

PROGRAM GUIDE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sherwood Regional Family YMCA

23000 SW Pacific Hwy, Sherwood, OR

FALL 2011

www.ymca-sherwood.org 503.625.9622

SESSION 5: SEPTEMBER 12 – NOVEMBER 5

SESSION 6: NOVEMBER 7 – DECEMBER 17



WELCOME

Welcome to the Sherwood Regional Family YMCA. Thank you for being a part of our YMCA Family. It is our hope that you will take advantage of the many programs we have to offer from Health & Wellness to Aquatics to Youth Sports. We are sure you will find the right program for you and your family.

The YMCA is based on the Christian Principles of love, respect, honesty, responsibility and service; we strive to promote and exemplify these values in all we do. Please do not hesitate to ask for help from our friendly and knowledgeable staff. We encourage your feedback and suggestions.

The YMCA is proud to serve the community of Sherwood and the surrounding areas. We want to be known as and to serve as the hub of our community for family, friends, fitness and faith.

Renee Brouse, Executive Director

FOR YOUTH DEVELOPMENT
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PURPOSE

To help people take personal responsibility for their physical, mental and spiritual well being.

MISSION

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.

LEADERSHIP STAFF

Renee Brouse	Executive Director
Brian Dickey	Sr. Program Director of Health & Wellness
Paige Flanagan	Aquatics Director
Jo Anne Sallia	AOA Director
Martin Rakers	Youth Development Director
Marty Brown	PFC Supervisor
Doreen Reed	Wellness Coach
Katie Grimes	Personal Training Supervisor
Mark Maxwell	Head Swim Coach
Tracy Torgeson	Group Exercise Supervisor
Jeremy Kay	Welcome Center Supervisor/Marketing
Josh Danner	Facility Manager
Melody Danner	Administrative Assistant
Lauren O'Halloran	Rentals/Office Administrator
Tristi Thomsen	Child Watch Supervisor
Keith Jaroslow	Teen Center Supervisor

FACILITY MEMBERSHIP CATEGORIES & RATES

Members of the Sherwood Y enjoy several options for membership dues. Members are classified by three factors. The first is where you live. Those living within Sherwood City limits pay a lesser rate to offset a bond measure. The second factor is determined by the number of people on your membership and their ages. A look at our rate sheet will help you see our membership categories. A third option Wellness Membership is designed to encourage a commitment at the start to a healthier lifestyle by committing to a year's membership. For more details, please contact our membership desk.

Type of Membership	Resident Monthly Dues	Join Fee	Resident Wellness Monthly	Resident Wellness Annual	Non-Resident Monthly Dues	Join Fee	Non-Resident Wellness Monthly	Non-Resident Wellness Annual
Student	\$30	\$25	\$29	\$324	\$33	\$25	\$31	\$356
Adult 23-64	\$45	\$50	\$43	\$486	\$50	\$50	\$48	\$540
Senior 65+	\$39	\$50	\$37	\$421	\$43	\$50	\$41	\$464
2 Adult	\$56	\$75	\$53	\$605	\$62	\$75	\$59	\$670
1 Adult Children	\$58	\$75	\$55	\$626	\$64	\$75	\$61	\$691
Family	\$68	\$75	\$65	\$734	\$80	\$75	\$76	\$864
Corporate Wellness	Resident	None	Resident	None	Resident	None	Resident	Resident
Teen Center	Free	None	N/A	N/A	Free	None	N/A	N/A

HOURS OF OPERATION

Facility Hours

Mon–Thurs, 5:00 am – 10:00 pm
 Friday, 5:00 am – 9:00 pm
 Saturday, 6:00 am – 7:00 pm
 Sunday, 8:00 am – 4:00 pm

Child Watch Hours

Mon – Fri, 8:00-1:00; 4:00-8:00
 Saturday, 8:00 – 2:00
 Sunday Closed

Reservations are recommended for all children and can be made up to one week in advance. Please call 503.862.4029 after 8:00 am.

Holiday Hours

Labor Day, 7:00 – 1:00
 Thanksgiving, 7:00 – 1:00
 Christmas Eve, 7:00 – 1:00
 Christmas Day, Closed
 New Year's Eve, 7:00 – 1:00
 New Year's Day, 9:00 – 3:00
Programs are not scheduled during holidays. Special Group Exercise Classes may be offered.

Membership Hours

Mon – Fri, 10:00 – 7:00
 Saturday, 9:00 – 4:00

CLASS REGISTRATION

Session Dates

Session 5: Sept 12 – Nov 5
Session 6: Nov 7 – Dec 17

Registration Dates

Session 5: August 13
 Facility Members, 6:00 am
 Program Participants, 11:00 am
Session 6: October 29
 Facility Members, 6:00 am
 Program Participants, 11:00 am

Online Class Registration

You may register for classes online at www.ymca-sherwood.org Contact the Welcome Center for your login and password.

