



COMMUNITY EDUCATION

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Quilting Beautiful Stars! pg. 4



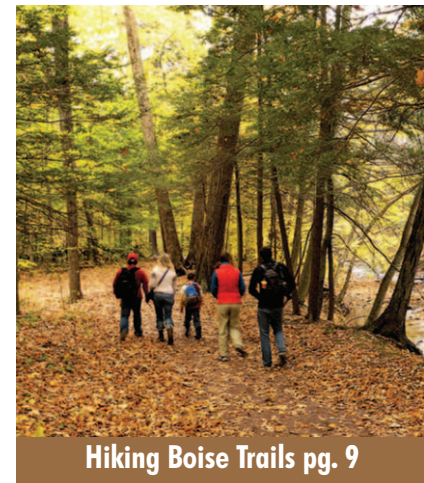
WINTER 2016

Session Dates: Jan. 25 - March 17

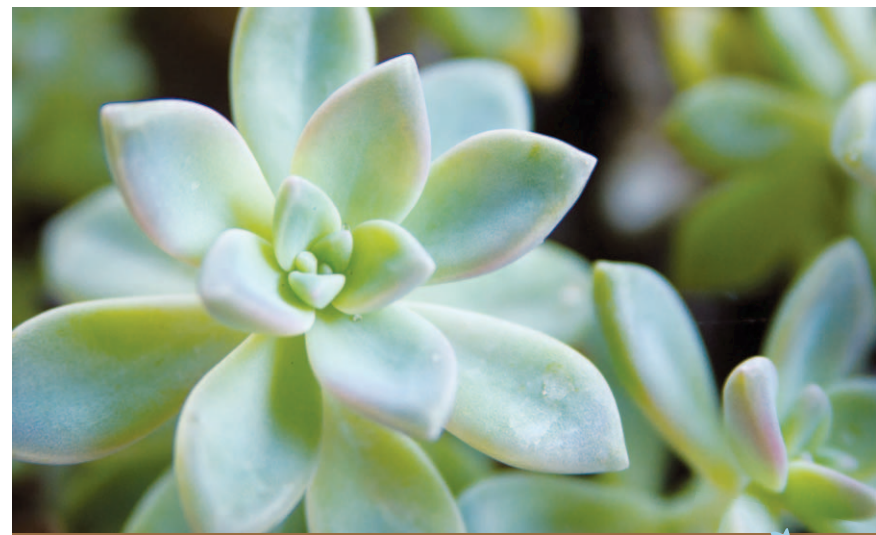
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Succulent Container Gardening pg. 9

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*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 Winter 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 winter. 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 videotapes taken of them for future program promotional or marketing materials.



ACTIVE AGING

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.

16W-PEN-014	W, 2/24	6:30 - 8 PM	Sessions: 1
Timberline	Sherry Dunbar, Gail Kirkpatrick	Age: 50+	
16W-PEN-013	Th, 3/10	6:30 - 8 PM	Sessions: 1
Timberline	Sherry Dunbar, Gail Kirkpatrick	Age: 50+	
Tuition: \$13.90	Materials: \$ 0.60	Total: \$14.50	

AQUA PI-YO-CHI

Aqua Pi-Yo-Chi incorporates the strength of Pilates, the alignment and balance of yoga, and the energy revitalization of Ai Chi. Class includes use of aqua noodles. Suitable for all levels.

16W-FIT-033	F, 1/29-3/18	11 - 11:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Martha Hopper, Teri Denny		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

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!

16W-FIT-028	T/Th, 1/26-3/17	4 - 4:50 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Lysvette Henderson, Teri Denny		Tuition: \$64.00	Materials: \$ 0.00
Total: \$64.00			

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!

16W-FIT-027	F, 1/29-3/18	10 - 10:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Lysvette Henderson, Teri Denny		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

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!

16W-FIT-030	T/Th, 1/26-3/17	8 - 9 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Carol Garcia, Teri Denny		Tuition: \$64.00	Materials: \$ 0.00
Total: \$64.00			

Register today at
www.boiselearns.org

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.

16W-FIT-029	M/W, 1/25-3/16	9 - 9:45 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Carol Garcia, Teri Denny		Tuition: \$60.00	Materials: \$ 0.00
Total: \$60.00			

BALANCE AND STRENGTH – LEVEL 3

A combination of balance, strengthening and balance related exercises. Exercises are performed mostly seated. Level 3 is slower paced, and walking devices may be used if needed.

16W-FIT-035	M/W, 1/25-3/16	11 - 11:45 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Carol Garcia, Teri Denny		Tuition: \$60.00	Materials: \$ 0.00
Total: \$60.00			

CORE & FLEXIBILITY

Core strength, balance and mobility exercises for the older adults seeking a more active lifestyle; by utilizing stretching and core strengthening exercises. Participants can expect a natural progression from simple movements into practical everyday life applications. OLDER ADULT APPROVED!

16W-FIT-053	Th, 1/28-3/17	10:35 - 11:30 AM	Sessions: 8
Homecourt YMCA	936 W Taylor Ave, Ste 104, Meridian	Age: 50+	
Michael Clay		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

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.

16W-FIT-048	M/W/F, 1/25-3/18	11 - 12 N	Sessions: 24
Downtown YMCA	1050 W State St, Boise	Age: 50+	
Vicki A DiMatteo		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

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.

16W-FIT-025	T, 1/26-3/15	12 - 12:50 PM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Martha Hopper		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

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.

16W-HEA-002	W, 3/2	6:30 - 8 PM	Sessions: 1
Timberline	Victoria Savage	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

KARATE: SHORIN-RYU FOR SENIORS

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 registration!

16W-FIT-014	F, 1/29-3/4	6:30 - 7:30 PM	Sessions: 6
Pat Harris Dance Studio	1225 N McKinney St, Boise	Age: 50+	
Bob Smith		Tuition: \$36.00	Materials: \$ 0.00
Total: \$36.00			

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.

16W-FIT-032	T, 1/26-3/15	11 - 11:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Martha Hopper		Tuition: \$40.00	Materials: \$ 0.00
Total: \$40.00			

LINE DANCING – FOR SENIORS!

Exercise body and mind while dancing to choreographed routines. This class provides stress relief and encourages social interaction. No partner or experience needed.

16W-DAN-008	M, 2/8-3/7	6:30 - 7:30 PM	Sessions: 5
Meadow Lake Village	4037 E Clocktower Ln, Meridian	Age: 50+	
Arlene Ankenman		Tuition: \$46.25	Materials: \$ 0.00
Total: \$46.25			



SENIOR FIT YOGA

Age gracefully with yoga. This class will help the aging body to maintain balance, flexibility, and strength. Practice is supported with chairs, blocks, straps, and blankets.

16W-FIT-007	Th, 1/28-2/18	10:45 - 11:45 AM	Sessions: 4
Yoga in the Hood	514 N. 16th St, Boise	Age: 50+	
Sylvia Cohen		Tuition: \$37.00	Materials: \$ 0.00
Total: \$37.00			

SILVER SNEAKERS

Strength, flexibility, balance, and coordination exercises for active older adults. Exercises are performed both standing and sitting in chairs. Upbeat music adds to the overall experience. OLDER ADULT APPROVED!

16W-FIT-052	M/W, 1/25-3/16	10:35 - 11:30 AM	Sessions: 16
Homecourt YMCA	936 W Taylor Ave, Ste 104, Meridian	Age: 18+	
April Kovalscik		Tuition: \$60.00	Materials: \$ 0.00
Total: \$60.00			

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.

16W-FIT-016	M/F, 1/25-3/18	10 - 10:45 AM	Sessions: 16
Firehouse No. 6	1620 N Liberty St, Boise	Age: 50+	
Firehouse No. 6 Instructors		Tuition: \$60.00	Materials: \$ 0.00
Total: \$60.00			

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.

16W-FIT-003	T/Th, 1/26-2/25	10:30 - 11:30 AM	Sessions: 10
Pat Harris Dance Studio	1225 N McKinney St, Boise	Age: 50+	
Kathi A McNaughton		Tuition: \$50.00	Materials: \$ 0.00
Total: \$50.00			

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).

16W-FIT-026	M/W, 1/25-3/16	3 - 3:50 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	Age: 40+	
Lysvette Henderson		Tuition: \$64.00	Materials: \$ 0.00
Total: \$64.00			

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

ARTS

ASIAN-INSPIRED GOURD VESSEL

Using Japanese and other handmade paper, students will create a unique one-of-a-kind Asian-inspired gourd vessel. The special paper will be cut into wedge-shaped strips and arranged by color of choice to custom fit the top portion of the gourd. Beautiful embellishments will then be added for the finishing touch. No two gourds will turn out alike!

16W-ART-003	M/T, 2/22 & 2/23	6:30 - 8:30 PM	Sessions: 2
West	Duane Langworthy, Alan D Sweeney	Age: 18+	
Tuition: \$18.50	Materials: \$ 9.50	Total: \$28.00	

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.

16W-ART-007			
W, 2/17	6:30 - 9 PM	Sessions: 1	
16W-ART-008			
W, 3/9	6:30 - 9 PM	Sessions: 1	
Timberline	Nancy Sathre-Vogel	Age: 18+	
Tuition: \$23.50	Materials: \$ 65.00	Total: \$88.50	

CROCHET 101

Learn to crochet fun projects such as amigurumi animals, hats, or a granny square afghan. Supplies needed.

16W-ART-001			
T, 1/26-3/15	6:30 - 8:30 PM	Sessions: 8	
Timberline	Donna Adams	Age: all w/adult	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

DIY MOSAIC PICTURE FRAME

In this class, you will learn from an amazing local mosaic tile expert how to make a picture frame with this beautiful and unique medium. Perfect gift!

16W-ART-010			
T, 2/2	6:30 - 8:30 PM	Sessions: 1	
Mosaic Essential	413 East 37th St, Garden City		
Reham Aarti		Age: 18+	
Tuition: \$15.00	Materials: \$ 20.00	Total: \$35.00	



EASY ORIGAMI: HEARTS & FLOWERS!

Just in time for Valentine's Day! Learn how to create beautiful origami hearts and flowers. Instructor will demonstrate and supply a variety of materials.

