

## Clubs & Classes

### CURLING

Come and try this fun and exciting Winter Olympic Sport. No experience or special equipment is needed. Participants should wear clean rubber-soled athletic shoes and layered clothing. The Boise Curling Club will provide stones, brooms, and other curling equipment, as well as assist delivery sticks for those with limited flexibility. For information, visit our website at [www.boisecurlingclub.org](http://www.boisecurlingclub.org) or call Craig Paprocki at 208-343-5279.



### TAE-KWON-DO AT IDAHO ICEWORLD

Beginning classes as well as Intermediate/advanced classes are available at Idaho IceWorld. Tae kwon do provides a good workout and practice in self-defense techniques. Emphasis on maximum power, speed, accuracy, and balance in execution of specific offensive/defensive movements. This is strictly a non-contact class. To register, call (208) 384-4132 or (208) 331-0044.

Cost: \$12 per person

Session 10 weeks • Saturdays from 10:15am to 11:15am.

## It's Great to Skate Camp

March 26-30 • 8:30-11:30 am, Monday - Friday

Beginning skaters ages 5-12 will learn basic skating skills from professional certified coaches. Camp includes snacks, games, friendship and fun in a secure family friendly environment. Space is limited so sign up today! New enrollments only, please. Cost is \$100. Registration deadline is March 24th. Register on line at [www.idahoiceworld.com](http://www.idahoiceworld.com) or call 331-0044 (TDD/TTY 800-377-3529)



## scholarships FOR YOUTH SKATERS

Skaters with a demonstrated financial need may be eligible for scholarships for youth hockey, figure skating or other youth development programs at Idaho IceWorld.

- **Scholarships are awarded only to youth up to 18 years old (19 for girl's hockey)**
- **Scholarship applications are evaluated monthly. The program aims to bridge the gap between some participant's desire to play, and their ability to pay.**



For an application, please call **331-0044**, stop by Idaho IceWorld at 7072 S. Eisenman Road or online [www.idahoiceworld.com](http://www.idahoiceworld.com)



## Calendar of Events

<b>December 25</b>	Idaho IceWorld closed
<b>January 2</b>	Learn to Skate session begins
<b>February 12</b>	Our Troops, Our Families: Military Skate Day
<b>February 25</b>	Try Learn to Skate for Free Day
<b>February 27</b>	Learn to Skate session begins
<b>March 4</b>	"Movies on Ice"
<b>March 26-30</b>	Spring Break Hockey Camp
<b>March 26-30</b>	"It's Great to Skate" Spring Break Camp
<b>April 1-30</b>	Youth and adult summer hockey registration
<b>April 20-22</b>	Boise Ice Classic, Boise Figure Skating Club Competition

Boise Parks & Recreation's AdVenture program provides a wide range of programs for youth and adults with disabilities. We also offer inclusion services in which accommodations may be provided so that an individual with a disability can fully participate in any of Boise Parks & Recreation's programs. Services, such as sign language interpreters, additional staff, adaptive equipment, etc. can be provided with at least two weeks advance notice of the program start date with no cost to the participant. To inquire about inclusion services, please contact Emily Kovarik, at 608-7680 (TTY: 1-800-377-3529) or ekovarik@cityofboise.org at least two weeks prior to the class starting date. Reasonable accommodations are based on individuals' needs and abilities.

## PARTICIPANT PERSONAL NEEDS

The adapted recreation staff and volunteers provide leadership for the program but are unable to provide assistance with self-care needs (feeding, toileting assistance, etc.). Care providers should accompany participants who need personal care during the activity. Participants who have behavioral issues may be asked to participate with an aide in attendance. Please let us know upon registration if you will be bringing your own aide as fees for aides may be waived or may vary depending on the activity. Participants should enjoy meeting new people, be able to function in a group setting and need to be able to adjust to new routines and environments.

## FINANCIAL ASSISTANCE

Boise Parks & Recreation offers financial scholarships to qualified youth and adults with disabilities. To find out if you qualify to receive a scholarship, which will help pay for a class or activity, apply in advance at Fort Boise Community Center.

## DONATIONS WELCOME

We rely on donations so that we can offer scholarships to adults with disabilities who have financial difficulties. Please send tax-deductible donations to the AdVenture Heritage Fund, Boise Parks & Recreation, 700 Robbins Rd., Boise, ID 83702. Thank you, your support is greatly appreciated!

## WE NEED VOLUNTEERS! ★

If you are age 18 and older, the AdVenture program could use your help! When you see a ★ by the title of a program it means that volunteers are needed. Please consider volunteering, it's a great way to give back to the community and someone who needs a hand. You'll be a star!

