



COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG

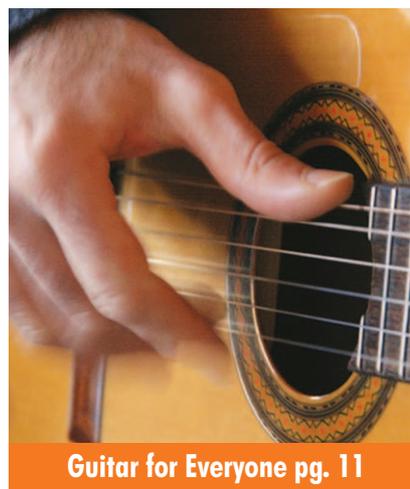


Crochet 101 pg. 3

FALL 2021

Session Dates: Sept. 13 - Oct. 21

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



Guitar for Everyone pg. 11



Halloween Chili pg. 5



COMMUNITY ED CELEBRATES 50 YEARS! 1971-2021

REGISTER ONLINE! WWW.BOISELEARNS.ORG

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EVERYTHING'S POSSIBLE FOR STUDENTS OF ALL AGES WITH COMMUNITY ED!

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

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

This Fall, we are excited to once again offer in-person Community Education classes, as well as online courses. We thank you in advance for following District COVID-19 mitigation measures that will ensure the safety of our volunteer instructors and students (e.g., mask requirement, physical distancing to the greatest extent possible, hand washing, disinfecting, etc.)

Through our Community Education program, participants of all ages develop skills, pursue new interests and become more involved with family, friends, neighbors and community. As a Community Ed student, you'll be able to enjoy affordable, educational and life enhancing opportunities.

Our volunteer instructors teach a variety of courses including culinary skills, wellness, computer basics, music, arts, crafts, and much, much more. You'll find all the information you need about our classes, procedures and registration details right here in our Fall 2021 Community Education Catalog, as well as on our Community Education website — www.boiselearns.org

I encourage you to continue your lifelong education and join us in building a better community.

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

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

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

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

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



ACTIVE AGING

ALL ABOARD BALANCE

Build strength through stability on the balance board that will help restore your equilibrium. You will gain confidence, build strength, and improve alignment by creating a strong connection between your brain and body so you can enjoy an independent lifestyle. LEVEL 1 ADVANCED.

21F-FIT-014

M/W, 9/13-10/20 8 - 8:30 AM Sessions: 12
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

ARTHRITIS & JOINT HEALTH

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

NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.

21F-FIT-042

M, 9/13-10/18 1:15 - 2:15 PM Sessions: 6
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00



BALANCE AND POSTURE

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

21F-FIT-017

M/W/F, 9/13-10/22 11 - 11:45 AM Sessions: 18

21F-FIT-018

M/W/F, 9/13-10/22 1 - 1:45 PM Sessions: 18
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

FIT FRIDAY BOOTCAMP

Increase overall strength, stamina, and power utilizing your own bodyweight and occasional free weight use, while completing timed circuit training and AMRAP (As Many Rounds As Possible) training. Come try a class and see what your body has been needing! Modified for all levels of fitness.

21F-FIT-022

F, 9/17-10/22 8 - 8:45 AM Sessions: 6
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

FUN-TIONALLY-FIT – ADVANCED

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

21F-FIT-015

M/W/F, 9/13-10/22 9 - 9:45 AM Sessions: 18
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

FUN-TIONALLY-FIT – BEGINNER

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

21F-FIT-016

M/W/F, 9/13-10/22 10 - 10:45 AM Sessions: 18
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

MOVEMENT

A floor approach to movement, which will assist your body through its proper and full Range of Motion (ROM), to help you unlock and strengthen any sticking points you may have in your joints. Learn to utilize correct muscles to generate proper movement functionality, while guiding your body in the right direction. Movements will be completed on the floor. **NEW!**

21F-FIT-021

T/Th, 9/14-10/21 9 - 9:30 AM Sessions: 12
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

SENIOR FIT

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

21F-FIT-035

M, 9/13-10/18 12 - 12:55 PM Sessions: 6
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
Rotating Instructors Age: 50+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

SILVERSNEAKERS® CIRCUIT

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

21F-FIT-027

M/W, 9/13-10/20 8:30 - 9:15 AM Sessions: 12
AXIOM-Meridian 1455 S Country Terrace Ct, Meridian
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

21F-FIT-032

M/W, 9/13-10/20 12 - 12:45 PM Sessions: 12
AXIOM-Village 3505 E Monarch Sky Ln, Meridian
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

21F-FIT-026

T, 9/14-10/19 10:30 - 11:15 AM Sessions: 6
AXIOM-Cole & Fairview 7316 W Fairview Ave, Boise
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

21F-FIT-038

F, 9/17-10/22 11:30 AM - 12:15 PM Sessions: 6
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00
Rotating Instructors Age: 50+

**Classes fill quickly!
Register today at
www.boiselearns.org**

TR EXERCISE (TRX) - ADVANCED

Total body Resistance Exercise is a fun and effective way to challenge and improve overall strength, balance, and core stability simultaneously! Our suspension bands use the leverage of your own bodyweight against gravity to provide a great full body workout. We'll be using a dynamic mix of interval, circuit, and bodyweight training. LEVEL 1 ADVANCED.

21F-FIT-019

T/Th, 9/14-10/21 8 - 8:45 AM Sessions: 12
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

TR EXERCISE (TRX) - BEGINNER

Total body Resistance Exercise is a fun and effective way to challenge and improve overall strength, balance, and core stability simultaneously! Our suspension bands use the leverage of your own bodyweight against gravity to provide a great full body workout. We'll be using a dynamic mix of interval, circuit, and bodyweight training. LEVEL 3 BEGINNER.

21F-FIT-020

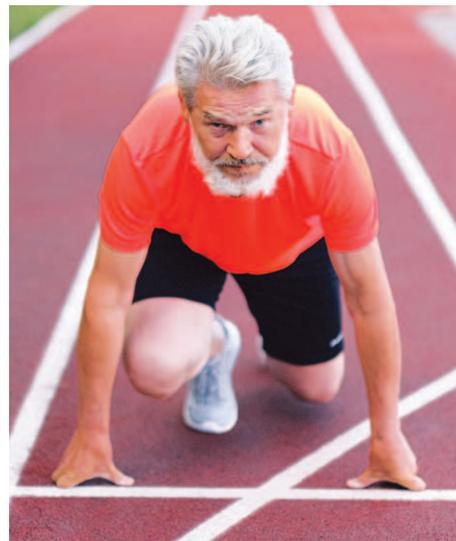
T/Th, 9/14-10/21 11 - 11:45 AM Sessions: 12
Touchmark Health & Fitness Club 625 S Arbor Ln, Meridian
Carol Garcia Age: 50+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

WAKE UP & TONE UP!

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

21F-FIT-001

M, 9/20 6:30 - 8 PM Sessions: 1
Timberline High Lois Morgan Age: 18+
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00



ZUMBA® GOLD

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

21F-FIT-004

M, 9/13-10/18 1 - 2 PM Sessions: 6
West Family YMCA 5959 N Discovery Way, Boise
Katie Christensen Age: 50+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

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

ARTS

ABSTRACT DRAWING AS A MEDITATION TECHNIQUE

Creating abstract or doodle art is a wonderful alternative meditation technique that can help you quiet and focus your mind when you may struggle with other techniques. Learn meditative art using basic shapes and marks, so no drawing experience is necessary! Leave this class with an understanding of how to use different abstract and doodle art techniques to create a different type of meditative practice, as well as your masterpiece you create!

21F-ART-005

Th, 9/16 6:30 - 8:30 PM Sessions: 1
West Jr High Dawn Fowler Age: 18+
Tuition: \$20.00 Materials: \$ 5.25 Total: \$25.25

21F-ART-006

Th, 10/14 6:30 - 8:30 PM Sessions: 1
ZOOM Dawn Fowler Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

ACRYLIC PAINTING: MOUNTAIN LANDSCAPE

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

21F-ART-016

T, 9/28 6 - 8:30 PM Sessions: 1
West Jr High Brian Schreiner Age: 18+
Tuition: \$25.00 Materials: \$ 30.00 Total: \$55.00

BASIC DRAWING CONCEPTS

Explore the joy of drawing! Drawing is a great way to relax and requires few materials. Learn about materials, techniques, and composition. Experience the creative process of sketching, regardless of experience level. Supplies needed estimated cost \$10-18. **NEW!**

21F-ART-003

T, 9/14-9/28 6:30 - 8 PM Sessions: 3
Hillside Jr High Lisa Hlavinka Age: 14+
Tuition: \$40.00 Materials: \$ 0.00 Total: \$40.00

CROCHET 101

Learn the basics of crochet, and explore new projects if you already have the basics. Begin working on fun projects such as amigurumi animals, hats, or a granny square afghan. Bring a G or H size crochet hook and one skein of yarn.

21F-ART-002

T, 9/14-10/19 6:30 - 8:30 PM Sessions: 6
Timberline High Donna Adams Age: 18+
Tuition: \$60.00 Materials: \$ 0.00 Total: \$60.00



DIRTY POUR PAINTING

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

21F-ART-001	6 - 7:30 PM	Sessions: 1
T, 9/21		
Rockbottom Granite	5103 N Sawyer Ave, Garden City	
Gisele Pope	Age: 18+	
Tuition: \$15.00	Materials: \$ 26.00	Total: \$41.00

DIY MOSAIC STEPPING STONES

In this class, you will learn from an amazing local mosaic tile expert how to make stepping stones with this beautiful and unique medium. They will dazzle your garden all year round! Pre-cut tiles are supplied, and grouting is done at later time. A great gift! **Proof of vaccination required.**

21F-ART-017	6 - 8:30 PM	Sessions: 1
T, 9/14		
Mosaic Essential	413 E 37th Street - Door 3, Garden City	
Reham Aarti	Age: 18+	
Tuition: \$20.00	Materials: \$ 65.00	Total: \$85.00



FLORAL DESIGN: BEGINNER

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

21F-ART-013	6:30 - 7:30 PM	Sessions: 1
Th, 9/16		
21F-ART-014	6:30 - 7:30 PM	Sessions: 1
Th, 9/23		
West Jr High	Kyle Costa	Age: 18+
Tuition: \$10.00	Materials: \$ 25.00	Total: \$35.00

FLORAL DESIGN: BRIGHT FALL ARRANGEMENT

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.

21F-ART-010	6 - 7 PM	Sessions: 1
T, 10/12		
Boise At Its Best Flowers	851 S Vista Ave, Boise	
Georgia White	Age: 18+	
Tuition: \$12.00	Materials: \$ 20.00	Total: \$32.00

INTRO TO METALSMITHING: STAMPED RING

Learn how to shape, solder, stamp your very own ring. Choose from different metals to fit your taste! No experience needed, all tools and materials will be provided! Class includes a basic copper or brass ring.

