

BOISE PARKS AND RECREATION AdVenture



NEWSLETTER

MAY & JUNE 2019

Facebook.com/BPRAdVentureProgram

Parks.CityofBoise.org/AdVenture



ADVENTURE SUMMER CAMP

This fun day-camp is for participants with disabilities ages 13-20. Activities include field trips, art projects, swimming and more! The staff to participant ratio is 1:5. Participants will work on money management and will need to bring approximately \$10 each week for field trips. A detailed schedule with daily activity costs will be sent to participants. Don't wait to register, these camps fill up and registration will close one week prior to the start date.

*Camp starts at 9 a.m. but a staff will be at the Community Center at 8:30 a.m. for those who need to arrive early.

Location: Whitney Community Center **Cost:** \$73 (scholarships available)

Time: 9 a.m. - 3 p.m.*

Dates (Monday-Friday):	Activity #:
June 3 - 7	400800-01
June 10 - 14	400800-02
June 17 - 21	400800-03

Dates (Monday-Friday):	Activity #:
June 24 - 28	400800-04
July 8 - 12	400800-05
July 15 - 19	400800-06

Dates (Monday-Friday):	Activity #:
July 22 - 26	400800-07
July 29 - August 2	400800-08
August 5 - 9	400800-09

ADAPTIVE BIKE FAIR

Saturday, May 18, 10 a.m.-2 p.m.

FREE!

Try out a variety of adaptive cycles at our bike fair at Fort Boise Community Center! You will have the opportunity to try upright and recumbent hand cycles, trikes, recumbent trikes, tandem bikes and trikes. AdVenture has added five new cycles to our fleet. Higher Ground of Sun Valley, Boise Green Bike and The Blessing Bike will also bring some of their cycles. Drop in between 10 a.m.-2 p.m. to try the cycles. All ages and ability levels are welcome; youth under age 18 must attend with an adult.



PLAN YOUR ENTIRE SUMMER!

Registration is now open for ALL of the summer activities offered by AdVenture and Boise Parks and Recreation from May through August. This Newsletter highlights AdVenture activities for May & June but view the Activity Guide for the entire list of summer programs.

Pick up an Activity Guide at Fort Boise Community Center, see it online at parks.cityofboise.org/AdVenture or call 208-608-7680 to have one mailed to you.

ADVENTURE WALKING CLUB (ages 15+)

Spend an hour walking through a different park each week while getting a good workout. This activity includes transportation from Fort Boise Community Center to the trails and back and will be held rain or shine.

Location: Fort Boise Community Center

Cost: \$18

Dates (Mondays):	Times:	Activity #:
May 13-June 3	4-6 p.m.	300800-01
(No class on May 27)		

ADAPTIVE YOGA (ages 15+)

Yoga helps to improve flexibility, strength, balance and provides an opportunity to work on body awareness and the ability to relax. Our instructor is great at adapting yoga poses for people of all abilities.

Location: Dick Eardley Senior Center

Dates (Mondays):	Times:	Cost:	Activity #:
June 3-24	4:15-5:15 p.m.	\$21	400753-01
June 3-24	5:30-6:30 p.m.	\$21	400753-02
July 8-August 5	4:15-5:15 p.m.	\$26	400753-03
July 8-August 5	5:30-6:30 p.m.	\$26	400753-04

ADVENTURE ART (ages 15+)

This is the perfect class to explore several different forms of art ranging from pottery, drawing, painting and more! This fee includes instruction and supplies.

Location: Fort Boise Community Center

Cost: \$26.75

Dates (Mondays):	Times:	Activity #:
June 3-24	5:15-6:30 p.m.	300539-01
July 1-22	5:15-6:30 p.m.	400539-01

ADAPTIVE FITNESS (ages 15+)

Join our fitness class and work on stretching, weight lifting and aerobic activity. This is a great opportunity to get fit in a supportive and fun environment. The 4 p.m. class will focus on more advanced techniques, students will need to follow two-step directions.

Location: Fort Boise Community Center

Cost: \$20.75

Dates (Thursdays):	Times:	Activity #:
May 23-June 27	3-4 p.m.	400728-01
May 23-June 27	4-5 p.m.	400728-02

DANCE ABILITY (ages 12+)

During this fun class we will explore various styles of dancing, rhythm and music. Students will learn to increase their strength, flexibility and coordination through dance.

