



You Are Y

By investing in your wellness you take steps towards a healthier you. Whether you are exploring a fitness program for the first time, looking for a change in your routine, training for a competition or seeking personalized instruction, you will find a home at the YMCA.

We focus on the holistic development of a person – spirit, mind and body – and believe that will increase your sense of well-being. We hope you agree.

We're more than a pool, a gym, a fitness center or a health club. At the heart of our YMCA we're a membership-driven organization. We want you to make the most of your membership and have a variety of membership options for you.

Classes are always available at convenient times. And, waiting in line is never an issue.

Your Wellness is Y



Community is Y



When you join the YMCA you become part of a comfortable community hub and a place to belong. The Y is also a great place to make new friends.

YMCA staff is here to assist you in your wellness goals. Our team is knowledgeable, caring and always happy to help.

Our Members Are Y

"I want to live a better life and be comfortable in my own skin. It's nice to be a good role model for my kids now." *Susie*

"I am so encouraged each time I come into the YMCA and see people of all ages working out and just plain enjoying the time they spend here with friends and the great staff at the Y." *Karen*

"I'm so thankful to have a place where I fit in and can get support in reaching my goals." *Cheryl*

Get Involved

The YMCA is a charitable nonprofit managed by volunteers. By choosing to be a member you provide support for families who could not afford to make this investment in their own family without you. More than 6,600 people received \$2.0 million in reduced fees last year.

We encourage you to be an active part of your YMCA. Participate, volunteer or donate – it's up to you. Your gift creates a stronger community and your time will build healthier kids and families.

Financial Assistance Available

Your Kids Are Y



The YMCA is a great place for children, youth and teens. From swim lessons to fun clubs and more, at the Y, kids come first.



Your Family is Y

The YMCA is a wonderful place to bring your family. We have many family programs for you and your kids in a healthy, active environment.

Each year your family can enjoy a wide variety of community events. In fact, you are welcome to bring a friend or neighbor.

Your Generation is Y

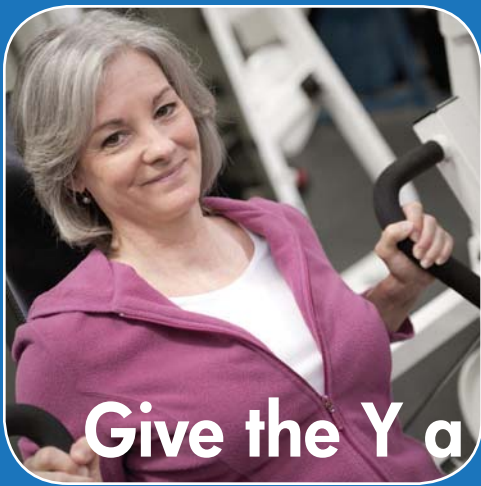


Our classes are geared to people of all ages and all levels. And, you'll find programs specifically for older adults. Increase your health and vitality by being part of the Y.

Measurable Results

Everyone is welcome and everyone benefits. Regardless of age, ability or income the YMCA is open to all.

- 87% of members feel the YMCA helps them lead a physically active lifestyle
- 75% of members believe the YMCA offers them opportunities to participate more fully in the community



Give the Y a Try

Our centers are located where there is a community need. Give us a call, check out our website or stop by and take a tour. While you're here get started with a *free one-week pass*.

Beaverton Family YMCA

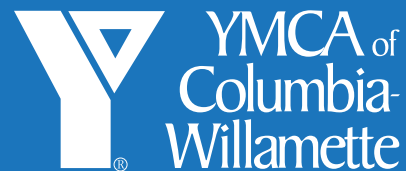
4925 SW Griffith Drive
Beaverton, Oregon 97005
503.644.3900

Clark County Family YMCA

11324 NE 51st Circle
Vancouver, Washington 98682
360.885.9622

Sherwood Regional Family YMCA

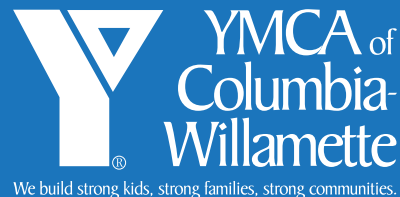
23000 SW Pacific Highway
Sherwood, Oregon 97140
503.625.9622



**Stay active.
Stay healthy.
Stay together.**



YMCA Health and Wellness



This is Your Y

Everyone is welcome at our conveniently-located centers. We have a variety of wellness options and unique programming designed to help meet community needs.

- Yoga
- Pilates
- Group Exercise Classes
- Massage
- Personal Trainers
- Cardio
- Weight Training
- Cycling
- Basketball
- Volleyball
- Swimming
- Water Fitness
- Active Older Adult Programs
- Martial Arts
- Day Camps
- Youth Sports Leagues
- Child Watch

You Are What You Do

The YMCA began with mission-based programming. We continue to promote that important part of our heritage and reach out to the faith-based community.

Beaverton Family YMCA

- Eight Racquetball Courts
- Lap Swim
- Heated Whirlpool
- Sauna
- Programs for People with Limited Mobility
- Zumba

Clark County Family YMCA

- Sports and Enrichment Camps
- Circuit Room
- Programs for People with Limited Mobility
- Climbing Wall
- 12-week Program

Sherwood Regional Family YMCA

- Indoor Track
- Lap Swim
- Teen Center
- Swim Team
- Parkinson's Exercise
- Zumba
- 12-week Program



Our Mission is Y

YMCA Mission

Our mission is to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all.