16W-ART-030			
M, 2/8	6:30 - 8:30 PM	Sessions: 1	
Hillside	Jeanette Ross	Age: 10+	
Tuition: \$18.50	Materials: \$ 3.00	Total: \$21.50	

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.

16W-ART-026			
Th, 1/28	6 - 7 PM	Sessions: 1	
16W-ART-028			
T, 3/1	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	

Classes fill quickly – register today!

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.

16W-ART-027			
Th, 2/25	6 - 7 PM	Sessions: 1	
16W-ART-029			
T, 3/15	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 VALENTINE CARDS

Get a jump start on your Valentines with two beautifully hand-stamped cards, and two totally terrific treat packages! They are easy to duplicate for mass producing or perfectly unique for that special person. Materials provided.

16W-ART-004			
M, 2/1	6:30 - 8 PM	Sessions: 1	
Hillside	Becky Roberts	Age: 18+	
Tuition: \$13.90	Materials: \$ 9.00	Total: \$22.90	

HENNA FOR BEGINNERS

Learn how to make henna paste and roll henna cones so you can do your own temporary henna tattoos! Participants will learn simple henna designs and will go home with two henna cones that they helped create and fill.

16W-ART-006			
Th, 2/11	6:30 - 8:00 PM	Sessions: 1	
Hillside	Joanna Russell	Age: 14+ w/adult	
Tuition: \$13.90	Materials: \$ 6.50	Total: \$20.40	

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. **These classes are held at Fire Fusion Studio, 1124 W Front St, Boise.**

16W-ART-019			
W, 2/3	6 - 8 PM	Sessions: 1	
16W-ART-020			
T, 2/9	6 - 8 PM	Sessions: 1	
16W-ART-021			
F, 2/19	6 - 8 PM	Sessions: 1	
16W-ART-022			
T, 2/23	6 - 8 PM	Sessions: 1	
16W-ART-023			
F, 3/4	6 - 8 PM	Sessions: 1	
16W-ART-024			
T, 3/8	6 - 8 PM	Sessions: 1	
16W-ART-025			
Th, 3/17	6 - 8 PM	Sessions: 1	
Delia Dante		Age: 18+	
Tuition: \$12.00	Materials: \$ 40.00	Total: \$52.00	

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. **These classes are held at Boise Art Glass, 1124 W Front St, Boise.**

16W-ART-011			
F, 1/29	6 - 9 PM	Sessions: 1	
16W-ART-013			
M, 2/8	6 - 9 PM	Sessions: 1	
16W-ART-015			
M, 2/22	6 - 9 PM	Sessions: 1	
16W-ART-017			
Th, 3/10	6 - 9 PM	Sessions: 1	
Matthew S Jordan		Age: 18+	
Tuition: \$22.00	Materials: \$ 18.00	Total: \$40.00	

MAKE YOUR OWN GLASS SEA FLOAT **NEW!**

In this workshop, you and an instructor will work together to make your own blown glass sea float. This 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 sea float that will be available for pick-up the following day after 3 pm. **These classes are held at Boise Art Glass, 1124 W Front St, Boise.**

16W-ART-012			
W, 2/3	6 - 9 PM	Sessions: 1	
16W-ART-014			
T, 2/16	6 - 9 PM	Sessions: 1	
16W-ART-016			
F, 3/4	6 - 9 PM	Sessions: 1	
16W-ART-018			
W, 3/16	6 - 9 PM	Sessions: 1	
Matthew S Jordan		Age: 18+	
Tuition: \$22.00	Materials: \$ 25.00	Total: \$47.00	



PINE NEEDLE COILING ON GOURDS

Come learn a new skill! In this class, students will learn how to prepare a gourd for the coiling process. We will coil two rows of pine needles around the rim of a gourd.

16W-ART-005			
M, 3/14	6:30 - 8:30 PM	Sessions: 1	
Hillside	Peggy Jarred	Age: 18+	
Tuition: \$18.50	Materials: \$ 5.50	Total: \$24.00	

QUILTING BEAUTIFUL STARS!

In this class you will learn to create many different quilt block stars, from the simple to more intricate. Pattern kits are provided. Supplies needed. **NO CLASS MONDAY 2/15.**

16W-ART-009			
M, 1/25-3/7	6:30 - 8:30 PM	Sessions: 6	
Hillside	Mary Farrar	Age: 18+	
Tuition: \$60.00	Materials: \$ 7.50	Total: \$67.50	

UKRANIAN-INSPIRED EASTER EGG GOURDS

Just in time for Easter! In this class, students will create a beautiful geometric pattern on an egg-shaped gourd which will be burned onto the surface using adjustable heat wood-burning tools. Colored pencils will be provided to add color if desired. Lastly, we will use a spray on sealer which will bring your masterpiece to life!

16W-ART-002			
M/T, 3/14 & 3/15	6:30 - 8:30 PM	Sessions: 2	
West	Alan D Sweeney, Duane Langworthy		
Age: 18+			
Tuition: \$18.50	Materials: \$ 6.00	Total: \$24.50	

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.

16W-BUS-001			
T, 3/1	6:30 - 8:30 PM	Sessions: 1	
Hillside	John Mathews	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

HOW TO FINISH A BIG PROJECT!

Learn how to get started, break your project down into actionable steps, track your progress, identify and overcome obstacles, and celebrate completion! We'll apply basics of program management, goals and motivation science, and more.

16W-BUS-002			
T, 1/26 & 2/2	6:30 - 8 PM	Sessions: 2	
Timberline	Lisa Hecht	Age: 18+	
Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50	

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.

16W-COM-001			
M, 2/22-3/7	6:30 - 8 PM	Sessions: 3	
Hillside	John D Biggs	Age: 18+	
Tuition: \$41.70	Materials: \$ 0.00	Total: \$41.70	



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. Aerial photography topics will also be discussed. Come learn about this fun and exciting hobby!

16W-COM-009			
M, 2/8	6:30 - 8:30 PM	Sessions: 1	
16W-COM-010			
M, 3/14	6:30 - 8:30 PM	Sessions: 1	
West	John Bagley, Michael Johnson		
Age: 14+ w/adult			
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	



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.

16W-COM-002			
T/Th, 2/2 & 2/4	6:30 - 8:30 PM	Sessions: 2	
Timberline	Andy Lanning	Age: 18+	
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00	

FREE GOOGLE DRIVE TOOLS FOR WORK AND PLAY

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

16W-COM-005			
Th, 1/28	6:30 - 8:30 PM	Sessions: 1	
Timberline	Kelly Hall	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

GOOGLE FORMS

Learn about this free, online, easy to use Google Drive application that creates a form, shares the form with whom you choose and then automatically gathers the form responses into a spreadsheet. There are so many practical applications for this powerful Google tool; you will not know how you lived without it!

16W-COM-006			
Th, 3/3 & 3/10	6:30 - 8:30 PM	Sessions: 2	
Timberline	Kelly Hall	Age: 18+	
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00	



John and Michael enjoy volunteering with Community Ed because they know the resources on the subject are limited, and our students are so appreciative of their knowledge. We know that Boise loves to learn from amazing instructors like John and Michael!

John Bagley has a degree in Computer Science. He grew up in Chicago, and went to school in Iowa, and eventually found his way to Boise, where he works for HP. His experience with Drones is self-taught. He has built and flown more than a dozen machines, covering a wide spectrum of configurations and controllers.

Michael Johnson is an avid Radio Controlled (RC) multi-rotor copter (Drone) builder and flyer who is passionate about this exciting new hobby. He has a background in Electrical Engineering and enjoys sharing his knowledge and experiences relating to multi-rotors with others. He is also an amateur photographer who is exploring aerial photography. He grew up in New Mexico, and, like John, found his way to Boise, and works for HP.

They would like to eventually produce their own drones, focusing on the racers. To see what this exciting sport/hobby looks like, go to YouTube.com and search for "charpu drones" or "quadcopter racing." WOW!

As drones are showing up in more places, this is your chance to learn what they are, how they're built, and some basics about how to fly them. You'll even get to fly a drone during class! Aerial photography topics will also be discussed.

Come learn about this fun and exciting hobby! Ages 14+ are welcome with an adult present.

MICROSOFT EXCEL 2010-BEGINNING

For students with limited knowledge of Microsoft Excel 2010, this course introduces spreadsheets, navigation, inserting and deleting data, basic formulas, and elementary formatting of worksheets.

16W-COM-007			
W, 2/3 & 2/10	6:30 - 8:30 PM	Sessions: 2	
Hillside	Carlene Hoene	Age: 18+	
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00	

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.

16W-COM-004			
T/Th, 3/1 & 3/3	6:30 - 8:30 PM	Sessions: 2	
Timberline	Andy Lanning	Age: 18+	
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00	

MICROSOFT EXCEL 2010: INTERMEDIATE

Students will briefly review the basics of Microsoft Excel 2010, then focus on automating calculations, formulas, data filtering and sorting, and the first steps in creating a pivot table.

16W-COM-008			
W, 2/17 & 2/24	6:30 - 8:30 PM	Sessions: 2	
Hillside	Carlene Hoene	Age: 18+	
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00	

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.

16W-COM-003			
T/Th, 2/16 & 2/18	6:30 - 8:30 PM	Sessions: 2	
Timberline	Andy Lanning	Age: 18+	
Tuition: \$37.00	Materials: \$ 5.00	Total: \$42.00	

VOLUNTEER INSTRUCTOR SPOTLIGHT

What is new and exciting in the technology world? DRONES! If you are eager to learn what they are all about, or if this is your new hobby, you will want to join **John Bagley** and **Michael Johnson** in their class **DRONES: GETTING STARTED**.

John and Michael have taught 6 classes for Community Ed, and have seen the interest grow with each class. Most students have a drone, and want to take their knowledge to the next level. To take the drone from the beginner "indoor" copter, there are safety and legal concerns that are crucial to moving forward, and they both have the backgrounds to teach this popular phenomenon.

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.

16W-HEA-016			
M, 1/25	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) used in schools. Class is designed for the general public. Come dressed to perform CPR; certification card provided at the end of class.

16W-HEA-012			
Th, 2/4	6 - 8:30 PM	Sessions: 1	
Timberline	Jeanne Llewellyn	Age: 18+	
Tuition: \$23.00	Materials: \$ 15.00	Total: \$38.00	

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.

