



Massage Certification Program

Massage Therapist owned and operated for over 35 years, the Idaho School of Massage Therapy (ISMT) offers a non-accredited Massage program with both a holistic and medical emphasis. We recognize a need and growing market for knowledgeable, skillful graduates who also possess the “trifecta” of attributes for success in massage therapy: professionalism, a business plan and communication skills.

We offer students day and evening classes and a Massage Program that exceeds Idaho’s Massage Therapist License requirements. (See www.ibol.idaho.gov for details.) Be advised that Massage Licensing requirements vary by state and we cannot guarantee transfer of credit to any other schools.

Located at the heart of Treasure Valley, in Meridian close to the Eagle Rd. exit, ISMT’s comprehensive curriculum continues to be an ideal balance of clinical and wellness applications from relaxation to rehabilitation. Our school is registered with the Idaho State Board of Education, and taught by experienced, qualified faculty who focus on the skills and competencies necessary for the safe and effective delivery of therapeutic massage and bodywork. The Western coursework builds upon the fundamentals of Swedish techniques, Sport and clinical massage therapy skills with a solid base of sciences while the Eastern coursework (Asian and Reflexology) holistically provide the energetic aspect. The allied modalities of Craniosacral, Lymphatic facilitation, Visceral and Geriatric massage are effective, gentle, complementary therapies for both wellness and treatment models. Fulfill program in this order to minimize completion time:

DATE	COURSES	HOURS	TOTAL
Trimester A September 12-December 18, 2022 <i>Open House: 8/24/22 4 pm</i> Enrollment/Registration & Student Orientation: August 24, 2022 6-8 pm	Anatomy (50), Physiology (50) Swedish (38), Bodywork 101(36) Business I/Ethics (28), Hydrotherapy (15) Movement Supervised Student Clinic	100 74 43 10 35	 262 hrs
Trimester B January 2-April 6, 2023 <i>Open House: 12/08/22 5 pm</i> Enrollment/Registration & Student Orientation: December 10, 2022 3-5 pm	Kinesiology (38), Pathology (40) Bodywork 102 (55) Research Literacy* (9), Business II (27) Record keeping (SOAP) (15) Movement (10) & First Aid/CPR (8) Supervised Student Clinic	78 55 36 15 18 35	 237 hrs
Trimester C April 24-June 29, 2023 <i>Open House: 4/05/23 3 pm</i> Enrollment/Registration & Student Orientation: April 05, 2023 4:30-6 pm	Reflexology* (15), Asian bodywork (33) Geriatric massage (12), Craniosacral (12) Sports (15), Lymphatic facilitation (12) Visceral massage (12) Supervised Student Clinic (40) * Include Case Study requirements	48 24 27 12 40	 151 hrs
Massage Therapy Program	<i>Approximately 10 months to complete this schedule. Supplies and Books additional \$800 estimate only.</i>	Tuition \$9,180	650 Hours
Massage Therapy Program	+Elective: Connective Tissue Bodywork 55 hours July 5 – August 25, 2022; \$935		

Idaho School of Massage Therapy



2022-23 Tuition, Cancellation and Attendance Policy

Tuition Payments and Refunds:

ISMT does not accept any Federal student aid monies. We accept tuition payments on a pay-as-you-go or class-by-class basis. Alternatively, State funds may be available through Job Service or Vocational Rehabilitation and military personnel or their spouses may qualify for funding through the Veteran's Administration, GI benefits; check on your eligibility.

Tuition fees are not paid up front or in advance of classes therefore refunds do not apply. Tuition fees do not include books and/or supplies. Student obtains these independently.

Class tuition payments on a "pay as you go" or class-by class basis, as follows:

- **1/2 and 1/2:** 50% of *tuition is due at the 1/2 and end point* of each class.
- See Day or Evening Class Schedule, "Class Payments" for details.

A student that follows the schedule of classes and payments will complete the program with no outstanding debt to the school in approximately 10 months with a Trimester A start point.

Cancellation, Withdrawal, or Dropped classes:

A student may "drop" or "withdraw" from a class in writing *before the 1/2 point of class transpires; thus voiding the class, and incurring no tuition.* Withdrawal from a class beyond this point (50% or greater) will incur tuition fees though zero credit hours accrue and is effective on the date and time of receipt of written or emailed official notification, not the date of last class attendance.

