



COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG

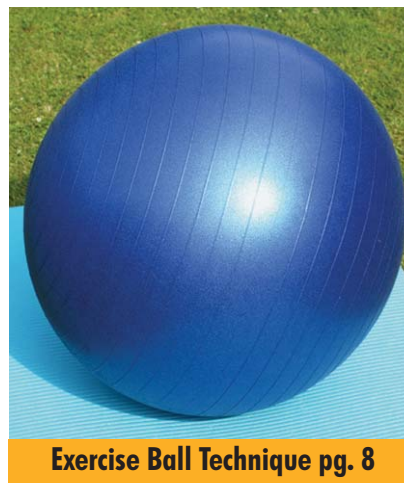


Long Distance Ultralight Backpacking pg. 10

WINTER 2018

Session Dates: Jan. 22 - March 15

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



Exercise Ball Technique pg. 8



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Tassel Making 101 pg. 5

REGISTER ONLINE! WWW.BOISELEARNS.ORG

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SUPERINTENDENT'S MESSAGE

Discover the Possibilities with Community Education!

Aristotle asserted that "Man values most that which he has made." Every child and adult is not only a stakeholder but an architect of our community. It is what we make it and make of it.

The Boise School District is known for its commitment to student achievement and for its emphasis on the value of lifelong learning. 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, close-to-home educational and life enhancing opportunities.

Our volunteer instructors teach a variety of courses ranging from computer basics, health, pets, culinary skills, to arts and crafts, and much, much more. You'll find all the information you need about our classes, program procedures and registration details right here in our Winter 2018 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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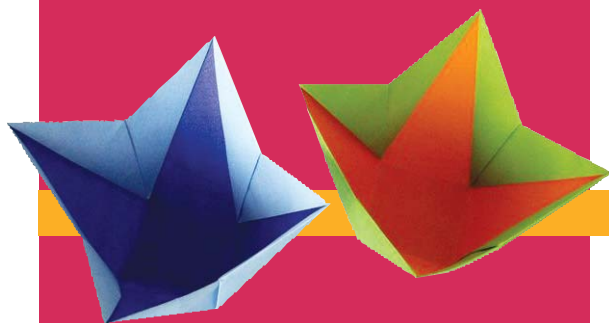
NOTICE OF PARTICIPATION: The Boise School District is committed to providing a safe and secure learning environment. Patrons who participate in the Boise Schools District Community Education program agree to abide by Boise School District Policies, as applicable. See www.boiseschools.org for a complete review of Boise School Board policies.

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

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

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

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



ACTIVE AGING

AQUA KICKBOXING

Aqua Kickboxing is a combination of dance and martial arts in the water. As an innovative class, aqua kickboxing combines the benefits of water resistance with the fun and energy of cardio kickboxing.

18W-FIT-036

M/W, 1/22-3/14	11 - 11:50 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

AQUA PILATES

Pilates performed in the water engages the upper and lower extremities through optimal ranges of motion while minimizing stress on the joints, resulting in a unique combination of exercise and physiotherapy, improved core strength, control, stability and flexibility, focus on fall prevention, muscular conditioning and balance.

18W-FIT-035

F, 1/26-3/16	9 - 9:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

AQUA STRENGTH TRAINING

Bringing resistance training into the water, this class focuses on muscle isolation while avoiding negative impact to the joints. We will be using some equipment as well as the natural resistance of the water. This class is a fun way to execute water exercise!

18W-FIT-031

Th, 1/25-3/15	11 - 11:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Erika Jensen		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

AQUA ZUMBA®

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

18W-FIT-034

T/Th, 1/23-3/15	4 - 4:50 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

AQUATIC ARTHRITIS FLOW

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

18W-FIT-029

M, 1/22-3/12	1 - 1:45 PM	Sessions: 16
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

18W-FIT-030

F, 1/26-3/16	10 - 10:45 AM	Sessions: 8
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+

**Classes fill quickly –
register today!**

POSTURE, BALANCE & STABILITY

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

18W-FIT-037

M/W, 1/22-3/14	9 - 9:45 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

FOAM ROLL RELEASE

Foam rolling or self-myofascial release, helps break up knots in this tissue and release tension. This release has positive effects ranging from increasing flexibility and circulation, removing muscle tension, improving performance, reducing stress, and can even reduce cellulite by restoring tissue elasticity. *Note: Rolling exercises are done on the floor. Participants need to be able to get up and off the ground.

18W-FIT-038

M, 1/22-3/12	12 - 12:30 PM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00

"FUN"CTIONAL FITNESS BOOT CAMP

This class is a combination of agility, balance, cardio, flexibility, power and strength training. Body weight and a wide variety of exercise equipment will be used. Exercises performed will increase your range of motion that will help you with every day activities.

18W-FIT-042

T/Th, 1/23-3/15	8 - 8:45 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Erika Jensen		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

H2O DEEP WATER

This class will combine the resistance of deep water using equipment for buoyancy and added strength training. This is great cross training for all sports and is a challenging and invigorating workout designed only for the participant who is comfortable in deep water.

18W-FIT-032

W, 1/24-3/14	4 - 4:50 PM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00



MAT STRETCH AND STRENGTH

A blend of standing and floor exercises, paying attention to form. This class will integrate the concept of "mindfulness" while working the body through positions that lengthen the muscles, gaining flexibility and range of motion.

18W-FIT-040

T/Th, 1/23-3/15	11 - 11:45 AM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

MATUA – POLYNESIAN FITNESS

MATUA is our version of HOT HULA fitness® for older adults. MATUA incorporates easy-to-perform dance movements set to the traditional Polynesian drum beats fused with island and 60s music. The workout provides the benefits of dance to participants of all levels from non-active to very active older adults. Come transform exercise into a 60 minute get-away and celebration!

18W-FIT-014

F, 1/26-3/16	1:05 - 2:05 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Katherine Riggs		Age: 50+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

PARKINSON'S STRENGTH, BALANCE AND MOTION

A combination of seated and standing stretching and strengthening exercises using weights, balance pads, resistance bands and the agility ladder. Participants are encouraged to challenge themselves through fun obstacle courses, ball – throwing, boxing footwork and rhythmic walking to a variety of music. Brain teasers, memory and movement exercises, and facial/vocal exercises round out this class.

18W-FIT-039

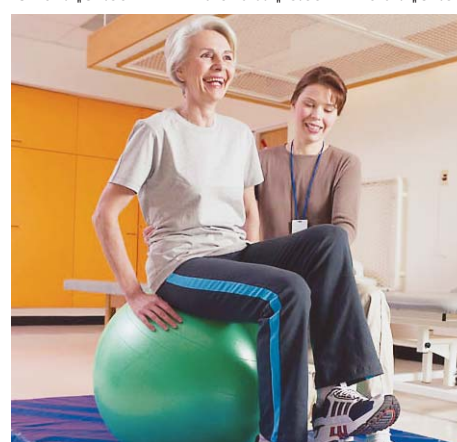
T/Th, 1/23-3/15	1 - 1:45 PM	Sessions: 16
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00

PILATES & STABILITY BALL

The stability ball helps a person focus on balance, core engagement and breathing while standing, sitting or lying on the floor. This class will move through Pilates exercises concentrating on core stabilization, muscle balance, proper body alignment, strength and flexibility.

18W-FIT-041

Th, 1/25-3/15	10 - 10:45 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Carol Garcia		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00



PRIVATE SWIMMING LESSONS

This class helps swimmers of all skills while getting a great workout! With one-on-one lessons, you can learn how to swim or build on what you already know without the big crowd! Learn how to float, tread water, dive and practice different strokes. TIMES VARY AND ARE SUBJECT TO AVAILABILITY. STUDENTS MUST CALL OFFICE FOR DATE & TIME SLOT.

18W-FIT-059

M, 1/22-2/12 (will vary)	3 - 4 PM (will vary)	Sessions: 4
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Erika Jensen		Age: 50+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

SATURDAY SPLASH

A fun way to burn calories and engage in physical fitness within a group setting. We will do a variety of different movements to utilize each muscle group to help build strength and encourage better range of motion. What a great way to start your Saturday!

18W-FIT-033

S, 1/27-3/17	9 - 9:50 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Erika Jensen		Age: 50+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

SILVER WAVES

Make "Waves" as you move through the water while focusing on correct movement, muscle toning exercises, range of motion and endurance. Enjoy the buoyancy and freedom water exercise has to offer using noodles, weights and paddle boards.

18W-FIT-028

M, 1/22-3/12	9 - 9:45 AM	Sessions: 8
Touchmark Health & Fitness Club	625 S Arbor Ln, Meridian	
Lysvette Henderson		Age: 50+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

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!

18W-FIT-024

M, 2/5	6:30 - 8 PM	Sessions: 1
Timberline	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.

18W-FIT-001

M, 1/22-3/12	1:05 - 2:05 PM	Sessions: 8
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18W-FIT-002

F, 1/26-3/16	11:15 AM - 12:15 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 50+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

50+ VOLUNTEERING KICK-START

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

18W-PEN-002

W, 2/21	6:30 - 8 PM	Sessions: 1
Hillside	Sherry Dunbar, Gail Kirkpatrick	Age: 50+
Tuition: \$15.00	Materials: \$ 0.50	Total: \$15.50

ARTS

5 EASY WAYS TO KICKSTART CREATIVITY

If you love creating, this class is for you! Learn 5 fun tools to find inspiration that transforms to creations. Leave with a fun project you've made that'll lead to much more. Come ready to play! No artistic experience or knowledge necessary!

18W-ART-017

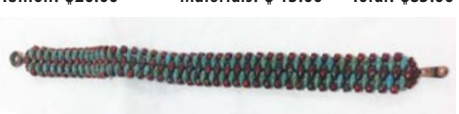
T, 3/13	7 - 8 PM	Sessions: 1
Timberline	Conda V Douglas	Age: 18+
Tuition: \$10.00	Materials: \$ 9.50	Total: \$19.50

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

BEADED BRACELET #1

You will learn to make a beautiful beaded bracelet using glass beads – keep for yourself, or give as a gift! This is a great class for beginning beaders. All materials are included.

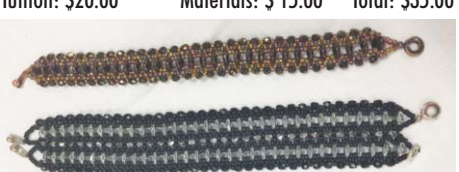
18W-ART-018
S, 1/27 10:30 AM - 12:30 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Deb Barger Age: 18+
Tuition: \$20.00 Materials: \$15.00 Total: \$35.00



BEADED BRACELET #2

This beautiful bracelet is easy to make and is quite versatile. Make one for yourself and one for a friend! All materials included.

18W-ART-019
S, 2/10 10:30 AM - 12:30 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Deb Barger Age: 18+
Tuition: \$20.00 Materials: \$15.00 Total: \$35.00



BEADED BRACELET #3

Learn to bead using glass Superduo beads to create a stunning bracelet that mimics a herringbone stitch. All materials included.

18W-ART-020
S, 2/24 10:30 AM - 12:30 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Deb Barger Age: 18+
Tuition: \$20.00 Materials: \$15.00 Total: \$35.00



BEADED BRACELET #4

Learn to bead this lovely bracelet using a variety of glass beads. Perfect for beginners!

18W-ART-021
S, 3/10 10:30 AM - 12:30 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Deb Barger Age: 18+
Tuition: \$20.00 Materials: \$15.00 Total: \$35.00



BEGINNING METALSMITHING: ETCHING

This course is designed for beginners wanting to learn basic principles of metalsmithing. Students will make at least one, possibly several copper pendant(s), after learning how to etch a design into metal. All materials will be provided.

18W-ART-037
S, 2/24 1:30 - 4 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Nancy Sathre-Vogel Age: 18+
Tuition: \$25.00 Materials: \$30.00 Total: \$55.00

BEGINNING METALSMITHING: MAKE YOUR OWN COPPER CUFF BRACELET

Students will learn basic principles of working with non-ferrous metals, with a focus on folding and shaping. They will make their own bracelet from start to finish.

18W-ART-039
S, 3/10 1:30 - 4 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Nancy Sathre-Vogel Age: 18+
Tuition: \$25.00 Materials: \$30.00 Total: \$55.00

BEGINNING METALSMITHING: PATINAS FOR COPPER & BRASS

In this class, we'll explore a few of the many ways of getting various colors and textures onto metal. Participants will create many sample pieces, which they may choose to use as pendants.

18W-ART-038
S, 3/3 1:30 - 4 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Nancy Sathre-Vogel Age: 18+
Tuition: \$25.00 Materials: \$35.00 Total: \$60.00

BEGINNING METALSMITHING: SOLDERING

Learn the basics of soldering non-ferrous metals for jewelry! In this class, learn two techniques for soldering, with ample practice time for each. Students will make a short section of soldered chain, and several other practice projects – many make a pendant or two. All materials will be provided.

18W-ART-036
S, 2/10 1:30 - 4 PM Sessions: 1
Art Zone 208 3113 N Cole Rd, Boise
Nancy Sathre-Vogel Age: 18+
Tuition: \$25.00 Materials: \$70.00 Total: \$95.00

CROCHET 101

Learn the basics of crochet and 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.