21F-ART-011	11AM - 12 N	Sessions: 1
S, 10/9		
21F-ART-012	11AM - 12 N	Sessions: 1
S, 10/16		
Fire Fusion Studio	1322 W Main St, Boise	
Michelle Keller	Age: 8+ w/adult	
Tuition: \$15.00	Materials: \$ 35.00	Total: \$50.00

MAKE YOUR OWN GLASS ORNAMENT

In this workshop, you will receive one-on-one instruction from a local glass artist to create your own blown glass ornaments. We will go over the basics of a glass blowing studio set up, techniques, and the process of making an ornament. Your creation will be available for pick-up the following day after 3 p.m. What a great gift!

21F-ART-022	6 - 9 PM	Sessions: 1
M, 10/11		
21F-ART-023	6 - 9 PM	Sessions: 1
M, 10/18		
Boise Art Glass	1124 W Front St, Boise	
Austin Grill	Age: 18+	
Tuition: \$24.00	Materials: \$ 18.00	Total: \$42.00

MAKE YOUR OWN GLASS PUMPKIN

In this workshop, you will receive one-on-one instruction from a local glass artist to create your own blown glass pumpkin. We will go over the basics of a glass blowing studio set up, techniques, and the process of making a pumpkin. Your creation will be available for pick-up the following day after 3 p.m. Material fee covers all materials and supplies.

21F-ART-018	6 - 9 PM	Sessions: 1
M, 9/13		
21F-ART-019	6 - 9 PM	Sessions: 1
M, 9/20		
21F-ART-020	6 - 9 PM	Sessions: 1
M, 9/27		
21F-ART-021	6 - 9 PM	Sessions: 1
M, 10/4		
Boise Art Glass	1124 W Front St, Boise	
Austin Grill	Age: 18+	
Tuition: \$24.00	Materials: \$ 35.00	Total: \$59.00



MODERN RIBBON WREATH MAKING NEW!

Wreaths are a fun and festive way to decorate both the outside and inside of your home! With endless possibilities for color and pattern combinations, learn the techniques of how to create a simple yet stunning ribbon wreath that you can customize for every occasion. All wreath supplies will be provided. Students should bring a good pair of cutting scissors and their creativity!

21F-ART-024	6:30 - 8:30 PM	Sessions: 1
W, 10/20		
West Jr High	Alison Giachetti	Age: 8+ w/adult
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00

SUCCEED BY WRITING SHORT

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

21F-ART-015	6:30 - 7:30 PM	Sessions: 1
T, 10/19		
Google Meet	Conda Douglas	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

WHAT IS ART JOURNALING?

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

21F-ART-004	6:30 - 8:30 PM	Sessions: 1
T, 10/19		
ZOOM	Kathy Hopkins	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



WOODCRAFT: BEGINNING CARVING

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

21F-ART-008	6 - 9 PM	Sessions: 1
T, 10/12		
Woodcraft Of Boise	7005 W Overland Rd, Boise	
Eric Owens	Age: 14+ w/adult	
Tuition: \$20.00	Materials: \$ 35.00	Total: \$55.00

WOODCRAFT: MAKE A WOOD WRITING PEN

Create this classic wooden pen while learning the techniques for other small woodturning projects. Students in this class will learn basic lathe set up and use. A great gift idea!

21F-ART-009	6 - 9 PM	Sessions: 1
W, 10/13		
Woodcraft Of Boise	7005 W Overland Rd, Boise	
Steve Merrill	Age: 18+	
Tuition: \$20.00	Materials: \$ 55.00	Total: \$75.00

WOODCRAFT: ROUGH TO READY

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

21F-ART-007	6 - 9 PM	Sessions: 1
F, 10/8		
Woodcraft Of Boise	7005 W Overland Rd, Boise	
Brian Bass	Age: 13+ w/adult	
Tuition: \$20.00	Materials: \$ 55.00	Total: \$75.00



BUSINESS AND PROFESSIONAL DEVELOPMENT

GET YOUR LOCAL BUSINESS ON GOOGLE SEARCH & MAPS

Showing up when customers are searching online is more important than ever. Ensure customers can find accurate, updated information about your local business on Google Search and Google Maps, no matter which device they use. In this workshop, you will learn how to create and manage a Google business profile from start to finish. Taught by social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center).

21F-BUS-001	6:30 - 8:30 PM	Sessions: 1
T, 9/14		
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

INSTAGRAM FOR BEGINNERS

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

21F-BUS-002	6:30 - 8:30 PM	Sessions: 1
T, 9/28		
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

SELL ONLINE WITH E-COMMERCE TOOLS

Learn how to sell your products online. Students will walk through listing your products for free with Google My Business and Merchant Center and show you one way to sell on your website, using an E-Commerce store built with Shopify. Learn about helpful tools to stand out online, such as Local Opportunity Finder and Grow My Store. Taught by social media consultant, and Certified High-Impact Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center).

21F-BUS-003	6:30 - 8:30 PM	Sessions: 1
T, 10/12		
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

USE YOUTUBE TO GROW YOUR BUSINESS

Get to know the fundamentals of YouTube through this comprehensive guidebook. The steps outlined in this small business resource will introduce the basics of building and managing a YouTube business channel, creating eye-catching videos, and advertising on YouTube. Attendees are encouraged to have their YouTube account installed for a more hands on experience, or they can relax and listen. Taught by social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center).

21F-BUS-004	6:30 - 8:30 PM	Sessions: 1
T, 10/19		
Timberline High	Kim Sherman-Labrum	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

**The Fall Session runs
from Sept. 13 – Oct. 21**

AUTOMATING EXCEL USING VBA

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

21F-COM-001
T/Th, 9/14-9/23 6:30 - 8:30 PM Sessions: 4
West Jr High James Thomas Age: 18+
Tuition: \$65.00 Materials: \$ 4.00 Total: \$69.00

INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS

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

21F-COM-002
T/Th, 10/12-10/21 6:30 - 8:30 PM Sessions: 4
West Jr High James Thomas Age: 18+
Tuition: \$65.00 Materials: \$ 5.00 Total: \$70.00

CPR/FIRST AID

CPR CERTIFICATION: AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

CPR/AED course covering adult, child, and infant CPR, choking, and usage of the AED. Students will receive an ASHI certification card upon successful completion of the course, which is valid for 2 years.

21F-HEA-001
M, 9/13 6 - 8:30 PM Sessions: 1

21F-HEA-002
T, 9/28 6 - 8:30 PM Sessions: 1

21F-HEA-003
W, 10/13 6 - 8:30 PM Sessions: 1

Health Solutions of Idaho
11588 W Fairview Ave, Ste 200, Boise
Joel Gunstream Age: 12+ w/adult
Tuition: \$20.00 Materials: \$ 16.00 Total: \$36.00

CULINARY

ASIAN INDIAN VEGETARIAN COOKING

A long-time Community Ed favorite course! Learn history and meanings of the magical ingredients used in several Asian Indian dishes that are part of this demonstration. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional fee for book. **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**

21F-CUL-001
T, 9/28 6:30 - 8:30 PM Sessions: 1

21F-CUL-002
M, 10/18 6:30 - 8:30 PM Sessions: 1
Timberline High Prarthana Kashikar Age: 18+
Tuition: \$20.00 Materials: \$ 18.00 Total: \$38.00

BAKING WITH ALMOND FLOUR

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

21F-CUL-007
T, 10/12 6:30 - 8 PM Sessions: 1
Timberline High Jennyfer Berg Age: 18+
Tuition: \$15.00 Materials: \$ 12.00 Total: \$27.00

CAKE DECORATING 101

Class covers basic skills for creating flowers and borders in traditional designs. You will bake a cake each week, starting at week 2, to bring to class. Supply list provided at first class. Approx. \$30

21F-CUL-004
W, 9/15-10/20 6:30 - 8:30 PM Sessions: 6
Timberline High Donna Adams Age: All w/adult
Tuition: \$50.00 Materials: \$ 0.00 Total: \$50.00



CANNING BASICS: SALSAS AND MORE NEW!

For new and experienced home canners, attend this presentation to learn proper boiling water methods. Participants will receive information on the most current USDA guidelines and research for canning acid foods and tomato products. This class will be a lecture demo that will include handouts and samples.

21F-CUL-015
T, 9/21 6:30 - 7:30 PM Sessions: 1

Timberline High
21F-CUL-016
Th, 9/30 6:30 - 7:30 PM Sessions: 1

West Jr High Bridget Morrisroe-Aman Age: 18+
Tuition: \$10.00 Materials: \$ 5.00 Total: \$15.00

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: Cake, tortillas, yeast bread, cookies, waffles and muffins!

21F-CUL-019
M, 10/4 6:30 - 8:30 PM Sessions: 1

Timberline High
21F-CUL-020
M, 10/11 6:30 - 8:30 PM Sessions: 1

Hillside Jr High Mary Ann Wilcox Age: 18+
Tuition: \$20.00 Materials: \$ 20.00 Total: \$ 40.00

GROWING BEAN SPROUTS

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

21F-CUL-010
M, 10/4 7 - 8 PM Sessions: 1
Timberline High Vince Matthews Age: 18+
Tuition: \$10.00 Materials: \$ 1.00 Total: \$11.00

HALLOWEEN CHILI: VIRTUAL COOKING CLASS

Our new class will have you cooking an entire fall themed meal tonight in your own kitchen! We will provide staples you may not have, you will provide the rest of the grocery list. Halloween Chili in a pumpkin (real not ceramic) tureen with all the fixin's. You must be registered by October 14th. Upon registration, instructor will contact you through email to come and pick up your box at Olivin and go over the agenda and shopping list.

21F-CUL-011
T, 10/19 6:30 - 8 PM Sessions: 1
ZOOM Mary Ann Mandel Age: 18+
Tuition: \$10.00 Materials: \$ 35.00 Total: \$45.00



HANDMADE PIZZA AT HOME!

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

21F-CUL-009
T, 10/19 6:30 - 8:30 PM Sessions: 1

Timberline High Joe Levitch, Jennifer Loves Age: 18+
Tuition: \$20.00 Materials: \$ 10.00 Total: \$30.00

KNIFEOLGY II: THE MIXING BOWL

This class expands on Knifeology which introduced you to the differences and features that are important when investing in one of the most important tools in your kitchen. This course will have you chopping and slicing your way through recipes. You will need your favorite knife and cutting board, a device to set up in the kitchen for the virtual class, a cooktop (stove) and an oven plus supplies. Upon registration, instructor will contact you through email. You will pick up supplies the day before class at The Mixing Bowl.

21F-CUL-012
Th, 9/30 6:30 - 8 PM Sessions: 1

Timberline High Mary Ann Mandel Age: 18+
Tuition: \$15.00 Materials: \$ 15.00 Total: \$30.00

LET'S TACO 'BOUT ORGANICS!

