00

UNDERSTANDING ANXIETY

Anxiety is a normal and adaptive human emotion, but when it becomes chronic it can have devastating effects on mental and physical well-being. Learn what you can do to reduce the negative influence of anxiety in your life.

16S-HEA-003		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside	Michael E Wiley, LCSW	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

UNDERSTANDING DEPRESSION

Depression is a universal human experience that is poorly understood – not just by the general public, but also by mental health and medical professionals. Learn what we do and do not know about depression, and what you can do for yourself, or a loved one experiencing depression.

16S-HEA-001		
T, 5/17	6:30 - 8 PM	Sessions: 1
Hillside	Michael E Wiley, LCSW	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90



WHY YOUR DIGESTIVE SYSTEM IS THE KEY

An informative tour of the digestive tract, the site of much of your immune system. You'll learn about natural remedies and why medical treatments fail for reflux, IBS, gas/bloating, food sensitivities, yeast overgrowth, etc.

16S-HEA-017		
T, 4/26	6 - 7:30 PM	Sessions: 1
The Idaho Center for Integrative Medicine	3271 N Milwaukee St, Boise	
Noah Edvalson	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

HOLISTIC LIVING

ANTI-INFLAMMATORY DIET AND LIFESTYLE

Many chronic illnesses and autoimmune conditions are associated with unhealthy or inappropriate inflammatory responses. Controlling inflammation by leading an anti-inflammatory lifestyle can provide great benefits for everyone, including those who are suffering from chronic conditions. Learn how you too can live this way!

16S-HOL-010		
T, 4/26	6:30 - 8:30 PM	Sessions: 1
Hillside	Emily Dickerson	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

ANXIETY AND DEPRESSION: ALTERNATIVE & NATURAL THERAPIES

NEW!

Join us in the discussion about how diet, nutrient deficiencies, MTHFR defects, neurotransmitter abnormalities, or food sensitivities could be contributing to anxiety and depression. Learn about testing and alternative treatment options.

16S-HOL-011		
M, 5/16	6:30 - 8 PM	Sessions: 1
Hillside	Emily Dickerson,	Age: 18+
	Emily A Richmond (Yuen)	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

CLAIRVOYANCE, CLAIRAUDIENCE, CLAIRENTIENCE

One of our students' favorite courses! Explore intuition in your life. Led by a licensed clinical counselor, this experiential class invites students to sense clear-seeing, clear-hearing, and clear-feeling.

16S-HOL-002		
W, 5/18	6:30 - 8:30 PM	Sessions: 1
Timberline	Susan Ozimkiewicz	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

DREAMWORK

A licensed clinical counselor will help you work with your dreams as a source of guidance; bring a short dream description to share.

16S-HOL-001		
Th, 5/19	6:30 - 8:30 PM	Sessions: 1
Timberline	Susan Ozimkiewicz	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



The Spring session runs from April 25 through May 19!

INTRO TO ACCESS RELAXATION

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

16S-HOL-004		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
West	Lisa Anderson	Age: 18+
Tuition: \$18.50	Materials: \$ 1.00	Total: \$19.50

INTRO TO AMANAE

Experience the relief of letting go of old, long-held pain, grief, and anger. After a short explanation of the history and process of this amazing healing technique, the instructor will happily answer questions and work on any students who wish to experience Amanae.

16S-HOL-003		
M, 4/25	6:30 - 8 PM	Sessions: 1
Hillside	Lisa Anderson	Age: 18+
Tuition: \$13.90	Materials: \$ 1.00	Total: \$14.90

INTRO TO REIKI

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

16S-HOL-005		
M, 5/16	6:30 - 8 PM	Sessions: 1
Timberline	Lisa Anderson	Age: 18+
Tuition: \$13.90	Materials: \$ 1.00	Total: \$14.90

LEARN SELF-HYPNOSIS

Learn self-hypnosis, a powerful tool to let go of resistance and live a life of joy. We will learn the tool and then practice it throughout the class, exploring different ways to apply it to your life.

16S-HOL-006		
Sun, 5/1-5/15	4 - 6 PM	Sessions: 3
Physical Therapy 180	5909 W State St, Boise	
Sharon Svenson	Age: 18+	
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00

LED RED LIGHT THERAPY

LED Red Light Therapy has been proven through history to work with the body's own innate healing abilities. You will learn how to best utilize this light source to enhance healing, and for those everyday aches and pains for both you and your animals.

16S-HOL-009		
T, 5/10	6:30 - 8:30 PM	Sessions: 1
West	Kathy Hopkins	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50

3 WAYS TO REGISTER!

- 1 **ONLINE!**
Go to www.boiselearns.org for a current class list.
- 2 **PHONE!**
Call 854.4047.
We accept Visa, MasterCard and Discover.
- 3 **IN PERSON!**
Office hours are 8:30 a.m. - 4:30 p.m., M-F
8169 W. Victory Rd., Boise

Registration cannot be completed without payment. Registering for and enrolling in one of our classes implies that you have read, understood and agree to the disclaimers printed on the registration form on page 16 of this catalog.