18W-ART-001
T, 1/23-3/13 6:30 - 8:30 PM Sessions: 8
Timberline Donna Adams Age: All w/adult
Tuition: \$60.00 Materials: \$0.00 Total: \$60.00



DIY MOSAIC PICTURE FRAME

In this class, you will learn from an amazing local mosaic tile expert how to make a picture frame with this beautiful and unique medium. Pre-cut tiles are supplied, and grout-ing is done at later time. A perfect gift!

18W-ART-002
W, 1/24 6:30 - 8:30 PM Sessions: 1
Mosaic Essential 413 E 37th St - Door 3, Garden City
Reham Aarti Age: 18+
Tuition: \$20.00 Materials: \$25.00 Total: \$45.00

EARTH PIGMENT PAINTING

From the caves of Australia and Europe, to the buffalo robes of the first people of America, earth pigment painting is a technique that has been used for thousands of years. Come learn the history and hands-on technique of painting with these historic, naturally occurring minerals.

18W-ART-007
M, 1/22 6:30 - 8:30 PM Sessions: 1
West Aiden ShortCloud Age: 12 + w/adult
Tuition: \$20.00 Materials: \$13.00 Total: \$33.00

FLORAL DESIGN 101

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

18W-ART-005
T, 1/30 6 - 7 PM Sessions: 1
Boise At Its Best Flowers 851 S Vista Ave, Boise
Georgia White, Steven Santos CFD Age: 18+
Tuition: \$12.00 Materials: \$20.00 Total: \$32.00



FLORAL DESIGN 102

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

18W-ART-006
T, 2/20 6 - 7 PM Sessions: 1
Boise At Its Best Flowers 851 S Vista Ave, Boise
Georgia White, Steven Santos CFD Age: 18+
Tuition: \$12.00 Materials: \$20.00 Total: \$32.00

INTRO TO GLASS ENAMEL JEWELRY

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

18W-ART-008
M, 1/22 6 - 8 PM Sessions: 1
18W-ART-009
M, 2/5 6 - 8 PM Sessions: 1
18W-ART-010
M, 2/19 6 - 8 PM Sessions: 1
18W-ART-011
M, 3/5 6 - 8 PM Sessions: 1
FireFusion Studio 1124 W Front St, Boise
Delia Dante Age: 18+
Tuition: \$15.00 Materials: \$40.00 Total: \$55.00

LIVING ART

Create living art with unique containers and premium plants! 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 creating their own custom planters! Learn to blend plants and unique containers to create a living art piece.

18W-ART-015
W, 1/31 6:30 - 7:30 PM Sessions: 1
West Kyle Costa Age: 18+
Tuition: \$10.00 Materials: \$35.00 Total: \$45.00

MAKE YOUR OWN GLASS BOWL

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

18W-ART-027
Th, 2/1 6 - 9 PM Sessions: 1
18W-ART-030
W, 2/21 6 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Austin Grill Age: 18+
Tuition: \$24.00 Materials: \$36.00 Total: \$60.00

MAKE YOUR OWN GLASS HUMMINGBIRD FEEDER

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

18W-ART-032
W, 3/7 6 - 9 PM Sessions: 1
18W-ART-033
Th, 3/15 6 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Austin Grill Age: 18+
Tuition: \$24.00 Materials: \$35.00 Total: \$59.00

MAKE YOUR OWN GLASS PAPERWEIGHT

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

18W-ART-026
W, 1/24 6 - 9 PM Sessions: 1
18W-ART-029
Th, 2/15 6 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Austin Grill Age: 18+
Tuition: \$24.00 Materials: \$24.00 Total: \$48.00

MAKE YOUR OWN GLASS TUMBLER

This class will go over the basics of the glass blowing studio set-up, techniques, and the process of making a beautiful tumbler (a stemless drinking glass with a flat, thick bottom). You will receive one-on-one instruction from a local glass artist to create your tumbler, which will be available for pick-up the following day after 3 pm.

18W-ART-028
W, 2/7 6 - 9 PM Sessions: 1
18W-ART-031
Th, 3/1 6 - 9 PM Sessions: 1
Boise Art Glass 1124 W Front St, Boise
Austin Grill Age: 18+
Tuition: \$24.00 Materials: \$32.00 Total: \$56.00

MAKE YOUR OWN GREETING CARDS

Create a beautiful greeting card for birthdays, congratulations, or thanks. Your friends and family will be in awe! All supplies will be provided.

18W-ART-013
W, 2/7 6:30 - 8 PM Sessions: 1
18W-ART-012
T, 2/20 6:30 - 8 PM Sessions: 1
West Theresa Conway-Hayes Age: 18+
Tuition: \$15.00 Materials: \$6.50 Total: \$21.50

ORIGAMI PARTY!

Make your own origami party, from party hats to paper bouquet centerpieces and swags, to candy dishes and a game or two. Explore both Origami (folding paper) and Kirigami (cutting paper). Learn how to incorporate recycled paper. Instructor will demonstrate and supply a variety of materials.

18W-ART-003		
T, 2/6	6:30 - 8:30 PM	Sessions: 1
Hillside	Jeanette Ross	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

PAINTING "TREES IN THE WIND"

NEW!

Students will paint with acrylic paints on canvas. Instructor will demonstrate and lead artists through the lesson, and they will take home their painting!

18W-ART-025		
S, 2/3	10:30 AM - 1:30 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Brian D Schreiner		Age: 18+
Tuition: \$24.00	Materials: \$ 30.00	Total: \$54.00

PUPPETS! JOLLY GOOD FUN

2 FOR 1!

Bring the inanimate to life through puppeteering. Puppets provided, but students may bring their own. 2-for-1 registration!

18W-LEI-002		
M, 3/5	6:30 - 8:30 PM	Sessions: 1
Timberline	LeeAnn Garton	Age: 10+ w/adult
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

QUILTING: HALF AND HALF

Half square triangles are a wonderful way to make scrap quilts and use up odd sizes that are left over from other quilts. Students will learn four ways to make triangles and then will use these triangles to design different quilt blocks.

18W-ART-023		
W, 1/24	6:30 - 8:30 PM	Sessions: 1
18W-ART-024		
M, 1/29	6:30 - 8:30 PM	Sessions: 1
Hillside	Mary Farrar	Age: 15+ w/adult
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

SOAPS AND SCRUBS

Learn the art of creating beautiful, custom hand soaps that you can either keep or give as gifts. You'll make four unique soaps and learn to make scrubs with both white and brown sugar. For both, you'll choose different colors and scents. Bring an apron.

18W-ART-034		
M, 2/5	6:30 - 8:30 PM	Sessions: 1
West	Anjel Griggs	Age: 18+
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00



STYLIZED FLORAL ON CANVAS

Learn to paint simplified floral shapes using acrylic paints. Take your masterpiece home after class!

18W-ART-022		
S, 2/17	1 - 4 PM	Sessions: 1
Art Zone 208	3113 N Cole Rd, Boise	
Giny Pitchell		Age: 18+
Tuition: \$24.00	Materials: \$ 30.00	Total: \$54.00

TASSEL MAKING 101

Learn about the components and balance of a pleasing tassel, and create three basic tassels with cords. The instructor will go over more complex designs as well. If you have any tassels you love, please bring them to share!

18W-ART-004		
W, 2/28	6:30 - 8:30 PM	Sessions: 1
West	Kathy Hopkins	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

WINTER BOUQUET

NEW!

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 a winter flair, and leave with a masterpiece!

18W-ART-014		
W, 1/24	6:30 - 7:30 PM	Sessions: 1
West	Kyle Costa	Age: 18+
Tuition: \$10.00	Materials: \$ 25.00	Total: \$35.00

BUSINESS AND PROFESSIONAL DEVELOPMENT

BUSINESS START-UP BASICS

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

18W-BUS-001		
T, 2/27	6:30 - 8:30 PM	Sessions: 1
Hillside	John Mathews	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

INCOME TAXES: SMALL BUSINESS BASICS

Learn the basics of small business taxation. From sole proprietorships and LLCs to partnerships, this class will discuss how each works and different ways to save.

18W-BUS-004		
T/Th, 2/6 & 2/8	7:30 - 8:30 PM	Sessions: 2
West	Travis Schaat	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

NETWORKING ONLINE FOR ENTREPRENEURS AND NETWORK MARKETERS

As an entrepreneur or network marketer, your time is limited! You may be building your business around a job. Networking takes time and can leave you feeling like you didn't make the right connections, but ONLINE networking is different. You can create the right network contacts and have real offline conversations. All you need is a few tools!

18W-BUS-003		
W, 1/31 & 2/7	6:30 - 8 PM	Sessions: 2
Timberline	Amy House	Age: 18+
Tuition: \$30.00	Materials: \$ 10.00	Total: \$40.00

SOCIAL MEDIA MARKETING FOR ENTREPRENEURS AND NETWORK MARKETERS

Learn how to create engagement and value with a strategy that will work for your business. Facebook, Instagram, LinkedIn... Make the right posts to create the right results. Templates and tools are provided.

18W-BUS-002		
M, 1/22 & 1/29	6:30 - 8 PM	Sessions: 2
Timberline	Amy House	Age: 18+
Tuition: \$30.00	Materials: \$ 10.00	Total: \$40.00

COMPUTERS & TECHNOLOGY

AUTOMATING EXCEL USING VBA

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 coding language.

18W-COM-006		
T/Th, 1/30-2/8	6:30 - 8:30 PM	Sessions: 4
West	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$ 4.00	Total: \$69.00

BEGINNING EXCEL

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

18W-COM-001		
M, 2/26-3/12	6:30 - 8 PM	Sessions: 3
Hillside	John D Biggs	Age: 18+
Tuition: \$45.00	Materials: \$ 0.00	Total: \$45.00

ESSENTIAL COMPUTER SKILLS

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

18W-COM-002		
T/Th, 2/6 & 2/8	6:30 - 8:30 PM	Sessions: 2
Timberline	Andy Lanning	Age: 18+
Tuition: \$40.00	Materials: \$ 5.00	Total: \$45.00

EMAIL AND GOOGLE CALENDAR

This class, taught by a Certified Google Education Trainer, will introduce Gmail and Google Calendar users to a large variety of FREE options such as: organizing your inbox, creating to-do lists, inviting others to meetings or events, sharing documents for meetings, and receiving reminders.

18W-COM-009		
T, 3/13	6:30 - 8:30 PM	Sessions: 1
Timberline	Kelly Hall	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

GOOGLE FORMS

Learn about this free, online, easy to use Google Drive application that creates a form, shares the form with whom you choose and then automatically gathers the form responses into a spreadsheet. You will not know how you lived without it!

18W-COM-008		
T, 2/6	6:30 - 8:30 PM	Sessions: 1
Timberline	Kelly Hall	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS

MS Access has many features for managing data that other programs 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.

18W-COM-007		
T/Th, 3/6-3/15	6:30 - 8:30 PM	Sessions: 4
West	James Thomas	Age: 18+
Tuition: \$65.00	Materials: \$ 5.00	Total: \$70.00



MICROSOFT EXCEL: BEGINNING

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

18W-COM-003		
T/Th, 2/20 & 2/22	6:30 - 8:30 PM	Sessions: 2
18W-COM-004		
T/Th, 3/6 & 3/8	6:30 - 8:30 PM	Sessions: 2
Timberline	Andy Lanning	Age: 18+
Tuition: \$40.00	Materials: \$ 5.00	Total: \$45.00

MICROSOFT EXCEL: BEGINNING

Learn how Microsoft Excel can be a powerful resource for your personal or business needs. From creating and formatting spreadsheets to using powerful templates, this class will get you started in understanding the versatility of Excel.

18W-COM-005		
T/Th, 2/27 & 3/1	7:30 - 8:30 PM	Sessions: 2
West	Travis Schaat	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

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, as well as a quick reference guide poster.

18W-HEA-001		
Th, 1/25	6:30 - 8:30 PM	Sessions: 1
18W-HEA-002		
M, 3/12	6:30 - 8:30 PM	Sessions: 1
West	Joel Gunstream,	Age: 18+
	Ben White, Dan Hohler	
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00

CPR CERTIFICATION-AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

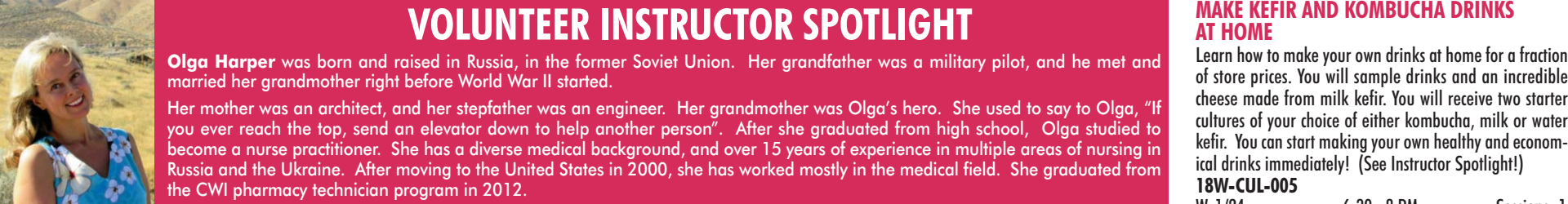
Learn CPR procedures, how to assist choking victims, and AED (Automated External Defibrillators), and pediatric (including infant) CPR used in schools. Class is designed for the general public. Come dressed to perform CPR; certification card provided at the end of class.

