# MERIDIAN PARKS AND RECREATION ACTIVITY GUIDE

#### **Summer 2025**





ACTIVITIES \* FACILITIES \* PARKS \* SPECIAL EVENTS

# Let's Dlay! Summer 2025

#### Meridian Parks and Recreation

#### **Our Mission**

The Meridian Parks and Recreation Department's mission is to enhance our community's quality of life by providing innovatively designed parks, connected pathways, and diverse recreational opportunities for all citizens of Meridian that create lasting memories.

#### **Our Vision**

Meridian Parks and Recreation is a premier department that provides family-focused opportunities for the Meridian community and responds to a growing and changing population.

#### **Our Focus Areas**

Quality / Community / Fun

#### Meridian Parks and Recreation Administration

Meridian City Hall—Second Floor 33 E. Broadway Avenue, Suite 206 Meridian, ID 83642

> Phone: (208) 888-3579 Fax: (208) 898-5501

E-Mail: recreation@meridiancity.org Website: meridiancity.org/parks

Hours: Monday—Friday, 8:00 am—5:00 pm

For facility issues after hours, call (208) 409-6666



#### JOIN US FOR A MERIDIAN PLAY DAY



#### What's Inside...

Watch for useful community event information throughout the guide!

*Our Activity Guides are published online three times a year — typically in April, August and November.* 

#### **Take Your Workout Outdoors!**



Check out our outdoor gyms and gym equipment in Kleiner, Tully, Reta Huskey, and Keith Bird Parks! Free and open to the public daily from sunrise to sunset.

# the fastest way



#### Facebook:

City of Meridian Meridian Parks and Recreation Storey Bark Park Meridian Arts Commission Meridian History Lakeview Golf Club

#### Instagram & X:

@MeridianIdaho
 @MeridianParksAndRecreation
 @DiscoveryBikeandSkatepark

A Few of Our Favorite Hashtags: #MyMeridian #MeridianIdaho #MeridianParks #MeridianArts #MeridianDowntown #PictureMeridian #HelloMeridian #MeridianLife #MeridianKind #IdaHome #IdahoLiving #MeridianHistory #MeridianLifestyle #idahome

#### **Mayor of Meridian**

**Robert Simison** 

#### **Meridian City Council**

Seat 1 — Brian Whitlock Seat 2 — Liz Strader Seat 3 — Doug Taylor Seat 4 — John Overton Seat 5 — Anne Little Roberts Seat 6 — Luke Cavener

### Meridian Parks and Recreation Commission

Generally meets the 2nd Wednesday of each month at 4:00 pm at Meridian City Hall. Watch at: meridiancity.org/live

Dom Gelsomino, Chair Brienne Sandow, Vice Chair Jennifer Bobo Terry Dennington Jo Greer Alan Helms Elle Hood (Youth) John Nesmith Mandi Roberts

#### Parks and Recreation Staff

Director: Steve Siddowav

#### Administrative Assistants:

Rachel Myers Jackie Smith

**Recreation Manager:** Garrett White

#### **Recreation Coordinators:**

Skyler Cook (Sports & External Events) Maggie Combs (Sports) Jenna Fletcher (Classes & Camps) Renee White (Special Events)

Parks Superintendent: Mike Barton

Parks and Pathways Project Manager: Kim Warren



Parks Maintenance Manager: Jeremy Aldrich

#### Year-Round Parks Maintenance Staff:

John Aceves, Shawn Britton, Dave Cereghino, James Christensen, Joey Cordova, Kevin Gallivan, Phil Harris, Codi Heaton, Joe Hoover, Frank Keeney, Wade Maisey, John Meuser, Debbie Miller, Shawn Moore, Will Rodgers, Mike Russo, Rex Rutherford, Dakota Timmons, Dan White

City Arborist: Kyle Yorita

Arts & Culture Coordinator: Cassandra Schiffler

Marketing Coordinator: Shelly Houston

Lakeview Golf Club General Manager: Ryan Roberts, PGA

Meridian Pool Aquatics Coordinator: Willow Spurlock

Meridian Homecourt Facility Manager: Jake Garro

Meridian Homecourt Site Supervisors: Ross Cipriano Ilhui Lozada Cortes Renee McFarlane

Special Events Specialist: Jenna Haley

Sports League Site Supervisor: Todd Vanderhoff

#### Lakeview Golf Club Staff

General Manager / Head Golf Professional: Ryan Roberts

**Golf Course Assistant Superintendent:** Donald May

Assistant Golf Professional: Pete Burton

**Golf Course Superintendent:** Kevin Fipps **Golf Maintenance Technicians:** Henry Carr Rodney Spannaus

**Golf Shop Assistants:** Mark Cordry Lexi Loll



#### Find the Fun! **Program Locations**

8th Street Park	2235 8th St. NW
Backstage Dance Center	2140 E. Commercial St.
Bear Creek Park	2400 S. Stoddard Rd.
Chateau Park	2640 W. Chateau Park
Cole Valley Christian School	200 E. Carlton Ave.
Discovery Elementary	2100 E. Leigh Field Dr.
Discovery Park	2121 E. Lake Hazel Rd.
Gordon Harris Park	2400 E. Three Bars Dr.
Fuller Park	3761 W. Park Creek Dr.
Heritage Middle School	4990 N. Meridian Rd.
Lakeview Golf Course	4200 W. Talamore Blvd.
Meridian Boys & Girls Club	911 N. Meridian Rd.
Meridian Community Center	201 E. Idaho Ave.
Meridian Homecourt	936 W. Taylor Ave.
Meridian Middle School Wes Lowe Gym	1507 W. 8 <sup>th</sup> St.
Meridian Pool	213 E. Franklin Rd.
Motions Dance Studio	440 W. Pennwood St. Suite 140
Mountain View High School	2000 S. Millennium Wy.
Music Center Studio	12516 W. Fairview Ave.
Settlers Park	3245 N. Meridian Rd.
Siena Elementary	2870 E. Rome Dr.
Storey Park	205 E. Franklin Rd.
Tully Park	2500 N. Linder Rd.
Victory Middle School	920 W. Kodiak Rd.
Willowcreek Elementary School	<sub>6</sub> 6195 N. Long Lake Wy.

# **Message from the Director**

While spring has already teased us with some occasional warm weather and sunshine, it won't be long before summer begins in earnest and school lets out for the summer. Fortunately, we have a full slate of classes, camps, activities and special events for your family to look forward to this summer.

We'll be kicking things off with our annual *Unplug and Be Outside* celebration on May 10 in Kleiner Park — think of it as a family play date in the park that celebrates being in the great outdoors.

Other traditional summer favorites will return, as well, including our *Sparklight Movie Nights* in Settlers Park and the *Connections Credit Union Kleiner Park Live* free concert series at the bandshell.

We'll also introduce some new amenities I think many folks will appreciate, including new public art in Chateau Park and a pair of new on-course restrooms at Lakeview Golf Course which will be ready in time for summer. We'll also be breaking ground soon in Discovery Park for a new Ninja Warrior-type challenge course which was among the final wishes of young cancer patient Eva Plimmer who advocated and fundraised for the course which will be built in her memory.

Hopefully the content of this guide will help inspire your family's plans for a fun and active summer. I hope to see you out and about this summer, enjoying Meridian's parks and pathways and all they have to offer!

 Meridian Main Street Market

 Saturday Mornings 9am - 1pm

 Meridian City Hall Plaza

 Veridianmainstreetmarket.or

 Veridianmainstreetmarket.or



Steve Siddoway *Director* Meridian Parks and Recreation

*Every child in our community deserves a chance to be active and play!* 

## Financial Assistance Now Available

for Youth Classes, Camps and Activities

Learn more about Meridian Parks and Recreation's **Care Enough to Share** youth financial assistance program:

www.meridiancity.org/share





Through the Meridian Parks and Recreation Department's **Care Enough to Share** Program, financial assistance with registration fees may be available for children from qualifying families who are interested in participating in the classes, camps and activities offered through the department's seasonal *Activity Guide*.

#### Qualifying families residing within the City of

**Meridian** can receive assistance for up to 80% of an activity fee or membership, for a maximum of \$250.00 per year/ per child (up to 18 years of age).

To be eligible, families must reside at an address within the Meridian city limits AND be receiving assistance through a program such as:

Free or Reduced School Lunch Food Stamps Medicaid Energy Assistance

Documentation that the applicant is participating in an approved assistance program is required and <u>must be provided with the application</u>.

A parent/guardian can apply early to pre-qualify for funds for upcoming activities. A completed Care Enough to Share application form must be submitted at least two weeks prior to the desired activity or membership's start date or two weeks prior to the release of the next seasonal *Activity Guide*, whichever occurs first, in order to receive financial assistance. Parents/Guardians will need to fill out the residency information, and what type of assistance they are currently receiving, and, if known, which class, camp, activity or membership they would like to enroll their child in.

The Care Enough to Share application form can be completed online and submitted electronically at: **www.meridiancity.org/share**.

The Meridian Parks and Recreation Department's seasonal *Activity Guide* describes all classes, camps, and activities currently being offered. The *Activity Guide* can always be accessed online at: www.meridiancity.org/activityguide. New issues of the *Activity Guide* typically come out each April, August, and November.

If you have any further questions, please call the Meridian Parks and Recreation office at (208) 888-3579 or visit us on the second floor of Meridian City Hall at 33 E. Broadway Avenue in downtown Meridian during regular business hours (Monday—Friday, 8:00 am—5:00 pm). You may also contact us via e-mail at: recreation@meridiancity.org.

### **How to Register**

NOTE: Registration for Summer 2025 programs opens on Friday, April 4th at 9:00 a.m.



#### Online

Go to **www.meridiancity.org/activityguide** and click the link to our online registration system. From there you can register and make payment via your credit or debit card.

#### By Phone

Call us during regular business hours (Monday—Friday, 8:00 am—5:00 pm, excluding major holidays) at **208-888-3579**. Please be prepared to provide us with a credit card number at the time you make your activity registration. Pre-payment is required.



#### In Person

Visit our administrative office on the second floor of Meridian City Hall at 33 E. Broadway Avenue during regular business hours to register and pay for activities in person. We accept most credit cards, cash, or checks payable to: City of Meridian.

#### Payment

**Pre-payment is required** at the time all activity registrations or reservations are made. We accept VISA, MasterCard, Discover, cash, and checks payable to: City of Meridian.

#### Don't Delay — Register Today!

Class and trip minimums must be met three working days before the activity start date. Don't let a great activity be cancelled by waiting until the last minute to register; please register early!

#### **Liability Release Waiver**

Registering for any of our programs implies you have read, understood and agree to the following:

The City of Meridian reserves the right to cancel classes when minimum enrollment has not been met. Should this occur, a full refund or credit towards another session will be issued.

The City of Meridian reserves the right to adjust all program times, dates, and locations if necessary.

Refunds must be requested at least **two full working days prior to the activity start date**. All refunds are subject to a \$5.00 service charge.

**NOTICE OF WAIVER:** Your participation in (or your child's participation in) recreational activities offered by the City of Meridian is subject to your consent to these conditions. Your acceptance of these conditions means that you cannot later bring a claim against the City, its agents, and/or its employees.

1. You acknowledge that participation in recreational activities offered by the City presents risks, some of which are unknown, and agree to assume all risks associated with your or your child's participation.

2. You release and forever discharge the City, its agents, and employees from all real or possible claims for damages or other harm to person or property not attributable to the tortious conduct of the City's agents or employees, regardless of the manner by which such claim may be brought.

3. You consent and authorize first aid, emergency medical care, and/or hospitalization for treatment of injuries or illness that you sustain or your child sustains while or as a result of participating in this activity/activities, in the event that you are not available to provide or obtain such care for yourself/your child.

