



ACTIVITY GUIDE

MERIDIAN PARKS AND RECREATION ACTIVITY GUIDE >> WINTER/SPRING 2017



YOUTH & TEEN ACTIVITIES • ADULT & SENIOR ACTIVITIES • COMMUNITY EVENTS

PARKS & RECREATION INFORMATION



CITY OF MERIDIAN VISION

Meridian is a vibrant community whose vision is to be the premier city to live, work and raise a family.

CITY OF MERIDIAN PARKS AND RECREATION MISSION

The Parks and Recreation Department's mission is to enhance the community's quality of life by providing well-designed and properly maintained parks and recreational opportunities for all citizens.

MERIDIAN PARKS & RECREATION DEPARTMENT

33 E. Broadway Ave., Suite 206, Meridian, ID 83642

Email: recreation@meridiancity.org

Hours: Monday-Friday, 8:00 a.m.-5:00 p.m.

Website: www.meridiancity.org/parks_rec

MERIDIAN PARKS & RECREATION STAFF:

Director:

Steve Siddoway

Recreation Manager:

Colin Moss

Recreation Coordinators:

Jake Garro
Renee White
Garrett White

Parks Superintendent:

Mike Barton

City Arborist:

Elroy Huff

Parks & Pathways Project Manager:

Jay Gibbons

Marketing Coordinator:

Shelly Houston

Parks Maintenance Foreman:

Roger Norberg

Parks Maintenance Staff:

Jeremy Aldrich
John Meusser

Kyle Yorita
Dave Cereghino
Brad Day
Kevin Gallivan
Phillip Harris
Frank Keeney
Debbie Miller
Dan White

Administrative Assistant I:

Ali Aldape
Jeannette Sanchez

Administrative Assistant II:

Rachel Myers

Volunteer Coordinator:

Barbara Hatch

Homecourt Facility Manager:

Garrett White

Homecourt Site Supervisor

Ross Cipriano

Sports League Site Supervisor

Hilary Hixon

MAYOR OF MERIDIAN:

Tammy de Weerd

MERIDIAN CITY COUNCIL:

Keith Bird, Joe Borton, Luke Cavener, Genesis Milam, Ty Palmer and Anne Little-Roberts

MERIDIAN PARKS & RECREATION COMMISSION:

President: Creg Steele

Vice President: Sharon Borton

Commissioners: Jo Greer, John Nesmith, Hannah Sturtevant, Kayla McNay, Debbie Shaner and Jessica West.

City Council Liaison: Anne Little-Roberts

The Meridian Parks & Recreation Commission meets at 5:30 p.m. on the second Wednesday of every month at Meridian City Hall.

3 WAYS TO REGISTER

1. REGISTER ONLINE!

Go to www.meridiancity.org/activityguide and use our interactive activity guide. Identify the class session you would like to register for and click the activity number to access our online registration software. For more information about our online registration feature, please call the Parks & Recreation office at **888-3579**, or email us at recreation@meridiancity.org.



2. REGISTER BY PHONE!

With VISA, MasterCard, or American Express.

Call **888-3579** to register.

Please note that registrations and reservations cannot be completed without payment.



3. REGISTER IN PERSON!

Walk-in hours are Monday-Friday, 8:00 a.m.-5:00 p.m.

**Please note that registering for and enrolling in one of our classes via the phone, internet and in person implies that you have read, understood and agree to the liability release waiver printed on all receipts.*



PROGRAM LOCATIONS:

Cole Valley Christian School	200 E. Carlton Ave
Heritage Middle School	4990 N. Meridian Rd
Idaho Indoor Soccer Center	1251 E. Piper Court
Julius Kleiner Memorial Park	1900 N. Records Ave
MAC Meridian	2300 W. Everest Ln Suite 150
Meridian Boys & Girls Club	911 N. Meridian Road
Meridian City Hall	33 E. Broadway Ave
Meridian Community Center	201 E. Idaho Ave
Meridian Homecourt	936 W. Taylor Ave
Meridian Middle School	1507 W. 8th St
Meridian Senior Center	1920 N. Records Ave.
Motions Dance Studio	390 E. Corporate Dr
Paramount Elementary	550 W. Producer Dr
The Dojo	149 S. Adkin Way Suite 105
Victory Middle School	920 W. Kodiak Dr
Willow Creek Elementary	6195 N. Long Lake Way

A NEW YEAR BRINGS NEW ANNOUNCEMENTS

This winter I'm thrilled to say that we have even MORE activity options for you in our community – from the expansion of local businesses such as Wahooz to the addition of City programs! The City of Meridian purchased the Homecourt Facility from the Treasure Valley Family YMCA and we are now able to offer additional recreation opportunities indoors. So now is the time to make that resolution to get more active, and check out what our community continues to offer our families.

Also happening this season here in Meridian, is my State of the City Address. We are already preparing for the address that is scheduled for Wednesday, February 8, 2016. Why? Because there is always a lot to talk about! Our City is thriving and it brings me great joy to deliver updates to our community each year. My annual address is a time to look back at what happened in our area over the past 12 months and look ahead at what's to come in the next year! There's so much to look forward to in Meridian! Whether you want to know about the next park being planned, amenities such as the new Tully Park Outdoor Gym, or just want to keep up with our latest ranking as one of America's 5 Best Cities to Live by 24/7 Wall Street/USA Today -- there is something for everyone. With so much planned in 2017 you won't want to miss this event!

While I'm working on my address and looking to the New Year, I'm also starting to create resolutions – such as adding to my “step count” each day. I encourage you to create active resolutions, as well. It's easy to do right here in our community! Take a look at the activities our Parks and Recreation Department has organized and try something new. Here's to a healthy and active 2017!

Sincerely, Mayor Tammy

Stay up-to-date with all things happening in Meridian: www.meridiancity.org



MAYOR OF MERIDIAN

TAMMY DE WEERD



The City of Meridian and Meridian Parks and Recreation would like to thank:

Debbie Brown and the missionaries from the Church of Jesus Christ of Latter Day Saints serving in the Meridian area for decorating the Meridian City Hall Christmas Tree!

thank you

THE 2017 MERIDIAN

STATE OF THE CITY



MORE INFORMATION:
WWW.MERIDIANCITY.ORG/SOTC
#MYMERIDIAN

Wednesday
FEB. 8
3:59PM

LIVE @ Meridian Middle School

Mayor Tammy's State of the City Address is FREE and open to the public. The Taste of Meridian Reception immediately following, requires tickets (cost is \$10).

YOUTH & TEEN ACTIVITIES

PRESCHOOL & EARLY CHILDHOOD

PRESCHOOL FUN

INSTRUCTOR: S. DOYLE

AGES 1.5 – 3

In these 6 week adult/child classes, children will enhance their social and citizenship awareness, improve gross/fine motor skills, listening and transitioning skills, increase body/spatial awareness, be creative and have fun! Activities include an art & craft project, circle time with singing and a story using interactive felt board, plus creative movement, parachute and bubble play. For more information visit meridianmommyandme.com or call Sheri Doyle at 602-4198.

Class located at the Meridian Community Center. Min/Max 5/12

CLASS	DATE	DAY	TIME	FEE
#3101.011	1/10 – 2/14	Tue.	9:30 – 10:15 a.m.	\$34
#3101.012	1/11 – 2/15	Wed.	10:45 – 11:30 a.m.	\$34
#3101.013	1/12 – 2/16	Thurs.	10:30 – 11:15 a.m.	\$34

CLASS	DATE	DAY	TIME	FEE
#3101.021	2/21 – 4/4*	Tue.	9:30 – 10:15 a.m.	\$34
#3101.022	2/22 – 4/5*	Wed.	10:45 – 11:30 a.m.	\$34

*No Class: 3/28 & 3/29

CLASS	DATE	DAY	TIME	FEE
#3101.041	4/11 – 5/16	Tue.	9:30 – 10:15 a.m.	\$34
#3101.042	4/12 – 5/17	Wed.	10:45 – 11:30 a.m.	\$34
#3101.043	4/13 – 5/18	Thurs.	10:30 – 11:15 a.m.	\$34

PRESCHOOL FUN PLUS

INSTRUCTOR: S. DOYLE

AGES 3-5

These 6 week thematic adult/child classes are a perfect precursor or a great alternative to preschool. Children have the opportunity to enhance social and citizenship awareness, improve fine/gross motor skills, listening and transitioning skills, increase body/spatial awareness, be creative and have fun! The class incorporates letter and color identification, name writing, using preschool scissors and show-and-tell. In addition, children will create theme-related crafts; participate in circle time with singing and interacting with the story and felt board and work on weather and calendaring skills. Last, they will have fun with parachute and bubble play. Parent/adult participation required. For more information visit meridianmommyandme.com or call Sheri Doyle at 602-4198.