16W-HEA-017			
M, 2/22	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) used in schools. Class is designed for the general public. Come dressed to perform CPR; certification card provided at the end of class.

16W-HEA-013			
Th, 3/3	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.

16W-HEA-015			
Th, 2/18	6:30 - 8:30 PM	Sessions: 1	
Timberline	Jeanne Llewellyn	Age: 18+	
Tuition: \$18.50	Materials: \$ 15.00	Total: \$33.50	

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.

16W-CUL-020			
Th, 1/28	6:30 - 8:30 PM	Sessions: 1	
16W-CUL-021			
Th, 2/11	6:30 - 8:30 PM	Sessions: 1	
Timberline	Prarthana Kashikar	Age: 18+	
Tuition: \$18.50	Materials: \$ 16.00	Total: \$34.50	

Register today at
www.boiselearns.org

CAKE DECORATING 101

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

16W-CUL-002

W, 1/27-3/16 6:30 - 8:30 PM Sessions: 8
Timberline Donna Adams Age: all w/adult
Tuition: \$50.00 Materials: \$ 0.00 Total: \$50.00

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.

16W-CUL-023

Th, 2/4 6:30 - 8:30 PM Sessions: 1
Timberline Chelsea Mortenson, Ryan Alpers Age: 18+
Tuition: \$18.50 Materials: \$ 10.00 Total: \$28.50



EASY & DELICIOUS GLUTEN FREE, DAIRY FREE COOKING

Learn gluten free, dairy free and egg free cooking tips, alternatives and new recipes. Discover local restaurants and brands that are healthy and taste great, as well as tips for meal prep and storage. Learn about the NAET Technique and how it can desensitize your food intolerances.

16W-CUL-025

M, 2/29 6:30 - 8:30 PM Sessions: 1
Hillside Emily A Richmond (Yuen) Age: 18+
Tuition: \$18.50 Materials: \$ 0.00 Total: \$18.50

EAT BETTER FOR LESS

Less time, less money, less stress! Decrease your grocery budget, cut time in the grocery store, and prepare well-rounded, nutritious meals for less. Build your rainy day food reserves. Optional material fee.

16W-CUL-005

M, 1/25 6:30 - 8:30 PM Sessions: 1
Hillside Mary Ann Wilcox Age: 18+

16W-CUL-006

M, 2/1 6:30 - 8:30 PM Sessions: 1
Timberline Mary Ann Wilcox Age: 18+
Tuition: \$18.50 Materials: \$ 5.00 Total: \$ 23.50

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!

16W-CUL-024

Th, 3/10 6:30 - 8:30 PM Sessions: 1
Timberline Ryan Alpers, Ian Alpers Age: 18+
Tuition: \$18.50 Materials: \$ 7.50 Total: \$26.00

GLUTEN FREE BAKING

Trouble digesting gluten? Learn how to make inexpensive flours that can be used with any recipe without a lot of conversion. Lots of samples to taste!

16W-CUL-007

M, 2/8 6:30 - 8:30 PM Sessions: 1
Hillside Mary Ann Wilcox Age: 18+

16W-CUL-009

M, 2/22 6:30 - 8:30 PM Sessions: 1
Timberline Mary Ann Wilcox Age: 18+
Tuition: \$18.50 Materials: \$ 5.00 Total: \$23.50

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.

16W-CUL-018

M, 2/29 6:30 - 8:30 PM Sessions: 1
Timberline 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!

16W-CUL-013

M, 1/25 6:30 - 8:30 PM Sessions: 1
Timberline Anjel Griggs Age: 18+

16W-CUL-014

T, 2/9 6:30 - 8:30 PM Sessions: 1
Hillside Anjel Griggs Age: 18+

16W-CUL-015

T, 2/23 6:30 - 8:30 PM Sessions: 1
Timberline Anjel Griggs Age: 18+

16W-CUL-016

Th, 3/17 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!

16W-CUL-001

Th, 2/25 6:30 - 8 PM Sessions: 1

16W-CUL-003

Th, 3/3 6:30 - 8 PM Sessions: 1
Timberline Marti Miller Age: 18+
Tuition: \$13.90 Materials: \$ 9.50 Total: \$23.40



MAKE YOUR OWN DAIRY PRODUCTS

Every commercial dairy product can be made with powdered milk at 50-100% savings and in less than 5 minutes. Learn how to make yogurt, sour cream, cream cheese, hard cheese, cottage cheese, ice cream, frozen yogurt and sweetened condensed milk. This is a taste pleasing class you won't want to miss! Optional manual for purchase.

16W-CUL-010

M, 2/29 6:30 - 8:30 PM Sessions: 1
Hillside Mary Ann Wilcox Age: 18+

16W-CUL-011

M, 3/7 6:30 - 8:30 PM Sessions: 1
West Mary Ann Wilcox Age: 18+

16W-CUL-012

M, 3/14 6:30 - 8:30 PM Sessions: 1
Timberline Mary Ann Wilcox Age: 18+
Tuition: \$18.50 Materials: \$ 5.00 Total: \$23.50

PAELLA 101

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

16W-CUL-004

M, 2/22 6 - 8 PM Sessions: 1
The Basque Market 608 W Grove St, Boise
Tara McElhose-Eiguren, Tony Eiguren Age: 18+
Tuition: \$18.50 Materials: \$ 8.00 Total: \$26.50

SOURDOUGH BAKING

Uncover the secrets of cooking and baking with sourdough, an all-natural leavening process that's been used for thousand of years! You'll take home your baked goods, and two different sourdough starters. Yum!

16W-CUL-019

M, 3/7 6:30 - 8:30 PM Sessions: 1
Timberline Anjel Griggs Age: 18+
Tuition: \$18.50 Materials: \$ 16.00 Total: \$34.50

STEAMED BROWN BREAD & BUTTER

Join this class to learn how to make two of the oldest foods known to humans: steam-cooked brown bread and fresh-churned butter. You'll take home a loaf of this delicious bread and a ball of butter.

16W-CUL-017

Th, 2/18 6:30 - 8:30 PM Sessions: 1
Timberline Anjel Griggs Age: 18+
Tuition: \$18.50 Materials: \$ 20.00 Total: \$38.50



THE HIGHER TASTE: KARMA FREE FOOD

If you're interested in learning about the vegetarian lifestyle through Eastern philosophy and cooking, then join us for this class in which we talk about the science of vegetarianism and learn how to cook an authentic Indian dish.

16W-CUL-022

T, 3/8 6:30 - 8:30 PM Sessions: 1
Timberline Prarthana Kashkar Age: 18+
Tuition: \$18.50 Materials: \$ 5.00 Total: \$23.50

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.

16W-HIS-005

W, 3/16 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.

16W-HIS-003

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



CHINA – MYTHS, LEGENDS, AND REALITY

In this class, students will have the opportunity to see and hear some of the sights and sounds of China. You will learn about the significance of the Chinese Red Dragon, and even learn to speak a few words! The instructor spent 5-1/2 years teaching in universities in Qingdao & Beijing, China, and will have lots of Chinese items for you to explore!

16W-TRA-002

Th, 3/17	6:30 - 8:30 PM	Sessions: 1
West	Effe Simpson	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!

16W-LEI-001

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

TALES OF THREE ITALIAN CITIES

Are you ready to explore the Big Three, must-see cities in Italy? Come and get an introduction to the history, art and architecture of Florence, Rome and Venice. The focus will be on interesting periods in the history of each city and a glimpse at the local cuisine.

16W-TRA-001

Th, 2/4-2/18	7 - 8:30 PM	Sessions: 3
Timberline	Dario Bollacasa	Age: 18+
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00

WORLD RELIGIONS – AN EXPLORATION

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

16W-HIS-004

W, 2/3-2/24	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.

16W-DAN-002

F, 1/29-3/18	6 - 7 PM	Sessions: 8
Boise Bellydance Company	3085 N Cole Rd, Ste 113, Boise	
Jennifer Orvis		Age: 18+
Tuition: \$64.00	Materials: \$ 0.00	Total: \$64.00

BEGINNING ADULT TAP DANCE

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

16W-DAN-010

M, 1/25-2/8	6:30 - 7:30 PM	Sessions: 3
Timberline	Susie Depew	Age: 18+
Tuition: \$27.80	Materials: \$ 0.00	Total: \$27.80

BOLLYWOOD DANCE 101

Kick up your heels with our two Bollywood dancers! Great class for young girls and women to learn and enjoy the awe-inspiring and rhythmic dance steps of contemporary Indian movies.

16W-DAN-003

Th, 1/28-2/18	6 - 7 PM	Sessions: 4
Timberline	Shireen Bahadur, Shivani Nigam	
Age: 18+		
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

COUPLES COUNTRY DANCE

2 FOR 1!

Kick up your heels with the two-step, waltz, east coast swing, and cha cha. Perfect date night. Tuition is per couple; one registers, both attend.

16W-DAN-009

Th, 2/11-3/10	7 - 8:30 PM	Sessions: 5
West	Arlene Ankenman	Age: 18+
Tuition: \$69.50	Materials: \$ 0.00	Total: \$69.50

IRISH STEP DANCE

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

16W-DAN-004

M, 1/25-2/29	5:30 - 6:30 PM	Sessions: 6
Killarney Irish Dance Studio	6141 W Corporal Ln, Boise	
Carly Allen		Age: 6-18
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

JAZZY HIP HOP

NEW!

This high energy dance class involves stretching and jazz techniques blended together into fun hip hop combinations. We will be focusing on techniques that will have you leaping, turning and using floorwork. Bouncing off the walls is encouraged!

16W-DAN-001

T, 1/26-3/1	6:30 - 8 PM	Sessions: 6
Hillside	Danielle Essma	Age: 10+ w/adult
Tuition: \$55.50	Materials: \$ 0.00	Total: \$55.50

LINE DANCE – BEGINNING

A long-time favorite with Community Ed! Learn the basic dance steps and get fit at the same time! Class is perfect for beginners - no partner or experience necessary.