Location: Fort Boise Community Center

Cost: \$26.50

Dates (Wednesdays):	Times:	Activity #:
May 22-June 26	3-4 p.m.	400538-01
May 22-June 26	4:15-5:15 p.m.	400538-02
July 10-August 14	3-4 p.m.	400538-03
July 10-August 14	4:15-5:15 p.m.	400538-04

ADVENTURE GARDENING & ART (ages 15+)

Learn about gardening and gain hands on experience at the Fort Boise Garden. After having fun in the garden we will head inside to create an art piece with a different theme each week. The fee includes instruction and supplies.

Location: Fort Boise Community Center

Cost: \$51

Dates (Saturdays):	Times:	Activity #:
July 13-August 23	9:30-11:30 a.m.	400529-01

BOWLING CLUB (ages 14+)

This Club is a fun, noncompetitive group offering socialization opportunities for individuals with disabilities. The fee covers 2-3 games of bowling, shoe rental and staff supervision. For participants age 14 and older unless accompanied by an adult.

Location: BSU Student Union Bowling Alley

Dates (Tuesdays):	Times:	Cost:	Activity #:
June 11 & 25, July 9 & 23, August 6 & 20	7-8:30 p.m.	\$41	400730-01
June 18, July 2, 16 & 30, August 13 & 27	7-8:30 p.m.	\$41	400730-02

ADAPTIVE ICE SKATING

In this adaptive ice skating class, students with disabilities will receive instruction based upon their individual needs and goals. Some adaptive equipment is available for use at no extra cost. Contact Jackie Woodland at Idaho IceWorld at 208-608-7718 for more information.

DINNER & A MOVIE (ages 18+)

Catch dinner and movie on these fun Friday night outings! During dinner, we will decide as a group which movie (rated G to PG-13) to see. View the Activity Guide for additional summer dates.

Location: Fort Boise Community Center

Dates (Fridays):	Times:	Restaurant:	Cost:	Activity #:
May 17	5-9:30 p.m.	Mongolian BBQ, 1808 S Broadway	\$22	400203-01
May 24	5-9:30 p.m.	Idaho Pizza Co, 5150 W Overland Rd	\$22	400203-02
June 7	5-9:30 p.m.	Rockies Diner, 3900 W Overland Rd	\$22	400203-03
June 21	5-9:30 p.m.	Chapala, 1459 S Vinnell Way	\$22	400203-04
July 12	5-9:30 p.m.	Eddie's, 7067 W Overland Rd	\$22	400203-05

ADAPTIVE SWIM LESSONS (ages 5+)

Adaptive swimming lessons are offered to participants with disabilities who would like to develop swimming skills and water safety awareness. Two instructors and a lifeguard are on duty at all times. Previous swimming or water experience is not necessary. Lessons will be under close supervision by the teachers, but will not be 1:1. An aquatic lift is available at the pool.

Location: Borah Pool, 801 Aurora Dr., Boise

Cost: \$35

Dates (Mon/Wed):	Times:	Activity #:
June 17, 19, 24 & 26	5:30-6:15 p.m.	406106-A1
July 22, 24, 29 & 31	5:30-6:15 p.m.	406106-B1



SOCIAL CLUBS

These clubs are ideal social opportunities for adults with intellectual disabilities. Outings include bowling, dinner and a movie, sporting events and more! The staff to participant ratio is 1:6. Members of the club will have the opportunity to work on money management and will need to bring \$2-\$7 for each outing to cover activity costs. Prior to the start of the club, a detailed schedule and fee break down will be available. Register early, these clubs fill up fast! **Cost:** \$72

Wednesday Social Club (ages 18+)

Location: Morley Nelson Community Center

Time: 6-8:30 p.m.

Dates (Wednesdays):	Activity #:
May 15-June 26	400320-01
July 10-August 21	400320-02

Thursday Social Club (ages 18+)

Location: Whitney Community Center

Time: 6-8:30 p.m.

Dates (Thursdays):	Activity #:
May 16-June 27	400300-01
July 11-August 22	400300-02

Friday Social Club (ages 18-32)

Location: Fort Boise Community Center

Time: 7-9:30 p.m.

Dates (Fridays):	Activity #:
May 17-June 28	400310-01
July 12-August 23	400310-02



ADAPTIVE CYCLING

Join us for group cycling rides along the Boise Greenbelt. Bring your own bike or use one of our adaptive handcycles, adult tricycles, recumbent tricycles, or tandem bikes. These rides are designed as supervised group rides and are not a bike riding lesson; however proper trail manners and safety will be addressed. Participants must be able to follow directions and stay with the group or attend with someone who can assist. These rides are for participants age 16 and older unless accompanied by an adult. See the Activity Guide for additional bike rides in August and September.