4. You understand that you are solely responsible for any and all expenses that are incurred as a result of any accident or illness incurred while or as a result of participating in activities offered by the City.

5. You consent to the publication and/or use of any photograph or recordings of you/your child by the City of Meridian for promotional purposes.



# **LIVE MUSIC** Enjoy free live music at the Kleiner Park Bandshell

FRIDAYS

June 6 & 20 July 18 August 1 & 15  $?00 - 9:00 p^{m}$ 



Full Band Schedule at meridiancity.org/kleinerparklive





#### ENKIDS Summer STEAM Camp

Instructor: J. Hamilton Location: Meridian Pool Min/Max: 5/15 Ages: 6—11

Where creativity meets innovation in STEM and Art! Get ready for an unforgettable week at ENKIDS summer camp, where science, technology, engineering, math, and art collide in the most exciting ways! Our hands-on camp combines the power of STEM with the creativity of art, offering kids the chance to build, design, and create in a fun, inspiring, environment. From creating glowing circuits to designing 3D structures, each day will spark your child's imagination and unleash their inner innovator.

Jul 14—Jul 18 | Mon—Fri | 8:30—11:30 am| \$140 Jul 21—Jul 25 | Mon—Fri | 8:30—11:30 am| \$140

#### **Amazing Athletes**

Instructor: K. Thoegersen Ages: 4—6 Location: Meridian Homecourt Min/Max: 6/12

Do you have a child with energy to spare and a love of movement? If so, this 5 day program is for you! In our fun and action-packed class, we teach the fundamentals of 10 sports and introduce nutrition and major muscle groups to provide a well-rounded fitness experience. By exploring football, volleyball, soccer, basketball, lacrosse, golf, hockey, tennis, baseball and track and field. We are able to give children a broader understanding of sports. Our unique and non-competitive program is the perfect place for your child to begin developing a love for sports and finding what they enjoy most.

#### Homecourt Bay 5

Jun 2—Jun 6 | Mon–Fri | 11:00—11:45 am | \$85 Jun 16 –Jun 20| Mon–Fri | 11:00—11:45 am | \$85

#### Homecourt Bay 6

Jun 23—Jun 27 | Mon–Fri | 11:00—11:45 am | \$85





**Disc Golf Dying Class** Ages: 6+ Instructor: D. Dyer Location: Kleiner Park Shelter A3 Min/Max: 2/30 Want to create a unique design for your disc, gift for a disc golfer? This class will teach you the basics of disc dving using the fastest methods. All supplies provided including 1 dyeable disc. Please wear clothes that you don't mind dyeing permanently. Family friendly class. Kids under 8 need an adult present during class. Please bring water and snacks. Jun 21| Sat | 10:00—12:00 pm | \$100 Jul 12| Sat | 10:00—12:00 pm | \$100 Jul 26| Sat | 10:00—12:00 pm | \$100

#### **Disc Golf for Beginners**

Ages: 6—16 Instructor: D. Dyer Location: Kleiner Park Disc Golf Hole 1 Min/Max: 2/20

Come learn the basics of disc golf! Putting, approaching, driving, as well as etiquette, forehand and backhand throws, disc selection and function, tricks to get out of trouble spots, and much more! All participants will need only the three discs commonly found in a "beginners/ starter" pack including a putter, a midrange, and a driver. These packs can be easily found online at dyerdiscgolf.com. Bring water, snacks, and sunscreen.

Jun 2—Jun 18 | Mon/Wed | 9:00—12:00 pm | \$100

Jul 21—Aug 6 | Mon/Wed | 9:00—12:00 pm | \$100

# CAMP NER-DA-MOOL SUMMER DAY CAMP FOR AGES 6-11





Register your child for a week of day camp or for the entire summer. Either way, your child will be in for a great time!

Activities include arts & crafts, sports, games, reading time, swimming, park visits, field trips and guest speakers.

- Min/Max: 10/40
- Campers must be 6 or have completed kindergarten by the start of camp.

#### **PRICING**:

\$125 per week Monday - Friday 9:00 am - 4:00 pm

#### **CAMP WEEKS**:

June 2-6 June 9-13 June 16-20 June 23-27 June 30-July 2\* (\*short week - \$75) July 7-11 July 14-18 July 21-25 July 28-August 1

#### CAMP LOCATIONS:

**Discovery Elementary** 2100 E. Leighfield Drive Siena Elementary 2870 E. Rome Drive

#### Lego Spike

Ages: 9-12 Instructor: J. Stafford Location: Meridian Homecourt Bay 6 Min/Max: 9/15

What is LEGO+Scratch=? It equals to Spike! Come check out this NEW and FUN way to combine your love of Legos with easy coding. Spike has colorful LEGO building elements, easy to use hardware, and an intuitive drag and drop coding language based on Scratch. Spike Prime will engage kiddos through playful learning activities to think critically and solve complex problems, regardless of their learning level. Children will be working in pairs to learn teamwork and collaboration in this fun and exciting class.

Jun 2—6 | Mon—Fri | 1:00—3:00 pm | \$90

#### Lego Animation

Ages: 9–13 Instructor: J. Stafford Location: Meridian Homecourt Bay 6 Min/Max: 12/20

From Star Wars, to Harry Potter and Jurassic Park!! Come create and build your own mini movie set out of Legos and anything else to help create your own animated movie! Children will use technology to make that perfect Lego animated movie with complete editing capabilities, effects, music and narration all through iMovie and Stop Motion. Kids will have a video that will be uploaded on our safe and secure YouTube channel for friends and family to enjoy. Children will also be working in pairs to learn teamwork and collaboration.

Jun 16—20 | Mon—Fri | 11:00—2:00 pm | \$95 Jul 21—25 | Mon—Fri | 12:00—3:00 pm | \$95

#### **Kindermusik**

Ages: 0 –5

Instructor: Music Center Studio Location: Music Center Studio (Fairview location) Min/Max: 2/10

Watch your child's eyes light up as they discover the magic of music! Each Kindermusik class uses the power and joy of music-making to support learning and growth during the year's most critical to brain development. You'll experience exciting themes with engaging songs, stories, movement props and instruments to spark the imagination. Leave class with musical activity ideas to continue in your home, car, yard, or wherever you are. \*Adult must attend class with child.

Jun 3—Jun 24 | Tue | 9:30—10:15 am | \$64 Jul 8—Jul 29 | Tue | 9:30—10:15 am | \$64 Aug 5—Aug 26 | Tue | 9:30—10:15 am | \$64

Jun 5—Jun 26 | Thur | 5:45—6:30 pm | \$64 Jul 10—Jul 31 | Thur | 5:45—6:30 pm | \$64 Aug 7—Aug 28 | Thur | 5:45—6:30 pm | \$64

#### Lego Engineering

Ages: 7—10 Instructor: J. Stafford **Location:** Meridian Homecourt Bay 6 Min/Max: 12/20 Children will build and explore, gearing mechanisms and motorized machines,

calibrate and capture wind, as well as experiment with balanced and unbalanced forces and friction; measure distance, time, speed, weight and much more! Activities include Lego cranes, ratchet fishing poles to go Lego fishing and a gear-changing racecar. Children will be working in pairs to learn teamwork and collaboration.

Jun 9—13 | Mon—Fri | 1:00—3:00 pm | \$95



## Splash into Summer at the Meridian Pool!

Our Summer season will open on Monday, June 2nd!

> Open Swim Hours Monday - Friday, 1:30pm - 4:30pm Monday - Friday, 7:30pm - 9:30pm Saturday: 1:00pm - 5:00pm Sunday: TBD Lap Swim Hours Saturdays, 9:00am - 11:00am

Online Swim Lesson registration opens on Thursday, April 3rd at 9:00am.

Visit our website for more information: https://meridiancity.org/parks/meridian-pool/



#### Lego Ev3 Battle Bots

Ages: 9—12 Instructor: J. Stafford Location: Meridian Homecourt Bay 6 Min/Max: 10/14 Calling all LEGO® enthusiasts! Come explore the fun with Legos®, sensors, motors and anything else to build and create all EV3 Mindstorm projects. This will include Boogie Bots, Robo-Bots and more! Get prepared to program your Bots on Ev3 software or the Lego master brain itself and get ready to battle till the end! Children will be working in pairs to learn teamwork and collaboration.

Aug 4—Aug 8 | Mon—Fri | 12:00—3:00 pm | \$95

#### Lego WeDo 2.0

Ages: 9—13 Instructor: J. Stafford Location: Meridian Homecourt Bay 6 Min/Max: 10/14

Get ready to bring your Lego creations to life with Lego WeDo 2.0! In this hands-on, interactive class, kids will build, code, and innovate using real Lego bricks and simple dragand-drop programming. From moving machines to robotic critters, each session sparks creativity, problem-solving, and STEM skills all while having tons of fun! Perfect for young engineers who love to build and explore!

Jul 14—18 | Mon—Fri | 11:00—1:00 pm | \$95





# BOOK DONATIONS NEEDED

The Little Free Library in Meridian City Hall's outdoor plaza always welcomes your donation of books in good condition. If you have books to donate, simply place them in the Little Free Library at any time or drop them at the reception desk inside City Hall's main lobby during regular business hours: Monday - Friday, 8am-5pm, excluding holidays. Thanks!





#### **Real Dill Pickleball Camp**

Ages: 9—14 Instructor: A. Rodgers Location: Reta Huskey Park Min/Max: 6/14

The World's fastest-growing sport is now a summer camp your kids will love. Pickleball has been described as a combination of tennis, badminton & ping pong. Pickleball helps kids learn hand-eye coordination, agility & balance and provides social interaction in a team setting. Kids will have so much fun they do not realize the cardiovascular benefits they are receiving, which can improve mood and mental wellness. Campers are taught the fundamentals of serving and receiving the ball, volleying, dinking, positioning, and scoring each day. The Real Dill clinic is led by highly trained instructors who ensure each camper's safety, skill development, & individual enjoyment.

Jun 3—5 | Tue—Thur | 8:00—9:30 am | \$55 Jun 10—12 | Tue—Thur | 8:00—9:30 am | \$55 Jun 17—19 | Tue—Thur | 8:00—9:30 am | \$55 Jun 24—26 | Tue—Thur | 8:00—9:30 am | \$55 Jul 15—17 | Tue—Thur | 8:00—9:30 am | \$55 Jul 22—24 | Tue—Thur | 8:00—9:30 am | \$55

#### **Motions Medley**

Instructor: Motions Dance Staff Location: Motions Dance Studio Min/Max: 4/15 Over the course of this class, students will receive introductory instruction in Ballet, H

receive introductory instruction in Ballet, Hiphop, Jazz, Cheer, and Tumbling/Acro. Discovering different styles will help students find the ones that best suits their personality and will help them decide what classes to take. **Ages:** 5–7

Jun 9—13 | Mon—Fri | 2:35—3:35 pm | \$45 Ages: 8—11 Jun 9—13 | Mon—Fri | 3:40– 4:40 pm | \$45

#### **Petite Cheer Camp**

Ages: 4– 5 Instructor: L. Shaeffer Location: Motions Gym Min/Max: 4/15

These camps are for anyone who has ever wanted to try cheerleading! Athletes will work on basic cheer fundamentals including jumps, dance, stunting, tumbling, and cheering with our All Star certified coaches.

Jun 9—13 | Mon/Wed/Fri | 4:40—5:25 pm| \$35

#### Jr/Sr Cheer Camp

Ages: 6+ Instructor: L. Shaeffer Location: Motions Gym Min/Max: 4/15

These camps are for anyone who has ever wanted to try cheerleading! Athletes will work on basic cheer fundamentals including jumps, dance, stunting, tumbling, and cheering with our All Star certified coaches.