Were talkin' (and tastin') tacos, folks! Join Jennyfer Berg, Certified Nutritional Health Coach, and discover fresh and exciting ways to take fiesta to a whole new level using 100% organic produce and organic fillings and toppings. Get your taco fix and lettuce teach you why organics are so avocados this world! Supplies include a complimentary bag with recipes, a \$5 coupon, and the ingredients to prepare a whole taco party.

21F-CUL-006
T, 9/28 6:30 - 7:30 PM Sessions: 1
West Jr High Jennyfer Berg Age: 18+
Tuition: \$10.00 Materials: \$ 15.00 Total: \$25.00



MAKE VIETNAMESE SPRING ROLLS

Come and learn how to make fresh spring rolls! The typical ingredients include slivers of cooked pork or shrimp (sometimes chicken), fresh herbs like basil and cilantro, lettuce, cucumbers, rice noodles, all wrapped in moistened rice paper. Learn how to make the dipping sauce too. Bring your appetite and a container to bring food home! There will be plenty of food to share! **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**

21F-CUL-017
Th, 9/23 6:30 - 8:30 PM Sessions: 1

Timberline High
21F-CUL-018
Th, 10/21 6:30 - 8:30 PM Sessions: 1

West Jr High Marti Miller Age: 18+
Tuition: \$20.00 Materials: \$ 12.50 Total: \$32.50

OLIVE OIL CAKE: VIRTUAL COOKING CLASS

Our new class will have you baking a cake made with olive oil tonight in your own kitchen! We will provide the olive oil, you will provide the rest of the grocery list. Who knew olive oil made such a luscious dessert? You must be registered by October 9th. Once you register we will contact you through email to come and pick up your box at Olivin and go over the agenda and shopping list.

21F-CUL-014
T, 10/12 6:30 - 8 PM Sessions: 1

ZOOM Mary Ann Mandel Age: 18+
Tuition: \$10.00 Materials: \$ 25.00 Total: \$35.00

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

LIVE OILS: ALL YOU NEED TO KNOW

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

21F-CUL-013
T, 9/21 6:30 - 8 PM Sessions: 1
Olivin 218 N 9th St, Boise
Mary Ann Mandel Age: 18+
Tuition: \$10.00 Materials: \$ 35.00 Total: \$45.00

THE HIGHER TASTE: KARMA FREE FOOD

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

21F-CUL-003
Th, 10/21 6:30 - 8:30 PM Sessions: 1
Timberline High Prarthana Kashikar Age: 18+
Tuition: \$20.00 Materials: \$ 6.00 Total: \$26.00

TOMATOES — 6 SWEET & EASY WAYS TO PRESERVE THEM!

Tomato Gardening: You've grown it. Now what? A University of Idaho advanced Master Gardener/advanced Master Food Safety Advisor will teach you the ways to enjoy your bounty through safe preservation practices. Learn 6 ways to preserve tomatoes... these ain't your grandma's stewed tomatoes! Enjoy the taste of garden fresh tomatoes all year long. While detailed preservation methods will be discussed, pressure canning will not be part of the class.

21F-CUL-008
Th, 9/16 6:30 - 8 PM Sessions: 1
Google Meet Gretchen Anderson Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

TURMERIC, THE SPICE OF LIFE — BEYOND CURRY

This wonderful yellow spice has been consumed for its health benefits for thousands of years. Combining turmeric with certain spices or healthy fats can help your body absorb and use curcumin — the active component of turmeric. Join Jennyfer Berg, Certified Nutritional Health Coach, and spice up your life and your health by learning how to use turmeric in more than just curry. Supplies include a complimentary bag with all the recipes, a \$5 coupon, and the ingredients to prepare curry, curried cauliflower and golden milk. Virtual option available via Zoom. **REGISTRATION CLOSURES ON 9/7**

21F-CUL-005
T, 9/14 6:30 - 8 PM Sessions: 1
Timberline High Jennyfer Berg Age: 18+
Tuition: \$15.00 Materials: \$ 15.00 Total: \$30.00



Classes fill quickly!
Register today at
www.boiselearns.org

CULTURE & HISTORY

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

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

21F-HIS-002
W, 9/22 5:30 - 8:30 PM Sessions: 1
Cloverdale Funeral Home - Event Center
1200 N Cloverdale Rd, Boise

21F-HIS-005
W, 10/6 5:30 - 8:30 PM Sessions: 1
ZOOM David Habben Age: 18+
Tuition: \$25.00 Materials: \$ 0.00 Total: \$25.00

EXPLORING THE GREAT WORLD RELIGIONS

Religion is responsible for the progress of humankind when applied correctly and the source of strife when not. Students will explore the religions in a unifying framework that will make sense of them all, including Native American beliefs. This class will adopt multiple perspectives: the religions as seen in the unified framework, as seen in the eyes of the believers, as seen in the realm of prophetic relationships.

21F-HIS-004
Th, 9/16-10/21 6:30 - 8:30 PM Sessions: 6
ZOOM J Thomas Pawlowski Age: 18+
Tuition: \$48.00 Materials: \$ 0.00 Total: \$48.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

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

21F-HIS-003
W, 9/29 6:30 - 8:30 PM Sessions: 1
Cloverdale Funeral Home - Event Center
1200 N Cloverdale Rd, Boise

21F-HIS-006
W, 10/13 6:30 - 8:30 PM Sessions: 1
ZOOM David Habben Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

DANCE

BEGINNING ADULT TAP DANCE

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

21F-DAN-004
Th, 9/16-9/30 6:30 - 7:15 PM Sessions: 3
Susie's Tap and Jazz Etc. 6053 W Corporal Ln, Boise
Susie Depew Age: 18+
Tuition: \$27.00 Materials: \$ 0.00 Total: \$27.00



INTRO TO LINE DANCING

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

21F-DAN-005
W, 9/22-10/6 11AM - 12 N Sessions: 3
Broadway Dance Center 893 E Boise Ave, Boise
Sue Hebison Age: 18+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

IRISH STEP DANCING

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

21F-DAN-001
M, 9/13-10/18 5:30 - 6:30 PM Sessions: 6
Killarney Irish Dance Studio 2138 N Cole Rd, Boise
Carly Allen Age: 6-18
Tuition: \$42.00 Materials: \$ 0.00 Total: \$42.00



LEARN TO BELLY DANCE WITH VEILS

Belly Dance (Raqs Sharqi) is an ever-evolving dance form found all over the world! It has developed into many different styles from Classical Egyptian to American Cabaret, American and Global Caravan Tribal styles fusion and more! Come learn the basic moves of belly dance and add even more fun to your dance with the use of veils! Instructor will have veils for lending students.

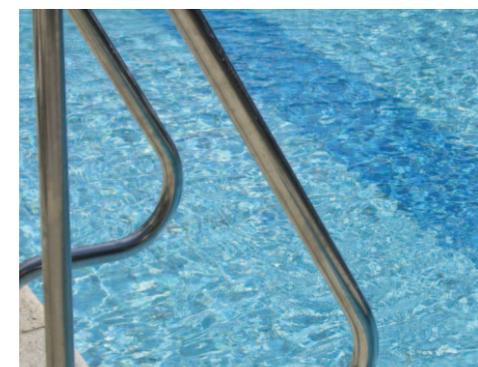
21F-DAN-003
W, 9/15-10/20 6:30 - 7:30 PM Sessions: 6
Timberline High Diana Ernest Age: 18+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

FITNESS

AQUA WORKOUT

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

21F-FIT-036
M/W, 9/13-10/20 5:30 - 6:25 PM Sessions: 12
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise
21F-FIT-025
T/Th, 9/14-10/21 8 - 8:55 AM Sessions: 12
AXIOM-Cole & Fairview 7316 W Fairview Ave, Boise
Rotating Instructors Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00



BODYPUMP®

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

21F-FIT-041
T/Th, 9/14-10/21 6 - 7 AM Sessions: 12
Downtown Boise YMCA 1050 W State St, Boise
Rotating Instructors Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00

BODYPUMP™

BODYPUMP® by Les Mills is the "original barbell" class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for — and fast!

21F-FIT-029
T/Th, 9/14-10/21 5:30 - 6:15 PM Sessions: 12
AXIOM-Meridian 1455 S Country Terrace Ct, Meridian
Rotating Instructors Age: 18+
Tuition: \$72.00 Materials: \$ 0.00 Total: \$72.00

Commit to get fit this fall!
Sign up for a fitness class!

CORE STABILITY WITH LIFTING ACTIVITIES: PREVENTION OF LOW BACK INJURY

Too often patients suffer from a low back injury onset by a simple everyday lifting task. These injuries can often be avoided with improved core stability and proper lifting mechanics. The goal of this course is to educate and give students the tools to prevent low back injury before it occurs. Come learn basic core strengthening exercises that can be performed in under 10 minutes and strategies that will make lifting activities easy and pain-free. Join in to learn more about how your core can protect you!

21F-FIT-024			
M, 10/4	6:30 - 7:30 PM	Sessions: 1	
ZOOM	Taylor Williams, PT, DPT	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

CROSSFIT

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

21F-FIT-007			
F, 9/17-10/22	12 - 1 PM	Sessions: 6	
West Family YMCA	5959 N Discovery Way, Boise	Age: 17+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

HOW TO HIT A SPEED BAG

Learn how to hit a speed bag — good for hand-eye coordination and toning your arms and upper body. It is as vigorous as you make it, and the concentration required makes the time pass quickly. After this class, you will be ready to find a gym with speed bags or make your own set-up at home. Please bring a water bottle and a pair of any type of light, comfortable gloves to fit inside the mitts provided for hitting. An e-mail with a link to an introductory video will be sent a week prior to class.

21F-FIT-012			
W, 10/13	7 - 8:30 PM	Sessions: 1	
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	



INDOOR CYCLING

A freestyle, non-choreographed cycle class that offers a wide variety of motivating music and several terrain options to get you to the finish line. Water bottle strongly suggested but not required. **NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.**

21F-FIT-040			
M/W, 9/13-10/20	5:30 - 6:30 PM	Sessions: 12	
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Sonja Barber		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	
21F-FIT-005			
T, 9/14-10/19	4:30 - 5:30 PM	Sessions: 6	
Downtown Boise YMCA	1050 W State St, Boise	Age: 18+	
Sonja Barber		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	
21F-FIT-013			
W, 9/15-10/20	6:30 - 7:30 PM	Sessions: 6	
Joseph Pratt		Age: 18+	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

OCCAM'S RAZOR: DEVELOPING A SIMPLE & EFFECTIVE EXERCISE PLAN

Exercise programs need not be complex to be effective! Join Physical Therapist and Strength/Conditioning Specialist, Dr. Sebastian Saur, for this one hour Zoom presentation on the fundamentals of exercise programming. Learn the necessary components of an effective exercise plan that can be applied to a self made workout plan or be used to modify an existing exercise routine for the best results in the most simple and efficient manner.