16W-DAN-006

T, 2/9-3/8	6:30 - 7:30 PM	Sessions: 5
West	Arlene Ankenman	Age: 18+
Tuition: \$46.25	Materials: \$ 0.00	Total: \$46.25

Learn some new moves this winter with an exciting dance class!

LINE DANCE – INTERMEDIATE

Expand your horizon! This intermediate line dance class will offer more than just 40 steps. Challenge yourself!

16W-DAN-007

T, 2/9-3/8	7:30 - 8:30 PM	Sessions: 5
West	Arlene Ankenman	Age: 18+
Tuition: \$46.25	Materials: \$ 0.00	Total: \$46.25

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.

16W-HOL-001

T, 2/2	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.

16W-HEA-007

Th, 2/11	6:30 - 8 PM	Sessions: 1
Timberline	Kyle Ritter	Age: 18+
Tuition: \$13.90	Materials: \$ 1.10	Total: \$15.00

FITNESS

AERIAL HAMMOCK: BEGINNER

Come FLY with us! Gain strength and flexibility as you learn how to navigate through aerial exercise and poses... and just have FUN! These classes are held at **OPHIDIA STUDIO, 2615 W Kootenai St, Boise.**

16W-FIT-031

T, 1/26	10 - 11:15 AM	Sessions: 1
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16W-FIT-036

Th, 1/28	10 - 11:15 AM	Sessions: 1
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16W-FIT-037

T, 2/16	10 - 11:15 AM	Sessions: 1
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16W-FIT-038

Th, 2/18	10 - 11:15 AM	Sessions: 1
SuChen Gee		Age: 12+
Tuition: \$13.00	Materials: \$ 0.00	Total: \$13.00



Get fit this winter – Community Ed can help!

BARRE/YOGA FUSION

NEW!

A basic yoga flow will warm up the bodies for Barre postures. Combining Barre and yoga will help create long, lean muscles. Barre is a highly effective yet low-impact way to strengthen and lengthen the lower body. A gentle yoga stretch will finish off the class, which is appropriate for all skill levels.

16W-FIT-049

Th, 1/28-3/17	9 - 10 AM	Sessions: 8
Firehouse No. 6	1620 N Liberty St, Boise	
Firehouse No. 6 Instructors		Age: 18+
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

BASIC PILATES MATWORK

Throughout the course of these 4 classes, you will learn the original Pilates sequence of exercises, and discover why Pilates is so great for your posture, your back, your belly, and even your hips and legs! Mats are provided but you are welcome to bring your own.

16W-FIT-057

M/Th, 1/25-2/4	7 - 8 PM	Sessions: 4
Mindset Hypnosis and Health Center	5981 W Overland Rd, Boise	
Dr. Kaylan McKinney-Vialpando		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

BEYOND WAIST HOOPING

In this class we will explore moving beyond basic waist hooping. We will explore various isolations, hand spins, body roll techniques and more! You do NOT need to know how to waist hoop for this class, but it doesn't hurt. Please bring a positive attitude and lots of love and patience for yourself! Large, weighted "fitness" hoops are not recommended for this class.

16W-FIT-034

M, 2/22-3/14	6:30 - 7:30 PM	Sessions: 4
Hillside	Kristen Grugel	Age: 18+
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

CIZE

NEW!

Cize LIVE is a professional dance for EVERYDAY people. Cize breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance. A Saturday class!

16W-FIT-044

S, 1/30-3/19	12:15 - 1:15 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Crystal Markham		Age: 18+
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00

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.

16W-FIT-013

W, 1/27-3/9	7:30 - 8:30 PM	Sessions: 7
Timberline	Robert Baxter	Age: 15+ w/adult
Tuition: \$35.00	Materials: \$ 0.00	Total: \$35.00

Look and feel great with the help of a Community Ed Class!

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.

16W-HEA-025

Th, 2/11 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

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.

16W-FIT-001

M, 3/7 6:30 - 7:30 PM Sessions: 1
West Yvonne Fedewa-Aicher Age: 18+
Tuition: \$9.25 Materials: \$ 3.00 Total: \$12.25

FITNESS KICKBOXING

Add a real kick to your workout with our fun and energizing Fitness Kickboxing class! Fitness Kickboxing is a total body workout that combines dynamic kicks, punches and blocks with intense bag training, pushing your body to its cardiovascular limits and achieving overall physical conditioning and toning.

16W-FIT-012

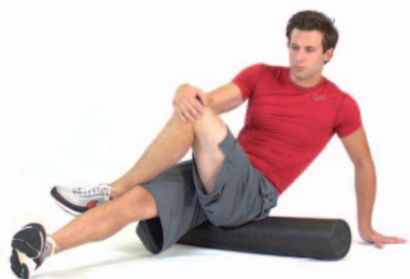
W, 1/27-3/16 6:30 - 7:15 PM Sessions: 8
DragonFire Martial Arts 4464 Chinden Blvd. Unit F, Boise
Stephen Semancik Age: 14+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

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.

16W-FIT-023

M, 1/25 6:30 - 7:30 PM Sessions: 1
Physical Therapy 180 5909 W State St, Boise
Lisa Kolesar, DPT Age: 18+
Tuition: \$9.25 Materials: \$ 0.00 Total: \$9.25



GROUP ACTIVE

This class is designed to wake up your body with new exercises every single day that will challenge your muscles, heart and lungs. You will leave feeling energized, refreshed and stronger with each workout... ready to take on the day! This is designed for every BODY.

16W-FIT-042

W, 1/27-3/16 4:30 - 5:30 PM Sessions: 8
West Family YMCA 5959 N Discovery Pl, Boise
Amy Bedsoe, Loretta Gruebaugh Age: 18+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

GROUP KICK

This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence.

16W-FIT-045

S, 1/30-3/19 9:15 - 10:15 AM Sessions: 8
West Family YMCA 5959 N Discovery Pl, Boise
Crystal Markham Age: 18+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

H.I.R.T. FITNESS

Fitness is a lifestyle. Beginner to expert, you can achieve better results with proven 45-minute H.I.R.T. (High Intensity Resistance Training) classes than with weightlifting, cardio, or even an hour of running!

16W-FIT-055

T/Th, 1/26-3/17 5:30 - 6:30 PM Sessions: 16
FitMania 2404 S Orchard St, Ste 300, Boise
Toby Borup Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00

HULA HOOP DANCE WORKSHOP – INTERMEDIATE

Learn how to flow off-body, isolations and on-body tricks. Work on doubles, jump throughs, hand hooping and breaks. Combine grace, fun, and fitness in this intermediate class. Bring lightweight hoops of multiple sizes and a matching set if you have them.

16W-FIT-056

M, 1/25 & 2/1 6:30 - 8 PM Sessions: 2
Hillside Emily A Richmond (Yuen) Age: 18+
Tuition: \$27.80 Materials: \$ 0.00 Total: \$27.80



HULA HOOP FITNESS

Hula is a great way to release stressful, negative energy we store in our muscles. Our hip, fabulous instructor will inspire you to learn the basics, and some fun dance moves too! Please bring your own fitness hoop to class.

16W-FIT-004

W, 2/24-3/16 6:15 - 7:15 PM Sessions: 4
West Nettie Cumpton Age: 13+ w/adult
Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

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!

16W-FIT-009

W, 1/27-3/2 6:30 - 8 PM Sessions: 6
West Ron Piston Age: 18+
Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

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.

16W-FIT-002

T, 1/26-3/1 1 - 2 PM Sessions: 6
Homecourt YMCA 936 W Taylor Ave, Ste 104, Meridian
Nick Leach, Tami Leach Age: 18+
Tuition: \$42.00 Materials: \$ 6.00 Total: \$48.00

PILATES

Pilates or Physical Mind method is a series of nonimpact 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!

16W-FIT-017

W, 1/27-3/16 5:45 - 6:45 PM Sessions: 8
Firehouse No. 6 1620 N Liberty St, Boise
Firehouse No. 6 Instructors Age: 18+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00



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.

16W-FIT-024

Th, 2/18 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 registration!

16W-FIT-015

W, 1/27-3/2 7 - 9 PM Sessions: 6
Pat Harris Dance Studio 1225 N McKinney St, Boise
Robert Gilmore Age: 12+
Tuition: \$36.00 Materials: \$ 0.00 Total: \$36.00

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.

16W-FIT-020

T, 2/9 6:30 - 8 PM Sessions: 1
Thrive Chiropractic Boise 2404 S Orchard St, Ste 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.

16W-FIT-019

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



TOTAL ATHLETIC CONDITIONING

Ready to get fit? This challenging class utilizes intense interval training to build strength, burn calories, and increase fitness.

16W-FIT-039

M/W, 1/25-3/16 6:30 - 7:30 PM Sessions: 16
West Family YMCA 5959 N Discovery Pl, Boise
Joseph Pratt Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00

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.

16W-FIT-050

M/W, 1/25-3/16 3:45 - 4:30 PM Sessions: 16
Firehouse No. 6 1620 N Liberty St, Boise
Firehouse No. 6 Instructors Age: 18+
Tuition: \$64.00 Materials: \$ 0.00 Total: \$64.00

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.

16W-FIT-051

M/W, 1/25-3/16 5:45 - 6:45 PM Sessions: 16
Firehouse No. 6 1620 N Liberty St, Boise
Firehouse No. 6 Instructors Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00

WAKE UP & TONE UP!

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

16W-FIT-005			
M, 2/8	6:30 - 8 PM	Sessions: 1	
Timberline	Lois Morgan	Age: 18+	
Tuition: \$13.90	Materials: \$ 1.10	Total: \$15.00	

WAKE YOUR BODY BOOTCAMP

This class is designed to wake up your body with new exercises every single day that will challenge your muscles, heart and lungs. We will combine cardio exercises, muscle conditioning, strengthening and flexibility exercises – you'll never be bored!

16W-FIT-043			
M/W, 1/25-3/16	5:30 - 6:30 AM	Sessions: 16	
West Family YMCA	5959 N Discovery Pl, Boise		
Loretta Gruebaugh		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	

ZUMBA®

Enjoy hypnotic musical rhythms and tantalizing moves to create a dynamic workout - designed to be FUN and EASY TO DO! Get hooked and get fit with this great class!