Call Sonya at 208-608-7681 for bike reservations.

ADAPTIVE BIKE RIDE

Join us for an hour-long group cycle ride along the beautiful Boise Greenbelt.

Location: Kristin Armstrong Municipal Park

Cost: \$6

Dates:	Times:	Activity #:
Tuesday, May 14	6-7:30 p.m.	400737-01
Tuesday, May 21	6-7:30 p.m.	400737-02
Wednesday, May 29	6-7:30 p.m.	400737-03
Tuesday, June 4	6-7:30 p.m.	400737-04
Wednesday, June 12	6-7:30 p.m.	400737-05
Thursday, June 27	6-7:30 p.m.	400737-06

ADAPTIVE BIKE RIDE & PICNIC

After our hour long Greenbelt ride we will have a picnic in the park.

Location: Kristin Armstrong Municipal Park

Cost: \$13.50

Date:	Times:	Activity #:
Saturday, May 11	9:30 a.m.-12 p.m.	400738-01

EXTENDED BIKE RIDE & PICNIC

After our 2.5 hour long Greenbelt ride we will have a picnic in the park.

Location: Marianne Williams Park

Cost: \$16

Date:	Times:	Activity #:
Saturday, June 1	9:30 a.m.-1:30 p.m.	400743-01

SUN VALLEY ADAPTIVE CYCLE TRIP

Spend the day exploring the scenic Sun Valley area while riding bikes. We will drive to the Sun Valley area, have a picnic lunch and then ride along the paved Wood River Trail. This adventure is designed for individuals who can ride at least 12 miles in 2.5 hours, stay with the group and follow directions.

Participants will need to bring money for dinner on the drive home. This activity is for participants age 18 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$64.25

Date:	Times:	Activity #:
Saturday, June 8	8 a.m.-8 p.m.	400749-01

BOCCE & DINNER (ages 16+)

Try out the fun and relaxed sport of Bocce in the park! After playing we will go out to dinner. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$21

Date:	Time:	Activity #:
Thursday, May 23	5-8 p.m.	400716-01

DISC GOLF & PICNIC (ages 16+)

Learn how to play the fun and relaxed game of disc golf, where the object is to toss a Frisbee and hit a target in the least amount of tries. Join us for a BBQ picnic dinner and then play disc golf in the park. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$20

Date:	Time:	Activity #:
Thursday, May 30	5-8 p.m.	400741-01

CERAMICA & DINNER (ages 16+)

We will socialize over dinner and then get creative at Ceramica where we will paint a piece of pottery. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$28

Date:	Time:	Activity #:
Friday, May 31	5-9 p.m.	400739-01

FIRST THURSDAY & DINNER (ages 18+)

Enjoy First Thursday with AdVenture. We will go out to dinner, explore a museum, walk around the town and grab some dessert! Please note that all AdVenture programs are alcohol free.

Location: Fort Boise Community Center

Cost: \$26

Date:	Time:	Activity #:
Thursday, June 6	5-9 p.m.	400726-01

LADIES / GUYS NIGHT (ages 18+) NEW!

Hey ladies and gentlemen, we have a fun night planned for you! We will go to the park to play games, barbecue and have fun hanging out with new friends. June 11 is ladies' night and June 25 guys' night.

Location: Fort Boise Community Center

Cost: \$20

Dates (Tuesdays):	Time:	Activity #:
June 11 - Ladies	5-8 p.m.	400229-01
June 25 - Guys	5-8 p.m.	400229-02

BOWLING & DINNER (ages 16+)

Looking for something fun to do? Join us for dinner and bowling! The cost of this activity includes the transportation from Fort Boise Community Center, dinner and bowling. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$26

Date:	Time:	Activity #:
Friday, June 29	5-9 p.m.	400722-02

SPEEDWAY & DINNER (ages 16+)

Cheer on the drivers as they race at the outdoor Meridian Speedway! This fun activity will include dinner before the races. Please note, this is a loud activity, ear plugs will be provided, but this activity may not be ideal for those who are sensitive to loud sounds. For participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$30

Date:	Time:	Activity #:
Saturday, June 15	4:30-10 p.m.	400572-01

THEATER & MEAL (ages 18+)

We will go out to eat and then head to Boise Little Theater to watch a play. In June we will see the musical "Suite Surrender" and in July we will see the youth play "Neverending Story." For participants who have the ability to sit quietly through a two-hour play.

