



Massage Certification Program

Massage Therapist owned and operated for 40 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 9-December 19, 2023 <i>Open House: 8/23/23 4 pm</i> Enrollment/Registration & Student Orientation: August 23, 2023 6-8 pm	Anatomy (50), Physiology (50) Swedish (38), Bodywork 101(36) Business I/Ethics (28), Hydrotherapy (15) Movement (10) Supervised Student Clinic (35)	100 74 43 10 35	 262 Hrs
Trimester B January 2-April 9, 2024 <i>Open House: 12/07/23 3 pm</i> Enrollment/Registration & Student Orientation: December 15, 2023 5-7 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 (35)	78 55 36 15 18 35	 237 Hrs
Trimester C April 22-June 27, 2024 <i>Open House: 4/08/24 2 pm</i> Enrollment/Registration & Student Orientation: April 08, 2023 4-6 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 \$9,450	650 Hours
Massage Therapy Program	+Elective: Connective Tissue Bodywork 55 hours July 5 – August 25, 2024; \$962.50		

Idaho School of Massage Therapy



2023-24 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 on their own (see Book List.)

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 Trimester or 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 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 \$17.50/class-hour.
- Withdrawals/drops at 60% - 89% of a class: Tuition is owed, at \$20/class-hour.

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 \$ 9,450

- ☐ **\$ 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 by appointment with ISMT Staff, with a minimum 60% class attended. 1 hour of Makeup = 3 hours of classroom time 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

2023-24 CLASS & TUITION SCHEDULE

TRIMESTER A

Sep 09 – Dec 16, 2023 Student Orientation: Aug 23, 2023 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Business I/Ethics	Sep 9,16, Oct 14,28, Nov 4,18, Dec 9; Sat 10:45-2:45 pm	28	490	10/28/2023 \$ 245	12/9/2023 \$ 23
Anatomy	Sep 11 - Dec 11 (& Dec 9,12,16); Mon 6-9 pm	50	875	10/31/2023 \$ 437.5	12/16/2023 \$ 437.5
Swedish	Sep 12 - Oct 19; Tu, Thur 6-9:20 pm	38	665	9/28/2023 \$ 332.5	10/19/2023 \$ 332.5
Physiology	Sep 13-Dec 13 (& Dec 9,14,16); Wed 6-9 pm	50	875	11/01/2023 \$ 437.5	12/16/2023 \$ 437.5
Movement	Sep 16 – Dec 10 no class Nov 11; Sat 9:30-10:30 am	10	175	10/07/2023 \$ 87.5	11/18/2023 \$ 87.5
Hydrotherapy	Sep 30,Oct 7,Nov 11 9:30-5 pm, Dec 2; Sat 10:45-1:45 pm	15	262.5	11/11/2023 \$ 131.25	12/02/2023 \$ 131.25
Bodywork 101	Oct 24 - Dec 5; Tu, Thur 6-9 pm	36	630	11/9/2023 \$ 315	12/05/2023 \$ 315
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays beginning Nov am/ pm shifts	35	\$ 0	No cost to student	
Trimester A (½ due 10-31-23 and 12-16-23)		Total	262	\$ 3,972.50	(\$1986.50 =1/2)