16W-FIT-041			
M, 1/25-3/14	4:30 - 5:30 PM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise		
Loretta Gruebaugh		Age: 18+	
Tuition: \$48.00	Materials: \$ 0.00	Total: \$48.00	

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!

16W-FIT-018			
M/W, 1/25-3/16	4:30 - 5:30 PM	Sessions: 16	
Firehouse No. 6	1620 N Liberty St, Boise		
Firehouse No. 6 Instructors		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	

GARDEN, GREEN LIVING & THE GREAT OUTDOORS

ALL ABOUT ROSES

Join a Master Gardener for growing tips, spring planting, summer care, and protecting your roses from the elements.

16W-GAR-014			
Th, 3/10	6:30 - 8:30 PM	Sessions: 1	
Hillside	Sandra Ford	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	



BACKYARD BEEKEEPING

"Buzz" in for an overview on the basics - how to start and maintain a healthy hive, obtain materials and information about local clubs.

16W-GAR-006			
W, 1/27	6 - 8:30 PM	Sessions: 1	
Timberline	Jeff Bergland, Kevin Duesman		
Age: 18+			

16W-GAR-007			
Th, 2/4	6 - 8:30 PM	Sessions: 1	
West	Jeff Bergland, Kevin Duesman		
Age: 18+			

16W-GAR-008			
Th, 2/18	6 - 8:30 PM	Sessions: 1	
Hillside	Jeff Bergland, Kevin Duesman		
Age: 18+			

Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50	
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BACKYARD CHICKENS & YOUR GARDEN

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

16W-GAR-005			
Th, 2/4	6:30 - 8:30 PM	Sessions: 1	
Timberline	Rob Newburn, Cindy Simpkins		
Age: 10+ w/adult			

Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50	
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BACKYARD CHICKENS FOR BEGINNERS

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

16W-GAR-002			
W, 2/3	6:30 - 8 PM	Sessions: 1	
West	Gretchen Anderson	Age: 12+ w/adult	

16W-GAR-003			
W, 2/10	6:30 - 8 PM	Sessions: 1	
Hillside	Gretchen Anderson	Age: 12+ w/adult	
Tuition: \$13.90	Materials: \$ 1.50	Total: \$15.40	

CADDIS FLIES AND THE ART OF CADDIS FLY FISHING

Caddis flies are the most abundant aquatic food source found in all rivers and streams in America. It is critical that fly anglers understand this insect. This class focuses on Caddis fly entomology, and successful strategies to catch trout during a caddis hatch.

16W-GAR-011			
M, 2/22	6:30 - 8 PM	Sessions: 1	
Timberline	Mike Sandifer	Age: 18+	
Tuition: \$13.90	Materials: \$ 1.00	Total: \$14.90	

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.

16W-GAR-009			
M/T, 1/25 & 1/26	6:30 - 8 PM	Sessions: 2	
Northwest School Of Fly Fishing	641 N Five Mile Rd, Boise		
Mike Sandifer		Age: 18+	
Tuition: \$27.80	Materials: \$ 0.00	Total: \$27.80	

FRUIT TREE PRUNING/TRIMMING

Learn how to prune/trim your fruit tree to promote health, ease of maintenance and boost production. Discussion will include tools, methods, etc., in addition to some voluntary hands-on demos at students' homes.

16W-GAR-013			
Th, 3/3	6:30 - 8:30 PM	Sessions: 1	
Hillside	Bob Seymour	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	



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.

16W-GAR-012			
W, 3/9	6:30 - 8:30 PM	Sessions: 1	
Timberline	Bill March	Age: 18+	
Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50	

LONG DISTANCE ULTRALIGHT BACKPACKING

How to organize, select gear, and get in shape for a successful long distance hike, including the Idaho Centennial Trail, Pacific Crest Trail, Continental Divide Trail, Appalachian Trail, and several more.

16W-GAR-015			
T/Th, 2/16 & 2/18	6:30 - 8:30 PM	Sessions: 2	
West	Michael O'Brien	Age: 18+	
Tuition: \$37.00	Materials: \$ 1.20	Total: \$38.20	

**Enjoy the outdoors
this winter with a
Community Ed class!**

MAIN OREGON TRAIL BACK COUNTRY BYWAY

Join this experienced historian to discover Idaho's Main Oregon Trail Back Country Byway from Glenn's Ferry to Boise. Pictures and diary quotes will be used to describe the route thousands of emigrants traveled over 150 years ago.

16W-HIS-001			
W, 3/9	6:30 - 8:30 PM	Sessions: 1	
West	Jerry Eichhorst	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

NORTH ALTERNATE OREGON TRAIL

A historical look at the tragic route of the North Alternate Oregon Trail through the diaries of emigrant pioneers. This route was a tragic story of disease and despair, with the deaths of dozens of emigrants.

16W-HIS-002			
W, 3/16	6:30 - 8:30 PM	Sessions: 1	
West	Jerry Eichhorst	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

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!

16W-GAR-001			
M, 2/29-3/14	6:30 - 8 PM	Sessions: 3	
Hillside	Susan E Boydston	Age: 18+	
Tuition: \$30.00	Materials: \$ 5.00	Total: \$35.00	

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!

16W-GAR-016			
Th, 3/10	6:30 - 8:30 PM	Sessions: 1	
West	Brent Seamons	Age: 18+	
Tuition: \$18.50	Materials: \$ 20.00	Total: \$38.50	



WINTER FLY FISHING

Some of the toughest fly fishing happens during the winter months. Knowing what, when, where and how trout live and act in the winter is critical to successful fly fishing. Emphasis on what aquatic insects are available and how trout react to them in the winter is discussed. Techniques, Strategies and Flies.

16W-GAR-010			
M, 2/8	6:30 - 8 PM	Sessions: 1	
Northwest School Of Fly Fishing	641 N Five Mile Rd, Boise		
Mike Sandifer		Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

HEALTH & WELLNESS

ACNE-FREE ACTION PLAN

Acne is the #1 skin disease experienced by 85% of the population at any age. If you are fed up with 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.

16W-HEA-008			
W, 2/10	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.

16W-HEA-023			
M, 3/7	6:30 - 8 PM	Sessions: 1	
Physical Therapy 180	5909 W State St, Boise		
Betsy K Wiss, LAC		Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

BLOOD SUGAR – MORE THAN JUST DIABETES

Learn why blood sugar controls your hormones, mood, energy, etc., plus info on the glycemic index. How to choose foods that regulate blood sugar and tips for diabetics, and those trying to lose weight.

16W-HEA-003			
T, 1/26	6:30 - 8 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	

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.

16W-HEA-001			
W, 2/17	6:30 - 8 PM	Sessions: 1	
Timberline	Victoria Savage	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

BRUISES, STRAIN & STRAINS: HOW HEAL YOUR

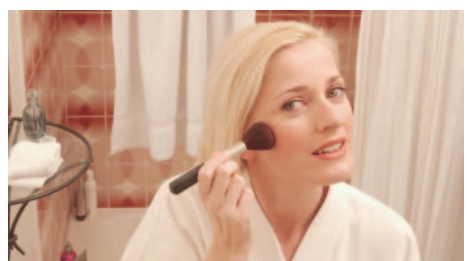
This course will explore the science behind how soft tissue works and the dynamic interconnections between body systems. We will cover different types of injuries and what to do to get back to enjoying healthy, active lives.

16W-HEA-024			
F, 3/11	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	

CLEARING COSMETICS CONFUSION

The cosmetics industry dazzles consumers with the promise of beauty, but how many times have you made a purchase that sits half-used because it didn't live up to the claims? Learn how to interpret cosmetic claims vs. facts, and how to find products that can truly improve the appearance and health of your skin.

16W-HEA-009			
W, 2/24	6:30 - 8:30 PM	Sessions: 1	
West	Krista Rambow	Age: 16+ w/adult	
Tuition: \$18.50	Materials: \$ 3.15	Total: \$21.65	



CONCUSSION? GENTLE & EFFECTIVE TREATMENTS

Have you had a concussion and been released by your physician? Are you still having headaches, mood swings, or just "haven't been yourself?" Come learn about gentle and effective manual therapy options that can help you heal and get on with your life.

16W-HEA-019			
T, 2/2	6:30 - 8 PM	Sessions: 1	
Physical Therapy 180	5909 W State St, Boise		
Dominique Tardif		Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

DELAY THE DISEASE – PARKINSON'S FITNESS PROGRAM

This class is a fitness program designed to empower people with Parkinson's Disease. It will help optimize their physical function and help delay the progression of symptoms, also counteracting the movement challenges experienced by people with Parkinson's. MON CLASS 11:30-12 NOON

16W-HEA-027			
M/W/F, 1/25-3/18	12 - 1 PM	Sessions: 24	
St. Luke's Rehabilitation	600 N Robbins Rd - 3rd Flr, Boise		
Mary Biddle-Newberry		Age: 18+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	

DO YOU HAVE "TECH-NECK?"

Do you suffer from neck and shoulder pain, tight jaw or tired eyes? You may have "tech-neck" – the pain, fatigue, and forward head posture from continual use of computer and mobile devices. Come learn the TOP 3 ways to relieve "tech-neck" and more pain relief techniques.

16W-HEA-020			
W, 2/3	6:30 - 8 PM	Sessions: 1	
Physical Therapy 180	5909 W State St, Boise		
Tracy Sampogna		Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

FREEDOM FROM ALLERGIES – NAET TECHNIQUE

Hidden allergies may be the cause of eczema, digestive or behavioral disorders. Learn about NAET, a non-invasive technique for identifying and treating food and environmental allergies and sensitivities.

16W-HOL-008			
T, 3/15	6:30 - 8:30 PM	Sessions: 1	
Hillside	Emily A Richmond (Yuen)	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

HEALTHY BREAST CARE & MASSAGE

Women spend more time maintaining healthy hair than healthy breasts! If yours could talk, what would they say? Come learn easy self-care techniques for healthy, pain-free breasts. For women only.

16W-HEA-018			
W, 1/27	6:30 - 8 PM	Sessions: 1	
Physical Therapy 180	5909 W State St, Boise		
Tracy Sampogna		Age: 18+ WOMEN ONLY	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

IMPROVE YOUR BALANCE AND REDUCE FALL RISK

Balance loss can come from poor neck posture, inner ear, orthopedic surgeries/injuries, abdominal weakness or pelvic asymmetries. Come learn about balance issues and exercises to improve your balance and strength from a licensed PT.