Class located at the Meridian Community Center. Min/Max 5/10

Session Theme: Ocean

CLASS	DATE	DAY	TIME	FEE
#3101.014	1/10 – 2/14	Tue.	10:30 – 11:30 a.m.	\$42
#3101.015	1/11 – 2/15	Wed.	9:30 – 10:30 a.m.	\$42

Session Theme: Dinosaurs

CLASS	DATE	DAY	TIME	FEE
#3101.023	2/21 – 4/4*	Tue.	10:30 – 11:30 a.m.	\$42
#3101.024	2/22 – 4/5*	Wed.	9:30 – 10:30 a.m.	\$42
#3101.025	2/23 – 4/6*	Thurs.	10:15 – 11:15 a.m.	\$42

*No Class: 3/28 – 3/30

Session Theme: Bugs

CLASS	DATE	DAY	TIME	FEE
#3101.044	4/11 – 5/16	Tue.	10:30 – 11:30 a.m.	\$42
#3101.045	4/12 – 5/17	Wed.	9:30 – 10:30 a.m.	\$42

JUMP JIVE! BOOGIE WOOGIE!

INSTRUCTOR: S. DOYLE

AGES 2.5 – 5

In this fast paced creative music and movement class we will dance, sing songs and make noise in a fun, engaging and stimulating environment. Children will enhance their gross motor coordination and balancing skills while also improving social and emotional skills such as patience, listening and turn taking. Props are available to enhance their experience and each session brings new songs and a new experience! Parent/adult attendance required. For more information visit meridianmommyandme.com or call Sheri Doyle at 602-4198.

Class located at the Meridian Community Center. Min/Max 5/18

CLASS	DATE	DAY	TIME	FEE
#3101.026	2/23 – 4/6*	Thurs.	9:30 – 10:15 a.m.	\$28

*No Class: 3/30

PRINCE AND PRINCESSES

INSTRUCTOR: S. DOYLE

AGES 2.5 – 4

In these 6 week adult/child classes, we will put on our crowns and have fun being Princes and Princesses. Let's celebrate Ariel, Cinderella, Sleeping Beauty, Anna, Elsa, Belle, Jasmine, Tiana, Pocahontas, Rapunzel, Merida and Mulan (6 per session) and their respective Princes! Children will enhance their social and citizenship awareness, improve gross/fine motor skills, listening and transitioning skills, increase body/spatial awareness and be creative. Activities include art & craft project, circle time with a story using the interactive felt board, plus creative movement, parachute and bubble play. For more information visit meridianmommyandme.com or call Sheri Doyle at 602-4198.

Class located at the Meridian Community Center. Min/Max 5/12

CLASS	DATE	DAY	TIME	FEE
#3101.016	1/12 – 2/16	Thurs.	9:30 – 10:15 a.m.	\$36
#3101.046	4/13 – 5/18	Thurs.	9:30 – 10:15 a.m.	\$36

LEARN TO READ

INSTRUCTOR: JANINE LATULIPPE

AGES 2.5 – 6

Teaching your child to read doesn't have to be complicated! Give your child an amazing head start or help a struggling reader. In this hands-on session, parent and child will focus on phonics; learning letter sounds and blending them into words through exercises, games and more! Your child will learn 6 letter sounds and 11 words to get you started and you'll learn how to teach them the rest!

Class located at the Meridian Community Center. Min/Max 4/12

CLASS	DATE	DAY	TIME	FEE
#3103.011	1/4 – 2/8	Wed.	9:30 – 10:30 a.m.	\$50
#3103.021	2/15 – 3/22	Wed.	9:30 – 10:30 a.m.	\$50
#3103.041	4/5 – 5/10	Wed.	9:30 – 10:30 a.m.	\$50



DANCE

MOTIONS DANCE STUDIO

Motions Dance Studio focuses on providing dancers with a fun and professional program that encourages the growth of confidence, self-esteem, talent, and friendship! We bring out the inner dancer in everyone! From ages 18 months – adult! We have fun classes and exciting performances and would love for you to join us for this exciting season of dance! \$5 discount for second sibling enrolled in Motions Dance Studio classes during the same month/ session. Dance attire or athletic clothing (form fitting and stretchable) is required for all Motions Dance Studio classes.

Motions Performing Classes- Some Motions classes will perform in our Spring Performances. Performing classes have a January enrollment prerequisite in order to enroll for the months of February-May. If there are openings in any of these months, consideration to enroll without the prerequisite can be made by a Motions Dance Studio instructor. A minimal Costume/Performance fee of \$55 will be required for our Spring Performances.

Email Bri at brinelsondance@gmail.com for more information. Visit our website at motionsdancestudio.org and like us on Facebook.

MINI BALLET, TAP, JAZZ & TUMBLING

INSTRUCTOR: BRI NELSON

This Motions Dance Studio class is a fun and exciting introduction to Ballet, Tap, Jazz and Tumbling and is designed especially for your little ones! Young students will be introduced to dance technique, theory and vocabulary; encouraging creativity through a specially designed curriculum that is taught to a variety of fun, age specific music. Each student will get to experience the exciting performing aspect of dance in a loving atmosphere encouraged by the teachers, parents and other students. It is the perfect class where your child's confidence and self-esteem will flourish. This class will participate in the Motions Dance Studio Spring Performances! Please see MOTIONS DANCE STUDIO description above for more information and visit motionsdancestudio.org for more classes.

Class located at the Meridian Community Center.

February–May Classes require a January Prerequisite.

CLASS	DATE	DAY	TIME	FEE	Min/Max 0/10
#3102.011	1/9 – 1/30	Mon.	9:30 – 10:00 a.m.	\$25	
#3102.021	2/6 – 2/27	Mon.	9:30 – 10:00 a.m.	\$25	
#3102.031	3/6 – 3/20	Mon.	9:30 – 10:00 a.m.	\$25	
#3102.041	4/3 – 4/24	Mon.	9:30 – 10:00 a.m.	\$25	
#3102.051	5/1 – 5/22	Mon.	9:30 – 10:00 a.m.	\$25	

CLASS	DATE	DAY	TIME	FEE	Min/Max 0/10
#3102.012	1/9 – 1/30	Mon.	11:15 – 11:45 a.m.	\$25	
#3102.022	2/6 – 2/27	Mon.	11:15 – 11:45 a.m.	\$25	
#3102.032	3/6 – 3/20	Mon.	11:15 – 11:45 a.m.	\$25	
#3102.042	4/3 – 4/24	Mon.	11:15 – 11:45 a.m.	\$25	
#3102.052	5/1 – 5/22	Mon.	11:15 – 11:45 a.m.	\$25	

CLASS	DATE	DAY	TIME	FEE	Min/Max 0/10
#3102.013	1/9 – 1/30	Mon.	10:15 – 11:00 a.m.	\$30	
#3102.023	2/6 – 2/27	Mon.	10:15 – 11:00 a.m.	\$30	
#3102.033	3/6 – 3/20	Mon.	10:15 – 11:00 a.m.	\$30	
#3102.043	4/3 – 4/24	Mon.	10:15 – 11:00 a.m.	\$30	
#3102.053	5/1 – 5/22	Mon.	10:15 – 11:00 a.m.	\$30	

YOUTH & TEEN ACTIVITIES



CHEERLEADING

REC CHEERLEADING CLASS

COACH: CYNDI LAMBERTSEN

This class is for anyone who dreams of being a cheerleader! No previous experience is required. Students will have a blast making new friends while keeping active. Students will work on basic cheer fundamentals including jumps, dance, stunting, tumbling, and cheering. This is a fun way to develop strength, flexibility, and self-esteem through fun choreographed routines. This is a rec class that will perform in the Motions Dance Studio Spring Performances. Look at MOTIONS DANCE STUDIO information for class attire, and registration information.

Class located at the Meridian Community Center

February-May classes require a January Prerequisite.

Rec Cheerleading 1

Ages 3 years- K

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2101.011	1/9- 1/30	Mon.	3:00 – 3:30 p.m.	0/10	\$25
#2101.021	2/6- 2/27	Mon.	3:00 – 3:30 p.m.	0/10	\$25
#2101.031	3/6- 3/20	Mon.	3:00 – 3:30 p.m.	0/10	\$25
#2101.041	4/3- 4/24	Mon.	3:00 – 3:30 p.m.	0/10	\$25
#2101.051	5/1- 5/22	Mon.	3:00 – 3:30 p.m.	0/10	\$25

Rec Cheerleading 2

1st grade- 4th grade

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2101.012	1/9- 1/30	Mon.	4:30 – 5:15 p.m.	0/12	\$30
#2101.022	2/6- 2/27	Mon.	4:30 – 5:15 p.m.	0/12	\$30
#2101.032	3/6- 3/20	Mon.	4:30 – 5:15 p.m.	0/12	\$30
#2101.042	4/3- 4/24	Mon.	4:30 – 5:15 p.m.	0/12	\$30
#2101.052	5/1- 5/22	Mon.	4:30 – 5:15 p.m.	0/12	\$30

Rec Cheerleading 3

5th grade- 9th grade

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2101.013	1/3- 1/31	Tue.	4:45 – 5:45 p.m.	0/16	\$35
#2101.023	2/7- 2/28	Tue.	4:45 – 5:45 p.m.	0/16	\$35
#2101.033	3/7- 3/21	Tue.	4:45 – 5:45 p.m.	0/16	\$35
#2101.043	4/4- 4/25	Tue.	4:45 – 5:45 p.m.	0/16	\$35
#2101.053	5/2- 5/23	Tue.	4:45 – 5:45 p.m.	0/16	\$35

ALL-STAR CHEERLEADING

COACH: CYNDI LAMBERTSEN

All Star Cheerleading runs August – May. Participants in this class are required to try out at the beginning of the season. Led by Motion's Dance Studio's certified All Star coach, athletes will complete in a few competitions, local to our region. Tryouts for next year's team will be held in August 2017. If you would like to receive notification for our next tryout please email motions.cyndi@gmail.com or join Rec classes to sharpen your skills.

