



# PROGRAM GUIDE » 2023

# 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:

**YOUTH DEVELOPMENT – NURTURING THE POTENTIAL OF EVERY CHILD & TEEN.**

**HEALTHY LIVING – IMPROVING YOUR HEALTH AND WELL-BEING.**

**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. [woodriverymca.org/give](http://woodriverymca.org/give)

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 Y 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 membership unit for each calendar year.
- Free Wellness Orientation with a fitness coach.
- 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.

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





# Youth Development

## YMCA AFTER SCHOOL 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 22/23. (M–Th in Carey)  
Time: 2:30 – 5:30pm  
Grades: K–5  
Sites: Ketchum, Hailey, Carey, Bellevue



## SUMMERBRIDGE

This program provides summer education coupled with traditional summer camp experiences. It is a fun way to recapture lost learning days, while experiencing the adventure of summer camp. Camp activities will include field trips, group games, camp songs, and outdoor play.

Dates: June 26–July 28  
Fees: FREE

## 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: August 7–25  
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

## PIQE

In collaboration with Blaine County School District, we are excited to bring PIQE, the Parent Institute for Quality Education, to the Wood River Valley. PIQE is a parent engagement program that helps parents and other family members become more involved in their child's education. PIQE courses cover a variety of school-related topics. In PIQE courses, parents can expect to learn about improving parent-teacher communication, understanding the academic grading system, accessing post-secondary education, finding funding for post-secondary education, and navigating social-emotional learning both at school and at home. PIQE strives to empower parents to help their child get the most out of their education in order to reach their full potential when they graduate!

Dates: PIQE Orientation January 24  
Time: 6pm  
Location: Wood River Middle School  
Fee: Free

## BONNI'S GARDEN NATURE EXPLORER'S CAMP

Through outdoor experiences, exploration, and experimentation, the Wood River Community YMCA's Nature Explorer Camp aims to inspire and engage kids with their natural environment. Join us to discover a passion for nature, learning, and community through activities such as orienteering scavenger hunts, beekeeping, fairy gardens, river exploration and so much more! Nature Explorer camps connect campers to their natural surroundings in fun and intriguing ways that engage their natural sense of curiosity while supporting academic success.

Dates: June 19–23, July 10–14, July 17–21, Aug. 14–18, Aug. 21–25  
Fees: \$70 Member/week | \$90 Non-member/week



### 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: School Year  
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  
Fees: \$65 Member | \$85 Non-member

### PRIVATE SWIMMING LESSONS

Dates: Schedule with aquatics director  
Fees: \$65 Member | \$85 Non-member  
\$200 Member | \$250 Non-member/4 lessons

### 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: Ongoing sessions all 4 seasons  
Fee: Varies by session length



### IRON TEEN ORIENTATION

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



### 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: TBD  
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





### 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: Mon/Wed  
Time: 3:30 - 4:30 pm  
Fee: \$60 Member/month | \$70 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: Year round  
Days: Tuesday/Thursday  
Time: 3:30 - 4:30 pm  
Fee: \$60 Member/month | \$70 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: TBD  
Fee: TBD  
Ages: 6-12

### 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: June 12-15, June 26-29, July 3-7 and July 31-Aug. 4  
Fee: \$140 Member | \$180 Non-member  
Ages: 6-12



# Healthy Living

## 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: October–April  
Time: Saturdays  
Fee: Punch Card available



## 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  
Additional climbers \$15/mem/\$18 non-mem

## 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.

### GROUP X

#### Adult Ballet

Classes will have a focus on the exercises, techniques and steps of classical ballet. Each one hour class will include a warm up at the barre then transition to center floor work and combinations.

#### Ballet Sculpt

A nonstop cardio workout that incorporates dance, Pilates, and yoga.

#### Ballroom Dancing

Take advantage of this opportunity to learn several fun dance styles! Couples or singles welcome. This ten week course will introduce a new dance style every other week.

#### Barre

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

#### Brook's Mountain Sports Conditioning

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

#### CORE

This class focuses on core strengthening and conditioning. Learn new techniques and exercises intended to support this important area of the body.

#### Fencing

Beginner or Intermediate courses will learn fundamentals in a 10 week progressive class.. 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!



