



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Adventure awaits at Y Camp at Horsethief Reservoir!
Learn more on page 6.



BEST. SUMMER. EVER.

TREASURE VALLEY FAMILY YMCA
SUMMER YOUTH GUIDE
2016



HELPING YOUTH ACHIEVE MORE

OUR CAUSE

The Y is committed to strengthening communities. Everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to have the Y experience.

OUR FINANCIAL ASSISTANCE PROGRAM

The Treasure Valley Y believes that everyone, regardless of their financial situation, deserves access to our services. All children deserve the chance to realize their potential, all people deserve access to the tools and education that will help them live healthier, and all people deserve equal access to support from Y friends and neighbors. **No one is turned away due to the inability to pay.**

OUR VALUES

At the core of all YMCA youth programs are the four character values that help guide behaviors, decisions, and interactions with each other.

CARING

Showing a sincere concern for others

RESPECT

Following the golden rule

HONESTY

Being truthful in what you say and do

RESPONSIBILITY

Being accountable for your promises and actions.

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**HEALTHY KIDS DAY!
APRIL 30**

SUPER

SATURDAY, APRIL 30th
HEALTHY KIDS DAY
 As part of a national movement, all Treasure Valley Y locations will be celebrating Healthy Kids Day to promote healthy eating, physical activity, and family togetherness. **On April 30th, all facilities will be open FREE of charge for families.**



SUMMER CHILD CARE

The Y offers a developmentally appropriate, curriculum-based summer child care program that helps children grow personally, learn values, improve personal relationships, appreciate diversity, become better leaders and supporters, and develop specific skills and assets.

GROUP AND INDIVIDUAL ACTIVITIES INCLUDE:

- Summer Learning Program
- Leadership development activities
- Daily field trips
- Arts & humanities projects
- Healthy snack time & physical activities
- Rock climbing
- Weekly swimming
- Science and math exploration
- Social Responsibility project
- Two overnight camp experiences at Horsethief Reservoir (Grades 4-8)



YMCA SUMMER CHILD CARE HELPS COMBAT SUMMER LEARNING LOSS...AND IT'S FUN!

Enroll today by calling one of our sites listed below. More information is available at ymcatvidaho.org.

BOISE LOCATIONS

9TH STREET Y KIDS
Info: 344 5502 ext 219

WASHINGTON STREET Y KIDS
Info: 344 5502 ext 219

WEST YMCA CHILD DEVELOPMENT CENTER
Info: 344 5502 ext 415

CALDWELL LOCATION

CALDWELL FAMILY YMCA
Info: 459 2498 ext 655

MERIDIAN/EAGLE LOCATIONS

EAGLE Y KIDS
Info: 939 6735

HUNTER Y KIDS
Info: 855 5871

SIENA Y KIDS
Info: 861 4832

USTICK Y KIDS
Info: 321 7559

CHILD DEVELOPMENT

ENROLL TODAY!

See site directory on back.



At the Y, we believe every child is of promise and deserves the opportunity to discover who they are and what they can achieve. The Treasure Valley Family YMCA's Child Development programs support children in their ongoing growth to ensure that they are ready for the next educational milestone, whether that be preschool, kindergarten, middle school, or high school.

INFANT & TODDLER

AGES 6 weeks-3 years
LOCATIONS Children's Village, West Y Child Development Center, Saint Alphonsus Early Learning Center, Little Luke's Early Learning Center

FULL-TIME PRESCHOOL

AGES 3-5 years
LOCATIONS Children's Village, West Y Child Development Center, Saint Alphonsus Early Learning Center, Little Luke's Early Learning Center

GUIDED DISCOVERY PART-TIME PRESCHOOL

AGES 2-5 years
LOCATIONS Downtown Guided Discovery, P16 Program in Caldwell (Sacajawea, Wilson), Caldwell Guided Discovery (ages 3-5 only)

GUIDED DISCOVERY PART-TIME INCLUSION PRESCHOOL

AGES 3-5 years
LOCATIONS Discovery Elementary, Frontier Elementary, Mary McPherson Elementary, Ponderosa Elementary, Seven Oaks Elementary, Spalding Elementary

BEFORE & AFTER SCHOOL

GRADES K-8
LOCATIONS Ninth Street Y Kids, Washington Street Y Kids, West Y Child Development Center, Eagle Y Kids, Hunter Y Kids, Siena Y Kids, Ustick Y Kids, Caldwell Family YMCA (K-5 grades only)

EARLY LEARNING READINESS (ELR) FREE

For children and their caregivers, this FREE program helps prepare them for kindergarten.

AGES 0-5
LOCATIONS West Family YMCA, Victory Branch Library



The Y's Child Development programs are proudly supported by the United Way of the Treasure Valley & Coleman Holmes.

ENROLL TODAY!
See site directory on back.



YMCA CAMP AT HORSETHIEF RESERVOIR

SUMMER RESIDENT CAMP

Summer Resident Camp gives children an opportunity to learn skills they can use for life. They discover their potential and are encouraged to live a life of purpose. At the core of Y Camp are three things:

SAFETY

While children “live” at Horsethief in our state-of-the-art facilities, keeping them safe and healthy is the number one priority of Y counselors. Our kitchen staff also strive to offer food at meal times that meet every dietary need, and it’s all delicious!

ADVENTURE & CONFIDENCE

Y Camp teaches self-reliance, instills a love for nature and the outdoors, and builds character and leadership – all amidst the fun of camp fires, swimming, canoeing, archery, zip-lining, paddle boarding, hiking, biking, ropes courses, rock climbing, and so much more.

FRIENDS & ROLE MODELS

We believe children discover themselves through interaction with others and having the freedom to explore. At Y Camp, children are immersed in a community where making friends is natural and exploring interests is encouraged by caring, responsible, and devoted counselors. Our camp staff are, in a word, awesome!

SUMMER CAMP SESSIONS:

		Week 1 Jun 27-Jul 2	Week 2 Jul 4-9	Week 3 Jul 11-16	Week 4 Jul 18-23	Week 5 Jul 25-30	Week 6 Aug 1-6	Week 7 Aug 8-13
YOUTH CAMP Ages 7-12	Male	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	Female	OPEN	OPEN	OPEN	OPEN	OPEN	FULL	OPEN
ADVENTURE CAMP Ages 11-14	Male	FULL	OPEN	FULL	FULL	FULL	FULL	FULL
	Female	OPEN	OPEN	OPEN	FULL	OPEN	OPEN	OPEN
TRIP CAMP Ages 12-15	Male	NOT OFFERED	OPEN	OPEN	FULL	OPEN	FULL	OPEN
	Female	NOT OFFERED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
TEEN CAMP Ages 13-17	Male	NOT OFFERED	NOT OFFERED	OPEN	NOT OFFERED	NOT OFFERED	NOT OFFERED	OPEN
	Female	NOT OFFERED	NOT OFFERED	OPEN	NOT OFFERED	NOT OFFERED	NOT OFFERED	OPEN
ASPIRING LEADERS CAMP (AL) Age 13	Male	OPEN	OPEN	NOT OFFERED	OPEN	OPEN	OPEN	NOT OFFERED
	Female	OPEN	OPEN	NOT OFFERED	OPEN	OPEN	FULL	NOT OFFERED
LEADER IN TRAINING CAMP (LIT) Age 14 & Completed AL or 15	Male	OPEN	OPEN	NOT OFFERED	OPEN	OPEN	OPEN	NOT OFFERED
	Female	OPEN	OPEN	NOT OFFERED	OPEN	OPEN	OPEN	NOT OFFERED
COUNSELOR IN TRAINING CAMP (CIT) Age 15 & Completed LIT or 16 with application	Male	OPEN		NOT OFFERED	OPEN		OPEN	OPEN
	Female	FULL		NOT OFFERED	OPEN		OPEN	OPEN

LEARN MORE AND REGISTER AT YCAMPIDAHO.ORG.
And hurry...camp sessions fill up quickly!



FAMILY CAMP

Don't let the kids have all the fun this summer! Now the entire family can enjoy the fun of YMCA Camp together! Activities are planned for the whole family to enjoy together. You and your family are welcome to join in on as much or as little of the group activities as you desire. Children under the age of 12 must be accompanied by an adult to all activities. Activities offered include: archery, arts & crafts, canoeing, fishing, mountain biking, rock climbing, swimming, hiking, zip line, and bb gun riflery.

2016 FAMILY CAMP SESSIONS:

May 27-30, Aug 14-17, Sep 2-5

Learn more and register at ycampidaho.org.