SEASONAL ALLERGIES – NATURAL PREVENTION AND TREATMENT

Learn about foods and supplements to decrease seasonal allergies and manage symptoms. Explore a solution called NAET, a non-invasive treatment, to desensitize your body and overcome your seasonal and environmental allergens.

16S-HOL-013		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
Hillside	Emily A Richmond (Yuen)	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



UNDERSTANDING DIGESTIVE HEALTH

By understanding the normal function and structure of this 30 foot tube, we can understand what goes wrong along the way, and why symptoms occur. By the end of class, you will understand why chronic digestive issues often respond so well to natural therapies, alleviating the need for medications and increasing overall health in the process.

16S-HOL-012		
T, 5/10	6:30 - 8 PM	Sessions: 1
Hillside	Joan Haynes	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

WORKING WITH YOUR SUBCONSCIOUS MIND

Learn how to use self-talk, hypnosis, and affirmations to change unwanted habits and erase negative thought patterns to live a healthier physical and emotional life. Your subconscious mind is more powerful than your conscious mind. Changing your mind changes everything.

16S-HOL-016		
W, 5/18	6:30 - 7:30 PM	Sessions: 1
West	Dr. Kaylan McKinney-Vialpando	Age: 18+
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25

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. Take-home packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1. One registers, two attend!

16S-HOU-008		
W, 5/11 & 5/18	6:30 - 8:30 PM	Sessions: 2
Hillside	Ron Bishop	Age: 18+
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00

FIRST TIME HOME BUYERS

2 FOR 1!

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

16S-HOU-004		
T, 5/3	6:30 - 8:30 PM	Sessions: 1
West	Christina Moore-Ward	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

HOME BUYING – NOW IS THE TIME

Now is the perfect time to buy! Buying is way cheaper than renting with today's record low interest rates, plus you will get an IRS tax refund every year! Learn how to get a good buy, how to avoid costly mistakes and repairs, how to be well represented (at no cost to you), and how to receive instant equity. Class is geared toward first time buyers. 2-for-1. One registers, two attend!

16S-HOU-005		
W, 4/27	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50



HUD HOMES, FORECLOSURES & OTHER BARGAINS **2 FOR 1!**

Led by a real estate broker with over 20 years experience, learn how to find these readily available properties; how to make a successful offer; how to get HUD to pay your closing costs; and how to work through escrow to closing with a foreclosure. 2-for-1. One registers, two attend!

16S-HOU-006		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 4.00	Total: \$22.50

MORTGAGES 101 **2 FOR 1!**

Let's talk about financing a new home! Learn how to prepare your finances for a smooth mortgage application process. We'll discuss how a mortgage lender will view your information, determine your purchasing power, and review financing options. 2-for-1. One registers, two attend!

16S-HOU-001		
T, 5/17	6:30 - 8:30 PM	Sessions: 1
Timberline	Jayne Bick, Andrew Bick	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

MOVIN' ON UP **NEW!**

Thinking about moving? Learn how to maximize this opportunity to shed excess, stage your home for a quick, painless, full-price sale, and turn your new house into an organized and happy home. Come away with tools and techniques to make this transition an exciting life experience. Realtors welcome, too!

16S-HOU-002		
W, 5/4 & 5/11	7 - 8:30 PM	Sessions: 2
Timberline	Stacy Rocklein, Heather Black	Age: 18+
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

PREPARING YOUR HOME FOR SALE **NEW!**

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

16S-HOU-007		
W, 5/4	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50

RESIDENTIAL REMODELING 101

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

16S-HOU-010		
W, 4/27	6:30 - 8:30 PM	Sessions: 1
Hillside	Joe Levitch	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



SELLING YOUR HOME

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

16S-HOU-003		
T, 4/26	6:30 - 8:30 PM	Sessions: 1
West	Christina Moore-Ward	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

KIDS & FAMILY FUN

CLASSIC AIKIDO AND KI

Introduction to aikido and ki as taught in Japan. Emphasis is on building energy awareness and harmony, and basics of martial arts. Wear loose comfortable clothing.

16S-KIDS-006		
W, 4/27-5/18	6:30 - 7:30 PM	Sessions: 4
Timberline	Robert Baxter	Age: 6-14 w/adult
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

CONTEMPORARY BALLET **NEW!**

This dance class teaches the foundational techniques of ballet while encouraging creativity with self-choreographed movement. We will be stretching, turning, leaping, and performing the work that is created!

