

PROGRAM GUIDE » 2019

Welcome! We are open to all.

OUR MISSION:

To build strong kids, strong families, and a strong community through programs that develop the whole person in spirit, mind and body.

OUR CAUSE:

Strengthening community is our cause. Lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why we focus our work in three areas:

FOR YOUTH DEVELOPMENT - NURTURING THE POTENTIAL OF EVERY CHILD & TEEN.

FOR HEALTHY LIVING - IMPROVING YOUR HEALTH AND WELL-BEING.

FOR SOCIAL RESPONSIBILITY - GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS.

OUR VALUES:

Caring, Honesty, Respect, Responsibility

OUR PROMISE:

No child is turned away based on an inability to pay. Financial Assistance is available for all Y Programs and Membership.

Scholarship Fund

Scholarship funds are raised throughout the year. Every dollar is a 100% investment to our community and our future. Your contribution can make an incredible difference in the life of a child, a teenager, an adult, a family or an older adult. Please consider giving and helping us provide experiences that will last a lifetime.

Thanks to contributions from friends of the Y, financial assistance is available for people who have limited resources through our Scholarship Fund. Every effort will be made to ensure that no person will be denied membership or program participation by reason of inability to pay. Contact the Welcome Center to apply for a membership or program scholarship. Scholarship renewal happens annually.

Volunteering

Each year volunteers play a vital role in our mission to "build strong kids, strong families, and strong communities."

We offer opportunities for individuals, families and organizations to volunteer in ways that let you connect and develop meaningful relationships, all while making an impact in the community you live in and care about.

TO GET STARTED:

Complete a volunteer application (or student application if you are under 18) and return it to the Volunteer Coordinator.

Complete the top section of two reference forms and give them to individuals who have known you for at least one year and are not an immediate family member. They will then need to return the forms to the Volunteer Coordinator.

Once we receive your application and references, we will move forward with processing your application and you will hear from us within 48 hours to discuss volunteering at the YMCA.

The final step will be to connect you with the department you would like to volunteer with so you can talk about the details of the position with them, or even try it out!



Membership

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together and we all build relationships that deepen our sense of belonging.

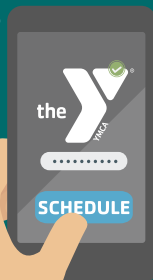
YMCA MEMBERSHIP INCLUDES:

- Use of the Y's facilities, equipment, as well as access to the no-fee classes and programs available for members (facilities include recreational pool, lap pool, climbing, group exercise, and more).
- Special member rates and priority registration for programs and special workshops.
- Six guest passes per unit for each calendar year.
- Free Wellness Orientation with a fitness coach.
- Towel service.
- Locker room use and amenities.
- Child Watch – health and wellness programming for your kids while you work out (nominal fee).
- A bus pass that gets you to and from the Y anywhere in the valley with Mountain Rides.
- Idaho Y Pass – facility access at all Idaho Ys (we ask that you take out your membership at the Y you primarily use).

Financial assistance is available for all Y programs, including membership. No one is turned away based on an inability to pay!



**Download the Wood River
Community YMCA app
and stay current on
program schedules,
announcements
and coming soon...
registration!**



Youth Development

POWER SCHOLARS ACADEMY

Children in public schools learn to read until the 3rd grade – then children must read to learn. Children who struggle to read at grade level by 3rd grade are unlikely to graduate from high school. Through the Y Power Scholar Academy, children improve in reading and math during critical summer months. This program measures success through testing, but still feels like summer camp.

Dates: Summer
Ages: Rising 2nd, 3rd, 4th graders
Fee: No cost, Invitation



AFTER SCHOOL KIDS' CLUB

This program provides a fun, structured, healthy environment where kids Kindergarten through 5th grade spend their afternoons. Most importantly, this program provides a safe place and lots of fun during the critical hours after school before parents come home. The program includes healthy physical activity, homework help, snack, and positive adult role models.

Dates: School Year
Time: 2:30 – 6:00pm
Grades: K-5
Sites: Ketchum, Hailey, Alturus, Bellevue
Fee: \$128 Member/month | \$160 Non-member/month
Ketchum: \$159 Member/month | \$198 Non-member/month

SUMMER DAY CAMP

This program focuses on the social-emotional, cognitive, and physical processes that help children reach their full potential. This is a structured day camp program that includes play, art, singing, swimming, and field trips, and meets a the need for care, but it feels like camp.