RETREATS & CONFERENCES

Y Camp is an excellent location for building teams, visions, and futures. We can host business retreats and other private gatherings. We offer team-building/recreational programs, conference rooms, AV/tech support, and comfortable lodging to meet all the needs of 15 to 350 people.

Book today by calling 344 5502 ext 250 or email ycamp@ymcatvidaho.org.



OUTDOOR EDUCATION

Outdoor Education at Y Camp is a wonderful opportunity for fifth and sixth graders to learn about the environment in the scenic wilderness of our Horsethief property. Meeting the state of Idaho's content standards for science, our curriculum is designed to instill a curiosity for learning about nature and the outdoors in youth. Students will hike, learn, and explore our beautiful 410 acres, focusing on geology, weather, habitats, forests, pond ecology, and more. This fun educational experience could be part of your child's school year.

Ask your child's teacher about this program to get a class trip booked today by calling 344 5502 ext 250.





YOUTH SPORTS & RECREATION

BASKETBALL

ROOKIES BASKETBALL CAMP ^{BM} ^{CA}

Rookies Basketball is a perfect fit for beginner players. Players are taught the fundamental skills of basketball, as well as the rules of the game through drills and actual playing time. They will be challenged to become self-aware and self-confident through the game of basketball.

AGES 4-6
 SESSIONS Boise Jun 20-23 | Jun 27-30 | Jul 18-21
 Caldwell Jul 11-14
 Meridian/Eagle Jun 13-16 | Jul 25-28 | Aug 1-4
 SCHEDULE M-Th, 9-10:15am
 FEE Member \$41 Non-Member \$63

BASKETBALL CAMP ^{BM} ^{CA}

Basketball Camp is a perfect fit for players of all experience levels. Players are taught the fundamental skills of basketball, as well as the rules of the game through drills and actual playing time. They will be challenged to become self-aware and self-confident through the game of basketball.

AGES 7-11
 SESSIONS Boise Jun 20-23 | Jun 27-30 | Jul 18-21
 Caldwell Jul 11-14
 Meridian/Eagle Jun 13-16 | Jul 25-28 | Aug 1-4
 SCHEDULE M-Th, 10:30am-1:00pm
 FEE Member \$67 Non-Member \$99

EVENING BASKETBALL CAMP ^{BM}

Playing basketball at the end of the day is the best! Kids will learn basketball skills, gain confidence, and make new friends in this camp.

AGES 7-11
 SESSIONS Boise Aug 1-4
 Meridian/Eagle Aug 8-11
 SCHEDULE M-Th, 5:30-8pm
 FEE Member \$67 Non-Member \$99

PREMIER BASKETBALL CAMP PRESENTED BY AAU ^H

This camp will provide high-level coaching from experienced staff. Players will be lead through drills and scrimmages to improve their playing level. This is a fun and up-tempo camp that will keep kids entertained and active all week. Players will be grouped by age and provided a camp jersey.

AGES 10-13
 SESSIONS Boys Jun 27-30 | Jul 11-14
 Girls Jun 20-23
 SCHEDULE M-Th, 8am-12pm
 FEE Member \$81 Non-Member \$125

BASKETBALL TRAINING ^H

In this camp, our coaches are trained to provide one-on-one or small group training to enhance player's game and self-confidence. The program involves a total of 4 sessions (1.5 hours per session). Kids can come alone or bring some friends to train with!

AGES 10-16
 SESSIONS Call 855 5711 ext 803 to schedule
 FEE Member \$75 for one player
 \$15/per additional player (up to 5)

AAU PREP CLINIC (BOYS) ^H

Give your player the best chance to succeed with AAU prep clinic. This prep clinic will have players running through the same drills we will have for the AAU league tryouts. This will give them an opportunity to get used to the environment, know what to expect during the actual tryouts, and be given some additional time during the drills to get comfortable.

AGES 10-13
 SESSIONS Jul 30
 SCHEDULE S, 12-2pm
 FEE Member \$35 Non-Member \$35

Helpful information regarding the Y's Cancellation and Refund Policy is available on page 22.

TVAAU PREMIER TEAM CAMP ^H

The premier team camp is a great way to get some extra time with your club team, Y-Ball team or AAU team to run through some fun individual and team competitions as well as being able to compete in scrimmages against other players in your age group.

AGES 11-13
 SESSIONS Jul 18-21
 SCHEDULE M-Th, 8am-2pm
 FEE Member \$500/per team

TVAAU SUMMER LEAGUE ^H

Youth Summer Basketball League offers both a competitive and recreational option for players going in to 5th through 9th grades (boys and girls). This is an open league, meaning kids can play with both old and new friends.

AGES 10-15
 SESSIONS Jun 6-Aug 5
 SCHEDULE M-F, 5-9pm
 FEE Member \$500/per team



TVAAU SAVE THE DATE!

TVAAU 5th-7th BOYS BASKETBALL LEAGUE TRYOUTS ^H

Save the Date!
 AGES 10-13
 TRYOUT DATES Jul 30 | Aug 13
 SCHEDULE 8am-6pm
 FEE Member \$164 player registration

VOLLEYBALL

VOLLEYBALL CAMP ^{BM} ^{CA}

Kids will get a chance to work on their volleyball game while having a blast. Our caring, knowledgeable instructors will teach basic to intermediate skills.

AGES 7-14
 DIVISIONS Youth 7-11, Teen 12-14
 SESSIONS Boise Jun 27-30 | Jul 18-21 | Aug 1-4
 Caldwell Jun 13-16
 Meridian/Eagle Jun 20-23 | Jul 25-28 | Aug 8-11
 SCHEDULE Youth 9-11:30am | Teen 12-2:30pm
 FEE Member \$67 Non-Member \$99

SAND VOLLEYBALL LEAGUE ^{BM}

This is a great way to get kids out of the house to enjoy the sun with sand beneath their feet.

GRADES 2-10
 DIVISIONS 2/3, 4/5, 6/7, 8/9/10
 REGISTER BY May 30
 SESSIONS Jun 20-Aug 11
 SCHEDULE Practices held once a week determined by coach
 Games T/Th, between 5-9pm
 FEE Member \$62 Non-Member \$93

FALL VOLLEYBALL LEAGUE ^{BM}

YMCA Volleyball league offers players a fun, educational environment to enjoy the sport of volleyball. Teams practice one evening per week and play games on six consecutive Thursdays. Player and coach requests available.

GRADES 2-7
 DIVISIONS 2/3, 4/5, 6/7
 REGISTER BY Aug 1
 SESSIONS Aug 29-Oct 13
 SCHEDULE Practices held once a week determined by coach.
 Games Th, between 5-9pm
 FEE Member \$62 Non-Member \$93

SOCCER

ROOKIES SOCCER CAMP ^{BM} ^{CA}

Rookies Soccer gives young players their first experience with their sports. Participants will learn basic soccer skills and have fun.

AGES 4-6
 SESSIONS Boise Jun 27-30 | Jul 11-14 | Aug 8-11
 Caldwell Aug 1-4
 Meridian/Eagle Jun 20-23 | Jul 25-28 | Aug 1-4
 SCHEDULE M-Th, 9-10:15am
 FEE Member \$41 Non-Member \$63

SOCCER CAMP ^{BM} ^{CA}

Soccer Camp is a great way to develop skills. There are lots of fun games and drills incorporated in this program, and caring, skilled staff provide the coaching.

AGES 7-11
 SESSIONS Boise Jun 27-30 | Jul 11-14 | Aug 8-11
 Caldwell Aug 1-4
 Meridian/Eagle Jun 20-23 | Jul 25-28 | Aug 1-4
 SCHEDULE M-Th, 10:30am-1pm
 FEE Member \$67 Non-Member \$99



EVENING SOCCER CAMP ^{BM}

Playing soccer at the end of the day is the best! Kids will learn soccer skills, gain confidence, and make new friends.

AGES 7-11
SESSIONS Jul 18-21
SCHEDULE M-Th, 5:30-8pm
FEE Member \$67 Non-Member \$99

PREMIER SOCCER CAMP ^{BM}

Designed for the upper age group, this camp focuses on specific skills and concepts. Youth will practice on full-sized fields and be coached by experienced staff. Our goal is to enhance kids' game!

AGES 10-14
SESSIONS Jul 11-14
SCHEDULE M-Th, 5:30-8pm
FEE Member \$69 Non-Member \$105

FALL ROOKIES SOCCER ^{BM}

Participants will experience their first league play, create fun names for their assigned teams, and participate in drills and games. There are no weekday practices; the entire season is held on Saturdays.

