

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
*Class will not meet 2/20		
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
*No meeting Feb. 16		
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
*No meeting Feb. 17		
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