TRIMESTER B

Jan 2 – Apr 8, 2024

Student Orientation: Dec 7, 2023 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Bodywork 102	Jan 2 – Feb 29 (& Mar 2); Tu, Thur 6-9 pm	55	962.5	01/30/2024 \$ 481.25	03/02/2024 \$ 481.25
Kinesiology	Jan 3 – Apr 3; Wed 6-9 pm	38	665	02/14/2024 \$ 332.5	04/03/2024 \$ 332.5
Movement	Jan 6 - Mar 9 Sat 9:30-10:30 am	10	175	02/03/2024 \$ 87.5	03/9/2024 \$ 87.5
Pathology	Jan 8 – Apr 8 (Apr 8 Final only); Mon 6-9 pm	40	700	02/19/2024 \$ 350	04/08/2024 \$ 350
Business II	Jan 13,27, Feb 10,24, Mar 9,16,23 w/Job Fair Sat 10:45 am – 2:45 pm	27	472.5	02/24/2024 \$ 236.25	03/23/2024 \$ 236.25
Record Keeping	Mar 5 - Mar 19; Tu, Thur 6-9 pm	15	262.5	03/12/2024 \$ 131.25	03/19/2024 \$ 131.25
Research Lit.	Mar 26, 28 & Apr 2 Tu, Thur 6-9 pm	9	157.5	03/28/2024 \$ 78.75	04/02/2024 \$ 78.75
First Aid/CPR	Apr 6 Sat 9-5:00 pm	8	140	04/06/2024 \$ 70	04/01/2024 \$ 70
Student Clinic Modality: Connective Tissue bodywork/ SW	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts	35	\$ 0	No cost to student	
Trimester B (½ due 02-22-24 and 04-08-24)		Total	237	\$3,535	(\$1767.50 =1/2)

TRIMESTER C

Apr 22 - Jun 27, 2024

Student Orientation: April 08, 2024 4-6 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 22 – May 13; Mon (and 1 Wed.) 6-9 pm	15	262.5	04/29/2024 \$ 131.25	05/13/2024 \$ 131.25
Asian Bodywork	Apr 23 – May 28; Tu, Thur 6-9 pm	33	577.5	05/09/2024 \$ 288.75	05/28/2024 \$ 288.75
Sports Massage	May 1 – May 29; Wed 6-9 pm	15	262.5	05/15/2024 \$ 131.25	05/29/2024 \$ 131.25
Lymphatic Fac.	May 20 – Jun 17; Mon 6-9 pm	12	210	06/10/2024 \$ 105	06/17/2024 \$ 105
Geriatric Massage	May 30 – Jun 20; Thur 6-9 pm	12	210	06/13/2024 \$ 105	06/20/2024 \$ 105
Craniosacral	Jun 4 – Jun 25; Thur 6-9 pm	12	210	06/18/2024 \$ 105	06/25/2024 \$ 105
Visceral Massage	Jun 5 – Jun 26; Wed 6-9 pm	12	210	06/19/2024 \$ 105	06/26/2024 \$ 105
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd , 3 rd and 4 th Sundays ; am or pm shifts.	40	\$ 0	No cost to student	
Trimester C (½ due 05-23-24 and 06-27-24)		Total	151	\$1,942.50	(\$ 971.25 =1/2)

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

Idaho School of Massage Therapy

DAY

2023-24 CLASS & TUITION SCHEDULE

TRIMESTER A

Sep 9- Dec 16, 2023

Student Orientation: Aug 23, 2023 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Business I/Ethics	Sep 9,16, Oct 14,28, Nov 4,18, Dec 9; Sat 10:45-2:45 pm	28	490	10/28/2023 \$ 245	12/9/2023 \$ 23
Anatomy	Sep 12-Dec 12 (& Dec 9,12, 16); Tu 9-12 pm	50	875	10/31/2023 \$ 437.5	12/16/2023 \$ 437.5
Swedish	Sep 12 - Oct 19; Tu, Thur 12:30-3:50 pm	38	665	09/28/2023 \$ 332.5	10/19/2023 \$ 332.5
Physiology	Sep 15 - Dec 15 & Dec 13,16; Thur 9-12 pm	50	875	11/01/2023 \$ 437.5	12/16/2023 \$ 437.5
Movement	Sep 16 – Dec 2 no class Nov 11; Sat 9:30-10:30 am	10	175	10/07/2023 \$ 87.5	11/18/2023 \$ 87.5
Hydrotherapy	Sep 30,Oct 7,Nov 11 9:30-5 pm, Dec 2; Sat 10:45-1:45 pm	15	262.5	11/11/2023 \$ 131.25	12/02/2023 \$ 131.25
Bodywork 101	Oct 24 - Dec 5; Tu, Thur 12:30-3:30 pm	36	612	11/09/2023 \$ 315	12/05/2023 \$ 315
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 (½ due 10-31-23 and 12-16-23)		Total	262	\$ 3,972.50	(\$1986.50 =1/2)