- Withdrawals/drops at 0%-49 % of a class: No tuition is owed.
- Withdrawals/drops at 50% - 59% of a class: Tuition is owed for class transpiring up to receipt of written drop notice, calculated at \$17/class-hour.
- Withdrawals/drops at 60% - 89% of a class: Tuition is owed, at \$20/class-hour.

Supply costs are non-refundable. Consider this official notice that certifications and transcripts can and will be held back if tuition and/or fees are owed the school.

TOTAL Tuition for classes comprising the 650-hr. Massage Program Certification:
All TUITION PAYMENTS total \$ 9,180

- \$ 100 Application/Registration Fee is, non-refundable,** and not included in tuition. Each student shall obtain their own books, supplies and provide proof of Student insurance (through massage trade associations: AMTA, AMBP, or equivalent at their own expense.) See Admission Requirements. Books and supply costs are not included in the tuition (See Book and Supply List.)
- Attendance:** Students shall not miss more than 10% of class. Makeup time is available when 60% or more class attended, with your instructor, by appointment. 1 hour of Makeup = 3 hours of classroom time and is available at a cost of \$25/hr. 70% or higher minimum competency for class credit, given upon completion when applicable tuition and/or fees are paid in full.
- "Work-off" a portion of your tuition** doing supervised Student Clinic massages on campus beyond the 110-hour requirement. Some restrictions apply, see Student Clinic Syllabus for detail.
- Transfer Credit may be available** for classes "substantially equivalent." Course transcripts and syllabus required. Business I/Ethics and Student Clinic hours are non-transferrable. We cannot guarantee transfer of credit to/from other schools. Inquire about course "Challenge": a fee of \$25/course applies. Courses may be taken individually with **completion of the admission process** in its entirety. See Admission Requirements. **Contact Phone: (208) 342-3430, also (208) 343-1847; email: ismtclinic@gmail.com** .
- Students Enroll/Register in person at the specified date/time for each trimester.** See page 1.

Idaho School of Massage Therapy

EVENING

CLASS & TUITION SCHEDULE

TRIMESTER A Sep 12 - Dec 18, 2022 Student Orientation: Aug 24, 2022 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 12 - Dec 12 (& Dec 14,17); Mon 6-9 pm	50	850	10/31/2022 \$ 425	12/17/2022 \$ 425
Swedish	Sep 13 - Oct 20; Tu, Thur 6-9:20 pm	38	646	10/01/2022 \$ 323	10/20/2022 \$ 323
Physiology	Sep 14-Dec 13 (& Dec 15, 17); Wed 6-9 pm	50	850	11/02/2022 \$ 425	12/17/2022 \$ 425
Movement	Sep 17-Dec 3 no class Nov 5, 26; Sat 9:30-10:30 am	10	170	10/15/2022 \$ 85	12/03/2022 \$ 85
Business I/Ethics	Sep 17,24, Oct 15,22, Nov 12,19, Dec 10 Sat 10:45-2:45 pm	28	476	10/22/2022 \$ 238	12/11/2022 \$ 238
Hydrotherapy	Oct 1,29,Nov 5 9:30-5 pm, Dec 3 Sat 10:45-1:45 pm	15	255	11/05/2022 \$ 127	12/03/2022 \$ 128
Bodywork 101	Oct 25 - Dec 6; Tu, Thur 6-9 pm	36	612	11/10/2022 \$ 306	12/06/2022 \$ 306
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays Nov. 13 - Dec. 22 am/ pm shifts	35	\$ 0	No cost to student	
Trimester A Total		262	\$ 3,859		

TRIMESTER B Jan 2 - Apr 6, 2023 Student Orientation: Dec 10, 2022 3-5 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 2 - Apr 3 (Apr 3 Final only); Mon 6-9 pm	40	680	02/13/2023 \$ 340	04/03/2023 \$ 340
Bodywork 102	Jan 3 - Mar 2 (& Mar 4); Tu, Thur 6-9 pm	55	935	02/01/2023 \$ 467	03/04/2023 \$ 468
Kinesiology	Jan 4 - Mar 29; Wed 6-9 pm	38	646	02/15/2023 \$ 323	03/29/2023 \$ 323
Movement	Jan 7 - Mar 11 Sat 9:30-10:30 am	10	170	02/04/2023 \$ 85	03/11/2023 \$ 85
Business II	Jan 14,28, Feb 11&25, Mar 11, 25, 28 Job Fair Sat 10:45 am - 2:45 pm	27	459	02/25/2023 \$ 229	03/28/2023 \$ 230
Record Keeping	Mar 7 - Mar 21; Tu, Thur 6-9 pm	15	255	03/14/2023 \$ 127	03/21/2023 \$ 128
Research Lit.	Mar 30, Apr 4 & 6 Thur 6-9 pm	9	153	04/04/2023 \$ 76	04/06/2023 \$ 77
First Aid/CPR	Apr 1 Sat 9-5:00 pm	8	136	04/01/2023 \$ 68	04/01/2023 \$ 68
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts not Easter	35	\$ 0	No cost to student	
Trimester B Total		237	\$3,434		