18W-HEA-024		
Th, 1/25	6 - 8:30 PM	Sessions: 1
18W-HEA-026		
Th, 3/8	6 - 8:30 PM	Sessions: 1
Timberline	Jeanne Llewellyn	Age: 18+
Tuition: \$25.00	Materials: \$ 15.00	Total: \$40.00

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

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

18W-HEA-025		
M, 2/26	6:30 - 8:30 PM	Sessions: 1
Timberline	Jeanne Llewellyn	Age: 18+
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00



VOLUNTEER INSTRUCTOR SPOTLIGHT

Olga Harper was born and raised in Russia, in the former Soviet Union. Her grandfather was a military pilot, and he met and married her grandmother right before World War II started.

Her mother was an architect, and her stepfather was an engineer. Her grandmother was Olga's hero. She used to say to Olga, "If you ever reach the top, send an elevator down to help another person". After she graduated from high school, Olga studied to become a nurse practitioner. She has a diverse medical background, and over 15 years of experience in multiple areas of nursing in Russia and the Ukraine. After moving to the United States in 2000, she has worked mostly in the medical field. She graduated from the CWI pharmacy technician program in 2012.

Her life has been all about changes... mind, body, heart and soul. Not all of those challenges left her without scars. But life has so many positive experiences! She is a widow; she has one son and 3 grandchildren. Check some of her creations on LifeCreationsByOlga.blogspot.com. She's very creative and passionate about helping people. She has participated in the Western Idaho Fair, and won quite a few first place awards ("Best of show," "Go Green!" and "Best of Division" in Home Art, Culinary Art and Photography). She teaches Russian language to kids at a local church.

One of her passions is teaching the health benefits of probiotic drinks. She has been drinking it her whole life, and has clear memories of how her mother and grandmother made it. To keep her family tradition alive, she makes incredible probiotic drinks and products to share with people. In her class, she likes to say "let's restore Idaho with one probiotic at a time!"

Someone once said "by getting clear about what you want, you give yourself permission to attract it." She has a dream... She wants to live in a place with clean water and pure air, with absolutely breathtaking sunsets over the ocean, where food will swim under her feet, and she can raise her Kefir grains in coconut water from her backyard; a place where she can have solitude, where she can continue working on all her endless creations; where she can write a book. She will name it *Pain and Pleasure*. After all, that is what all life is about!

We are thrilled to have Olga and all of her fascinating stories join us at Community ED. See her class **MAKE KEFIR AND KOMBUCHA DRINKS AT HOME**. We are excited to offer it twice this session. Register soon... class fills up quickly. Have fun and get healthy all at once!

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.

18W-CUL-026			
T, 1/30	6:30 - 8:30 PM	Sessions: 1	
18W-CUL-027			
Th, 2/22	6:30 - 8:30 PM	Sessions: 1	
Timberline	Prarthana Kashikar	Age: 18+	
Tuition: \$20.00	Materials: \$ 18.00	Total: \$38.00	

BUY THE BEST PRODUCE & LEARN TO COOK IT!

Knowing how to discern quality from substandard produce is a skill you can master. Get out of the same old food rut and love leeks, try a new kind of pancake and flat squash. Your health can only improve, as well as your mood and vibrancy.

18W-CUL-025			
W, 1/31	6:30 - 8 PM	Sessions: 1	
West	Mary Fierce	Age: 18+	
Tuition: \$15.00	Materials: \$ 6.00	Total: \$21.00	

CAKE DECORATING 101

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

18W-CUL-001			
W, 1/24-3/14	6:30 - 8:30 PM	Sessions: 8	
Timberline	Donna Adams	Age: All w/ adult	
Tuition: \$50.00	Materials: \$ 0.00	Total: \$50.00	

CARAMEL CANDIES

Learn how to make one of the most vital basics of candy-making, homemade butter caramels. This semi-soft candy uses a simple recipe that rarely fails and it makes a delicious confection that, once cut and wrapped in wax paper, lasts for months without refrigeration. Wrapped caramels make a wonderful gift for almost any occasion... Valentine's Day!

18W-CUL-014			
Th, 2/1	6:30 - 8:30 PM	Sessions: 1	
Timberline	Anjel Griggs	Age: 18+	
Tuition: \$20.00	Materials: \$ 16.00	Total: \$36.00	

CHA GIO: LEARN TO MAKE VIETNAMESE EGG ROLLS

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

18W-CUL-003			
M, 1/22	6:30 - 8:30 PM	Sessions: 1	
West	Marti Miller	Age: 18+	
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50	

CHOCOLATES WITH COSTELLO

Take the mystery out of making chocolate truffles with these simple and luscious confections. Jon will expertly walk you through the deliciously artistic process with a variety of truffles and garnishes. What you don't eat in class, you can package to take home!

18W-CUL-031			
Th, 2/8	6 - 8 PM	Sessions: 1	
Boise Co-op — The Village At Meridian			

	2350 N Eagle Rd, Meridian		
Jon Costello		Age: all ages	
Tuition: \$20.00	Materials: \$ 15.00	Total: \$35.00	

COOKIN' WITH KIDS: MUFFIN MADNESS

Learn to make two different nutrient-dense, grain-free, dairy-free, paleo-inspired muffin recipes. Children LOVE to make (and eat!) muffins, and those with food sensitivities are not an exception. You will make both sweet and savory muffins. Adults free with paid kid's registration.

18W-CUL-032			
S, 2/10	10:30 - 11:45 AM	Sessions: 1	
Boise Co-op — The Village At Meridian			

	2350 N Eagle Rd, Meridian		
Kendy Radasky		Age: 8+ w/adult	
Tuition: \$10.00	Materials: \$ 5.00	Total: \$15.00	



FOODS FOR A HAPPY, HEALTHY GUT

Come learn about probiotics and fermented foods and the role they play in our human microbiome. Participants will get to sample different fermented foods. Class handouts and tools will be provided to take home.

18W-CUL-008			
T, 2/13	6:30 - 7:30 PM	Sessions: 1	
West	Bridget Morrisroe-Aman	Age: 18+	
Tuition: \$10.00	Materials: \$ 5.00	Total: \$15.00	

GUMBO, CAJUN & CREOLE

Learn to make gumbo, jambalaya, Hoppin' John, and many other popular Cajun/Creole meals. Learn the differences between Cajun and Creole, and so much more. Be prepared to eat! Bring two containers to take home soup, a pile of corn critters, and recipe booklet on Southern sensations.

18W-CUL-019			
Th, 3/1	6:30 - 8:30 PM	Sessions: 1	
Hillside	Anjel Griggs	Age: 18+	
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00	

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.

18W-CUL-007			
Th, 2/8	6:30 - 8:30 PM	Sessions: 1	
Timberline	Joe Levitch	Age: 18+	
Tuition: \$20.00	Materials: \$ 10.00	Total: \$30.00	

KNIFEOLGY: THE MIXING BOWL

This class will cover the basics of holding knives, chopping techniques, and what to look for when shopping for your next knife. Everything you need will be provided, however, you are welcome to bring your favorite knife to compare and ask questions.

18W-CUL-029			
T, 2/27	7 - 8:30 PM	Sessions: 1	
Timberline	Mary Ann Mandel	Age: 18+	
Tuition: \$15.00	Materials: \$ 4.50	Total: \$19.50	

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

MAKE KEFIR AND KOMBUCHA DRINKS AT HOME

Learn how to make your own drinks at home for a fraction of store prices. You will sample drinks and an incredible cheese made from milk kefir. You will receive two starter cultures of your choice of either kombucha, milk or water kefir. You can start making your own healthy and economical drinks immediately! (See Instructor Spotlight!)

18W-CUL-005			
W, 1/24	6:30 - 8 PM	Sessions: 1	
18W-CUL-006			
W, 2/21	6:30 - 8 PM	Sessions: 1	
West	Olga Harper, Randy Glissmann	Age: 18+	
Tuition: \$15.00	Materials: \$ 24.00	Total: \$39.00	

MAKE MOZZARELLA CHEESE!

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

18W-CUL-016			
M, 2/12	6 - 8:30 PM	Sessions: 1	
18W-CUL-021			
Th, 3/8	6 - 8:30 PM	Sessions: 1	
Timberline	Anjel Griggs	Age: 18+	
Tuition: \$25.00	Materials: \$ 20.00	Total: \$45.00	



MAKING VIETNAMESE SALADS

Vietnamese salads are loaded with fresh ingredients such as mint, basil, pork, shrimp, and fresh crunch vegetables. The Vietnamese word for salad is "goi." The base of the salad is either cabbage, green papaya, or kohlrabi, and the dressing is a touch of the savories of fish sauce. Come and learn how to make simple and delicious Vietnamese salads.

18W-CUL-010			
M, 2/5	6:30 - 8:30 PM	Sessions: 1	
Timberline	Marti Miller	Age: 18+	
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50	

MANDARIN CHICKEN AND PORK FRIED RICE

If you like fried chicken and sweet & sour sauce, then you will love Mandarin chicken! The instructor's mom created her version of Mandarin chicken, and it was a popular dish at their beloved local Vietnamese restaurant. Come learn all the secrets. It's all in the sauce!

18W-CUL-013			
M, 3/12	6:30 - 8:30 PM	Sessions: 1	
Hillside	Marti Miller	Age: 18+	
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50	

PAELLA 101

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

18W-CUL-002			
M, 1/22	6 - 8 PM	Sessions: 1	
The Basque Market		608 W Grove St, Boise	
Tara McElhose-Eiguren, Tony Eiguren		Age: 18+	
Tuition: \$20.00	Materials: \$ 13.00	Total: \$33.00	

PLANT-BASED COOKING

Come learn about plant-based cooking and receive extra cooking tips. Three easy-to-make plant-based recipes will be demonstrated for sampling during the class. Participants will receive handouts and tools to take home.

18W-CUL-009

T, 1/23	6:30 - 7:30 PM	Sessions: 1
West	Bridget Morrisroe-Aman	Age: 18+
Tuition: \$0.00	Materials: \$ 5.00	Total: \$15.00

PRETTY PIES

Learn pie-making from scratch, from the secrets to a great pie crust, to amazing fillings. One-crust, two-crust, and lattice-work crusts will be included. Learn pie decorating too! Take home a beautiful fluted edged pan — your crust turns out perfect each time without having to crimp it. Bring an apron and rolling pin. Recipes included.

18W-CUL-015

M, 1/22	6:30 - 8:30 PM	Sessions: 1
Timberline	Anjel Griggs	Age: 18+
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00

SOUPS & MUCH MORE!

Join us to learn how to make wonderful soups for your family with the least amount of work! You'll make one meat and one seafood soup in class. Bring an apron and two containers for soup to take some home to share!

18W-CUL-017

M, 2/26	6:30 - 8:30 PM	Sessions: 1
Timberline	Anjel Griggs	Age: 18+
Tuition: \$20.00	Materials: \$ 20.00	Total: \$40.00

SOURDOUGH BAKING

Learn to bake with sourdough, an all-natural leavening process that has been used for thousands of years. You'll take home a loaf of sourdough banana bread and a pan of sourdough English muffins, along with a sourdough starter and a handout with tips and hints and lots of recipes. Bring an apron and a rolling pin and be prepared to eat!

18W-CUL-018

W, 3/14	6:30 - 8:30 PM	Sessions: 1
Hillside	Anjel Griggs	Age: 18+
Tuition: \$20.00	Materials: \$ 16.00	Total: \$36.00

SPICY CHICKEN WITH LEMONGRASS & PORK FRIED RICE

If you ever went to the original Vietnamese Restaurant in Boise, one of the popular meals was Spicy Chicken served with fried rice. In this class you will learn the secret in making this dish — how the chicken is marinated. The spices used are lemon grass, garlic, fish sauce, and oyster sauce. Yum!

18W-CUL-011

T, 2/20	6:30 - 8:30 PM	Sessions: 1
Timberline	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

STIR-FRY CHICKEN WITH BROCCOLI

Once you understand the art of stir fry, you'll be amazed. It's one of the easiest and healthiest cooking methods. Using stir-fry broccoli or your favorite vegetables with or without meat, you'll learn to stir fry which will give you that delicious taste that you enjoy in a good Vietnamese or Chinese restaurant.

18W-CUL-012

M, 3/5	6:30 - 8:30 PM	Sessions: 1
West	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

TASTY TURNOVERS

Learn hands-on how to make a perfect turnover crust and what to do if your crust goes wrong. Learn dozens of recipes, ranging from sweet to meat to cheese. Make a gluten-free turnover crust too! Take home a tray of turnovers, which you can immediately bake or you can refrigerate or freeze.

18W-CUL-020

Th, 2/22	6:30 - 8:30 PM	Sessions: 1
Hillside	Anjel Griggs	Age: 18+
Tuition: \$20.00	Materials: \$ 16.00	Total: \$36.00



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. Learn how to cook an authentic Indian dish.

18W-CUL-028

Th, 3/1	6:30 - 8:30 PM	Sessions: 1
Timberline	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

WON TON SOUP & FRIED WON TONS

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

18W-CUL-004

M, 1/29	6:30 - 8:30 PM	Sessions: 1
Hillside	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$ 9.50	Total: \$29.50

WRAPPING IT ALL UP: GLUTEN FREE MEALS

Learn to make spiced sprouted pumpkin seeds, dairy-free ranch dressing, sautéed seasoned squash, and lunch roll ups. Each of these foods is nutritionally dense, gluten-free, dairy-free, anti-inflammatory, and vegetarian. These items are tasty on their own or combined in a wrap for a meal!