16S-KIDS-005		
Th, 4/28-5/12	6:30 - 7:30 PM	Sessions: 3
Hillside	Danielle Essma	Age: 7-10
Tuition: \$28.00	Materials: \$ 15.00	Total: \$43.00



TAEKWONDO BASICS FOR TINY TIGERS

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

16S-KIDS-001		
M, 4/25-5/16	6 - 6:30 PM	Sessions: 4
16S-KIDS-003		
T, 4/26-5/17	5 - 5:30 PM	Sessions: 4
Eagle ATA Martial Arts Center/ Karate for Kids 1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg	Age: 4-6	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

TAEKWONDO BASICS FOR YOUTH

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

16S-KIDS-002		
M, 4/25-5/16	5:30 - 6 PM	Sessions: 4
16S-KIDS-004		
T, 4/26-5/17	4:30 - 5 PM	Sessions: 4
Eagle ATA Martial Arts Center/ Karate for Kids 1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg Kit Colberg	Age: 7-12	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

LANGUAGE

BEGINNING CHINESE

This class will introduce students to the Chinese language. Students will learn how to pronounce words, write characters, as well as understand the origin and construction of Chinese characters. Please bring book "The First 100 Chinese Characters" to class.

16S-LAN-006		
Th, 4/28-5/19	6:30 - 8 PM	Sessions: 4
Hillside	Jacob Hill	Age: 12+ w/adult
Tuition: \$55.60	Materials: \$ 2.00	Total: \$57.60

BEGINNING HEBREW **NEW!**

In this class you will learn to read and write the Hebrew alphabet (alphabet). You will learn to read, write, and understand simple words and phrases in Hebrew, and explore Jewish culture. Please bring a wide-lined notebook and pencil (not pen) to class. Shalom!

16S-LAN-004		
T, 4/26-5/17	6:30 - 8:30 PM	Sessions: 4
West	Ranaye Marsh	Age: 18+
Tuition: \$53.70	Materials: \$ 0.00	Total: \$53.70

BEGINNING KOREAN LANGUAGE & CULTURE

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

16S-LAN-001		
Th, 4/28-5/19	7 - 8:30 PM	Sessions: 4
Timberline	Joeun Baek, Kwanwoo Baek, Kyungsuk Lee	Age: Youth w/adult
Tuition: \$45.00	Materials: \$ 4.00	Total: \$49.00



CONVERSATIONAL SIGN LANGUAGE

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

16S-LAN-003		
W, 4/27-5/18	6:30 - 8:30 PM	Sessions: 4
West	Julie Robison, Kirk Robison	Age: 11+ w/adult
Tuition: \$55.50	Materials: \$ 4.00	Total: \$59.50

GRAMMAR & PUNCTUATION BASICS!

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

16S-LAN-005		
M/W, 5/16 & 5/18	6:30 - 8:30 PM	Sessions: 2
West	David Proctor	Age: 18+
Tuition: \$28.00	Materials: \$ 2.00	Total: \$30.00

INTERMEDIATE KOREAN LANGUAGE & CULTURE

This is an intermediate class that follows beginning Korean language and culture class. We will cover phonetics, grammar, syntax, and vocabulary. Focuses on the development of communicative skills in speaking, reading, listening and writing.

16S-LAN-002		
M, 4/25-5/16	6:30 - 8:30 PM	Sessions: 4
Timberline	Joeun Baek, Kwanwoo Baek, Kyungsuk Lee	Age: Youth w/adult
Tuition: \$50.00	Materials: \$ 4.00	Total: \$54.00

LESIURE

GET OUT OF "DODGE" FAST **NEW!**

Need to evacuate? Heading out for a day's adventure or a road trip? You can be ready to go in less time than it takes to gather your family. Learn what to have in your "go bags," how to handle food and sanitation on the road when facilities are not available, and how to minimize stress and boredom. Optional materials.

16S-LEI-005		
M, 5/16	6:30 - 8:30 PM	Sessions: 1
Timberline	Mary Ann Wilcox	Age: 18+
Tuition: \$18.50	Materials: \$0.00	Total: \$18.50



PARANORMAL INVESTIGATIONS 101: THE BASICS

Learn the various standard accepted methods, techniques and tools used in paranormal investigations. Some famous paranormal photos will be shown and some debunked. Famous haunted Idaho locations will be included! Bring questions and curiosity!

16S-LEI-007		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
West	David M Habben	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

PRACTICAL BICYCLE TRANSPORTATION

Have you wanted to use your bicycle for transportation, to save money, or to improve your physical and mental health? Not sure how? Experienced instructors will show you how to purchase, outfit, maintain the bike; ride safely, and truly enjoy the ride! Class will include bicycle equipment demos.

16S-LEI-006		
T, 4/26 & 5/3	6:30 - 8 PM	Sessions: 2
Timberline	Lisa A Hecht, Steve Alkire	Age: 10+ w/adult
Tuition: \$27.80	Materials: \$ 3.00	Total: \$30.80



SUMMER MADE SIMPLE!

Are you dreading the packing, shopping, traveling, unpacking, washing, and repacking cycle that comes with summer adventures? If so, don't miss this class! You will learn: A Grab-N-Go system for packing; Quick and easy menus; Easy ideas for activities at home. Plus! Low and no-cost adventures in and around Boise.