Dates: June – August
Fees: \$210 Member/week | \$300 Non-member/week

SCHOOLS OUT DAY CAMP

No school, no problem! School's Out Day Camp is loaded with fun activities in and out of the Y. Children should bring a swimsuit, towel, and lunch. Advanced registration is required to ensure proper staffing.

Dates: School Year
Fees: \$45 Member | \$55 Non-member

YEAH!

Youth Engaged in Activities for Health is an 18-week youth obesity intervention program for children and their families that focuses on healthy eating, physical activity, and positive behavior changes.

Dates: January – May
Fee: Free

BONNI'S GARDEN ENVIRONMENTAL EDUCATION PROGRAM

Our garden is a state-of-the-art educational facility. We teach children healthy food choices as well as how to grow food from seed to harvest. The greenhouse is surrounded by a working garden that allows us to grow food we can enjoy and donate. After-school Kids Club and Day Camp participate in garden education.

Dates: Ongoing
Fees: Free. Included in Ketchum After School rate plan.

MAKE-A-SPLASH WATER SAFETY

In response to startling statistics regarding youth drowning in Idaho, the Y has pledged to teach every 2nd grader in Blaine County life saving aquatic skills at no cost. This program covers personal safety, stroke development, and water rescue. Our goal is to make certain that every child in the community is safe and can enjoy the water.

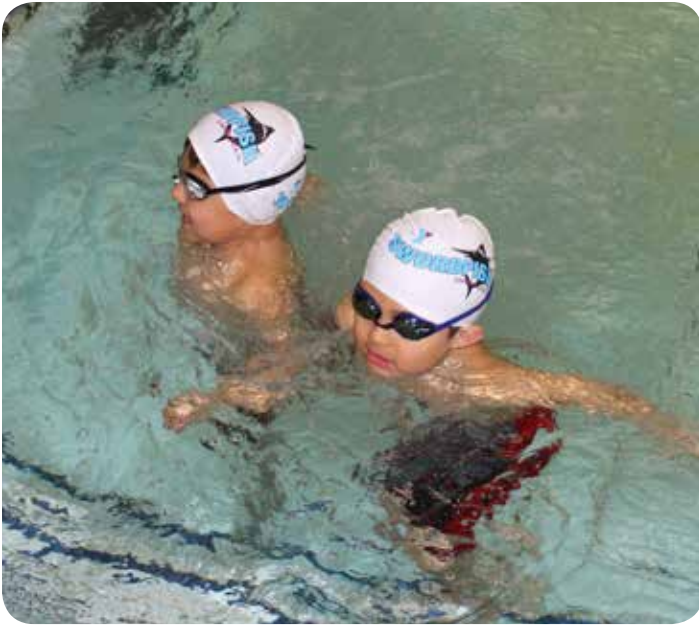
Dates: January – May
Fee: Free

YOUTH SWIMMING LESSONS

We offer beginner, intermediate, and advanced lessons. We begin with water adjustment and progress toward competency in all strokes with an emphasis on safety and self-esteem.

Dates: On-going
Days: Tuesday & Thursday
Time: 4:00pm beginner, 4:30pm intermediate, 5:00pm advanced
Fees: \$65 Member | \$80 Non-member





PARENT/CHILD SWIMMING

Infants and toddlers, six months to 2 years old, along with their parent(s), learn water adjustment for each developmental level. This is an incredible bonding experience for parent and child and it's a great way to meet others.

Dates: On-going
 Fees: \$12 Member \$15 Non-member

SWORDFISH SWIM TEAM

Year-round swim team for children 5 - 12 years of age. The program combines a fun atmosphere with emphasis on improving technique and endurance. Swimmers must be able to swim 25 yards (one pool length).

Dates: Seasonal Sessions
 Fee: \$300 member | \$320 Non-member
 Camp: 3/25-29, 8:30-9:30am, Fee TBD

SUPER SITTERS

This program teaches the skills needed to be a great babysitter. After you've completed this program you'll have a ready set of safe and fun games and activities. The program includes CPR.

Dates: Varies
 Fees: \$25 Member | \$35 Non-member
 Age: 11-15

CHILD WATCH

Providing care and engaging activity for your children during your health journey. Our staff and healthy facility will have your kids begging you to exercise. A parent must remain at the Y.