TRIMESTER B

Jan 2 – Apr 6, 2024

Student Orientation: Dec 7, 2023 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 2 - Apr 2 (Apr 2 Final only); Tu 9-12 pm	40	700	02/13/2024 \$ 350	04/02/2024 \$ 350
Bodywork 102	Jan 2 – Feb 29 (& Mar 2); Tu, Thur 12:30-3:30 pm	55	962.5	01/30/2024 \$ 481.25	03/02/2024 \$ 481.25
Kinesiology	Jan 4 – Apr 4; Thur 9-12 pm	38	665	02/15/2024 \$ 332.5	04/04/2024 \$ 332.5
Movement	Jan 6 - Mar 9 Sat 9:30-10:30 am	10	175	02/03/2024 \$ 87.5	03/09/2024 \$ 87.5
Business II	Jan 13,27, Feb 10,24, Mar 2,16,23 w/Job Fair Sat 10:45 am-2:45 pm	27	472.5	02/24/2024 \$ 236.25	03/23/2024 \$ 236.25
Record Keeping	Mar 5 - Mar 19; Tu, Thur 12:30-3:30 pm	15	262.5	03/12/2024 \$ 131.25	03/19/2024 \$ 131.25
Research Literacy	Mar 26, 28 & Apr 2 Tu, Thur 12:30-3:30 pm	9	157.5	03/28/2024 \$ 78.75	04/02/2024 \$ 78.75
First Aid/CPR	Apr 6 Sat 9-5:00 pm	8	140	04/06/2024 \$ 70	04/06/2024 \$ 70
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts	35	\$ 0	No cost to student	
Trimester B (½ due 02-22-24 and 04-06-24)		Total	237	\$3,535	(\$1767.50 =1/2)

TRIMESTER C

April 22 - Jun 27, 2024

Student Orientation: April 08, 2024 4-6 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 23-May 14; Tu (and 1 Thur) 9-12 pm	15	262.5	04/30/2024 \$ 131.25	05/14/2024 \$ 131.25
Asian Bodywork	Apr 23-May 28; Tu, Thur 12:30-3:30 pm	33	577.5	05/09/2024 \$ 280	05/28/2024 \$ 281
Sports Massage	May 2 –May 30; Thur 9-12 pm	15	262.5	05/16/2024 \$ 131.25	05/30/2024 \$ 131.25
Lymphatic Fac.	May 21-Jun 18; Tu 9-12 pm	12	210	06/04/2024 \$ 105	06/18/2024 \$ 105
Craniosacral	May 30- Jun 20; Thur 12:30-3:30 pm	12	210	06/06/2024 \$ 105	06/20/2024 \$ 105
Geriatric Massage	Jun 4 - Jun 25; Tu 12:30-3:30 pm	12	210	06/11/2024 \$ 105	06/25/2024 \$ 105
Visceral Massage	Jun 6-Jun 27; Thur 9-12 pm	12	210	06/13/2024 \$ 105	06/27/2024 \$ 105
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 (½ due 05-23-24 and 06-27-24)		Total	151	\$1,942.50	(\$ 971.25 =1/2)

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

Idaho School of Massage Therapy

Book and Supply List for 2023-24

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

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Physiology Anatomy	* The Massage Connection: Anatomy & Physiology and Study Guide 3 rd ed. (K. Premkumar) *Physiology Coloring Book *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
<u>Student insurance is required</u> , 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, ID 83642. (208) 342-3430
(Silverstone Business park; Inside Idaho Physical Medicine & Rehabilitation building.)

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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

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Pathology Research Literacy	A Massage Therapists Guide to Pathology, 7th ed. (Werner)	General supplies	\$ 49 MT Guide to Pathology \$5 General supplies
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, and 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 ~ \$9,450
Books and Supplies TOTAL: ~ \$ 943 estimated