21F-FIT-023			
Th, 9/16	6:30 - 7:30 PM	Sessions: 1	
ZOOM	Sebastian Saur, DPT	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

POUND: ROCK OUT, WORK OUT!

Channel your inner rock star with this full body cardio jam session! Inspired by drumming, students use lightly weighted Ripstix® to move to music. Pound combines cardio, conditioning and strength training with yoga and Pilates-inspired movements for an effective and fun workout! Instructor will provide Ripstix®.

21F-FIT-002			
T, 9/14-10/19	6:30 - 7:15 PM	Sessions: 6	
Hillside Jr High	Kelli Ott	Age: 18+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	

REFIT

REFIT, a dance fitness format, combines several elements of fitness into one power-packed hour. While the focus is structured around cardio-dance movements, toning and flexibility, strength training and stretching are also incorporated. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners. This workout targets the whole person; body-mind-soul, using positive and uplifting music.

21F-FIT-009			
T, 9/14-10/19	6:30 - 7:30 PM	Sessions: 6	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Katie Christensen		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

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

SHINE DANCE FITNESS

SHiNE™ is a dance fitness class rooted in traditional dance such as JAZZ, HiP HOP, and BALLET. We take those foundational moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you to keep moving and do less thinking.

21F-FIT-030			
T/Th, 9/14-10/21	6:30 - 7:25 PM	Sessions: 12	
AXIOM-Meridian	1455 S Country Terrace Ct, Meridian	Age: 18+	
Rotating Instructors		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	

SPINNING®

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

21F-FIT-028			
T/Th, 9/14-10/21	9:30 - 10:15 AM	Sessions: 12	
AXIOM-Meridian	1455 S Country Terrace Ct, Meridian	Age: 18+	
Rotating Instructors		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	
21F-FIT-037			
T, 9/14-10/19	5:30 - 6:15 PM	Sessions: 6	
AXIOM-Parkcenter	801 E Parkcenter Blvd, Boise	Age: 18+	
Rotating Instructors		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	



STRENGTH TRAIN TOGETHER

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

21F-FIT-006			
W, 9/15-10/20	5:15 - 6:15 PM	Sessions: 6	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Amy Bedsole		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

TOTAL ATHLETIC CONDITIONING (TAC)

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

21F-FIT-008			
M, 9/13-10/18	6:30 - 7:25 PM	Sessions: 6	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Joseph Pratt		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

TRX BOOTCAMP

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

21F-FIT-010			
T/Th, 9/14-10/21	12 N - 1 PM	Sessions: 12	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Christine Kuzma		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	

WAKE YOUR BODY BOOTCAMP

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

21F-FIT-003			
M/W/F, 9/13-10/22	5:15 - 6:15 AM	Sessions: 18	
West Family YMCA	5959 N Discovery Way, Boise	Age: 18+	
Katie Christensen		Age: 18+	
Tuition: \$90.00	Materials: \$ 0.00	Total: \$90.00	

ZUMBA™

This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all done to incredible music with moves that are easy to learn!

21F-FIT-033			
W, 9/15-10/20	7:30 - 8:25 PM	Sessions: 6	
AXIOM-Village	3505 E Monarch Sky Ln, Meridian	Age: 18+	
Rotating Instructors		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

GARDEN & THE GREAT OUTDOORS

BACKYARD CHICKENS & YOUR GARDEN

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

21F-GAR-003			
M, 9/13	6:30 - 8:30 PM	Sessions: 1	
Timberline High	Rob Newburn, Cindy Simpkins	Age: 10+ w/adult	
Tuition: \$20.00	Materials: \$ 2.00	Total: \$22.00	



BACKYARD CHICKENS FOR BEGINNERS

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

21F-GAR-001

Th, 10/21 6:30 - 8 PM Sessions: 1
 Google Meet Gretchen Anderson Age: 12+ w/adult
 Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

SAVING WATER IN YOUR LANDSCAPE **NEW!**

Learn the principles of conserving water in your landscape from University of Idaho Horticulturist, Susan Bell. Professor Bell will share information on landscape design and how to stay green in our arid high desert environment.

21F-GAR-002

T, 9/28 6 - 8 PM Sessions: 1
 Hillside Jr High Susan Bell Age: 18+
 Tuition: \$20.00 Materials: \$ 5.00 Total: \$25.00



HEALTH & WELLNESS

ADRENAL FATIGUE: NUTRITIONAL TOOLS TO BUILD RESILIENCE

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

21F-HEA-008

Th, 9/16 6:30 - 8 PM Sessions: 1
 Hillside Jr High Kendy Radasky Age: 18+
 Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

CARPAL TUNNEL RELEASE – NO STITCHES!

Traditional carpal tunnel release (CTR) requires an open incision 2 inches in length. We now offer a new technology to do the CTR with ultrasound guidance, requiring an incision less than 5 mm. No IV. No anesthesia. No stitches. Quicker recovery. Come learn about it! Visit SonexHealth.com. Masks will be provided if students do not have one.

21F-HEA-013

T, 9/14 5 - 6 PM Sessions: 1
 Pain Care Boise 301 W Myrtle St, Boise
 William Binegar, MD Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



VOLUNTEER INSTRUCTOR SPOTLIGHT

Kendy Radasky, MS, FNT is certified as a Functional Nutritional Therapist with the Nutritional Therapy Association. She uses her knowledge of human physiology and nutrient-dense foods, the wisdom of her own life and health journey, and a deep compassion for shared experience to help her students and clients find balance and heal from both chronic and acute illness. Kendy’s education in the fields of Ecology and Permaculture, and her experience as a community college biology teacher give her a unique perspective and skill set as a nutritionist. Her focus as an educator and clinician is to convey the importance of interconnectedness of systems in the body, and of our body to the greater social and ecological systems of which we are a part.

Kendy loves to teach community-based nutrition classes – there is nothing more exciting than helping someone turn on a new light of curiosity and motivation for change. One of her foundational messages is a blend of self-compassion and self-empowerment: observe our patterns objectively, compare their results to our goals, and experiment with recommended alternatives until we find a sustainable fit... and then repeat (because life happens).

Kendy’s clinical focus includes diabetes and other metabolic imbalances, digestive dysfunction, food sensitivities and allergies, autoimmune disease, fatigue and hormone imbalance.

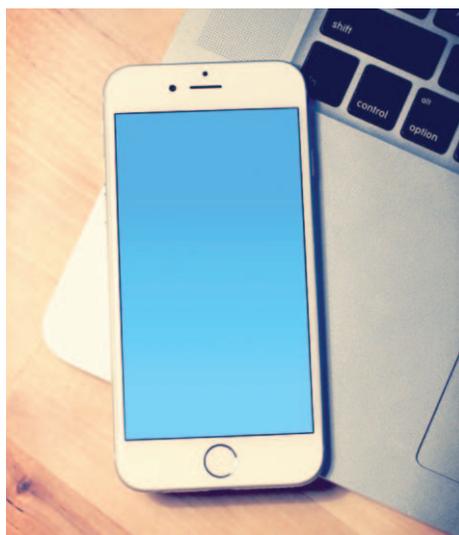
This FALL session, Kendy will be offering her two most popular classes: **ADRENAL FATIGUE: NUTRITIONAL TOOLS TO BUILD RESILIENCE** and **THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR**. We are excited for Kendy to help us get healthy! Enroll early! These classes always fill up fast.

FIGHT BLUE LIGHT WITH LUTEIN – THE AGE OF DIGITAL OVERLOAD **NEW!**

Blue light is everywhere, and unavoidable. Many of us spend nearly 10 hours every day staring at blue light from our digital devices. This excessive exposure to blue light is not only problematic for our eye health, but can also interfere with sleep and cognition. Join Jennyfer Berg, Certified Nutritional Health Coach, to discover why lutein is great for our eyes, a super nutrient for the brain throughout our entire lifetime, and perfect for our skin when spending time in the sun. Virtual option available via Zoom.

21F-HEA-007

T, 10/5 6:30 - 7:30 PM Sessions: 1
 Hillside Jr High Jennyfer Berg Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



FIX YOUR LOW BACK PAIN

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

21F-HEA-010

T, 9/28 6:30 - 7:30 PM Sessions: 1
 Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
 Angela Young Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

FIX YOUR NECK PAIN

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

21F-HEA-009

T, 9/21 6:30 - 7:30 PM Sessions: 1
 Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
 Angela Young Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

INFECTION CONTROL AND YOU – SPREAD LOVE NOT GERMS **NEW!**

What is the difference between an outbreak and a pandemic? What is the role of an epidemiologist and infection control practitioner? Where to find quality information about COVID-19 or other diseases of interest in your local community. How to protect yourself when traveling. Learn basic infection control practices you can incorporate into your daily routine and have fun while you are learning!

21F-HEA-012

Th, 9/16 6:30 - 8:30 PM Sessions: 1
 Hillside Jr High Tania Ciolko Age: 18+
 Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00



REDUCE YOUR EMF EXPOSURE!

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

21F-HEA-019

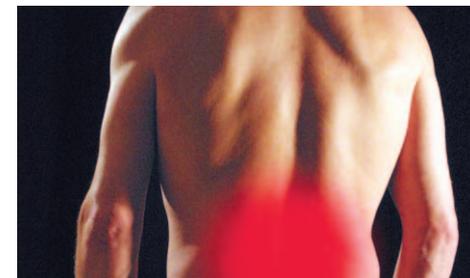
M, 10/4 6:30 - 8 PM Sessions: 1
 Hillside Jr High Cathy Cooke Age: 18+
 Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

SACROILIAC FUSION FOR LOW BACK PAIN

Learn of a new technique to stabilize the sacroiliac joint without utilizing bolts and screws. Learn when this new procedure can be considered for people with sacroiliac etiology for their low back pain. This procedure is commonly done when people have failed medications, physical therapy/chiropractor and other interventions for their low back pain. People have commonly had relief, but short-term relief with sacroiliac steroid injections. This is a minimally invasive procedure done in our AAAHC/Medicare certified ASC (Ambulatory Surgery Center). You go home the same day.

21F-HEA-016

T, 10/5 5 - 6 PM Sessions: 1
 Pain Care Boise 301 W Myrtle St, Boise
 William Binegar, MD Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



SPINAL STENOSIS & MISTS (MINIMALLY INVASIVE SPINE TREATMENTS)

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

21F-HEA-014

T, 9/28 5 - 6 PM Sessions: 1
 Pain Care Boise 301 W Myrtle St, Boise
 William Binegar, MD Age: 18+
 Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

**Don't miss out!
 Register today at
www.boiselearns.org**

STEM CELLS FOR JOINT OSTEOARTHRITIS PAIN
Learn how regenerative medicine is used with your own stem cells or platelets for joint pain. Better understand the indications and the type of stem cells used for osteoarthritis. Taught by a Board Certified Pain Medicine/Anesthesiology MD and the only pain doctor in the valley also certified in Musculoskeletal Ultrasound! Masks will be provided if students do not have one.