TUMBLING

TUMBLE AND TWIST

INSTRUCTOR: BRI NELSON

This 6 week class is designed for young children with a lot of energy who need a fun and constructive outlet. Classes are structured to stimulate coordination, listening, balance, and creative movement through tumbling and structured "wiggle time". Basic tumbling, such as summersaults and handstands, combined with fun musical activities will help develop motor skills and self-esteem in all our students. This class will NOT perform in the Motions Dance Studio Spring Performances. Please see MOTIONS DANCE STUDIO description above for more information and visit motionsdancestudio.org for more classes.

Class located at the Meridian Community Center.

18 months - 2 (Mommy and Me)

CLASS	DATE	DAY	TIME	Min/Max	FEE
#3102.014	1/6 – 2/10	Fri.	9:30 – 10:00 a.m.	0/8	\$35
#3102.024	2/17 – 3/24	Fri.	9:30 – 10:00 a.m.	0/8	\$35
#3102.044	4/7 – 5/12	Fri.	9:30 – 10:00 a.m.	0/8	\$35

18 months - 2 (Mommy and Me)

CLASS	DATE	DAY	TIME	Min/Max	FEE
#3102.015	1/6 – 2/10	Fri.	11:15 – 11:45 a.m.	0/8	\$35
#3102.025	2/17 – 3/24	Fri.	11:15 – 11:45 a.m.	0/8	\$35
#3102.045	4/7 – 5/12	Fri.	11:15 – 11:45 a.m.	0/8	\$35

Ages 3 – 6 (Independent)

CLASS	DATE	DAY	TIME	Min/Max	FEE
#3102.016	1/6 – 2/10	Fri.	10:15 – 11:00 a.m.	0/8	\$40
#3102.026	2/17 – 3/24	Fri.	10:15 – 11:00 a.m.	0/8	\$40
#3102.046	4/7 – 5/12	Fri.	10:15 – 11:00 a.m.	0/8	\$40

Ages 3 – 6 (Independent)

CLASS	DATE	DAY	TIME	Min/Max	FEE
#3102.017	1/6 – 2/10	Fri.	2:45 – 3:30 p.m.	0/8	\$40
#3102.027	2/17 – 3/24	Fri.	2:45 – 3:30 p.m.	0/8	\$40
#3102.047	4/7 – 5/12	Fri.	2:45 – 3:30 p.m.	0/8	\$40

TUMBLE AND FLIP

INSTRUCTOR: KATY LEONARD

This 6 week class is structured around all skill levels to help the students learn everything from the basic fundamentals of tumbling to advancing on to learn more skills. We aim to teach proper form for a safe and fun way to practice our tumbling skills. Tumbling is a fun and exciting sport that encompasses coordination, strength, balance, flexibility while building self-confidence, self-esteem and hard work ethics. Tumbling is a great opportunity for kids to cross train and do in conjunction with their other physical activities. We will work on things anywhere from forward rolls and cartwheels, to front walkovers and back handsprings and everything in between! This class will NOT participate in the Motions Dance Studio Spring Performances! Please see MOTIONS DANCE STUDIO description above for more information and visit motionsdancestudio.org for more classes.

Class located at the Meridian Community Center.

Ages 6 & Up

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2101.014	1/4 – 2/8	Wed.	4:30 – 5:15 p.m.	0/10	\$45
#2101.024	2/15 – 3/22	Wed.	4:30 – 5:15 p.m.	0/10	\$45
#2101.044	4/5- 5/10	Wed.	4:30 – 5:15 p.m.	0/10	\$45

STRETCH AND STRENGTHEN

INSTRUCTOR: KATY LEONARD

This is a 6 week class for anyone who wants some extra time to focus on improving their flexibility, strength, and coordination. All levels of ability are welcomed; and is suitable for both girls and boys. This class is aimed to be beneficial in supplementing any dance, tumbling, cheer, soccer, martial arts, basketball, softball, or any other sport or athletic program. It can also be taken without involvement in any other sports; and is a great way to get active! We will be using fun, innovative, and creative ways to work on stretching and strengthening.

Class located Motions Dance Studio.

Ages 6 & Up

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2101.015	1/4 – 2/8	Wed.	6:15 – 7:00 p.m.	0/10	\$35
#2101.025	2/15 – 3/22	Wed.	6:15 – 7:00 p.m.	0/10	\$35
#2101.045	4/5- 5/10	Wed.	6:15 – 7:00 p.m.	0/10	\$35

CAMP MER-IDA-MOO – SPRING BREAK CAMP

CAMP MER-IDA-MOO: SPRING BREAK! AGES 6-11

Looking for something to do over spring break? Camp Mer-IDA-Moo: Spring Break Camp is back in 2017! Activities will include arts and crafts, games, outdoor games, reading time, science projects and field trips. Staff is selected from recreation and education professionals, as well as local college students. Staff to camper ratio is 1:10. Register early and reserve your spot for this fun and exciting week long camp! Class fee is for the entire week.

Class located at the Meridian Community Center. Min/Max 20/50

FULL DAY

CLASS	DATE	DAY	TIME	FEE
#4101.031	3/27-3/31	Mon.-Fri.	7:30 a.m.-5:30 p.m.	\$99

HALF DAY

CLASS	DATE	DAY	TIME	FEE
#4101.032	3/27-3/31	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$79

KIDS YOGA

INSTRUCTOR: CHELSEA CUNNINGHAM AGES 4 - 11

Your child will enjoy making new friends while we explore yoga, relax and learn new concepts. Classes guide children on playful journey's woven with yoga postures, breathing, music games and mindfulness. As the teacher, my intention is to cultivate self-confidence and community. Your child will increase his/her body and breath awareness and will gain some tools for life all while having fun or course! A \$5 sibling discount is given to a second sibling enrolled in the same session. Mats provided.

Class located at the Meridian Community Center.

CLASS	DATE	DAY	TIME	Min/Max	FEE
#2107.011	1/14 – 2/11	Sat.	11:00 – 11:45 a.m.	4/12	\$50
#2107.021	2/25 – 3/25	Sat.	11:00 – 11:45 a.m.	4/12	\$50
#2107.041	4/22 – 5/13	Sat.	11:00 – 11:45 a.m.	4/12	\$50

YOUTH & TEEN ACTIVITIES

LACROSSE

LEARN TO LOVE LACROSSE

INSTRUCTOR: TOM WELSH

AGES 4 - 6

Learn the exciting game of Lacrosse in a FUN fashion from US Lacrosse Coach Tom Welsh. Students will learn how pass, catch, cradle, dodge, shoot and gather ground balls all while having fun and making new friends. These classes follow the US Lacrosse National Association for Sport and Physical Education Elementary school PE curriculum.

Class located at the Idaho Indoor Soccer Center. Min/Max 6/12

CLASS	DATE	DAY	TIME	FEE
#2106.011	1/23 - 2/13	Mon.	2:00 - 2:45 p.m.	\$36
#2106.021	2/27 - 3/20	Mon.	2:00 - 2:45 p.m.	\$36
#2106.041	4/3 - 4/24	Mon.	2:00 - 2:45 p.m.	\$36

LEARN TO PLAY LACROSSE - 1 DAY CLINICS

INSTRUCTOR: TOM WELSH

AGES 7 - 12

Learn the fundamentals, history and spirit of Lacrosse in a FUN fashion. Students will be instructed by US Lacrosse Coach Tom Welsh on how to pass, catch, cradle, dodge and gather ground balls during these one day clinics. Equipment will be provided. Bring your sneakers and a water bottle.

Class located at the Idaho Indoor Soccer Center. Min/Max 12/24

CLASS	DATE	DAY	TIME	FEE
#2106.012	1/2	Mon.	9:00 - 12:00 p.m.	\$27
#2106.013	1/16	Mon.	9:00 - 12:00 p.m.	\$27
#2106.022	2/20	Mon.	9:00 - 12:00 p.m.	\$27
#2106.042	4/5	Wed.	9:00 - 12:00 p.m.	\$27

BASKETBALL

BASKETBALL FUNDAMENTALS

INSTRUCTOR: JAMES DAYE

Basketball fundamentals taught using the method perfected by Dean Smith, the late University of North Carolina Hall of Fame Basketball coach. Participants will learn techniques to improve shooting, offensive/defensive skills and game strategy from former Division 1 player and coach James Daye.