16S-LEI-002		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside	Mary Ann Wilcox	Age: 18+
16S-LEI-003		
M, 5/2	6:30 - 8:30 PM	Sessions: 1
West	Mary Ann Wilcox	Age: 18+
16S-LEI-004		
M, 5/9	6:30 - 8:30 PM	Sessions: 1
Timberline	Mary Ann Wilcox	Age: 18+
Tuition: \$13.50	Materials: \$ 5.00	Total: \$18.50

MUSIC

BEGINNING BAND AND INSTRUMENTAL STUDIES

Do you have a woodwind, brass or percussion instrument that you'd like to learn? Come learn about assembly and care of your chosen instrument, proper playing posture, tone production, and different playing techniques. You will also learn basic music theory and music vocabulary.

16S-MUS-001		
W, 4/27-5/18	6:30 - 8 PM	Sessions: 4
West	Esther Perrine	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00



WHEN DYLAN WENT ELECTRIC 2 FOR 1!

In 1965, Bob Dylan picked up an electric guitar and recorded the landmark album "Bringing It All Back Home." Class will look at this radical change in the context of the time and how it impacted the world in ways we now take for granted. 2-for-1. One registers, two attend!

16S-MUS-002		
M, 5/9	6:30 - 7:30 PM	Sessions: 1
West	David Proctor	Age: 18+
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25

PERSONAL ENRICHMENT

50+ VOLUNTEERING KICK-START

Ready to put your energy and skills to work as a volunteer but don't know how to get started? Learn to clarify your goals, use online search tools, and build strategies to put your experience + passion + talent to work for your community.

16S-PEN-005		
Th, 5/12	6:30 - 8 PM	Sessions: 1
Hillside	Sherry Dunbar, Gail Kirkpatrick	Age: 50+
Tuition: \$13.90	Materials: \$ 0.60	Total: \$14.50

DEATH WITH DIGNITY: END OF LIFE CHOICES

Mentally competent adults have a basic human right to end their lives when they suffer from a fatal or reversible illness or intractable pain, or when their quality of life becomes unacceptable, and the future holds only hopelessness and misery. This class will describe end of life choices.

16S-PEN-017		
T, 4/26	6:30 - 8 PM	Sessions: 1
Timberline	Martin Seidenfeld, Ph.D.	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

ENERGY LEADERSHIP

Whether you are leading a large organization, small group, or even just yourself, how you energetically show up makes all the difference in the world! Learn about the seven levels of energy that determine how you approach life and how to utilize them to break through barriers and create more success.

16S-PEN-004		
M, 4/25	7 - 8 PM	Sessions: 1
Timberline	Stacy Rocklein	Age: 18+
Tuition: \$9.25	Materials: \$ 1.50	Total: \$10.75

GENEALOGY

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

16S-PEN-015		
M, 4/25-5/16	1 - 3 PM	Sessions: 4
Meadow Lake Village	4037 E Clocktower Ln, Meridian	
Gene Williams		Age: 18+
Tuition: \$60.00	Materials: \$ 5.00	Total: \$65.00

GET BENT – UNDERSTAND & LOVE YOUR CURLS

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

16S-PEN-012		
M, 5/16	6:30 - 8:30 PM	Sessions: 1
West	Kathy Hopkins	Age: 18+
Tuition: \$18.50	Materials: \$ 6.00	Total: \$24.50

ORGANIZE YOURSELF, YOUR FAMILY, AND YOUR HOME

Learn organizational strategies that will create more time and energy to enjoy your life right now! This interactive course will help you develop a plan for organizing your home, creating routines, designing menus, managing a calendar, handling paperwork, and even archiving memories.

16S-PEN-003		
M, 5/2 & 5/9	6:30 - 8:30 PM	Sessions: 2
Timberline	Stacy Rocklein	Age: 18+
Tuition: \$27.80	Materials: \$ 1.50	Total: \$29.30



PERSONAL SAFETY & SELF-DEFENSE

Taught by a Boise Police Crime Prevention Unit representative. You will gain the skills to protect yourself from violence and volatile situations. For women only.

16S-PEN-010		
M, 5/9	6:30 - 8 PM	Sessions: 1
Hillside	Tuckie Shaver	Age: 13+
16S-PEN-011		
W, 5/18	6:30 - 8 PM	Sessions: 1
Timberline	Tuckie Shaver	Age: 13+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90



PRINCIPLES OF SELF-DEFENSE

This class is a unique program combining the study of body language, human behavior and assault prevention techniques to reduce the potential of becoming the victim of a violent crime. For both men and women.

16S-PEN-007		
W, 4/27	6:30 - 8:30 PM	Sessions: 1
West	Joe Toluse	Age: 14+ w/adult
16S-PEN-008		
W, 5/4	6:30 - 8:30 PM	Sessions: 1
Timberline	Joe Toluse	Age: 14+ w/adult
16S-PEN-009		
W, 5/11	6:30 - 8:30 PM	Sessions: 1
Hillside	Joe Toluse	Age: 14+ w/adult

REMEMBER YOUR WHY – OVERCOMING BURNOUT & RE-IGNITING YOUR PASSION!

Feeling discouraged or stuck in your current situation? Burned out and want to quit? This class will help you light the flame that has gone out and help you remember why you started. We will reach within ourselves to find the why of our current project, job, family situation, and life – which will help you reignite your passion.

