



COMMUNITY EDUCATION

WWW.BOISELEARNS.ORG



Cinco de Mayo Side Dishes pg. 5

SPRING 2022

Session Dates: April 18 - May 12

E-MAIL: COMMUNITYED@BOISESCHOOLS.ORG



Create a Bird-Friendly Yard pg. 6



Pysanky – Ukrainian Eggs pg. 4



Boise's Best Adventures pg. 10

REGISTER ONLINE! WWW.BOISELEARNS.ORG

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Boise School District*

SUPERINTENDENT'S MESSAGE

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

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

This Spring, we are excited to once again offer in-person Community Education classes, as well as online courses. The Boise School Board has voted to make masks optional for students and staff members who are vaccinated. For students and staff who are not vaccinated, the district recommends they continue to wear masks or face coverings, though it's not mandated.

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

Our volunteer instructors teach a variety of courses including culinary skills, wellness, computer basics, music, arts, crafts, and much, much more. You'll find all the information you need about our classes, procedures and registration details right here in our Spring 2022 Community Education Catalog, as well as on our Community Education website — www.boiselearns.org

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

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

NOTICE OF RISK AND WAIVER OF ALL CLAIMS: Participation in a Boise School District Community Education class may be dangerous and cause injury. 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, any person associated with the participant/student, that person's invitees, nor responsible for any medical, dental, chiropractic or hospital bill whatsoever related to participation in a Community Education activity. By participating in Community Education you are expressly agreeing to assume the risk of participation, to release the District from all claims for liability, injury, or damage, indemnify the District from any third party claims, 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.



Make Your Own Glass Bowl pg. 3

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

MAKE YOUR OWN GLASS TERRARIUM

Create your own glass terrarium, a functional piece of art! This class will go over the basics of the glass blowing studio set-up; techniques; and the process of making a beautiful terrarium. 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.

225-ART-017

M, 4/18
Boise Art Glass
Grayson Bailey
Tuition: \$25.00
6 - 9 PM
1124 W Front St, Boise
Age: 18+
Materials: \$ 47.00
Total: \$72.00
Sessions: 1



NEEDLE FELTING – CATS, DOGS AND BEARS

This class will cover the basic steps to create needle-felted shapes with wool roving to create a 3-D completed sculpture of an animal of your choice. Students will learn how to apply armatures and have the option to make their animal jointed. This is an intermediate level class. Supplies needed.

225-ART-008

M, 4/25-5/9
Hillside Jr High
Tuition: \$30.00
6:30 - 8:30 PM
Joanne Langseth
Age: 18+
Materials: \$ 35.00
Total: \$65.00
Sessions: 3

PYSANKY – THE ART OF UKRAINIAN EGGS

This class will cover the basic techniques to create beautiful Ukrainian decorated eggs using special dyes and wax. A complete kit will be provided for students to take home. Learn about traditional symbols and styles as well as working with modern techniques and tools. This tradition is very popular during Orthodox Easter. Supplies needed.

225-ART-010

M, 4/18 & 4/19
Hillside Jr High
Tuition: \$30.00
6:30 - 8:30 PM
Joanne Langseth
Age: 18+
Materials: \$ 25.00
Total: \$55.00
Sessions: 2

QUILTING BLOCKS: WHAT CAN I DO WITH THESE?

NEW!

Learn how to design a setting for blocks that are panels, shop hop, orphan, or other sets that you want to make into a quilt. This is a design class – no sewing will be done in class. Materials needed.

225-ART-014

W, 4/20-5/11
Hillside Jr High
Tuition: \$40.00
6:30 - 8:30 PM
Mary Farrar
Age: 14+ w/adult
Materials: \$ 0.00
Total: \$40.00
Sessions: 4

SUCCEED BY WRITING SHORT

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

225-ART-006

T, 4/26
Timberline High
Tuition: \$10.00
6:30 - 7:30 PM
Conda Douglas
Age: 18+
Materials: \$ 0.00
Total: \$10.00
Sessions: 1

WHAT IS ART JOURNALING?

Have you heard the term Art Journaling? Art Journaling is a very personal expression of yourself, through art. It can be a multi-media extravaganza of paint, collage, stencils, stamps, glue, paper, cardboard, fabric, needlework and/or sewing. Instructor will show you how to get started and not spend too much money in the process. You will get an extensive list of artists who, via YouTube, have helped her get started, tips on products she likes, and discuss the journey into the world of mixed media and Art Journaling.

225-ART-001

T, 4/19
225-ART-002
T, 5/10
ZOOM
Tuition: \$20.00
6:30 - 8:30 PM
Kathy Hopkins
Age: 18+
Materials: \$ 0.00
Total: \$20.00
Sessions: 1

WOODCRAFT: BEGINNING CARVING

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

225-ART-016

F, 4/29
Woodcraft Of Boise
Eric Owens
Tuition: \$20.00
6 - 9 PM
7005 W Overland Rd, Boise
Age: 14+ w/adult
Materials: \$ 35.00
Total: \$55.00
Sessions: 1

WOODCRAFT: ROUGH TO READY

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

225-ART-015

T, 4/26
Woodcraft Of Boise
Brian Bass
Tuition: \$20.00
6 - 9 PM
7005 W Overland Rd, Boise
Age: 18+
Materials: \$ 70.00
Total: \$90.00
Sessions: 1

BUSINESS AND PROFESSIONAL DEVELOPMENT

CREATING WITH CANVA

If you are struggling with creating graphics for social media, need to design a flyer or business card for your business, or want a cool new Zoom virtual background, this class will cover that and more. Canva is a free online resource that you can use to create graphics, logos, flyers, presentations, social media posts and more. We will explore how to use Canva for free to up your online game. Taught by a social media consultant and Certified Google Partner at the Idaho SBDC (Idaho Small Business Development Center).

225-BUS-004

T, 5/10
ZOOM
Tuition: \$15.00
6 - 7:30 PM
Kim Sherman-Labrum
Age: 18+
Materials: \$ 0.00
Total: \$15.00
Sessions: 1

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

Classes fill quickly – register today!

GET YOUR LOCAL BUSINESS ON GOOGLE SEARCH & MAPS

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

225-BUS-001

T, 4/19
ZOOM
Tuition: \$15.00
6 - 7:30 PM
Kim Sherman-Labrum
Age: 18+
Materials: \$ 0.00
Total: \$15.00
Sessions: 1

INSTAGRAM FOR BEGINNERS

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

225-BUS-002

W, 4/27
ZOOM
Tuition: \$15.00
6 - 7:30 PM
Kim Sherman-Labrum
Age: 18+
Materials: \$ 0.00
Total: \$15.00
Sessions: 1

USE YOUTUBE TO GROW YOUR BUSINESS

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

225-BUS-003

Th, 5/5
ZOOM
Tuition: \$15.00
6 - 7:30 PM
Kim Sherman-Labrum
Age: 18+
Materials: \$ 0.00
Total: \$15.00
Sessions: 1

COMPUTERS & TECHNOLOGY

AUTOMATING EXCEL USING VBA

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

225-COM-001

T/Th, 4/19-4/28
West Jr High
Tuition: \$65.00
6:30 - 8:30 PM
James Thomas
Age: 18+
Materials: \$ 4.00
Total: \$69.00
Sessions: 4