Jun 9—13 | Mon/Wed/Fri | 5:30—6:30 pm | \$40

#### Please, No Crackers for the Quackers

We know they're cute and fuzzy, but please refrain from feeding "people food" to the ducks and geese in our parks. It's nutritionally not good for them, pollutes the water, and discourages them from learning to forage for food naturally.



#### **Dazzle & Dance Camps**

Instructor: Janese B. Location: Motions Dance Studio Min/Max: 4/15

These exciting camps are perfect for little dancers who are looking for a fun activity without the commitment and structure of a year-long program! Each camp has a new theme with different dances, songs and activities to guide the students on an exciting journey of exploring the creative world of dance! Dancers will be introduced to beginning ballet, jazz, and creative movement! Students will learn a fun dance to present at the end of camp. \*Please wear dance attire or athletic clothing (form fitting and stretchable). Hair must be pulled back.

#### Ages: 2—3

Mermaid

Jun 16—20 | Mon/Wed/Fri | 10:00–10:30 am | \$30 Unicorn

Jul 21—25 | Mon/Wed/Fri | 5:00—5:30 pm | \$30

#### Ages: 4—7

Mermaid

Jun 16—20 | Mon/Wed/Fri | 10:40—11:40 am | \$40 Unicorn

Jul 21—25 | Mon/Wed/Fri | 5:35—6:35 pm | \$40



#### **Beginning Tumbling Camp**

Ages: 6+ Instructor: L. Shaeffer Location: Motions Gym Min/Max: 4/15

These camps are a great introductory class aimed to teach proper form in a safe and fun way to practice tumbling skills on their own or launch them into regular practice.

stimulate coordination, balance, strength, basic tumbling skills. \* Please wear gymnastics or athletic clothing

(form fitting and stretchable - shirts cannot fall over the face) hair must be pulled back.

These skills camps are open to all beginning and

handsprings. Our experienced staff will work with

students accomplish their goals of learning these

backbends, back walkovers, aerials and back

intermediate level tumblers who want

to learn and work on their cartwheels,

each student on drills that will help the

skills. Classes are structured to

**Tumbling Skills Camp** 

Instructor: Motions Staff

Location: Motions Gvm

Ages: 6+

Min/Max: 4/15

#### Aerials: Sat. June 14, 11:00—12:00 pm (\$25) Min requirements clean one handed cartwheels, dive cartwheels and round-off. This class is for kids looking to master or learn their aerial. We will focus on building strength, improving flexibility, and refining technique to ensure smooth, high flying execution. Various progressions may also be taught depending on individual.

#### Cartwheels: Sat. June 21, 11:10-11:40 am (\$15)

This class is for kids who have never done a cartwheel through kids who are working on cleaning their cartwheels on both sides. We will focus on proper hip placement, gaining control, and cartwheel progression based on individual level.

#### Backbends: Sat. June 21, 11:45—12:15pm (\$15)

This class will teach students how to properly push up into a backbend from laying on the ground (sometimes known as a bridge), and will also focus on strengthening our backbends and increasing flexibility in students' backs and

June 9-13 | Mon/Wed/Fri | 6:35-7:35 am | \$40

# Sparklight Novie Night

#### The Wild Robot



**Despicable Me 4** 

#### May 30 SPONSORED BY: Four Season Spa & Pool

June 27 SPONSORED BY: Las Calaveras

#### Inside Out 2



June 13 SPONSORED BY: RC Willey



July 11 SPONSORED BY: The Goddard School





Julý 25 SPONSORED BY: State Farm, Kathy Chambers

#### **Guardians of the Galaxy**



August 8 SPONSORED BY: Meridian Anti-Drug Coalition

Grab your friends or significant other for a PG-13 movie.

Bring your family and friends for a fun, free evening under the stars at Settlers Park. Movies begin at dusk.

Meridian Parks & Recreation (208) 888-3579 meridiancity.org/movienight



RIDAY





#### Tumbling Skills Camp

Ages: 5+ Instructor: Motions Staff Location: Motions Gvm Min/Max: 4/15

These skills camps are open to all beginning and intermediate level tumblers who want to learn and work on their cartwheels, backbends, back walkovers, aerials and back handsprings. Our experienced staff will work with each student on drills that will help the students accomplish their goals of learning these skills. Classes are structured to stimulate coordination, balance, strength, basic tumbling skills.

\* Please wear gymnastics or athletic clothing (form fitting and stretchable - shirts cannot fall over the face) hair must be pulled back.

#### Back walkovers: Sat. Jun 21, 12:20—1:05 pm (\$20)

\*Minimum requirement Backbend from standing, close to a kickover or have a kick-over. This class will focus on helping students solidify their kick-overs, or turn their backbend kickovers into a back walkover. We will focus on drills to gain control in our backbends, strengthen and increase flexibility in shoulders and backs, and strengthen students' core muscles.

#### Back Handspring: Sat. Aug 2, 11:00-12:00 pm(\$25)

\*Min requirement for Back Handspring camp is a solid back walkover. This class is for kids looking to master or learn their back handsprings. We will focus on proper technique such as body alignment, explosive power generation, and flawless landings. Various progressions may also be taught depending on individual level. \*Students who already have a back handspring can attend and work on their step out variation, and back handspring series.

#### Cartwheels: Sat. Jul 26, 11:10—11:40 am (\$15)

This class is for kids who have never done a cartwheel through kids who are working on cleaning their cartwheels on both sides. We will focus on proper hip placement, gaining control, and cartwheel progression based on individual level.

#### Tumbling Skills Camp

Ages: 5+ Instructor: Motions Staff Location: Motions Gym Min/Max: 4/15

#### Backbends: Sat. Jul 26, 11:45—12:15 pm (\$15)

This class will teach students how to properly push up into a backbend from laying on the ground (sometimes known as a bridge), and will also focus on strengthening our backbends and increasing flexibility in students' backs and strengthen students core muscles.

#### Back Walkovers: Sat. Jul 26 , 12:20-1:05 pm (\$20)

Minimum requirement Backbend from standing, close to a kickover or have a kick-over. This class will focus on helping students solidify their kickovers, or turn their backbend kickovers into a back walkover. We will focus on drills to gain control in our backbends, strengthen and increase flexibility in shoulders and backs, and strengthen students' core muscles.

#### **Dance Fitness**

Ages: 14+ Instructor: Motions Staff Location: Motions Gym Min/Max: 4/15 Cost: \$15 per class Time: 7:00-8:00 pm

End your day with a dance fitness party where you'll move to upbeat music while getting a fullbody workout. This fun, energetic class blends cardio and muscle conditioning through simple, easy-to-follow dance moves in a fun Zumba style class. Perfect for all levels and designed to help you burn calories, improve coordination, and boost your mood.

Tue, June 17	Tue, June 24
Tue. July 1	Tue, July 8
Tue, July 15	Tue, July 29
Tue, August 5	Tue, August 19
Tue, August 26	

#### Kendo – Introduction to Japanese Fencing

Ages: 10+ Instructor: R. Stroud Location: Meridian Homecourt Min/Max: 4/35

Kendo is an exciting sport based on martial arts traditions requiring both mental and physical discipline. The beginning class focus is on learning basic footwork and sword handling, as well as manners and proper etiquette in preparation for the advanced class. Students should wear loose fitting workout clothing. Each student will receive a shinai (bamboo practice sword).

#### Beginners

Jun 2—Jul 10 | Mon/Thur | 6:30–7:30 pm | \$75

#### Advanced

Students must have completed beginning Kendo class, or have instructor's permission Sunday class time: 8:30 – 10:30 a.m.

Jun 1—Aug 21 | Sun/Mon/Wed/Thur | 6:30–8:30 pm | \$70

#### **Fencing Camps**

Ages: 7 – 14 Instructor: S. Lyra Location: Meridian Homecourt Min/Max: 5/15

Learn the first steps and basic movements of the unique sport of fencing. Coach Sill Lyra, an Olympic Coach at the 2004 Olympics in the Modern Pentathlon will teach kids an introduction to the sport, the principles, movement and strategy. Fencing improves hand-eye coordination, concentration, physical fitness, confidence, self-esteem and self-respect. Children of all abilities will enjoy exploring this lifelong sport in a safe and positive environment where all levels of accomplishments are encouraged and recognized.

Jun 9—13 | Mon—Fri | 9:00—11:00 am | \$80 Jun 23—27 | Mon—Fri | 9:00—11:00 am | \$80 Jul 7—11 | Mon—Fri | 9:00—11:00 am | \$80 Jul 21—25 | Mon—Fri | 9:00—11:00 am | \$80 Aug 4—8 | Mon—Fri | 9:00—11:00 am | \$80



Youth Dance & Drum Ages: 10—17

Instructor: 1 World Dance Location: Meridian Homecourt Bay 6 Min/Max: 3/15

Be careful! Percussion is a gateway instrument and could lead to wanting to study other instruments. Whether you are new to playing an instrument or already a musician, you will learn something new in this drum and dance workshop. Learn to play rhythms from North Africa and the Middle East on hand drums. Don't have a hand drum, bring a drum able container. Then learn some dance moves from North Africa to go with the rhythms.

Jun 4—25 | Wed | 4:00—5:00 pm | \$40 Jul 9—30 | Wed | 4:00—5:00 pm | \$40



Community Event Presented by The <u>City of Meridian</u>, <u>JustServe</u> & The West Ada School District <u>Community Collaborative</u>

#### THUR APR 10, 2025 | 5:30-7:30 PM | MERIDIAN MIDDLE SCHOOL

#### **CONNECT WITH COMMUNITY RESOURCES**

#### Meet local community organizations that can offer resources that matter most to your family's health, safety, and connection

#### **VOLUNTEER FOR A JUSTSERVE PROJECT**

- Write a kind note at the <u>#DoThe Right</u> Appreciation Station
- Sign up to donate blood for the American Red Cross at JustServe.org/WestAda
- Create handmade bears for children in crisis for Dolls of Hope
- Card Jewelry for the Idaho Youth Ranch
- Serve with the Meridian Library District
- Shop for FREE clothing provided by the <u>West Ada Community Schools</u>
- Donate non-perishable food to the Meridian Food Bank most needed items include:



t 🔽 Mac and Cheese

Bean Products (No Green Beans)

Pasta Sauce



#### **Adult & Senior Activities**

#### Martial Arts - Beginning

#### Ages: 8+

**Instructor:** Mater Bruce Rosenberger **Location:** Meridian Homecourt Bay 6 **Min/Max:** 5/30

Idaho Family Martial Arts/Tang Soo Do Beginning Class teaches a traditional Korean martial art that emphasizes a balance of hand and foot techniques. 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. Wear loose, modest clothing.

#### Email Bruce at

#### *idahofamilymartialarts@gmail.com* if you have any questions.

Fee is \$45 per month for the first student, \$40 per month for a second member of the same family, \$35 for the third member, \$30 for the fourth member, and \$25 for each additional member after that. Fee includes two classes per week. \*Additional fees (testing, uniform, etc.) after the first month paid to instructor.

Jun 3—26 | Tue/Thur | 6:00–7:00 pm | \$45 Jul 1—31 | Tue/Thur | 6:00–7:00 pm | \$45 Aug 5—28 | Tue/Thur | 6:00–7:00 pm | \$45



#### Martial Arts - Intermediate / Advanced Ages: 8+

**Instructor:** Master Bruce Rosenberger **Location:** Meridian Homecourt Bay 6 **Min/Max:** 5/30

Idaho Family Martial Arts/Tang Soo Do Advanced Class builds on the beginning class to extend the student's knowledge of our traditional Korean martial art that emphasizes a balance of hand and foot techniques. Instruction includes advanced 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. Wear loose, modest clothing. *Email Bruce at* <u>idahofamilymartialarts@gmail.com</u> if you have any guestions.