18W-CUL-022

W, 3/7	6:30 - 8 PM	Sessions: 1
West	Mary Fierce	Age: 18+
Tuition: \$15.00	Materials: \$ 6.00	Total: \$21.00

CULTURE, HISTORY & TRAVEL

BOISE STATE UNIVERSITY: SPECIAL COLLECTIONS AND ARCHIVES TOUR NEW!

Boise State University Library, Special Collections and Archives is home to over 300 manuscript collections, hundreds of boxes of University Archives, and several large book, map, and photo collections documenting the cultural heritage of Southwest Idaho. Learn about the archives profession, how archivists care for rare manuscripts and go on a tour of the closed stacks of an archive.

18W-HIS-010

F, 2/16	10 - 11 AM	Sessions: 1
Boise State Library, Special Collections and Archives		
1865 W Cesar Chavez Ln, Boise		
Jim Duran, Alex Meregaglia	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

BOISE STATE UNIVERSITY: A HISTORY OF THE STUDENTS, FACULTY, AND CAMPUS

Boise State University has always been a center for education and cultural enrichment for the Boise community and beyond. Using artifacts from the University Archive, this multi-media look back at the history of the school includes a glimpse at student life through the decades, notable faculty and departments, and an architectural overview of campus.

18W-HIS-009

Th, 3/1	6:30 - 7:30 PM	Sessions: 1
Timberline	Jim Duran	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

CARL JUNG: A BOOK DISCUSSION NEW!

Understand the dark side of the psyche using Jungian psychology. Join the Idaho Friends of Jung to discuss the book *Owning your own Shadow* by Robert A. Johnson, a world-renowned Jungian analyst, lecturer, and author of many literary works. Book is not required, but is helpful!

18W-HIS-012

M, 2/26-3/12	6:30 - 7:30 PM	Sessions: 3
Hillside	Denis Letelier	Age: 18+
Tuition: \$18.00	Materials: \$ 0.00	Total: \$18.00

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Spend the evening with a Cemetery Historian! Using photos of grave stones, you will learn how to interpret the cryptic signs and symbols found on grave stones. Learn how to tell if the deceased was male or female, religious, belonged to a fraternal organization, or even if he or she had a sense of humor. Discuss the history of cemeteries, burial customs, symbolism and even a little humor!

18W-HIS-005

T, 1/23	6:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home 1200 N. Cloverdale Rd, Boise		
18W-HIS-006		

T, 2/20	6:30 - 8:30 PM	Sessions: 1
Relyea Funeral Home 318 N Latah St, Boise		
David M Habben	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



IDAHO'S STATE PARKS, AN ACCIDENTAL TREASURE

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

18W-HIS-007

Th, 2/1	6:30 - 8 PM	Sessions: 1
Hillside	Rick Just	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

MAIN OREGON TRAIL BACK COUNTRY BYWAY

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

18W-HIS-002

M, 2/5	6:30 - 8:30 PM	Sessions: 1
West	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

NORTH ALTERNATE OREGON TRAIL

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

18W-HIS-003

M, 2/12	6:30 - 8:30 PM	Sessions: 1
West	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

OREGON TRAIL: WYOMING TO FORT HALL

Travel the Oregon-California Trail from Thomas Fork at the Wyoming border through Soda Springs and over the mountains to Fort Hall through pictures and the diaries of emigrant travelers. This stretch of trail contains some of the greatest curiosities along the entire trail.

18W-HIS-001

W, 1/31	6:30 - 8:30 PM	Sessions: 1
West	Jerry Eichhorst	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

REGIONAL GEOGRAPHY OF THE UNITED STATES NEW!

Using a large raised relief map of the United States, this course will delineate and discuss the remarkable physical and cultural characteristics of the various regions of the U.S. Emphasis will be placed on the unique features of each region and how each has historically affected the development of the other regions and the entirety of the United States.

18W-HIS-011

Th, 2/8	6:30 - 8:30 PM	Sessions: 1
Hillside	Mario Delisio	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

THE MORRISITE WAR AND ITS EFFECT ON EARLY SETTLEMENT IN IDAHO

In 1863, a group of impoverished immigrants came into the newly formed Idaho Territory under military escort after losing the Morrisite War in Utah. That religious siege became the defining moment for many pioneer Idaho families.

18W-HIS-008

M, 3/12	6:30 - 8 PM	Sessions: 1
Timberline	Rick Just	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY NEW!

This class will highlight the famous and fascinating folks buried in Boise cemeteries and cover Morris Hill and Pioneer Cemeteries, as well as cemeteries in other Idaho counties. Examples of the people discussed: the 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.

18W-HIS-013

M, 1/22	6:30 - 8:30 PM	Sessions: 1
Hillside	David M Habben	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

WORLD RELIGIONS – AN EXPLORATION

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

18W-HIS-004

W, 1/24-2/14	6:30 - 8 PM	Sessions: 4
West	Louard Crumbaugh	Age: 12+ w/adult
Tuition: \$40.00	Materials: \$ 2.00	Total: \$42.00

DANCE

BASICS OF BELLY DANCE

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

18W-DAN-004

T, 1/23-2/13	7 - 8 PM	Sessions: 4
Boise Bellydance Company	3085 N. Cole Rd, Ste 113, Boise	
Jennifer Orvis		Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

BEGINNING CONTRA DANCE

Learn how to do a fun, energetic dance style called Contra. Contra dance uses many of the same traditional moves found in square dancing. Perfect for both the beginner and more advanced dancer! Please wear comfortable clothing and shoes.

18W-DAN-005

S, 2/10	7:30 - 8:30 PM	Sessions: 1
Broadway Dance Center	893 E Boise Ave, Boise	
Patricia Blatter		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

COUPLES COUNTRY DANCE

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

18W-DAN-002

Th, 1/25-2/22	7 - 8:30 PM	Sessions: 5
West	Arlene Ankenman	Age: 18+
Tuition: \$69.50	Materials: \$ 0.00	Total: \$69.50

INTRODUCTION TO SCOTTISH COUNTRY DANCE

This class is an introduction to Scottish social and Cèilidh dancing, an ancestor of square dance. Sets of dancers use Scottish steps to dance figures and formations as a team — great exercise for the body and brain! All levels are welcome, and no partner is necessary. Wear soft-soled shoes (like ballet slippers, socks ok to start with) for the dance floor.

18W-DAN-003

M, 1/22-2/12	7:30 - 9:30 PM	Sessions: 4
Eagle Performing Arts Center	1125 E State St, Eagle	
Monica Pollard, Ken Pollard, Cheri Nelson		Age: 18+
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00

LINE DANCE – BEGINNING

A long-time favorite with Community Ed! Learn the basic dance steps and get fit at the same time! Class is perfect for beginners — no partner or experience necessary. Wear comfortable clothes and non-marking shoes (a must!)

18W-DAN-001

T, 1/23-2/20	6:30 - 7:30 PM	Sessions: 5
West	Arlene Ankenman	Age: 18+
Tuition: \$45.00	Materials: \$ 0.00	Total: \$45.00

FITNESS

30 MINUTE CYCLE TOGETHER

A 30-minute cardio workout! Music will make the time fly, and you can make the most out of class together, no matter if you are just starting an exercise program or have been racing bikes for years. It's also perfect for those who are short on time — men and women of all ages.

18W-FIT-016

Th, 1/25-3/15	10:15 - 10:45 AM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Sydney Van der Akker		Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00



60 MINUTE CYCLE TOGETHER

A fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! It's a great workout whether you are just starting out or an avid cyclist looking to train indoors.

18W-FIT-017

T, 1/23-3/13	6 - 7 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Molly Smith		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

ACTIVE TOGETHER

This is a simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility. This workout is perfect if you are new to exercise or have not exercised in a long time. It is also ideal for the super busy and fit who need to get it done in one workout.

18W-FIT-009

T, 1/23-3/13	12:15 - 1:15 PM	Sessions: 16
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00

18W-FIT-010

W, 1/24-3/14	4:30 - 5:30 PM	Sessions: 8
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00
West Family YMCA	5959 N Discovery Pl, Boise	
Amy Bedsole, Loretta Grubaugh		Age: 18+

AQUA ZUMBA®

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

18W-FIT-019

T, 1/23-3/13	10:15 - 11 AM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 18+
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00

ARTHRITIS AQUATIC EXERCISE

This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from an certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

18W-FIT-023

T, 1/23-3/13	11:30 - 12:30 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Katie Christensen		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

WATER FITNESS

This water fitness program is held in the diving well of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

18W-FIT-020

T, 1/23-3/13	9 - 10 AM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Casiana Larson		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

DIABETES EXERCISE PROGRAM

A fitness intervention program designed to help people with Type 2 Diabetes (or those at risk) get fit and manage their HbA1c levels. Each small group, activity-based class includes cardio conditioning, strength training, group core, and flexibility training.

18W-FIT-060

T/Th, 1/23-3/15	4:30 - 5:45 PM	Sessions: 16
YMCA-Healthy Living Center	419 N 11th St, Boise	
Vicki A DiMatteo		Age: 18+
Tuition: \$64.00	Materials: \$ 0.00	Total: \$64.00

EXERCISE BALL TECHNIQUE

Taught by a physical therapist, this class will give you several exercises, review your technique and go over the strengthening benefits and how to improve your overall endurance, especially core strength. Please bring an exercise ball to class.

18W-FIT-046

W, 1/24	6:30 - 7:30 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Paula Kosberg, DPT		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

FOAM ROLLER SELF-TREATMENT & EXERCISE

Attend this class taught by a physical therapist and learn how to use a foam roller for strengthening, stretching, massage and core stability. Learn how to self-treat sore joints and muscles. Bring foam roller or purchase one at PT 180.

18W-FIT-049

T, 2/6	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Lisa Kolesar, DPT		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

FOAM ROLLING FOR SELF-CARE

This class will give you the knowledge about how to use a foam roller for stretching, massage and pain relief for muscles and connective tissue. Wear exercise clothes and bring an exercise mat if you have one. A foam roller will be provided for the class and to take home.

18W-FIT-047

T, 3/6	6:30 - 8 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Graciela Martinez-Katz		Age: 18+
Tuition: \$15.00	Materials: \$ 6.00	Total: \$21.00

H I I T

High-Intensity-Interval Training combines intense bursts of cardio, demanding body-weight exercises, tough core conditioning, and targeted weight training. A state-of-the-art full-body workout designed to challenge all fitness levels.

18W-FIT-018

M/W, 1/22-3/14	6:30 - 7:30 PM	Sessions: 16
West Family YMCA	5959 N Discovery Pl, Boise	
Joseph Pratt		Age: 18+
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00

HIRT FITNESS

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

18W-FIT-062

T/Th, 1/23-3/15	5:30 - 6:15 PM	Sessions: 16
FitMania Orchard St	2404 S Orchard, Ste 300, Boise	
Sherry Fernandez		Age: 18+
Tuition: \$72.00	Materials: \$ 0.00	Total: \$72.00

HULA HOOP FITNESS

Hula is a great way to release stressful, negative energy we store in our muscles. Our hip, fabulous instructor will inspire you to learn the basics, and some fun dance moves too! Please purchase your hoop at Big 5, or bring a 34" to 36" hoop to class!

18W-FIT-026

W, 1/24-2/14	7 - 8 PM	Sessions: 4
West	Nettie Cumpton	Age: 13+ w/adult
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

INTRO TO PILATES

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

18W-FIT-061

M/W, 1/29-2/7	7 - 8 PM	Sessions: 4
West	Dr. Kaylan McKinney-Vialpando	Age: 18+
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00

MOVING FOR BETTER BALANCE

This class is designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

18W-FIT-005

T, 1/23-3/13	8 - 9 AM	Sessions: 8
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18W-FIT-006

W, 1/24-3/14	1 - 2 PM	Sessions: 8
West Family YMCA	5959 N Discovery Pl, Boise	
Michelle Evans		Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

PERSONAL TRAINING Á LA CARTE

Learn the fundamental concepts of an effective core fitness regimen as it relates to everyday movement and/or a lack thereof.

18W-FIT-051

T, 1/23	5 - 6 PM	Sessions: 1
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18W-FIT-052

Th, 3/15	6:30 - 7:30 PM	Sessions: 1
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Physical Therapy 180 — Meridian

3919 E Overland Rd, Meridian

Larry Harris

Tuition: \$10.00

Materials: \$ 0.00

Age: 18+

Total: \$10.00

QUICK, EASY EXERCISES THAT WORK!

No energy, no time for the gym? Take this 45 minute class.

Do quick, easy exercises making you strong, flexible and toned! All exercises are standing or sitting, no floor work. Please wear comfortable exercise clothing and shoes, and bring a water bottle.

18W-FIT-050

Th, 2/15-3/15	6:45 - 7:30 PM	Sessions: 5
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Timberline

Conda Douglas

Age: 18+

Tuition: \$30.00

Materials: \$ 0.00

Total: \$30.00

**Classes fill quickly –
register today at
boiselearns.org!**

REFIT 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.