16W-HEA-022			
Th, 2/25	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 easy ways to improve standing and sitting posture for decreased stress, pain and tightness from a Physical Therapist. Stop living with pain!

16W-HEA-021			
M, 2/22	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	

LIVING TO 100 – FIGHT CANCER!

Learn about all the natural solutions to prevent and reverse cancer naturally and live to 100 in good health. We will discuss how to super-oxygenate, alkalize, hydrate, and nourish your body correctly to put an end to this deadly disease. Among other things, learn the top 10 best cancer fighting foods, herbs, and supplements.

16W-HEA-006			
M, 3/14	6:30 - 7:30 PM	Sessions: 1	
West	Yvonne Fedewa-Aicher	Age: 18+	
Tuition: \$9.25	Materials: \$ 3.00	Total: \$12.25	

MENTAL HYGIENE FOR MENTAL WELLNESS

Mental hygiene consists of activities done on a regular and sustained basis to promote mental and emotional well-being. Learn the activities that you can do to enhance mental wellness and how to find time to do them.

16W-HEA-010			
W, 2/17	6:30 - 8:30 PM	Sessions: 1	
Hillside	Michael E Wiley, LCSW	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

PRE-PREGNANCY HEALTH

In this class, we will discuss important concepts in pre-conception care. Learn what lifestyle changes are vital to a healthy pregnancy and a healthy baby - and when you should make them. Topics of discussion include exercise, nutrition and supplement recommendations prior to pregnancy.

16W-HEA-026			
W, 2/3	6:30 - 7:30 PM	Sessions: 1	
Hillside	Jennifer Navarro	Age: 18+	
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25	



THYROID SYMPTOMS AFTER A "NORMAL" LAB TEST

Fatigue, depression, hair loss, weight gain, constipation, insomnia, heart palpitations, etc. - all symptoms of thyroid disorders. Discover why the traditional approach isn't working and why you can still have symptoms when your labs look "normal."

16W-HEA-005			
T, 2/9	6:30 - 8 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	

Feel good this year – sign up for a Health & Wellness class!

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 if you are experiencing depression.

16W-HEA-011

M, 2/1	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.

16W-HEA-004

T, 2/2	6:30 - 8 PM	Sessions: 1
The Idaho Center for Integrative Medicine	3271 N Milwaukee St, Boise	Age: 18+
Noah Edvalson		Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

HOLISTIC LIVING

DREAMWORK

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

16W-HOL-004

T, 3/15	6:30 - 8:30 PM	Sessions: 1
Timberline	Susan Ozimkiewicz	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

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.

16W-HOL-002

T, 2/9	6:30 - 8:30 PM	Sessions: 1
West	Kathy Hopkins	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50

MONEY ENERGETICS: THE INVISIBLE NATURE OF MONEY

Have you ever wondered about the nature of money? Discover the seven inherent laws of money and how our personal value and positive self worth can assist us to create abundance in our own life!

16W-HOL-003

M, 3/14	6:30 - 8:30 PM	Sessions: 1
Timberline	Susan Ozimkiewicz	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50



TAPPING/EFT TO RELIEVE TENSION & STRESS

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

16W-HOL-007

M, 2/8	6:30 - 8 PM	Sessions: 1
Hillside	Emily A Richmond (Yuen)	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

HOMEOWNERS: BUY, BUILD, MAINTAIN

BUY & MANAGE RENTALS

Led by a local real estate broker, students will learn about screening renters, legal issues, mistakes to avoid, streamlining the process and financing options for buying. Take-home packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more!

16W-HOU-007

W, 2/3 & 2/10	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 registration!

16W-HOU-002

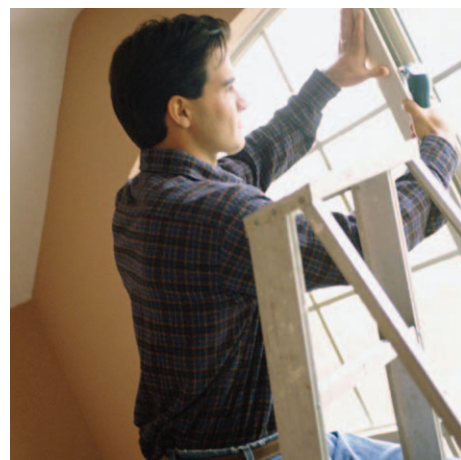
T, 3/1	6:30 - 8:30 PM	Sessions: 1
West	Christina Moore-Ward	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

FROM FIXER TO FABULOUS

Led by a real estate broker and a local mortgage lender, learn how to get a mortgage loan for remodeling or rebuilding fixer uppers, foreclosures, updating appliances, kitchens, bathrooms, furnaces, roofs, etc. Buy the fixer-upper you've always wanted!

16W-HOU-008

W, 2/17	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 4.00	Total: \$22.50



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.

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 represented so that you get a better buy (at no cost to you) and how to receive instant equity.

16W-HOU-009

W, 2/24	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50

HUD HOMES, BANK REPOS & OTHER BARGAINS

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.

16W-HOU-006

W, 1/27	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 4.00	Total: \$22.50

MELLOW YOUR ENERGY BILLS – PASSIVE HOUSE DESIGN

NEW!

Passive house is a rigorous, voluntary standard for energy efficiency in a building, reducing its ecological footprint. It results in ultra-low energy buildings that require little energy for space heating or cooling and can be used as the design basis for achieving a net zero home. Brought to you by the U.S. Green Building Council - Idaho Chapter.

16W-HOU-003

Th, 1/28	7 - 9 PM	Sessions: 1
U of I - Integrated Design Lab	306 S 6th St, Boise	Age: 18+
Scott Yrubar		Age: 18+
Tuition: \$10.00	Materials: \$ 4.00	Total: \$14.00

PRESERVATION AND MAINTENANCE OF LOG CABINS AND HOMES

Learn from a preservation expert about common log cabin problems, and what owners can do to prevent deterioration and loss of value. Learn restoration techniques, as well as strategies to adopt that will maintain the character of the cabin or log structure.

16W-HOU-012

Th, 2/25	6:30 - 8 PM	Sessions: 1
Timberline	Joseph Gallagher	Age: 18+
Tuition: \$11.00	Materials: \$ 9.00	Total: \$20.00



SELLING YOUR HOME

2 FOR 1!

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

16W-HOU-001

T, 2/2	6:30 - 8:30 PM	Sessions: 1
West	Christina Moore-Ward	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

SHORT SALES

Times are tough. The economy has been difficult. If you are in a tight spot and need to sell, come to this class! Find out your options. Avoid foreclosure. Save your credit.

16W-HOU-010

M, 2/29	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

Learn the ins and outs of homebuying with help from a Community Ed class!

THE ORIGINAL FREEMium – ENERGY FROM THE SUN, SOLAR HOT WATER

Free energy is shining on your home every day. Find out how to harvest it through solar hot water technology. Brought to you by the U.S. Green Building Council - Idaho Chapter.

16W-HOU-005			
Th, 2/25	7 - 9 PM	Sessions: 1	
U of I - Integrated Design Lab	306 S 6th St, Boise		
Steve Howe		Age: 18+	
Tuition: \$10.00	Materials: \$ 4.00	Total: \$14.00	

THE ORIGINAL FREEMium – ENERGY FROM THE SUN, SOLAR PV **NEW!**

Free energy is shining on your home every day. Find out how to harvest it through solar electric technology. Brought to you by the U.S. Green Building Council - Idaho Chapter

16W-HOU-004			
Th, 2/11	7 - 9 PM	Sessions: 1	
U of I - Integrated Design Lab	306 S 6th St, Boise		
Steve Howe		Age: 18+	
Tuition: \$10.00	Materials: \$ 4.00	Total: \$14.00	

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.

16W-KIDS-007			
W, 1/27-3/9	6:30 - 7:30 PM	Sessions: 7	
Timberline	Robert Baxter	Age: 6-14 w/adult	
Tuition: \$35.00	Materials: \$ 0.00	Total: \$35.00	

LITTLE NINJAS

This detailed curriculum focuses on improving children's basic motor and listening skills through a fun martial arts format. The Little Ninjas program will also prepare your child for the Kids Tang Soo Do class.

16W-KIDS-005			
W/F, 1/27-3/18	5 - 5:30 PM	Sessions: 16	
DragonFire Martial Arts	4464 Chinden Blvd Unit F, Boise		
Stephen Semancik		Age: 4-6	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

TAEKWONDO BASICS FOR TINY TIGERS

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

16W-KIDS-002			
M, 1/25-3/14	6 - 6:30 PM	Sessions: 8	
16W-KIDS-004			
T, 1/26-3/15	5 - 5:30 PM	Sessions: 8	
Eagle ATA Martial Arts Center/ Karate for Kids	1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg		Age: 4-6	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

TAEKWONDO BASICS FOR YOUTH

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

16W-KIDS-001			
M, 1/25-3/14	5:30 - 6 PM	Sessions: 8	
16W-KIDS-003			
T, 1/26-3/15	4:30 - 5 PM	Sessions: 8	
Eagle ATA Martial Arts Center/ Karate for Kids	1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg		Age: 7-12	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

ZUMBA® FOR KIDS!

Zumba® Kids classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

16W-KIDS-008			
M, 1/25-3/14	4:30 - 5:30 PM	Sessions: 8	
Firehouse No. 6	1620 N Liberty St, Boise		
Firehouse No. 6 Instructors		Age: grades K-3	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00	

LANGUAGE

"LET'S EAT, GRANDMA" OR "LET'S EAT GRANDMA" – WHY GRAMMAR & PUNCTUATION COUNT!

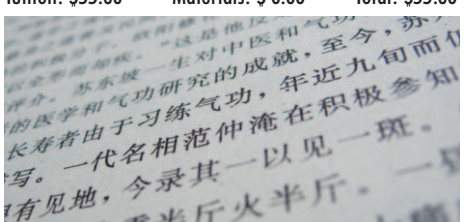
Clear, understandable writing is important regardless of your age or field of employment. Students will gain a better understanding of both grammar and punctuation; an appreciation of their importance, and where to go for assistance.