Fee is \$45 per month for the first student, \$40 per month for a second member of the same family, \$35 for the third member, \$30 for the fourth member, and \$25 for each additional member after that. Fee includes two classes per week.

\* Additional fees (testing, uniform, etc.) after the first month paid to instructor.

\*Advanced classes by Family Tang Soo Do are for continuing students ranking 3rd gup, or higher.

**Prerequisite:** students must have taken beginning classes and/or receive permission from instructors.

#### Note! Thursday classes go until 8:00 pm

Jun 3—26 | Tue/Thur | 6:00–7:00 pm | \$45 Jul 1—31 | Tue/Thur | 6:00–7:00 pm | \$45 Aug 5—28 | Tue/Thur | 6:00–7:00 pm | \$45

#### **RAIN-OUT LINE**

Wondering if your adult sports league game will be cancelled due to inclement weather?

Call 208-489-0560

Kiln Fired Pottery— Wheel Basics for Beginners	Jun 7—28   Sat   10:00—12:00 pm   \$160
Ages: 12+ Instructor: Little Pallets	Jul 12—26   Sat   10:00—12:00 pm   \$120
Location: Meridian Community Center Min/Max: 2/6	Aug 2—23   Sat   10:00–12:00 pm   \$160

In this wheel basic class, students will be taught the basics of creating pottery on the wheel including centering, trimming, and adding handles. Students will work to create a finished piece which will be sent to the kiln. We will be using kiln fired clay which will make it safe for outside display and food safe. Cost includes materials including kiln firings. Students need to sign up for a separate glazing class held the last Saturday of the month. 10% off for signing up for the entire Spring Semester. Call office to receive discount.



#### **Do-It-Together Workshop**

Ages: Family Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 5/15

In this do – it – together class, students with their adult counterpart (s) will have fun creating take home projects. Each month we will be focusing on a different form of art, learning basic techniques, how to use materials and how to clean up our learning space. All materials included. \*Children 12 and under must be accompanied by an adult. Cost is per person.

#### Watercolor Frog

Jun 14 | Sat | 1:00—3:00 pm| \$30

Printmaking & Watercolor Postcards Jul 12 | Sat | 1:00—3:00 pm | \$30

Acrylic on Canvas—Butterfly Aug 9 | Sat | 1:00—3:00 pm | \$30

#### **UnderCurrent: Friday Night IN for Kids**

Ages: 5 – 11 Instructor: Little Pallets Location: Meridian Community Center Min/Max: 5/20 \$30 per night

A night out for parents; A night IN for kids! UnderCurrent is a fun, interactive night for kids filled with art, science, games, and a community of friends. All supplies are included. Students are welcome to bring snacks. Friday Nights, 6:00-8:00 pm

Safari— Jun 20 Squishmallow — Jul 18

# LAKEVIEW GOLF CLUB JUNIOR GOLF PROGRAMS

The experienced golf instructors at Lakeview Golf Club are dedicated to helping young golfers of all skill levels improve their game and achieve their goals on the green.

MERIDIAN -

Junior Club Fitting \* Operation36 Certified Coaching \* Spring Break Golf Camp Junior Golf Rates \* PGA Jr. League Play \* Lessons, Clinics & Tournaments



Visit lakeview-golf.com or call 208-888-4080



#### Summer Art & Culinary Camp

Ages: 6—12 Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 5/12

In this summer art camp, students will learn a variety of art techniques, and create fun takehome projects. From pottery to painting, to tiedye to batik, students will be immersed into different art projects weekly. As an added treat, students will also have the opportunity each week to create a culinary treat and taste their creation. Recipes may include dairy, grain, nuts, eggs, meat and spices. All supplies and ingredients included. \*A 20% sibling discount is available for families of 2 or more students.

#### **Mythical Creatures**

Jun 2—4 | Mon—Wed | 12:00—2:00 pm | \$80

#### Food Art

Jun 9-11 | Mon-Wed | 12:00-2:00 pm | \$80

Space

Jun 16—18 | Mon—Wed | 12:00—2:00 pm| \$80

#### **Squishmallows**

Jun 23—25 | Mon—Wed | 12:00—2:00 pm | \$80

#### Camping

Jun 30—Jul 2 | Mon—Wed | 12:00—2:00 pm | \$80

#### Nature

Jul 7—9 | Mon—Wed | 12:00—2:00 pm| \$80

#### Adventure

Jul 14—16 | Mon—Wed | 12:00—2:00 pm| \$80

#### Magic

Jul 21—23 | Mon—Wed | 12:00—2:00 pm| \$80

#### Time Travel

Jul 28—30 | Mon—Wed | 12:00—2:00 pm| \$80

#### Dinosaurs

Aug 4—6 | Mon—Wed | 12:00—2:00 pm| \$80



#### Kiln Fired Pottery- Hand Building

Ages: 8+ Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 5/15

In this hand building class, students will learn a variety of pottery techniques and try out pottery tools. We will be using kiln fired clay which will make it safe for outside display and food safe. Cost includes all materials including kiln firing and glazing.

#### **Fairy House**

Jun 7 & 28 | Sat | 1:00–3:00 pm | \$80

#### Mushroom Mug

Aug 2 & 23 | Sat | 1:00–3:00 pm | \$80

#### Kiln Fired Pottery—Glazing

Ages: 12+ Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 2/6

In this glazing class, students will learn the basics of glazing kiln fired pottery. Students will be glazing pieces that they have created in previous pottery classes.

**Prerequisite:** This class is open only to students who have taken Kiln Fired Wheel Basics in the month prior.

Jun 28 | Sat | 1:00—3:00 pm | \$35

Jul 26 | Sat | 1:00—3:00 pm | \$35

Aug 23 | Sat | 1:00—3:00 pm | \$35

#### **One Hit Wonders**

Ages: 5 - 11 **Instructor:** Little Pallets Location: Meridian Pool Classroom Min/Max: 315 In this One Hit Wonder class, students try out different art materials and techniques and have a take home project. All materials included. Pottery Cupcake Jun 4 | Wed | 3:00-4:00 pm | \$25 Squishmallow Watercolor Jun 11 | Wed | 3:00-4:00 pm | \$25 Whimsical Tree—Mixed Media Jun 18 | Wed | 3:00-4:00 pm | \$25 Underwater Scene—Oil Pastels Jun 25 | Wed | 3:00-4:00 pm | \$25 **Clay Birds** Jul 9 | Wed | 3:00-4:00 pm | \$25 Cactus—Watercolor Jul 16 | Wed | 3:00-4:00 pm | \$25 **Owl on Canvas** Jul 23 | Wed | 3:00-4:00 pm | \$25 Dessert in Watercolor Jul 30 | Wed | 3:00-4:00 pm | \$25 Clay Monster Aug 6 | Wed | 3:00-4:00 pm | \$25 Whale in Watercolor Aug 13 | Wed | 3:00-4:00 pm | \$25

#### **Culinary for Kids**

Ages: 5 – 11 Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 5/15

In this culinary class for kids, students will learn the basic cooking techniques including how to use kitchen tools and how to keep their area clean. Students will be able to enjoy a sample of their culinary creation during class. **Recipes will include dairy, grain, eggs, meat, and spices.** All supplies and ingredients included. \*20% sibling discount is available for families of 2 or more students.

International Food Jun 9—23 | Mon | 5:00–6:00 pm | \$80

More American Dishes Jul 7—21 | Mon | 5:00–6:00 pm | \$80

**Summer Yums!** Aug 4—18 | Mon | 5:00–6:00 pm | \$80



#### **Culinary for Teens**

Ages: 12 – 17 Instructor: Little Pallets Location: Meridian Pool Classroom Min/Max: 5/8

In this culinary class for teens, students will learn basic cooking techniques including how to use kitchen tools, how to read a recipe, and how to keep their area clean, all taught in a small group and individual format. Students will be able to enjoy a sample of their culinary creation during class. **Recipes will include dairy, grain, nuts, eggs, meat and spices.** All supplies and ingredients included. \*A 20% sibling discount is available for families of 2 more students.

\*Prerequisite: 10 – 11 years olds allowed if they have taken the Culinary for Kids class.

International Food Jun 12—26 | Thur | 4:30–5:30 pm | \$75

More American Dishes Jul 10—24 | Thur | 4:30–5:30 pm | \$75

**Summer Yums!** Aug 6—21 | Thur | 4:30–5:30 pm | \$75



#### **2025 SUMMER YOUTH TENNIS LESSONS**

**Three Locations to Choose From:** 

Heritage Middle School \* Settlers Park \* Mountain View High School

#### Tiny Tots Tennis Lessons — Ages 4-7

Min/Max: 5/16

Instructor: Treasure Valley Tennis Association

These sessions are designed for the youngest of tennis enthusiasts! "Tennis is easy and fun" is the theme and focus. Emphasis will be on hand-eye coordination; racquet-and-ball skills; tracking the flight and bounce of the ball; and basic court movement.

\*If a class is cancelled due to rain, it will be made up on either Monday OR Friday. \***Students will need to provide their own tennis rackets.** 

\*Registration closes the Sunday before the first class starts.

#### **Tiny Tots Tennis Class Times:** 8:30 – 9:30 am & 9:30 – 10:30 am

Session I	Jun 3—Jun 12	Tue/Wed/Thur	\$63
Session II	Jun 17—Jun 26	Tue/Wed/Thur	\$63
Session III	Jul 8—Jul 17	Tue/Wed/Thur	\$63
Session IV	Jul 22—Jul 31	Tue/Wed/Thur	\$63
Session V	Aug 5—Aug 7	Tue/Wed/Thur	\$31.50

#### Junior Tennis Lessons — Ages 8-14

Min/Max: 5/16

#### Instructor: Treasure Valley Tennis Association

These sessions are designed for junior players interested in developing tennis strokes and learning the basics of the game. Instruction emphasis focuses on fun, sportsmanship, teamwork, technique and point play. Six hours of organized instruction included per session.

\*If a class is cancelled due to rain, it will be made up on either Monday OR Friday.

#### \*Students will need to provide their own tennis rackets.

\*Registration closes the Sunday before the first class starts.

**Beginner/Novice** - An introduction to the five basic strokes, hand-eye coordination, racquet-and-ball skills; tracking the flight and bounce of the ball and basic court movement.

**Intermediate** - For kids who have experience on the court, either through taking a class in the past or participating in middle school tennis.

#### Junior Tennis Class Times: 8:30 – 9:30 am, 9:30 – 10:30 am, & 10:30 – 11:30 am

Session I	Jun 3—Jun 12	Tue/Wed/Thur	\$63
Session II	Jun 17—Jun 26	Tue/Wed/Thur	\$63
Session III	Jul 8—Jul 17	Tue/Wed/Thur	\$63
Session IV	Jul 22—Jul 31	Tue/Wed/Thur	\$63
Session V	Aug 5—Aug 7	Tue/Wed/Thur	\$31.50





#### **SoccerTots**

Instructor: Skyhawks Coaches Min/Max: 6/12

These soccer themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor to student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! \*Parent participation required for ages 2—3 years.