FACILITY MEMBERSHIP BENEFITS & PRIVILEGES

GENERAL

Professional Staff

Priority registration and discounted rates on all classes requiring registration at an additional fee

Group sales rates at Rose Quarter events

CHILDREN

Free Fun Club kids 5-10

Free Child Watch

Free Teen Center membership for grades 6-12

Free Family Gym

Free Open Climb

Sportwall

HEALTH & WELLNESS

Free Group Exercise classes including Yoga & Zumba

Free 12 Week Personalized Fitness Program

Free Open Climb

Dietary Consultation for a fee

Free ActivTrax Workouts

Free pick-up sports for Teens and Adult members

Massage Therapy available for a fee

Personal Training available for a fee

Cardio Theater

Functional Training Room

AQUATICS

Free Water Wellness classes

Free Open Swim and Family Swim

Sixty-five foot water slide

Youth Swim Team for a fee

Free masters swim program

Swim lessons for a fee

MANAGING YOUR MEMBERSHIP GUEST PASSES

Each Adult Facility Member receives 7 free day passes per year. Additional passes may be purchased at 50% off the regular day rate. Program Participants, Students may purchase day passes at 50% off the regular day rate when they bring a guest. We also allow the purchase of day or week passes to "try out" our facility and all we have to offer.

DAY & WEEK PASSES

Day: Youth (0-2) Free

Youth (3-11) \$6

Adult (12 and up) \$12

Household \$20

Week: 1 person \$30

Household \$50

PHOTO ID

When checking in at the Welcome Center, please remember to bring your membership cards for all members and picture ID for guests who are entering the YMCA. **This is a requirement to enter the building.**

This ensures that our facility continues to remain secure and efficient. Thank you for your cooperation!

PROGRAM & MEMBERSHIP ASSISTANCE

Members interested in applying for membership or program assistance may contact the Welcome Center/Membership at 503.625.9622 to receive an application. Membership and Program assistance is made available through our Annual Strong Communities Campaign fund.

AWAY

The AWAY (Always Welcome at YMCAs) program entitles you to visit participating YMCAs in other cities. Be sure to take your membership card with you when you travel. Ask a member service staff person to call the city you'll be visiting, or to find any YMCA in the US call 800.333.9622 or visit www.ymca.net.

MEMBERSHIP ON HOLD

We provide our members with the option to put their membership on hold one time per year, for one to three consecutive months. You don't pay for those months of membership, and you don't have access to the facility or our programs for those months.

METHODS OF PAYMENT

At the time you join you may select one of these payment options: Bank Draft or Automatic Charge Card draft – if you give us a voided check for a bank account or a credit card, we can automatically withdraw your membership dues from that account on a monthly basis. You may choose the 1st or the 15th of the month as your draft date. Quarterly/Semi-Annual/Annual Payment – you may pay your monthly dues in advance or in person if you choose. We allow for three-month, six-month or twelve-month payments.

CHANGES, HOLDS, CANCELLATIONS

To facilitate a cancellation, membership on hold or change of account information, **all requests must be made in person in the Membership office. All request forms must be completed no later than 5 business days before the draft date in order to make the change, hold or cancellation effective for the next draft.** If you cancel your membership, you forfeit the registration fee paid.

REFUND POLICY FOR CLASSES

You have the right to cancel your registration for any class until the class start date. To receive a refund (minus a \$5 processing fee), you must present your receipt and cancel your registration one week prior to the starting date of the class. Cancellations received less than seven days prior to program start date will be charged a \$10 processing fee if approved by a department director. Once the class begins, no refunds, transfers or credits will be issued without a written medical excuse. **No class credits or refunds due to absenteeism. There are no makeup classes available due to absenteeism.** All refunds take three to four weeks for processing. The Sherwood Regional Family YMCA maintains the right to cancel any class that does not reach minimum registration.

YOUTH MEMBER & GUEST POLICIES

All youth in our YMCA facilities under the age of 12 must be either enrolled and signed in to a YMCA supervised program such as Fun Club (with an adult responsible for that youth on site at the facility), or that adult must ensure that this Member and Guest Youth Policy is followed while the youth is in the facility. Direct supervision is defined as the "parent must be participating with their child at all times and be directly with the child".

FACILITY USE

Youth 14 to 17 years old are given full access to the facility.

Youth under the age of 12 must have a supervising adult in the facility.

Youth under 9 years of age must be under the direct supervision and control of their parent, legal guardian or a designated YMCA staff person at all times.

LOCKER ROOMS

Youth under 9 years of age must be under the direct immediate control of their parent, legal guardian or a designated YMCA Staff person in the locker rooms.