16S-PEN-016		
T, 5/17	6:30 - 8 PM	Sessions: 1
West	Kristin Cole	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

SEEK AND SAVOR

Do you long for a happier, more fulfilling life? In this class, you will learn simple techniques for creating more happiness and peace in your life. Join us to learn tools that with continued effort, have the ability to transform your life from languishing to flourishing.

16S-PEN-014		
T, 5/3 & 5/10	6:30 - 8:30 PM	Sessions: 2
Timberline	Cindi Bergen	Age: 18+
Tuition: \$37.00	Materials: \$ 3.00	Total: \$40.00

Register today at

www.boiselearns.org

STEP-PARENT: MASTERING THE MOST DIFFICULT RELATIONSHIP

This class is designed for the brand new or soon-to-be step-parent – learn how to avoid the most common mistakes and pitfalls of this most difficult of relationships.

16S-PEN-006		
T, 5/10	6:30 - 8:30 PM	Sessions: 1
Hillside	Michael E Wiley, LCSW	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

VOICE-OVERS... NOW IS YOUR TIME!

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

16S-PEN-001		
T, 5/3	6:30 - 8:30 PM	Sessions: 1
Hillside	Lisa Foster	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



WHAT'S YOUR PURPOSE?

Why do we do the things we do? From the smallest daily actions to major life decisions, learn how to make choices that align with YOUR purpose and bring more passion and excitement to your life today!

16S-PEN-002		
M, 5/16	6:30 - 8:30 PM	Sessions: 1
Timberline	Stacy Rocklein	Age: 18+
Tuition: \$18.50	Materials: \$ 1.50	Total: \$20.00

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

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

16S-PFI-007		
M, 4/25	6:30 - 8:30 PM	Sessions: 1
Hillside	Ken Azbill	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



COLLEGE SCHOLARSHIPS & FINANCIAL AID

Learn about how to prepare for scholarships, athletic scholarships and financial aid for the 2016-2017 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1. One registers, two attend!

16S-PFI-013	6:30 - 8 PM	Sessions: 1
T, 4/26	David Ries, Rebecca Carroll, Brett Purvis	
Hillside	Age: Student ok w/parent	

16S-PFI-016	6:30 - 8 PM	Sessions: 1
Th, 4/28	David Ries, Rebecca Carroll, Brett Purvis	
Hillside	Age: Student ok w/parent	

16S-PFI-014	6:30 - 8 PM	Sessions: 1
T, 5/3	David Ries, Rebecca Carroll, Brett Purvis	
Timberline	Age: Student ok w/parent	

16S-PFI-017	6:30 - 8 PM	Sessions: 1
Th, 5/5	David Ries, Rebecca Carroll, Brett Purvis	
Timberline	Age: Student ok w/parent	

16S-PFI-015	6:30 - 8 PM	Sessions: 1
T, 5/10	David Ries, Rebecca Carroll, Brett Purvis	
West	Age: Student ok w/parent	

16S-PFI-018	6:30 - 8 PM	Sessions: 1
Th, 5/12	David Ries, Rebecca Carroll, Brett Purvis	
West	Age: Student ok w/parent	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90



ESTATE PLANNING 101

Estate planning is critical for all families! Join a local estate planning attorney to learn the top ten mistakes families often make and how to avoid them. Class will cover wills, living trusts, living wills, and powers of attorney.

16S-PFI-019	6:30 - 8:30 PM	Sessions: 1
T, 4/26	Natasha N Hazlett	Age: 18+
Hillside		

16S-PFI-020	6:30 - 8:30 PM	Sessions: 1
W, 4/27	Natasha N Hazlett	Age: 18+
Timberline		

16S-PFI-021	6:30 - 8:30 PM	Sessions: 1
W, 5/18	Natasha N Hazlett	Age: 18+
Hillside	Materials: \$ 0.00	Total: \$18.50

MECHANICS OF ONLINE TRADING

Whether you prefer to invest in mutual funds or trade individual stocks, you should take time to become educated about investing and build a portfolio that works for you. This class will teach you why you should learn to invest in the stock market, and how to do it. Please bring laptop to class if you have one.

16S-PFI-011	6:30 - 8 PM	Sessions: 4
T, 4/26-5/17	Marti Miller	Age: 18+
Timberline	Materials: \$ 3.00	Total: \$53.00

PAYING FOR LONG TERM CARE

The financial burdens of long term care usually fall on families and loved ones. This class will help you understand your options regarding available resources to pay for long term care without going broke.

16S-PFI-005	6:30 - 8 PM	Sessions: 1
M, 4/25	David Wilson	Age: 18+
West		

16S-PFI-006	6:30 - 8 PM	Sessions: 1
T, 5/10	David Wilson	Age: 18+
Timberline	Materials: \$ 0.00	Total: \$13.90

PERSONAL BUDGETING AND FINANCE

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

16S-PFI-022	6:30 - 8:30 PM	Sessions: 1
M, 5/9	Laura Canales, CPA	Age: 18+
West	Materials: \$ 0.00	Total: \$18.50



PRACTICAL ISSUES OF USING FINANCIAL POWERS OF ATTORNEY

Many of us will need someone to help handle our financial affairs for us 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.