Location: Fort Boise Community Center

Cost: \$36

Dates:	Time:	Activity #:
Saturday, June 15	12-4:45 p.m.	400303-01
Friday, July 19	5-9:45 p.m.	400303-02
Saturday, July 27	12-4:45 p.m.	400303-03

IDAHO CITY TRIP (ages 16+)

Visit historic Idaho City and explore the sites in town, tour the museum, eat lunch and visit the historic cemetery. Please be ready for an active day of exploring. For participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$29

Date:	Time:	Activity #:
Saturday, June 22	10 a.m.-4 p.m.	400570-01

HAWKS GAME & DINNER (ages 16+)

Go Hawks! The cost of this outing includes dinner before the baseball game, your ticket and transportation from Fort Boise Community Center to the game and back. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$26

Dates:	Time:	Activity #:
Wednesday, June 26	5-10 p.m.	400307-01
Tuesday, July 16	5-10 p.m.	400307-02
Thursday, August 8	5-10 p.m.	400307-03

MINI GOLF & DINNER (ages 16+)

During this fun evening we will play mini golf and socialize over dinner. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$25

Date:	Time:	Activity #:
Friday, June 14	5-8:30 p.m.	400720-01

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 4:30-6:30 p.m. FBCC Adaptive Bike Ride 6-7:30 p.m. Municipal Wednesday Social Club 6-8:30 p.m. MNCC	2 Adaptive Fitness Class 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 5-6 p.m. DESC 6:15-7:15 p.m. DESC First Thursday & Dinner 5-9pm FBCC Thursday Social Club 6-8:30 p.m. WCC	3 Mini Golf & Dinner 5-8:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	4 AdVenture Art 10-11:15 a.m. FBCC Bruneau Sand Dunes 9:30 a.m.-4 p.m. FBCC BPR Dance Recital 4:30 p.m. Timberline HS
5	6 AdVenture Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	7 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:15-5:15 p.m. DESC Cooking Class 4:30-6:30 p.m. FBCC Adaptive Bike Ride 6-7:30 p.m. Municipal	8 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 4:30-6:30 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	9 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 5-6 p.m. DESC 6:15-7:15 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	10 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	11 AdVenture Art 10-11:15 a.m. FBCC Saturday BEST 10 a.m.-12 p.m. FBCC Bike Ride & Picnic 10:30 a.m.-1 p.m. Municipal
12	13 Walking Club 4-6 p.m. FBCC	14 Adaptive Bike Ride 6-7:30 p.m. Municipal	15 Wednesday Social Club 6-8:30 p.m. MNCC	16 Thursday Social Club 6-8:30 p.m. WCC	17 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	18 Adaptive Bike Fair 10 a.m.-2 p.m. FBCC Horsethief Fishing Trip 8:30 a.m.-5 p.m. FBCC
19	20 Walking Club 4-6 p.m. FBCC	21 Adaptive Bike Ride 6-7:30 p.m. Municipal	22 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	23 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Bocce & Dinner 5-8 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	24 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	25
26	27 Memorial Day	28	29 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 6-7:30 p.m. Municipal Wednesday Social Club 6-8:30 p.m. MNCC	30 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Disc Golf & BBQ 5-8 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	31 Ceramica & Dinner 5-9 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	

ABBREVIATION KEY & ADDRESSES

BSU – Boise State University Student Union Building, 1910 University Dr.
 DESC – Dick Eardley Senior Center, 690 Robbins Rd.
 FBCC – Fort Boise Community Center, 700 Robbins Rd.
 Municipal – Kristin Armstrong Municipal Park, 500 S. Walnut St.
 MNCC – Morley Nelson Community Center, 7701 W. Northview St.
 WCC – Whitney Community Center, 1609 S. Owyhee St.

ADAPTIVE RECREATION/ADVENTURE

Emily Kovarik & Sonya Buchholz
 208-608-7680
 TDD/TTY 800-377-3529

AdVentureProgram@cityofboise.org
 Parks.CityOfBoise.org/AdVenture

To register for an activity, please call 208-608-7680 or come to Fort Boise Community Center, 700 Robbins Rd., Boise, Idaho 83702. Register online at parks.cityofboise.org/adventure