AGES 4-6
SESSIONS Sep 10-Oct 15
SCHEDULE S, 9-10:15am or 10:30-11:45am
FEE Member \$51 Non-Member \$79

FALL SOCCER LEAGUE ^{BM}

Teams practice one evening per week and play games on six consecutive Saturdays. Player and coach requests available.

GRADES K-6
DIVISIONS U6 | U8 | U10 | U12
REGISTER BY Aug 1
SESSIONS Aug 29-Oct 15
SCHEDULE Practices held once a week determined by coach Games S, between 9am-4pm
FEE Member \$62 Non-Member \$93



T-BALL

T-BALL LEAGUE ^{BM}

This summer, give your little leaguer some time on the diamond! Participants will play on a team that practices one evening per week and plays games on Thursdays. Head Coaches will be selecting the practice location and time for their team. Player and coach requests available.

AGES 4-6
REGISTER BY May 23
SESSIONS Jun 13-Aug 4
SCHEDULE Games are on Thursdays
FEE Member \$62 Non-Member \$93

FOOTBALL

FOOTBALL CAMP ^{BM} ^{CA}

Football Camp is a perfect fit for those looking to learn the fundamental skills of football, as well as the rules of the game through drills and actual play time. They will be challenged to become self-aware and self-confident through the game of football.

AGES 7-11
SESSIONS Boise Jun 13-16 | Jul 25-28
Caldwell Jun 20-23
Meridian/Eagle Jul 11-14 | Aug 8-11
SCHEDULE M-Th, 9-11:30am
FEE Member \$67 Non-Member \$99

FALL ROOKIES FOOTBALL ^{BM}

Rookies Football is a perfect fit for beginner players. They are taught the fundamental skills of football, as well as the rules of the game through drills and actual playing time.

AGES 3-6
DIVISIONS 3/4, 5/6
SESSIONS Sep 10-Oct 15
SCHEDULE S, 9-10:15am (ages 3-4), 10:30-11:45am (ages 5-6)
FEE Member \$51 Non-Member \$79



TENNIS

TENNIS CAMP ^{BM} ^{CA}

Tennis Camp is a perfect fit for players of all experience levels. They are taught the fundamental skills of tennis as well as the rules of the game through drills and actual playing time.

AGES 7-11
SESSIONS Boise Jul 11-14 | Aug 8-11
Caldwell Jun 13-16
Meridian/Eagle Jun 27-30 | Jul 25-28
SCHEDULE M-Th, 9-11:30am
FEE Member \$67 Non-Member \$99

LACROSSE

LACROSSE CAMP ^{BM}

This non-contact LAX camp will introduce players that are new to the sport or develop those who have been playing for a while. With our versatile staff, all skill levels are welcome.

AGES 7-11
SESSIONS Boise Jul 25-28 | Aug 1-4
Meridian/Eagle Jul 11-14 | Aug 8-11
SCHEDULE M-Th, 9-11:30am
FEE Member \$67 Non-Member \$99



SKATEBOARDING

SKATEBOARD CAMP ^{BM} ^{CA}

The Y's summer skate camp offers a new style of adventure! No matter the skill level, kids have the opportunity to learn, develop, and be a positive role model in the sport of skateboarding. All ability and skill levels welcome.

AGES 7-14
SESSIONS Jun 20-23 | Jul 11-14 | Jul 18-21 | Aug 15-18
SCHEDULE M-Th, 9am-12pm
FEE Member \$67 Non-Member \$99

FALL SKATEBOARD TEAM ^{BM} ^{CA}

No matter the skill level, kids will have the opportunity to learn, develop skills, and be a positive role model for others. The goal of the team is to develop a love for the sport and build self-confident athletes. Coaches bring old school and new school skate styles together for a fun team experience.

AGES 7-14
SESSIONS Sep 10-Oct 29
SCHEDULE W & S
FEE Member \$99 Non-Member \$131

TRACK & CROSS COUNTRY

SUMMER TRACK & FIELD ^{BM} ^{CA}

Team Idaho Summer Track is for kids ages 6 years and older. We have various times and locations. Practices are held twice a week, unless in the Advanced program, which meets three times a week. Training is for all ability levels, with the Advanced training targeting those athletes wishing to go to regional and national meets.

AGES Youth 6-10, Teen 11+, Advanced 11+
SESSIONS May 31-Jul 22
SCHEDULE Visit ymcatvidaho.org for detailed schedule.
YOUTH FEE Member \$60 Non-Member \$80
TEEN FEE Member \$80 Non-Member \$110
ADV. FEE Member \$110 Non-Member \$160

YOUTH CROSS COUNTRY ^{BM} ^{CA}

Team Idaho Youth Cross Country is geared toward the beginning runner, with the idea of teaching lifetime healthy habits. However, we accept and train all levels and abilities. This program is available at five locations at various times. Weekly Wednesday meets start on September 21st and finish on October 26th.

AGES 6-13
SESSIONS Sep 7-Oct 26
SCHEDULE M&W, 5:30-6:30pm
FEE Member \$55 Non-Member \$80

ALL-COMERS TRACK MEET ^{BM}

The YMCA All-Comers meets are open to anyone who wants to compete, regardless of ability or age. No special team affiliation is required. All field and running events will be available at each competition.

AGES 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-39, 40+
SESSIONS Jun 2-Jul 21
SCHEDULE Th, 5:30pm
FEE Member \$2/per event Non-Member \$3/per event

YMCA TEAM IDAHO CLASSIC ^{BM} ^{CA}

This is a wrap-up to the Team Idaho All-Comers meet series. This regional meet is open to all ages and ability levels, including Masters competitors.

AGES 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-39, 40+
SESSIONS Jul 21
SCHEDULE M & W
FEE \$5 per event



TRIATHLON

YOUTH TRI SUMMER CONDITIONING ^D ^W

Promote a lifelong passion for sports while building speed, mobility, strength, and injury prevention. Athletes will learn the foundations of proper form and technique needed to prepare for the upcoming season. Kids will learn the value of strength and enhanced fitness skills, developing self-esteem, teamwork, goal setting, self-discipline, and friendly competition.

AGES 10-16
SESSIONS Jun 7-30 | Jul 5-29 | Aug 2-19
SCHEDULE T/Th, 4:30-6pm
FEE Member \$30 Non-Member \$50

YOUTH TRIATHLON CAMP ^D ^W ^G

This week is full of daily swim, bike, and run training, which is a great way for youth to get involved in the sport of Triathlon. Training will include structured coaching to develop skills in the areas of swimming, biking, and running, as well as transitions and nutrition. Entry into a YMCA Triathlon will conclude the week, allowing kids to put their work into practice!

AGES 8-15
SESSIONS Jun 13-17 | Jul 18-23 | Aug 15-20
SCHEDULE M-F, 9am-1pm
FEE Member \$100 Non-Member \$150

CLIMBING

LITTLE MONKEYS CLIMBING CAMP ^W

In addition to learning a new skill, your child will learn the Y values of caring, honesty, respect and responsibility.

AGES 4-6
SESSIONS Jun 6-10 | Jul 18-22 | Jul 25-29
SCHEDULE M-F, 9-10:30am or 10:30am-12:00pm
FEE Member \$60 Non-Member \$90



CLIMBING CAMP ^{C D W}

Summer is a great time to come and climb! Climbing Camp provides an opportunity for climbers at all levels to come and experience climbing the rock wall while meeting new friends.

AGES 6-12
SESSIONS Caldwell Jul 25-29 | Aug 15-19
Downtown Jun 6-10 | Jun 20-24 | Jul 18-22
West Jun 6-10 | Jun 13-17 | Jun 27-Jul 1
Jul 18-22 | Jul 25-29 | Aug 1-5
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

MARTIAL ARTS

YOUTH NINJITSU ^C

Youth Ninjitsu is a non-competitive martial arts program for kids of all ages and skill levels. This class teaches the traditional martial arts of Japan and the skills of Ninjitsu in a fun and lively manner. Four levels: Lil' Ninjas Introduction ages 4-6, Lil' Ninjas Intermediate ages 7-9, Ninja Heroes Intermediate ages 10-17, Ninja Heroes Advanced ages 10-17.

AGES 4-17
SESSIONS 4 week sessions
SCHEDULE T/Th, time varies per level,
Visit ymcatvidaho.org for detailed schedule.
FEE Member \$25 Non-Member \$37.50

Helpful information regarding the Y's Cancellation and Refund Policy is available on page 22.

DANCE & CHEER

SPIRIT SQUAD CAMP ^C

Through tumbling, dance, and fun with spirit sticks, kids will learn the fundamentals of cheerleading during this week-long introductory cheer camp. Performances will be held at end of the week.