21F-HEA-015
T, 9/21 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binegar, MD Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

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

21F-HEA-020
Th, 9/23 6:30 - 8 PM Sessions: 1
Hillside Jr High Kendy Radasky Age: 18+
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00



VIBRANCY REBOOT

NEW!

Give your quality of life a reboot! Address common causes of fatigue, poor sleep, digestive problems, and low mood in a 4-week class designed to increase your vitality. In this interactive class, we will cover sleep hygiene, nutrition, activity/exercise, and mindfulness topics, and OTC herbal remedies. Come prepared to participate and learn!

21F-HEA-017
W, 9/15-10/6 6 - 7:30 PM Sessions: 4
Google Meet Dr. Ashlee Jane Age: 18+
Tuition: \$40.00 Materials: \$ 0.00 Total: \$40.00

WHY YOUR LYMPHATIC SYSTEM MATTERS

Learn from an expert what your lymphatic system is and why keeping yourself well depends on it. Learn practical tools and methods for stimulating lymph flow. We will discuss what steps to take to avoid lymphatic congestion.

21F-HEA-011
T, 9/14 6:30 - 8:30 PM Sessions: 1
Timberline High
21F-HEA-004
T, 10/5 6 - 8 PM Sessions: 1
ZOOM
21F-HEA-005
M, 10/18 6 - 8 PM Sessions: 1
ZOOM
Glenda Bell Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

**Enjoy a new activity
this fall!**

HOLISTIC LIVING

ESSENTIAL OILS: REDUCING YOUR TOXIN LOAD

Are you ready to "toss the toxins?" In this class of our Wellness Education Series, learn how to make simple adjustments to create a mighty course change in the trajectory of your health and wellness lifestyle. Join this class, "Toxin-Free Living," from green cleaning to personal care, all your bases are covered! The only decision you'll have to make is what to tackle first.

21F-HOL-007
T, 10/5 7 - 8:30 PM Sessions: 1
Hillside Jr High
21F-HOL-008
F, 10/15 7 - 8:30 PM Sessions: 1
ZOOM
Christina Forst Age: 18+
Sandra Forst
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00



EXPLORING YOUR PERSONAL SPIRITUAL/ENERGETIC POWER

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

21F-HOL-004
Th, 9/23 6:30 - 8:30 PM Sessions: 1
Timberline High Victoria Savage Age: 18+
Tuition: \$20.00 Materials: \$ 3.00 Total: \$23.00

MEDITATION: 10 EASY TECHNIQUES

In this class, you will try 10 practical, portable meditation techniques that can fit easily into your busy lifestyle. Learn how a daily practice can help you become a happier, healthier, kinder and more focused person.

21F-HOL-001
T, 10/12 6:30 - 7:30 PM Sessions: 1
Timberline High Jeanette Germain Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



Register today!
www.boiselearns.org

MINDFUL MEDITATION SERIES – PART 1: SIMPLE MEDITATION

NEW!

Learn how to simply meditate. This is a practice that can be added to your daily life. Meditation can help decrease feelings of loneliness, anxiety, and even the blues. Through daily practice, one will find more peace, love, insight, and inspiration for their day. We will discuss some techniques that can be used for meditation, and also preview a couple of breathing exercises. After a talk on meditation methods we will participate in a 15-20 minute guided meditation. Part 1 of a 2-part series. Yoga mat and cushion needed.

21F-HOL-005
W, 9/15 7 - 8:30 PM Sessions: 1
Timberline High Patricia Brookman Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

MINDFUL MEDITATION SERIES – PART 2: FOREST BATHING

NEW!

In Japan, they practice something called forest bathing, or shinrin-yoku. Shinrin in Japanese means "forest," and yoku means "bath." So shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses. We will discuss a little on forest bathing and practice as we go. This is something you can use anytime you are out in nature, no matter what activity you appreciate. We will start with a simple meditation seated near the pond. Then we will take a mindful walk around the park path. We will finish together as a group for a tea ceremony and discussion. Please bring a thermos with your favorite tea brewed. Part 2 of a 2-part series.

21F-HOL-006
W, 10/13 7 - 8 PM Sessions: 1
Location TBA Patricia Brookman Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

HOMEOWNERS: BUY, BUILD, MAINTAIN

1031 TAX DEFERRED EXCHANGES & ANALYZING INVESTMENT PROPERTIES

Learn about 1031 tax deferred exchanges and how you can defer paying taxes when you sell income and investment properties. Keep your profit! Don't give it to the IRS. You will also learn some basics about analyzing investment properties, including gross rent multipliers and capitalization rates.

21F-HOU-007
W, 10/20 6:30 - 8 PM Sessions: 1
ZOOM Ron Bishop Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

BUY & MANAGE RENTALS

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

21F-HOU-006
W, 10/6 & 10/13 6:30 - 8:30 PM Sessions: 2
ZOOM Ron Bishop Age: 18+
Tuition: \$40.00 Materials: \$ 5.00 Total: \$45.00

COUNTERTOP CONFUSION SOLVED

Whether you are remodeling, restoring or building a new home, surface selection for kitchens and bathrooms can be confusing. Learn the trends, options and differences between quartz, granite, quartzite, marble, and tile. Demystify the fabrication process and what is involved in installation and options for countertops, bathrooms, and strategies to cut costs on your projects. 2-for-1 registration!

21F-HOU-001
T, 10/5 6 - 7:30 PM Sessions: 1
Rockbottom Granite 5103 N Sawyer Ave, Garden City
Gisele Pope Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00



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

For first time (or not in a long time) home buyers... uncover the step-by-step process of buying your first or next home in our current real estate market; from pre-approval, home searching, negotiating, inspection, appraisal, loan approval, title and escrow, to closing.

21F-HOU-003
T, 9/21 6:30 - 8:30 PM Sessions: 1
West Jr High Christina Moore-Ward, Age: 18+
Sheila Moore
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

MORTGAGE 101 – FIRST TIME HOME BUYER

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

21F-HOU-004
W, 10/13 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Kim Stastny Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00



SELLING YOUR HOME

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

21F-HOU-002
T, 9/28 6:30 - 8:30 PM Sessions: 1
West Jr High Christina Moore-Ward Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

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

21F-HOU-005
T, 9/21 6:30 - 8:30 PM Sessions: 1
Hillside Jr High Joe Levitch Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

KIDS

KIDS MARTIAL ARTS – TANG SOO DO

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

21F-KIDS-006
M/T/Th, 9/13-10/21 5:30 - 6:15 PM Sessions: 18
DragonFire Martial Arts 4464 Chinden Blvd. Unit F, Boise
Stephen Semancik Age: 7-12
Tuition: \$45.00 Materials: \$ 0.00 Total: \$45.00

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.

21F-KIDS-008
W/F, 9/15-10/22 6 - 6:30 PM Sessions: 12
DragonFire Martial Arts 4464 Chinden Blvd. Unit F, Boise
Stephen Semancik Age: 4-6
Tuition: \$36.00 Materials: \$ 0.00 Total: \$36.00

TAEKWONDO BASICS FOR TINY TIGERS

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

21F-KIDS-003
M, 9/13-10/18 11:30 AM - 12 N Sessions: 6
21F-KIDS-004
M, 9/13-10/18 6 - 6:30 PM Sessions: 6
21F-KIDS-005
T, 9/14-10/19 5 - 5:30 PM Sessions: 6
Eagle ATA Martial Arts Center/Karate for Kids
107 E Iron Eagle Dr, Ste. 130, Eagle
Chris Colberg, Kit Colberg Age: 4-6
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

TAEKWONDO BASICS FOR YOUTH

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

21F-KIDS-001
M, 9/13-10/18 5:30 - 6 PM Sessions: 6
21F-KIDS-002
T, 9/14-10/19 4:30 - 5 PM Sessions: 6
Eagle ATA Martial Arts Center/Karate for Kids
107 E Iron Eagle Dr, Ste. 130, Eagle
Chris Colberg, Kit Colberg Age: 7-12
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

**Community Ed
classes are fun
for the whole family!**

TANG SOO DO FOR FAMILIES AND ADULTS

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

21F-KIDS-007
M/T/Th, 9/13- 10/22 6:30 - 7:30 PM Sessions: 24
DragonFire Martial Arts 4464 Chinden Blvd. Unit F, Boise
Stephen Semancik Age: 12+
Tuition: \$54.00 Materials: \$ 0.00 Total: \$54.00

LANGUAGE

CONVERSATIONAL SIGN LANGUAGE

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

21F-LAN-001
Th, 9/16-10/7 6:30 - 8:30 PM Sessions: 4
West Jr High Kirk Robison,
Julie Robison Age: 11+ w/adult
Tuition: \$64.00 Materials: \$ 0.00 Total: \$64.00



INTRODUCTION TO MANDARIN

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

21F-LAN-002
W, 9/15-10/20 6:30 - 8:30 PM Sessions: 6
Timberline High Joanne Thong Age: youth/adult
Tuition: \$75.00 Materials: \$ 0.00 Total: \$75.00

SPANISH FOR EVERYONE

One of our most popular classes... SPANISH FOR EVERYONE is designed to help those interested in learning and/or improving their Spanish, regardless of previous language experience. A fun learning method!

21F-LAN-003
T, 9/28-10/19 7 - 8:30 PM Sessions: 4
Timberline High Rosemarie Schwarzenberger Age: 18+
Tuition: \$60.00 Materials: \$ 0.00 Total: \$60.00

LEISURE

BICYCLE SAFETY

Learn safe bicycle riding skills from the League of American Bicyclists. Taught by a League Cycling Instructor, the class will get you ready for a safe ride every time; teach you about choosing safe routes; help you master riding safely in traffic and on the Greenbelt; inform you about the Idaho Stop Law; show you the proper way to use safety equipment; and make you a better bicycle rider and driver.

21F-LEI-004
W, 10/6 7 - 8 PM Sessions: 1
Timberline High Vince Matthews Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

3 WAYS TO REGISTER!

1 ONLINE!

Go to www.boiselearns.org for a current class list.

2 PHONE!

Call 208.854.4047.

We accept Visa, MasterCard and Discover.

3 IN PERSON! (Masks Required)

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.

CLOWNS ARE AMBASSADORS OF JOY!

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

21F-LEI-001
T, 9/14 6:30 - 8:30 PM Sessions: 1
Hillside Jr High
21F-LEI-002
W, 9/29 6:30 - 8:30 PM Sessions: 1
Timberline High
21F-LEI-003
Th, 10/14 6:30 - 8:30 PM Sessions: 1
West Jr High Wanda Jennings,
Mary Ann Kojis Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00



JUGGLING

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

21F-LEI-005
T, 10/12 7 - 8 PM Sessions: 1
Timberline High Vince Matthews Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

MUSIC

BAGPIPES FOR BEGINNERS

Learn to play one of the world's most challenging instruments! This class is taught by experienced players, and designed for those with no musical experience. Students must bring a McCallum Practice Chanter and the "College of Piping Tutor, Book 1" (book and CD). 2-for-1 registration!