# Classes and Clubs

## ADVENTURE ART CLASS ★

Explore your artistic side with AdVenture! Participants with disabilities will explore various art forms such as pottery, drawing, painting, and much more! Fee includes instruction and supplies.

**COST: \$49.25**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200539-01 1/23-3/19*	M/ 4-5:30 pm AdVenture Staff	15+ Whitney CC
<b>*Class will not meet 2/20</b>		
300539-01 4/2-5/21	M/ 4-5:30 pm AdVenture Staff	15+ Whitney CC

## FITNESS CLASS ★

Join our fitness class and work on stretching, weight lifting and aerobic activity. This is a great opportunity to get fit in a supportive, fun and social environment. Each session will meet 16 times and individuals of all fitness levels are encouraged to sign up.

**COST: \$49.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200728-01 1/24-3/15	T, Th/ 4-5 pm AdVenture Staff	15+ FBCC
300728-01 4/3-5/24	T, Th/ 4-5 pm AdVenture Staff	15+ FBCC

## COOKING CLASS ★

In this class you will help prepare meals that we will enjoy together as a group. We will practice table manners, improve our cooking skills, socialize with friends and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, learning about healthy food options, safe food preparation and socialization. We are unable to accommodate special diets, please call for details.

**COST: \$55.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200729-01 1/25-3/14	W/ 4:30-6:30 pm AdVenture Staff	15+ FBCC
300729-01 4/4-5/23	W/ 4:30-6:30 pm AdVenture Staff	15+ FBCC

## DANCE ABILITY ★

This fun class will help individuals with disabilities develop skills in creative movement and dance. The class will explore various styles of dancing, rhythm and music. The class is open to all levels of dancers, though focuses on beginner skills. Students will learn to increase their strength, flexibility and coordination through various styles of dance.

**COST: \$29.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200538-01 2/1-3/21	W/ 5:30-6:30 pm Wilson	12+ Whitney CC
300538-01 4/4-5/16	W/ 5:30-6:30 pm Wilson	12+ Whitney CC



## DRUMMING CLASS ★

Participants will make music using African drums, shakers and other instruments. By working as a team to create music, the therapeutic benefits of this class include increasing social skills, coordination, concentration and listening skills ... and it's a ton of fun!

**COST: \$33.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200754-01 1/26-3/15	Th/ 5-5:45 pm Failla	12+ FBCC
300754-01 4/5-5/24	Th/ 5-5:45 pm Failla	12+ FBCC

## SOCIAL CLUBS

These clubs provide fun social outings for adults with intellectual disabilities. Outings may include bowling, dinner, BSU sports and more! All participants must behave appropriately in the community. The staff to participant ratio is 1:5. Members of the club will have the opportunity to work on money management and need to bring \$2-\$7 for each outing. A detailed schedule and fee break down will be available. Register soon, these clubs fill up fast!

**COST: \$70.00 FOR EACH CLUB**

## THURSDAY SOCIAL CLUB

Grace Jordan Community Center

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200300-01 1/26-3/15*	Th/ 6-8:30 pm AdVenture Staff	18+ Grace Jordan Community Center
<b>*No meeting Feb. 16</b>		
300200-01 4/5-5/17	Th/ 6-8:30 pm AdVenture Staff	18+ Grace Jordan Community Center

## FRIDAY SOCIAL CLUB

Fort Boise Community Center

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200310-01 1/27-3/16*	F/ 7-9:30 pm AdVenture Staff	18-28 Fort Boise Community Center
<b>*No meeting Feb. 17</b>		
300310-01 4/6-5/18	F/ 7-9:30 pm AdVenture Staff	18-28 Fort Boise Community Center

## BOWLING CLUB ★

This fun, noncompetitive bowling group will offer plenty of opportunities for socialization. The fee covers 2-3 games of bowling, shoe rental and staff supervision.

**COST: \$27.50**

ACT # DATE	DAY/TIME	AGE LOCATION
200730-01 1/24, 2/7, 2/21, 3/6	T/ 7-8:30 pm	14+* BSU Student Union
300730-01 3/20, 4/3, 4/17, 5/1	T/ 7-8:30 pm	14+* BSU Student Union

**\*Unless accompanied by a parent/guardian**

## ADVENTURE WALKING CLUB ★

Each week we will take a 1-hour hike on different trails around town. Individuals with disabilities who enjoy being outdoors and getting exercise will love this club! Bring a sack-dinner to enjoy in the park after our brisk walk. Cost includes transportation from Fort Boise Community Center to the trail and back.