### Iron Teen Fitness

An introductory fitness class for ages 11-18. Basic Aerobics, Calisthenics, and free weight training for those who wish to begin learning fitness techniques and healthy exercise habits.

### Liz's Kettlebell

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. Exercise and training for core strengthening and conditioning.

### Pilates Reformer Group Class

No fee for this class. Learn Pilates reformer workouts in a group class setting! Pilates incorporates a system of exercises using special apparatus, designed to improve physical strength, core strength, flexibility, and posture, and enhance mental awareness. Class size is limited to six participants and all participants MUST register to attend. strength, flexibility, and posture, and enhance mental awareness. Class size is limited to six and you MUST register.



### Run & Roll

A vigorous cardio workout. Spend most of class running a mix of hills and sprint intervals on a treadmill (or spin bike for low-impact/non runners) then transition to a guided foam roller cool down. Must register in advance.

### Spin

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.

### Time To Move

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

### Zumba

A Latin, cardio, aerobic dance class.

### Zumba for Kids

An interval style dance workout designed for kids. A great way to burn some energy. Kids must be supervised when brought to the Aerobics Studio and during class.

### Early Morning High Intensity

Caroline Hughes who will be teaching at least one, possibly more

### YOGA

#### Kids Yoga

A fun filled afternoon with games, songs, stories, imaginative play, and activities that engage children and give them the tools to feel calmer, happier, and more peaceful inside!

#### Richard's Yoga

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

#### Gentle Yoga

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

#### Vinyasa Flow

This class is for all levels to warm and strengthn the body.

#### Little & Big Yoga Play (Ages 2-5)

A fun yoga experience for any adult (parent, grandparent, care provider, etc.) and toddler combination!

#### Align & Unwind Yoga

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques, mindfulness, and meditation are also integrated.





# Longevity Programs

## 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! Must reserve

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

Sun Valley Bridge Club

Footlight Dance Center

Gymnastics

Personal Training

Pilates

Physical Therapy, John Koth

Hunger Coalition Food Program

WIC (Women Infant & Children)

NAMI family support group

Wood River Swim Team





# 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: Feb. 24



## THE CLASSIC FUNDRAISER

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 29, 2023



## STRONG KIDS CAMPAIGN

For 15 years, the Y 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, 2023

## 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: March 4, June 24, August 26, October 28

## 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 fortunate Y families in need.



**THE LIFE BLOOD OF  
THE Y IS YOU.  
SHARE IT!**



## 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: TBD



# WOOD RIVER COMMUNITY YMCA

101 Saddle Rd. Ketchum, Idaho 83340  
208-727-9622 [www.woodriverymca.org](http://www.woodriverymca.org)

## HOURS

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

## CHILD WATCH HOURS

M - Thur. 8:00am - 1:15pm  
              3:30pm - 7:30pm  
Friday 8:00am - 1:15pm  
Saturday 10:00am - 2:00pm  
Sunday Closed

## 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	TBD (no group ex classes)
Christmas	Closed
New Years Eve	TBD (no group ex classes)
New Years Day	12:00pm-8:00pm (no group ex classes)

## FACILITY AGE GUIDELINES

ENSURING A SAFE PLACE FOR ALL



### CHILD WATCH

8 Weeks - 7 YRS - Supervision in Facility



### HEALTH & FITNESS

16 & up - Full Access  
11 to 15 - Direct Supervision or Full Access  
with teen orientation completed  
10 & under - No Access



### SPORTS COURT

11 & up - Full Access  
8-10 - Supervision in Facility



### CLIMBING

12 & up - Full Access  
11 & under - Direct Supervision



### POOLS

11 & up - Full Access  
8-10 - Supervision in Facility  
7 & under - Direct Supervision  
4 & under - Y approved swim diaper required



### HOT TUB

16 & up - Full Access  
11 to 15 - Direct Supervision  
10 & under - No Access



### LOCKER ROOMS

16 & up - Full Access to adult locker rooms  
4 & under - Direct Supervision with access to  
opposite gender youth locker rooms



### BUILDING

11 & up - Full Access  
8-10 - Supervision in Facility  
7 & under - Direct Supervision

*(Flip over for age guideline descriptions & check-in policy)*