Class located at the Meridian Homecourt. Min/Max 4/14

Ages: 10 - 12

CLASS	DATE	DAY	TIME	FEE
#2108.011	1/9 - 1/30	Mon.	4:00 - 5:30 p.m.	\$140
#2108.021	2/6 - 2/27	Mon.	4:00 - 5:30 p.m.	\$140
#2108.031	3/6 - 3/27	Mon.	4:00 - 5:30 p.m.	\$140
#2108.041	4/3 - 4/24	Mon.	4:00 - 5:30 p.m.	\$140
#2108.051	5/1 - 5/22	Mon.	4:00 - 5:30 p.m.	\$140

Ages: 13 - 15

CLASS	DATE	DAY	TIME	FEE
#2108.012	1/4 - 1/25	Wed.	4:00 - 5:30 p.m.	\$140
#2108.022	2/1 - 2/22	Wed.	4:00 - 5:30 p.m.	\$140
#2108.032	3/1 - 3/22	Wed.	4:00 - 5:30 p.m.	\$140
#2108.042	4/5 - 4/26	Wed.	4:00 - 5:30 p.m.	\$140
#2108.052	5/3 - 5/24	Wed.	4:00 - 5:30 p.m.	\$140

ART & EDUCATION

YOUNG REMBRANTS

ELEMENTARY DRAWING

INSTRUCTOR: C. FINE

AGES 6 - 12

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and even more Emojis in the month of January. February brings fun and culture into the classroom as our students' learn about masquerade and dive into the mind of master artist Romeo Britto. And in the month of March, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex, Young Rembrandts style! Time to enroll!

Class located at the Meridian Community Center Art Room. Min/Max 4/12

CLASS	DATE	DAY	TIME	FEE
#4106.011	1/2 - 1/30*	Mon.	4:30 - 5:30 p.m.	\$55
#4106.021	2/6 - 3/6*	Mon.	4:30 - 5:30 p.m.	\$55
#4106.031	3/13 - 4/10*	Mon.	4:30 - 5:30 p.m.	\$55

*No Class: 1/16, 2/20 & 3/27



LITTLE PALLETS

YOUNG AUTHORS & ILLUSTRATORS

INSTRUCTORS: LITTLE PALLETS

AGES 8 - 15

This is a fun class for the budding author and artist. In this hands-on class, students will create their own story, add illustrations and bind their own masterpiece. Students will learn the history of written language, printing and book binding.

Class located at the Meridian Community Center Art Room. Min/Max 3/12

CLASS	DATE	DAY	TIME	FEE
#1101.011	1/10 - 1/31	Tues.	9:00 - 10:00 a.m.	\$48
#1101.021	2/7 - 2/28	Tues.	9:00 - 10:00 a.m.	\$48
#1101.031	3/7 - 3/21	Tues.	9:00 - 10:00 a.m.	\$48
#1101.041	4/4 - 4/25	Tues.	9:00 - 10:00 a.m.	\$48

LITTLE PALLET ART SAMPLER

INSTRUCTOR: LITTLE PALLETS

AGES 7 - 15

In this fun, hands-on class students will learn a variety of art skills with take home projects. In January, students will enjoy working with Wax and Dye to create beautiful Batiks. If February, students will have the opportunity to use Patterns and Plaster to create beautiful Mosaics. In March, students will enjoy working with Color and a variety of techniques to create a stunning Watercolor masterpiece. In April, learning Proportion, Expression and Movement, students will create fun Cartoon Drawings.

Class located at the Meridian Community Center Art Room. Min/Max 3/12

CLASS	DATE	DAY	TIME	FEE
#1101.012	1/10 - 1/31	Tues.	10:00 - 10:45 a.m.	\$48
#1101.022	2/7 - 2/28	Tues.	10:00 - 10:45 a.m.	\$48
#1101.032	3/7 - 3/21	Tues.	10:00 - 10:45 a.m.	\$48
#1101.042	4/4 - 4/25	Tues.	10:00 - 10:45 a.m.	\$48

YOUTH POTTERY

INSTRUCTOR: LITTLE PALLETS

AGES 4 - 15

Little Pallets specializes in offering educational curriculum rich in history, science math, theatre and art. Pottery is a great addition to any Homeschool Curriculum. Each week students will fine tune their pottery skills, learn the styles and cultural significance. Each session offers a finished piece or art to take home. January: Containers, February: Structures, March: Sculptures, April: Creatures.

Class located at the Meridian Community Center Art Room. Min/Max 1/12

CLASS	DATE	DAY	TIME	FEE
#1101.013	1/10 - 1/31	Tues.	10:45 - 11:45 p.m.	\$48
#1101.023	2/7 - 2/28	Tues.	10:45 - 11:45 p.m.	\$48
#1101.033	3/7 - 3/21	Tues.	10:45 - 11:45 p.m.	\$48
#1101.043	4/4 - 4/25	Tues.	10:45 - 11:45 p.m.	\$48

CULINARY FOR KIDS

INSTRUCTOR: LITTLE PALLETS

AGES 5-15

In this fun, hands-on class, students will learn how to make a yummy cuisine dish which they get to sample that day. Each class students will learn about good hygiene in the kitchen, cutting, chopping, stirring, measuring and trying a new flavor. Please inform instructor of any allergies prior to class.

Class located at the Meridian Community Center Art Room. Min/Max 3/12

CLASS	DATE	DAY	TIME	FEE
#1101.014	1/10 - 1/31	Tues.	11:45 - 12:45 p.m.	\$48
#1101.024	2/7 - 2/28	Tues.	11:45 - 12:45 p.m.	\$48
#1101.034	3/7 - 3/21	Tues.	11:45 - 12:45 p.m.	\$48
#1101.044	4/4 - 4/25	Tues.	11:45 - 12:45 p.m.	\$48

MAC MERIDIAN

LITTLE PICASSOS

INSTRUCTOR: T. GOSNEY

AGES 4 - 6

Expose your child to a world filled of fun art projects that will improve their artistic motor skills while having a blast! Each session, students will have an opportunity to experience a different type of art media including drawing, painting, 3D sculpture and collage. Come join the fun! Parents are welcome to attend this class with their child.

Class located at the MAC Meridian Min/Max 5/15

CLASS	DATE	DAY	TIME	FEE
#4109.011	1/7 - 1/28	Sat.	10:00 - 11:00 a.m.	\$50
#4109.021	2/4 - 2/25	Sat.	10:00 - 11:00 a.m.	\$50
#4109.041	4/8 - 4/29	Sat.	10:00 - 11:00 a.m.	\$50

WATERCOLOR KIDS

INSTRUCTOR: T. GOSNEY

AGES 6 - 10

There is so much to learn when creating paintings with watercolor. Learn and have fun as students learn how to paint with watercolors using resist techniques with tape, salt and oil pastels. Every lesson is an experiment. Take the class and see what is in store!

Class located at the MAC Meridian Min/Max 5/12

CLASS	DATE	DAY	TIME	FEE
#4109.012	1/7 - 1/28	Sat.	11:30 - 12:30 p.m.	\$50

YOUTH & TEEN ACTIVITIES

PLAYFUL PORTRAITS

INSTRUCTOR: T. GOSNEY

AGES 6 – 10

By experimenting with drawing techniques, students will change the way they look at people. From representational to abstract, students will learn how to capture the essence of a person through art. Students will experiment with a variety of mediums including colored pencil, watercolor paint, chalk pastels and more!

Class located at the MAC Meridian					Min/Max 5/12
CLASS	DATE	DAY	TIME	FEE	
#4109.022	2/4 – 2/25	Sat.	11:30 – 12:30 p.m.	\$50	

CREEPY COOL ART

INSTRUCTOR: T. GOSNEY AGES 6 – 10

Students will create wondrous creepy cool art that captivates the imagination using mysterious aspects of nature in a variety of styles and mediums from 2D to 3D art. Students will use their imagination as well as things from life to create strange creepy cool creatures using a variety of materials such as drawing, painting, watercolor, clay and mixed media.

Class located at the MAC Meridian					Min/Max 5/12
CLASS	DATE	DAY	TIME	FEE	
#4109.042	4/8 – 4/29	Sat.	11:30 – 12:30 p.m.	\$50	

MARTIAL ARTS

TANG SOO DO

MARTIAL ARTS FOR KIDS

INSTRUCTOR: FAMILY TANG SOO DO

AGES 5 – 8

Smiling Tigers by Family Tang Soo Do is designed for children who are anxious to learn martial arts but are not ready for the traditional class. Students will have fun exercising and learning basic techniques. They receive rewards for achievements in class, excelling at school and obeying at home. Smiling Tigers is an ongoing class and students can continue pursuit of black belt in Family Tang Soo Do after they turn 8. Wear loose, modest clothing. No shorts please. See familytangsoodo.com for more information and email info@familytangsoodo.com if you have any questions.

Fee is \$40 per month for the first student, \$35 per month for a second member of the same household/family, \$30 for the third member and \$130 total for families of four or more. Family discount also applies if you have students in both Family Tang Soo Do and Martial Arts for Kids. Uniforms, patches and World Tang Soo Do Membership are not required until the second month and are purchased through the instructor. For a complete fee schedule, email fees@familytangsoodo.com.