INTRO TO RELATIONAL DATABASE USING MICROSOFT ACCESS

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

225-COM-002

T/Th, 5/3-5/12
West Jr High
Tuition: \$65.00
6:30 - 8:30 PM
James Thomas
Age: 18+
Materials: \$ 5.00
Total: \$70.00
Sessions: 4

CPR/FIRST AID

CPR CERTIFICATION: AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

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

225-HEA-004

M, 4/18
6 - 8:30 PM
Sessions: 1

225-HEA-005

T, 4/26
6 - 8:30 PM
Sessions: 1

225-HEA-006

W, 5/11
6 - 8:30 PM
Sessions: 1

Health Solutions of Idaho
11588 W Fairview Ave, Ste 200, Boise

Joel Gunstream
Tuition: \$20.00
Age: 12+ w/adult
Materials: \$ 16.00
Total: \$36.00

CULINARY

ASIAN INDIAN VEGETARIAN COOKING

A long-time Community Ed favorite course! Learn history and meanings of the magical ingredients used in several Asian Indian dishes. Class is mostly demonstration, with some participation from students. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional fee for book. PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!

225-CUL-004

Th, 4/21
6:30 - 8:30 PM
Sessions: 1

225-CUL-005

Th, 5/12
6:30 - 8:30 PM
Sessions: 1

Timberline High
Prarthana Kashikar
Age: 18+
Materials: \$ 18.00
Total: \$38.00
Tuition: \$20.00



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.

22S-CUL-007

W, 4/27 6:30 - 8:30 PM Sessions: 1

22S-CUL-008

W, 5/11 6:30 - 8:30 PM Sessions: 1

West Jr High Marti Miller Age: 18+

Tuition: \$20.00 Materials: \$ 12.50 Total: \$32.50

CINCO DE MAYO SIDE DISHES

NEW!

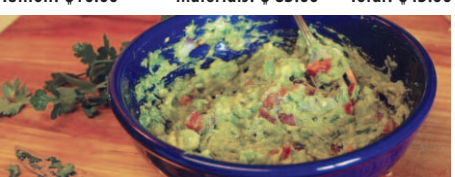
Holy Guacamole! It's that time of year. Learn a few quick recipes that will make your celebration of this fun holiday a family tradition! Learn Heavenly Guacamole, Jim's Famous Stuffed Jalapeños and Mexican Street Corn! All recipes include a non-dairy version. Must be registered by May 2. Upon registration, the instructor will contact you through email to come and pick up your box at Olivin and go over the agenda and shopping list.

22S-CUL-002

W, 5/4 4:30 - 6 PM Sessions: 1

ZOOM Mary Ann Mandel Age: 18+

Tuition: \$10.00 Materials: \$ 35.00 Total: \$45.00



COOKING UNDER PRESSURE

This class will cover the different models available, their features, and how to use them. Learn about safety features, additional equipment available, as well as tips, tricks, and a recipe book. We will sample some pressure-cooked food!

22S-CUL-009

T, 5/3 6:30 - 7:30 PM Sessions: 1

West Jr High Bridget Morrisroe-Aman Age: 10+ w/adult

Tuition: \$10.00 Materials: \$ 5.00 Total: \$15.00

GROWING BEAN SPROUTS

Learn how to grow mung bean sprouts at home on the kitchen counter! They are so delicious in so many different recipes. A small sprouting container and mung beans to sprout will be provided.

22S-CUL-003

T, 4/26 7 - 8 PM Sessions: 1

Timberline High Vince Matthews Age: 18+

Tuition: \$10.00 Materials: \$ 1.00 Total: \$11.00

HEALTHY BY CHOCOLATE!

Hooray! Chocolate can actually be good for us. Join Natural Grocers Nutritional Health Coach and learn how to use quality chocolate to enhance your food...and your health. Learn how to prepare Chocolate Avocado & Turmeric Truffles; Chocolate Keto Fat Bombs; Mushroom Cacao. Participants will receive a Natural Grocers bag with a \$5 coupon, samples, and printed material. The perfect gift for mom!

22S-CUL-006

T, 4/19 6:30 - 8 PM Sessions: 1

Timberline High Jennyfer Berg Age: 18+

Tuition: \$15.00 Materials: \$ 25.00 Total: \$40.00

OLIVE OILS: ALL YOU NEED TO KNOW

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

22S-CUL-001

W, 4/27 4:30 - 6 PM Sessions: 1

Olivin 218 N 9th St, Boise

Mary Ann Mandel Age: 18+

Tuition: \$10.00 Materials: \$ 35.00 Total: \$45.00

CULTURE & HISTORY

CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

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

22S-HIS-002

W, 4/20 5:30 - 8:30 PM Sessions: 1

ZOOM David Habben Age: 18+

Tuition: \$25.00 Materials: \$ 0.00 Total: \$25.00

LET'S TALK ABOUT GOD

NEW!

Let's talk about God, but not a dogmatic conversation. Let's join the forces of mind and heart. We will look at the big questions of the universe. What is God, Man, our interrelationship? What is our concept of God and how has the way we have conceptualized God influenced all aspects of society and sprouted atheism? Is there a better view? Can we prove that God even exists? This class will help us see the world in a new, brilliant, and hopeful light.

22S-HIS-003

W, 4/27-5/11 6:30 - 8:30 PM Sessions: 3

ZOOM J Thomas Pawlowski Age: 18+

Tuition: \$36.00 Materials: \$ 0.00 Total: \$36.00

WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

The cemeteries of the Treasure Valley have thousands of residents. Each has their own story. Some famous, infamous, and some just plain interesting. The class is a virtual walking tour of the cemeteries of Boise, the Treasure Valley, and even beyond in Idaho. But we don't have to worry about the weather or walking for miles! Some examples of the people discussed: the last professional lady bronc rider, the last man legally hanged in Idaho, the first Jewish governor in the U.S., Idaho's James Bond, Idaho's "Wyatt Earp," Idaho's Lady Bluebeard and the first African American settler in Boise. Learn local color!

22S-HIS-001

W, 4/27 6:30 - 8:30 PM Sessions: 1

ZOOM David Habben Age: 18+

Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

DANCE

BEGINNING ADULT TAP DANCE

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

22S-DAN-003

M, 4/18-5/2 6:30 - 7:15 PM Sessions: 3

Susie's Tap and Jazz Etc 6053 W Corporal Lane, Boise

Susie Depew Age: 18+

Tuition: \$27.00 Materials: \$ 0.00 Total: \$27.00

INTRO TO LINE DANCING

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

22S-DAN-001

W, 4/27-5/11 11 AM - 12 N Sessions: 3

Impact Dance Studio 195 S Adkins Ste #105, Meridian

Sue Hebison Age: 18+

Tuition: \$30.00 Materials: \$ 0.00 Total: \$30.00

IRISH STEP DANCING

Enjoy the spirited music and lively steps of traditional Irish dance with a dancing champion and long-time performer! CLASS IS FOR AGES 6 - 18.

22S-DAN-002

M, 4/18-5/9 5:30 - 6:30 PM Sessions: 4

Killarney Irish Dance Studio 3355 N Five Mile Rd, Boise

Carly Allen Age: 6-18

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

SOCIAL SQUARE DANCE

NEW!