PARKS AND RECREATION

JUNE 2019

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Ext. Bike Ride & Picnic 9:30 a.m.-1:30 p.m. Marianne Williams Park
2 3 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Walking Club 4-6 p.m. FBCC AdVenture Art 5:15-6:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	4 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Adaptive Bike Ride 6-7:30 p.m. Municipal	5 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	6 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Adaptive Fitness Class 3-4 p.m. FBCC 4-5 p.m. FBCC First Thursday & Dinner 5-9 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	7 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	8 Sun Valley Bike Trip 8 a.m.-8 p.m. FBCC Nampa Fishing Trip 9 a.m.-3 p.m. FBCC	
9 10 AdVenture Summer Camp 9 a.m.-3 p.m. WCC AdVenture Art 5:15-6:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	11 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Guys Night BBQ 5-8 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	12 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 6-7:30 p.m. Municipal Wednesday Social Club 6-8:30 p.m. MNCC	13 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Rafting – Main Payette 9 a.m.-5 p.m. FBCC Adaptive Fitness Class 3-4 p.m. FBCC 4-5 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	14 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Fishing & Nature Day 9 a.m.-2:30 p.m. FBCC Mini Golf & Dinner 5-8:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	15 Theater & Lunch 12-4:45 p.m. FBCC Speedway & Dinner 4:30-10 p.m. FBCC	
16 17 AdVenture Summer Camp 9 a.m.-3 p.m. WCC AdVenture Art 5:15-6:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC Swimming Lessons 5:30-6:15 p.m. Borah Pool	18 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Bowling Club 7-8:30 p.m. BSU Tie Dye & BBQ - Full	19 AdVenture Summer Camp 9 a.m.-3 p.m. WCC IYASC 9 a.m.-3 p.m. Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Swimming Lessons 5:30-6:15 p.m. Borah Pool Wednesday Social Club 6-8:30 p.m. MNCC	20 AdVenture Summer Camp 9 a.m.-3 p.m. WCC IYASC 9 a.m.-3 p.m. Adaptive Fitness Class 3-4 p.m. FBCC 4-5 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC Music/Yoga Class - Full	21 AdVenture Summer Camp 9 a.m.-3 p.m. WCC IYASC 9 a.m.-3 p.m. Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	22 IYASC 9 a.m.-2 p.m. Fishing Trip - Full Idaho City Trip 10 a.m. – 4 p.m.	
23 24 AdVenture Summer Camp 9 a.m.-3 p.m. WCC AdVenture Art 5:15-6:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC Swimming Lessons 5:30-6:15 p.m. Borah Pool	25 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Ladies Night BBQ 5-8 p.m. FBCC Bowling Club 7-8:30 p.m. BSU Dutch Oven Class - Full	26 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	27 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Adaptive Fitness Class 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Bike Ride 6-7:30 p.m. Municipal Thursday Social Club 6-8:30 p.m. WCC	28 AdVenture Summer Camp 9 a.m.-3 p.m. WCC Bowling & Dinner 5-9 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC Rafting - Main Payette 9 a.m.-5 p.m. Swimming Lessons 5:30-6:15 p.m. Borah Pool Baseball Game & Dinner 5-10 p.m. FBCC	29 Adaptive Sports Clinic 9:30 a.m.-2:30 p.m. FBCC Famers Market & Lunch 9 a.m.-1:30 p.m. FBCC	
30 Sunday Goalball 10 a.m.-2 p.m. FBCC						



HORSETHIEF FISHING TRIP

Join us for a fun day trip to Horsethief Reservoir near Cascade, Idaho. We will fish, cook lunch over the campfire and take a short walk near the lake. For participants age 18 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$36

Date:	Times:	Activity #:
Saturday, May 18	8:30 a.m.-5 p.m.	400747-01

NAMPA FISH HATCHERY

Learn about fish while exploring the Nampa Fish Hatchery, go fishing at the pond and then go out to lunch. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$31

Date:	Time:	Activity #:
Saturday, June 8	9 a.m.-2:30 p.m.	400700-01

FISHING & NATURE DAY

Start the morning off by fishing and relaxing at a local pond. After fishing we will have a picnic lunch in a park and then explore the MK Nature Center and create a nature themed art project. For participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$26

Date:	Time:	Activity #:
Friday, June 14	9 a.m.-3 p.m.	400574-01

FARMERS MARKET & LUNCH (ages 18+)

Visit the local farmers market and art stands and then we will go out to lunch. This activity is for participants who can stay with the group. Participants are welcome to bring spending money to purchase items at the market.

Location: Fort Boise Community Center

Cost: \$26

Date:	Time:	Activity #:
Saturday, June 29	9 a.m.-1:30 p.m.	400562-01

SNAKE RIVER STAMPEDE RODEO

Watch the action at the indoor Snake River Stampede Rodeo! We will also go out to eat before the rodeo. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Cost: \$31

Dates:	Time:	Activity #:
Thursday, July 18	4-9:45 p.m.	400305-01
Saturday, July 20	9:30 a.m.-3:30 p.m.	400305-02

ADAPTIVE TUBING (ages 14+)

Enjoy the hot summer weather at Lucky Peak while riding behind a boat on an inflatable tube.