Children 5 years and younger must be directly supervised by an adult responsible for that child and are allowed in opposite sex changing rooms.

Our Family Changing Room is available for swimmers over the age of 5 with an opposite gender caretaker. Use of Family Changing rooms (if available) is encouraged. Please supervise your child with changing and bathing needs.

FITNESS TRAINING AREAS

Youth under 14 years of age are not permitted in the weight/cardio training areas unless they have completed TEEN STRENGTH TRAINING (ages 12-13) or YOUTH CARDIO (ages 8-13). Youth in the Fitness Training areas must be **ACCOMPANIED AND UNDER THE DIRECT VISUAL SUPERVISION OF A PARENT OR RESPONSIBLE ADULT AT ALL TIMES. ALL YOUTH MUST WEAR THEIR TEEN STRENGTH OR YOUTH CARDIO BADGE WHILE USING THE FITNESS TRAINING AREA.**

Youth 14 years and older are permitted in the Fitness Training Area without an adult if they have completed Strength Training Orientation.

ROCK WALL

Youth under 12 years of age must have an adult responsible for that youth in the facility. A YMCA staff member must belay the climbers or the wall is not open.

TEEN CENTER

Youth 12 and over may attend the Teen Center without a parent or guardian.

POOL USE

Source: Minimum Standards of Safety for YMCA Aquatic Activities

All children are swim tested and are visibly marked before allowing the child into the managed body of water; no non-swimming children are allowed in the water above nipple line without a care giver within arm's length unless the child is wearing an approved PFD; all children using entry devices must also pass the manufacturer's suggested size requirement. Children under the age of 8 must be within arms length of a responsible adult 18 years or older. Children 8-11 years of age may be in the pool without an adult, however there must be an adult age 18 or older responsible for that child in the building. Youth 12 and older may be in the pool without an adult in the building.

EMPLOYEES

Source: Branch/Facility-Staff Youth Policy in Compliance

When YMCA staff members are on duty, all children of staff 11 and under must be enrolled in a program while in the facility. When utilizing a staff membership, staff members are required to follow and model the Member and Guest Youth Policy.

CELL PHONE USAGE

Due to the technology now available on most cell phones, we request they be used only in the main lobby of our facility. Cell phone use in locker rooms is inappropriate. Please be courteous to other members and abide by this policy. Thank you for your understanding and cooperation.

MEMBER & GUEST CODE OF CONDUCT & YMCA RULES AND POLICIES

All YMCA members and guests must follow the YMCA Members Code of Conduct and all YMCA rules and policies. Enforcement of the policies and rules will be handled by the management (Building Supervisors, Program Directors, Instructors, Senior Management Staff and other designated staff).

Modifications to the policy may be made by individual facilities based upon the facility design and programs offered. Modifications must be approved by Association Leadership. In no instance shall a modification set a lesser standard than the policy as stated herein.

LIKE US ON FACEBOOK

Come find the Sherwood Regional Family YMCA and LIKE us on Facebook. You'll be the first to know what's happening



TEEN CENTER

FREE TO EVERYONE

The Sherwood Teen Center is FREE to all 6th – 12th graders. Photo ID is required to enter, but a YMCA membership is not needed to join.

The Teen Center has a wide variety of gaming systems, such as a Nintendo Wii, Xbox, Playstation 2 and an X Box 360. The Teen Center is also equipped with game tables such as pool, foosball and air hockey. In addition, a full computer lab is available for homework use and Internet access.

We offer a free snack each day until 5:00 pm and free bus service to the Teen Center every school day from the Sherwood Middle School, Laurel Ridge Middle School, Sherwood Charter School and Sherwood High School. What are you waiting for? Join in the fun!

The Teen Center offers a wide variety of **free** weekly activities designed to get teens thinking, moving and having fun. Check out the online Monthly Calendar for events happening at the Teen Center at www.ymca-sherwood.org under schedules.

HOURS OF OPERATION

Monday – Friday 3:00 – 6:00 pm
Saturday/Sunday Closed

The Teen Center will open at 1:15 pm on “early release” and noon on “no school” days for Sherwood students.

HOMEWORK CLUB

Whether you are looking for a quiet place to finish your assignments, or a little extra help, the Teen Center homework club is the place for you. Our staff exercise their wide variety of talents and do their very best to help students complete their homework. They offer that extra encouragement and support that students need to get their work done. Meets daily from 3:30 – 6:00 pm.

FUTURE STARS! (YOUTH COMMUNICATION & LEADERSHIP CLUB)

Are you afraid to speak in front of a group of people? Do you want to be a leader and not a follower? Excellent communicators and leaders are built not born. Come to Future Stars and learn these critical skills in a fun, friendly and supportive environment! The best part? Future Stars is free. Join us! Questions? Contact Cathey at futurestarsclub@gmail.com.