#### Class located at Meridian Homecourt CUBS Ages: 2 – 3 (Parent participation required)

Jun 3– Jul 1 | Tue | 4:30–5:10 pm | \$75 Jul 8—Aug 5 | Tue | 4:30—5:10 pm | \$75 **Class located at 8th Street Park** Jul 12—Aug 9 | Sat | 9:00—9:40 am | \$75

#### Class located at Meridian Homecourt GRIZZLIES Ages: 3.5—5

Jun 3—Jul 1 | Tue | 5:25—6:10 pm | \$75 Jul 8—Aug 5 | Tue | 5:25—6:10 pm | \$75 **Class located at 8th Street Park** Jul 12—Aug 9 | Sat | 9:55—10:40 am | \$75

#### Multi—SportTots

Instructor: Skyhawks Coaches Location: Meridian Homecourt Min/Max: 6/18

Kickstart your child's athletic journey with Multi-SportTots! Suitable for kids aged 2 to 5, this program offers Soccer, Baseball, and Basketball through fun, age-appropriate activities, enhancing balance, coordination, and fitness. fostering bonding and fun. This is a dynamic introduction to sports, packed with learning and teamwork!

#### Ages: 2 – 3 (Parent participation required)

Jun 14—Aug 16\* | Sat | 9:00—9:40 am | \$115 **Ages: 3—4** Jun 14—Aug 16\* | Sat | 9:55—10:40 am | \$115 \*no class July 5

#### **Baseball Tots**

Instructor: Skyhawks Coaches Location: Meridian Homecourt Min/Max: 6/18

BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game! \*Parent participation required for ages 2—3.5 years.

#### **BATTERS Ages 2-3.5** (parent participation required)

Jun 5—Jul3 | Thur | 4:00–4:40 pm | \$75 Jul 10—Aug 7 | Thur | 4:00–4:40 pm | \$75

#### HOMERS Ages 3.5-5

Jun 5—Jul 3 | Thur | 4:55–5:40 pm | \$75 Jul 10—Aug 7 | Thur | 4:55–5:40 pm | \$75

#### HoopsterTots

Instructor: Skyhawks Coaches Location: Meridian Homecourt Min/Max: 6/18

Discover the joy of basketball with HoopsterTots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join HoopsterTots to shoot and score foundational skills! Parent participation is required with children 3.5 years and younger.

#### Ages: 2—3.5 GRASSHOPPERS

Jun 4—Jul 2 | Wed | 4:30—5:10 pm | \$75 Jul 9—Aug 6 | Wed | 4:30—5:10 pm | \$75

#### Ages: 3.5—5 KANGAROOS

Jun 4—Jul 2 | Wed | 5:25—6:10 pm | \$75 Jul 9—Aug 6 | Wed | 5:25—6:10 pm | \$75

#### **Skyhawks Soccer**

Instructor: Skyhawks Coaches Min/Max: 6/24

Kickstart a soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing core skills while instilling teamwork and sportsmanship. Participants will improve their soccer abilities and embrace the game's spirit. Grow and score with Skyhawks Soccer!

**Location:** Gordon Harris Park **Ages: 6 – 13** Jun 30—Jul 3 | Mon—Thur | 9:00—12:00 pm|\$189

Location: Settlers Park Ages: 6 – 13 Jul 21—25 | Mon—Fri | 9:00—12:00 pm | \$229 Jul 21—25 | Mon—Fri | 9:00—3:00 pm | \$349

#### Skyhawks Game On!

Instructor: Skyhawks Coaches Location: Gordon Harris Park Ages: 6 – 13 Min/Max: 6/26

Skyhawks Game On! Camp is the perfect blend of kickball, dodgeball, capture the flag plus more – it's the game extravaganza your kids won't want to miss! No need to worry about sports skills; this camp is all about having a blast with friends. It's the perfect chance for your kiddos to burn that extra energy while creating unforgettable summer memories. Bring the Games On!

#### **Skyhawks Flag Football**

Instructor: Skyhawks Coaches Ages: 6 – 13 Min/Max: 6/14

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football!

#### **Location: Settlers Park**

Jun 2—6 | Mon—Fri| 9:00—12:00 pm | \$229

Location: Gordon Harris Park Jul 7—11 | Mon—Fri | 9:00—3:00 pm | \$339

#### Skyhawks Baseball

Instructor: Skyhawks Coaches Location: Fuller Park Field 1 Ages: 6—13 Min/Max: 6/18

Skyhawks Baseball teaches the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. All equipment except baseball gloves are provided. We use safety baseballs.

Jun 23—27 | Mon—Fri | 9:00—12:00 pm | \$229 Jun 23—27 | Mon—Fri | 9:00—3:00 pm | \$349

Aug 4—8 | Mon—Fri | 9:00—12:00 pm | \$229 Aug 4—8 | Mon—Fri | 9:00—3:00 pm | \$349

Jul 7—11 | Mon—Fri | 9:00—12:00 pm | \$229



#### **Prescription Drug Take Back Day**

Saturday, April 26, 2025 10:00 am—2:00 pm Blue Cross of Idaho Parking Lot

Presented by the Meridan Anti-Drug Coalition

**Turn in Unwanted or Expired Prescription Meds and Vapes/E-Cigarettes** 

MERIDIAN PARKS AND RECREATION





Celebrate with us at a free outdoor concert by the Meridian Symphony Orchestra Saturday, June 14 at 4:00pm Kleiner Park Bandshell

meridiancity.org/parks

#### **Skyhawks Volleyball**

Instructor: Skyhawks Coaches Ages: 6—13 Min/Max: 6/18

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving.

Location: Settlers Park Field A Jun 16—Jun 20 | Mon—Fri | 9:00—12:00 pm | \$229

Location: Gordon Harris Park Jul 14—Jul 18 | Mon—Fri | 9:00—12:00 pm | \$229

#### **Skyhawks Basketball**

Instructor: Skyhawks Coaches Ages 6 - 13 Location: Heroes Park Min/Max: 6/18

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill -based instruction and small-sided scrimmages. Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Jun 2—6 | Mon—Fri | 9:00—12:00 pm | \$229 Jun 2—6 | Mon—Fri | 9:00—3:00 pm | \$349

Jun 30—Jul 3 | Mon—Thur | 9:00—12:00 pm | \$189

Aug 4—8 | Mon—Fri | 9:00—12:00 pm | \$229 Aug 4—8 | Mon—Fri | 9:00—3:00 pm | \$349

#### Skyhawks Flag Rugby

Instructor: Skyhawks Coaches Ages: 6—13 Location: Gordon Harris Park Min/Max: 6/18

Crouch, bind, set into a thrilling Skyhawks Flag Rugby experience, in partnership with Imagine Rugby and Major League Rugby! This program focuses on fun, safety, and fundamental skills like passing and flag-pulling. Skyhawks Flag Rugby also teaches life skills while emphasizing teamwork and sportsmanship.

Jun 16—Jun 20 | Mon—Fri | 9:00—12:00 pm | \$229

#### Skyhawks Field Hockey

Instructor: Skyhawks Coaches Ages 6 - 13

Location: Settlers Park Field A Min/Max: 6/18

Join Skyhawks for an exciting introduction to Field Hockey, a sport with a global appeal! Developed with USA Field Hockey, this program teaches basics like stick-handling and passing in a game-based environment. Perfect for young athletes looking for a fast-paced sport that focuses on teamwork. Come discover Field Hockey!

Jun 23—27 | Mon—Fri | 9:00—12:00 pm | \$229



#### Multi—Sport Camp Basketball, Soccer, Baseball

Ages: 7—13 Instructor: Skyhawks Coaches Location: Heroes Park Field C & D Max/Min: 8/24

Dive into Skyhawks Multi-Sport! Perfect for kids eager to try various sports, this program teaches essential skills and rules across different games. Beyond skill development, participants learn sportsmanship and teamwork, making new friends and memories. Each day is a new, exciting adventure

Jun 9—13 | Mon—Fri | 9:00—12:00 pm | \$229

#### Mini—Hawk Camp Basketball, Soccer, Baseball

Ages: 4—6 Instructor: Skyhawks Coaches Location: Heroes Park Field C & D Max/Min: 8/24

Skyhawks Mini-Hawk includes baseball, basketball and soccer. This program is developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development.

Jun 9—13 | Mon—Fri | 9:00—12:00 pm | \$229

#### Multi—Sport Camp Flag Rugby, Soccer, Baseball

Ages: 7—13 Instructor: Skyhawks Coaches Location: 8th Street Park Max/Min: 8/24

Dive into Skyhawks Multi-Sport! Perfect for kids eager to try various sports, this program teaches essential skills and rules across different games. Beyond skill development, participants learn sportsmanship and teamwork, making new friends and memories. Each day is a new, exciting adventure! This camp features flag rugby, flag football, and soccer.

Jul 28—Aug 1 | Mon—Fri | 9:00—12:00 pm | \$229

#### Mini—Hawk Camp Flag Football, Soccer, Baseball

Ages: 4—6 Instructor: Skyhawks Coaches Location: Gordon Harris Park Max/Min: 8/24

Skyhawks Mini-Hawk includes baseball, flag football and soccer. This program is developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development

Jul 21—25 | Mon—Fri | 9:00—12:00 pm | \$229



33 Register online at meridiancity.org/parks





# 4TH OF JULY

# 4PM STOREY PARK

205 E. FRANKLIN RD., MERIDIAN

= \* \* \* =

FOOD TRUCKS LIVE MUSIC & FIREWORKS DISPLAY



#### MERIDIAN PARKS & RECREATION

Visit meridiancity.org/independence-day for band and food truck lineup.



#### **Drawing & Cartooning**

Ages: 6–12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Each week has a topical theme and we'll be doing a mixture of drawing and cartooning to keep things interesting and engaging. From dinosaurs, pets, our favorite family member, and under the sea, we'll discover new and amazing creatures to draw. This summer is about art, learning, and fun!

Jun 23—27 | Mon—Fri | 2:00—3:00 pm | \$65 Jul 7—11 | Mon—Fri | 2:00—3:00 pm | \$65 Jul 21—25 | Mon—Fri | 2:00—3:00 pm | \$65

#### **Animal Cartoon**

Ages: 6—12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Laugh out loud funny! Totally adorable! Awesome beyond belief! Just some of the words that best describe our Animal Cartoon Workshop! If your child is a fan of cuddly animals and funny cartoons, this is the class for them. Over the course of five days, your artists will learn how to draw animals of all shapes, sizes, and colors. They will learn how to personify ordinary animals, transforming them into fully realized cartoon characters. Be a part of something fun and special!

#### **Anime Manga Character Creation**

Ages: 6–12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging – this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings.

Jun 23—27 | Mon—Fri | 9:30—12:00 pm | \$120



#### Ocean Life (Pastels)

Ages: 6—12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Five, fun-filled days await our students as we explore ocean life and as they learn to draw and color with pastels. We will create detailed, pastel compositions each day, focusing on a different ocean-themed subject. We will draw eyecatching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab, and a wondrous scene of jellyfish. Our instruction will bring remarkable results – you'll want to head to the frame shop with your child's pieces and they'll be rewarded with a great sense of pride and accomplishment.

Jul 7—11 | Mon—Fri | 9:30—12:00 pm | \$129

Jun 16—20 | Mon—Fri | 9:30—12:00 pm | \$120

#### **Fantasy Forest**

Ages: 6–12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Magical, mythical, marvelous art is coming your way in this new Young Rembrandts Drawing Workshop! Join us for five days filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw other worldly creatures like fairies, trolls, and a forest queen. Your child's talent will enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

Jul 14—18 | Mon—Fri | 9:30—12:00 pm | \$120

#### **Colorful Creatures (Pastels)**

Ages: 6—12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Animal lovers rejoice because an amazing pastel workshop is here! Students will learn pastel drawing and texturing techniques to illustrate whimsical bees, a fanciful army of frogs, a striking owl and more artistic critters filled with detail. Challenge your creative kids by introducing them to the world of pastels, where they can learn all new techniques to add to their repertoire of art skills. A guaranteed favorite summer tradition for every Young Rembrandts artist.

