



PROGRAM GUIDE » 2020

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 one 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 Welcome Center.

You will need two reference forms from individuals who have known you for at least one year and are not an immediate family member. When the application is completed, our team will review it and get back to you with any follow-up needed and next steps

At any time during the application process, please don't hesitate to contact the Welcome Center if you have questions or would like to schedule a tour to see our facilities.

Thank you for partnering with us as a YMCA volunteer!



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 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!



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 and 3rd 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 20/21
Time: 2:30 – 6:00pm
Grades: K-5
Sites: Ketchum, Hailey, Alturus, Bellevue
Fee: \$180 Member/month | \$216 Non-member/month
Ketchum: \$212 Member/month | \$252 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: \$230 Member/week | \$325 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: \$50 Member | \$60 Non-member

HEALTHY FAMILIES PARTNERSHIP

An 8-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. Volunteers needed.

Dates: January – May
Fee: Free



YOUTH SWIMMING LESSONS

We offer parent/child, pre-beginner through 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
Fees: \$65 Member | \$85 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



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 an introduction to 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



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: \$50 Member/month | \$60 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: \$95 Member/month | \$105 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: June 5-Aug. 14
Fee: \$110 Member | \$125 Non-member

SUMMER INDOOR CLIMBING DAY CAMP

Take your summer to new heights! Find your limits and climb past them with four days of instruction and skill development through climbing exercises and games.

Dates: 4 days/week, June-August
Fee: \$130 Member | \$180 Non-member
Ages: 5-12

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 and an incredible pool, we have the activities your kids love!

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

Healthy Living

MASTERS SWIM

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

Dates: Tuesdays & Fridays, Nov.-May

Times: 6:15 - 7:15 am

Fee: \$10 Member | \$12 Non-member
Punch card available

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 - 4:45 pm

Fee: Free for Members | \$15 Non-member



WOMEN ON THE WALL

Come join us for a women's only climbing session - learn to belay, sharpen your climbing skills, or just hang out at the wall with like-minded women! Open to ages 12 and up and all climbing abilities. Register at the Welcome Center.

Dates: 1x month

Days: Sundays

Time: 11 am - 1 pm

Fee: Free for Members | \$10 Non-member

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: \$45 Member | \$60 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)

Aquatics

Aquacise

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

Hydro-Fit

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

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.

Group X

Adult Ballet

Taught by Hilarie Neely, director of Footlight Dance Center. Limited to 22 people per class. Must arrive on time to attend. Class will focus on exercises, techniques and steps of classic ballet. Ballet slippers or socks recommended.

All In One

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.

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

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

Battle Fit

A high-intensity class using calisthenics, weight training, and metabolic conditioning to increase strength, develop power, and improve stamina.



Cycling

High energy classes with great music and motivating instructors riding a varied mixture of flats, hills & sprints while burning calories all the way! New bikes with metrics.

Fencing

Introductory course in Fencing. Will learn fundamentals in a 6 week progressive class. Commitment to entire 6 week program is necessary. Registration details available at the front desk and on the website.



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!

Kettlebell Fit

A high intensity and demanding full-body workout. Come ready to mix basic and advanced kettlebell techniques with dynamic and functional fitness to keep you fit for your active life.

Mat Pilates

Train your core for life.

MELT®

The MELT® Method is a simple self-treatment designed to help you stay active for a lifetime. In this gentle class, you will employ the use of gentle tools for fascial release, pain relief, and performance improvement. Call-in required, limited space.

Power Conditioning

This class offers a high energy workout to power up your best mountain life. This intermediate/advanced class focuses on full body functional strength, cardio endurance, balance and agility with an array of props to increase the fun and challenge.



Run & Roll

Vigorous 45-minute treadmill class with hill, sprint and long duration intervals. Class can be modified using an elliptical for a lower impact option. Daily call-in to reserve: (208) 727-9622.

Sport Conditioning

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

Ski Conditioning

High energy workout that helps prepare you for your best moves on the hill. Strength, cardio endurance, balance and agility work which changes weekly.

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.

Spin/Yoga



Come enjoy a great cardio workout on the spin bike followed by a yoga practice to stretch, strengthen and elongate your muscles.

Sunrise Spin

An inspiring start to your morning, designed for all levels. Find your personal best utilizing interval training, RPM, heart rate, distance, calorie burn, watt output and just plain groovin' to uplifting tunes.

Tai Chi

A mindful movement class using simple, gentle Tai Chi and Qi Gong exercises to facilitate moving meditation.

Time To Move

A 45minute circuit training class geared toward the senior population. Focus is on mobility, functional strength, balance, flexibility and FUN!

TRX Level 1/2

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 Fusion

Traditional TRX moves combined with exercises that will help you increase total body flexibility, mobility, and stability, as well as develop core strength and cardiovascular fitness. Daily call-in to reserve a spot: (208) 727-9622.

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.

Longevity Programs

Zumba

A Latin, cardio, aerobic dance class.

Zumba Toning

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The added resistance of using Zumba® Toning Sticks, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

YOGA

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!

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.

Restorative Yoga

A restful class that stimulates and relaxes the body through supported and longer held postures.

Slow Flow

Slow Flow Yoga allows practitioners to learn each yoga pose, the alignments, feel it in their body while incorporating breath. The mind and body connection is one of the main goals when practicing all forms of yoga.

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.



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, requires advance paperwork



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, requires advance paperwork



TIME TO MOVE

A 45 minute circuit training class geared toward the senior population. Mobility, Functional Strength Progression, Balance, Flexibility & Fun!

Dates: Mondays & Wednesdays, 11:00-11:45am

Fees: Free to Members

ALZHEIMER/DEMENCIA SUPPORT GROUP

Call for information 208-928-6703

Programs made available at your Y

Bridge Club
Footlights Dance Center
Gymnastics
Girl Scouts
Personal Training
Pilates
Acupuncture
Physical Therapy
Hunger Coalition Food Program
WIC (Women Infant & Children)
NAMI family support group

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 15, 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.



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 25, 2020

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: TBD



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 19, 2020

Fee: \$50-70 per participant

WELCOME DAY/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 7, 2020

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

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