A four week introduction to social square dancing. A square dance is an American folk dance form that involves four couples in a square formation dancing to a specific sequence or series of steps announced or cued by a caller. After the first four weeks, students will be invited to continue the lesson.

22S-DAN-004

T, 4/19-5/10 7 - 9 PM Sessions: 4

Boise Valley Square Dance Hall 6534 W Diamond St, Boise

Darin Keith Age: youth 10+ and adults

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

FITNESS

AQUA WORKOUT

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

22S-FIT-017

M/W, 4/18-5/11 5:30 - 6:25 PM Sessions: 8

22S-FIT-018

T/Th, 4/19-5/12 8:30 - 9:25 AM Sessions: 8

AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise

Rotating Instructors Age: 18+

Tuition: \$56.00 Materials: \$ 0.00 Total: \$56.00

BODYPUMP®

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit — fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music — helping you achieve much more than on your own! Water bottle and personal mat suggested but not required.

22S-FIT-029

F, 4/22-5/13 2 - 3 PM Sessions: 4

Downtown Boise YMCA 1050 W State St, Boise

Rotating Instructors Age: 18+

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

CYCLE

A freestyle, non-choreographed cycle class that offers a wide variety of motivating music and several terrain options to get you to the finish line.

22S-FIT-002

M/W, 4/18-5/11 5:15 - 6:15 AM Sessions: 8

Casey Crown Age: 18+

Tuition: \$56.00 Materials: \$ 0.00 Total: \$56.00

22S-FIT-006

W, 4/20-5/11 6:30 - 7:30 PM Sessions: 4

Joseph Pratt Age: 18+

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

West Family YMCA 5959 N Discovery Way, Boise

EXERCISE WITH A BASKETBALL!

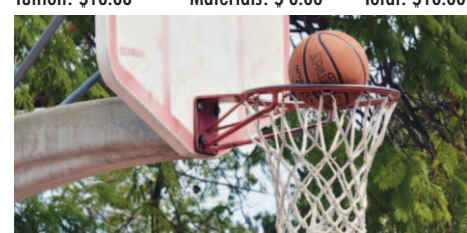
Learn a 30-minute exercise routine with a basketball! From the warmup and shots to practice you can get a great upper body workout. Get your cardio in by chasing down the shots you miss and make it as intense as you choose. This workout is good for balance, hand-eye coordination, and understanding more about the game of basketball. Bring tennis shoes and a water bottle.

22S-FIT-010

Th, 5/12 7 - 8 PM Sessions: 1

Timberline High Vince Matthews Age: 18+

Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



HIGH FITNESS

HIGH fitness is a hardcore fun fitness class that incorporates interval training with music, and intense easy-to-follow fitness choreography. It combines fun (pop songs of old and new that everyone knows and loves) with intensity (interval, plyometrics, and cardio) with consistency (each song has specific simple moves taught the same by all instructors).

22S-FIT-007

F, 4/22-5/13 9:30 - 10:30 AM Sessions: 4

West Family YMCA 5959 N Discovery Way, Boise

Ashley Bateman Age: 18+

Tuition: \$28.00 Materials: \$ 0.00 Total: \$28.00

Get in shape this spring — sign up for a fitness class!

HOW TO HIT A SPEED BAG

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

22S-FIT-009

W, 5/4	7 - 8:30 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

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 moves too! Please bring a 34" to 36" hoop to class!! It's a fun workout!

22S-FIT-012

W, 4/20-5/11	7 - 8 PM	Sessions: 4
West Jr High	Nettie Cumpton	Age: 13+ w/adult
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00

SURGE STRENGTH

Surge Strength is a high-rep, targeted, weight training workout, set to music you know and love. Muscle focused, high repetition, strength training tracks, using dumbbells, strengthen, shape and tone every muscle of the body. Popular music driven highs and lows combined with a motivating group atmosphere will get your muscles surging to push you to your personal best.

22S-FIT-008

W, 4/20-5/11	11:35 AM - 12:20 PM	Sessions: 4
West Family YMCA	5959 N Discovery Way, Boise	
Ashley Bateman		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

T'AI CHI CHIH: AN INTRODUCTION

T'ai Chi Chih is a modern compilation of gentle Chi Gong exercises. This mindful practice fosters a relaxed state of well-being. Studies have attributed health benefits such as improved posture and balance, increased strength and agility, easier breathing and a reduction of low back pain and everyday stress. Your instructor has over 25 years of teaching T'ai Chi Chih. Wear comfortable clothing, flexible shoes or two pairs of socks, and bring water. 98 page textbook included.

22S-FIT-001

M/Th, 4/25-5/5	6:30 - 8 PM	Sessions: 4
West Jr High	Elissa Maguire	Age: 16+ w/adult
Tuition: \$40.00	Materials: \$ 16.00	Total: \$56.00

TAI CHI FLOW

Tai Chi (TaijiFit) is a mind/body exercise that combines the best of traditional Tai Chi and Qigong movement practices. This class combines exercise with mindfulness, balance, flexibility and stress management. It is a workout appropriate for any age or fitness level and has you confidently experiencing the flow of Tai Chi from your first class.

22S-FIT-027

T, 4/19-5/10	3 - 4 PM	Sessions: 4
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22S-FIT-028

F, 4/22-5/13	12 N - 1 PM	Sessions: 4
Downtown Boise YMCA	1050 W State St, Boise	
Rotating Instructors		Age: 18+
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

TRX BOOTCAMP

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

22S-FIT-004

T/Th, 4/19-5/12	12 N - 1 PM	Sessions: 8
West Family YMCA	5959 N Discovery Way, Boise	
Christine Kuzma		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

TRX BOOTCAMP

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

22S-FIT-030

T/Th, 4/19-5/12	12 N - 1 PM	Sessions: 8
Downtown Boise YMCA	1050 W State St, Boise	
Rotating Instructors		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

WAKE YOUR BODY BOOTCAMP

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

22S-FIT-003

M/W, 4/18-5/11	5:15 - 6:15 AM	Sessions: 8
West Family YMCA	959 N Discovery Way, Boise	
Holly Johnson		Age: 18+
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

GARDEN & THE GREAT OUTDOORS

FOOLING FISH WITH FLIES — FLY FISHING FOR BEGINNERS

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

22S-GAR-003

T/Th, 4/26 & 4/28	6:30 - 8:30 PM	Sessions: 2
West Jr High	David Lupien	Age: 18+
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00

FUNDAMENTALS OF SOIL HEALTH

Plants and microbes need each other. Learn how these vital plant/microbial relationships are established to create healthy soil. Healthy soil becomes a reservoir to store excess CO2 from the atmosphere. Learn how to enhance soil carbon sequestration and grow healthy plants while doing it!

22S-GAR-001

T, 4/19 & 4/26	6:30 - 8 PM	Sessions: 2
Timberline High	Jean Stage	Age: 12+ w/adult
Tuition: \$30.00	Materials: \$ 0.00	Total: \$30.00

HOW TO CREATE A BIRD-FRIENDLY YARD

Join the Golden Eagle Audubon Society as we teach you how to create bird-friendly habitat in your yard and community greenspaces. Through a series of simple actions, your outdoor area can provide important habitat and food sources for birds, pollinators, and wildlife. Whether you have an acre of land or a small outdoor patio, you can make a difference for local birds! We will cover best practices and share local resources on how you can start attracting birds and other wildlife to your yard right away.