18W-FIT-003			
M, 1/22-3/12	4:30 - 5:30 PM	Sessions: 8	
Loretta Grubaug		Age: 18+	
18W-FIT-004			
T, 1/23-3/13	6:30 - 7:30 PM	Sessions: 8	
Susan Presnell		Age: 18+	
West Family YMCA	5959 N Discovery Pl, Boise		
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

RESISTANCE BAND WORKOUTS

Learn how to use resistance bands for an all over body workout. These are great tips and tricks to get the best workout at home. A band will be provided for the class and to take home. Wear exercise clothes that are easy to move around in.

18W-FIT-048			
T, 2/20	6:30 - 8 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise		
Graciela Martinez-Katz		Age: 18+	
Tuition: \$15.00	Materials: \$ 5.00	Total: \$20.00	

SHALLOW WATER FITNESS

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

18W-FIT-022			
Th, 1/25-3/15	10:15 - 11 AM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise		
Katie Christensen		Age: 18+	
Tuition: \$42.00	Materials: \$ 0.00	Total: \$42.00	

SHORIN-RYU KARATE FOR ADULTS

This traditional Okinawan/Japanese karate class emphasizes basic technique. Course includes self defense, traditional kicks, blocks and strikes. Uniforms not required; training is barefoot. 2-for-1 registration!

18W-FIT-025			
W, 1/24-3/14	7 - 9 PM	Sessions: 8	
Pat Harris Dance Studio	1225 N McKinney St, Boise		
Robert Gilmore		Age: 12+	
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00	

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!

18W-FIT-011			
T/Th, 1/23-3/15	4:30 - 5:30 PM	Sessions: 16	
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00	
18W-FIT-012			
W, 1/24-3/14	12 - 1 PM	Sessions: 8	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	
West Family YMCA	5959 N Discovery Pl, Boise		
Michelle Swantek, Tiona Marburg		Age: 18+	



STRETCHING AND STRENGTHENING FOR LOW BACK PAIN

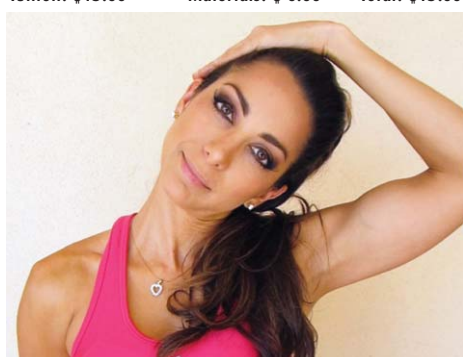
This class is a combination of stretching, core muscle strengthening, and yoga poses designed to relieve and prevent low back pain. Wear exercise clothes and bring an exercise mat if you have one. Handout of the exercises will be provided.

18W-FIT-005			
T, 3/13	6:30 - 8 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise		
Angela Young		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

STRETCHING FOR NECK PAIN

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

18W-FIT-044			
T, 2/27	6:30 - 8 PM	Sessions: 1	
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise		
Angela Young		Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	



T'AI CHI CHIH: AN INTRODUCTION

T'ai chi chih is a series of 19 movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits. Some studies have found the practice to reduce stress and relieve certain ailments. Your instructor has over 20 years teaching this form. Students should wear comfortable clothing, soft shoes or thick socks, and bring a water bottle.

18W-FIT-053			
W, 1/31	6:30 - 8 PM	Sessions: 1	Timberline
18W-FIT-054			
Th, 2/1	6:30 - 8 PM	Sessions: 1	West
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00	
18W-FIT-055			
Th, 2/1	11:15 - 12:15 PM	Sessions: 1	
Wholistic Beauty Boutique	4516 Emerald St, Boise		
Elissa R Maguire		Age: 18+	
Tuition: \$10.00	Materials: \$ 2.00	Total: \$12.00	

WATER PILATES

You've had Pilates on the mat; you've done the reformer; now try those moves in the water! Build muscle tone and improve range of motion at a moderate pace with attention to control, flowing motion, concentration, centering, breathing, precision, routine, isolation, creating powerhouse strength, and maximizing flexibility.

18W-FIT-021			
Th, 1/25-3/15	9 - 10 AM	Sessions: 8	
West Family YMCA	5959 N Discovery Pl, Boise		
Katie Christensen		Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

3 WAYS TO REGISTER!

1 ONLINE!

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

2 PHONE!

Call 854.4047.
We accept Visa, MasterCard and Discover.

3 IN PERSON!

Office hours are 8:30 a.m. - 4:30 p.m., M-F
8169 W. Victory Rd., Boise

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

Y-BARRE

Y-Barre is a fun and empowering class set to great music. The ballet barre is used to sculpt the lower body, abs and for flexibility training. Classes focus on postural strength and alignment, followed by a series of full body exercises using light weights and other props. Modifications and challenges for all levels.

18W-FIT-007			
M/W, 1/22-3/14	12 - 1 PM	Sessions: 16	
Claudia V Palta		Age: 18+	
Tuition: \$80.00	Materials: \$ 0.00	Total: \$80.00	
18W-FIT-008			
F, 1/26-3/16	11 - 12 N	Sessions: 8	
Sparkle Paterson		Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	
West Family YMCA	5959 N Discovery Pl, Boise		

ZUMBA®

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

18W-FIT-027			
T, 1/23-3/13	6:15 - 7:15 PM	Sessions: 8	
Hillside	Lila Cabrera	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00	

GARDEN & THE GREAT OUTDOORS

ALL ABOUT ROSES

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

18W-GAR-007			
Th, 3/8	6:30 - 8:30 PM	Sessions: 1	
Hillside	Sandra Ford	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



BACKYARD BEEKEEPING

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

18W-GAR-008			
Th, 1/25	6 - 8:30 PM	Sessions: 1	
18W-GAR-009			
W, 2/21	6 - 8:30 PM	Sessions: 1	
18W-GAR-010			
T, 3/13	6 - 8:30 PM	Sessions: 1	
Timberline	Kevin Duesman, Marc Von Huene	Age: 18+	
Tuition: \$20.00	Materials: \$ 2.00	Total: \$22.00	

BACKYARD CHICKENS & YOUR GARDEN

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

18W-GAR-006			
Th, 2/15	6:30 - 8:30 PM	Sessions: 1	
Timberline	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. Youth enroll with an adult; tuition is per student. Optional book for purchase.

18W-GAR-003			
Th, 3/15	6:30 - 8 PM	Sessions: 1	
Hillside	Gretchen Anderson	Age: 12+ w/adult	
Tuition: \$15.00	Materials: \$ 1.50	Total: \$16.50	

FLY FISHING FOR BEGINNERS

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

18W-GAR-013			
T/W, 2/20 & 2/21	6 - 8 PM	Sessions: 2	
Northwest School Of Fly Fishing	641 N Five Mile Rd, Boise		
Mike Sandifer		Age: 18+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	

FRUIT TREE PRUNING/TRIMMING

Learn tricks and techniques to prune/trim your fruit tree to promote health, ease of maintenance and grow quality fruit. Discussion and slide show will include tools, methods, dos and don'ts, etc. After class, you may schedule some voluntary hands-on demos at students' homes with the instructor.

18W-GAR-001

Th, 3/1	6:30 - 8:30 PM	Sessions: 1
Hillside	Bob Seymour	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00



GROWING BEAN SPROUTS

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

18W-GAR-004

T, 3/6	6:30 - 8 PM	Sessions: 1
Timberline	Vince Matthews	Age: 18+
Tuition: \$15.00	Materials: \$ 1.30	Total: \$16.30

LANDSCAPE YOUR OWN YARD!

This University of Idaho horticulturist will challenge students to begin designing their own landscape projects. Learn about what makes a good design, some considerations for plant selection, using color effectively, and much more!

18W-GAR-012

M, 2/5 & 2/12	6 - 8:15 PM	Sessions: 2
Hillside	Susan Bell	Age: 18+
Tuition: \$30.00	Materials: \$ 15.00	Total: \$45.00

LONG DISTANCE ULTRALIGHT BACKPACKING

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

18W-GAR-005

T/Th, 1/30 & 2/1	6:30 - 8:30 PM	Sessions: 2
West	Michael O'Brien	Age: 18+
Tuition: \$36.00	Materials: \$ 1.20	Total: \$37.20

PONDS FOR BEGINNERS

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

18W-GAR-002

W, 2/28-3/14	6:30 - 8 PM	Sessions: 3
Hillside	Susan E Boydston	Age: 18+
Tuition: \$35.00	Materials: \$ 5.00	Total: \$40.00

WINTER FLY FISHING

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

18W-GAR-014

T, 1/23	6:30 - 8 PM	Sessions: 1
Northwest School Of Fly Fishing	641 N Five Mile Rd, Boise	
Mike Sandifer		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

HEALTH & WELLNESS

ACUPRESSURE 101

This class is designed to give you an understanding of your energy flows as understood by the oriental traditions. You will learn the basics to care for general aches, back pain, or stress from work. If you have breathing problems, digestive disorders or blood pressure issues, this class is for you.

18W-HEA-018

M, 2/5	6:30 - 8 PM	Sessions: 1
Timberline	Elissa R Maguire	Age: 18+

18W-HEA-019

W, 2/7	6:30 - 8 PM	Sessions: 1
West	Elissa R Maguire	Age: 18+
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00

ACUPRESSURE POINTS FOR COMMON PROBLEMS

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

18W-HEA-011

Th, 2/1	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Betsy K Wiss, LAC		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

ADDRESSING KNEE PAIN: CARTILAGE TEARS

If you have knee pain, this class is for you. Knee anatomy and injuries will be discussed to help you understand the cause of pain, and conservative treatment options.

18W-HEA-016

W, 3/14	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jennifer Thomsen		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

ADDRESSING SHOULDER PAIN

Learn how to assess and manage chronic and acute shoulder pain with exercise and posture awareness. Discussion includes what non-surgical treatment options are available from a physical therapist.

18W-HEA-015

M, 2/12	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jill Thompson, PT		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

ADRENAL FATIGUE: NUTRITIONAL TOOLS FOR RECOVERY

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.

18W-HEA-009

W, 2/21	6:30 - 8 PM	Sessions: 1
Hillside	Kendy Radasky	Age: 18+
Tuition: \$15.00	Materials: \$ 0.50	Total: \$15.50

GI & CHRONIC PAIN: HOW VISCERAL THERAPY HELPS

Visceral manipulation performed by a highly trained medical provider can help those struggling with chronic pain and/or gastrointestinal dysfunction. Learn about this technique by Dr. Breann Fox.

18W-HEA-006

T, 1/30	6:30 - 8:30 PM	Sessions: 1
Hillside	Dr. Breann Fox	Age: 18+
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00

The Winter Session runs from January 22 through March 15!

GLUTEN INTOLERANCE SUPPORT GROUP

Calling gluten free tribe members together to discuss current research, wellness, local resources, to community build and to have fun! This group is for adults. Come join this new local chapter!

18W-HEA-023

S, 1/27 & 2/24	1 - 2 PM	Sessions: 2
Gluten Free Galaxy	4531 W Alpine St, Boise	
Mary Fierce		Age: 18+
Tuition: \$20.00	Materials: \$1.00	Total: \$21.00

HEAL YOUR LOW BACK PAIN

Learn about lower back pain including common causes, anatomy, physiology, exercises/stretching, posture/positioning, and gait, all centered around treating yourself. Taught by a physical therapist!

18W-HEA-010

M, 1/29	7 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Heather Lowe, DPT		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

HIKING FOR HEALTH

Get out and get fit! This course includes practical knowledge and tips on speed walking the greenbelt to get toned for Boise foothill trail hiking. We'll focus on the beginner to intermediate trails of Shaw Mountain rising above southeast Boise and historical facts about the surrounding hills.

18W-HEA-027

W, 3/14	6:30 - 8:30 PM	Sessions: 1
Timberline	Bill March	Age: 18+
Tuition: \$20.00	Materials: \$ 2.00	Total: \$22.00

IMPROVE YOUR POSTURE

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

18W-HEA-013

T, 3/6	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Jill Thompson, PT		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

INTRODUCTION TO ANTI-INFLAMMATORY DIETS

Who benefits from an anti-inflammatory diet? Everyone! Learn about this diet's focus on healthy carbs, fats, animal products and preparation techniques. Learn why stable blood sugar matters even if you don't have high blood sugar.

18W-HEA-022

W, 2/28	6:30 - 8 PM	Sessions: 1
West	Mary Fierce	Age: 18+
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

NATURAL SUPPORT FOR DIABETES

Learn about the herbs and supplements that may help reduce the damage caused by high blood sugars. Dr. Rodgers is a naturopathic doctor who has helped numerous patients reduce blood sugars and improve their health.

18W-HEA-012

M, 2/5	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Dr. Sara Rodgers		Age: 18+
Tuition: \$15.00	Materials: \$ 1.50	Total: \$16.50

PELVIC FLOOR AND CORE: BE STRONG INSIDE & OUT

The pelvic floor plays a very important part in bladder and bowel health. This course will give you a basic understanding of the anatomy of the pelvic floor, common problems that can arise as a result of it being too weak or too tight, and solutions to address these problems.

18W-HEA-017

Th, 3/15	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Julie Dunn		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

PLANT-BASED EATING

Excited about the possibility of a more plant-based diet but not sure where to start? Significant evidence suggests that plant-based diets may help prevent and even reverse some of the top diseases in the Western world. Navigate your local supermarket to find and incorporate these foods that fit into a balanced plant diet.