**COST: \$23.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300800-01 4/30-5/21	M/ 4:30-7 pm AdVenture Staff	15+ FBCC

# Adaptive Recreation - AdVenture



## One Day Programs

### DINNER AND A MOVIE

Enjoy a night out with dinner and a movie. At dinner, we will decide which movie (rated G to PG-13) to see. We will leave Fort Boise Community Center (FBCC) at 4:30 p.m., please call Sonya at 608-7680 if you plan to meet at the restaurant. The cost of the evening includes transportation from FBCC to dinner, movies and back.

**COST: \$21.00**

ACT # DATE	DAY/TIME LOCATION	AGE
200203-01 1/20	F/ 4:30-9:30 pm Mongolian BBQ, 1808 S. Broadway	18+
200203-02 2/3	F/ 4:30-9:30 pm Pizza Hut, 818 Ann Morrison Park Drive	18+
200203-22 2/17	F/ 4:30-9:30 pm Chili's, 916 Broadway Ave.	18+
300203-03 3/2	F/ 4:30-9:30 pm Golden Star, 1142 N. Orchard St.	18+
300203-23 3/16	F/ 4:30-9:30 pm Rockies Diner, 3900 W. Overland Rd.	18+
300203-33 3/30	F/ 4:30-9:30 pm Baja Fresh, 980 Broadway Ave.	18+
300203-04 4/13	F/ 4:30-9:30 pm Elmer's, 1385 Capitol Blvd.	18+
300203-24 4/27	F/ 4:30-9:30 pm Chapala, 1201 South Vista Ave.	18+

### SNOWMOBILING

The West Mountain Snowmobile Club is providing a day of snowmobiling and lunch near the town of Cascade for participants with disabilities. Participants will ride behind a club member driving a snowmobile. We will leave Fort Boise Community Center at 9 a.m. and return around 5:30 p.m., depending upon winter road conditions. Participants with a disability can also sign up one care provider, family member or friend who does not have a disability.

**COST: \$17.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200715-01 3/10	S/ 9 am-5:30 pm Buchholz	18+ FBCC

### TUBING AND PIZZA

Enjoy thrills, chills and spills on an exciting trip to the Bogus Basin tubing hill. Tubes will be provided for your sledging adventure. Participants will need to ride in a tube on their own, but can travel in tandem with another tube beside them. After tubing, we will head back to Fort Boise Community Center for pizza, soda and games in the Teen Center. Participants must be willing and able to follow instructions and stay with the group.

**COST: \$23.50**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200717-01 1/28	S/ 9 am-2:30 pm Buchholz	16+* FBCC

*\*Unless accompanied by a parent/guardian.*

In order to protect the safety of participants, volunteers and staff, AdVenture activities are alcohol-free. Participants cannot consume alcoholic beverages of any kind during AdVenture programs and classes.

### BSU MEN'S BASKETBALL & DINNER

Join AdVenture and support the Boise State University men's basketball team as they take on New Mexico. Before the game we will enjoy a delicious lunch. The fee includes transportation from Fort Boise Community Center, lunch and game ticket.

**COST: \$25.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200718-01 2/4	S/ 12-5 pm AdVenture Staff	16+* FBCC

*\*Unless accompanied by a parent/guardian.*

### DANCING & DESSERT

Dress up in your finest and join AdVenture at these fun dances hosted by the ARC Inc. The February dance is a Valentine's Day theme and the April dance is a spring theme. Before the dance we will socialize over a yummy dessert.

**COST: \$15.75**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200710-01 2/10	F/ 6-9:30 pm AdVenture Staff	18+ FBCC
300710-01 4/6	F/ 6-9:30 pm AdVenture Staff	18+ FBCC

### ELK HERD SLEIGH RIDE AND LUNCH

Ride on a horse-drawn sleigh into the middle of an elk herd! After the sleigh ride we will warm up with a late lunch in Cascade including a bowl of chili or soup, corn bread and a drink. Cost includes transportation, the sleigh ride and lunch. We will return around 5 p.m. depending on winter road conditions. There are a limited number of seats so sign up early. Youth under the age of 16 must be accompanied by an adult who also registers.