22S-GAR-004

W, 5/11	7 - 8:30 PM	Sessions: 1
ZOOM	Adra Lobdell	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

KAYAKING! CHOOSE THE RIGHT KAYAK & PADDLE

Want to learn about kayaking? Where to start? What is the best: sit-in or sit-on kayaks? What kayak is best for what you want to do? How do you load kayak on a car, SUV or truck (with and without help)? This is the perfect class to answer all of these questions and more! The perfect intro to Flat Water Kayaking. You will NOT be out on the water during class.

22S-GAR-002

T, 4/19	6 - 7:30 PM	Sessions: 1
Quinn's Pond	3150 W Pleasanton Ave, Boise	
Jimmy Smith		Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

SAVING WATER IN YOUR LANDSCAPE

Learn the principles of conserving water in your landscape from University of Idaho Horticulturist, Susan Bell who will share information on xeric landscaping and tips on how to keep your garden and landscape sustainable in our arid high desert environment.

22S-GAR-005

W, 4/20	6 - 8 PM	Sessions: 1
Hillside Jr High	Susan Bell	Age: 18+
Tuition: \$20.00	Materials: \$ 5.00	Total: \$25.00

HEALTH & WELLNESS

ADRENAL FATIGUE: NUTRITIONAL TOOLS TO BUILD RESILIENCE

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

22S-HEA-008

W, 5/11	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Kendy Radasky	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

ALLERGIES — GONE FOR GOOD!

Struggling with seasonal and environmental allergies? Are they getting worse with time? Are you using more and more medication, and still can't keep your symptoms contained? Come learn why we get allergies and what you can do to get rid of them for good!

22S-HEA-015

T, 4/19	6:30 - 8 PM	Sessions: 1
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22S-HEA-017

Th, 5/12	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Dr. Ashlee Jane	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

CARPAL TUNNEL RELEASE — NO STITCHES!

Traditional carpal tunnel release (CTR) requires an open incision 2" in length. We now offer a new technology to do the CTR with ultrasound guidance, requiring an incision less than 5 mm. No IV. No anesthesia. No stitches. Quicker recovery. Come learn about it! Visit SonexHealth.com.

22S-HEA-009

T, 4/19	5 - 6 PM	Sessions: 1
Pain Care Boise	301 W Myrtle St, Boise	
William Binegar, MD		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00



EMF AND MOLD EXPOSURE

Is your house contributing to your health problems? People suffering from chronic health symptoms often miss a big key to their recovery: the health of their home! Indoor air quality (including chemicals and mold) along with excessive EMF exposure can greatly contribute to the occupant's health. Learn how to create a healthy home by a certified Building Biologist. You'll walk away knowing what areas in your home may be an issue and how to fix them.

22S-HEA-020

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

FIX YOUR NECK PAIN

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

22S-HEA-001

T, 4/19	6:30 - 7:30 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Angela Young		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

HOW TO REFRAIN FROM NECK PAIN

Let us show you the way to not only get a few days of pain relief, but to have years of pain relief with the most current evidence-based approach to getting rid of your neck pain!

22S-HEA-023

M, 5/9	6 - 7 PM	Sessions: 1
Wright Physical Therapy — Boise	554 Steelhead Way #162, Boise	

Keegan Nichols, PT, DPT,		
James McMurray, DPT		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

IMPROVE YOUR POSTURE TO DECREASE PAIN

Come learn simple stretches and exercises to improve your posture. Improving posture has the added bonus of not only feeling better about yourself but also decreasing pain from having good biomechanics. We will be doing hands-on activities, so wear comfortable clothes. Come ready to learn and have fun!

22S-HEA-013

W, 5/11	6:30 - 7:30 PM	Sessions: 1
Thrive Chiropractic Boise	2404 S Orchard St, Ste 800, Boise	
Yvonne Aicher		Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

LOW BACK PAIN: HOW TO PREVENT AND FIX IT

Discuss the common causes of low back pain and understand how daily postures and activities greatly affect your back. Give proven strategies to help prevent and resolve low back pain. Learn when treatment is needed and when you can solve it on your own! Please see receipt for optional book details.

22S-HEA-021
W, 4/27 6 - 7 PM Sessions: 1
Wright Physical Therapy — Garden City
7711 W Riverside Dr, Garden City
Michael Colby, PT, DPT, Cert. MDT Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00



LOW BACK PAIN: NEW INNOVATIVE TREATMENTS

Learn about the different causes of low back pain (LBP) and the diagnoses of LBP that are commonly missed or overlooked. If you've been told you need a fusion, come learn about a new minimally invasive fusion, called the MinuteMan. You will learn that Medicare just added a new diagnosis, called Vertebroplasty and the treatment for this with Intratect. Vertebral compression fracture treatments will be discussed. Will highlight a minimally invasive Sacroiliac Fusion procedure. Peripheral Nerve Stimulation for LBP will be taught. Finally, will also discuss Regenerative Medicine (Stem Cells and Platelet-Rich Plasma) for LBP.

22S-HEA-012
T, 5/10 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binigar, MD Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

OVERCOMING NECK PAIN

Are you or someone you love dealing with persistent neck pain or headaches? Neck pain can largely be managed with simple and effective low-risk interventions. We will review the basics of anatomy and what causes neck pain, discuss the best non-invasive treatment options, the role of posture and neck pain, strategies with activity and exercise, and self-management strategies.

22S-HEA-019
W, 5/4 5:30 - 6:30 PM Sessions: 1
Idaho Spine and Sports Physical Therapy — Orchard
1525 S Orchard St, Boise
Steven Oswald Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

PREVENTION OF LOWER BACK PAIN NEW!

In this course, we will discuss how to prevent low back pain, reasons why it occurs, treatment strategies for injury, and how to return to daily activities without pain.

22S-HEA-022
W, 4/20 6 - 7 PM Sessions: 1
Wright Physical Therapy — Southeast Boise
3157 E Barber Valley Dr Ste 120, Boise
Austin Sturdivant, PT, DPT Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

RELIEVE YOUR LOW BACK PAIN

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

22S-HEA-002
T, 5/3 6:30 - 7:30 PM Sessions: 1
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise
Angela Young Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

SELF-HELP ACUPRESSURE

Learn Asian style Acupressure from a certified practitioner with 25 years of experience. Learn to use your hands to connect energy points on your body in order to relieve mild aches and pains, breathing difficulties, and everyday stress. If you suffer from anxiety, back pain, digestive disorders, or blood pressure issues, this introductory class series is for you! See details for what to bring.

22S-HEA-014
M/Th, 4/18 & 4/21 6:30 - 8 PM Sessions: 2
West Jr High Elissa Maguire Age: 18+
Tuition: \$30.00 Materials: \$ 5.00 Total: \$35.00

SHOULDER PAIN — WHAT'S IT ALL ABOUT?

This class will discuss pathologies of the shoulder, what may be causing shoulder pain, and what are the options to find relief. Help answer the question of "can physical therapy be a resource?" or "is surgery needed?"