For safety reasons participants must be able to independently roll in the water from a face-down position to their back while wearing a life jacket; demonstration of this ability may be requested prior to tubing. Participants will take turns tubing and may be on the boat for up to an hour. This activity meets at Barclay Bay at Lucky Peak Reservoir. By volunteer request, this program is for individuals with disabilities age 14 and older.

Location: Lucky Peak, Barclay Bay boat launch

Cost: \$11

Dates (Wednesdays):	Time:	Activity #:
July 17	5-6:30 p.m.	400160-01
July 24	5-6:30 p.m.	400160-02
July 31	5-6:30 p.m.	400160-03
July 31	6:30-8 p.m.	400160-04
August 7	5-6:30 p.m.	400160-05
August 7	6:30-8 p.m.	400160-06

TENT CAMPING AT PAYETTE LAKE

This trip is full but call 208-608-7680 to be added to the waiting list.

Cost: \$81

Dates/times (Tuesday-Thursday):	Activity #:
June 9, 9 a.m. - June 11, 3:30 p.m.	400732-01



WHITewater RAFTING

Our adapted rafting program provides the opportunity for individuals with disabilities and one friend/family member to take part in a whitewater rafting adventure. **For safety reasons, ALL participants must be able to independently roll in the water from a face-down position to their back while wearing a life jacket and have the ability to grasp. Demonstration of this ability may be requested prior to the trip.** Participants will get the full rafting experience and may be asked to help with some of the work. Rafting trips are led by our Adaptive Recreation Coordinator and include volunteer support, rafting equipment, lunch and transportation from Fort Boise Community Center to the river and back. The float time is usually 2-3 hours on class II-III rapids. Return times may vary due to river conditions and trip accommodations.

Youth ages 12-17 may enroll but must be accompanied by an enrolled adult. This program is designed for individuals with disabilities who may also sign up one care provider/family member/friend who does not have a disability (each person must pay). So that everyone has a chance to go rafting please do not enroll in more than 3 rafting trips (after June 20, if there are still openings, you are welcome to enroll in additional trips).

Meeting Location: Fort Boise Community Center

MAIN-PAYETTE RIVER Cost: \$26

Dates:	Times:	Activity #:
Thursday, June 13	9 a.m.-5 p.m.	400130-01
Wednesday, June 26	9 a.m.-5 p.m.	400130-02
Tuesday, July 16	9 a.m.-5 p.m.	400130-03

CABARTON-PAYETTE RIVER Cost: \$33

Dates:	Times:	Activity #:
Friday, August 2	9 a.m.-7 p.m.	400140-01
Thursday, August 8	9 a.m.-7 p.m.	400140-02
Thursday, August 22	9 a.m.-7 p.m.	400140-03

CURT RECLA MOONLIGHT GOLF TOURNAMENT – ADVENTURE FUNDRAISER

This popular tournament will take place Friday, September 13 at Warm Springs Golf Course. The tournament starts at 6 p.m. and is a four-person scramble, limited to 15 teams. Participants will play nine holes of golf and then break for a delicious dinner. After dinner, everyone may golf 4-5 holes with glow-in-the-dark golf equipment! The cost is \$70 per person, which includes green fees, cart for the first nine holes, night equipment, and dinner. This unique tournament is a fun evening that you won't want to miss. A silent auction will be held during the tournament with proceeds going to the AdVenture program. Businesses and individuals may sponsor a hole at this tournament for \$100. For more information or to register, please call 208-608-7687.

BOISE PARKS AND RECREATION

Adventure

SEEKER PROGRAMS

Individuals with physical disabilities are welcome to sign up for any programs mentioned in this Newsletter. However, the following 'Adventure Seeker' programs are designed specifically for people with physical disabilities and their friends and family.

WILDERNESS WITHIN REACH FLY-IN

This rare and cool opportunity is for adults, age 18 and older, who have a physical disability that affects their mobility (those who use a wheelchair, walker, AFO braces, etc.) and one adult companion. We will fly in small aircrafts into the Frank Church Wilderness and spend two nights at the remote Flying B Ranch. Our lodgings are very accommodating but are not completely ADA accessible and the small planes cannot accommodate power wheelchairs (please call 208-608-7681 for specifics). Many thanks to the Idaho Aviation Foundation and the pilots for making this unique experience possible. At the request of the pilots, priority is given to adults with physical disabilities who have not previously gone on a Wilderness Within Reach Fly-In trip. Each individual needs to enroll and pay the trip fee.