16W-LAN-001			
M/W, 2/22 & 2/24	6:30 - 8:30 PM	Sessions: 2	
West	David Proctor	Age: 18+	
Tuition: \$28.00	Materials: \$ 2.00	Total: \$30.00	

BEGINNING CHINESE **NEW!**

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.

16W-LAN-004			
Th, 1/28-2/18	6:30 - 8 PM	Sessions: 4	
Hillside	Jacob Hill	Age: 12+ w/adult	
Tuition: \$55.60	Materials: \$ 0.00	Total: \$55.60	



ITALIAN I – INTRO

Fun and easy lessons focus on greetings, introductions, ordering from a menu, and other useful expressions. Taught by a native speaker. Please purchase "5-Minute Italian" by Berlitz ISBN # 9789812686251.

16W-LAN-002			
M, 2/22-3/14	7 - 8:30 PM	Sessions: 4	
Hillside	Giustina Lucarelli	Age: 18+	
Tuition: \$55.60	Materials: \$ 0.00	Total: \$55.60	

SPANISH FOR EVERYONE

This class is designed to help anyone interested in learning and/or improving their Spanish, no matter what your previous language experience. A fun learning method!

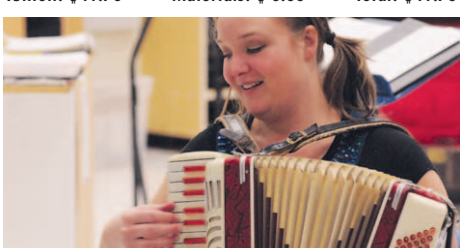
16W-LAN-003			
T, 2/9-3/1	7 - 8:30 PM	Sessions: 4	
Timberline	Rosemarie Schwarzenberger	Age: 18+	
Tuition: \$55.60	Materials: \$ 0.00	Total: \$55.60	

MUSIC

ACCORDION JAM SESSIONS

In this class, students and instructor will play, play and play well known songs on the accordion! Prior knowledge of the instrument is necessary. Lead sheets of music will be emailed to students prior to class. Come join!

16W-MUS-003			
T, 1/26-2/9	6:30 - 8 PM	Sessions: 3	
West	Michael Civiello	Age: 18+	
Tuition: \$41.70	Materials: \$ 0.00	Total: \$41.70	



BEGINNING BAND AND INSTRUMENTAL STUDIES **NEW!**

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.

16W-MUS-002			
W, 1/27-3/16	6:30 - 8 PM	Sessions: 8	
West	Esther Perrine	Age: 18+	
Tuition: \$74.00	Materials: \$ 0.00	Total: \$74.00	

WHEN DYLAN WENT ELECTRIC

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 registration!

16W-MUS-001			
M, 2/29	6:30 - 7:30 PM	Sessions: 1	
West	David Proctor	Age: 18+	
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25	

PERSONAL STYLING

BUILD A WARDROBE WITHOUT BREAKING THE BANK!

Discover the secret to building a wardrobe effortlessly and economically. Men and/or women, learn how to select the key basics needed to expand your closet versatility and save money! Class led by a Personal Stylist and Personal Image Coach. Students are welcome to bring any wardrobe item they have questions about.

16W-PEN-017			
Th, 2/25	6:30 - 8 PM	Sessions: 1	
Hillside	Ruth Romero	Age: 18+	
Tuition: \$13.90	Materials: \$ 1.10	Total: \$15.00	

CLAIRVOYANCE, CLAIRAUDIENCE, CLAIRSENTIENCE

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.

16W-HOL-005			
Th, 3/17	6:30 - 8:30 PM	Sessions: 1	
Timberline	Susan Ozimkiewicz	Age: 18+	
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50	

CUT YOUR CARBON FOOTPRINT AND SAVE TIME AND MONEY! **NEW!**

You can cut your carbon footprint, live comfortably, and save time and money! Learn what really makes a difference, based on solid research, and put together a plan that will work for you.

16W-PEN-024			
M, 1/25 & 2/1	6:30 - 8 PM	Sessions: 2	
Timberline	Lisa Hecht	Age: 18+	
Tuition: \$18.50	Materials: \$ 2.00	Total: \$20.50	

DEATH TALK: EXPLORING OUR CHOICES

This class will go over the steps of how to plan an affordable, but still meaningful funeral. 2-for-1 registration!

16W-PEN-021			
M, 2/22	6:30 - 8 PM	Sessions: 1	
Timberline	Susan Randall, Sherri Rudai	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

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.

16W-PEN-004			
W, 3/16	6:30 - 8 PM	Sessions: 1	
Timberline	Martin Seidenfeld, Ph.D.	Age: 18+	
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90	

The Winter Session begins January 25 – sign up today!

DESIGN THEORY CRASH COURSE!

Learn how great innovators create. Then enjoy a 90-minute experimental, hands-on class from the Stanford School of Design. Leave with a 5-step process to innovate and create, to implement in all areas of your life to successfully meet change.

16W-PEN-019

Th, 2/25	6:30 - 8:30 PM	Sessions: 1
Timberline	Phyllis A Eicher	Age: 18+
Tuition: \$18.50	Materials: \$ 5.00	Total: \$23.50

GENEALOGY – BECOME THE FAVORITE ANCESTOR!

NEW!

Don't miss out on this light and fun class! We will discuss things you can do now to insure you are remembered and talked about for generations to come. Come learn about how you can create heirloom memories and become the favorite ancestor!

16W-PEN-023

T, 2/23-3/15	6:30 - 7:30 PM	Sessions: 4
West	Effe Simpson	Age: 18+
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

GENEALOGY – ORGANIZING & INTERNET RESEARCH

NEW!

Move into the technological age with your genealogy! Come and learn how to organize what you already have, and discover how the internet can help streamline your search for information.

16W-PEN-018

T, 1/26-2/16	6:30 - 7:30 PM	Sessions: 4
West	Effe Simpson	Age: 18+
Tuition: \$37.00	Materials: \$ 0.00	Total: \$37.00

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.

16W-PEN-005

T, 2/16	6:30 - 8:30 PM	Sessions: 1
West	Kathy Hopkins	Age: 18+
Tuition: \$18.50	Materials: \$ 6.00	Total: \$24.50



JUST FLIP IT: A SIMPLE TECHNIQUE FOR TRANSFORMING YOUR LIFE

We can't escape negativity or bad things happening, but we can choose how we respond. Learn some easy techniques to help you shift your thought process and promote positivity!

16W-PEN-015

W, 2/3	6:30 - 8:30 PM	Sessions: 1
Timberline	Cindi Bergen	Age: 18+
Tuition: \$18.50	Materials: \$ 3.00	Total: \$21.50

ORGANIZE YOURSELF, YOUR FAMILY, AND YOUR HOME

Learn how to organize yourself, your family, and your home so that you have more time, more money, and more energy to enjoy your life right now. This interactive course will help you develop a plan for menu design, grocery shopping, creating routines, managing a calendar, organizing your home, maintaining a cleaning schedule, handling paperwork, and archiving memories.

16W-PEN-006

M, 1/25 & 2/1	6:30 - 8:30 PM	Sessions: 2
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16W-PEN-007

M, 2/22 & 2/29	6:30 - 8:30 PM	Sessions: 2
Timberline	Stacy Rocklein	Age: 18+
Tuition: \$27.80	Materials: \$ 0.00	Total: \$27.80

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.

16W-PEN-001

W, 1/27	6:30 - 8:30 PM	Sessions: 1
West	Joe Toluse	Age: 14+ w/adult

16W-PEN-002

W, 2/10	6:30 - 8:30 PM	Sessions: 1
Timberline	Joe Toluse	Age: 14+ w/adult

16W-PEN-003

W, 2/24	6:30 - 8:30 PM	Sessions: 1
Hillside	Joe Toluse	Age: 14+ w/adult
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

REALIZING YOUR RESOLUTIONS

NEW!

Did you know that your subconscious mind is the gatekeeper to your habits? Go beyond goal setting and learn how to work with your own subconscious mind to help you make changes and change habits. Set your goals AND meet your goals for this new year and beyond.

16W-PEN-025

W, 1/27	6:30 - 7:30 PM	Sessions: 1
West	Dr. Kaylan McKinney-Vialpando	Age: 18+
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25

THE 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.

16W-PEN-016

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



THE NEUROSCIENCE OF ACHIEVING YOUR GOALS

Join a certified Life Coach and explore the fascinating field of Neuroscience. Learn how to effectively and positively partner with your unconscious mind towards successful living. With your new skills you can reclaim the power of you and achieve your goals.

16W-PEN-020

Th, 3/10 & 3/17	6:30 - 8 PM	Sessions: 2
Timberline	Phyllis A Eicher	Age: 18+
Tuition: \$27.80	Materials: \$ 2.00	Total: \$29.80

PERSONAL SAFETY & SELF-DEFENSE

Taught by a Boise Police Crime Prevention Unit representative. You will gain the skills to protect yourself in violent situations. For women only.

16W-PEN-012

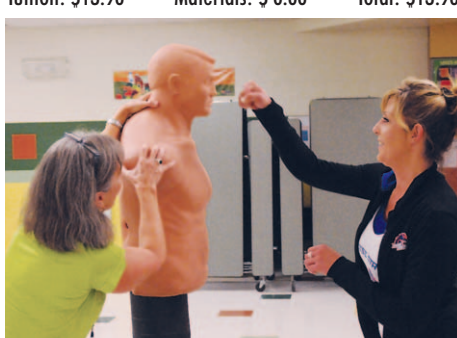
Th, 2/11	6:30 - 8 PM	Sessions: 1
Hillside	Tuckie Shaver	Age: 13+

16W-PEN-011

W, 2/17	6:30 - 8 PM	Sessions: 1
West	Tuckie Shaver	Age: 13+

16W-PEN-010

W, 3/16	6:30 - 8 PM	Sessions: 1
Timberline	Tuckie Shaver	Age: 13+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90



THE TRANSFORMATIVE POWER OF SAVORING

Do you take time to smell the roses? Do you live in the present moment and really appreciate all the good in your life? Most of us live life at such a fast pace, we don't take time to savor the good when it is happening. This class will teach you the art of savoring and give you helpful tools to use daily.