18W-HEA-005

W, 3/7	6:30 - 7:30 PM	Sessions: 1
Albertsons Eagle	250 S Eagle Rd, Eagle	
Molly C Tevis RDN, LD		Age: 18+
Tuition: \$10.00	Materials: \$ 3.00	Total: \$13.00

REDESIGN YOUR GUT – MICROBIOME MAKEOVER

Emerging evidence suggests our intestines do more than we originally thought! Learn the foods that will help you to revamp your gut microbiota for optimal health. Join this workshop about fermented foods, sprouted grains, and gut friendly foods. Great for the whole family!

18W-HEA-003

W, 1/24	6:30 - 7:30 PM	Sessions: 1
Albertsons Eagle	250 S Eagle Rd, Eagle	
Molly C Tevis RDN, LD		Age: 10+ w/adult
Tuition: \$10.00	Materials: \$ 3.00	Total: \$13.00

REGENERATIVE MEDICINE: STEM CELLS & PRP

Learn how regenerative medicine is used with your own stem cells or platelets for sports injuries, arthritis and back pain. Learn also how ultrasound is used for diagnosing, and precise placement of stem cells/platelets to the injured area. Taught by a pain management MD and sports enthusiast!

18W-HEA-020

T, 2/13	6:30 - 8 PM	Sessions: 1
Timberline	William G Binigar, MD	Age: 15+ w/adult
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

RELIEVE PAIN WITH PILATES

Pilates exercise can engage core structures in your body so that your joints — from your spine and neck to your knees and feet — can decompress. We'll move, breathe, and explore to help you feel good.

18W-HEA-014

Th, 2/8	6:30 - 8 PM	Sessions: 1
Physical Therapy 180	5909 W State St, Boise	
Matthew A Nelson		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



SPORTS NUTRITION FOR PEAK PERFORMANCE

Designed to help sports enthusiasts and individuals who want to improve their energy and performance. Learn to enhance and complement your workout regimens. Find the foods that will support optimal pre/post/recovery nutrition plus how to put them to use!

18W-HEA-004

W, 2/7 6:30 - 7:30 PM Sessions: 1
Albertsons Eagle 250 S Eagle Rd, Eagle
Molly C Tevis RDN, LD Age: 10+ w/adult
Tuition: \$10.00 Materials: \$ 3.00 Total: \$13.00

STEM CELLS/PRP & LOW BACK PAIN **NEW!**

Learn how regenerative medicine is used with your own stem cells or platelets for low back pain. Better understand degenerative disc disease versus a herniated disc and how they contribute to low back pain. Taught by a Board Certified Pain Medicine/Anesthesiology MD!

18W-HEA-021

T, 3/13 6:30 - 7:30 PM Sessions: 1
Timberline William G Binegar, MD Age: 15+ w/adult
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

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

18W-HEA-008

T, 2/6 6:30 - 8 PM Sessions: 1
Hillside Kendy Radasky Age: 18+
Tuition: \$15.00 Materials: \$ 1.50 Total: \$16.50

YOUR CORE & PELVIC FLOOR **NEW!**

Do you suffer from incontinence or prolapse? This class is for you. Learn from a Pelvic Rehabilitation Certified Practitioner about your pelvic floor muscles, their relationship to your core, and their role in your bowel, bladder, etc.

18W-HEA-007

Th, 2/22 6:30 - 8:30 PM Sessions: 1
Hillside Dr. Breann Fox Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

YOUR DIGESTIVE SYSTEM AND OVERALL HEALTH

A well-functioning digestive and gastrointestinal (GI) tract is essential for your overall health and well-being. We will discuss several factors that can negatively affect the GI tract and what you can do about it.

18W-HOL-004

T, 1/23 6:30 - 8:30 PM Sessions: 1
Hillside Nicholas Grable Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

HOLISTIC LIVING

CLAIRVOYANCE, CLAIRAUDIENCE, CLAIRENTIENCE

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

18W-HOL-003

T, 3/13 6:30 - 8:30 PM Sessions: 1
Timberline Susan Ozimkiewicz Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

ESSENTIAL OILS FOR PAIN

Join Clinical Herbalist & Aromatherapist Jessica Thomas as she explains essential oil for aches and pains. Explore each essential oil in depth and learn proper use and dilutions. Learn tips on blending your own pain busting formulas.

18W-HOL-014

Th, 1/25 6:30 - 7:30 PM Sessions: 1 Hillside

18W-HOL-015

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

18W-HOL-013

F, 2/23 6:30 - 7:30 PM Sessions: 1
Physical Therapy 180 5909 W State St, Boise
Jessica A Thomas Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



EXPLORING YOUR LIFE PATH THROUGH ASTROLOGY

Discover your inner design, your unique roadmap of character, temperament and abilities by learning how to translate the symbols of your birth chart using the language of astrology. Led by Stephanie Telesco, Organization of Professional Astrologers Certified Professional Astrologer.

18W-HOL-001

Th, 1/25-2/15 6:30 - 8:30 PM Sessions: 4
Timberline Stephanie Telesco Age: 18+
Tuition: \$36.00 Materials: \$ 10.00 Total: \$46.00

FREEDOM FROM ALLERGIES – NAET TECHNIQUE

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

18W-HOL-011

Th, 2/15 6:30 - 8 PM Sessions: 1
Hillside Emily A Richmond (Yuen) Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

HERBAL MEDICINE MAKING 101 **NEW!**

Join a Master Herbalist for a hands-on class on the basics of herbal medicine making. Students will learn both theory and hands on medicine making skills. Take home an herbal tincture, a fire cider vinegar, and an infused oil to add to your home herbal medicine chest.

18W-HOL-016

T, 1/23-2/6 6:30 - 8 PM Sessions: 3
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
Sam Chaffin-Benson Age: 18+
Tuition: \$30.00 Materials: \$ 14.00 Total: \$44.00

INTRO TO ACCESS RELAXATION

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

18W-HOL-006

W, 2/28 6:30 - 8:30 PM Sessions: 1
West Lisa Anderson Age: 18+
Tuition: \$20.00 Materials: \$ 1.00 Total: \$21.00

INTRO TO AMANEA

Experience for yourself the relief of truly "letting go" of long-held pain, anger, and grief. After a short explanation of the history and theory of this amazing process, the instructor will answer questions and give each student the opportunity to directly experience the freedom that Amanea bodywork can provide.

18W-HOL-007

W, 3/14 6:30 - 8 PM Sessions: 1
Timberline Lisa Anderson Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

INTRO TO REIKI

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

18W-HOL-005

W, 2/21 6:30 - 8 PM Sessions: 1
Timberline Lisa Anderson Age: 18+
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00

MAKE YOUR OWN PERFUME USING ESSENTIAL OILS **NEW!**

Create your own personalized fragrance and take home a roll-on applicator. Learn perfume composition and aromatic profiles of fragrances using natural organic compounds. A great alternative for those who are sensitive to artificial ingredients in many perfumes.

18W-HOL-008

T, 1/23 6:30 - 8 PM Sessions: 1
Hillside Nancy Stolberg Age: 18+
Tuition: \$15.00 Materials: \$ 1.00 Total: \$16.00

SEASONAL ALLERGIES – NATURAL PREVENTION AND TREATMENT

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

18W-HOL-010

T, 3/13 6:30 - 8 PM Sessions: 1
Hillside Emily A Richmond (Yuen) Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

TAPPING/EFT TO RELIEVE TENSION & STRESS

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

18W-HOL-012

M, 2/12 6:30 - 8 PM Sessions: 1
Hillside Emily A Richmond (Yuen) Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

TUNE IN TO YOUR SOUL **NEW!**

How to establish daily habits of living soulfully and connected to the inner richness of your soul. Lessons in universal, transformational and energy tools to find soul connection and purpose.

18W-HOL-019

Th, 1/25 & 2/1 6:30 - 8:30 PM Sessions: 2
Hillside Katherine Allen Age: 18+
Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

Learn something new this winter with Community Ed!

WEIGHT LOSS & YOUR SUBCONSCIOUS MIND

Your subconscious mind can either make it easier or harder to lose weight. This class discusses the various components of weight loss and the influence of both sides of your brain (conscious choices vs. unconscious choices)... and most importantly, what you can do about it.

18W-HOL-017

Th, 2/15 6:30 - 8 PM Sessions: 1
West Dr. Kaylan McKinney-Vialpando Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

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. This is a fragrance-free event.

18W-HOL-009

M, 1/22 6:30 - 8 PM Sessions: 1
Physical Therapy 180 5909 W State St, Boise
Glenda F Bell Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

HOMEOWNERS: BUY, BUILD, MAINTAIN

1031 TAX DEFERRED EXCHANGES & ANALYZING INVESTMENT PROPERTIES **2 FOR 1!**

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. 2-for-1 registration!

18W-HOU-012

W, 2/28 6:30 - 8:30 PM Sessions: 1
Hillside Ron Bishop Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

BUY & MANAGE RENTALS **2 FOR 1!**

Led by a local real estate broker, students will learn about screening renters, legal issues, mistakes to avoid, streamlining the process and financing options for buying. Take-home packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1 registration!

18W-HOU-010

W, 1/31 & 2/7 6:30 - 8:30 PM Sessions: 2
Hillside Ron Bishop Age: 18+
Tuition: \$40.00 Materials: \$ 5.00 Total: \$45.00



CLEAN HOUSE IN MINUTES

These are the housekeeping chores that if left undone turn your house from a palace to a pig pen in a very short time. Come learn systems that will drastically reduce the time and energy spent cleaning to minutes a day.

18W-HOU-013

M, 2/5 6:30 - 8:30 PM Sessions: 1 Hillside
18W-HOU-014
M, 3/5 6:30 - 8:30 PM Sessions: 1 Timberline
Mary Ann Wilcox Age: 18+
Tuition: \$15.00 Materials: \$ 10.00 Total: \$25.00

COUNTERTOP CONFLUENCE 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 learn strategies to cut costs on your projects. 2-for-1 registration!

18W-HOU-005	S, 2/3	2 - 3:30 PM	Sessions: 1
18W-HOU-004	T, 2/13	6 - 7:30 PM	Sessions: 1
18W-HOU-006	T, 3/6	6 - 7:30 PM	Sessions: 1
18W-HOU-007	S, 3/10	2 - 3:30 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City		
Gisele Pope	Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

FIRST TIME HOME BUYERS

2 FOR 1!

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

18W-HOU-002	T, 3/13	6:30 - 8:30 PM	Sessions: 1
West	Deanna Kline	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

HOME BUYING – NOW IS THE TIME

Buying is way cheaper than renting with today's record low interest rates. Learn how to get a good buy, how to avoid costly mistakes and repairs, how to be well represented (at no cost to you), and how to receive instant equity. Class is geared toward first time buyers. 2-for-1 registration!

18W-HOU-011	W, 2/21	6:30 - 8:30 PM	Sessions: 1
Hillside	Ron Bishop	Age: 18+	
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00	

INTRO TO PROPERTY MANAGEMENT **NEW!**

Need help deciding whether to manage your own property or hire a professional? Do you want a brief overview of Idaho Laws concerning homeowners and tenants? If you want tips and tricks on how to manage property, this class is for you!

18W-HOU-015	T, 2/27	6:30 - 8:30 PM	Sessions: 1
Timberline	Antonio Bommarito	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

REFRESH YOUR SPACE: PAINTING TECHNIQUES & DEMO

Wondering what to do for an easy kitchen or home decor update? Learn the options and techniques for painting, staining, or color washing your own cabinets, tables, chairs and home accessories. Instructor will demonstrate and discuss shortcuts for a professional finish.

18W-HOU-009	T, 2/20	6 - 7:30 PM	Sessions: 1
18W-HOU-008	S, 2/24	2 - 3:30 PM	Sessions: 1
Rockbottom Granite	219 Murray St, Garden City		
Gisele Pope	Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

RESIDENTIAL REMODELING 101

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

18W-HOU-003	T, 2/27	6:30 - 8:30 PM	Sessions: 1
Hillside	Joe Levitch	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

SELLING YOUR HOME

2 FOR 1!

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

18W-HOU-001	T, 3/6	6:30 - 8:30 PM	Sessions: 1
West	Christina Moore-Ward	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

KIDS & FAMILY FUN

SHORIN-RYU KARATE FOR KIDS **2 FOR 1!**

This Okinawan/Japanese style Karate utilizes kicks, strikes, and self-defense with an emphasis on speed and evasion, self-discipline and respect. This course is best-suited for children as it is geared toward shorter attention spans while instilling values and philosophy in a gentle manner. 2-for-1 - Parents join us!

18W-KIDS-006	M, 1/22-3/12	7 - 8 PM	Sessions: 8
Broadway Dance Center	893 E Boise Ave, Boise		
Robert Gilmore	Age: 10-12		
Tuition: \$32.00	Materials: \$ 0.00	Total: \$32.00	

STAND TALL – SELF-DEFENSE **2 FOR 1!**

Learn practical self-defense techniques that are adaptable for anyone wanting to learn to Stand Tall. Enjoy family fitness nights while learning from a black belt in Jujitsu. Wear comfortable clothing and bring a water bottle. 2-for-1 registration!