Location: Jackson Jet Center, Boise

Cost: \$41 (per person)

Dates/times (Tuesday-Thursday):	Activity #:
June 9, 7:30 a.m. - June 11, mid-day	400732-01

ADAPTIVE SPORTS CLINIC

For People with Visual Impairments

Youth and adults are invited to try adaptive sports that are specifically designed for individuals with visual impairments. We will try Tandem Cycling and the Paralympic sport 5-a-Side Soccer. No sports experience needed, all equipment is provided. Lunch is included, just come ready to have fun! This event is offered in partnership by Boise Parks and Recreation and the Northwest Association for Blind Athletes. This clinic is for adults, teens and youth ages 7 and older. Friends and family members are encouraged to enroll and participate!

Location: Fort Boise Community Center

Cost: \$5 (advance registration required)

Date (Saturday):	Times:	Activity #:
June 29	9:30 a.m.-2:30 p.m.	400765-01

WHEELCHAIR RUGBY

This Paralympic Sport is a fast-paced and high contact team sport that is a lot of fun! Typically played by people with physical disabilities, the wheelchair rugby team loves when people without disabilities join as well. During this competitive practice time you will learn the rules, develop your skills and scrimmage. Rugby wheelchairs are provided. Youth under 18 may enroll if accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$28 or drop-in \$5 per day

Dates (Tuesdays):	Times:	Activity #:
July 9-August 27	6-8:30 p.m.	400706-01

ADAPTIVE CYCLING

Please see pages 1 and 3 for our Adaptive Bike Fair, Adaptive Bike Rides, the Sun Valley Adaptive Cycling Trip and more!



32ND ANNUAL IDAHO YOUTH ADAPTIVE SPORTS CAMP

This camp provides youth with physical disabilities a memorable sports camp experience. Individuals ages 6-19 who use a wheelchair or an assisted device (walker, crutches, AFO braces, etc.) to help with mobility have the opportunity to try adaptive sports, develop skills and improve their fitness level. Participants will get to enjoy a variety of athletic and recreational activities such as wheelchair tennis, fishing, canoeing, wheelchair basketball, wheelchair rugby and more. For more information and to register call Emily Kovarik at 208-608-7687.

Location: Fort Boise Community Center

Cost: \$65 - Registration fee is due by May 24. Late registration fee is \$80. Deadline to register is June 3.

Dates (Wed - Sat):	Times:	Activity #:
June 19-22	9 a.m.-3 p.m.	400805-01

WHEELCHAIR RUGBY LEAGUE

Adventure and the Boise Bombers Wheelchair Rugby Team invite you to play Wheelchair Rugby in a league format. All skill levels are welcome; you do not need to use a wheelchair to play, rugby wheelchairs are provided. Learn how to play this popular wheelchair sport while getting a great upper body workout! This program is for participants ages 15 and older however youth under 18 must be accompanied by an adult.

Location: Fort Boise Community Center

Cost: \$24.50

Dates (Thursdays):	Times:	Activity #:
July 11-August 22	6-8:30 p.m.	400707-01



ADAPTIVE WATER SKIING

This program is designed for individuals with physical disabilities who will use a 'sit ski'. Whether you are learning to ski for the first time or relearning the sport after an accident, this is a great adventure.

For safety reasons participants must be able to independently roll in the water from a face-down position to their back while wearing a life jacket; demonstration of this ability may be requested prior to tubing. Transportation is available from Fort Boise Community Center but must be arranged in advance, call 208-608-7681 for more information. **Please register at least one week prior to the date you wish to ski.**

Location: Lucky Peak, Barclay Bay boat launch

Cost: \$11

Dates (Wednesdays):	Time:	Activity #:
July 17	4:45-8 p.m.	400250-01
July 24	4:45-8 p.m.	400250-02
July 31	4:45-8 p.m.	400250-03
August 7	4:45-8 p.m.	400250-04

RAFTING THE CABARTON

This trip provides the opportunity for individuals with physical disabilities to go whitewater rafting. Participants can also enroll one friend/family member who does not have a disability. We will spend 2-4 hours running class II and III rapids on the Cabarton section of the Payette River. **For safety reasons, ALL participants must be able to independently roll in the water from a face-down position to their back while wearing a life jacket and have the ability to grasp. Demonstration of this ability may be requested prior to the trip.** Rafting trips are led by our Adapted Recreation Coordinator and include volunteer support, rafting equipment, lunch and transportation from Fort Boise Community Center to the river and back. This trip is specifically designed for individuals who have physical disabilities, see the page six for additional Adaptive Rafting Trips. Youth age 12-17 must be accompanied by an adult who also enrolls.