16W-PEN-022

W, 2/10	6:30 - 8:30 PM	Sessions: 1
Timberline	Cindi Bergen	Age: 18+
Tuition: \$18.50	Materials: \$ 3.00	Total: \$21.50

WHAT'S YOUR PURPOSE?

NEW!

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!

16W-PEN-008

T, 2/9	6:30 - 8 PM	Sessions: 1
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16W-PEN-009

T, 3/15	6:30 - 8 PM	Sessions: 1
Timberline	Stacy Rocklein	Age: 18+
Tuition: \$13.90	Materials: \$ 0.00	Total: \$13.90

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

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

16W-PFI-007

M, 2/22	6:30 - 8:30 PM	Sessions: 1
Timberline	Ken Azbill	Age: 18+

16W-PFI-008

M, 3/7	6:30 - 8:30 PM	Sessions: 1
West	Ken Azbill	Age: 18+
Tuition: \$18.50	Materials: \$ 0.00	Total: \$18.50

COLLEGE FINANCIAL AID

This class is appropriate for parents of all students planning to attend college. It will define the types of financial aid, guide you through applying for Financial Aid, explain how aid formulas work, and discuss how to maximize aid eligibility. It will also show how to compare aid from different colleges, and how to pay for costs not covered by aid.

16W-PFI-004

T, 2/23	6:30 - 7:30 PM	Sessions: 1
West	David Ries	Age: 18+

16W-PFI-005

M, 2/29	6:30 - 7:30 PM	Sessions: 1
Timberline	David Ries	Age: 18+

16W-PFI-006

W, 3/9	6:30 - 7:30 PM	Sessions: 1
Hillside	David Ries	Age: 18+
Tuition: \$9.25	Materials: \$ 0.00	Total: \$9.25

COLLEGE SCHOLARSHIP KNOW-HOW

This is a class that will help students and parents understand Financial Aid and Scholarships, and how to get themselves prepared for scholarships. 2-for-1 registration! Student welcome with parent.

16W-PFI-001

T, 1/26	6:30 - 8 PM	Sessions: 1
Hillside	Rebecca Carroll	Age: student w/parent ok

16W-PFI-002

T, 2/2	6:30 - 8 PM	Sessions: 1
Timberline	Rebecca Carroll	Age: student w/parent ok

16W-PFI-003

T, 2/9	6:30 - 8 PM	Sessions: 1
West	Rebecca Carroll	Age: student w/parent ok
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.

16W-PFI-011

W, 1/27
Hillside
6:30 - 8:30 PM
Natasha N Hazlett
Sessions: 1
Age: 18+

16W-PFI-012

Th, 2/18
Timberline
6:30 - 8:30 PM
Natasha N Hazlett
Sessions: 1
Age: 18+

16W-PFI-013

T, 3/15
Hillside
6:30 - 8:30 PM
Natasha N Hazlett
Sessions: 1
Age: 18+
Tuition: \$18.50
Materials: \$ 0.00
Total: \$18.50

MECHANICS OF ONLINE TRADING **NEW!**

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.

16W-PFI-009

Th, 1/28-2/18
Timberline
6:30 - 8 PM
Marti Miller
Sessions: 4
Age: 18+
Tuition: \$50.00
Materials: \$ 3.00
Total: \$53.00



MORTGAGES 101

2 FOR 1!

Let's talk about financing! 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 registration!

16W-HOU-011

Th, 2/25
Hillside
6:30 - 8:30 PM
Jayne Bick, Andrew Bick
Sessions: 1
Age: 18+
Tuition: \$13.90
Materials: \$ 0.00
Total: \$13.90

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.

16W-PFI-010

W, 2/3
Timberline
6:30 - 8:30 PM
Daniel Timberlake
Sessions: 1
Age: 18+
Tuition: \$18.50
Materials: \$ 0.00
Total: \$18.50

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.

16W-PHO-003

T, 2/2-2/16
Hillside
6:30 - 8:30 PM
Don Johnson
Sessions: 3
Age: 18+
Tuition: \$55.50
Materials: \$ 0.50
Total: \$56.00



FLASH PHOTOGRAPHY: IT'S ALL ABOUT THE LIGHT!

Flash photography can add an entirely new dimension to your photography and this class will get you started. Class is for students who are comfortable with photography and their camera. Bring your own external flash or pop-up flash on your camera. Don't forget to bring your camera manual, memory card and a charged battery.

16W-PHO-001

W, 1/27 & 2/3
West
6:30 - 8:30 PM
Jack Floegel
Sessions: 2
Age: 18+
Tuition: \$37.00
Materials: \$ 0.00
Total: \$37.00

TURNING OFF "AUTO" – USING YOUR CAMERA IN MANUAL MODE

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

16W-PHO-002

Th, 1/28-2/11
West
6:30 - 8:30 PM
Jack Floegel
Sessions: 3
Age: 18+
Tuition: \$55.50
Materials: \$ 0.00
Total: \$55.50

Learn the finer points of photography with the help of a Community Ed class!

YOGA 101

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.

16W-FIT-054

T/Th, 1/26-3/17
Firehouse No. 6
5:30 - 6:15 PM
1620 N Liberty St, Boise
Sessions: 16
Age: 18+
Tuition: \$64.00
Materials: \$ 0.00
Total: \$64.00

PRE-NATAL YOGA

Pre-natal yoga is designed to strengthen and prepare the body for birth. Please wear comfortable clothes and bring a yoga mat if you have one.

16W-FIT-021

T, 3/1
Thrive Chiropractic Boise
6:30 - 8 PM
2404 S Orchard St, Ste 800, Boise
Sessions: 1
Age: 18+
Tuition: \$13.90
Materials: \$ 0.00
Total: \$13.90

STRETCHING, YOGA, AND HEADACHE PREVENTION

Stretching and yoga for headaches along with additional tips for headache prevention. Come prepared to learn real strategies and stretches that help prevent and treat headaches. Please wear comfortable clothes that are easy to move around in.

16W-FIT-022

T, 3/15
Thrive Chiropractic Boise
6:30 - 8 PM
2404 S Orchard St, Ste 800, Boise
Sessions: 1
Age: 18+
Tuition: \$13.90
Materials: \$ 0.00
Total: \$13.90

YOGA FLOW

NEW!

This class offers a blend of Yoga postures done in a sequence. Some yoga experience is helpful, but not required. Be prepared to move from floor positions to standing positions.

16W-FIT-040

M, 1/25-3/18
West Family YMCA
12 N to 1 PM
5959 N Discovery Pl, Boise
Sessions: 16
Age: 18+
Tuition: \$72.00
Materials: \$ 0.00
Total: \$72.00

YOGA SCULPT

NEW!

Get stronger, leaner, and more toned with this fun yoga sculpting class! This class will incorporate weights, yoga postures, and movements designed to employ more muscles than you ever thought possible.

16W-FIT-008

F, 1/29-2/19
Yoga in the Hood
9:15 - 10:15 AM
514 N 16th St, Boise
Sessions: 4
Age: 18+
Tuition: \$37.00
Materials: \$ 0.00
Total: \$37.00

ZEN – THE PRACTICE OF SELF STUDY

Strengthen your meditation practice! This class will give a brief history of the essential practice of Zen Meditation, and will provide a review of meditation techniques.

16W-HOL-006

Th, 3/10
Timberline
6:30 - 8 PM
Brian Goller
Sessions: 1
Age: 18+
Tuition: \$13.90
Materials: \$ 0.00
Total: \$13.90



Please Note:
We tried to include 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



REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The eight-week Winter 2016 session will run Mon.-Thurs. evenings, January 25 through March 17. Please see individual class listings for specifics on date, time, supplies needed and location.

WHERE ARE CLASSES HELD?

Boise School locations:

HILLSIDE JUNIOR HIGH SCHOOL

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

THE BASQUE MARKET

608 W. Grove St.
Boise, ID 83702; 433-1208

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

DRAGONFIRE MARTIAL ARTS

4464 Chinden Blvd., Unit F
Boise, ID 83714; 861-3422

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

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

FIRE FUSION STUDIOS

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

FIREHOUSE NO. 6

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

FITMANIA

2404 S. Orchard
Boise, ID 83705; 345-2377

HOMECOURT YMCA

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

KILLARNEY IRISH DANCE STUDIO

6141 W. Corporal Ln.
Boise, ID 83704; 377-0580

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

MINDSET HYPNOSIS

5981 W. Overland Rd.
Boise, ID 83709; 570-5277

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

OPHIDIA STUDIO

2615 W. Kootenai St.
Boise, ID 83705; 409-2403

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

ST. LUKE'S REHABILITATION

600 N. Robbins Rd. - 3rd Floor
Boise, ID 83702; 489-4040

THRIVE CHIROPRACTIC BOISE

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

TOUCHMARK HEALTH & FITNESS CLUB

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

WEST FAMILY YMCA

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

YOGA IN THE HOOD

514 N. 16th St.
Boise, ID 83702; 340-4771

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?

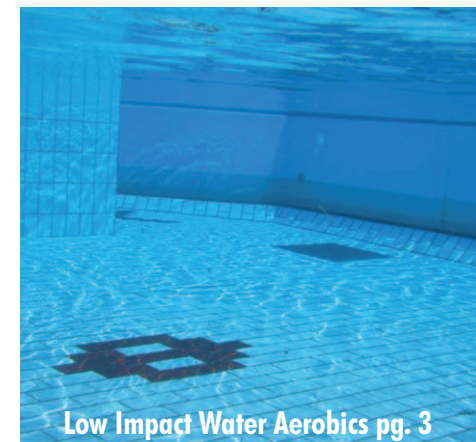
- A refund of class tuition and material fees will be given if our office cancels the class.
- If a student requests to drop a class **seven days** before the start of class or has a documented medical reason, a refund of only the class tuition will be issued. Material fees will not be refunded. **A \$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 equal to 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!



Low Impact Water Aerobics 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 _____ Street _____ City _____ State _____ Zip _____ E-mail _____

Work Phone _____ Home Phone _____ Cell Phone _____

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

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

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

PHOTOGRAPHS/VIDEOTAPES: Each participant/instructor consents to the use of photographs or videotapes 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

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.