22S-HEA-024
T, 5/3 6 - 7 PM Sessions: 1
Wright Physical Therapy — Meridian
1739 S Jade Way #110, Meridian
Xavier Beckham, PT, MS, SCS, CIDN Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

SPINAL STENOSIS & MISTS (MINIMALLY INVASIVE SPINE TREATMENTS)

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

22S-HEA-011
T, 5/3 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binigar, MD Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

STEM CELLS FOR JOINT OSTEOARTHRITIS PAIN

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

22S-HEA-010
T, 4/26 5 - 6 PM Sessions: 1
Pain Care Boise 301 W Myrtle St, Boise
William Binigar, MD Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

TAKE CARE OF YOUR HEART

In this class you will learn why heart health is important, discover the most recent recommendations, takeaway tools and tips for heart healthy living. Learn how to reduce sodium and sugar intake, and make a healthier plate! Recipes included.

22S-HEA-025
T, 4/19 6:30 - 7:30 PM Sessions: 1
ZOOM Bridget Morrisroe-Aman Age: 10+ w/adult
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

THE MENOPAUSE WORKSHOP

This course covers the essentials that every woman should know about menopause: key concepts, symptoms in your 30s, 40s, 50s and 60s, non-hormonal treatments, myths and misconceptions, and much more! Handouts will be provided.

22S-HEA-018
T, 4/26 & 5/3 6:30 - 8:30 PM Sessions: 2
Hillside Jr High Jill Gustafson Age: 18+
Tuition: \$30.00 Materials: \$ 3.00 Total: \$33.00

THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

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

22S-HEA-007
Th, 5/5 6:30 - 8 PM Sessions: 1
Hillside Jr High Kendy Radasky Age: 18+
Tuition: \$15.00 Materials: \$ 1.50 Total: \$16.50



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.

22S-HEA-003
T, 4/19 6:30 - 8:30 PM Sessions: 1
Timberline High Glenda Bell Age: 18+
Tuition: \$20.00 Materials: \$ 0.00 Total: \$20.00

HOLISTIC LIVING

ADVANCED ESSENTIAL OILS FOR MASSAGE THERAPY

Take your massage practice to the next level. Learn advanced essential oil application techniques for targeted system support and homeostasis. This can be incorporated simply into any massage whether at a spa or your home. Sample kit provided.

22S-HOL-003
W, 5/4 6:30 - 8 PM Sessions: 1
West Jr High Lisa Moore-Clifton Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

DIY BODY CARE — SCRUB GOODBYE TO SKIN CARE CHEMICALS

Join a Certified Health Coach as she shares her knowledge about skin care, labels, ingredients, and how to do your own body scrub. The average American uses 9 products a day for a total of 126 different ingredients — many of which are hormone disruptors, neurotoxins and skin irritants. Learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home. Participants will receive a Natural Grocers bag with a \$5 coupon, samples, and printed material. The perfect gift!

22S-HOL-001
T, 5/10 6:30 - 8 PM Sessions: 1
Timberline High Jennyfer Berg Age: 18+
Tuition: \$15.00 Materials: \$ 12.00 Total: \$27.00

MOON SIGNS & ESSENTIAL OILS NEW!

Ask any nurse or teacher, and you'll know the moon affects our mood. With a little training and knowledge, you can help keep a high vibe. Learn how to use essential oils and an ephemeris (a table giving the calculated positions of a celestial object at regular intervals throughout a period) to be prepared and make the most of each day! Sample kit provided.

22S-HOL-002
M, 4/25 6:30 - 7:30 PM Sessions: 1
West Jr High Lisa Moore-Clifton Age: 18+
Tuition: \$10.00 Materials: \$ 0.00 Total: \$10.00

HOMEOWNERS: BUY, BUILD, MAINTAIN

1031 TAX DEFERRED EXCHANGES & ANALYZING INVESTMENT PROPERTIES

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

22S-HOU-009
T, 5/3 6:30 - 7:30 PM Sessions: 1
Hillside Jr High Ron Bishop Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00

COUNTERTOP CONFUSION SOLVED

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

22S-HOU-001
Th, 5/12 6 - 7:30 PM Sessions: 1
Rockbottom Granite 5103 N Sawyer Ave, Garden City
Gisele Pope Age: 18+
Tuition: \$15.00 Materials: \$ 0.00 Total: \$15.00





VOLUNTEER INSTRUCTOR SPOTLIGHT

Andrew Query grew up consuming the 70s music of his older siblings' 8-tracks and LPs. It was when his much older sister gave him Queen's *A Night At the Opera* for his 10th birthday that his insatiable appetite for all things music became aroused. Having had his mind sufficiently blown, he built an impressive music collection via Columbia House and set his sights on becoming a rock star. Upon realizing he wasn't pretty enough to be a star, he earned bachelor's degrees from Boise State University in Music, Music/Business, and Marketing. He currently plays ukulele, guitar, mandolin, charango and dulcimer as well as a bit of cornet, didgeridoo, and accordion though, admittedly not very well. He currently teaches private guitar and ukulele lessons to beginning students.

Andy and his wife live on a small working farm in Garden City, growing fruit and veggies for a CSA, seed for Snake River Seed Coop, and potted horseradish plants for Zamzows. They share their diverse farm with a cat, a rabbit, two domestic ducks, four goats, 22 chickens, an occasional skunk, marmot, nutria, and muskrat, as well as a hundred or so mallards, wood ducks and geese. Andy is also a luthier who apprenticed under master luthier John Bolin, and builds electric and acoustic guitars, ukuleles, and Cajón drums.

We are clearly lucky to have Andy Query volunteer his time and extensive knowledge with Community Ed! This spring, he is teaching **BEGINNER UKULELE**. Do not delay! His class fills up fast!

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

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

22S-HOU-003			
T, 4/26	6:30 - 8:30 PM	Sessions: 1	
West Jr High	Alana Eyolfson	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

MORTGAGE 101 – FIRST TIME HOME BUYER

If you are a first time home buyer and want to learn what is involved in purchasing a home, this is the class for you! We will discuss the lending process and go over credit, income, and down payments. We will also share what to expect when you are house hunting, and the process of making an offer. From beginning to end – we will talk about it all! Please join us!

22S-HOU-002			
W, 4/27	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	Kim Stastny, Eddy Udry	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

SELLING YOUR HOME

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

22S-HOU-004			
T, 5/3	6:30 - 8:30 PM	Sessions: 1	
West Jr High	Christina Moore Ward	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



UNDERSTANDING RESIDENTIAL REMODELING

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

22S-HOU-005			
Th, 4/21	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	Joe Levitch	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

KIDS

TAEKWONDO BASICS FOR TINY TIGERS

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

22S-KIDS-002			
M, 4/18-5/9	6 - 6:30 PM	Sessions: 4	
22S-KIDS-004			
T, 4/19-5/10	5 - 5:30 PM	Sessions: 4	
Eagle ATA Martial Arts Center & Karate for Kids			
107 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.

22S-KIDS-001			
M, 4/18-5/9	5:30 - 6 PM	Sessions: 4	
22S-KIDS-003			
T, 4/19-5/10	4:30 - 5 PM	Sessions: 4	
Eagle ATA Martial Arts Center & Karate for Kids			
107 E Iron Eagle Dr, Ste., 130 Eagle			

Chris Colberg, Kit Colberg	Age: 7-12		
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00	

Register at boiselearns.org

Community Ed classes are fun for the whole family!