16S-PFI-012	6:30 - 8 PM	Sessions: 1
M, 4/25	John McGown	Age: 18+
Timberline	Materials: \$ 5.25	Total: \$19.15

UNDERSTANDING SOCIAL SECURITY CLAIMING STRATEGIES

A recent Boston College study funded by the Social Security Administration concluded that couples are entitled to \$9.7 billion more than is claimed each year. Come join us to learn how important Social Security is to pre-retirement planning and strategies for success.

16S-PFI-001	6:30 - 8:30 PM	Sessions: 1
W, 4/27	Daniel Timberlake	Age: 18+
Timberline	Materials: \$ 0.00	Total: \$18.50

Let a Community Ed class help you manage your finances!

PHOTOGRAPHY

DSLR PHOTOGRAPHY BOOTCAMP: EXPOSURE AND COMPOSITION

Learn to combine technical DSLR camera skills like shutter speed, aperture, and ISO with creative vision to produce better photographs. Bring your DSLR camera, your camera manual, and a sketchbook to class, along with a healthy imagination.

16S-PHO-001	6:30 - 8:30 PM	Sessions: 3
T, 4/26-5/10	Don Johnson	Age: 18+
Hillside	Materials: \$ 0.50	Total: \$56.00



PHOTOGRAPHING PEOPLE – CAPTURE THE MOMENT

Learn how to “capture the moment” and take exceptional photographs of your loved ones! Your lifestyle photos can be outstanding whether you’re using a cell phone camera or a more advanced DSLR camera. This class is led by a professional photographer with a unique approach to photographing people.

16S-PHO-002	6:30 - 8:30 PM	Sessions: 2
W, 4/27 & 5/4	Jack Floegel	Age: 18+
West	Materials: \$ 0.00	Total: \$37.00

SCIENCE & TECHNOLOGY

DRONES: GETTING STARTED

Drones are showing up in more places. Here is your chance to learn what they are, how they’re built, and some basics about how to fly them. Safety and legal concerns are explained. Aerial photography topics will also be discussed. Come learn about this fun and exciting hobby!

16S-COM-002	6:30 - 8:30 PM	Sessions: 1
M, 5/2	John Bagley, Michael Johnston	Age: 14+ w/adult
West	Materials: \$ 0.00	Total: \$18.50

SCIENCE IN YOUR EVERYDAY LIFE!

In this engaging, one-hour informational course you will interact with local biology researchers to learn about four areas of biological research, including aging of the human brain, changes in our local sagebrush vegetation, local insect diversity, and natural and man-made soundscapes.

16S-SCI-001	6:30 - 7:30 PM	Sessions: 1
T, 5/3	Juliette Rubin, Julia Love,	
Timberline	Ann Marie Raymondi, Ashley Rhode	Age: 18+
	Materials: \$ 0.00	Total: \$9.25

YOGA & MEDITATION

GENTLE IYENGAR YOGA

Gentle Iyengar Yoga focuses on props and pranayama (breath awareness) techniques for relaxation of the mind and body.

16S-FIT-029	11-11:50 AM	Sessions: 8
M/Th, 4/25-5/19	1620 N Liberty St, Boise	
Firehouse No. 6	Instructors	Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00



HATHA YOGA

Learn the fundamentals of hatha yoga. Class blends balance, strength, flexibility and power to increase flexibility and improve overall fitness. Great class for those new to the practice.

16S-FIT-028	5:30 - 6:15 PM	Sessions: 8
T/Th, 4/26-5/19	1620 N Liberty St, Boise	
Firehouse No. 6	Crystal Markham-Brown	Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

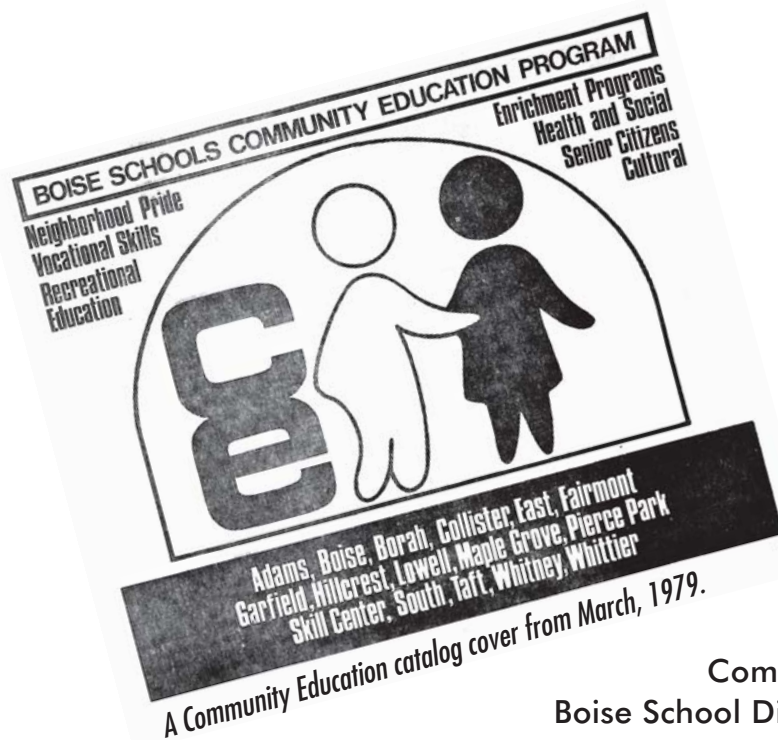
RELAXATION WITH MEDITATION

In this class, we will learn how meditation helps to relax your mind and reduce stress. Regular practice of meditation will help to increase overall energy and productivity. Optional material fee.