21F-MUS-005
W, 9/15-10/20 7 - 8:15 PM Sessions: 6
West Jr High John McDade,
Brent Davis Age: 12+ w/adult
Tuition: \$40.00 Materials: \$ 0.00 Total: \$40.00



BEGINNER UKULELE

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

21F-MUS-002
T, 9/14-10/19 6:30 - 7:30 PM Sessions: 6
Hillside Jr High Andrew Query Age: 12+ w/adult
Tuition: \$60.00 Materials: \$ 0.00 Total: \$60.00



GUITAR FOR EVERYONE

For beginning or advancing acoustic guitar students; learn chords, scales, styles of picking and strumming rhythms. Instruction materials provided. Guitar and guitar pick needed. **Vaccine required.**

21F-MUS-003			
Th, 9/16-10/7	6:30 - 8 PM	Sessions: 4	
West Jr High	Gary Hite	Age: 18 +	
Tuition: \$50.00	Materials: \$ 20.00	Total: \$70.00	

GUITAR: FLATPICK 101

Flatpick 101 is a 6-week introductory level workshop designed to teach the basics in the art of flatpicking acoustic guitar using a sequential, step-by-step method that builds guitar skills while leaving no gaps nor holes in your playing abilities. Course content is beneficial to beginners and guitar players working on developing their flatpick skills. Purchase of *Flatpicking Essentials Volume 1: Rhythm, Bass Run and Fill Licks* is required prior to class. Instructor will provide a discount code to registered students. Bring 6 string flat top (steel string) guitar – no 12 strings! Round-neck resonators are okay.

21F-MUS-001			
M, 9/13-10/18	6:30 - 7:30 PM	Sessions: 6	
Hillside Jr High	Alan Anderson	Age: 18 +	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

ONE-ON-ONE PIANO FOR BEGINNERS – ONLINE

Are you new to playing the piano? Learn to play the piano in a relaxed, friendly environment in the privacy and comfort of your own home. One-on-one piano lessons will be conducted via Skype. Students need to have access to a piano or keyboard and a tablet or laptop, and will need to open a Skype account at Skype.com. Have fun playing the piano and share the joy of making music! **TIMES VARY AND ARE SUBJECT TO AVAILABILITY. STUDENTS MUST CALL OFFICE (208-854-4047) FOR DATE & TIME SLOT.**

21F-MUS-006			
W or Th, 9/15-10/7	Times Vary	Sessions: 4	
SKYPE	Amelia Audas	Age: 18 +	
Tuition: \$120.00	Materials: \$ 0.00	Total: \$120.00	



ONE-ON-ONE PIANO FOR RETURNING STUDENTS – ONLINE

Did you take lessons when you were younger? Have you been playing on your own but would like to take lessons again? Learn to play the piano in a relaxed, friendly environment in the privacy and comfort of your own home. Lessons are tailored to the goals of the student. One-on-one piano lessons will be conducted via Skype. Students will need to have access to a piano or keyboard and a tablet or laptop, and will need to open a Skype account at Skype.com. Have fun playing the piano and share the joy of making music! **TIMES VARY AND ARE SUBJECT TO AVAILABILITY. STUDENTS MUST CALL OFFICE (208-854-4047) FOR DATE & TIME SLOT.**

21F-MUS-007			
W or Th, 9/15-10/7	Times Vary	Sessions: 4	
SKYPE	Amelia Audas	Age: 18 +	
Tuition: \$120.00	Materials: \$ 0.00	Total: \$120.00	

WHAT IS INSIDE YOUR ACCORDION?

Each student will bring his/her accordion and we will separate it into its three main parts: treble cabinet, bass cabinet and bellows. There will be hands on with each part so you can see the condition of your accordion as well as how the part functions. You will also learn how to transport, care for and store an accordion. Before class watch the following video: <https://www.youtube.com/watch?v=Bzwc3KRxOSY>

21F-MUS-004			
T, 9/14	6:30 - 8 PM	Sessions: 1	
West Jr High	Michael Civiello	Age: 18 +	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PERSONAL ENRICHMENT

BUILDING RESILIENT RELATIONSHIPS **NEW!**

Relationships can be hard, but they do not have to be. Building resilient relationships requires us to develop a deeper understanding of the self and others and to learn how to communicate with those around us, resolve conflict peacefully, and grow in a way that fosters laughter, exploration and purpose. This class will teach you skills for successful conflict resolution, working through barriers in interpersonal relationships, and strategies for developing and maintaining deeper, meaningful relationships in your life. The instructor will provide digital copies of all materials necessary to succeed in the course. This class can be taken as a couple or individual. Are you ready to improve the relationships in your life?

21F-PEN-012			
T, 10/5	6:30 - 8 PM	Sessions: 1	
West Jr High	Levi Moore	Age: 18 +	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	



CHANGE YOUR LIFE WITH TINY HABITS

Learn how to create new habits without relying on willpower or motivation. Increase happiness, enhance relationships and achieve your goals (losing weight, reducing stress, increasing productivity) using these successful proven methods developed by the world's leading expert in behavior design, and NY times best-selling author of "Tiny Habits", Dr. B.J. Fogg, PhD. Now is the time to start creating positive change and transform your life with tiny habits!

21F-PEN-001			
T, 9/21	7:30 - 8:30 PM	Sessions: 1	
21F-PEN-002			
T, 10/12	7:30 - 8:30 PM	Sessions: 1	
West Jr High	Melinda Nelson	Age: 18 +	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

Students must have an email address and Internet access to take Virtual classes.

CLUTTER FREE LIVING

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

21F-PEN-015			
M, 9/20	6:30 - 8:30 PM	Sessions: 1	
Timberline High			
21F-PEN-016			
M, 9/27	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	Mary Ann Wilcox	Age: 18 +	
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00	



CONCEPTS IN SPIRITUALITY

In this class, we will talk about some of the major concepts such as the ego-mind, intuition, and the nature of consciousness. We will also explore many tools and resources to assist you on your spiritual journey.

21F-PEN-010			
W, 10/6	6:30 - 8:30 PM	Sessions: 1	
Timberline High	Angela Levesque	Age: 18 +	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

DEALING WITH A LIFETIME OF FAMILY ASSETS

This class provides practical, effective steps for liquidating and distributing parents' assets in a way that both honors them and promotes family harmony for generations to come.

21F-PEN-011			
M, 9/27	6:30 - 7:30 PM	Sessions: 1	
Hillside Jr High	Vicki Lynn	Age: 18 +	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

DYING MATTERS: ALL THINGS FUNERAL

Face it. None of us are getting out of here alive! Spend an evening with your local friendly funeral director talking all things death care. The reason funeral homes and making funeral arrangements are so uncomfortable and scary is because the funeral industry likes to speak their own language. Building a bridge and creating a shared language between the funeral industry and the community they serve is the first step to creating meaningful and helpful connections. Students will guide this class with their questions and concerns. Take home helpful guides for funeral planning, obituary writing, creating your own advance directives, and so much more.

21F-PEN-006			
W, 9/22	6:30 - 8:30 PM	Sessions: 1	
Timberline High			
21F-PEN-007			
W, 10/6	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High			
21F-PEN-008			
W, 10/20	6:30 - 8:30 PM	Sessions: 1	
West Jr High	Heather Welborn	Age: 18 +	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

EXPLORING YOUR LIFE'S PURPOSE

Activating your life's purpose is a powerful experience because we get to "be the change" we want to see in the world. Join us and learn tools to assist you in uncovering your life's purpose and how to create more meaning in your daily life.

21F-PEN-009			
M, 9/20	6:30 - 8 PM	Sessions: 1	
Timberline High	Angela Levesque	Age: 18 +	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

LEARN TO READ TEA LEAVES

Tasseography (also known as tea leaves reading) is interpreting symbols and messages through tea leaves. Learn what type of tea cup to use, the type of tea that is best for reading tea leaves, and how to interpret the tea leaves after brewing a cup of tea and letting it steep. Learn more about this ancient art and drink a cup of tea! Tea cups and tea will be provided.

21F-PEN-013			
W, 9/29	6:30 - 8 PM	Sessions: 1	
21F-PEN-014			
Th, 10/14	6:30 - 8 PM	Sessions: 1	
West Jr High	Margaret Sass	Age: 18 +	
Tuition: \$15.00	Materials: \$ 5.00	Total: \$20.00	



PSAT/SAT/ACT: SECRETS TO MASTER STANDARDIZED TESTS

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

21F-PEN-004			
M, 9/20	6:30 - 7:30 PM	Sessions: 1	
21F-PEN-005			
M, 10/4	6:30 - 7:30 PM	Sessions: 1	
Huntington Learning Center East Boise	3165 S Bown Way, Boise		
Jennifer Hovey	Age: Student okay w/adult		
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

VOICE-OVERS... NOW IS YOUR TIME!

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

21F-PEN-003			
T, 10/5	6:30 - 8 PM	Sessions: 1	
ZOOM	Lisa Foster,		
	Tara Harrison	Age: 18 +	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

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

21F-PFI-007 M, 9/13 West Jr High	6:30 - 8 PM	Sessions: 1
21F-PFI-008 M, 10/4 Timberline High	6:30 - 8 PM	Sessions: 1
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

ADVANCE CARE PLANNING

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

21F-PFI-006 W, 10/13 Timberline High	6:30 - 8 PM	Sessions: 1
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

COLLEGE ATHLETICS – GET THERE! 2 FOR 1!

This class will help parents and students, grades 8-12, understand the path to college athletics. We will go over a plan of action, the timeline for recruitment, what a student athletic portfolio should look like as well as how ATHLETIC scholarships work, what should go into a website and how to make an unofficial and official visit. 2-for-1 registration!

21F-PFI-004 Th, 9/16 Timberline High	6:30 - 8:30 PM	Sessions: 1
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



COLLEGE FINANCIAL AID: PAY FOR COLLEGE WITHOUT GOING BROKE 2 FOR 1!

For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. Better understand the resources available to you, including: 3 sources of financial aid, how they work, maximizing financial aid eligibility, finding scholarships and much more! Bring your notepad and your questions, and figure out how to pay for college! 2-for-1 registration!

21F-PFI-014 W, 9/22 Timberline High	6:30 - 7:30 PM	Sessions: 1
21F-PFI-013 T, 9/28 Hillside Jr High	6:30 - 7:30 PM	Sessions: 1
21F-PFI-015 Th, 10/14 West Jr High	6:30 - 7:30 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

COLLEGE SCHOLARSHIPS & FINANCIAL AID

Go to college without years of debt! This is for parents of 8th, 9th, 10th, 11th, and 12th graders. Learn about how to prepare for college scholarships and financial aid for the 2022-2023 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!