TAP, JAZZ, BALLET & ACROBATICS – KIDS

Children will learn age appropriate dance technique, coordination, and basic acrobatic skills while having fun!

22S-KIDS-005			
M, 4/18-5/2	5:30 - 6:15 PM	Sessions: 3	
Susie's Tap and Jazz Etc	6053 Corporal Ln, Boise	Age: 8-12	
Susie Depew	Age: 8-12		
Tuition: \$27.00	Materials: \$ 0.00	Total: \$27.00	

LANGUAGE

INTRODUCTION TO MANDARIN

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

22S-LAN-001			
W, 4/20-5/11	6:30 - 8 PM	Sessions: 4	
Timberline High	Joanne Thong	Age: youth/adult	
Tuition: \$60.00	Materials: \$ 0.00	Total: \$60.00	

LEISURE

BICYCLE SAFETY

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

22S-LEI-001			
W, 4/20	7 - 8 PM	Sessions: 1	
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

CLOWNS ARE AMBASSADORS OF JOY!

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

22S-LEI-003			
T, 3/12	6:30 - 8:30 PM	Sessions: 1	
West Jr High	Wanda Jennings	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

JUGGLING

Learn the step-by-step process to juggle three items – and variations to add later. Balls will be provided for you to take home and continue to practice. Improve your hand-eye coordination! Homework before class: throw a ball from your right hand to your left, arching it just above your eyes.

22S-LEI-002			
Th, 4/28	7 - 8 PM	Sessions: 1	
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

MUSIC

BEGINNER UKULELE

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

22S-MUS-001			
M, 4/18-5/9	6:30 - 7:30 PM	Sessions: 4	
Hillside Jr High	Andrew Query	Age: 12+ w/adult	
Tuition: \$40.00	Materials: \$ 0.00	Total: \$40.00	

PERSONAL ENRICHMENT

ABANDONING CABLE TV FOR INTERNET STREAMING

The goal of this class is to provide information on the selection of internet connection devices such as ROKU, Apple TV and others. We will also look at various internet content providers such as Netflix, Disney +, Sling TV, Apple TV+ and others. Learn more about the different system components and how they integrate, as well as internet capacities to support streaming services.

22S-PEN-005			
W, 4/20	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	John Courtright	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

DYING MATTERS: ALL THINGS FUNERAL

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

22S-PEN-002			
W, 4/20	6:30 - 8:30 PM	Sessions: 1	
Timberline High			
22S-PEN-003			
W, 5/4	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	Heather Welborn	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

Don't miss out – register today!

HOW TO CONNECT TO BROADCAST TV NEW!

This class will examine broadcast TV, antennas, placement, cabling, controllers and sling AirTV. The goal of the class is to help individuals identify the problems they may be encountering and help evaluate the amount of time, effort, and complexity as they acquire the Over The Air (OTA) channels. The class focuses only on OTA TV.

22S-PEN-006			
W, 5/4	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High	John Courtright	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

LESSONS FROM MY CHILDREN

After getting divorced, the instructor's intention was to become a person she could like. Since her four adult children were more honest than she was, they would often suggest ways she could be more self-confident, and learn to use her voice more assertively. This interactive class will be about the journey to more healthy communication, a journey all can gain from, no matter what the circumstances are.

22S-PEN-008			
M, 5/2 & 5/9	6:30 - 8 PM	Sessions: 2	
Timberline High	Lois Morgan	Age: 18+	
Tuition: \$24.00	Materials: \$ 0.00	Total: \$24.00	

READING IMPROVEMENT THROUGH GAMES & ACTIVITIES NEW!

Help your child improve their reading! Come learn games, activities and other tools to use at home with your kids. Best for ages 5-12. Adults only. Activity packet provided.

22S-PEN-004			
Th, 4/21-5/12	6:30 - 8 PM	Sessions: 4	
Timberline High	Peggy Hurd	Age: 18+	
Tuition: \$43.50	Materials: \$ 6.50	Total: \$50.00	

STUCK IN A JOB RUT?

Are you working but in a job rut and know you need to find a better job? Are you in between jobs? Perhaps you are a recent college graduate and do not know where to start looking. This class will help you develop and implement a plan to find a new job. Create your resume, set up job alerts, fill out online job applications, and apply to networking sites such as LinkedIn and professional associations. Please bring laptop or tablet.

22S-PEN-007			
M, 4/18 & 4/25	6:30 - 8:30 PM	Sessions: 2	
Timberline High	Garland Draper	Age: Ages 18+	
Tuition: \$36.00	Materials: \$ 0.00	Total: \$36.00	

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. And NOW is the best time to make this happen as new companies are looking for new voices like never before. Step up to the microphone to do some practice recording, and best of all, hear the results!

22S-PEN-001			
W, 5/11	6:30 - 8 PM	Sessions: 1	
Hillside Jr High	Lisa Foster,		
	Tara Harrison	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

PERSONAL FINANCE

A, B, C, & Ds OF MEDICARE

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

22S-PFI-013			
M, 4/25	6:30 - 8 PM	Sessions: 1	
West Jr High			
22S-PFI-014			
M, 5/2	6:30 - 8 PM	Sessions: 1	
Timberline High	Ken Azbill,		
	Angie Jackson	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

ADVANCE CARE PLANNING

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

22S-PFI-002			
W, 4/20	6:30 - 8 PM	Sessions: 1	
Timberline High	John McGown	Age: 18+	
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00	

ALL ABOUT MEDICARE – WORKING OR RETIRING

It is important to have a clear road map in this process to ensure a stress free experience. Learn from instructors with 15+ years in the Medicare industry. We will cover the A,B,C & Ds of Medicare and how the different plans can work for you. We are here to answer your questions and calm your concerns.

22S-PFI-022			
S, 4/23	10 - 11 AM	Sessions: 1	
Personal Touch Insurance and Benefits			
	206 S Cole Rd (Bldg #5), Boise		

22S-PFI-023			
T, 5/3	6 - 7 PM	Sessions: 1	
ZOOM			

22S-PFI-024			
S, 5/7	10 - 11 AM	Sessions: 1	
Personal Touch Insurance and Benefits			
	206 S Cole Rd (Bldg #5), Boise		

CarrieAnne Kowalczyk	Age: 55+		
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

COLLEGE ATHLETICS – GET THERE!

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

22S-PFI-018			
Th, 4/21	6:30 - 8:30 PM	Sessions: 1	
Timberline High	Rebecca M Carroll	Age: 15+ w/adult	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	



3 WAYS TO REGISTER!

- 1 ONLINE!**
Go to www.boiselearns.org for a current class list.
- 2 PHONE!**
Call 208.854.4047.
We accept Visa, MasterCard and Discover.
- 3 IN PERSON/BY MAIL!**
Office hours are 8:30 a.m. - 4:30 p.m., M-F
8169 W. Victory Rd., Boise, ID 83709

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 12 of this catalog.