Days: Monday-Saturday
 Fee: \$8 per 2 hours or \$25 per month
 Age: 7 weeks-7 years

WOOD RIVER PARENTS GROUP

An opportunity for new parents to come to Y for free and allow their newborns to toddlers play with other children as well as provide adult social time! Activities vary from tumbling, swimming, free play and sensory.

Dates: Every Tuesday, 11-12
 Fees: Free for all

FOOTBALL LEAGUE

Learn football fundamentals in a fun and positive environment. Volunteer coaches, focused on youth development, safety and good sportsmanship. Games are on Saturdays and all skill levels are welcome. Jerseys and pads are provided.

Dates: August 7 - October 14
 Fees: \$150

CHEERLEADING

Participants learn body awareness, balance, dance moves, cheers, meet new friends and have an extremely fun time! Our staff will provide a safe and caring environment for your little cheerleader. Cheerleaders perform during the Y football games.

Dates: August 7 - October 14
 Fees: \$60
 Age: Flag 6-8, Tackle 9-11



FOOTBALL CAMP

Football Camp is a perfect fit for players of all experience levels, teaching the fundamental skills of football, as well as the rules of the game through drills and actual playing time.

Dates: TBD
 Day: Sundays
 Time: 12:00 - 2:00 pm
 Fees: TBD



WINTER & SPRING BREAK CLIMBING CAMPS

The sky's the limit when you climb at the Y. Our 10-meter Entreprises wall has two free-form cracks and one imprint corner crack for you to work on your traditional skills. This recreational camp will challenge and excite your student during school breaks.

CLIMBING CLUB

This is a recreational program for children ages 5-9. You'll watch your child grow in leaps and bounds as they learn to climb, tie knots, boulder, and more. Most importantly, climbing in a supportive environment helps kids feel a sense of real accomplishment.

Dates: September - May (School Year)
Days: Tues/Thurs
Time: 3:30 - 4:30 pm
Fee: \$40 Member/month | \$50 Non-member/month

DEVO CLIMBING TEAM

The Devo Climbing Team focuses on skills such as footwork, route reading/climbing, strength and endurance, and overall fitness. Climbing games are used to further develop climbing specific skills. Ages 6-15

Dates: September - May (School Year)
Days: Tuesday/Thursday
Time: 4:30 - 6:00 pm
Fee: \$85 Member/month | \$100 Non-member/month

SUMMER OUTDOOR CLIMBING DAYS

Challenge yourself in wild and beautiful spaces. Our outdoor coaches bring real expertise with a focus on fun. Your group will support you as you reach new heights and you'll improve your skills in climbing safety and etiquette.

Dates: Summer TBD
Fee: \$105 Member
\$125 Participant

IRON TEEN

Learn how to properly use strength training and cardiovascular equipment. Youth and teens who complete this program may workout in the Health & Wellness Center on their own or with an adult. Speak with a Health & Wellness staff member for an orientation schedule. Get on the path to lifelong health.

Dates: Ongoing
Fee: Free

BIRTHDAY PARTIES

Every kid wants a birthday party at the Y. With rock climbing, bouncy house, and an incredible pool, we have the activities your kids love!

Dates: Ongoing
Climbing Party: \$300 Member | \$200 Non-member
Theme Party: \$150 Member | \$200 Non-member



Healthy Living

MASTERS SWIM

A coached swim program for adults of all abilities who want to improve stroke technique.

Dates: Mondays
Times: 6:00 – 7:00 am
12:00 – 1:00 pm
Fee: \$10 Member | \$15 Non-member

KAYAKING

Stay safe on the water. This volunteer-led program will help you master your whitewater roll and prepare you for a summer of river adventures.

Dates: Winter
Time: Sundays, 3:00 – 5:00 pm
Fee: Free for Members | \$15 Non-member



WATER POLO

Co-ed, recreational, pick-up play for all levels. All equipment is provided; the only thing you need is a swim cap, goggles, and a great attitude.

Dates: Ongoing
Day: Sundays, 2-3pm
Fee: Free for Members | \$15 Non-member

WOMEN'S CLIMBING NIGHT

In this supportive group, women of all skill levels help each other reach new heights. This is a drop-in program where you'll always find someone to belay and cheer you on.

