

2022 FALL & WINTER PROGRAM SCHEDULE

	PROGRAMS	PAGE	AGE	G	D	T	W	
AQUATICS	SWIM LESSONS & WATER SPORTS							
	BLUE MARLINS SWIM TEAM	16	5-18				W	
	DIVE TEAM	16	6-18				W	
	HIGH SCHOOL WATER POLO	16	14-18				W	
	SWIM LESSONS	16	6 MO-13	C	D	T	W	
	SWIM TEAM	16	6-19	C	D	T		
	YOUTH WATER POLO	16	10-18				W	
	CERTIFICATION CLASSES							
	BLENDED ASHI CPR/AED: COMMUNITY MEMBERS	17	12+	C	D	T	W	
	LIFEGUARD	17	16+	C	D	T	W	
FALL & WINTER CAMPS	HOLIDAY CAMPS							
	HOLIDAY BLITZ DAY CAMP	19	6-12	C	D	T	W	
	SPECIALTY CAMPS							
	BATTLEMASTERS	18	6-10		D			
	CSI MYSTERY CAMP	18	6-10		D			
	DYI CAMP	18	6-10			T		
	ESPORTS	18	8-15	C	D	T	W	
	FANTASY CAMP	18	6-10		D			
	HOLIDAY RECIPES CAMP	18	6-12			T		
	JEDI GALAXY + VR EXPERIENCE CAMP <small>NEW!</small>	18	6-10		D			
	MINECRAFT CAMP	19	8-12		D			
	PERFORMING ARTS CAMP	19	6-10		D	T		
	SLIME CAMP	19	6-10		D			
	SURVIVAL CAMP	19	6-10		D			
	WIZARDS	19	6-10		D			
	STEM CAMPS							
	BLACK FRIDAY CAMP	20	6-10				T	
	CONTENT CREATOR	20	6-10		D			
	EDIBLE EXPERIMENTS	20	6-10		D			
	HANDS ON STEM	20	6-10		D			
	JR. ROBOTICS	20	6-10		D			
	LET'S EXPERIMENT CAMP	20	6-10		D			
	ROBOTICS	20	8-12		D	T		
	SUPER ART CAMP	20	6-10				T	

	PROGRAMS	PAGE	AGE	G	D	T	W
PRE-K CAMPS	HOLIDAY PICASSO CAMP	5	4-6		D	T	
	LITTLE CHEFS CAMP	5	4-6			T	
	LITTLE INVENTORS	5	4-6		D	T	
	LITTLE MONKEY CLASSES	5	4-6				W
	PRE-K ADVENTURE CAMP	5	4-6		D		
	PEE WEE SPORTS	5	3-5	G			
	FITNESS EXERCISE YOGA WORKSHOPS						
HEALTH AND WELLBEING	BODY COMPOSITION TESTING	12	18+	G		T	W
	CREATIVE MOVEMENT & BALLET	11	4-8	G			
	FITNESS EVALUATION	12	18+	C	D	T	W
	FOAMROLLER, RELAXATION, & TRIGGER POINT WORKSHOP	12	15+		D	T	W
	GROUP YOUTH STRENGTH TRAINING	11	10-14	G	D	T	W
	HIGH SCHOOL SMALL GROUP STRENGTH TRAINING	11	15-18			T	
	INDIVIDUAL YOUTH STRENGTH TRAINING	11	10-14	G	D	T	W
	INTRO TO STRENGTH TRAINING FOR TEENS	11	12+		D		
	INTRO TO STRENGTH TRAINING FOR WOMEN	11	15+		D		
	INTRO TO THE WEIGHT ROOM - SMALL GROUP PERSONAL TRAINING	11	18+			T	
	IRONMAN IN A MONTH	14	18+	G	D	T	W
	JUMP START HOLIDAY CHALLENGE	14	18+	G		T	W
	KICKSTART TO A HEALTHIER LIFESTYLE	14	18+	G	D	T	W
	KID FIT	11	7-9			T	
	KIDS DANCE PARTY	12	4+			T	
	KIDS/TEEN CROSSFIT	11	8-16				W
	MYZONE FITNESS TRACKER	12	15+	G			W
	MYZONE SWITCH	12	All	G			W
	SMALL GROUP PERSONAL TRAINING	12	10+	G	D	T	W
	STRESS LESS WORKSHOP	13	15+				W
	TANITA	13	18+			T	W
	YOGA NIDRA RELAX, REST & RESTORE WORKSHOP	13	15+		D		
	YOUTH FIT	11	10-14			T	

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	PROGRAMS	PAGE	AGE	G	D	T	W
HEALTH & WELLBEING	MARTIAL ARTS						
	BOISE VALLEY JUDO CLUB-ADULT JUDO	10	17+	G			
	BOISE VALLEY JUDO CLUB-KOKA KIDS BEGINNERS	10	6-12	G			
	BOISE VALLEY JUDO CLUB-KOKA KIDS NOVICE	10	6-12	G			
	BOISE VALLEY JUDO CLUB WAZ-ARI WARRIORS INTERMEDIATE/ADVANCED	10	10-14	G			
	JUDO	10	5+		D		
	KIUO-JU	10	8+				W
	TAEKWONDO	10	5+		D		
	EVIDENCE-BASED PROGRAMS						
	CLINICAL TRX	15	18+	G		T	
DELAY THE DISEASE	15	18+	G		T	W	
ENHANCE FITNESS	15	18+	G	D	T	W	
MOVEMENT FOR MEMORY	15	18+	G		T		
ONCOLOGY RECOVERY	15	18+	G		T	W	
ROCK STEADY BOXING	15	18+	G		T		
SPORTS LEAGUES	YOUTH & ADULT SPORTS						
	MORNING BALL	9	18+		D		
	NOON BALL	9	18+	G	D		W
	PICKLEBALL	9	ALL		D		W
	RACQUETBALL/SQUASH	9	ALL		D		W
	ROOKIES BASKETBALL	8	4-6		D	T	W
	TVAAU	8	GRADES 5-7		D	T	W
	Y-BASKETBALL LEAGUE	8	GRADES K-7		D	T	W

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TRACK & FIELD RUNS	FUN RUNS & RACES						
	YMCA HARRISON CLASSIC KIDS RUN	7	0-13				
	YMCA HALLOWEEN MONSTER MILE & FREAKY 5K	7	4-14, 15+				
	YMCA CHRISTMAS RUN	7	ALL				
	TEAM IDAHO TRACK & FIELD CROSS COUNTRY						
	YOUTH CROSS COUNTRY	6	6-13				
	TEAM IDAHO RUNNING CLUB	6	6-13				
	TEAM IDAHO WINTER TRACK TRAINING	6	13+				

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THRIVE CENTER	FALL & WINTER CAMPS						
	ADAPTIVE DANCE	22	5-13			T	
	ADULT COOKING CLASS	22	18+			T	
	ARTS & CRAFTS	22	ALL			T	
	BINGO & DINNER	22	ALL			T	
	DESSERT DECORATING	22	ALL			T	
	KIDS DAY OUT	22	5-14			T	
	LIFE SKILLS CLASS	22	13+			T	
	MUSIC THERAPY	23	ALL			T	
	PUMPKIN DECORATING	23	ALL			T	
	SKILLS & DRILLS	23	6-12			T	
	SENSORY VARIETY CAMP	23	6-12			T	
	TEEN COOKING CLASS	23	13-22			T	
	TEEN NIGHT	23	13-17			T	