#### **Spy Detective**

Ages: 6—12 Instructor: Young Rembrandts Location: Meridian Community Center Min/Max: 5/15

Operation Creativity is in full effect! Join us for a 5 day drawing workshop where we'll be drawing and coloring all things SPIES! Artists will learn to draw cartoon characters with all the trappings of super-secret spies and daring detectives. Each day is a new 'mission' and students will complete multiple drawings like spy outfits, detective gadgets, a secret hideout and more legendary art. Don't get caught out, register your artists today!

Jul 28—Aug 1 | Mon—Fri | 9:30—12:00 pm | \$120



Have you lost or found something in a Meridian park or facility? Call our administrative office at 208-888-3579; we might be able to help!




# **VISIT INITIAL POINT GALLERY**

See the work of talented artists each month

Meridian City Hall Third Floor Monday-Friday, 8am-5pm Free Admission

MEET THE ARTISTS! Opening Receptions for Each New Exhibit



Learn more at: meridiancity.org/gallery

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## ion lery Schedule

### 2025 Initial Point Gallery Schedule Regular Gallery Hours: Monday - Friday 8:00 AM - 5:00 PM

ΜΟΝΤΗ	ARTIST(S) / ORGANIZATION	RECEPTION
DECEMBER - JANUARY 2025 (December 3 - January 31)	<b>MIDNIGHT METAPHOR</b> Treasure Valley Artists Alliance	Tuesday, December 3, 2024 4:30 - 7:00 PM
FEBRUARY 2025 (February 4 - February 28)	<b>INVERTED REALITY</b> Artists: Devon William Smith, Rachel Reynolds, Gregory Ahley Newman, Mary Ann Fraser and Leslie Jay Bosch	Tuesday, February 4 4:30 - 7:00 PM
MARCH 2025 (March 4 - March 28)	<b>LAND LINES</b> Artists: Antonia Hedrick, Beth Trott, and Stephanie Inman	Tuesday, March 4 4:30 - 7:00 PM
APRIL 2025 (April 1 - April 25)	<b>OF LEAF AND PETAL</b> Artists: Claire Remsberg, Jessie Swimeley, Cindi Walton, Jill Storey, Mary Arnold, and Suzi Butler	Tuesday, April 1 4:30 - 7:00 PM
MAY 2025 (April 29 - May 19)	WEST ADA SCHOOL DISTRICT ART SHOW	Tuesday, May 6 4:30 - 7:00 PM
JUNE - JULY 2025 (June 3 - August 1)	DUSTY CHAPS AND COWBOY HATS: IDAHO'S RANCHING AND RODEO HERITAGE Boise Open Studios Collective Organization (BOSCO)	Tuesday, June 3 4:30 - 7:00 PM
AUGUST 2025 (August 5 - August 28)	<b>MYTHS AND MORALS</b> Artists: Brecken Bird, Nikita Budkov, and Reba Robinson	Tuesday, August 5 4:30 - 7:00 PM
SEPTEMBER - OCTOBER 2025 (September 2 - October 31)	<b>LARGE MEN WITH SMALL BRUSHES</b> Artists: Scott Muscolo, Roy Gover, Hugh Mossman, Dennis Hazlett, Don Belts, and Andrew Forbes	Tuesday, September 2 4:30 - 7:00 PM
NOVEMBER 2025 (November 5 - November 28)	<b>ROCK, PAPER, SCISSORS, WOOD!</b> Artists: Elizabeth Hilton, Stephen Purcell, Jennifer Moramarco, Rick Newman, and Betty Hayzlett	Wednesday, November 5 4:30 - 7:00 PM
DECEMBER - JANUARY 2026 (December 2 - January 30)	<b>PURPLE PLUS</b> Treasure Valley Artist Alliance	Tuesday, December 2 4:30 - 7:00 PM

For information on our Call to Artists, updated schedules, and other gallery announcements, please visit meridiancity.org/gallery



MERIDIANCITY.ORG/GALLERY



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# Monday, April 21 4:00 - 5:00 pm

(remarks at 4:30)

2640 W. Chateau Dr. Meridian, Idaho 83646

### **Adult & Senior**



### Paddles in Progress: Beginner Pickleball Class

Ages: 14+ Instructor: A. Rodgers Location: Reta Huskey Park Min/Max: 6/14

Ready to have fun, get active, and meet new people? Join our beginner pickleball class. The perfect introduction to the fastest growing sport in the country! Whether you're new to the game or looking to brush up on the basics, our friendly and experienced instructors will guide you through everything you need to know. In this class you'll learn the fundamentals of pickleball, including the rules, scoring, and essential techniques like serving, volleying, and dinking. With plenty of hands on practice and easy to follow drills, you'll be rallying and playing games in no time! No prior experience needed- just bring your enthusiasm, a smile, and a willingness to have fun. All equipment provided.

Jun 3—24 | Tue | 9:45—11:00 am | \$60 Jun 4—25 | Wed | 9:45—11:00 am | \$60

Jul 1—22 | Tue | 9:45—11:00 am | \$60 Jul 2—23 | Wed | 9:45—11:00 am | \$60

### Intermediate Pickleball Class

Ages: 18+ Instructor: S. Lyra Location: Meridian Homecourt Min/Max: 1/4

After you have completed the initial level of beginner pickleball, the next step will be to increase their skills to strategies and the singularities of the game in general. This class is for doubles and singles. Coach Sill, an eight-year player and competitor, with several medals from around the North West

Jun 3 & 5 | Tue/Thur | 1:00—3:00 pm | \$80 Jun 17 & 19 | Tue/Thur | 1:00—3:00 pm | \$80 Jul 1 & 3 | Tue/Thur | 11:00 am–1:00 pm | \$80 Jul 15 & 19 | Tue/Thur | 11:00 am–1:00 pm | \$80 Jul 29 & 31 | Tue/Thur | 11:00 am–1:00 pm | \$80 Aug 12 & 14 | Tue/Thur | 11:00 am–1:00 pm | \$80 Aug 19 & 21 | Tue/Thur | 11:00 am–1:00 pm | \$80



### Stick Mobility Longevity Flow

Ages: 13+ Instructor: K. Bailey Location: Meridian Homecourt Bay 5 Min/Max: 2/10

Whether you want to move better and feel stronger in your sport and/or play your sport for years to come, Stick Mobility (SM) can help out! Athletes of all ages ready to take their game to the next level -SM will help you develop strength that'll transfer directly to your sport and have you feeling more confident on the field/court!

Jun 2—Jun 6 | Mon—Fri | 9:00—10:00 am | \$80

Jun 16—Jun 20 | Mon—Fri | 9:00—10:00 am | \$80

Jul 14– Jul 18 | Mon—Fri | 9:00—10:00 am | \$80

### **Adult & Senior**

### **Belly Dance Performance**

Ages: 16—60 Instructor: 1 World Dance Location: Backstage Dance Studio Min/Max: 1/4

Dancers who would like to learn performance belly dance or are returning to dance from a break. All are welcome. Both choreography and improvisation skills are taught.

Jun 4—25 | Wed | 7:15—8:15 pm | \$50 Jul 9—30 | Wed | 7:15—8:15 pm | \$50

### Pickleball Palooza Round Robin

Ages: 14+ Instructor: A. Rodgers Location: Settlers Park, Courts 3 & 4 Min/Max: 4/18

Looking for a fun way to improve your pickleball game while meeting new players? Join our pickleball palooza weekly round robin. Perfect for beginners and players up to a 3.0 skill level. The social and semicompetitive environment will have you rotating partners and opponents in a casual, stress-free environment. No partner? No Problem! You'll team up with different players throughout the session, giving you the chance to sharpen your skills, learn new strategies, and enjoy the thrill of the game with others at your level. Whether you're practicing that perfect serve or working on your dinks, you'll have a blast connecting with fellow pickleball enthusiasts in a supportive and fun environment.

Jun 3—24 | Tue | 6:00—800 pm| \$50 Jul 8—Jul 29 | Tue | 6:00—8:00 pm | \$50 Aug 5—Aug 26 | Tue | 6:00—8:00 pm | \$50



### **Beginning Belly Dance Fitness**

Ages: 18+ Instructor: 1 World Dance Location: Meridian Homecourt Bay 6 Min/Max: 1/4

Not motivated to move by competition and games? Try music, culture, and art as motivation to move! Dance moves from North African countries such as Egypt, Morocco and Tunisia are a total body workout which is excellent at strengthening core muscles. The non-impact and low-impact dance moves strengthen all your core muscles and provide an aerobic exercise which does not harm joints. Class is taught by dancer who has studied North African and Middle–Eastern Dances for 30+ years.

Jun 7—28 | Sat | 11:00 –12:00 pm | \$60 Jul 5—26 | Sat | 11:00—12:00 pm | \$60



Ages: 18+ Instructor: Mary Chapin Location: Meridian Homecourt Bay 6 Min/Max: 2/35

Jazzercise is the iconic dance fitness program that combines high - energy dance cardio with strength training. Pilates, hip - hop, yoga and kickboxing make it the most exhilarating and effective way to stay fit. As the original dance party workout, we've been unleashing people's best selves since 1969. We are for all ages and fitness levels! Bring your mat and water bottle and join the fun!

### **Pricing options:**

\$25 for one class
\$89 UNLIMITED month
\$154 for 8-class pass
(two month expiration)
\$239 (UNLIMTED CLASSES;
JUNE—AUGUST)

### **Class Schedule:**

Monday – Saturday: 9:30 am – 10:30 am Monday & Wednesday: 5:30 – 6:30 pm Thursday: 4:45—5:30 pm

Jun 2—Jun 30 Jul 1—Jul 31\* \*no class July 4 Aug 1—Aug 30



### Yoga – All Levels

Ages: Teen, Adult & Senior Instructor: Varies Location: Meridian Community Center Min/Max: 4/20

Designed for all levels of yoga experience-from beginners to more experienced practitioners. We allow time to learn the poses and offer modifications to adjust the poses to meet your need. This is a great way to start with yoga or to continue your practice. If you're looking for a yoga class that is both challenging and accessible, then this all-levels class is a great option for you. Bring your own yoga mat. Props such as blocks, blankets, and straps will be available if you do not have your own.

Jun 2—Jul 7 | Mon | 7:00–8:00 pm | \$50 Jun 7—Jul 12 | Sat | 8:00–9:00 am | \$50

Jul 14—Aug 18 | Mon | 7:00–8:00 pm | \$50 Jul 19—Aug 23 | Sat | 8:00–9:00 am | \$50

### Yoga - Gentle Yoga

Ages: Teen, Adult & Senior Instructor: L. McElroy, C. Debourse Location: Meridian Community Center Min/Max: 4/20

A gentle approach to classic Hatha Yoga with emphasis on breath and safely moving through the poses. This class is designed to maintain and improve your flexibility, agility, strength and balance. You will feel great all over through gentle movements and stretching. The instructor has special training and interest in healthy aging and sustainable movement practice. Bring your own yoga mat. Props such as blocks, blankets, and straps will be available if you do not have your own.

Jun 2—Jul 7 | Mon | 12:30–1:30 pm | \$50 Jun 4—Jul 9 | Wed | 12:30–1:30 pm | \$50

Jul 14—Aug 18 | Mon | 12:30–1:30 pm | \$50 Jul 16—Aug 20 | Wed | 12:30–1:30 pm | \$50

### Somatic Yoga & Gentle Stretch

Age: Teen, Adult, & Senior Instructors: S. Lind Location: Meridian Community Center Min/Max: 4/20

Somatic Yoga uses slow, gentle exercises to relieve pain and improve your posture. A compassionate way to find release from stress and chronic tense muscles. The instructor has special training in Somatic Yoga with a focus on healthy functional movement and tension release. Please be comfortable getting up and down from the floor. Bring your own mat. Blocks, blankets and straps are available for your use if you do not have your own.