Dates: Ongoing
Days: Wednesdays
Time: 5:00 – 7:00 pm
Fee: Free

PRIVATE CLIMBING INSTRUCTION

We work with you on your personal needs as a climber. These lessons can focus on any individual skills you would like to improve upon. Private climbing lessons have a maximum 1:4 instructor to client ratio in order to provide you with the best experience possible.

Dates: Ongoing
Time: Available by Appointment
Fee: \$40 Member | \$55 Non-members



MEMBER WELLNESS ORIENTATION

Wellness Orientation provides guidance for members to make lasting change in behavior and to better understand our specific equipment and programming. Our trained staff are here to help you live a happier, healthier life.

Dates: Ongoing
Time: Available by Appointment
Fee: Free

Group exercise classes (included with membership)

Aqua-Fitness & Hydro-Fit

A fun, no-impact cardio core class held in the deep end of the lap pool utilizing buoyancy equipment.

Aquacise

Fun, energetic shallow water aerobics class with low impact choreography.

Liquid Blade Runner

A higher intensity class for a strength and cardio boost. Because of the resistance of blades, the participants should have stable joints or communicate any limitations to the instructor.

Cycling

High energy classes with great music and motivating instructors riding a varied mixture of flats, hills & sprints while burning calories all the way! For Monday night class, daily call-in to reserve a spot: (208) 727-9622.

Spin Sculpt Fusion

A high energy fusion class combining the benefits of a fat torching spin class and a full body sculpting class. Expect to get a challenging cardiovascular workout on the bike and a killer core and strength workout off the bike



Kettle Bell

A high-intensity class combining Kettlebell power moves with functional fitness exercises.

Run Core

A vigorous cardio workout. Spend most of class running a mix of hill and sprint intervals on a treadmill (or elliptical for low-impact or non-runners) then transition to a 10-20 minute dynamic core workout.

Zumba

A Latin, cardio, aerobic dance class.

HIGH Fitness

Transforms old school aerobics into a new workout experience that combines simple, modern fitness techniques with music you know and love. The class alternates between cardio peaks and toning tracks that will take your heart rate up!

Sport Conditioning

High intensity workout with exercises designed to prepare you for any sport or activity.

Turbo Kick

Each Turbo Kick class is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You'll leave each class dripping in sweat and ready to conquer anything.

Barre Intensity

The class combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body.

Barre Buns

Shape your legs and buns with ballet barre and floor work that utilizes Pilates principles.



Yogi Barre

This class incorporates the principles of barre class that utilizes the ballet barre to shape your legs and buns with additional yoga moves. Come and try this fusion class that will leave you strong and flexible.

Fit Fix

This class is perfect for those looking to build strength in endurance, stamina, flexibility, core and agility in less than 60 minutes. Go beyond aerobic to metabolic condition utilizing circuits, Tabata, and work to rest methods.

Ab Blast

Add a quick core workout to your routine. This class uses a quick pace and a variety of props to address all parts of your core in 15 minutes.

TRX Level 1

TRX is a unique training tool that uses your own body weight and gravity to perform a particular exercise. In this slow to moderate paced class, you will learn the basics of TRX to receive a full body workout. No prior experience necessary.

TRX Level 2

Prior TRX experience highly recommended. Intermediate, fast-paced class.

20/20/20

An all-in-one class packed with 20 minutes of each component: cardio session, strength work, and yoga to balance you out. Class will vary in content each week.



Morning Core

An innovative 30 minute spine-friendly class guaranteed to make you stronger. Fast and fun, it will have you ready for your day with an increased metabolism.

YOGA

Align & Flow

This class combines alignment, strength building, flow, and breath work to provide a well balanced class. It also weaves a philosophic and/or spiritual theme into the sequencing so all levels of yoga practice can be accessed.

Flow & Go

A convenient one hour, all levels, vinyasa style class that is designed to balance out the entire body, linking breath with movement. The result is improved balance, resilience and endurance. Yoga is truly a peaceful way to start your day! All Level Flow Various levels of guided strength, flexibility and balancing postures aligned with breath work.



HIIT Yoga

A traditional yoga flow will be used in between HIIT pushes. Come prepared to jump, sweat, and move in unique ways. Class will finish with a focus on deep hip openers.