COLLEGE PLANNING – MAXIMIZING FINANCIAL AID AND MINIMIZING COSTS

For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. Parents – learn what you and your student can do during high school to pay less for college, including: understanding college costs, the 3 main resources of financial aid and how each works, how to maximize your eligibility for each aid, how to find scholarships, key issues to consider when “shopping” for colleges, and how to shop financial aid while considering colleges.

22S-PFI-015			
Th, 4/21	6:30 - 7:30 PM	Sessions: 1	
West Jr High			
22S-PFI-016			
T, 4/26	6:30 - 7:30 PM	Sessions: 1	
Hillside Jr High			
22S-PFI-017			
T, 5/3	6:30 - 7:30 PM	Sessions: 1	
Timberline High	David Ries	Age: 18+	
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00	

COLLEGE SCHOLARSHIPS & FINANCIAL AID

Go to college without years of debt! This is for parents of 8th through 12th graders. Learn about how to prepare for college scholarships and financial aid for the 2022-2023 year.

22S-PFI-020			
T, 4/26	6:30 - 8 PM	Sessions: 1	
Timberline High	Rebecca M Carroll	Age: 15+ w/adult	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

DEBITS AND CREDITS FOR DUMMIES NEW!

This class will discuss the bookkeeping formula “Assets = Liabilities + Net worth”; explain “T” accounts and show how they can track problems they may encounter; explain the division of the chart of accounts and how they are divided into Assets, Liabilities, Equity, Income and Expenses.

22S-PFI-021			
Th, 4/28 & 5/5	6:30 - 7:30 PM	Sessions: 2	
West Jr High	Karin Petersen	Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

ESTATE PLANNING 101

Estate Planning is critical for all families! Join a local estate planning attorney to learn the top ten mistakes families often make and how to avoid them. Class will cover wills, living trusts, living wills, and powers of attorney. 2 for 1 registration!

22S-PFI-003			
M, 4/18	6:30 - 8:30 PM	Sessions: 1	
Hillside Jr High			
22S-PFI-004			
W, 4/27	6:30 - 8:30 PM	Sessions: 1	
ZOOM			
22S-PFI-005			
M, 5/2	6:30 - 8:30 PM	Sessions: 1	
West Jr High			
22S-PFI-006			
W, 5/11	6:30 - 8:30 PM	Sessions: 1	
ZOOM			
Sheli Fulcher Koontz		Age: 18+	
Tuition: \$20.00	Materials: \$ 0.00	Total: \$20.00	

ESTATE PLANNING BASICS: PEACE OF MIND FOR SENIORS

Does your estate plan address your long-term care concerns and give you peace of mind for the future? Come learn what steps you can take to ensure your estate is protected. Topics include: preparing for long-term care, VA/Medicaid planning, advanced directives, living wills, powers of attorneys, wills and trusts.

22S-PFI-007			
W, 4/20	6:30 - 8 PM	Sessions: 1	
West Jr High			
22S-PFI-008			
W, 5/11	6:30 - 8 PM	Sessions: 1	
Timberline High	Joshua Reams	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00	

Keep more of your hard-earned \$\$. Sign up for a personal finance class!

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.

22S-PFI-001

T, 4/19	6:30 - 8 PM	Sessions: 1
Timberline High	John McGown	Age: 18+
Tuition: \$15.00	Materials: \$ 1.00	Total: \$16.00

MINIMIZING TAXES ON RETIREMENT INCOME

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

22S-PFI-012

T, 5/10	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

SOCIAL SECURITY: UNLOCK ITS POTENTIAL

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

22S-PFI-011

T, 5/3	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

PETS

A SIMPLE TECHNIQUE FOR DOGS WITH SORE HIPS

Does your dog have trouble getting up and down? Have you already seen a vet? Learn a simple technique from Chinese medicine that can release stuck energy from your dog's hips!

22S-PET-005

M, 4/25	6:30 - 7:30 PM	Sessions: 1
ZOOM	Cheryl Maddalena	Age: 10+ w/adult
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

ANIMALS AND ESSENTIAL OILS

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

22S-PET-003

W, 4/27	7 - 8:30 PM	Sessions: 1
All Paws Stay-N-Play	454 N Phillippi St, Boise	
Christina Forst, Sandra Forst, Rachael Wahab	Age: 18+	
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00



DIABETES MANAGEMENT FOR YOUR DOG

Learn basic information about caring for your dog after this common canine diagnosis, including insulin use, blood glucose monitoring, management of diabetes care and common complications. Discuss techniques and equipment for diabetes care, tips and information from the instructor's professional "human" role and practical tips from the instructor's own experience.

22S-PET-004

T, 5/10	7:30 - 8:30 PM	Sessions: 1
ZOOM	Janet Tweedle	Age: 10+ w/adult
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

HOW TO HELP YOUR BARKING/LUNGING DOG

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

22S-PET-002

M, 4/25	6:30 - 8:30 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 16+ w/adult
Tuition: \$20.00	Materials: \$ 1.00	Total: \$21.00

MENTAL FUN AND GAMES FOR YOUR DOG – SCENT GAMES

Teach your dog a bunch of games with their noses! We'll play some easy ones and do a brief intro to the competitive sport of nose work. These are suited for old dogs, young dogs, couch potato dogs, bouncing-off-the-wall dogs, dogs with mobility issues, difficult dogs, deaf dogs, blind dogs – all dogs! Common household supplies required – see receipt and/or online description.

22S-PET-001

M, 4/18	6:30 - 8 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 10+ w/adult
Tuition: \$15.00	Materials: \$ 0.00	Total: \$15.00

PHOTOGRAPHY

PHOTOGRAPHY FOR BEGINNERS

Learn more about the different components of your camera and how to control exposure using camera features. Basic ideas of composition, color, light, etc. will be discussed. General information of photographic science and history will be covered as well. Class is for DSLR (digital single lens reflex) and SLR (single lens reflex) cameras (film) only – no small pocket cameras. Please bring DSLR or SLR cameras and specific user guide/manual for camera to first class. Download manual online if you no longer have the original printed copy.

22S-PHO-001

T, 4/19-5/10	6:30 - 8:30 PM	Sessions: 4
West Jr High	Tom Alvarez	Age: 18+
Tuition: \$70.00	Materials: \$ 2.00	Total: \$72.00



WESTERN IDAHO FAIR PHOTOGRAPHY

Improve your odds of winning an award by understanding how competition works. Rules Matter! Learn how to print and submit your best photos for the judges.

22S-PHO-002

T, 4/26	7:30 - 8:30 PM	Sessions: 1
West Jr High		
22S-PHO-003		

22S-PHO-003

W, 4/27	7:30 - 8:30 PM	Sessions: 1
Timberline High		
22S-PHO-004		

22S-PHO-004

Th, 4/28	7:30 - 8:30 PM	Sessions: 1
Hillside Jr High	Don Johnson, Paul Pulley, Robert Riddle	Age: 18+
Tuition: \$10.00	Materials: \$ 0.00	Total: \$10.00

TRAVEL

BOISE'S BEST ADVENTURES

There are adventures galore here in Boise and just beyond. Find out what's here and how to get there, what adventures are in store, and how to play it safe. See Boise through new eyes as we take you on a virtual tour to new horizons. Great class for newcomers to the area!