Jun 4—Jul 9 | Wed | 7:00–8:00 pm | \$50 Jul 16—Aug 20 | Wed | 7:00–8:00 pm | \$50

## Qigong/Tai Chi for Total Health & Wellbeing

Ages: Teen, Adult & Senior Instructor: M. Bittner, PhD Location: Kleiner Park Labyrinth Min/Max: 10/20

Breathe, Move, Meditate for Total Health and Wellbeing. In this series you will engage in the ancient practices of Qigong/Tai Chi to move chi (vital life force) through your body; strengthen, stretch, tone the muscles and organs; enhance breathing and calm the mind. Become attuned to sensing the flow of chi and learn to balance chi for longevity. Qigong/Tai Chi for Total Health and Wellbeing will touch upon every aspect of your being: body, mind, spirit. Be refreshed, vibrant and calm.

Jun 6—Aug 8 | Fri | 9:30–10:30 am | \$80



### Yoga – Unlimited Yoga

Ages: Teen, Adult & Senior Instructor: Varies Location: Meridian Community Center Min/Max: 4/50

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. Blocks, blankets and straps are available for your use if you do not have your own. Excludes the Yin/Restorative/Guided Meditation and other special classes.

Jun 2—Jul 12 | Mon/Wed/Thurs/Sat | See times above | \$70 Jul 14—Aug 23 | Mon/Wed/Thurs/Sat | See times above | \$70

### **Restorative with Special Features**

Ages: Adult & Senior Instructor: Varies Location: Meridian Community Center Min/Max: 4/20

Every month let us guide you on a deep relaxation journey. In these mini retreats, you'll get to explore some combination of yin and restorative yoga to encourage a sense of calm and stress relief. These classes end with features that could include a guided meditation, crystal bowl sound bath, or something equally as special. Accessible to people of all levels – including people with no yoga experience. This workshop is not included in the Yoga Unlimited option. Please bring your yoga mat, a blanket and a pillow. Props will be available if you do not have your own.

Jul 20 | Sun | 3:00–4:30 pm | \$15 Aug 17 Sun | 3:00–4:30 pm | \$15



### **Embodied Journaling & Somatic Yoga**

Ages: Adult & Senior Instructor: Varies Location: Meridian Community Center Min/Max: 4/20

Explore the profound connection between mind, body, and spirit in this unique **Embodied Journaling & Somatic Yoga** class. Designed to deepen self-awareness and enhance wellbeing, this practice blends gentle, intuitive movement with reflective journaling exercises to help you process emotions, release tension, and reconnect with your inner wisdom. Through **somatic yoga**, you'll engage in slow, mindful movements that encourage nervous system regulation and embodied presence.

**Journaling prompts** will guide you to explore sensations, emotions, and personal insights, creating a holistic approach to self-inquiry and healing. This class is perfect for those seeking stress relief, emotional balance, and a deeper connection with themselves. No prior yoga or writing experience is necessary— an open heart, and a willingness to explore. I'll even provide the pen and journal! Bringing a yoga mat is requested; we do have a few available to borrow.

Aug 10 | Sun | 2:00—4:00 pm | \$30

### **Journey Through the Chakras**

Age: Teen, Adult, & Senior Instructors: C. Debourse Location: Meridian Community Center Min/Max: 5/20

Explore the energy centers of the body in this yin and restorative yoga class. Through gentle poses and mindful stillness, you'll connect with each chakra, promoting balance and healing. The session concludes with a soothing guided meditation, leaving you feeling grounded, restored, and aligned. Perfect for all levels. Participants should bring their own yoga mat.

Jun 22 | Sun | 3:00-4:30 pm | \$15

### **PUBLIC OUTREACH EVENT**



**MERIDIAN IS UPDATING ITS** HISTORIC PRESERVATION PLAN



SATURDAY, APRIL 19 Hidden Gem Events / Tolleth Home (134 E. State Avenue - Meridian)

Drop in any time between 11 AM and 1 PM to meet the Historic Preservation Commissioners and offer your feedback on the Historic Preservation Plan.

OR meet us at 10 AM, City Hall steps, for a guided walking tour ending at the Tolleth House!

### **GUIDED MERIDIAN HISTORIC** WALKING TOUR SERIES



Downtown Meridian 3rd Saturdays at 10:00AM • April 19 • May 17

- June 21 • July 19
- August 16 • September 20

Free, no registration required, meet at the front steps of Meridian City Hall





#### May 19 | 5:15-9:00 PM **P**

Limited seating, reservations required





MeridianCity.org/pww



City Hall Plaza

### Martial Arts for All Ages - Beginning Ages: 8+

**Instructor:** Mater Bruce Rosenberger **Location:** Meridian Homecourt Bay 6 **Min/Max:** 5/30

Idaho Family Martial Arts/Tang Soo Do Beginning Class teaches a traditional Korean martial art that emphasizes a balance of hand and foot techniques. 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. Wear loose, modest clothing.

### Email Bruce at

## <u>idahofamilymartialarts@gmail.com</u> if you have any questions.

Fee is \$45 per month for the first student, \$40 per month for a second member of the same family, \$35 for the third member, \$30 for the fourth member, and \$25 for each additional member after that. Fee includes two classes per week. \*Additional fees (testing, uniform, etc.) after the first month paid to instructor.

Jun 3—26 | Tue/Thur | 6:00–7:00 pm | \$45 Jul 1—31 | Tue/Thur | 6:00–7:00 pm | \$45 Aug 5—28 | Tue/Thur | 6:00–7:00 pm | \$45



## Martial Arts for All Ages - Advanced Ages: 8+

**Instructor:** Master Bruce Rosenberger **Location:** Meridian Homecourt Bay 6 **Min/Max:** 5/30

Idaho Family Martial Arts/Tang Soo Do Advanced Class builds on the beginning class to extend the student's knowledge of our traditional Korean martial art that emphasizes a balance of hand and foot techniques. Instruction includes advanced 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. Wear loose, modest clothing.

### Email Bruce at

idahofamilymartialarts@gmail.com if you have any questions.

Fee is \$45 per month for the first student, \$40 per month for a second member of the same family, \$35 for the third member, \$30 for the fourth member, and \$25 for each additional member after that. Fee includes two classes per week.

\* Additional fees (testing, uniform, etc.) after the first month paid to instructor.

\*Advanced classes by Family Tang Soo Do are for continuing students ranking 3rd gup, or higher.

**Prerequisite:** students must have taken beginning classes and/or receive permission from instructors.

### Note! Thursday classes go until 8:00 pm

Jun 3—26 | Tue/Thur | 6:00–7:00 pm | \$45 Jul 1—31 | Tue/Thur | 6:00–7:00 pm | \$45 Aug 5—26 | Tue/Thur | 6:00–7:00 pm | \$45



### **Jewelry 101**

Ages: 16+ Instructor: J. Wuerth Location: Meridian Community Center Min/Max: 2/10

Gain knowledge and confidence learning basic skills in jewelry making. You'll use an assortment of tools and develop a skill set that can elevate your "DIY" ambitions to a whole new level. You will explore Kumihimo, a Japanese braiding style, and create embellishments and finishing techniques, using basic wire wrapping. Supplies and tools will be provided.

Jun 3—Jun 24 | Tue | 6:30–8:00 pm | \$70 Jul 8—Jul 29 | Tue | 6:30–8:00 pm | \$70

### Drop a Line; the Fishing's Fine!



Try your luck at the ponds in Kleiner, Settlers, Heroes, or Fuller Park.

An Idaho fishing license is required of anyone over 14 years of age. Kids under age 14 are not required to have a license to fish.Bag limits and other fishing rules apply.

Details at: Idfg.idaho.gov/fish



## Kendo – Introduction to Japanese Fencing Ages: 10+

Instructor: R. Stroud Location: Meridian Homecourt Min/Max: 4/35

Kendo is an exciting sport based on martial arts traditions requiring both mental and physical discipline. The beginning class focus is on learning basic footwork and sword handling, as well as manners and proper etiquette in preparation for the advanced class. Students should wear loose fitting workout clothing. Each student will receive a shinai (bamboo practice sword).

### Beginners

Jun 2—Jul 10 | Mon/Thur | 6:30–7:30 pm | \$75

### Advanced

Students must have completed beginning Kendo class, or have instructor's permission Sunday class time: 8:30 – 10:30 a.m.

Jun 1—Aug 31 | Sun/Mon/Wed/Thur | 6:30-8:30 pm | \$70

# MERIDIAN PARKS AND RECREATION 5 EAGUES

PLEASE VISIT OUR WEBSITE FOR ADULT SPORTS LEAGUE AND TOURNAMENT OFFERINGS AND INFORMATION UPDATES.

MERIDIANCITY.ORG/PARKS/SPORTS

### Line Dancing - Beginner/Improver +

Ages: 3+ Instructor: R. Lattimer Location: Meridian Homecourt Min/Max: 5/30

Ready to learn to line dance or ready to add a little more to what you already know? Then this is the class for you. We will start out catering to first time dancers at 4:00 and then we will climb up on the ladder until 6:00. Stay until your head is full. Randy can tailor the class to meet your needs, so just be sure to let him know if he should slow it down or speed it up. Randy specializes in helping people learn how to dance effectively regardless of the level of experience or skill. Dancing is meant to be a fun experience for everyone. Come try out some line dancing and see how quickly you will be kicking up your heels!.

Jun 1—29 | Sun | 4:00–6:00 pm | \$35 Jul 6—27 | Sun | 4:00–6:00 pm | \$28 Aug 3—31 | Sun | 4:00–6:00 pm | \$35



### Line Dancing - Intermediate Ages: 3+ Instructor: R. Lattimer Location: Meridian Homecourt Min/Max: 5/30

If you know the basic patterns and steps to line dancing and if you have mastered syncopations and are ready to move into phrasing and longer patterns with restarts and tags, then you are ready to join us in our intermediate level line dance class. So, bring your talent and join in.

Jun 1—29 | Sun | 6:00–7:00 pm | \$35 Jul 1—27 | Sun | 6:00–7:00 pm | \$28 Aug 3—31 | Sun | 6:00–7:00 pm | \$35



### Please Note...

Children ages 3+ are welcome to attend line dancing and social dancing classes but must be accompanied/supervised at all times by an adult who is registered for the class. Those ages 12 and under may attend for free..

### **Intermediate Country Dance**

Ages: 3+ Instructor: R. Lattimer Location: Meridian Homecourt Min/Max: 5/30

This class is for dancers who have been through the Intro to Dance class or with instructor approval. Along with some fun patterns, you will learn the importance of positioning, timing, and connection. No partner needed.

Jun 3—24 | Tue | 8:30—9:30 pm | \$40 Jul 1—29 | Tue | 8:30—9:30 pm | \$50 Aug 5—26 | Tue | 8:30—9:30 pm | \$40

### **Homecourt Social Dances**

Ages: All Ages Instructor: R. Lattimer Location: Meridian Homecourt Bay 6 Min/Max: 3/30

Life is better when you dance. Country, line and swing dance for all ages. No partner needed. Grab your family and friends and join the fun. Mini lessons will be taught throughout the evening. Bring your own non-alcoholic beverages and snacks.

Jun 6 | Fri | 7:00–10:00 pm | \$10 Jun 20 | Fri | 7:00–10:00 pm | \$10 Jul 11 | Fri | 7:00–10:00 pm | \$10 Jul 25 | Fri | 7:00–10:00 pm | \$10 Aug 8 | Fri | 7:00–10:00 pm | \$10 Aug 29 | Fri | 7:00–10:00 pm | \$10



**Note:** Children ages 3+ are welcome to attend line dancing and social dancing classes but must be accompanied/supervised by an adult who is registered for the class. Those ages 12 and under may attend for free with a registered adult.