TRIMESTER C Apr 24 - Jun 29, 2023 Student Orientation: April 05, 2023 4:30-6 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 24 - May 15; Mon (and 1 Wed.) 6-9 pm	15	255	05/01/2023 \$ 127	05/15/2023 \$ 128
Asian Bodywork	Apr 25 - May 30; Tu, Thur 6-9 pm	33	561	05/11/2023 \$ 280	05/30/2023 \$ 281
Sports Massage	Apr 26 - May 24; Wed 6-9 pm	15	255	05/10/2023 \$ 127	05/24/2023 \$ 128
Lymphatic Fac.	May 22 - Jun 19; Mon 6-9 pm	12	204	06/05/2023 \$ 102	06/19/2023 \$ 102
Visceral Massage	May 31 - Jun 21; Wed 6-9 pm	12	204	06/07/2023 \$ 102	06/23/2023 \$ 102
Geriatric Massage	Jun 1 - Jun 22; Thur 6-9 pm	12	204	06/08/2023 \$ 102	06/22/2023 \$ 102
Craniosacral	Jun 6 - Jun 27; Thur 6-9 pm	12	204	06/13/2023 \$ 102	06/27/2023 \$ 102
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd , 3 rd and 4 th Sundays to completion; am or pm shifts.	40	\$ 0	No cost to student	
Trimester C Total		151	\$1,887		

Class meets as scheduled except: Thanksgiving, Christmas, New Year's Day, Easter, and Memorial Day

Idaho School of Massage Therapy

DAY

CLASS & TUITION SCHEDULE

TRIMESTER A Sep 13- Dec 18, 2022 Student Orientation: Aug 24, 2022 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 13-Dec 13 (& Dec 15,17); Tu 9-12 pm	50	850	11/01/2022 \$ 425	12/17/2022 \$ 425
Swedish	Sep 13 - Oct 20; Tu, Thur 12:30-3:50 pm	38	646	09/29/2022 \$ 323	10/20/2022 \$ 323
Physiology	Sep 15 - Dec 15 & Dec 13,17; Thur 9-12 pm	50	850	11/03/2022 \$ 425	12/17/2022 \$ 425
Movement	Sep 17-Dec 3 no class Nov 6, 27; Sat 9:30-10:30 am	10	170	10/15/2022 \$ 85	12/03/2022 \$ 85
Business I/Ethics	Sep 17,24,Oct 15,22, Nov 12,19, Dec 10 Sat 10:45-2:45 pm	28	476	10/22/2022 \$ 238	12/10/2022 \$ 238
Hydrotherapy	Oct 1,29, Nov 5 9:30-5pm, Dec 3 Sat 10:45-1:45 pm	15	255	11/05/2022 \$ 127	12/03/2022 \$ 128
Bodywork 101	Oct 25 - Dec 6; Tu, Thur 12:30-3:30 pm	36	612	11/10/2022 \$ 306	12/06/2022 \$ 306
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays starting Mid-Nov. am or pm shifts	35	0	No cost to student	
Trimester A Total			262	\$ 3,859	

TRIMESTER B Jan 3 - Apr 9, 2023 Student Orientation: Dec 10, 2022 3-5 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 3 - Apr 4 (Apr 4 Final only); Tu 9-12 pm	40	680	02/14/2023 \$ 340	04/04/2023 \$ 340
Bodywork 102	Jan 3 - Mar 2 (& Mar 4); Tu, Thur 12:30-3:30 pm	55	935	01/31/2023 \$ 467	03/04/2023 \$ 468
Kinesiology	Jan 5 - Mar 30; Thur 9-12 pm	38	646	02/16/2023 \$ 323	03/30/2023 \$ 323
Movement	Jan 7 - Mar 11 Sat 9:30-10:30 am	10	170	02/04/2023 \$ 85	03/11/2023 \$ 85
Business II	Jan 14,28, Feb 11&25, Mar 11, 25, 28 Job Fair Sat 10:45 am - 2:45 pm	27	459	03/11/2023 \$ 229	03/28/2023 \$ 230
Record Keeping	Mar 7 - Mar 21; Tu, Thur 12:30-3:30 pm	15	255	03/14/2023 \$ 127	03/21/2023 \$ 128
Research Literacy	Mar 30, Apr 4 & 6 Thur 12:30-3:30 pm	9	153	04/04/2023 \$ 76	04/06/2023 \$ 77
First Aid/CPR	Apr 01 Sat 9-5:00 pm	8	136	04/01/2023 \$ 68	04/01/2023 \$ 68
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts not Easter	35	0	No cost to student	
Trimester B Total			237	\$3,434	