Class located at the Meridian Community Center.					Min/Max 2/10
CLASS	DATE	DAY	TIME	FEE	
#2103.011	1/6 – 1/27	Fri.	5:00 – 5:50 p.m.	\$40	
#2103.021	2/10 – 3/3	Fri.	5:00 – 5:50 p.m.	\$40	
#2103.031	3/10 – 4/7*	Fri.	5:00 – 5:50 p.m.	\$40	
#2103.041	4/14 – 5/5	Fri.	5:00 – 5:50 p.m.	\$40	

*No Class: 3/31



MARTIAL ARTS FOR ALL AGES

INSTRUCTOR: FAMILY TANG SOO DO

AGES 8 & UP

Tang Soo Do is a traditional Korean martial art that emphasizes both hand and foot techniques. The head instructors have been certified since 1992. Instruction includes basic techniques, forms, self-defense, sparring and weapons. Tang Soo Do provides a life-long pursuit of healthy living, self-confidence and integrity for the entire family. Family Tang Soo Do is a member of the World Tang Soo Do Association. See familytangsoodo.com for more information or email info@familytangsoodo.com if you have any questions. Please wear loose & comfortable clothing to begin training.

Fee is \$40 per month for the first student, \$35 per month for a second member of the same household/family, \$30 for the third member and \$130 total for families of four or more. Family discount also applies if you have students in both Family Tang Soo Do and Martial Arts for Kids. Uniforms, patches and World Tang Soo Do Membership are not required until the second month and are purchased through the instructor. For a complete fee schedule, email fees@familytangsoodo.com.

All classes located at the Meridian Community Center. Min/Max 0/20

Beginning Classes

CLASS	DATE	DAY	TIME	FEE	
#9101.011	1/3 – 1/27	Tues./Fri.	6:00 – 7:00 p.m.	\$40	
#9101.021	2/7 – 3/3	Tues./Fri.	6:00 – 7:00 p.m.	\$40	
#9101.031	3/7 – 4/7*	Tues./Fri.	6:00 – 7:00 p.m.	\$40	
#9101.041	4/11 – 5/5	Tues./Fri.	6:00 – 7:00 p.m.	\$40	

*No Class: 3/28 & 3/31

Intermediate/Advanced Classes

Intermediate/Advanced class by Family Tang Soo Do is for continuing students ranking 3rd gup, brown belt with stripe or higher. Prerequisite: Beginning class, advancement essay and permission from instructors. See familytangsoodo.com for more information or email info@familytangsoodo.com.

CLASS	DATE	DAY	TIME	FEE	
#9101.012	1/3 – 1/27	Tues./Fri.	7:00 – 8:00 p.m.	\$40	
#9101.022	2/7 – 3/3	Tues./Fri.	7:00 – 8:00 p.m.	\$40	
#9101.032	3/7 – 4/7*	Tues./Fri.	7:00 – 8:00 p.m.	\$40	
#9101.042	4/11 – 5/5	Tues./Fri.	7:00 – 8:00 p.m.	\$40	

*No Class: 3/28 & 3/31

DEMO TEAM & TOURNAMENT PREPARATION

INSTRUCTOR: FAMILY TANG SOO DO

AGES 5 & UP

Become part of the Demo Team and prepare to travel to the Region 1 Tournament May 27. Family Tang Soo Do will concentrate on cardio, point sparring, tournament competition and tournament presentation. Family Tang Soo Do approved sparring gear required for participation. Students ages 5 – 7 may participate if they plan to attend the Region 1 Tournament. Students who do not intend to travel will still benefit and are welcome to try out for participation on the demo team. See familytangsoodo.com for more information or email info@familytangsoodo.com if you have any questions.

Class located at the Meridian Community Center.					Min/Max 0/30
CLASS	DATE	DAY	TIME	FEE	
#2103.051	5/9 – 5/23	Tues./Fri.	6:00 – 7:00 p.m.	\$25	

SHOSHIN RYU

Shoshin Ryu is a complete system of martial arts that places emphasis on the physical and mental skills required for self-defense and personal growth. These skills are taught in a supportive and non-competitive manner with emphasis placed on the development of personal excellence within each practitioner. Shoshin Ryu is derived from Japanese martial traditions and is focused on western self-defense training and personal growth. Shoshin Ryu teaches many aspects of the martial arts including; strikes and blocks, throwing techniques, ground work, joint blocks and manipulations as well as a vast array of weapon disciplines at higher ranks.

Classes located at The Dojo.

Min/Max 1/20

SHOSHIN RYU FOR BEGINNERS - JR'S

INSTRUCTOR: J. BAIR

AGES 4 – 6

The Shoshin Ryu Jr's class is designed to acclimate the young student to The Dojo and the rules and etiquette's involved in participating in a martial art.

CLASS	DATE	DAY	TIME	FEE	
#2104.011	1/7 – 1/28	Sat.	9:15 – 10:00 a.m.	\$35	
#2104.021	2/4 – 2/25	Sat.	9:15 – 10:00 a.m.	\$35	
#2104.031	3/4 – 3/25	Sat.	9:15 – 10:00 a.m.	\$35	
#2104.041	4/1 – 4/29*	Sat.	9:15 – 10:00 a.m.	\$35	

*No Class: 4/15

SHOSHIN RYU FOR BEGINNERS - YOUTH

INSTRUCTOR: J. BAIR

AGES 7 – 14

CLASS	DATE	DAY	TIME	FEE	
#2104.012	1/7 – 1/28	Sat.	10:00 – 11:00 a.m.	\$35	
#2104.022	2/4 – 2/25	Sat.	10:00 – 11:00 a.m.	\$35	
#2104.032	3/4 – 3/25	Sat.	10:00 – 11:00 a.m.	\$35	
#2104.042	4/1 – 4/29*	Sat.	10:00 – 11:00 a.m.	\$35	

*No Class: 4/15



ADULT & SENIOR ACTIVITIES



YOGA

YOGA – ALL LEVELS

INSTRUCTOR: L. MCELROY; ERYT500 TEEN, ADULT & SENIOR

This class is designed for all levels of yoga background, from beginners to those with more experience. Come join us for some feel-good, breath-centered Vinyasa Flow Hatha Yoga. Bring your own sticky yoga mat.

Class located at the Meridian Community Center. Min/Max 4/20

CLASS	DATE	DAY	TIME	FEE
#5101.011	1/2 - 2/13	Mon.	7:00 – 8:00 p.m.	\$35
#5101.012	1/7 - 2/18	Sat.	8:00 – 9:00 a.m.	\$35

CLASS	DATE	DAY	TIME	FEE
#5101.021	2/20 - 4/10*	Mon.	7:00 – 8:00 p.m.	\$35
#5101.022	2/25 - 4/15*	Sat.	8:00 – 9:00 a.m.	\$35

CLASS	DATE	DAY	TIME	FEE
#5101.041	4/17 - 5/22	Mon.	7:00 – 8:00 p.m.	\$30
#5101.042	4/22 - 5/27	Sat.	8:00 – 9:00 a.m.	\$30

*No Class: 3/27 - 4/1

GENTLE YOGA ADULT & SENIOR

INSTRUCTOR: L. MCELROY; ERYT500

A gentle approach to Classic Hatha Yoga with an emphasis on breathing and safely moving through yoga poses. This class is designed to make you feel great all over through gentle movements and stretching. Bring your own sticky yoga mat.

Class located at the Meridian Community Center. Min/Max 4/20

CLASS	DATE	DAY	TIME	FEE
#5101.013	1/2 - 2/13	Mon.	12:30 – 1:30 p.m.	\$35
#5101.014	1/4 - 2/15	Wed.	12:30 – 1:30 p.m.	\$35

CLASS	DATE	DAY	TIME	FEE
#5101.023	2/20 - 4/10*	Mon.	12:30 – 1:30 p.m.	\$35
#5101.024	2/22 - 4/12*	Wed.	12:30 – 1:30 p.m.	\$35

CLASS	DATE	DAY	TIME	FEE
#5101.043	4/17 - 5/22	Mon.	12:30 – 1:30 p.m.	\$30
#5101.044	4/19 - 5/24	Wed.	12:30 – 1:30 p.m.	\$30

*No Class: 3/27 & 3/29

YOGA – BEYOND THE BASICS

INSTRUCTOR: L. MCELROY; ERYT500 TEEN, ADULT & SENIOR

Vinyasa Flow Hatha Yoga class for students who have a basic knowledge of yoga poses and want to delve deeper into their practice. Bring your own sticky yoga mat.

Class located at the Meridian Community Center. Min/Max 4/20

CLASS	DATE	DAY	TIME	FEE
#5101.015	1/5 - 2/16	Thurs.	7:00 – 8:00 p.m.	\$35
#5101.025	2/23 - 4/13*	Thurs.	7:00 – 8:00 p.m.	\$35
#5101.045	4/20 - 5/25	Thurs.	7:00 – 8:00 p.m.	\$30

*No Class: 3/30

YOGA UNLIMITED

INSTRUCTOR: L. MCELROY; ERYT500 TEEN, ADULT & SENIOR

This option is for participants who would like to practice yoga more than once a week. For one low rate, you may attend any or all of the classes listed above during the dates of your desired session. Bring your own sticky yoga mat. Restorative & Yoga Nidra workshop is not included in Yoga Unlimited.