### Intro to Dance

Ages: 3+ Instructor: R. Lattimer Location: Meridian Homecourt Min/Max: 5/30

What is country dance? This class will introduce you to some of the basic country dances, such as country swing, west coast swing, east coast swing, country 2-step, nightclub, polka, waltz and pattern dances. We will focus on a different dance during each set of classes as we explore basic dance techniques.

Jun 3—24 | Tue | 7:00–8:30 pm | \$40 Jul 1—29 | Tue | 7:00–8:30 pm | \$50 Aug 5—26 | Tue| 7:00–8:30 pm | \$40



### Adult Self—Defense Ages: 16+ Instructor: C. Peterson

Location: The Dojo Min/Max: 5/25

This class teaches concepts and techniques involved in personal self–defense. Students will learn about strategies and methods to avoid violence, as well as techniques to deal with physical attacks. This class will promote a positive atmosphere where students can learn, ask questions, and leave with a better understanding of situational awareness.

Jun 4—25 | Wed | 7:00—8:00 pm | \$35 Jul 2—23 | Wed | 7:00—8:00 pm | \$35 Aug 6—27 | Wed | 7:00—8:00 pm | \$35

### **Digital Photography 101**

Ages: 16+ Instructor: D. Wuerth Location: Meridian Community Center Min/Max: 3/8

Digital Photography 101 is intended for owners of DSLR and advanced point and shoot cameras. This class will cover shutter speed settings, lens-opening settings, ISO, shooting modes and basic camera operations with the goal of helping camera owners gain a better understanding of how to use their photography gear. Other covered material includes software, camera accessories, composition and shooting situations. *Students under 16 need to be accompanied by a paid adult.* 

Jun 3—Jun 24 | Tue | 6:30–8:00 pm | \$80 Jul 8—Jul 29 | Tue | 6:30–8:00 pm | \$80



## **Volunteer Opportunity!**

We're seeking groups of 6 or more adults to help us at this year's Friday night Sparklight Movie Nights in Settlers Park. Choose from May 30, June 13 or 27, July 11 or 25, or August 8.

Helpers would set up event fencing and hang signs; greet and wristband guests; and help with clean-up and tear-down.

A small stipend or marketing exposure is being offered.

Call Renee White at 208-888-3579 to learn more!

## Kleiner Park Memorial Plaza

Create a lasting legacy for someone special...



Pay tribute to someone you love or admire by purchasing an engraved granite paver in his or her honor at the Kleiner Park Memorial Plaza.

The plaza is located just west of the Meridian Senior Center near the Rock of Honor Veterans Memorial.

Standard pavers (4"x8") cost \$150

Large pavers (8"x8") cost \$250

Learn more by contacting Meridian Parks and Recreation at 208-888-3579 or at recreation@meridiancity.org.



### **Starlight Mountain Theatre**

Ages: 50+

**Facilitator:** Meridian Parks and Recreation Staff

### Min/Max: 3/8

**Departure Location:** Meridian Community Center (201 E. Idaho Avenue in Meridian) **Cost:** \$32 per person per show (food not included)

Enjoy an evening of food and entertainment under the stars in beautiful Garden Valley as we take in a play along the Middle Payette River. The show is held outdoors, so please dress appropriately. Food will be available for you to purchase. We will depart from the Meridian Community Center at 5:30 p.m. The show begins at 8:00 p.m.. Please bring a jacket, blanket and bug spray.

Wednesday, June 18 - Grease Thursday, June 26 - Shrek Thursday, July 17 - Bright Star Thursday, July 24 - Singin' in the Rain Thursday, September 4 - Little Women





### White Water Rafting

Ages: 50+ Facilitator: Bear Valley Rafting Company Departure Location: Meridian Community Center (201 E. Idaho Avenue in Meridian) Min/Max: 8/10

### Full-Day Rafting Trip

Enjoy the abundant wildlife during the relaxing calm stretches, followed by some exciting whitewater. Hold onto your hat as you wrap up your trip at Howard's Plunge! Lunch is provided on one of the beautiful beaches along the way. Trip includes to and from the river put in, professional guides from Bear Valley Rafting, equipment, and lunch.

Aug 21 | Thur | 8:00-5:00 pm | \$115

### Half-Day Rafting Trip:

For those looking for a little more adventure and excitement, the Class 3 rapids of the Payette River offer a day of fun! We will paddle through serene sections of the river as well as rock and roll through some great whitewater. After we finish the float, we will venture to Garden Valley for lunch on your own. Come ready to have a great time. Trip includes to and from the river put in, professional guides from Bear Valley Rafting and equipment.

Aug 14 | Thur | 8:00—4:30 pm | \$65

# THE CITY OF MERIDIAN'S **Volunteer Program** NEEDS YOU

- Patrol our City parks as a Park Ambassador
- Greet visitors at Meridian City Hall's reception desk
- Assist various City departments and at community events
- Take part in individual or group service projects

Interested? Contact Meridian Parks and Recreation (208) 888-3579 volunteermeridian@meridiancity.org Or visit us online at: meridiancity.org/volunteer

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### **Meridian Homecourt Information**



# Join the Fun at the Meridian Homecourt

936 Taylor Ave., Ste. 104 Meridian, Idaho (208) 288-4400

Learn more online at: meridiancity.org/ homecourt



The Meridian Homecourt is the City of Meridian's approximately 49,000 square foot indoor sports court facility featuring four NBA sized multi-use basketball courts.

These courts can be converted to accommodate 14 pickleball courts and 7 volleyball courts. Meridian Homecourt also includes two large multi-use Community Education rooms that a host a variety of youth and adult recreation classes.

The facility provides the community a clean, safe, well-maintained place to enjoy various types of indoor recreation year-round!



### Directions:

To find the Meridian Homecourt, turn north onto NW 10th Street from Franklin Road between Meridian Road and Linder Road. Follow NW 10th Street until it curves right and you'll see the Meridian Homecourt on your left!

To view the current activity schedule, access additional information, or inquire about renting the facility, please visit meridiancity.org/homecourt or email homecourt@meridiancity.org.



PLEASE VISIT OUR WEBSITE FOR ADULT SPORTS LEAGUE AND TOURNAMENT OFFERINGS AND INFORMATION UPDATES.

MERIDIANCITY.ORG/PARKS/SPORTS

## Meridian's Parks, Plazas and Pathways Host Your Next Outdoor Gathering at Our Place!

Looking for a fun and unique location to hold an outdoor get-together? Meridian's City parks have picnic shelters in a variety of sizes ideal for casual meetings and celebrations for groups of up to 400 people!

While nearly all of Meridian parks have individual picnic tables you can use for free on a first-come, first-served basis for impromptu picnics, we recommend that you make a pre-paid reservation in advance if you wish to utilize one of our covered picnic shelters and its amenities on a specific date and time for a gathering or special event.

During 2025, picnic shelters are reservable from April 19 — October 12.

You can research your options, check availability, book and pay for a shelter reservation online at meridiancity.org/parks at any time, or with the assistance of our staff via telephone or an in-person visit to the 2nd floor of Meridian City Hall during our regular weekday business hours, which exclude major holidays.

All of our picnic shelters feature a shade covering, picnic tables, trash receptacles, charcoal grill, and nearby restroom facilities. Additional field space or sports fields may also be available to rent.

Park visitors are expected to adhere to all Park Use Policies and may be required to purchase additional permits when applicable.



### Learn more about our Parks and Park Use Policies at: meridiancity.org/parks

# **Picnic Shelter Rental Options**

For additional information or to place a reservation, visit meridiancity.org/parks or call 208-888-3579.

PARK	# of PICNIC SHELTERS	PICNIC SHELTER MAX. CAPACITIES	PICNIC SHELTER RENTAL FEE RANGE* (Per Rental Time Block — Pre-Payment Required)
Discovery Park 2121 E. Lake Hazel Road	3	75—250	\$75—\$125 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Julius M. Kleiner Memorial Park 1900 N. Records Avenue	5	100—400	\$50—\$150 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Settlers Park 3245 N. Meridian Road	3	50—200	\$50—\$75 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Bear Creek Park 2400 S. Stoddard Road	1	100	\$50 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Fuller Park 3761 W. Park Creek Drive	3	50—100	\$40—\$50 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Heroes Park 3064 W. Malta Drive	1	300	\$50 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Hillsdale Park 3801 E. Hill Park Street	2	50—100	\$40—\$50 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Storey Park 205 E. Franklin Road	2	200	\$40—\$50 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
Tully Park 2500 N. Linder Road	2	50—300	\$40—\$75 Per 4-Hour Time Block Choose 9am—2pm or 4pm—9pm
8th Street Park 2235 N.W. 8th Street	1	30	\$40 Noon—9pm
Centennial Park 223 E. Idaho Avenue	1	30	\$40 Noon—9pm
Champion Park 3430 N. Troxell Way	1	30	\$40 Noon—9pm
Chateau Park 2640 W. Chateau Drive	1	30	\$40 Noon—9pm
Gordon Harris Park 2400 E. Three Bars Drive	1	50	\$40 Noon—9pm
Keith Bird Legacy Park 3737 W. Lost Rapids Drive	1	30	\$40 Noon—9pm
Renaissance Park 4155 S. Genoard Avenue	1	30	\$40 Noon—9pm
Reta Huskey Park 2887 Tubac Drive	1	30	\$40 Noon—9pm
Seasons Park 5300 W. Ridgeside Street	1	30	\$40 Noon—9pm

\*Additional fees may apply or permits be required for amplified sound permit, gas bbq rental, short-term concession permits, rental of nearby playing fields, and excess clean-up or repairs. Full-day rental options are also available for the picnic shelters located in the first nine parks listed above. Idaho sales tax not included in prices listed above.

**Meridian's Parks, Plazas and Pathways** 



### **Meridian's Parks, Plazas and Pathways**



### **Meridian's Parks and Pathways**



### Big or Small... You Must License Them All

*Meridian City Code 6-2-3* requires that all dogs living in the City of Meridian that are over six months old be licensed each calendar year.

Licensing ensures that dogs living within the City are rabies-vaccinated and enables them to be reunited with their owners if found running loose.

To learn how you can obtain a new license or renew an existing license for your dog(s), please call 208-888-4433 or visit the Meridian City Clerk's Office on the first floor of Meridian City Hall or go online to: meridiancity.org/city-clerk.

# MERIDIAN'S DOG PARKS

# Where Meridian Dogs Take Their People to Play!

The City of Meridian has two dedicated off-leash dog parks where well-behaved dogs can safely romp and play while their owners have a doggone good time socializing with fellow dog enthusiasts —

- Storey Bark Park 430 E. Watertower St.)
- Discovery Bark Park 2121 E. Lake Hazel Road

Dog park amenities include safe leashing/ unleashing areas, separate large and small dog areas, shade shelters, water sources, agility playthings, paved walkways, a variety of ground surfaces, mutt mitt stations, tables and benches, and nearby restrooms and parking.

Both dog parks are free to the public and open year-round from sunrise to sunset daily.

### **Our Dog Park Rules:**

- Use park at your own risk
- Owners are responsible for the actions and behavior of their dogs
- Aggressive dogs must be removed immediately
- Dogs must have current license and vaccinations
- Owners must clean up after their dogs
- No dogs in heat
- Owner must be present and in control of his or her dog(s) at all times
- All dogs must be leashed outside the fenced area
- Children must be closely supervised
- Park hours are sunrise to sunset





City of Meridian Parks and Recreation Department 33 E. Broadway Avenue, #206 Meridian, Idaho 83642 (208) 888-3579 recreation@meridiancity.org meridiancity.org/parks