16S-HOL-014	7:30 - 8:30 PM	Sessions: 1
Th, 5/5	Durga M Mamidipalli	Age: 15+ w/adult
Timberline	Materials: \$ 0.00	Total: \$9.25

Please Note:
We included the most up-to-date and accurate information at the time of printing, however, some details may change.
The most accurate information on times, dates, locations, etc., will be available in the online registration system. If you have any questions, please call (208) 854-4047 or e-mail communityed@boiseschools.org

Follow us on  



COMMUNITY EDUCATION...

Celebrating Over 45 Years of Service to the Treasure Valley!

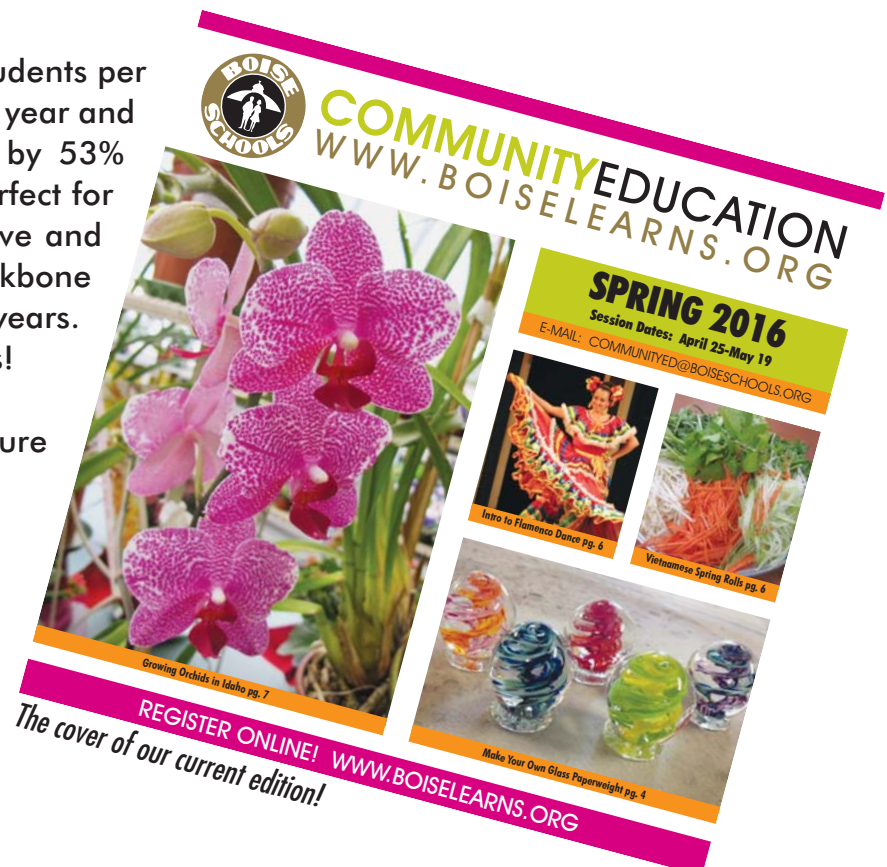
In the summer of 1971, the first activities and classes of Boise Schools Community Education began! Classes were held in 3 schools, with a total of 42 classes and 240 participants. This number grew to 18 schools, and 28 other locations by 1991. In recent years, the program runs efficiently through 3 schools, and various other locations with our offsite business partners.

Community Education is an educational/enrichment program within the Boise School District. The goal of the Community Education program is to encourage continuous, lifelong learning for District patrons at a minimal cost. In 2004, there was a brief suspension of classes, a public survey taken, and a revamping of class costs. Boise residents voiced their love of Community Ed, and wanted to continue enjoying the opportunities the program offers! Community Ed offered, and still offers today, the opportunity for all residents to enjoy Boise School District facilities throughout their lives. The average American pays taxes that fund public schools... and Community Ed is a great way to give back to the residents! It's not just for K-12 students. It's for everyone!

Today, Community Ed holds over 700 classes for nearly 7,000 students per year! Enrollment increased by 71% between the 2006-07 school year and the 2014-15 school year. The number of courses increased by 53% during the same period. Generally, activities and classes are perfect for beginners, and are led by volunteer instructors, who have a love and knowledge of their subject. Our volunteer instructors are the backbone of the program! Some have been with the program for over 20 years. We are always looking for new instructors... so come and join us!