All classes located at the Meridian Community Center. Min/Max 4/35

CLASS	DATE	DAY	TIME	FEE
#5101.016	1/2 - 2/18	Mon./Wed./Thurs./Sat.	See times above	\$45
#5101.026	2/20 - 4/15*	Mon./Wed./Thurs./Sat.	See times above	\$45
#5101.046	4/17 - 5/27	Mon./Wed./Thurs./Sat.	See times above	\$40

*No Class: 3/27, 3/29, 3/30 & 4/1

RESTORATIVE & YOGA NIDRA WORKSHOP

INSTRUCTOR: L. MCELROY; ERYT 500 ADULT & SENIOR

Restorative yoga aids physical, mental and emotional relaxation through passive, supportive stretching. Bolsters, blankets, blocks and straps provided, but please bring your own sticky yoga mat. No yoga experience necessary to enjoy the benefits of this class. We end class with a relaxing guided meditation. This workshop is not included in the Yoga Unlimited option.

Class located at the Meridian Community Center. Min/Max 4/20

CLASS	DATE	DAY	TIME	FEE
#5101.017	1/8	Sun.	3:00 – 4:30 p.m.	\$10
#5101.031	3/19	Sun.	3:00 – 4:30 p.m.	\$10

GENTLE MOVEMENT STRETCH

INSTRUCTOR: SHANNON LIND, RYT 200 ADULTS & SENIORS

A compassionate way to find a release from stress and tense muscles. We will practice a combination of Tai Chi, gentle, and restorative yoga using a small soft ball to massage, stretch, release stress, and restore energy. Wear loose clothing and bring a yoga mat for your comfort.

Class located at the Meridian Community Center. Min/Max 4/20

CLASS	DATE	DAY	TIME	FEE
#5103.011	1/4 – 1/25	Wed.	6:45 – 7:45 p.m.	\$28
#5103.021	2/1 – 2/22	Wed.	6:45 – 7:45 p.m.	\$28
#5103.031	3/1 – 3/22	Wed.	6:45 – 7:45 p.m.	\$28
#5103.041	4/5 – 4/26	Wed.	6:45 – 7:45 p.m.	\$28
#5103.051	5/3 – 5/17	Wed.	6:45 – 7:45 p.m.	\$21

ZUMBA

ZUMBA

INSTRUCTOR: MELENA BUSS & STEFANIE DOWNS AGES 12 & UP

This is a Zumba Class like no other! Traditional Zumba Style methods set to Latin, World and Club rhythms, yet also infuse with Zumba Toning! The toning targets body-sculpting, strength training exercises using Zumba toning sticks or lightweight dumbbells to burn more calories. Two instructors will be co-teaching: one instructing at high impact and another at low impact. You pick your level of intensity. Join the group environment and hit your fitness goals together! Bring water, towel and a set of 11lb dumbbells (dumbbells are optional). SOME Toning sticks will be supplied. By enrolling for the Monday/Wednesday class option, you get 1 FREE class.

Class located at the Meridian Community Center. Min/Max 3/18

Session 1

CLASS	DATE	DAY	TIME	FEE
#5102.011	1/9 – 2/6	Mon.	5:30 – 6:30 p.m.	\$30
#5102.012	1/4 – 2/8	Wed.	5:30 – 6:30 p.m.	\$36
#5102.013	1/4 – 2/8	Mon./Wed.	5:30 – 6:30 p.m.	\$60

Session 2

CLASS	DATE	DAY	TIME	FEE
#5102.021	2/13 – 3/13	Mon.	5:30 – 6:30 p.m.	\$30
#5102.022	2/15 – 3/15	Wed.	5:30 – 6:30 p.m.	\$30
#5102.023	2/13 – 3/15	Mon./Wed.	5:30 – 6:30 p.m.	\$54

Session 3

CLASS	DATE	DAY	TIME	FEE
#5102.031	3/20 – 4/17*	Mon.	5:30 – 6:30 p.m.	\$24
#5102.032	3/22 – 4/19*	Wed.	5:30 – 6:30 p.m.	\$24
#5102.033	3/20 – 4/19*	Mon./Wed.	5:30 – 6:30 p.m.	\$42

*No Class: 3/27 & 3/29

Session 4

CLASS	DATE	DAY	TIME	FEE
#5102.041	4/24 – 5/15	Mon.	5:30 – 6:30 p.m.	\$24
#5102.042	4/26 – 5/17	Wed.	5:30 – 6:30 p.m.	\$24
#5102.043	4/24 – 5/17	Mon./Wed.	5:30 – 6:30 p.m.	\$42

ZUMBA GOLD

INSTRUCTOR: ALICE HENKE ADULT & SENIOR

Perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. It's not a dance class, it is a party! No one is judging you by our dancing abilities just have fun and feel the music. Wear comfortable clothing and smooth-soled athletic shoes with support. Bring a water bottle and towel and be ready for our Zumba party!

Class located at the Meridian Community Center. Min/Max 1/20

CLASS	DATE	DAY	TIME	FEE
#5102.014	1/3 – 1/31	Tue.	1:00 – 2:00 p.m.	\$40
#5102.024	2/7 – 2/28	Tue.	1:00 – 2:00 p.m.	\$32
#5102.034	3/7 – 3/21	Tue.	1:00 – 2:00 p.m.	\$24
#5102.044	4/4 – 4/25	Tue.	1:00 – 2:00 p.m.	\$32
#5102.054	5/2 – 5/16	Tue.	1:00 – 2:00 p.m.	\$24

ADULT & SENIOR ACTIVITIES

HOT HULA FITNESS

HOT HULA FITNESS

INSTRUCTOR: KATHERINE RIGGS ADULT & SENIOR

HOT HULA fitness® is a fun, new and exciting "total body" dance workout inspired by the dances of the Pacific Islands. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms.

Class located at Paramount Elementary School. Min/Max 4/30

CLASS	DATE	DAY	TIME	FEE
#5106.011	1/5 – 1/26	Thurs.	6:00 – 7:00 p.m.	\$32
#5106.021	2/2 – 2/16*	Thurs.	6:00 – 7:00 p.m.	\$16
#5106.031	3/2 – 3/23	Thurs.	6:00 – 7:00 p.m.	\$32
#5106.041	4/6 – 4/27	Thurs.	6:00 – 7:00 p.m.	\$32
#5106.051	5/4 – 5/25	Thurs.	6:00 – 7:00 p.m.	\$32

*No class 2/9

MARTIAL ARTS

SHOSHIN RYU FOR BEGINNERS

INSTRUCTOR: JESSE BAIR

Shoshin Ryu is a complete system of martial arts that places emphasis on the physical and mental skills required for self-defense and personal growth. These skills are taught in a supportive and non-competitive manner with emphasis placed on the development of personal excellence within each practitioner. Shoshin Ryu is derived from Japanese martial traditions and is focused on western self-defense training and personal growth. Shoshin Ryu teaches many aspects of the martial arts including; strikes and blocks, throwing techniques, ground work, joint locks and manipulations as well as a vast array of weapon disciplines at higher ranks.

Class located at The Dojo. Min/Max 1/20

CLASS	DATE	DAY	TIME	FEE
#5105.011	1/5 – 1/26	Thurs.	6:30 – 8:00 p.m.	\$35
#5105.021	2/2 – 2/23	Thurs.	6:30 – 8:00 p.m.	\$35
#5105.031	3/2 – 3/23	Thurs.	6:30 – 8:00 p.m.	\$35
#5105.041	4/6 – 4/27	Thurs.	6:30 – 8:00 p.m.	\$35

TRADITIONAL WEAPONS CLASS

INSTRUCTOR: JESSE BAIR

AGES 16 & UP

The Traditional Weapons class encompasses Stick Training (Escrima/Nitan Bo), Knife training (Kali bases), Bo training (6ft Bo Staff) and Tonfa training. Students will learn the virtues of each weapon as well as drills to increase proficiency. Solo and two person exercises will familiarize the participant with each weapon and teach applications to use in a self-defense situation. Students under the age of 18 will need parent/guardian approval to attend.

Class located at The Dojo. Min/Max 1/20

CLASS	DATE	DAY	TIME	FEE
#5105.012	1/3 – 1/24	Tue.	7:00 – 8:00 p.m.	\$45
#5105.022	2/7 – 2/28	Tue.	7:00 – 8:00 p.m.	\$45
#5105.032	3/7 – 3/28	Tue.	7:00 – 8:00 p.m.	\$45
#5105.042	4/4 – 4/25	Tue.	7:00 – 8:00 p.m.	\$45



ART

FINE ART PAINTING: WATERCOLOR & ACRYLICS

INSTRUCTOR: BRIAN SCHREINER ADULT & SENIOR

As a professional artist and certified art teacher, Brian Schreiner will work with beginner and experienced artists teaching drawing and painting. Beginning artists will complete a basic art lesson. Each student will create their own individual art as Brian will answer questions, provide feedback and demonstrate techniques. Upon registration, students will receive an art supply list and resource guide detailing items needed for class.