Richard's Yoga

An all-levels strengthening, lengthening and mind-clearing class.

Hatha Yoga

Slower paced class focusing on postures, breath and meditation.

Gentle Yoga

Sequence of gentle poses to restore while providing vitality to the body.

Basic Yoga Flow

Emphasizes proper foundation of basic poses while linking movement with breath and the power of flowing sequences. A great class for 'stiff' athletes and all looking for an active strength-balance-stretch hour to compliment their fitness and mind.

Vini Yoga

Therapeutic class focusing on lower back care through precise instruction and the use of props.

Vinyasa Flow

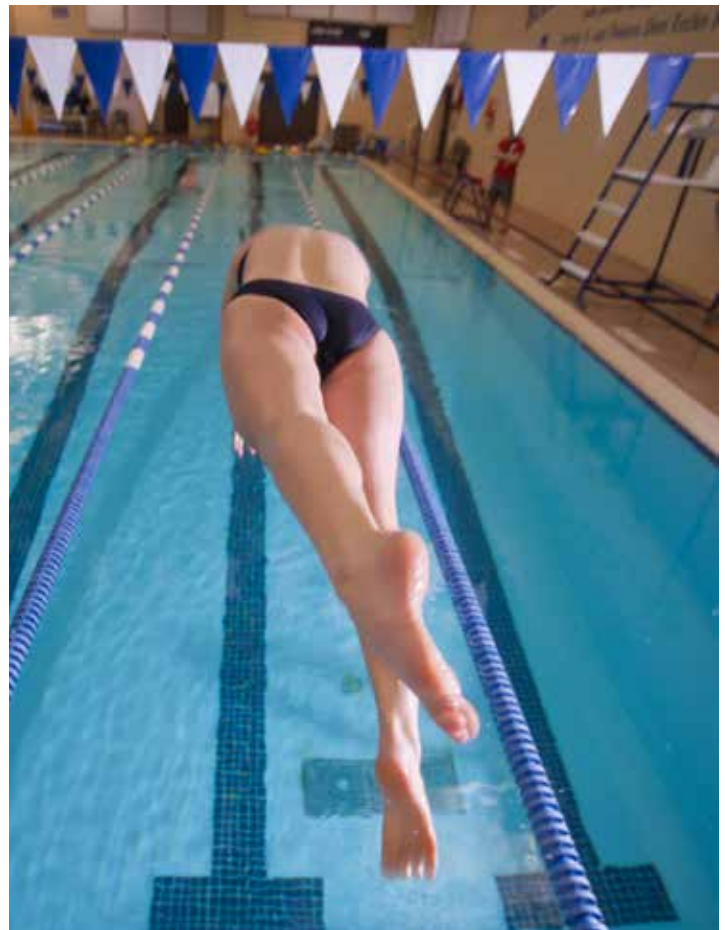
Flow yoga for all levels to warm and strengthen the body.

Vinyasa Flow lever 1 & 2

Guided strength, flexibility and balancing postures aligned with breath work.

Programs made available at your Y

Bridge Club
Sun Valley Ballet
Gymnastics
Girl Scouts
Personal Training
Pilates
MELT Stretching Class
Mindfulness Classes
Acupuncture
Physical Therapy
Hunger Coalition Food Program



Chronic Disease

LIVESTRONG

An evidence-based, 12-week exercise program created for cancer survivors who would like to improve or reclaim their health and well-being before, during and after treatment.

Dates: Ongoing

Fee: Free

ENHANCE FITNESS

An evidence-based, 16-week exercise program designed for people living with arthritis that uses simple, easy-to-learn movements that motivate individuals to stay active through their life.

Dates: Ongoing

Fees: Free to Members

DELAY THE DISEASE

An evidence-based exercise program specially designed to empower people with Parkinson's Disease by optimizing their physical function and helping to delay the progression of symptoms.

Dates: Ongoing

Fee: Free to Members



Special Events

FATHER/DAUGHTER DANCE

Get dressed-up and dance the night away at our semi-formal Father/Daughter Dance. This is a magical night where daughters are the center of attention. With flowers, treats, special decorations, portraits, and dancing, this is a night your daughter will remember forever.