Whether new to town or a Boise resident for decades, you are sure to find an intriguing subject at a school or business near you.

Lifelong learning in the Treasure Valley for over 45 years!





TEACH WITH US!

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

COMMUNITY EDUCATION
WWW.BOISELEARNS.ORG

wants YOU!

Diversity is the key to meeting the community's needs, so we love fresh ideas for new and interesting courses.



REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The four-week Spring 2016 session will run Mon.-Thurs. evenings, April 25 through May 19. 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: Noni Landaluce & Timothy Haus

TIMBERLINE HIGH SCHOOL

701 E. Boise Ave., Boise, ID 83706
(Use clock tower entrance on Boise Ave. Park in the lot accessed off Linden St.)
Site Facilitators: Nolan Walker & John Youngkin

WEST JUNIOR HIGH SCHOOL

8371 W. Salt Creek Ct., Boise, ID 83709
(Turn south on S. Trabuco Ave., off Victory Rd. between Cole and Maple Grove roads)
Site Facilitators: T.J. Mayer & Ryan Voorstad

Community Business Partners (off-site):

62 DEGREES PHYSICAL THERAPY

8660 W. Emerald St., Ste. #112
Boise, ID 83704; 321-7831

BOISE ART GLASS

1124 Front St.
Boise, ID 83702; 345-1825

BOISE AT ITS BEST FLOWERS

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

BOISE BELLYDANCE COMPANY

3085 N. Cole Rd., Ste. 113
Boise, ID 83709; 353-7441

CLOVERDALE FUNERAL HOME

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

DOWNTOWN YMCA

1050 W. State St.
Boise, ID 83702; 344-5502

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Suite # 130
Eagle, ID 83616; 854-0968

EAGLE PERFORMING ARTS CENTER

1125 E. State St.
Eagle, ID 83616; 338-4633

FIRE FUSION STUDIOS

1124 Front St.
Boise, ID 83702; 345-1825

FIREHOUSE NO. 6

1620 N. Liberty St.
Boise, ID 83713; 284-6102

HOMECOURT YMCA

936 N. Taylor St., Suite 104
Meridian, ID 83646; 855-5711

IDAHO ANGLER

1682 S. Vista Ave.
Boise, ID 83705; 389-9957

THE IDAHO CENTER FOR INTEGRATIVE MEDICINE

3271 N. Milwaukee St.
Boise, ID 83704; 629-5374

MEADOW LAKE VILLAGE RETIREMENT COMMUNITY

4037 E. Clocktower Lane
Meridian, ID 83642; 888-2277

MOSAIC ESSENTIAL

413 E. 37th St.
Garden City, ID 83714; 841-5988

NORTHWEST SCHOOL OF FLY FISHING

641 N. Five Mile Rd.
Boise, ID 83713; 375-0045

PAT HARRIS DANCE STUDIO

1225 N. McKinney Lane
Boise, ID 83704; 375-3255

PHYSICAL THERAPY 180

5909 W. State St.
Boise, ID 83703; 343-7700

THRIVE CHIROPRACTIC BOISE

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

TOUCHMARK HEALTH & FITNESS CLUB

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

WOODCRAFT OF BOISE

7005 W. Overland Rd.
Boise, ID 83709; 338-1190

HOW DO I REGISTER?

- Online: www.boiselearns.org.
- Mail: Registration form with payment to Boise Schools Community Education, 8169 W. Victory Rd., Boise, ID 83709.
- Walk-in: 8:30 AM - 4:30 PM, Mon. - Fri., located in the Boise Schools District Services Center, 8169 W. Victory Road, Boise, ID 83709.
- Phone: 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 \$9.25 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 \$18.50 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.

MAY I TEACH A COMMUNITY EDUCATION CLASS?

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

ARE GIFT CERTIFICATES AVAILABLE?

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



Intermediate Crochet pg. 3

CLASS REGISTRATION FORM

Complete one registration form per student. Use an additional class registration form, if necessary.

Student Name (print) _____ Parent/Guardian Name (print) _____ Date _____
(if student is 17 years of age and under)

Address _____ E-mail _____
Street City State Zip

Work Phone _____ Home Phone _____ Cell Phone _____

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

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

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

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

Class Number _____ Start Date of Class _____ Class Title _____

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
BOISELEARNS.ORG

FOR MORE INFORMATION,
CONTACT THE COMMUNITY
EDUCATION OFFICE AT
854-4047 OR VIA E-MAIL AT
COMMUNITYED@BOISESCHOOLS.ORG



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

HILLSIDE JUNIOR HIGH SCHOOL
3536 Hill Rd., Boise, ID 83703
(Corner of Hill Rd. and 36th St.)

WEST JUNIOR HIGH SCHOOL
8371 W. Salt Creek Ct., Boise, ID 83709
(Turn south on S. Trabuco Ave., off Victory Rd.
between Cole Rd. & Maple Grove Rd.)

Classes also offered at various off-site locations. See course descriptions at **BOISELEARNS.ORG**.