22S-TRA-001

M, 4/18	6:30 - 8 PM	Sessions: 1
Timberline High		
22S-TRA-002		

22S-TRA-002

T, 4/19	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Mary Ann Wilcox	Age: 18+
Tuition: \$15.00	Materials: \$ 20.00	Total: \$35.00

YOGA & MEDITATION

GENTLE YOGA

A slower paced yoga class focused on deepening your connection with poses through the use of props and modifications. This class is intentionally designed to accommodate various levels of flexibility and body types. This class is open to all levels and suitable for injury recovery, athletes, and limited mobility.

22S-FIT-005

Th, 4/21-5/12	6 - 7 PM	Sessions: 4
West Family YMCA	5959 N Discovery Way, Boise	
Linda Krohn	Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

VINYASA YOGA

An active practice and some yoga experience are recommended. Students move through a continuous series of breath-synchronized poses. You will notice released tension in your body by moving it through its complete range of motion during vinyasa flow yoga sequencing.

22S-FIT-031

W, 4/20-5/11	5:30 - 6:30 PM	Sessions: 4
Downtown Boise YMCA	1050 W State St, Boise	
Rotating Instructors	Age: 18+	
Tuition: \$28.00	Materials: \$ 0.00	Total: \$28.00

Follow us on



YOGA

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

22S-FIT-013

T/Th, 4/19-5/12	8:30 - 9:25 AM	Sessions: 8
AXIOM-Cole and Fairview	7316 W Fairview Ave, Boise	
Rotating Instructors	Age: 18+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

YOGA (ALL LEVELS)

Some yoga experience is helpful although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted. Modifications are suggested as needed. Using attention and breath, learn how to move through the yoga poses (asanas) to improve balance, reduce stress, and increase body awareness and flexibility.

22S-FIT-026

M/W, 4/18-5/11	8 - 9 AM	Sessions: 8
Downtown Boise YMCA	1050 W State St, Boise	
Rotating Instructors	Age: 15+	
Tuition: \$56.00	Materials: \$ 0.00	Total: \$56.00

YOGA FOR BEGINNERS

Learn the yogic view of ancient scriptures with some practice of asana and pranayam. Also, learn about sattvic diet. Our popular Asian Indian Vegetarian Cooking instructor teaches this class! Make it a meaningful evening. Books on Sattvic diet and yoga included. Bring your own yoga mat, water bottle, towel and a scarf.

22S-HOL-004

Th, 4/28	6:30 - 8:30 PM	Sessions: 1
22S-HOL-005		

22S-HOL-005

Th, 5/5	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$20.00	Total: \$40.00

Please Note:

We included the most up-to-date and accurate information at the time of printing, however, some details may change.

The most accurate information on times, dates, locations, etc., will be available in the online registration system.

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

REGISTRATION INFORMATION

WHEN DO CLASSES BEGIN?

The four-week Spring 2022 session will run April 18 through May 12. 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: Ali Cahill & Brodie Scott

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 Youngkin & Denise McClung

WEST JUNIOR HIGH SCHOOL

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

Community Business Partners (off-site):

AXIOM – COLE & FAIRVIEW

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

AXIOM – PARKCENTER

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

AXIOM – VILLAGE

3505 E. Monarch Sky Ln., Ste. #220
Meridian, ID 83646; (208) 955-1114

ALL PAWS STAY-N-PLAY

454 N. Phillippi St.
Boise, ID 83706; (208) 501-8056

BOISE ART GLASS

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

BOISE AT ITS BEST FLOWERS

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

BOISE VALLEY SQUARE DANCE HALL

6534 W. Diamond St.
Boise, ID 83709; (208) 562-8488

DOWNTOWN BOISE YMCA

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

EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

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

FIRE FUSION STUDIO

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

HEALTH SOLUTIONS OF IDAHO

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

IDAHO SPINE AND SPORTS PHYSICAL THERAPY – ORCHARD

1525 S. Orchard St.
Boise, ID 83706; (208) 939-0533

IMPACT DANCE STUDIO – MERIDIAN

195 S. Adkins, Ste. #105
Meridian, ID 83642; (208) 855-2662

KILLARNEY IRISH DANCE STUDIO

1238 N. Cole Rd.
Boise, ID 83704; (208) 488-0505

MOOSAIC ESSENTIAL

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

OLIVIN

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

PAIN CARE BOISE

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

PERSONAL TOUCH INSURANCE AND BENEFITS

206 S. Cole Rd. #5
Boise, ID 83709; (208) 350-9933

QUINN'S POND

3150 W. Pleasanton Ave.
Boise, ID 83702; (208) 867-5660

ROCKBOTTOM GRANITE

5013 N. Sawyer Ave.
Garden City, ID 83714; (208) 376-7328

SUSIE'S TAP AND JAZZ ETC.

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

THRIVE CHIROPRACTIC BOISE

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

TOUCHMARK

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

WEST FAMILY YMCA

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

WRIGHT PHYSICAL THERAPY – BOISE

554 Steelhead Way, Ste. 162
Boise, ID 83704; (208) 323-9752

WRIGHT PHYSICAL THERAPY – GARDEN CITY

7711 W. Riverside Dr.
Garden City, ID 83714; (208) 813-9544

WRIGHT PHYSICAL THERAPY – MERIDIAN

1739 S. Jade Way, Ste. 110
Meridian, ID 83642; (208) 207-5454

WRIGHT PHYSICAL THERAPY – SOUTHEAST BOISE

3157 E. Barber Valley Dr., Ste. 120
Boise, ID 83716; (208) 901-8477

WOODCRAFT OF BOISE

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

HOW DO I REGISTER?

- Online: www.boiselearns.org.
- Mail: Registration form with payment to Boise Schools Community Education, 8169 W. Victory Rd., Boise, ID 83709.
- 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 register by mail or phone 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.
- Inclement weather; listen to local radio or television for information on school closures, or visit www.boiseschools.org.
- Classes that do not meet minimum enrollment requirements may be cancelled.
- Staff will attempt to contact students via e-mail and/or telephone if a class is cancelled. Please provide both e-mail and telephone contact data when registering.

HOW DO I GET A REFUND?

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

MAY I TEACH A COMMUNITY EDUCATION CLASS?

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

ARE GIFT CERTIFICATES AVAILABLE?

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



CLASS REGISTRATION FORM

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

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

Address _____ E-mail _____

Street City State Zip

Work Phone _____ Home Phone _____ Cell Phone _____

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

NOTICE OF RISK AND WAIVER OF ALL CLAIMS: Participation in a Boise School District Community Education class may be dangerous and cause injury. 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, any person associated with the participant/student, that person's invitees, nor responsible for any medical, dental, chiropractic or hospital bill whatsoever related to participation in a Community Education activity. By participating in Community Education you are expressly agreeing to assume the risk of participation, to release the District from all claims for liability, injury, or damage, indemnify the District from any third party claims, 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.

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 \$

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

Grand Total (pay this amount) \$ _____

PREFERRED payment method: ☐ Visa ☐ MasterCard ☐ Discover ☐ Debit Card






☐ 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)

SIGN UP NOW!

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

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



BOISE SCHOOL DISTRICT LOCATIONS:



TIMBERLINE HIGH SCHOOL

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



HILLSIDE JUNIOR HIGH SCHOOL

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



WEST JUNIOR HIGH SCHOOL

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

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