AGES 6-12
SESSIONS Caldwell Jun 13-17 | Aug 1-5
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

STORY BOOK DANCE CAMP ^W

Each day we will explore different dance concepts as we adventure in the land of pirates and princesses, butterflies and dinosaurs. Dancers will learn how to create their own movement, learn ballet technique, discover new ways to move, make new friends, and have tons of storybook fun!

AGES 3-8
SCHEDULE Visit ymcatvidaho.org for schedule.
FEE Member \$30 Non-Member \$45

ZUMBA CAMP ^C

Sure, chillin' out is cool, but rockin' out is a blast! That's why kids will love the Zumba Kids Fitness Camp. It's a fast-forward fusion of the Zumba program (salsa, cumbia, reggaeton, hip-hop, and more) and high-octane workouts, designed to let kids ages 5-12 max out on fun and fitness. Choreography will be highlighted at the end of the week during a public performance.

AGES 6-11
SESSIONS Jul 18-22
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

OTHER SPORTS

PICKLEBALL CAMP ^{BM}

Come try something new and learn the sport of Pickleball. Players will learn the rules of the game and practice the basic skills of this exciting sport.

AGES 6-11
REGISTER BY One week prior to start of session
SESSIONS Jul 11-14 | Aug 1-4
SCHEDULE M-Th, 9-11:30am
FEE Member \$57 Non-Member \$85

DISC CAMP ^D

In this awesome active camp, kids will get a chance to learn or improve their disc-throwing skills, learn the game of disc golf, know when to use a putter, mid-range, or driver, and maybe ace a hole using a tomahawk throw! Kids will play different courses in the Boise area.

AGES 6-12
SESSIONS Jun 13-17
SCHEDULE M-F, 9am-1pm
FEE Member \$110 Non-Member \$165



YOUTH HEALTH & FITNESS

FITNESS CAMPS

YOUTH STRENGTH & CARDIO ^{C D H W}

The Y's goal is to create an atmosphere in which youth feel safe and confident while using our various fitness areas. In order to achieve this, the Treasure Valley Family YMCA conducts youth cardio and strength orientations designed to instill confidence and understanding in youth as they strive to live an active and healthy life. These orientations are meant to teach kids safety, etiquette, and basic fitness guidelines, giving youth a sense of knowledge and belonging while using the YMCA fitness areas. For more information on Youth Cardio & Strength training, contact any branch at the numbers listed below:

Caldwell 459 2498 ext 661
Downtown 344 5502 ext 220
Homecourt 855 5713 ext 804
West 377 4886 ext 455

PRE-K ADVENTURES CAMP ^{C D}

Join us for this super silly camp adventure. Preschoolers will have a blast swimming, climbing, bouncing, and making friends in this day camp. Camp includes arts & crafts & sports and activities.

AGES 4-6
SESSIONS Caldwell Jun 27-Jul 1
Downtown Jun 20-24 | Jul 11-15
SCHEDULE M-F, 9-10:30am or 10:30am-12:00pm
FEE Member \$60 Non-Member \$90

ENDLESS SUMMER CAMP ^{BM}

Summer, don't go! Kids can end summer with this mix of sports, arts, education, and more! With a focus on teaching children how to stay active and healthy, we will combine classic sports and activities with ongoing education on healthy living and social responsibility. No day will be the same - our curriculum will keep kids entertained and enthused.

AGES 6-12
REGISTER BY One week prior to start of session
SESSIONS Boise Aug 8-12
Meridian/Eagle Aug 15-19
SCHEDULE M-F, (FD)9am-5pm, (HD) 9am-1pm, or 1-5pm
FULL DAY FEE Member \$132 Non-Member \$196
HALF DAY FEE Member \$77 Non-Member \$113

FITNESS SUPERSTARS ^C

This health and fitness training program is designed specifically for youth ages 7 and up. It focuses on different healthy activities for 30 minutes, Monday through Thursday. Kids can attend one or all of the sessions each week. Schedule: Monday balance, Tuesday cardio, Wednesday flexibility, and Thursday strength.

AGES 7+
SCHEDULE M-Th, 4:30-5pm
FEE Member Free Non-Member Day Pass Required

STRONG KIDS CAMP ^C

Kids will learn about health, fitness, and fun while incorporating our traditional focus on healthy body, mind, and spirit. This camp will help create a true YMCA Strong Kid.

AGES 6-11
SESSIONS Jun 6-10 | Aug 15-19
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

OLYMPICS CAMP ^{C D W}

Want to be in the Olympics when you grow up? This funky YMCA Olympic Camp is a perfect start. Camps will provide an opportunity for kids to come up with their own country to represent at the 2016 Y Olympics, while participating in various sports with a funky Y twist.

AGES 6-12
SESSIONS Caldwell Aug 1-5
Downtown Jun 27-Jul 1 | Jul 18-22 | Aug 1-5
West Jun 6-10 | Jul 11-15 | Jul 25-29
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

TEEN OLYMPICS CAMP ^D

Gold, Silver, Bronze! Join us for the 2016 Y Olympics! Campers will participate in various sports and Olympic Games representing their teams in competitions. If you like being physically active all day, than this is the right camp for you.

AGES 12-14
SESSIONS Jul 11-15
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Remove this helpful tool and keep it handy
while planning your family's summer!



PLAN YOUR SUMMER

OUR SUMMER SCHEDULE

Keep track of all your family's Y activities this summer! Simply record the programs you have signed up for each week, and you and your kids will always know what to look forward to!

	CHILD'S NAME:	CHILD'S NAME:	CHILD'S NAME:
Jun 6-10			
Jun 13-17			
Jun 20-24			
Jun 27-Jul 1			
Jul 11-15			
Jul 18-22			
Jul 25-29			
Aug 1-5			
Aug 8-12			
Aug 15-19			

CANCELLATION & REFUND POLICY

No credits, refunds, or program/camp transfers will be allowed within 7 days of the start of the program or camp in which you are registered. If you wish to make a change (transfer) or cancel your registration prior to the 7 day cut off, you will be given two options:

- 1) A full refund to your credit card or method of payment. Please allow a few days for processing.
- 2) A system credit towards another camp or program at the YMCA.

Prior to the start of camp, we pay for buses, staffing, admission tickets and all supplies. Therefore, our cancellation & refund policy has been created with those expenses in mind.

WHAT HAPPENS IF THE YMCA CANCELS THE PROGRAM OR CAMP?

The YMCA reserves the right to cancel any program or camp due to unforeseen circumstances (i.e. extreme weather conditions, emergency facility issues, etc.). If the YMCA cancels your program or camp, you will be offered two options: 1) a full refund or 2) a system credit to be used towards another camp or program.



YOUTH SPECIALTY

STEM

LITTLE ENGINEERS – SIMPLE MACHINES C D W

This class will give your younger child the hands-on experience needed to begin to understand the concepts of wheels, axles, gears, force, and drag.

AGES	4-6		
SESSIONS	Caldwell	Jun 20-24	
	Downtown	Jun 6-10 Jun 27-Jul 1 Jul 25-29	Aug 8-12
	West	Jul 11-15 Aug 1-5	
SCHEDULE	M-F, 9-10:30am or 10:30am-12:00pm		
FEE	Member \$60	Non-Member \$90	

LITTLE ENGINEERS – LITTLE STRUCTURES C D W

How tall can you go? Your child will learn about balance, building, stability within structures, design, and problem solve as they build models out of DUPLO LEGO sets.

AGES	4-6		
SESSIONS	Caldwell	Jun 6-10 Jul 11-15	
	Downtown	Jun 6-10 Jun 27-Jul 1 Jul 25-29	Aug 8-12
	West	Jun 20-24 Jul 25-29	
SCHEDULE	M-F, 9-10:30am or 10:30am-12:00pm		
FEE	Member \$60	Non-Member \$90	

MAD SCIENCE CAMP C D W

Does your child like to experiment? In this camp, kids will do all sorts of fun experiments exploring topics like magnets, chemical reactions, and coming up with their own scientific hypothesis.

AGES	6-12		
SESSIONS	Caldwell	Jun 6-10 Jul 25-29	
	Downtown	Jun 6-10 Jun 20-24 Jul 18-22	Aug 1-5
	West	Jun 6-10 Jun 20-24 Jun 27-Jul 1	Aug 1-5
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

BATTLEBOTS CAMP C D W

Kids will build robots, motorized cars, hydraulic lifts, and more, all with mini motors and battery packs.