21F-PFI-001 M, 9/13 Timberline High	6:30 - 8 PM	Sessions: 1
21F-PFI-002 W, 9/22 Hillside Jr High	6:30 - 8 PM	Sessions: 1
21F-PFI-003 T, 10/19 West Jr High	6:30 - 8 PM	Sessions: 1
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



CYBERSECURITY – STAY SAVVY

Do you know how to protect your financial information from hackers? There is a hacker attack every 39 seconds in the US. Being unaware of the risks can leave you vulnerable to data breaches and financial harm. Students will learn steps they can take to protect their financial data.

21F-PFI-025 T, 10/19 Hillside Jr High	6:30 - 7:30 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

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. 2-for-1 registration!

21F-PFI-017 M, 9/13 ZOOM	6 - 8 PM	Sessions: 1
21F-PFI-018 W, 9/22 Hillside Jr High	6:30 - 8:30 PM	Sessions: 1
21F-PFI-019 M, 9/27 ZOOM	6 - 8 PM	Sessions: 1
21F-PFI-020 W, 10/6 Timberline High	6:30 - 8:30 PM	Sessions: 1
21F-PFI-021 M, 10/11 ZOOM	6 - 8 PM	Sessions: 1
21F-PFI-022 M, 10/18 West Jr High	6:30 - 8:30 PM	Sessions: 1
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

ESTATE PLANNING BASICS: PEACE OF MIND FOR SENIORS

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

21F-PFI-011 W, 9/15 Timberline High	6:30 - 8:30 PM	Sessions: 1
21F-PFI-012 W, 10/13 West Jr High	6:30 - 8:30 PM	Sessions: 1
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

FINANCIAL POWERS OF ATTORNEY

Many of us will need someone to help handle our financial affairs at some point. If nothing is done to plan for this, a conservator may have to be appointed by a judge. This practical course explores the options available in planning ahead for this possibility and avoiding the need for a conservator.

21F-PFI-005 M, 10/11 Timberline High	6:30 - 8 PM	Sessions: 1
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

FOUNDATIONS OF INVESTING

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

21F-PFI-027 Th, 9/23 21F-PFI-030 T, 10/12 ZOOM	6 - 7 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

HEALTH INSURANCE SPECIAL ENROLLMENT PERIODS

If you recently experienced a major life change, like getting married, having a baby, or retiring early, you could be eligible to enroll in health insurance coverage. This class will provide an in-depth explanation of the circumstances that allow you to apply for health insurance coverage outside of the annual open enrollment period. With a health insurance expert on Your Health Idaho, learn how to apply for coverage, shop for plans, compare options, and choose the right plan for you. You can even find out how to receive a tax credit to lower the cost of coverage. Join us to learn more!

21F-PFI-016 Th, 10/14 Hillside Jr High	7 - 8 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

INTRODUCTION TO FINANCE

Course will cover an introduction to finance. This will help students develop tools to understand the time value of money, personal investing; and develop a greater understanding for the financial markets within the American economy.

21F-PFI-032 W, 9/15-9/29 West Jr High	6:30 - 8 PM	Sessions: 3
Tuition: \$ 30.00	Materials: \$ 0.00	Total: \$30.00

Keep more of your hard-earned \$\$.
Let a Community Ed class show you how!

LEAVE IT, MOVE IT, ROLL IT, TAKE IT

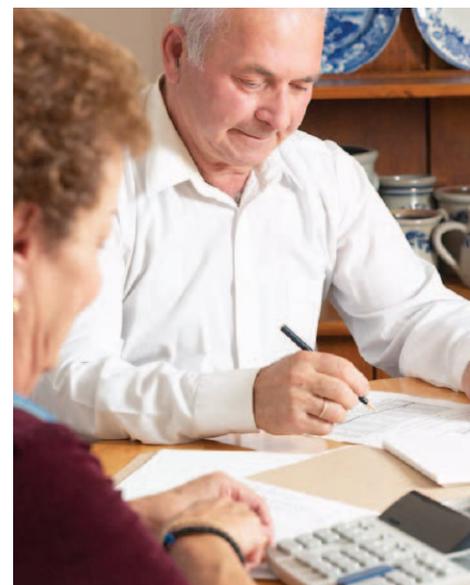
Learn how to handle your 401K, pension, or other employer-sponsored retirement plans when you leave your job.

21F-PFI-028 T, 9/28 21F-PFI-031 T, 10/19 ZOOM	6 - 7 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

MINIMIZING TAXES ON RETIREMENT INCOME

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

21F-PFI-024 T, 9/21 Hillside Jr High	6:30 - 7:30 PM	Sessions: 1
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



PAYING FOR LONG TERM CARE WITHOUT GOING BROKE

Seniors sometimes have trouble paying the high cost of long-term care. This class will help you understand your options regarding available resources to pay for long-term care without going broke.

21F-PFI-009 W, 9/22 West Jr High	6:30 - 8:30 PM	Sessions: 1
21F-PFI-010 W, 10/20 Timberline High	6:30 - 8:30 PM	Sessions: 1
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

RETIREMENT: MAKING YOUR MONEY LAST

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

21F-PFI-026			
T, 9/14	6 - 7 PM	Sessions: 1	
21F-PFI-029			
Th, 10/7	6 - 7 PM	Sessions: 1	
ZOOM	Randall Dorvin	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

SOCIAL SECURITY: UNLOCK ITS POTENTIAL

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

21F-PFI-023			
T, 9/14	6:30 - 7:30 PM	Sessions: 1	
Hillside Jr High	Gretchen Brown	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

PETS

ANIMALS AND ESSENTIAL OILS

NEW!

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

21F-PET-003			
W, 9/22	7 - 8:30 PM	Sessions: 1	
All Paws Stay-N-Play	454 N Phillippi St, Boise		
Christina Forst, Sandra Forst		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

DO-IT-YOURSELF VETERINARY CARE: WHEN YOU CAN AND WHEN YOU CAN'T

Join a local veterinarian to discuss common veterinary medical problems. Learn some at-home therapies for managing common problems such as vomiting, diarrhea, allergic reactions, ear infections, lacerations, toxin or medication ingestions, and when you need to see a veterinarian immediately. Learn to make educated decisions about when self-treatment of your pet is appropriate and when it is not. 2-for-1 registration! Some graphic images are shown.

21F-PET-004			
W, 9/15	6 - 8:30 PM	Sessions: 1	
West Jr High	Laura Lefkowitz, DVM	Age: 12+ w/adult	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



Virtual classes are offered through a variety of platforms. Be sure you follow specific instructions for each class.

HOW TO HELP YOUR BARKING/LUNGING DOG

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

21F-PET-002			
Th, 10/7	6:30 - 8:30 PM	Sessions: 1	
ZOOM	Christina O'Brien	Age: 16+ w/adult	
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00	

MENTAL FUN AND GAMES FOR YOUR DOG

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

21F-PET-001			
T, 9/21	6:30 - 8 PM	Sessions: 1	
Timberline High	Christina O'Brien, Kristina Grimes	Age: 10+ w/adult	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PHOTOGRAPHY

PHOTOGRAPHY FOR BEGINNERS

Learn more about the different components of your camera and how to control exposure using camera features. Basic ideas of composition, color, light, etc. will be discussed. General information of photographic science and history will be covered as well. Please bring camera and specific user guide/manual for camera to first class. Download manual online if you no longer have the original printed copy.

21F-PHO-001			
T, 9/14-9/28	6:30 - 8:30 PM	Sessions: 3	
West Jr High	Tom Alvarez	Age: 18+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	



TRAVEL

ROAD SCHOLAR TRAVEL: INTRODUCTION

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

21F-TRA-001			
W, 9/15	6:30 - 7:30 PM	Sessions: 1	
West Jr High			
21F-TRA-002			
T, 9/28	6:30 - 7:30 PM	Sessions: 1	
Timberline High	Bev Sheeley	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

YOGA & MEDITATION

BODYFLOW®

NEW!

Ideal for anyone and everyone, BODYFLOW® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend, stretch, and strengthen through a series of simple yoga moves, with elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. Water bottle and personal mat suggested but not required. **NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.**

21F-FIT-043			
M, 9/13-10/18	5:30 - 6:30 PM	Sessions: 6	
Downtown Boise YMCA	1050 W State St, Boise		
Rotating Instructors		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

MORNING YOGA

NEW!

Yoga to awaken your body and mind, and leave you ready for the day. Your yoga practice will include options for all levels as needed. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted. Water bottle and personal mat suggested but not required. **NEW REGISTRATION REQUIREMENTS! SEE INSTRUCTIONS ONLINE OR CALL OFFICE.**

21F-FIT-039			
M/W, 9/13-10/20	6:30 - 7:30 AM	Sessions: 12	
Downtown Boise YMCA	1050 W State St, Boise		
Rotating Instructors		Age: 18+	
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00	

Learn something new this fall! Sign up for a Community Ed class today!

YOGA

This class increases overall body awareness, flexibility, balance and strength through various yoga styles and postures. Please bring your own mat.

21F-FIT-031			
M, 9/13-10/18	10:30 - 11:25 AM	Sessions: 6	
21F-FIT-034			
Th, 9/16- 10/21	5:30 - 6:25 PM	Sessions: 6	
AXIOM-Village	3505 E Monarch Sky Ln St 220, Meridian		
Rotating Instructors		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

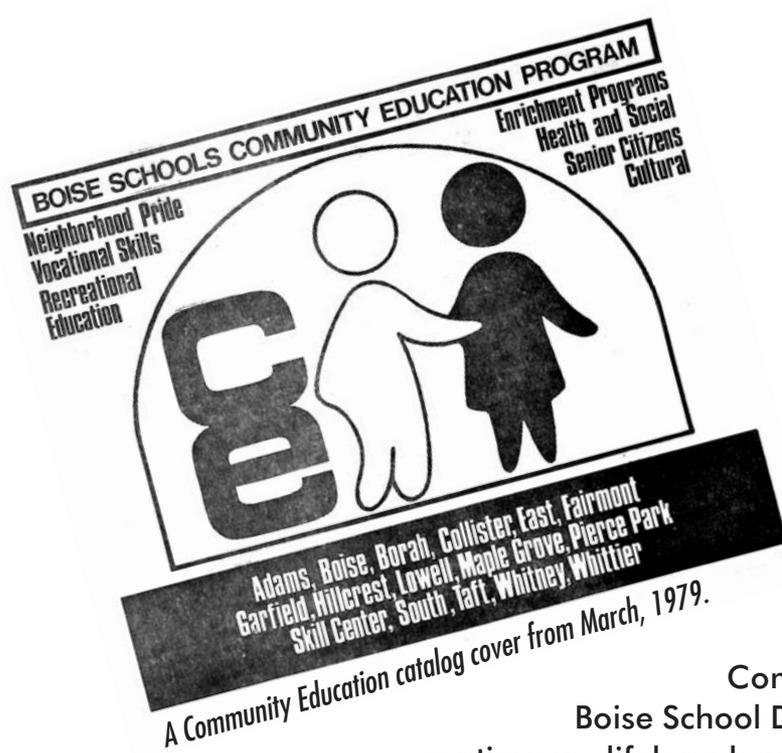


Please Note:

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

Follow us on





COMMUNITY EDUCATION...