Class located at the Meridian Community Center. Min/Max 4/15

CLASS	DATE	DAY	TIME	FEE
#5109.011	1/5 – 2/9	Thur.	9:00 – 12:00 p.m.	\$90
#5109.021	3/2 – 4/13*	Thur.	9:00 – 12:00 p.m.	\$90
#5109.041	4/20 – 5/25	Thur.	9:00 – 12:00 p.m.	\$90

*No Class 3/30

PICKLEBALL

PICKLEBALL 101

INSTRUCTORS: NICK & TAMI LEACH

AGES 50 & UP

Pickleball is the fastest growing sport in America. It is a combination of badminton, tennis and ping pong. It can be played indoors or outdoors on a badminton size court using a whiffle ball and composite paddle. It is easy for beginners to learn and can develop into competitive play for experienced players. Price includes weekly use of paddles and balls. Participants must wear proper court/tennis shoes.

Class located at the City of Meridian Homecourt Min/Max 8/24

CLASS	DATE	DAY	TIME	FEE
#6109.011	1/5 – 1/26	Thurs.	1:15 – 2:45 p.m.	\$55
#6109.021	2/16 – 3/9	Thurs.	1:15 – 2:45 p.m.	\$55
#6109.041	4/13 – 5/4	Thurs.	1:15 – 2:45 p.m.	\$55

TRIPS & WORKSHOPS

EXPERIENTIAL CRYSTAL & ROCK WORKSHOP

INSTRUCTOR: LINDA BARLOW

AGES 20 & UP

Come and learn how to use your crystals or stones for healing yourself, your family and your environment. Learn about traditional use of crystals including scrying or crystalomancy, contemporary uses such as pendulums, dowsing, jewelry, dreaming, gridding, programming crystals and cleaning crystals with different materials. Bring your personal crystals to practice the above.

Class located at the Meridian Community Center. Min/Max 6/20

CLASS	DATE	DAY	TIME	FEE
#6108.011	1/7	Sat.	10:00 – 1:00 p.m.	\$32

MCCALL WINTER CARNIVAL DAY TRIP

INSTRUCTOR: MERIDIAN PARKS AND REC STAFF AGES 50 & UP

Join us for a trip to the McCall Winter Carnival to see the wonderful ice sculptures. Upon arriving in McCall, you will spend a few hours exploring the ice sculptures and taking in the views of McCall. Lunch will be on your own or you can bring a sack lunch. Upon returning back to Meridian, we will take a tour of the ice sculptures. Maps of the winter carnival and restaurant suggestions will be available.

Trips will depart from the Meridian Senior Center at 8:30 a.m. Min/Max: 25/45

CLASS	DATE	DAY	TIME	FEE
#6104.011	1/27	Fri.	8:30 – 5:30 p.m.	\$55

SHOSHONE FALLS DAY TRIP

INSTRUCTOR: MERIDIAN PARKS AND REC STAFF AGES 50 & UP

Take a trip from the Treasure Valley to the Magic Valley for this exciting day trip to spectacular Shoshone Falls. On our way to Twin Falls, we will stop and visit Malad Gorge. Upon our arrival in Twin Falls, we will eat lunch in Centennial Park while enjoying gorgeous views of the Perrine Bridge. After lunch we will make our way to Shoshone Falls to take in the breathtaking views of the Falls from Shoshone Falls Park and overlook. Please Note: Water flows are subject to the weather, snow pack levels and other environmental circumstances beyond our control.

Trips will depart from the Meridian Community Center at 8:30 a.m. Min/Max 8/12

Lunch orders will need to be ordered through the Meridian Park and Recreation Department at 888-3579. Lunches will be provided by Frankie's Java and will consist of a sandwich (turkey, ham or chicken salad with your choice of bread, white, wheat or sourdough), chips, cookie and a bottle of water. Registration Deadline: May 3 at 5:00 p.m.

CLASS	DATE	DAY	TIME	FEE
#6104.051	5/5	Fri.	8:30 – 5:30 p.m.	\$55 Includes Lunch



MERIDIAN YOUTH FARMERS MARKET



**EVERY SATURDAY 9:00AM-NOON
JUNE THROUGH SEPTEMBER
AT MERIDIAN CITY HALL**

**WE ARE CURRENTLY
SEEKING PROVIDERS OF:**

- FRESH GROWN PRODUCE
- HOMEMADE BAKED GOODS
- SPECIALTY FOOD ITEMS
- QUALITY CRAFTS
- MUSIC & ENTERTAINMENT

*Lettuce know
if you're
interested!*

Call Becky Breshears at (208) 866-0489 or email becky@epiqueeventsandgifts.com

**THE MERIDIAN PARKS AND RECREATION DEPARTMENT
IS EXCITED TO BRING YOU A SPECIAL WEEK OF FREE ACTIVITIES!**

UNPLUG



**BE OUTSIDE! BE ACTIVE!
PLAY!**

APRIL 24-29

**WATCH FOR A FULL SCHEDULE
OF EVENTS AND ACTIVITY DETAILS
ONLINE AT:**

WWW.MERIDIANCITY.ORG/UNPLUG

#DoTheRight

A Movement of Compassion

DO THE RIGHT

Do Something Kind for the Person to your Right
Start a Movement of Compassion, the 2nd Wednesday in April

www.meridiancity.org/dotheright

ADULT SPORTS

ADULT CO-ED & WOMEN'S VOLLEYBALL LEAGUE

Bump, Set, Spike! Have fun while staying fit this winter by participating in our coed and women's volleyball leagues! Each team will play a 9-game season, as well as a post-season double-elimination tournament. That is 11 games!!! Competitive and recreational divisions are available. Prizes, including t-shirts and team plaques, will be awarded to top finishers in the season-end tournament.

SEASON DATES:	JANUARY 2ND-MARCH 17TH
REGISTRATION DEADLINE:	DECEMBER 16TH
REGISTRATION FEES:	TEAM FEE: \$190
	RESIDENT PLAYER FEE: \$10 (RESIDENT OF MERIDIAN)
	NON-RESIDENT PLAYER FEE: \$20 (NON-RESIDENT OF MERIDIAN)

Important: All forms and fees are due at the time of registration!! Team managers must have paid the full payment and have a completed roster form to register. There is a limit of 110 teams in the winter league due to gym availability.



ADULT MEN'S & WOMEN'S BASKETBALL LEAGUE

Show your skills on the court this spring in the Meridian Parks and Recreation Men's and Women's Basketball Leagues! Get a team together with your family, friends and co-workers. Each team will play an 8-game season that will end with a double elimination tournament. Competitive and recreational divisions are available. If you can't find a team, just call or drop in at the Meridian Parks and Recreation office at Meridian City Hall to add your name to the "free agent" list.

SEASON DATES:	JANUARY 2ND-MARCH 17TH
REGISTRATION DEADLINE:	FRIDAY, DECEMBER 16TH
REGISTRATION FEES:	TEAM FEE: \$475
RESIDENT PLAYER FEE:	\$10 (RESIDENT OF MERIDIAN)
NON-RESIDENT PLAYER FEE:	\$20 (NON-RESIDENT OF MERIDIAN)

Payment for any adult sports program can be made in person or over the phone with a credit card. If payment is made over the phone, the Recreation Office must have your registration form and finished roster to take payment.



ADULT MEN'S & CO-ED SPRING SOFTBALL LEAGUES

Get your family, friends and co-workers together for a summer of fun on the softball diamond! Meridian Parks and Recreation offers competitive and recreational divisions for both men's and co-ed softball. Each team will play a 10-game season, plus a season-end double elimination tournament. Prizes will be awarded to top finishers in the season-end tournament.