AGES	6-12		
SESSIONS	Caldwell	Jun 13-17 Jul 18-22 Aug 15-19	
	Downtown	Jun 20-24 Jul 25-29 Aug 8-12	
	West	Jun 6-10 Jun 27-Jul 1 Jul 11-15	
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

SIMPLE MACHINES CAMP C D W

Simple machines are the building blocks for developing any young person into a master builder. In this class, kids will learn about structural engineering by building levers, pulleys, gears, wheels, and axles with Legos.

AGES	6-12		
SESSIONS	Caldwell	Jun 20-24 Jul 25-29	
	Downtown	Jun 13-17 Jul 18-22	
	West	Jun 6-10 Jul 11-15 Aug 1-5	
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

ROBOTICS 101 CAMP C D W

Using LEGO Mindstorm, kids will visualize, build, and program their own robot! With the help of laptops, they will program their robot to do a variety of different actions with the help of ultrasonic sound, light, and touch sensors.

AGES	6-12		
SESSIONS	Caldwell	Jun 27-Jul 1 Aug 1-5	
	Downtown	Jun 6-10 Jul 11-15	
	West	Jun 20-24 Jul 25-29	
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

STRUCTURE MADNESS CAMP C D W

In this camp, children will learn all about buildings, with focus on architecture, structural engineering, how different forces effect structures, and most importantly, how imagination creates new and unique architecture.

AGES	6-12		
SESSIONS	Caldwell	Jun 6-10 Jul 11-15 Aug 8-12	
	Downtown	Jun 27-Jul 1 Aug 1-5 Aug 15-19	
	West	Jun 20-24 Jun 27-Jul 1 Jul 18-22	
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

WACKY ENGINEERING & CODE CAMP C D

Wacky Engineering & Code camp is an exciting new Y camp! Over a week, students will learn to work together, solve problems, and complete projects using fundamentals & principles of coding and engineering. This camp is held both indoors (computer-based) and outdoors (unplugged).

AGES	6-12		
SESSIONS	Caldwell	Jun 20-24 Jul 11-15	
	Downtown	Jun 13-17 Jun 27-Jul 1 Jul 11-15	Jul 25-29 Aug 8-12
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

TEEN CODE & ENGINEERING CAMP C D

This camp is the perfect combination of plugged and unplugged activities. Teens will be given engineering and coding challenges to solve as a group, providing many opportunities to show off their imaginations and creativity, while making new friends in the process.

AGES	12-14		
SESSIONS	Caldwell	Aug 1-5	
	Downtown	Jul 25-29	
SCHEDULE	M-F, 1-5pm		
FEE	Member \$110	Non-Member \$165	

ART, DRAMA & MUSIC

LITTLE PICASSO ART CAMP D

Kids will explore different types of art and learn about the artists who create it. Campers will create their own art work using new techniques learned in camp and will show off their art work at an art show at the end of the week.

AGES	4-6		
SESSIONS	Jun 13-17 Jul 11-15 Aug 1-5		
SCHEDULE	M-F, 9-10:30am		
FEE	Member \$60	Non-Member \$90	



ARTFUL ANTICS CAMP C D W

Come and use your imagination and creativity in this exciting summer art camp. Campers will be exposed to age-appropriate art projects throughout the week that will be highlighted at the end of the week in an art show.

AGES	6-12		
SESSIONS	Caldwell	Jun 20-24 Jul 11-15	
	Downtown	Jun 6-10 Jun 20-24 Jun 27-Jul 1	Jul 18-22 Aug 1-5
	West	Jun 6-10 Jun 13-17 Jun 20-24	Jul 11-15 Jul 25-29
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

WIRE & MOSAIC CAMP C

In this camp, kids will get to learn about traditional mosaic art and necklace-making. Their inner artist will come out in their projects.

AGES	6-11		
SESSIONS	Jun 27-Jul 1 Aug 8-12		
SCHEDULE	M-F, 1-5pm		
FEE	Member \$110	Non-Member \$165	

JR CHEF'S COOKING CAMP C D W

This camp is designed to be a hands-on cooking experience. It will cover meal planning, nutrition, and foods from multiple cultures.

AGES	6-11		
SESSIONS	Caldwell	Jun 13-17 Jul 25-29	
	Downtown	Jun 27-Jul 1 Jul 25-29 Aug 8-12	Aug 15-19
	West	Jun 6-10 Jun 13-17 Jun 20-24	Jun 27-Jul 1 Jul 18-22 Aug 1-5
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

FASHION CAMP C D W

Kids will get a chance to learn about design, shape, texture, and form in this week-long camp. They will have a chance to explore fashion from all around the world and through the decades, then create their own outfit. Parents are invited to the runway show at the end of the week.

AGES	6-12		
SESSIONS	Caldwell	Jun 20-24 Jul 11-15	
	Downtown	Jun 6-10 Jun 20-24 Jul 11-15	Aug 1-5
	West	Jun 6-10 Jun 20-24 Jul 18-22	Aug 1-5
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

DRAMA CAMP D

Kids will come together to create and direct their own theatrical production. All participants will take part in developing an amazing play, learning about makeup and costume design, scripts and public speaking. They will show off their creation to parents at the end of the week.

AGES	6-12		
SESSIONS	Jul 11-15 Aug 8-12		
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

MUSIC MAKERS CAMP C D W

In this camp, kids will explore the world of music. They will have an opportunity to create their own musical performance and show off at the end of the week.

AGES	6-12		
SESSIONS	Caldwell	Jun 27-Jul 1 Aug 8-12	
	Downtown	Aug 8-12	
	West	Jul 11-15 Jul 18-22 Jul 25-29	Aug 1-5
SCHEDULE	M-F, 9am-1pm or 1-5pm		
FEE	Member \$110	Non-Member \$165	

LITTLE AUTHORS CAMP ^W

This is a great way for your young child to use his/her imagination through storytelling and illustrations.

AGES 4-6
SESSIONS Jun 13-17 | Jun 27-Jul 1 | Jul 18-22
SCHEDULE M-F, 9-10:30am or 10:30am-12pm
FEE Member \$60 Non-Member \$90

AUTHORS CAMP ^{D W}

Budding authors will create a story of adventure, mystery, or SCI-FI fantasy. Authors Camp will provide kids with the opportunity to write, publish, and illustrate their own short story.

AGES 6-12
SESSIONS Downtown Jun 6-10 | Jul 11-15 | Jul 18-22
Aug 1-5
West Jun 20-24 | Jun 27-Jul 1 | Jul 18-22
Jul 25-29
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

GIRL POWER! CAMP ^{C D W}

Rosie the Riveter will inspire us as we show every girl the ability she has to be powerful and strong, and reach their full potential. In this girls -only camp, girls will have an opportunity to explore art, science, engineering, and physical activity in a safe and inviting environment.

AGES 6-12
SESSIONS Caldwell Aug 8-12
Downtown Aug 8-12
SCHEDULE M-F, 9am-1pm
FEE Member \$110 Non-Member \$165

MAGIC CAMP ^{C D W}

Magic is more than tricks! This camp teaches the framework of a magic effect and the development of performance that makes up the craft, including hand-eye coordination, public speaking, humor, prop making, costuming, and character work.

AGES 6-12
SESSIONS Caldwell Aug 1-5
Downtown Jun 6-10 | Jun 20-24 | Jul 18-22
Aug 8-12
West Jun 13-17 | Jun 27-Jul 1 | Jul 11-15
Jul 25-29
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

LITTLE PRINCESS CAMP ^{C D W}

Be a part of the Royal Family as we create a week of fairytale fun. Each Little Princess will decorate her very own tiara and wand, participate in her own tea party, and will help build a castle. Dress up is encouraged!

AGES 4-6
SESSIONS Caldwell Jun 13-17 | Jul 18-22
Downtown Jun 20-24 | Jul 18-22
West Jun 13-17 | Jun 27-Jul 1 | Aug 1-5
SCHEDULE M-F, time varies per facility
FEE Member \$60 Non-Member \$90

Helpful information regarding the Y's Cancellation and Refund Policy is available on page 22.

SUPERHEROES CAMP ^{D W}

Ready to reveal your super hero powers? In this week-long camp, campers will design and create their own superhero costumes complete with superhero power. Powers will be put to test in various superhero challenges.

AGES 4-6
SESSIONS Downtown Jun 13-17 | Jul 18-22 | Aug 1-5
West Jun 6-10 | Jun 20-24 | Jul 11-15
SCHEDULE M-F, time varies per facility
FEE Member \$60 Non-Member \$90

WIZARDS CAMP ^{D W}

Kids will explore the magic of the beloved book and movie series through a week filled with Quidditch, arts & crafts, and science experiments. Campers will learn how to play Quidditch in their own teams of fellow muggles.