Date: February 16, 2019

Time: 6:00 - 9:00 pm

Ages: All

Fee: Free (small fees for optional portraits and flowers)

STRONG KIDS CAMPAIGN

For more than 10 years the Wood River Community YMCA has made an extraordinary promise that no one will be turned away based on an inability to pay. This campaign raises funds to support financial assistance for critical youth and family programs. The campaign engages volunteers who ask their friends and neighbors to help support the Y's cause through philanthropy.

Dates: March - April, 2019

AMERICAN RED CROSS BLOOD DRIVE

This is an opportunity for the community to demonstrate their social responsibility by helping to save lives. Our last drive produced more than 30 pints of blood, enough to make a life-saving difference for 144 of our friends and neighbors.

Dates: Mar. & Nov.

HEALTHY KIDS' DAY

A community celebration that brings youth-serving agencies from around the Wood River Valley together. Kids spend the day at the Y on a scavenger hunt exploring the community resources

dedicated to helping them reach their full potential. Activities include face painting, bouncy house, swimming, healthy snacks, and much more. HKD is the first day of Y Summer Camp registration. All are welcome and facility access is free for the day.

Dates: Spring

Fee: Free

THE CLASSIC

The Y's most important fundraising event of the year. Each year the Classic welcomes 250 friends to make the Y's mission a reality for our community. These special donors come together for the Y, while enjoying great entertainment, fantastic food, and a feeling of having supported a great cause.

Date: July 27, 2019



CHRISTMAS GIVING TREE & CHRISTMAS CRATES

Y members are encouraged to take a tag from the Giving Tree. Members then purchase a gift for the child described on their tag, and the Y connects member gifts with children served by The Advocates. In addition, Y elves offer an extraordinary christmas to 16 lucky Y families in need.

MEMBER FITNESS CHALLENGE

This challenge is designed to build a support network and help you make positive lifestyle changes. During the challenge, you will track your activity for points that move your team ahead - activities can be done at the Y or outside. The challenge comes with a special membership promotion.

Dates: January-February

SUN VALLEY HALF MARATHON

This event is for every level, and promotes a sense of community and fun. Whether you're training for a great time, or just want to walk with your kids, you will love this fun event.

Date: September 21, 2019

Fee: \$50-70 per participant

FREE DAY

An open house with games and activities to celebrate the Y's anniversary in style. All are welcome with a special focus on family activities.

Date: November 2, 2019

Fee: Free

BONNI'S GARDEN PARTY

Enjoy a party in our beautiful garden area with family and friends. This evening event includes campfire activities, including smores. We will also taste some of the fresh produce from the greenhouse. Adults and children are welcome.

Date: December

Fee: Free



WOOD RIVER COMMUNITY YMCA

101 Saddle Rd. Ketchum, ID 83340
208-727-9622 www.woodriverymca.org

HOURS

M-F 6:00am - 8:00pm
Sat 7:00am - 6:00pm
Sun 10:00am - 6:00pm

HOLIDAY HOURS

Easter Sunday	Closed
Memorial Day	6:00am - 12:00pm
Independence Day	Closed
Labor Day	6:00am - 12:00pm
Thanksgiving Day	Closed
Christmas Eve	6:00am - 12:00pm (no group ex classes)
Christmas	Closed
New Years Eve	6:00am - 12:00pm (no group ex classes)
New Years Day	12:00pm - 8:00pm (no group ex classes)

CHILD WATCH HOURS

M - Thur.	8:00am - 1:15pm 3:30pm - 7:30pm
Friday	8:00am - 1:15pm
Saturday	9:00am - 1:00pm
Sunday	Closed

POOL HOURS

Lap Pool Hours:

Mon. - Fri.	6:00am - 2:00pm 4:00pm - 7:45pm
Saturday	8:00am - 5:00pm
Sunday	10:00am - 5:00pm

Splash Pool Hours:

Mon.-Fri.	4:00 - 7:00pm
Saturday	10:00am - 5:00pm
Sunday	10:00am - 5:00pm

SUMMER POOL HOURS

June 10-Aug. 23

Lap Pool Hours:

Mon. - Fri.	6:00am - 7:45pm
Saturday	8:00am - 5:00pm
Sunday	10:00am - 5:00pm

Splash Pool Hours:

Mon.-Fri.	12:00 - 7:00pm
Saturday	10:00am - 5:00pm
Sunday	10:00am - 5:00pm