TRIMESTER C April 25 - Jun 29, 2023 Student Orientation: April 05, 2023 4:30-6 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 25-May 16; Tu (and 1 Thur) 9-12 pm	15	255	05/02/2023 \$ 127	05/16/2023 \$ 128
Asian Bodywork	Apr 25-Jun 1; Tu, Thur 12:30-3:30 pm	33	561	05/11/2023 \$ 280	06/01/2023 \$ 281
Sports Massage	May 4 -Jun 1; Thur 9-12 pm	15	255	05/11/2023 \$ 127	06/01/2023 \$ 128
Lymphatic Fac.	May 23-Jun 13; Tu 9-12 pm	12	204	05/30/2023 \$ 102	06/13/2023 \$ 102
Craniosacral	Jun 1- Jun 22; Thur 12:30-3:30 pm	12	204	06/08/2023 \$ 102	06/22/2023 \$ 102
Geriatric Massage	Jun 6 - Jun 27; Tu 12:30-3:30 pm	12	204	06/13/2023 \$ 102	06/27/2023 \$ 102
Visceral Massage	Jun 08-Jun 29; Thur 9-12 pm	12	204	06/15/2023 \$ 102	06/29/2023 \$ 102
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd 3 rd & 4 th Sundays to completion; am or pm shifts.	40	0	No cost to student	
Trimester C Total			151	\$1,887	

Class meets as scheduled except: Thanksgiving, Christmas, New Year's Day, Easter and Memorial Day

Book and Supply List for 2022-23

Trimester (A) – Books and Supplies: September – December

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your own books and supplies prior to class start from resources of your choosing. Bring your own blanket, pillow, linens and lotion to class.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

Class	Required Books	Supplies	Estimated Cost
Physiology Anatomy	* The Massage Connection: Anatomy & Physiology and Study Guide 3 rd ed. (K. Premkumar) *Physiology Coloring Book also *Anatomy Coloring Book 4 th edition (Kapit) *Trail Guide to the Body and Student Handbook, 5 th ed. (Biel)	Colored Pencils General supplies	\$59 Massage Conn. \$20 Study guide \$20 Phys. Coloring Bk \$20 Anat. Coloring Bk \$50 Trail Guide Body \$27 TG Student handk \$6 Colored pencils \$15 <u>General supplies</u>
Swedish Bodywork 101 Hydrotherapy Student Clinic	Tappan’s Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin). Optional Access card for video library is sold separately. (MyPearsonsLab)	4 sets linens (for Tri A) Blanket pillow Laundry bag Lotion/oil	\$105 Tappan’s (access card for video library is sold separately at Pearson's Publishing) \$110 Linens/bedding \$25 Lotion/oil
Business I / Ethics	Business Mastery 5 th edition (Sohnen-Moe)	General supplies Laptop recommended	\$37 Business Mastery
Movement	n/a	General supplies	See general supplies
Student insurance is required , see below for providers			\$50 minimum
Trimester A – Books (\$338) + Supplies (\$156)+ insurance (\$50) =			\$544

Each Student is required to obtain and provide proof of coverage:

Student Insurance thru an approved professional massage therapy association such as ABMP <http://www.abmp.com> or AMTA <http://www.amtamassage.org> .

Trimester A is the recommended starting point for the massage program. Trimester A classes are only offered September to December each year. *Massage is a very physical career.* Be advised that increasing core strength is recommended outside of and in addition to this course of study. These foundational classes emphasize *medical terminology and body sciences; massage theory, effects, benefits, guidelines and techniques of Swedish massage as well as ethics and business.* *Movement classes are required for focus, strength and flexibility of mind and body.*

Campus location: 3551 E. Overland Rd., Ste A, Meridian 83642. (208) 342-3430
(Silverstone Business park; Inside Idaho Physical Medicine & Rehabilitation building.)