AGES 6-12
SESSIONS Downtown Jun 13-17 | Jun 27-Jul 1 | Jul 25-29
West Jun 13-17 | Jun 20-24 | Jul 11-15
Aug 1-5
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165

JEDI GALAXY CAMP ^{C D W}

Is your young knight ready to be a Jedi? Your child will make their own light savor and train in the honorable ways of the force. This great week-long camp will also explore science, space, and allow kids to be creative as they explore all things Jedi.

AGES 6-12
SESSIONS Caldwell Jul 18-22 | Aug 15-19
Downtown Jun 6-10 | Jun 20-24 | Jul 11-15
Jul 18-22 | Aug 1-5 | Aug 15-19
West Jun 13-17 | Jun 27-Jul 1 | Jul 18-22
Jul 25-29
SCHEDULE M-F, 9am-1pm or 1-5pm
FEE Member \$110 Non-Member \$165



PARTY AT THE Y! ^{C D W}

Whether it's a birthday, graduation, company retreat, or just for the fun of it, the Y would love to host your next gathering. You can enjoy one of our family-friendly spaces.

Packages to choose from:

Package covers 15 kids, \$11 for each additional child
Swimming: \$150 (1.5 hours)
Climbing: \$170 (1.5 hours)
Combo: \$220 (1.5 hours swimming/ 1.5 hours climbing)

Each package includes:

Party room (1 hour), cake & punch, kids place setting, Balloons, party favors, and set up & clean up.

For more information, please contact:

Caldwell Youth Director, 459 2498 ext 654
Downtown Youth Coordinator, 344 5502 ext 263
West Youth Coordinator, 377 9622 ext 441

PASSPORT ADVENTURE CAMP ^{C D}

Youth will travel the world in this fun week-long adventure camp. We will study a variety of cultures from all over the world including activities that explore foods, games, and art from around the globe.

AGES 6-12
SESSIONS Caldwell Jun 6-10 | Jul 18-22
Downtown Jun 13-17 | Jul 25-29
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

SURVIVAL CAMP ^D

This week-long camp will teach kids about building a shelter, how to find food and water in the wilderness, using Morse code, practicing knife safety, and much more. Each child should come prepared to spend the day outside.

AGES 6-12
SESSIONS Jun 13-17 | Jun 27-Jul 1 | Jul 11-15
Jul 25-29 | Aug 8-12 | Aug 15-19
SCHEDULE M-F, 9am-1pm
FEE Member \$110 Non-Member \$165

WILD ABOUT WATER CAMP ^W

While playing a variety of games inside and outside of the pool, your child will learn to be more confident in and around the water. This camp does not offer swimming lessons.

AGES 6-12
SESSIONS Jun 13-17 | Jul 11-15 | Jul 18-22 | Aug 1-5
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

GARDEN CAMP ^C

In this camp, kids will get their hands dirty while learning the fun and life-long skill of gardening. Instructors will teach the science of how plants grow, thrive, and produce yummy fruits and vegetables.

AGES 6-11
SESSIONS Jun 13-17
SCHEDULE M-F, 9am-1pm
FEE Member \$110 Non-Member \$165

KINDERGARTEN READINESS ^C

In this camp, we will spend the week focusing on math and literacy skills, as well as social interactions and following directions. Let's get ready for Kindergarten together!

AGES 4-6, going into Kindergarten
SESSIONS Jul 25-29 | Aug 1-5
SCHEDULE M-F, 9am-12pm
FEE Member \$90 Non-Member \$120

TRADITIONAL SUMMER DAY CAMP ^D

Rock climbing, swimming, playing games, and more are all part of this awesome, fun-filled, action-packed camp. Kids will participate in games, creative activities, adventure, all while making some new friends along the way! Campers must bring a refillable water bottle & closed-toe shoes. Campers are asked to bring a snack and a lunch.

AGES 6-12
SESSIONS Jun 6-10 | Jun 13-17 | Jun 20-24 | Jun 27-Jul 1
Jul 11-15 | Jul 18-22 | Jul 25-29 | Aug 1-5
Aug 8-12 | Aug 15-19
SCHEDULE M-F, 9am-5pm
FEE Member \$220 Non-Member \$330

TEEN CAMPS

URBAN ADVENTURE TEEN CAMP ^{C D W}

Kick it with our awesome Y staff for the week while exploring downtown Boise and participating in team challenges, scavenger hunts, group sports and games, and cruising through Boise on your bike! This is a fun-filled, super active week of awesomeness! Teens must bring a refillable water bottle & closed-toe shoes. Bring your bike, helmet and a lunch each day.

AGES 12-14
SESSIONS Jun 6-10 | Jun 20-24 | Jul 18-22 | Aug 1-5
SCHEDULE M-F, 9am-5pm
FEE Member \$220 Non-Member \$330

TEEN LEADERSHIP CAMP ^D

What better way to learn how to be a leader than in a fun-filled, high energy Leadership Camp? Teens will participate in team-building activities, problem-solving challenges, and other fun obstacles to help enhance their leadership skills.

AGES 12-14
SESSIONS Jun 13-17
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

TEEN CODE & ENGINEERING CAMP ^{C D}

This camp is the perfect combination of plugged and unplugged activities. Teens will be given engineering and coding challenges to solve as a group, providing many opportunities to show off their imaginations and creativity, while making new friends in the process.

AGES 12-14
SESSIONS Caldwell Aug 1-5
Downtown Jul 25-29
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

TEEN ART CAMP ^{C D}

Want to create a masterpiece, or perhaps just channel your inner artist? Teen Art Camp offers an opportunity for teens to explore painting, drawing, sculpting while gaining inspiration from famous artists from around the world.

AGES 12-14
SESSIONS Caldwell Aug 1-5
Downtown Jun 27-Jul 1
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165

TEEN OLYMPICS CAMP ^D

Gold, Silver, Bronze! Join us for the 2016 Y Olympics! Campers will participate in various sports and Olympic Games representing their teams in competitions. If you like being physically active all day, than this is the right camp for you.

AGES 12-14
SESSIONS Jul 11-15
SCHEDULE M-F, 1-5pm
FEE Member \$110 Non-Member \$165



SWIM LESSONS

VISIT YMCATVIDAHO.ORG FOR DETAILED SCHEDULES.



	C CALDWELL Y		D DOWNTOWN Y		W WEST Y - CITY	
	2-WEEK SESSIONS MEMBER \$35 NON-MEMBER \$69	4-WEEK SESSIONS MEMBER \$35 NON-MEMBER \$69	2-WEEK SESSIONS MEMBER \$44 NON-MEMBER \$70	4-WEEK SESSIONS MEMBER \$44 NON-MEMBER \$70	2-WEEK SESSIONS MEMBER \$44 NON-MEMBER \$70	4-WEEK SESSIONS MEMBER \$44 NON-MEMBER \$70
PARENT/CHILD LESSONS Ages 3 & younger	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 Jul 11-Aug 6 Aug 8-Sep 3	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 3-Week Session Jul 11-30 Aug 1-20	Jun 6-16 Jun 20-30 Jul 5-15 Jul 18-28 Aug 1-11	Jun 6-30 Jul 5-28 Aug 1-18
SKIPPERS LESSONS Ages 3-5	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 Jul 11-Aug 6 Aug 8-Sep 3	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 3-Week Session Jul 11-30 Aug 1-20	Jun 6-16 Jun 20-30 Jul 5-15 Jul 18-28 Aug 1-11	Jun 6-30 Jul 5-28 Aug 1-18
PROGRESSIVES LESSONS Ages 6-14	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 Jul 11-Aug 6 Aug 8-Sep 3	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 3-Week Session Jul 11-30 Aug 1-20	Jun 6-16 Jun 20-30 Jul 5-15 Jul 18-28 Aug 1-11	Jun 6-30 Jul 5-28 Aug 1-18
ADULT LESSONS Ages 15+	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 Jul 11-Aug 6 Aug 8-Sep 3	Jun 6-16 Jun 20-30 Jul 11-21 Jul 25-Aug 4 Aug 8-18	Jun 6-Jul 2 3-Week Session Jul 11-30 Aug 1-20	Jun 6-16 Jun 20-30 Jul 5-15 Jul 18-28 Aug 1-11	Jun 6-30 Jul 5-28 Aug 1-18
ADDITIONAL CLASS OPTIONS	C Contact the Caldwell Y for pricing.		D Contact the Downtown Y for pricing.		W Contact the West Y for pricing.	
BUILD YOUR OWN CLASS All Ages	CALL TO SCHEDULE 459 2498 ext 675		CALL TO SCHEDULE 344 5502 ext 229		CALL TO SCHEDULE 377 9622 ext 454	
SEMI-PRIVATE LESSONS All Ages	CALL TO SCHEDULE 459 2498 ext 675		CALL TO SCHEDULE 344 5502 ext 229		CALL TO SCHEDULE 377 9622 ext 454	
PRIVATE LESSONS All Ages	CALL TO SCHEDULE 459 2498 ext 675		CALL TO SCHEDULE 344 5502 ext 229		CALL TO SCHEDULE 377 9622 ext 454	



AQUATICS

WATER SPORTS & RECREATION

INTRO TO SNORKELING C D W

This class is designed to introduce snorkeling to families. Participants can bring their own equipment (snorkel, mask, fins) or use the Y's.