18W-KIDS-005	W, 1/24-2/14	6:30 - 7:30 PM	Sessions: 4
Hillside	Christopher J Owens	Age: 10+ w/adult	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

TAEKWONDO BASICS FOR TINY TIGERS

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

18W-KIDS-002	M, 1/22-3/12	6 - 6:30 PM	Sessions: 8
18W-KIDS-004	T, 1/23-3/13	5 - 5:30 PM	Sessions: 8
Eagle ATA Martial Arts Center/Karate for Kids	1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg	Age: 4-6		
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

TAEKWONDO BASICS FOR YOUTH

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

18W-KIDS-001	M, 1/22-3/12	5:30 - 6 PM	Sessions: 8
18W-KIDS-003	T, 1/23-3/13	4:30 - 5 PM	Sessions: 8
Eagle ATA Martial Arts Center/Karate for Kids	1107 E Iron Eagle Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg	Age: 7-12		
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

LANGUAGE

BEGINNING GERMAN

Get started with German! If you're simply interested in the language or planning a vacation, this class will prepare you to take command of this fun-to-learn language. Materials required.

18W-LAN-003	T, 1/23-2/13	6:30 - 8 PM	Sessions: 4
Hillside	Jacob Hill	Age: 18+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

CONVERSATIONAL SIGN LANGUAGE

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

18W-LAN-001	T, 2/20-3/13	6:30 - 8:30 PM	Sessions: 4
West	Julie Robison, Kirk Robison	Age: 11+ w/adult	
Tuition: \$56.00	Materials: \$ 4.00	Total: \$60.00	

SPANISH FOR EVERYONE

This popular class is designed to help those interested in learning and/or improving their Spanish, regardless of previous language experience. A fun learning method! **No class 2/19!**

18W-LAN-002	M, 2/12-3/12	7 - 8:30 PM	Sessions: 4
Timberline	Rosemarie Schwarzenberger	Age: 18+	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

LEISURE

ANTIQUES AND COLLECTIBLES

Learn about the legal definition of what is an antique — how this is distinguished from vintage and collectable items and furniture. Gain some basic knowledge and skills pertaining to valuations — instructor will provide hands-on examples. A discussion will focus on today's collectors and what they are collecting.

18W-LEI-003	Th, 1/25 & 2/1	6:30 - 8:30 PM	Sessions: 2
Timberline	Bill Skillern	Age: 18+	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	

MORRISON CENTER CLASS/TOUR **NEW!**

Tour the Morrison Center! This class will take place in the theatre and include the history and events that come through the venue, as well as what it takes to make a stage production come to life. We will walk on the stage and learn about outreach programs and volunteer opportunities. Parking nearby — extra charge.

18W-LEI-004	W, 2/28	1 - 3 PM	Sessions: 1
Morrison Center	1910 University Dr, Boise		
James Patrick	Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PARANORMAL INVESTIGATIONS 101: THE BASICS

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

18W-LEI-001	W, 1/24	6:30 - 8:30 PM	Sessions: 1
West	David M Habben	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

SWEEPSTAKING: FUN & FREE!

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

18W-LEI-005	Th, 2/8	7:30 - 8:30 PM	Sessions: 1
West	Carolyn B Fenzl	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

MUSIC

ADULT PIANO FOR BEGINNERS

Learn to play the piano for fun and personal enjoyment in a relaxing, friendly, social environment. Start learning to play songs during the first class. Class sizes are small (4-6 players). Share the joy of making music!

18W-MUS-002	F, 1/26-2/16	12:45 - 2 PM	Sessions: 4
18W-MUS-004	F, 2/23-3/16	12:45 - 2 PM	Sessions: 4
Amelia Audas Piano Studio	1029 E Park Blvd, Ste. 101, Boise		
Amelia Audas	Age: 18+		
Tuition: \$75.00	Materials: \$ 23.00	Total: \$98.00	



ADULT PIANO FOR RETURNING STUDENTS

Did you take piano lessons when you were younger? Learn to play the piano again in a relaxing, friendly, social environment. Class sizes are small (4-6 players). Share the joy of making music!

18W-MUS-001	T, 1/23-2/13	7 - 8:15 PM	Sessions: 4
18W-MUS-003	T, 2/20-3/13	7 - 8:15 PM	Sessions: 4
Amelia Audas Piano Studio	1029 E Park Blvd, Ste. 101, Boise		
Amelia Audas	Age: 18+		
Tuition: \$75.00	Materials: \$ 23.00	Total: \$98.00	

HOW TO MEMORIZE POPULAR MUSIC

Participants will be given music for six songs and a sheet on HOW TO PRACTICE. The instructor will be at the piano and go through the analytical technique he uses for memorizing popular music. This class is a lecture about the music itself and not dependent on a particular instrument.

18W-MUS-006	T, 1/30	6:30 - 8 PM	Sessions: 1
West	Michael Civiello	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

WHAT IS INSIDE AN ACCORDION?

We will separate an accordion into its three main parts. Each part will be examined to see how it functions. There will be hands-on with the parts so students can learn what to look for when buying a used accordion. Learn how to transport, care for and store an accordion.

18W-MUS-005	T, 1/23	6:30 - 8 PM	Sessions: 1
West	Michael Civiello	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PERSONAL FINANCE

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.

18W-PEN-013				
M, 1/22	6:30 - 8:30 PM	Sessions: 1	Hillside	
18W-PEN-015				
M, 2/12	6:30 - 8:30 PM	Sessions: 1	Timberline	
18W-PEN-017				
M, 3/12	6:30 - 8:30 PM	Sessions: 1		
West	Mary Ann Wilcox	Age: 18+		
Tuition: \$15.00	Materials: \$ 10.00	Total: \$25.00		

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. Learn tools to assist you in uncovering your life's purpose and how to create more meaning in your daily life.

18W-PEN-003				
M, 1/29	6:30 - 8 PM	Sessions: 1		
Timberline	Angela Levesque	Age: 18+		
Tuition: \$15.00	Materials: \$ 2.00	Total: \$17.00		

FREE YOURSELF FROM CLUTTER – THE FENG SHUI WAY

This class will address how today's Feng Shui can help to dial back clutter, both in our mindset and within our homes. As a result, you will learn how to release the stuff, and reconnect with your energy and passion.

18W-PEN-018				
W, 2/21 & 2/28	6:30 - 8 PM	Sessions: 2		
Hillside	Katherine Allen	Age: 18+		
Tuition: \$27.00	Materials: \$ 0.00	Total: \$27.00		

FUNERAL PLANNING BASICS

2 FOR 1!

Plan now, and enjoy life later! In this class you will discuss ways to plan an affordable, meaningful funeral. The instructors will go over your options, advance directives, and other details to make this important process as stress-free as possible! 2-for-1 registration!

18W-PEN-008				
M, 2/26	6:30 - 8 PM	Sessions: 1		
West	Sherri Rudai, Rose Thomas	Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00		

GENEALOGY

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

18W-PEN-009				
T, 1/23-2/13	6:30 - 8:30 PM	Sessions: 4		
Timberline	Gene Williams	Age: 18+		
Tuition: \$60.00	Materials: \$ 6.00	Total: \$66.00		

GET BENT – UNDERSTAND & LOVE YOUR CURLS

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

18W-PEN-001				
W, 2/21	6:30 - 8:30 PM	Sessions: 1		
West	Kathy Hopkins	Age: 18+		
Tuition: \$20.00	Materials: \$ 6.00	Total: \$26.00		

HOW NOT TO LOOK OLD NATURALLY

What's too young? What's too old? And what's just right? Learn the little things that most of us do that scream OLD LADY to the outside world. Beginning with hairstyle, makeup and clothing, learn how to dress appropriately for your age and specific body type. This can save you money in planning a wardrobe while presenting the best version of YOU!

18W-PEN-012				
Th, 2/15	6:30 - 8:30 PM	Sessions: 1		
Hillside	Ruth Romero	Age: 40+		
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00		

IGEN – THE INTERNET GENERATION

NEW!

The internet is transforming society, especially our children. Introduction to software that can monitor and manage screen time and social media. Learn how to implement the software WITH your child's input and buy-in. Latter classes will discuss how to address any challenges we may encounter. Healthy boundaries can make your child happier and reduce tension in your home.

18W-PEN-011				
T, 1/30-2/13	6:30 - 8 PM	Sessions: 3		
Hillside	Chris Wylie	Age: 18+		
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00		

MANAGING PERSONAL CHANGE

NEW!

Change can be difficult, regardless of your feelings about the change. This discussion will help you fully accept and support changes that impact you as quickly as possible.

18W-PEN-006				
Th, 2/8	6:30 - 8:30 PM	Sessions: 1		
Hillside	Terri DeNinno	Age: 18+		
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00		

ORGANIZE YOUR HOME OFFICE

NEW!

Learn how to organize your files to make them almost "self-cleaning." Tips for creating an effective workflow in your small business or home office. Apps and online solutions for keeping track of information. What to keep, shred, recycle and more!

18W-PEN-010				
T, 1/30	6:30 - 8 PM	Sessions: 1		
Hillside	Nancy Stolberg	Age: 18+		
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00		

PARING DOWN PAPER

In this class you will learn time tested systems that control paper, minimize the number of times paper passes through your hands and establish a filing system that really works.

18W-PEN-014				
M, 1/29	6:30 - 8:30 PM	Sessions: 1	Hillside	
18W-PEN-016				
M, 2/26	6:30 - 8:30 PM	Sessions: 1		
Timberline	Mary Ann Wilcox	Age: 18+		
Tuition: \$15.00	Materials: \$ 10.00	Total: \$25.00		

PERSONAL SAFETY & RESIDENTIAL SECURITY

This one-night class is taught by representatives of the Boise Police Department Crime Prevention Unit. Students will learn practical personal safety tips, enhance their knowledge of residential security and further develop skills for defusing difficult situations.

18W-PEN-019				
T, 2/20	6:30 - 8 PM	Sessions: 1		
Timberline	Stephanie Kendall	Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00		

REFUSE TO BE A VICTIM (RTBV)

Taught by representatives from the Victim Services program at Ada County Juvenile Courts, this crime prevention program will teach you tips and techniques to be alert to dangerous situations and to avoid becoming a victim.

18W-PEN-020				
T, 3/13	6:30 - 8:30 PM	Sessions: 1		
Hillside	Renee Cox, Marissa Evans	Age: 18+		
Tuition: \$20.00	Materials: \$ 4.50	Total: \$24.50		

RESUMÉ WRITING

NEW!

You never get a second chance to make a first impression – make sure your resumé gets results! Create an effective resumé or improve the one you already have. Learn different resumé formats; ways to make the most of your work experience; how to tailor your resumé; how to use social media to aid in your job search; and interview success strategies.

18W-PEN-005				
W, 2/21 & 2/28	6:30 - 8:30 PM	Sessions: 2		
Timberline	David A Reinhart, Debbie Leeds	Age: 18+		
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00		

VOICE-OVERS... NOW IS YOUR TIME!

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

18W-PEN-007				
Th, 3/1	6:30 - 8:30 PM	Sessions: 1		
Hillside	Lisa Foster	Age: 18+		
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00		

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

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

18W-PFI-012				
M, 2/12	6:30 - 8:30 PM	Sessions: 1	Timberline	
18W-PFI-011				
M, 3/12	6:30 - 8:30 PM	Sessions: 1	Hillside	
Ken Azbill		Age: 18+		
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00		

COLLEGE SCHOLARSHIPS & FINANCIAL AID

Go to college without years of debt! Learn how to prepare for college scholarships and financial aid for the 2018-2019 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!

18W-PFI-002				
T, 1/30	6:30 - 8 PM	Sessions: 1	Timberline	
18W-PFI-003				
T, 2/13	6:30 - 8 PM	Sessions: 1	West	
18W-PFI-004				
T, 2/27	6:30 - 8 PM	Sessions: 1	Timberline	
Rebecca Carroll, David Ries		Age: Student ok w/parent		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00		



EMPLOYER GROUP INSURANCE

Where to start?! In this class you will discuss factors to consider when choosing an insurance plan and their various impacts on your business. 2-for-1 registration!

18W-PFI-013				
W, 2/28	6:30 - 7:30 PM	Sessions: 1		
Timberline	Dianna Troudt, Anna Aella	Age: 18+		
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00		

ESTATE PLANNING 101

2 FOR 1!

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!

18W-PFI-014				
T, 1/23	6:30 - 8:30 PM	Sessions: 1	Hillside	
18W-PFI-015				
W, 2/7	6:30 - 8:30 PM	Sessions: 1	Timberline	
18W-PFI-016				
T, 2/20	6:30 - 8:30 PM	Sessions: 1	West	
18W-PFI-017				
M, 3/5	6:30 - 8:30 PM	Sessions: 1	Hillside	
Natasha N Hazlett		Age: 18+		
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00		

FINANCIAL FREEDOM

NEW!

Learn how to pay off your mortgage in 5-7 years instead of 30, and other loans in months instead of years without making extra payments, without making more money, and without resorting to extreme methods.

18W-PFI-018				
W, 2/21	7:30 - 8:30 PM	Sessions: 1		
West	Renee Roberts	Age: 18+		
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00		

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.

18W-PFI-001				
M, 2/12	6:30 - 8 PM	Sessions: 1		
Timberline	John McGown	Age: 18+		
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00		

INCOME TAXES: INDIVIDUAL BASICS

Learn the basics of individual taxation, including income tax rates, deductions, credits and find out some ways to save on your final tax bill.

18W-PFI-010				
T/Th, 1/30 & 2/1	7:30 - 8:30 PM	Sessions: 2		
West	Travis Schaat	Age: 18+		
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00		

MEDICARE – UNRAVELING THE MYSTERIES

In this class, you will discuss recent changes to the Medicare program and go over the enrollment process. You will also learn which costly mistakes to avoid along the way. 2-for-1 registration!