**COST: \$25.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200733-01 200734-01 200735-01	YOUTH (AGE 1-12) TEEN (AGE 13-17) ADULT (AGE 18+)	\$27.00 \$32.00 \$40.75
ACTIVITY #	DAY/TIME INSTRUCTOR	AGE COST
200736-01 200737-01 200738-01	YOUTH (AGE 1-12) TEEN (AGE 13-17) ADULT (AGE 18+)	\$27.00 \$32.00 \$40.75

### HOCKEY GAME & DINNER

Watch some fast-paced hockey as the Idaho Steelheads play the Ontario Reign. Before the game we will socialize over a submarine sandwich dinner. Fee includes transportation from Fort Boise Community Center, dinner and game ticket.

**COST: \$29.75**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200509-01 3/9	F/ 5-10 pm Buchholz	16+* FBCC

*\*Unless accompanied by a parent/guardian.*



### SNOWSHOEING

Experience the beauty of snow-covered hills and fresh mountain air on a snowshoe trip near Idaho City. We will wear special "shoes" that prevent us from sinking in the snow. Our walk will be over mostly flat terrain but be prepared for a moderate 1.5 hour hike. After snowshoeing we will warm up with a late lunch in Idaho City. The cost includes transportation from Fort Boise Community Center, snowshoes, instruction and lunch.

**COST: \$26.30**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200705-01 1/21	S/ 9 am-3 pm Buchholz	16+ FBCC
200705-02 2/11	S/ 9 am-3 pm Buchholz	16+ FBCC

### THEATER AND LUNCH

Join us for "An Evening of One Acts," which includes a drama and two comedies at the Boise Little Theatre. Before going to the theater we will have a pizza lunch. Participants must have the ability to sit quietly through a two-hour play.

**COST: \$25.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200300-01 3/10	S/ 12-5 pm AdVenture Staff	18+ FBCC

### GLOW-IN-THE DARK MINI GOLF & DINNER

How's this for something new and fun? Join us for dinner and glow-in-the-dark miniature golf! The cost of this activity includes the transportation from FBCC, dinner and golf.

**COST: \$25.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
200720-01 3/23	F/ 5-9 pm AdVenture Staff	16+ FBCC

### COOKIE AND EGG DECORATING

This will be a great evening of making and frosting sugar cookies, dyeing hard boiled eggs, eating a yummy dinner and socializing with new friends. The activity will take place in the kitchen of our partner, the ARC, Inc. Cost includes transportation from Fort Boise Community Center. If you would like to meet us at the ARC, Inc. please call Sonya at 608-7680.

**COST: \$21.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300900-01 4/5	Th/ 5-8:45 pm Buchholz	15+ FBCC

### SATURDAY NIGHT PARTY

Let's party! On Saturday, April 14, we will dance and play games including basketball, foosball, table tennis, BINGO and much more! Bring your appetite because we will eat pizza and make ice cream sundaes! Please register in advance; this is not a drop-in program.

**COST: \$11.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300742-01 4/14	S/ 6-9 pm Buchholz	15+ FBCC

### DESSERT AND POTTERY PAINTING

On this fun social Friday evening, we will paint a piece of pottery at Ceramica and then enjoy a delicious dessert at a local sweet shop.

**COST: \$22.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300739-01 4/20	F/ 6:15-9:15 pm AdVenture Staff	14+ FBCC

### HOT SPRINGS TRIP

Soak in the beautiful Gold Fork Hot Springs! This fun spring outing also includes lunch in the town of Cascade. The cost includes transportation from Fort Boise Community Center, lunch and admission to the hot springs.

**COST: \$34.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300713-01 4/21	S/ 9 am-5:30 pm Buchholz	18+ FBCC

### TRAIN RIDE

All aboard! Participants of all ages will love this scenic ride along the beautiful Payette River. We will leave Fort Boise Community Center (FBCC) and drive to Horseshoe Bend to board the train. The trip includes a late lunch at 3 p.m. The cost includes the train, ride, transportation to Horseshoe Bend and back and lunch. The train is not completely accessible; please call 608-7680 for more details. Sign up soon because these trips fill up fast! Participants under age 16 must be accompanied by a parent/guardian.

DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
04/28	S/10:15am-5:15pm AdVenture Staff	FBCC
ACTIVITY #	AGE	COST
300511-01	YOUTH (AGE2-12)	\$30.00
300512-01	ADULT (13-59)	\$42.50
300513-01	SENIOR (60+)	\$39.60

### BRUNEAU SAND DUNES

Bruneau Sand Dunes is a beautiful state park featuring towering dunes of sand for climbing and playing. We will spend the day exploring the dunes, eating lunch and having fun!

**COST: \$22.00**

ACT # DATE	DAY/TIME INSTRUCTOR	AGE LOCATION
300712-01 5/5	S/ 9:30 am-6 pm Buchholz	16+ FBCC