AGES 6+
 SESSIONS Jun 20 | Jul 18 | Aug 15
 SCHEDULE S, 10-10:45am
 REQUIREMENT Must be able to swim 15-20 yards independently.
 FEE Member \$5 Non-Member \$10

SYNCHRONIZED SWIMMING CAMP D

This class is designed for beginner synchronized swimmers. Participants can bring their own equipment (swim cap, nose clip) or use the Y's.

AGES 6-10
 SESSIONS Jun 13-16 | Jun 27-30 | Jul 18-21 | Aug 1-4
 SCHEDULE M-Th, 11:20am-12:20pm
 REQUIREMENT Must be able to swim 15-20 yards independently.
 FEE Member \$15 Non-Member \$20

KAYAK LESSONS W

Cascade Raft & Kayak Company will provide teachings in all levels of Kayaking. Participants will begin in the pool and work up to the river.

AGES 8+
 SCHEDULE Downtown 344 5502 ext 227
 West M, 6:30-7:30am or 7:30-8:30pm
 FEE Member \$5 Non-Member \$10

INTRO TO WATER POLO CAMP C

Participants will be taught technique for mobility, passing, shooting, and the basics of tactical water polo.

AGES 11-15
 SESSIONS Jun 13-17 | Jul 11-15
 SCHEDULE M-F, 11am-12pm
 REQUIREMENT Must be able to swim 25 yards freestyle.
 FEE Member \$30 Non-Member \$45

INNER TUBE WATER POLO CAMP C

This is a great camp for new water polo players who want to gain a basic knowledge of the sport.

AGES 9-14
 SCHEDULE 459-2498 ext 675
 FEE Member \$30 Non-Member \$45

WATER POLO CLUB W

This is an Official USA Water Polo Club. This club is open to students from any high school in the Treasure Valley. Participants will be taught technique for mobility, passing, shooting, and the basics of tactical water polo. No previous water polo experience required.

AGES 10-18
 SCHEDULE T & Th, 6:30-8pm
 REQUIREMENT Must be able to swim 50 yards.
 FEE Visit ymcatvidaho.org for fees.

SWIM TEAM

LAST (LEARN ABOUT SWIM TEAM) D W

Learn About Swim Team is designed to introduce intermediate and advanced swimmers to a recreational swim team experience.

AGES 8+
 SCHEDULE Downtown Visit ymcatvidaho.org for schedule.
 West T & Th, 6:45-7:30pm
 D FEE Member \$44 Non-Member \$70
 W FEE Member \$66 Non-Member \$85

BOISE Y SWIM TEAM D W C

The Boise Y Swim Team is a year-round competitive swimming program for young men and women. This team is a member of USA Swimming. Our primary objectives are to provide meaningful experiences for swimmers of all levels with emphasis in helping members exemplify the YMCA core character values of caring, honesty, respect and responsibility. We also aim to provide a competitive swimming program which will give all members the opportunity to attain their goals in swimming whether they are at the local, regional, national, or international levels.

AGES 6-19
 CONTACT boiseyswimteam.org

BLUE MARLINS RECREATIONAL SWIM TEAM W

This recreational swim team helps kids learn competitive swimming skills. Participants will work with coaches on all four competitive strokes, dive starts, and turns. Participants will compete in 5 meets against other local swim clubs.

Sessions available year-round. Each participant receives a team shirt and swim cap.
 AGES 5-18, age determined as of June 1st
 SESSIONS Jun 6-Aug 5
 SCHEDULE 10 & under M-F, 1-2pm
 11 & up M-F, 2-3pm
 PREREQ Visit ymcatvidaho.org for detailed list.
 FEE Member \$135 Non-Member \$165
 Additional Child FEE Member \$115 Non-Member \$125
 CONTACT bluemarlins@ymcatvidaho.org

WEST Y CITY SWIM TEAM W

This summer league swim team is designed to provide a solid foundation of competitive swimming skills. Participants will improve their swimming in each of the four competitive strokes, freestyle, breaststroke, backstroke, and butterfly, and will have the opportunity to compete in meets between other city and private pool teams. Each participant receives a team shirt and swim cap.

AGES 5-18, age determined as of June 1st
 SESSIONS Jun 6-Jul 23
 SCHEDULE M-F, 9am-12pm (time dependent on age group)
 PREREQ Visit ymcatvidaho.org for detailed list.
 FEE Member \$140 Non-Member \$170
 Additional Child FEE Member \$115 Non-Member \$130

DIVING

DIVE LESSONS W

These 45-minute diving lessons will focus on strength, flexibility, and form. Three levels are available.

AGES 6+
 SESSIONS 2 & 4-week sessions available.
 SCHEDULE 377 9622 ext 438
 FEE Member \$66 Non-Member \$85

DIVE TEAM WEST W

Boise Y Divers is a year-round program for intermediate and advanced divers. This is an Official USA Dive Club program for swimmers from the novice level to the YMCA National Trials. Must be a Y member.

AGES 6-19
 SCHEDULE Silver Team meets four times a week.
 Gold Team meets five times a week.
 PREREQ Visit ymcatvidaho.org for detailed list.
 SILVER FEE Member \$150 *Y membership required
 GOLD FEE Member \$200 *Y membership required



TRAINING & CERTIFICATIONS

ASHI CPR & FIRST AID CERTIFICATION CLASS C D W

Participants will learn the skills and knowledge needed to provide basic life support in an emergency.

AGES 12+
 SCHEDULE Caldwell 2nd Saturday of each month
 CPR: 9am-1pm, First Aid: Call 459 9622 ext 675
 Downtown 3rd Saturday of each month
 CPR: 9am-1pm, First Aid: 1:30-5pm
 West 1st Saturday of each month
 CPR: 9am-1pm, First Aid: Call 377 9622 ext 438
 FEE Member \$35 Non-Member \$70

Y LIFEGUARD C D W

The YMCA has the most comprehensive lifeguarding program in the country. Its curriculum includes Lifeguarding certification, CPR for the professional Rescuer, AED Essentials, First Aid and Emergency Oxygen Administration. In addition to the Pool Lifeguarding certification, the participants will be certified in Water Park and Waterfront Lifeguarding. Attendance is mandatory at all sessions for certification. Fee includes course materials, certifications, CPR mask, fanny pack, and a whistle.

AGES 16+
 SCHEDULE Caldwell 459 2498 ext 671
 Downtown 344 5502 ext 227
 West 377 9622 ext 428
 PREREQ Visit ymcatvidaho.org for detailed list.
 FEE Member \$200 Non-Member \$250

Y SWIM LESSON INSTRUCTOR C D W

This course provides training for instructors who want to teach Y Swimming Lessons. It provides certification in CPR, AED, and First-Aid. Participants must be 16 years old by the last day of class. In order to achieve certification, one must attend all sessions and complete all assignments and tests with passing grade.

AGES 16+
 SCHEDULE Caldwell 459 2498 ext 675
 Downtown 344 5502 ext 229
 West 377 9622 ext 428
 PREREQ Visit ymcatvidaho.org for detailed list.
 FEE Member \$180 Non-Member \$230

SAFETY TRAINING FOR SWIM COACHES W

Safety Training focuses on teaching the basic knowledge and skills needed to prevent and respond to water emergencies.

AGES 16+
 SCHEDULE 377 9622 ext 428
 PREREQ Visit ymcatvidaho.org for detailed list.
 FEE Member \$35 Non-Member \$35

BABYSITTING TRAINING CAMP C D W

Ready to have all the tools to make all your babysitting experiences safe and outstanding? Take part in the Y's Babysitting Training Course to wow parents with your CPR and general babysitting knowledge.

AGES 12-17
 SESSIONS Caldwell Jun 14
 Downtown Jun 3 | Jun 10 | Jun 17 | Jul 22 | Jul 29
 West May 21 | Jun 3 | Jul 30 | Aug 20
 SCHEDULE 10am-3pm
 FEE Member \$50 Non-Member \$75

SPEND MORE TIME AT THE Y!