Idaho School of Massage Therapy

Trimester (B) – Books and Supplies: January – April

All costs are subject to change, estimates only and based on average new and used costs. Used texts are considerably less and a great option. Obtain your books and supplies prior to class start from resources of your choosing. Cost is based on continued use of select Trimester A books, general supplies, additional linens, lotions and student insurance. Laptop recommended.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

Class	Required Books	Supplies	Estimated Cost
Pathology Research Literacy	A Massage Therapists Guide to Pathology, 7th ed. (Werner)	General supplies	\$ 49 MT Guide to Pathology \$5 <u>General supplies</u>
Bodywork 102 Kinesiology	*The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy (Scheumann) 3 rd ed. *Basic Clinical Massage Therapy; (Clay/Pounds) 2nd *Trail Guide to the Body and Student Handbook	2 sets linens (additional for Tri B) Lotion/oil Bring personal pillow and blanket to class (from Tri A)	\$61 Balanced body \$54 Basic Clinical See Trimester A See Trimester A See Trimester A
Business II	Business Mastery 5 th ed; (Sohnen-Moe)	General supplies and recommended laptop for in class work	See Trimester A
Movement	n/a	General supplies	See Trimester A
Record Keeping	Hands Heal, Communication, Documentation and Insurance billing for Massage Therapists 5 th ed. (Thompson)		\$55 Hands Heal
First Aid & CPR	All coursework provided	General Supplies	
Student Clinic	n/a	Linens/lotion Blanket/pillow	\$45.00 \$60.00
Trimester B – Books (\$219) + Supplies (\$110) = \$329			

Trimester B is not a recommended starting point for the massage program. Bodywork 102 builds on Swedish and Bodywork 101. Pathology and Kinesiology build on Anatomy and Physiology. Trimester B classes are only offered January through April each year. The emphasis for this trimester is on *clinical pain management, injury recovery, intermediate body sciences: pathology and kinesiology, keeping of professional records and the creation of a complete business plan in a written form. Students take meditation class in this trimester to promote mental focus.*

Students who choose to begin classes in Trimester B (January) must take Trimester A classes the following September to complete the massage program. This increases program completion from 10 months to 12.

Idaho School of Massage Therapy

Trimester (C) – Books and Supplies: April – June

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your books and supplies prior to class start from resources of your choosing. Cost is based on continued use of select Trimester A books, general supplies, linens, lotions and bedding and student insurance.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Reflexology Asian Bodywork Sports massage Lymphatic fac. Geriatric massage	Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin)	Foot powder Plastic basin Cleanser/Sanitizer General supplies Linens/towels Lotion/oil	See Trimester A \$40 Supplies \$10 <u>General supplies</u>
Craniosacral Visceral massage	All coursework provided	Linens/bolster Lotion/oil General supplies	\$20 Lotion/oil
Student Clinic	n/a	General Supplies Linens & bedding	See Trimester A
Trimester C – Books (see Trimester A) + Supplies (\$70) = \$70			

Books for Trimester C are usually obtained in Trimester A and used throughout the program. Students who choose to begin classes in Trimester C (April) must take Trimester A & B classes the following September and January to complete the massage program. This increases program completion from 10 months to 12.

With the exception of Sports massage, Trimester C is an acceptable starting point for students who are willing to complete some outside study and practice. Trimester C classes emphasize several modalities aligned with eastern wholistic philosophies and are only offered April through June each year.

Class sizes are typically small: 4-12 students, except Saturday classes which combine Day and Evening students. For more information, an Open House is held before each Trimester start. All Admission Requirements are to be submitted prior to Enrollment/Registration and Student Orientation. Class details for each trimester and course syllabus' available at Trimester Student Orientation; attendance is required.

Completion of all three trimesters, payment of all fees, return of all books loaned, passing grades of at least 70% in all classes and final demonstration of skills qualifies the student to receive an official transcript and a Massage Program certificate of completion. State Licensing requirements include completion of approved education program and receiving a passing grade on a State approved Massage Licensing Examination given by an independent entity. For more information and the cost of massage therapy licensing, check the Idaho Bureau of Licensing at www.ibol.idaho.gov and Federation of State Massage Therapy Boards www.fsmt.org.

TUITION TOTAL: 650 hours ~ \$9,180
Books and Supplies TOTAL: ~ \$ 943 estimated