Celebrating 50 Years of Service to the Treasure Valley!

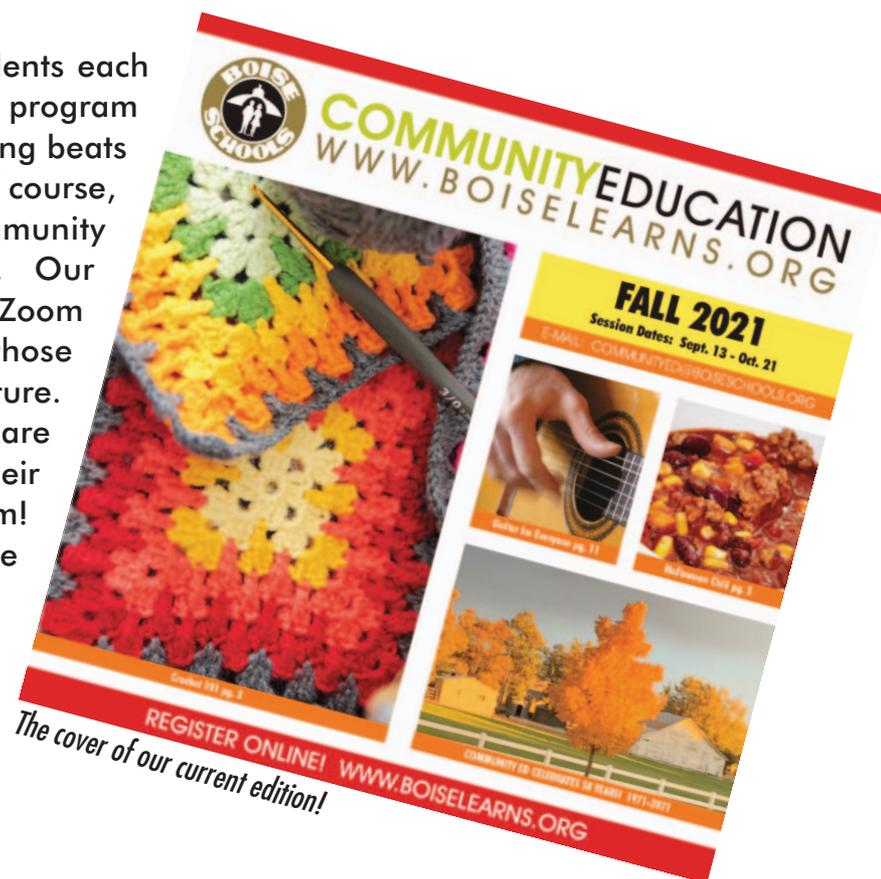
In the summer of 1971, the first activities and classes of Boise Schools Community Education began! Classes were held in 3 schools, with a total of 42 classes and 240 participants. This number grew to 18 schools, and 28 other locations by 1991. In recent years, the program runs efficiently through 3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

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

Community Ed holds hundreds of classes for thousands of students each year! With ever-growing competition from the virtual world, this program offers in-person experiences for those who want to learn. Nothing beats getting to know your instructor and fellow students in person! Of course, nobody ever expected a worldwide pandemic to hit us. Community Education regrouped, revamped, and recreated our program. Our fantastic instructors switched over to online classes, joining the Zoom craze of 2020. The learning continued! With the success of those classes, we have kept that option for some of our classes in the future. Generally, activities and classes are perfect for beginners, and are led by volunteer instructors, who have a love and knowledge of their subject. Our volunteer instructors are the backbone of the program! Some have been with the program for over 20 years. We are always looking for new instructors... so come and join us!

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

Lifelong learning in the Treasure Valley for 50 years!



REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The six-week Fall 2021 session will run Mon.-Thurs. evenings, Sept. 13 through Oct. 21. Please see individual class listings for specifics on date, time, supplies needed and location.

WHERE ARE CLASSES HELD?

Boise School locations (masks required):

HILLSIDE JUNIOR HIGH SCHOOL

3536 Hill Rd., Boise, ID 83703
(Corner of Hill Rd. and 36th St.)
Site Facilitators: Mona Pizano & Ali Cahill

TIMBERLINE HIGH SCHOOL

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

WEST JUNIOR HIGH SCHOOL

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

Community Business Partners (off-site):

AXIOM – COLE & FAIRVIEW

7316 W. Fairview Ave.
Boise, ID 83704; (208) 955-1112

AXIOM – MERIDIAN

1455 Country Terrace Way
Meridian, ID 83642; (208) 955-1111

AXIOM – PARKCENTER

801 E. Parkcenter Blvd.
Boise, ID 83706; (208) 955-1113

AXIOM – THE VILLAGE

2505 E. Monarch Sky Ln., Ste. #220
Boise, ID 83646; (208) 955-1114

ALL PAWS STAY-N-PLAY

454 N. Phillippi St.
Boise, ID 83704; (208) 322-9464

BOISE ART GLASS

1124 Front St.
Boise, ID 83702; (208) 345-1825

BOISE AT ITS BEST FLOWERS

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

BROADWAY DANCE CENTER

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

CLOVERDALE FUNERAL HOME - EVENT CENTER

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

DOWNTOWN BOISE YMCA

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

DRAGONFIRE MARTIAL ARTS

4464 W. Chinden Blvd. Unit F
Boise, ID 83714; (208) 861-3422

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Ste. 130
Eagle, ID 83616; (208) 854-0968

FIRE FUSION STUDIO

1124 W. Front St.
Boise, ID 83702; (208) 345-1825

HEALTH SOLUTIONS OF IDAHO

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

HUNTINGTON LEARNING CENTER EAST BOISE

3165 S. Bown Way
Boise, ID 83706; (208) 331-9020

KILLARNEY IRISH DANCE STUDIO

2138 N. Cole Rd.
Boise, ID 83704; (208) 488-0505

MOSAIC ESSENTIAL

4020 W. Glendale St.
Boise, ID 83703; (208) 841-5988

MIXING BOWL

216 N. 9th St.
Boise, ID 83702; (208) 345-6025

OLIVIN

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

PAIN CARE BOISE

301 W. Myrtle St.
Boise, ID 83702; (208) 342-8200

ROCKBOTTOM GRANITE

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

SUSIE'S TAP AND JAZZ ETC.

6053 W. Corporal Ln.
Boise, ID 83704; (208) 699-0714

THRIVE CHIROPRACTIC BOISE

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

TOUCHMARK HEALTH & FITNESS CLUB

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

WEST FAMILY YMCA

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

WOODCRAFT OF BOISE

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

HOW DO I REGISTER?

- Online: 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. Masks required.
- Phone: (208) 854-4047.
- Use the waiting list! There is no charge to add your name to the waiting list; if space becomes available we will contact you.

WHAT ARE THE CLASS FEES?

- Tuition is \$10 per instructional hour, prorated per number of sessions, plus applicable class material fees.
- See individual class descriptions for tuition and material costs.

WHEN IS PAYMENT DUE?

- Class fees must be paid in full at the time of registration; Cash, Check, Money Order, MasterCard, Visa, Discover or Debit Card accepted.

HOW IS COMMUNITY EDUCATION FUNDED?

- The department goal is to cover all expenses without relying on supplemental funding from the Boise School District. The budget for Community Education covers catalog publishing costs, postage, and administrative staff/overhead.

DO I RECEIVE REGISTRATION CONFIRMATION?

- Online registrants receive an e-mail receipt.
- Students who mail forms receive either an e-mail or printed receipt via mail.

ARE SCHOLARSHIPS AVAILABLE?

- YES. Tuition scholarships may be available for those in hardship situations; eligibility guidelines are those used for the BSD Free or Reduced Lunch Program.
- Scholarships awarded on a first-come, first-serve basis and are dependent upon the amount of scholarship funds available.
- A \$20 scholarship may be awarded per session, per student; maximum of two per family. Recipients are required to pay materials fee and additional tuition.

- Scholarship applications are available online or at the Community Education office and must be submitted with the Class Registration Form.
- Students will be informed if they have been awarded a scholarship within two business days of receipt of their application.

CAN I DONATE TO THE SCHOLARSHIP FUND?

- Please consider making a tax-deductible donation to the Boise School District Community Education Scholarship Fund! It is through your generous contributions that tuition scholarships are made available to other students in need.
- When registering online, click "Add More Courses" and choose "Scholarship Donation." We thank you in advance!

WHY WOULD A CLASS BE CANCELLED?

- If an instructor becomes ill or has an emergency.
- On-site classes are not scheduled when Boise Public Schools are closed.
- Inclement weather; listen to local radio or television for information on school closures, or visit www.boiseschools.org.
- Classes that do not meet minimum enrollment requirements may be cancelled.
- Staff will attempt to contact students via e-mail and/or telephone if a class is cancelled. Please provide both e-mail and telephone contact data when registering.

HOW DO I GET A REFUND?

- A refund of class tuition and material fees will be given if our office cancels the class.
- If a student requests to drop a class **seven days** before the start of class or has a documented medical reason, a refund of only the class tuition will be issued. Material fees will not be refunded. **A \$5 transaction fee will be charged for all refunds.**
- Students may call the Community Education office for assistance in processing a request for a refund.
- Escrow credit for tuition only is also available for future classes in lieu of a refund.

MAY I TEACH A COMMUNITY EDUCATION CLASS?

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

ARE GIFT CERTIFICATES AVAILABLE?

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

CLASS REGISTRATION FORM

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

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

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

Work Phone _____ Home Phone _____ Cell Phone _____

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

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

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

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Class Number _____ Start Date of Class _____ Class Title _____

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

Subtotal \$ _____

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

Grand Total (pay this amount) \$ _____

PREFERRED payment method: Visa MasterCard Discover Debit Card

/// /
Card Number Expiration Date Security Code

Cardholder's Signature _____

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

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

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

BOISE SCHOOL DISTRICT LOCATIONS:

SIGN UP NOW!

VIEW CLASSES AND REGISTER
IMMEDIATELY ONLINE AT
WWW.BOISELEARNS.ORG

FOR MORE INFORMATION,
CONTACT THE COMMUNITY
EDUCATION OFFICE AT
(208) 854-4047 OR VIA E-MAIL AT
COMMUNITYED@BOISESCHOOLS.ORG



TIMBERLINE HIGH SCHOOL

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



HILLSIDE JUNIOR HIGH SCHOOL

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



WEST JUNIOR HIGH SCHOOL

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



Classes also offered at various off-site locations and online. See course descriptions and details at WWW.BOISELEARNS.ORG.