MEMBERSHIP RATES AND FEES

TYPE	MONTHLY FEE	JOINING FEE
Youth	\$24.90	\$0
Family*	\$71.90	\$60
2-Person Family**	\$59.90	\$45

*Family definition: 2 adults in domestic partnership and their dependent children ages 23 and younger.

**2-Person Family definition: 2 adults in a domestic partnership or one adult and one dependent child, 23 or younger.

CHILD WATCH

We provide safe, clean, nurturing child care for kids 6 weeks to 6 years old at all our facilities. Child Watch is available on a short term, walk-in basis with a 2 hour/day limit. The Y **REQUIRES** that you stay on site while your child is in our care.

1 Child (with family membership)	\$17/month
1 Child (with individual adult membership)	\$25.50/month
2+ Children (with family membership)	\$28/month

WEST Y-CITY POOL PASSES

Day Pass

Family	Adult	Youth
\$9.85*/\$18.55**	\$8.50	\$3.90

Month Pass (Resident)

Family	Adult	Youth
\$54.60**	\$32.74	\$16.40

* One adult with up to two children

** Family cap of 5

YMCA'S PARTNERSHIP WITH BOISE CITY

The West Family YMCA and Boise City Aquatic Center is a unique partnership between the YMCA and Boise City Parks and Recreation. Together we are able to offer a world-class pool facility that houses amazing programs that promote fun, healthy lifestyles. YMCA members and Boise residents have a subsidized rate for pool programs.

CANCELLATION & REFUND POLICY

No credits, refunds, or program/camp transfers will be allowed within 7 days of the start of the program or camp in which you are registered. If you wish to make a change (transfer) or cancel your registration prior to the 7 day cut off, you will be given two options:

- 1) A full refund to your credit card or method of payment. Please allow a few days for processing.
- 2) A system credit towards another camp or program at the YMCA.

Prior to the start of camp, we pay for buses, staffing, admission tickets and all supplies. Therefore, our cancellation & refund policy has been created with those expenses in mind.

WHAT HAPPENS IF THE YMCA CANCELS THE PROGRAM OR CAMP?

The YMCA reserves the right to cancel any program or camp due to unforeseen circumstances (i.e. extreme weather conditions, emergency facility issues, etc.). If the YMCA cancels your program or camp, you will be offered two options

- 1) a full refund or 2) a system credit to be used towards another camp or program.

YOUTH ACTIVITY CENTER (YAC)

Lovingly called the YAC by some of our youngest members, this staffed center offers youth (age 6+) a place to gather, socialize, play games, or just relax. Fun activities are available daily.

SUMMER YAC HOURS:

CALDWELL:	DOWNTOWN:	WEST:
M-Th, 9am-8pm	M-Th, 8:30am-8pm	M-F, 9am-7pm
F, 9am-7pm	F, 8:30am-7pm	S, 8am-2pm
S, 9am-2pm	S, 9am-3pm	Su, 11am-2:30pm
Su, 1-3pm	Su, 11am-3pm	



CLIMBING WALL

Open climb time is available at our facilities. Climbing helps increase strength, endurance, and build confidence at your convenience. Everyone is welcome to participate.

SUMMER CLIMBING WALL HOURS:

CALDWELL:	DOWNTOWN:	WEST: *
M-Th, 10am-8pm	M & T, 4-8pm	M-W, 4-6pm
F, 10am-7pm	W, 4-6pm	Th, 4-5:30pm
S, 10am-4pm	S, 10am-2pm	F, 4-6pm
Su, 1-4pm		S, 10-2pm
		Su, 12-4pm

* West climbing wall hours may be subject to change. Call or visit ymcatvidaho.org to verify.



POOL HOURS

Water fun in abundance is available at our facilities. From our Wibit obstacle course, aquatic climbing wall, splash pads, slides, lazy rivers, swim time, and diving boards, there's something for everyone.

SUMMER POOL HOURS:

CALDWELL:	DOWNTOWN:	WEST:
M-F, 5am-8:30pm	M-F, 5am-9:30pm	M-F, 5-9:30pm
S, 7am-5:30pm	S, 7am-7:30pm	S, 7am-7:30pm
Su, 12-4:30pm	Su, 10am-5:30pm	Su, 10-5:30pm



YMCA RACES & EVENTS

Apr 8 & 9	SPRING SPRINT TRIATHLON
May 7	WEST Y 5K
May 21	FAMOUS IDAHO POTATO MARATHON
Jun 25	YMCA BOISE FRONT TRAIL RUN
Jul 23	GAR HACKNEY Y-NOT TRIATHLON
Aug 20	HIDDEN SPRINGS YOUTH TRIATHLON
Sept 17	STEVE ANDREWS FALL SPRINT TRIATHLON
Oct TBD	RACE FOR THE STEAKS
Oct 8	CANYON COUNTY CLASSIC & 5K RUN
Oct 9	HARRISON CLASSIC
Oct 15	BARBER TO BOISE 10K & 5K
Oct 29	HALLOWEEN RUN
Dec 17	YMCA CHRISTMAS RUN

Registration is open for all races at ymcatvidaho.org.



DIRECTORY

CALDWELL FAMILY YMCA

3720 S Indiana Ave
Caldwell ID 83605
208 454 9622

HOURS

Mon-Fri 5am-10pm
Sat 7am-6pm
Sun 12-5pm

DOWNTOWN FAMILY YMCA

1050 W State St
Boise ID 83702
208 344 5501

HOURS

Mon-Fri 5am-10pm
Sat 7am-8pm
Sun 10am-6pm

MERIDIAN HOMECOURT YMCA

936 W Taylor St
Meridian ID 83642
208 855 5711

HOURS

Mon-Fri 5am-10pm
Sat 7am-8pm
Sun 10am-6pm

WEST FAMILY YMCA & BOISE CITY AQUATIC CENTER

5959 W Discovery Way
Boise ID 83713
208 377 9622

HOURS

Mon-Fri 5am-10pm
Sat 7am-8pm
Sun 10am-6pm

*Check ymcatvidaho.org for our holiday hours.

YOUTH SPORTS

BOISE

208 344 5502 ext 242

COMPETITIVE BASKETBALL

208 855 5712 ext 803

MERIDIAN/EAGLE/CALDWELL

208 377 4886 ext 819

YMCA CAMP AT HORSETHIEF RESERVOIR

301 Horsethief Rd, Cascade
208 344 5502 ext 250

CHILD DEVELOPMENT (Infant, Toddler, Preschool Locations)

BOISE

Children's Village
950 W State St
208 345 6408

Downtown Guided Discovery
1050 W State St
208 344 5502 ext 243

Little Luke's Early Learning Center
124 W Bannock St
208 381 4670

Saint Alphonsus Early Learning Center
6520 Norwood Dr
208 367 5164

West Y Child Development Center
12650 W Bridger St, Ste 120
208 344 5502 ext 415

MERIDIAN

Discovery Guided Discovery
2100 E Leighfield Dr
208 344 5502 ext 436

Frontier Guided Discovery
11851 Musket Dr
208 344 5502 ext 436

Mary McPherson Guided Discovery
1050 E Amity Rd
208 344 5502 ext 436

Ponderosa Guided Discovery
2950 N Naomi Ave
208 344 5502 ext 436

Seven Oaks Guided Discover
1441 S Seven Oaks Way
208 344 5502 ext 436

Spalding Guided Discovery
12311 W Braddock Dr
208 344 5502 ext 436

CALDWELL

Caldwell Guided Discovery
3720 S Indiana Ave
208 459 2498 ext 654

Sacajawea Y Kids
1710 N Illinois Ave
208 344 5502 ext 436

Wilson Elementary Guided Discovery
400 E Linden St
344 5502 ext 436

CHILD DEVELOPMENT (School-age Locations)

BOISE

9th Street Y Kids
950 W State St
208 344 5502 ext 219

Ustick Y Kids
12435 W Ustick Rd
208 321 7559

Washington Street Y Kids
1050 W State St
208 344 5502 ext 219

West Y Child Development Center
12650 W Bridger St, Ste 120
208 377 4886 ext 415

MERIDIAN

Eagle Y Kids
1441 S Seven Oaks Way
208 939 6735

Hunter Y Kids
4550 N Copperland Rd
208 855 5871

Siena Y Kids
2870 E Rome Dr
208 861 4832

CALDWELL

Caldwell Family YMCA
3720 S Indiana Ave
208 459 2498 ext 654

STAY
CONNECTED

