

PROGRAM GUIDE » 2025

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

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 free bus 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!



BONNI'S GARDEN NATURE EXPLORER'S CAMP

The Y's Nature Explorer Camp inspires kids to connect with the natural world through hands-on outdoor experiences, exploration, and experimentation. Our camp fosters a passion for nature, learning, and community through a variety of engaging activities such as scavenger hunts, beekeeping, nature hikes, river exploration, and even projects like creating fairy gardens, hydroponics, and vermiculture. With a focus on adventure, science, and literacy, campers will enjoy activities that promote physical activity and outdoor exploration, including swimming, climbing, and bike riding.

Dates: weekly June 23-Aug. 22

Fees: \$275 Member/week | \$325 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: \$50 Member | \$65 Non-member

PRIVATE SWIMMING LESSONS

Dates: Schedule with aquatics director

Fees: \$75 Member | \$95 Non-member

\$225 Member | \$275 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



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 \$30 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: School Year
Days: Mon/Wed
Time: 3:30 – 4:30 pm
Fee: \$xx Member/month | \$xx Non-member/month

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: School year
Days: Tuesday/Thursday
Time: 3:30 – 4:30 pm
Fee: \$xx Member/month | \$xx Non-member/month

SUMMER INDOOR CLIMBING DAY CAMP

Get ready for an epic adventure at our 3-hour indoor rock climbing camp. We are offering Monday–Thursday camp sessions with two age ranges for a morning and afternoon session. In this camp, you will master climbing techniques, learn cool knot tying skills, and explore the wonders of nature in our greenhouse during a fun, interactive climbing inspired art activity. 9am–12pm is reserved for 5–9 year-olds! 1pm–4pm sessions are reserved for ages 10–14.

Dates: Weekly 6/16 – 8/14
Fee: \$190/Member \$230/Non-member
Ages: 6–12

PARENTS ROCK

For parents of toddlers and infants
Schedule: 10–11:30am
Dates: 3rd Thursday of Month
Fee: \$0/Member \$10/Non-member

TEEN CLIMBING NIGHT

Fee: \$0/Member \$10/Non-member
Schedule: 5:30–7:30 PM
Dates: First Friday of Month



WOMEN'S CLIMBING CLINICS

Fee: \$0/Member \$15/Non-member
Schedule: 10:15am–12:15pm
Dates: Last Sunday of Month

MINDFUL CLIMBING: Your Journey to Peak Self-Discovery

Over four exhilarating weeks, participants not only hone their rock-climbing skills but also engage in deep self-reflection. With every climb, you're not just overcoming a rock surface, but confronting personal barriers, rediscovering passion, and unveiling layers of self-awareness.

Fee: \$0/Member \$10/Non-member
Schedule: 6:00pm–7:30pm
Dates: Wednesdays, Once per month, date varies



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.

Liquid Dance Party

Like Zumba in the pool. A full-body cardio and calorie burning powerhouse designed to enhance omnidirectional muscle elasticity, strength and toning.

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 course will introduce a new dance style every few week.

Barre

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

Cardio Crush

A high intensity, full body workout! Focusing on cardio and strength training, this class guarantees a challenge.

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.



Full Body Workout

A strength training inspired class that will work your entire body using dumbbells to help you become stronger, more flexible, improve your balance and coordination, and boost your metabolism.

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.

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.

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.

Pickelball

A paddle sport that uses elements of tennis, badminton, and ping-pong. A racket is used without holes. It is appropriate for players of all ages and skill levels. Court is not to regulation size. Must reserve court

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

Youth Sports Conditioning

Ages 13 and up. Sports conditioning for young athletes. Core, cardio, plyometrics and stretching. Intended to improve athletic performance and increase resistance to sports-related injuries.

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.

YOGA

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.

Slow Flow Yoga

A slower paced vinyasa-style class; athletic, flowing sequences at a pace meant to restore and release the body.

Tone and Flow

Class in the Hot Yoga studio that combines yoga and strengthening activities



Longevity Programs

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: Mon. Tues. Wed., 10am
Fees: Free to Members



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. 8



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, 2024

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: Feb 11, June 10 & Oct. 7

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 26, 2025



CHRISTMAS GIVING TREE & CHRISTMAS CRATES

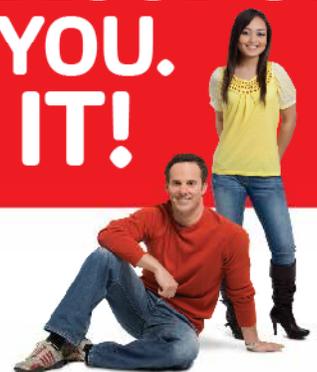
Y members are encouraged to take a tag from the Giving Tree. Members then purchase a gift for the child described on their tag, and the Y connects member gifts with children served by The Advocates. In addition, Y elves offer an extraordinary Christmas to 16 fortunate Y families in need.

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

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



WOOD RIVER COMMUNITY YMCA

101 Saddle Rd. Ketchum, Idaho 83340
208-727-9622 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	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)

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)