18W-PFI-008				
M, 1/22	6:30 - 8 PM	Sessions: 1	Timberline	
18W-PFI-009				
M, 2/12	6:30 - 8 PM	Sessions: 1	Hillside	
Dianna Troudt, Anna Aella		Age: 18+		
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00		

THE PATH TO COLLEGE ATHLETICS
The class will help parents and students, grades 7-12, 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!
18W-PFI-005
W, 2/7 6:30 - 8:30 PM Sessions: 1 Timberline
18W-PFI-006
W, 2/21 6:30 - 8:30 PM Sessions: 1 Hillside
18W-PFI-007
Th, 3/8 6:30 - 8:30 PM Sessions: 1 West
Rebecca Carroll, Lori Reinke Age: Student ok w/parent
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

PETS
EMERGENCY ESSENTIALS FOR DOG FIRST AID
This course teaches first aid techniques to address the most common veterinary emergencies. Whether you are a pet owner or a caretaker for other people's pets, learn the necessary skills that could help save a dog's life. Take a tour of WestVet trauma center after class.
18W-PET-003
W, 2/28 6 - 8 PM Sessions: 1
18W-PET-004
W, 3/14 6 - 8 PM Sessions: 1
WestVet 24 Hour Animal Emergency Specialty Center
5024 W Chinden Blvd, Garden City
Erica Mattox CVT, VTS (ECC) Age: 12+ w/adult
Tuition: \$20.00 Materials: \$ 10.00 Total: \$30.00

HOW TO HELP YOUR BARKING/LUNGING DOG
Does your dog bark and lunge at people or other dogs? 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. Please leave your pups at home.
18W-PET-002
M, 2/26 6:30 - 8:30 PM Sessions: 1
West Christina O'Brien Age: 18+
Tuition: \$20.00 Materials: \$ 0.50 Total: \$20.50



MY PET IS SICK. CAN I TREAT MYSELF OR DO I NEED TO SEE A VET? 2 FOR 1!
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 and 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!
18W-PET-001
T, 2/6 6:30 - 8 PM Sessions: 1
Hillside Laura Lefkowitz, DVM Age: 12+ w/adult
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

ART OF TRAVEL PHOTOGRAPHY
In this class, you will learn how to take travel images you will be proud to show off. No more boring slideshows!
18W-PHO-003
M, 2/26 6:30 - 8:30 PM Sessions: 1
Hillside Jim S Bolen, CPP Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

DIGITAL SLR PHOTOGRAPHY
Learn the basic settings of your DSLR camera and lens. Understand lens selection, composition, exposure, aperture, ISO, shutter speed, camera models, depth of field, RAW vs. jpg, focus points, white balance, and other important information.
18W-PHO-004
Th, 2/8 & 2/15 6:30 - 8 PM Sessions: 2
West Paul Pulley Age: 18+
Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

DSLR PHOTOGRAPHY BOOTCAMP: EXPOSURE AND COMPOSITION
Learn to combine technical DSLR camera skills like shutter speed, aperture, and ISO with creative vision to produce better photographs. Bring your DSLR camera, your camera manual, and a sketchbook to class, along with a healthy imagination.
18W-PHO-006
T, 1/23-2/6 6:30 - 8:30 PM Sessions: 3
Hillside Don Johnson Age: 18+
Tuition: \$60.00 Materials: \$ 0.25 Total: \$60.25

NIGHT AND LOW LIGHT PHOTOGRAPHY
Learn how to take photos in low light and at night. This class will cover the tools and steps to take amazing digital photos at night without flash. Optional group photo night walk in Downtown Boise. Bring your DSLR camera to class.
18W-PHO-005
M, 3/12 6:30 - 8:30 PM Sessions: 1
West Paul Pulley Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

PHOTOGRAPHING PEOPLE – CAPTURE THE MOMENT
Make your people pictures exceptional. Your lifestyle photos can be outstanding regardless of the equipment used... even a cell phone. This class is led by a professional photographer with a unique approach to photographing people. Bring your camera and camera manual to class.
18W-PHO-001
T, 1/30 6:30 - 8:30 PM Sessions: 1
West Jack Floegel Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

ZEN OF PHOTOGRAPHY
This class will teach you how to approach your next photo from a new perspective. The camera "sees" differently than we see, and the observer experiences something different than you did when you took the photo. Understanding these differences will make you a better photographer.
18W-PHO-002
W, 2/21-3/7 6:30 - 8:30 PM Sessions: 3
West Jack Floegel Age: 18+
Tuition: \$60.00 Materials: \$ 0.00 Total: \$60.00

FLY FREE AS EASY AS 1-2-3
Learn the simple techniques to earning thousands of airline frequent flyer miles and hotel awards, and how to redeem mileage awards for trips to your favorite destinations – good for anywhere in the world! Fly and stay for FREE!
18W-TRA-002
W, 2/7 6:30 - 8:30 PM Sessions: 1
Timberline David Crandall Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

TALES OF THREE ITALIAN CITIES
Are you ready to explore the Big Three, must-see cities in Italy? Come and get an introduction to the history, art and architecture of Florence, Rome and Venice. The focus will be on interesting periods in the history of each city and a glimpse at the local cuisine.
18W-TRA-001
Th, 2/1-2/15 7 - 8:30 PM Sessions: 3
West Dario Bollacasa Age: 18+
Tuition: \$36.00 Materials: \$ 0.00 Total: \$36.00

YOGA & MEDITATION
ADAPTING YOGA FOR STIFFER BODIES
Hatha Yoga will enable you to start where you currently are, regardless of age or condition, and share gentle techniques to restore greater flexibility and strength gradually. Wear comfortable clothing with an expandable waist, heavy socks, exercise mat, strap or belt and water to drink.
18W-FIT-056
Th, 2/1 9:30 - 10:45 AM Sessions: 1
Wholistic Beauty Boutique 4516 Emerald St, Boise
Elissa R Maguire Age: 18+
Tuition: \$17.50 Materials: \$ 2.00 Total: \$19.50

BEGINNING YOGA
This is a slower paced class designed for students who have little or no experience in yoga. This is an ideal class for students who have physical restrictions.
18W-FIT-015
M, 1/22-3/12 5:30 - 6:30 PM Sessions: 8
West Family YMCA 5959 N Discovery Pl, Boise
Penny Smith Age: 18+
Tuition: \$56.00 Materials: \$ 0.00 Total: \$56.00

BLISSFULLY YOGA
This is a gentle, restorative yoga class that concludes with a 10- to 15-minute meditation session to help you unwind after a long day and transition from work to home. Bring yoga mat.
18W-FIT-043
T, 1/23-2/13 6:30 - 7:30 PM Sessions: 4
Timberline Susan D Benson Age: 18+
Tuition: \$32.00 Materials: \$ 0.00 Total: \$32.00

MEDITATION FOR SELF HEALING
Enter the inner-world of self-awareness and stress relief! Meditation is a powerful tool that will enhance your well-being and facilitate self growth in every area of life.
18W-HOL-002
M, 2/12 6:30 - 8:30 PM Sessions: 1
Timberline Angela Levesque Age: 18+
Tuition: \$20.00 Materials: \$ 2.00 Total: \$22.00

YOGA
Balance and peacefulness result from attention to breath as we move through physical "asana" yoga practice. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted.
18W-FIT-013
T, 1/23-3/13 7 - 8 AM Sessions: 8
West Family YMCA 5959 N Discovery Pl, Boise
Josie Kunzman Age: 18+
Tuition: \$56.00 Materials: \$ 0.00 Total: \$56.00

YOGA FOR MEN WHO DON'T BEND! NEW!
Think you are too stiff to practice yoga? Join a group of like-minded guys and learn how to re-educate your muscles to allow for more flexibility. Your instructor is an expert in demystifying the art of yoga regardless of your condition. Wear comfortable clothing with an expandable waist and socks. Bring an exercise mat, strap or belt, and water to drink. For men only.
18W-FIT-057
W, 1/24 6:30 - 8 PM Sessions: 1
Timberline
18W-FIT-058
Th, 1/25 6:30 - 8 PM Sessions: 1
West Elissa R Maguire Age: 18+
Tuition: \$15.00 Materials: \$ 2.00 Total: \$17.00



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 online: www.boiselearns.org. If you have any questions, please call (208) 854-4047 or e-mail communityed@boiseschools.org

Follow us on

REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The eight-week Winter 2018 session will run Monday-Thursday, January 22 through March 15. Please see individual class listings for specifics on date, time, supplies needed and location.

WHERE ARE CLASSES HELD?

Boise School locations:

HILLSIDE JUNIOR HIGH SCHOOL

3536 Hill Rd., Boise, ID 83703

(Corner of Hill Rd. and 36th St.)

Site Facilitators: Mona Pizano & Timothy Haus

TIMBERLINE HIGH SCHOOL

701 E. Boise Ave., Boise, ID 83706

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

Site Facilitators: John Derr & John Youngkin

WEST JUNIOR HIGH SCHOOL

8371 W. Salt Creek Ct., Boise, ID 83709

(Turn south on S. Trabuco Ave., off Victory Rd. between Cole and Maple Grove roads)

Site Facilitators: T.J. Mayer & Ryan Voorstad

Community Business Partners (off-site):

ALBERTSONS EAGLE

250 S. Eagle Rd.

Eagle, ID 83616; (208) 939-9850

AMELIA AUDAS PIANO STUDIO

1029 E. Park Blvd., Ste. 101

Boise, ID 83706; (208) 345-8680

ART ZONE 208

3113 N. Cole Rd.

Boise, ID 83704; (208) 322-9464

THE BASQUE MARKET

608 W. Grove St.

Boise, ID 83702; (208) 433-1208

BOISE ART GLASS

1124 Front St.

Boise, ID 83702; (208) 345-1825

BOISE AT ITS BEST FLOWERS

851 S. Vista Ave.

Boise, ID 83705; (208) 342-4885

BOISE BELLYDANCE COMPANY

3085 N. Cole Rd., Ste. 113

Boise, ID 83709; (208) 353-7441

BOISE CO-OP – THE VILLAGE AT MERIDIAN

2350 N. Eagle Rd.

Meridian, ID 83646; (208) 809-2200

BOISE STATE LIBRARY, SPECIAL COLLECTIONS & ARCHIVES

1865 W. Cesar Chavez Ln.

Boise, ID 83725; (208) 426-3990

BROADWAY DANCE CENTER

893 E. Boise Ave.

Boise, ID 83706; (208) 342-6123

CLOVERDALE FUNERAL HOME

1200 N. Cloverdale Rd.

Boise, ID 83713; (208) 375-2212

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Ste. #130

Eagle, ID 83616; (208) 854-0968

EAGLE PERFORMING ARTS CENTER

1125 E. State St.

Eagle, ID 83616; (208) 338-4633

FIRE FUSION STUDIO

1124 Front St.

Boise, ID 83702; (208) 345-1825

FITMANIA - ORCHARD ST.

2404 S. Orchard St., Ste. 300

Boise, ID 83705; (208) 345-2377

MORRISON CENTER

1910 University Dr.

Boise, ID 83725; (208) 426-1424

MOSAIC ESSENTIAL

413 E. 37th St., Door 3

Garden City, ID 83714; (208) 841-5988

NORTHWEST SCHOOL OF FLY FISHING

641 N. Five Mile Rd.

Boise, ID 83713; (208) 375-0045

PAT HARRIS DANCE STUDIO

1225 N. McKinney Lane

Boise, ID 83704; (208) 375-3255

PHYSICAL THERAPY 180

5909 W. State St.

Boise, ID 83703; (208) 343-7700

PHYSICAL THERAPY 180 – MERIDIAN

3919 E. Overland Rd.

Meridian, ID 83642; (208) 898-1468

RELYEA FUNERAL HOME

318 N. Latah St.

Boise, ID 83706; (208) 344-4441

ROCKBOTTOM GRANITE

219 Murray St.

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

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

WESTVET 24 HOUR ANIMAL EMERGENCY & SPECIALTY CENTER

5024 W. Chinden Blvd.

Boise, ID 83714; (208) 375-1600

WHOLISTIC BEAUTY BOTIQUE

4516 W. Emerald St.

Boise, ID 83706; (208) 841-9062

YMCA – HEALTHY LIVING CENTER

419 N. 11th St.

Boise, ID 83702; (208) 344-5502 ext. 217

HOW DO I REGISTER?

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

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 _____ E-mail _____

Street

City

State

Zip

Work Phone _____ Home Phone _____ Cell Phone _____

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

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

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

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

Class Number	Start Date of Class	Class Title
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Location of Class	Time of Class	Total Class Fee	\$
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Class Number	Start Date of Class	Class Title
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Location of Class	Time of Class	Total Class Fee	\$
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Class Number	Start Date of Class	Class Title
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Location of Class	Time of Class	Total Class Fee	\$
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Subtotal	\$	
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(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

Card Number

Expiration Date

Security Code

Cardholder's Signature

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

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

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

BOISE SCHOOL DISTRICT LOCATIONS:

SIGN UP NOW!
VIEW CLASSES AND REGISTER
IMMEDIATELY ONLINE AT
BOISELEARNS.ORG

**FOR MORE INFORMATION,
CONTACT THE COMMUNITY
EDUCATION OFFICE AT
(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. See course descriptions at BOISELEARNS.ORG.