Location: Fort Boise Community Center

Cost: \$33

Date (Friday):	Times:	Activity #:
August 16	9 a.m.-7 p.m.	400230-01



CITY of BOISE
PARKS AND RECREATION
DEPARTMENT
 P.O. Box 500 | Boise, Idaho 83701-0500

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MISSION STATEMENT

Boise Parks and Recreation's AdVenture program is committed to providing quality sports, recreation and outdoor adventures for people of all abilities. By taking place in the most integrated setting, the AdVenture program shall promote self-confidence, wellness and physical fitness leading to a more independent lifestyle.

**DON'T WAIT,
 REGISTER NOW!**

CALL: 208-608-7680

In order to provide the best possible service to our participants, we require advance registration on all of our programs. To sign up for any of the programs you see in this newsletter please come in or call the Fort Boise Community Center at 208-608-7680. You can also sign up anytime online at parks.cityofboise.org/AdVenture. Sometimes courses fill up or are canceled because people wait too long to register. Please register early to avoid disappointment!

CHAIRHOOPS FUNDRAISER

The annual wheelchair basketball tournament fundraiser, ChairHoops was a great success! Seventeen teams competed in the three-day tournament from March 21-23. Players and supporters also helped raise funds for AdVenture by collecting pledges and bidding on silent auction prizes donated by many local sponsors. The tournament raised over \$4,400 for AdVenture! Thank you to everyone who participated, collected pledges, donated and volunteered at this fun event!

SPONSORS

- | | | | |
|-----------------------------|----------------------------|-----------------------------|--------------------------|
| 13th Street Pub & Grill | Collective Concept | Liquid Laughs | Swire Coca Cola |
| Axiom Fitness | Corestrong Studio | Lucky Fins | Tavern at Bown Crossing |
| Bacon | Elmer's Restaurant | McU Sports | The Cheesecake Factory |
| Bodies in Motion | Fresh Healthy Café | Mister Car Wash | The Flicks |
| Bogus Basin Ski Resort | George's Cycles | Olive Garden Restaurant | The Grove Hotel |
| Boise Brewing | Goody's Soda Fountain | Owyhee Tavern Steak & Sea | The Percolator Fund |
| Boise Green Bike | Grove Fitness Club & Spa | Panache Hair Studio & Spa | The Springs |
| Boise Hawks | Horseshoe Bend Flight Park | Roaring Springs Water Park | Tucano's Brazilian Grill |
| Boise State University | Idaho Botanical Gardens | Samantha McQuillan Art | Zoo Boise |
| Brundage Mountain Resort | Idaho IceWorld | Sandi Frelly | |
| Buchholz & Buchholz Nursery | Idaho Steelheads | Shu's Idaho Running Company | |
| Carol Fountain | Jill Boyer | Starbucks Coffee Company | |
| Clarity Chiropractic | Jeff Sparks | Ste. Chapelle Winery | |

VOLUNTEERS

- | | | | |
|-----------------|-------------------------|------------------|---------------|
| Alex Ekins | Jonah Lijewski-Blackham | Mariah Soren | Robel Clifton |
| Fairoz Walizada | Karen Duvall | Mary Slater | Shaun Cook |
| Isaac Wells | Kari Sandstrom | Nick Clark | |
| Jeff Sparks | Larry Warren | Paula Lawson | |
| Jim Slater | Lucas Shepard | Riley Greateorex | |

VOLUNTEER SPOTLIGHT – MARCH & APRIL *Thank you for volunteering with AdVenture!*

- | | | | | | |
|------------------|---------------|-----------------|------------------|------------------|---------------|
| Autumn Veneziano | Emily Brewer | Jackson Bindner | Kylie Larsen | Owen Mainord | Summer Nelson |
| Breanna Lyle | Grace Priddy | Jeff Sparks | Lauren Overocker | Renee Routhier | Tony Kern |
| Cameron Daron | Hannah Struck | Jessika Hunt | Lauryn Windsor | Riley Greateorex | |
| Charles Hubbard | Isaac Wells | Kari Sandstrom | Lee Rasmussen | Selah Dougherty | |