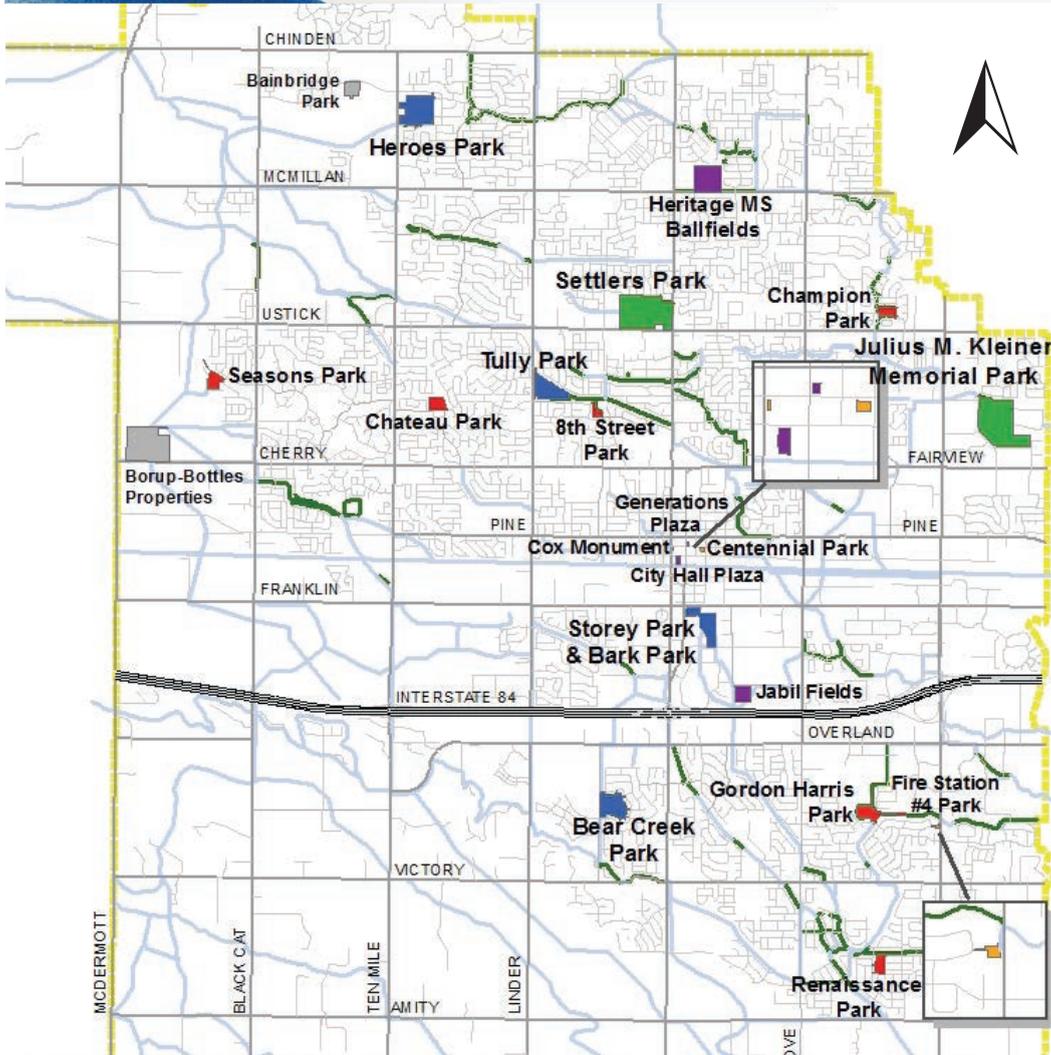
SEASON DATES:	APRIL 10TH - MID JULY
REGISTRATION DEADLINE:	MARCH 24TH (FIRST 100 TEAMS TO REGISTER)
REGISTRATION FEES:	TEAM FEE: \$450
	RESIDENT PLAYER FEE: \$10 (RESIDENT OF MERIDIAN)
	NON-RESIDENT PLAYER FEE: \$20 (NON-RESIDENT OF MERIDIAN)
LATE REGISTRATION FEE:	\$50

Important: All forms and fees are due at the time of registration!! Team managers must have paid the full payment and have a completed roster form to register. There is a limit of 100 teams in the spring league due to field availability.



TO GET ADDED TO THE MAILING LIST FOR ANY SPORT OR IF YOU DON'T HAVE A TEAM AND WANT TO ADD YOUR NAME TO OUR "FREE AGENT LIST", CONTACT MERIDIAN PARKS AND RECREATION AT 888-3579 OR RECREATION@MERIDIANCITY.ORG

PARK LOCATIONS



Meridian Parks System Map



Legend

Parks

 Regional	 Mini
 Community	 Special Use
 Neighborhood	 Future

Other

 Existing Pathway	 Proposed Pathway
 Meridian Impact Area	



	Open Play Areas	Covered Picnic Shelter	Picnic Area	Playground	Restrooms	Volleyball Courts	Soccer Fields	Baseball Fields	Basketball Courts	Bike Racks	Horseshoes/Fishing	Drinking Water	Skateboard/Inline	Off Street Parking	Walking Path	Outdoor gym
1 GENERATIONS PLAZA	★								★		★					
2 CENTENNIAL PARK	★	★	★	★	★				★	★	★					
3 8th STREET PARK	★		★	★					★		★			★	★	
4 STOREY PARK	★	★	★	★	★	★		★		H	★			★		
5 BEAR CREEK PARK	★	★	★	★	★			★	★					★	★	
6 CHATEAU PARK	★	★	★	★	★				★			★		★	★	
7 TULLY PARK	★	★	★	★	★	★		★	★	★	★	★	★	★	★	★
8 SETTLERS PARK	★	★	★	★	★		★	★		H/F	★			★	★	
9 SEASONS PARK	★	★	★	★	★				★	★	★			★	★	
10 CHAMPION PARK	★	★	★	★	★				★			★		★	★	
11 HEROES PARK	★	★	★	★	★		★		★	★	F	★	★	★	★	
12 RENAISSANCE PARK	★	★	★	★	★				★			★		★	★	
13 GORDON HARRIS PARK	★	★	★	★	★				★	★	F	★		★	★	
14 JULIUS M. KLEINER MEMORIAL PARK	★	★	★	★	★				★	★	F	★		★	★	



PARK AMENITIES

	Shelter Capacity	Reservation Time Blocks	Open Play Areas	Playground	Restrooms	Drinking Water	Electrical Outlets	Volleyball Courts	Soccer Fields	Ball Fields	Basketball Courts	Horseshoes/Fishing	OTHER	SHELTER FEE
BEAR CREEK PARK	100	9am-2pm 4pm-9pm	X	X	X	X	X			X	X			\$30 for 1-50 People \$15 for each additional 50
CHAMPION PARK	30	12pm-9pm	X	X	X	X	X				X			\$30
CHATEAU PARK	30	12pm-9pm	X	X	X	X	X				X			\$30
SETTLERS PARK SHELTER 1	200	9am-2pm 4pm-9pm	X	X	X	X	X		X	X		H/F	Splash Pad	\$30 for 1-50 People \$15 for each additional 50
SETTLERS PARK SHELTER 2	100	9am-2pm 4pm-9pm	X	X	X	X	X		X	X		H/F	Splash Pad	\$30 for 1-50 People \$15 for each additional 50
SETTLERS PARK SHELTER 3	50	9am-2pm 4pm-9pm	X	X	X	X	X		X	X		H/F	Splash Pad	\$30
STOREY PARK BLUE SHELTER	200	9am-2pm 4pm-9pm	X	X	X	X	X	X		X		H	Swimming Pool	\$30 for 1-50 People \$15 for each additional 50
STOREY PARK GREEN SHELTER	200	9am-2pm 4pm-9pm	X		X	X	X	X		X		H	Swimming Pool	\$30 for 1-50 People \$15 for each additional 50
TULLY PARK LARGE SHELTER	300	9am-2pm 4pm-9pm	X	X	X	X	X	X		X	X		Outdoor Gym	\$60 for 1-150 People \$15 for each additional 50
TULLY PARK SMALL SHELTER	50	9am-2pm 4pm-9pm	X	X	X	X	X	X		X	X		Outdoor Gym	\$30
SEASONS PARK	30	12pm-9pm	X	X	X	X	X				X			\$30
RENAISSANCE PARK	30	12pm-9pm	X	X	X	X	X				X			\$30
GORDON HARRIS PARK	50	12pm-9pm	X	X	X	X	X							\$30
CENTENNIAL PARK	30	12pm-9pm	X		X	X	X				X			\$30
HEROES PARK	300	9am-2pm 4pm-9pm	X	X	X	X	X		X		X	F		\$30 for 1-50 People \$15 for each additional 50
KLEINER MEMORIAL PARK SHELTER A1 & B1	500	9am-2pm 4pm-9pm	X	X	X	X	X	X			X	F	Bocce Ball Splash Pad Disc Golf	\$100 for 1-200 People \$50 for each additional 50
KLEINER MEMORIAL PARK SHELTER A2, 3, 4	100	9am-2pm 4pm-9pm	X	X	X	X	X	X			X	F	Bocce Ball Splash Pad Disc Golf	\$50 for 1-50 People \$25 for each additional 50
8TH STREET PARK	30	12pm-9pm	X	X	X	X	X							\$30



ADDITIONAL SERVICES & FEES:

- Softball Fields - \$10 per hour
(Limited availability due to league play.)
- Amusement Equipment & Large Canopies
\$10 per time block per item.
- Alcohol Permits - \$20
Confined to shelter area. City Ordinance #03-1031
- Clean Up or Repair Fee – Billed for actual City cost.



CAMP MER-IDA-MOO!

SPRING BREAK – MARCH 27-31

**LOOKING FOR SOMETHING
TO DO OVER SPRING BREAK?
CAMP MER-IDA-MOO:
SPRING BREAK IS BACK IN 2017!**



**FULL DAY:
7:30AM-5:30PM**

\$99 /WK

-OR-

**HALF DAY:
9:00AM-3:00PM**

\$79 /WK

**ACTIVITIES WILL INCLUDE:
ARTS & CRAFTS
GAMES
OUTDOOR GAMES
READING TIME
SCIENCE PROJECTS
FIELD TRIPS**

**REGISTER EARLY AND RESERVE YOUR SPOT
FOR THIS FUN AND EXCITING WEEK LONG CAMP!**