Age: Grades 6-12

Fee: Free

Schedule: Sundays, 2:30 – 4:00 pm

MIDDLE SCHOOL DANCES

Don't miss our monthly school dances. We will provide the music, lights and snacks; you provide the energy! To participate you must bring photo ID (YMCA card, school ID, state issued ID) or be physically accompanied by a parent/guardian. For more information contact Keith Jaroslow at 503.825.9622.

Age: 6th – 8th grade

Fee: \$8.00 per student (YMCA membership not required)

Schedule: 9/23, 10/21, 11/18 and 12/9. Please see online calendar for themes and times.

GET A FREE Y MEMBERSHIP

You can get a free membership to the Y if you are an active member of the Teen Center and sign in and use the facility at least twice per month. Contact Membership for details.

IT'S YOUR TEEN CENTER!!

The Teen Center and its activities are ever changing and evolving to meet the needs of the teens in the community. If you have an idea for a program, after school activity, dance, or anything else *let us know*. New programs are being developed based on *your* input! Stop by today and let your voice be heard, we'd love to hear from you! Contact Keith Jaroslow at 503.825.9622 or SherwoodTeen@ymca-portland.org

BABYSITTER'S TRAINING

This class is designed to teach preteens and teens the fundamentals of babysitting. This 7-hour class includes interview skills and child development, as well as rescue breathing and first aid for infants and children. Upon completion, participants will receive a Red Cross certification card. Please bring a lunch and pen or pencil.

Age: 11-14 yrs

Fee: Facility Members \$40,
Program Participants \$65

Schedule Saturday, October 22,
9:00-4:00 pm; Monday, December
19, 9:00-4:00 pm

LIKE US ON FACEBOOK

Come find the Sherwood Teen Center and LIKE us on Facebook. You'll be the first to know what's going on.



AQUATICS

POOL NOTES OPEN SWIM INFORMATION

Children under the age of 8 must be within arms length of a responsible adult 18 years or older in the water. Children 8-11 may be in the pool without an adult, however, there must be an adult age 18 or over responsible for that child in the building.

FAMILY SWIM

Promotes family activities. All children 17 years and under must be accompanied by an adult in the water.

PRESCHOOL PLAY

Open to parents with children 6 years and under.

SLIDE HOURS

The slide opens 15 minutes into Open and Family Swim. The slide closes 15 minutes prior to the end of Open and Family Swim. The slide may be closed if the pool is at capacity or there are not enough available Lifeguards.

COMMUNITY FAMILY TIME

Free and open to all facility members and community families. Join us twice a month in the pool for community swim. Your kids can enjoy riding down the slide, watching water buckets and splashing in the fountains. All guests must present photo ID and complete our guest waiver. Parents are required in the pool.

Age: Families

Fee: Free to all

Schedule: 1st Friday and 3rd Saturday. See online Pool Schedule for times at www.ymca-sherwood.org

TOP POOL RULES

1. Parents must stay within arms reach of children under the age of 8 years.
2. Shower before entering pool.
3. No diving in pool.
4. No running on pool deck.
5. Coast Guard approved jackets only – no water wings.
6. No street shoes on deck.
7. No catching at bottom of slide.

YAWAMA DRAGONS

Do you want to be a part of something special? The YMCA Dragons are quickly climbing the ladder of success in the world of swimming. They have produced State and Regional Champions and National qualifiers. The YMCA Dragons build lifelong skills in the water and out. Commitment, dedication, time management, and leadership skills are taught and practiced daily. We have training groups that fit each individual's ability and goals.

Prerequisites: Ability to swim one length of the pool front crawl and back crawl.

Fees: Swimmers must be facility members, fees vary depending on swimmer's ability, annual USA swimming fees apply.

Try Outs: Monday, Wednesday, Friday 6:00 – 6:45 pm. Call ahead to confirm dates and times with coaches. For more information contact Paige Flanagan at 503.862.4012.

MASTER'S SWIM PROGRAM

The Master's Swim Program is a coached activity designed for anyone who would like to participate in up to four workouts a week. All skill levels are welcome. It's fun, it's work and it's rewarding. For more information call our Aquatics Dept at 503.862.4014.

Age: 19 and older

Fee: Free to members! Program Participants \$60 per session

Schedule: Mon & Wed 7:30-8:30 pm, Tues & Thurs 6:00-7:00 am

WATER FITNESS CLASSES

Please see the Welcome Center or our website for all current schedules for water fitness classes. All water exercise classes are free to members and follow the same session dates as all programs. Age 14 and older. Current schedules can be found online at www.ymca-sherwood.org

Per 8-week session

Class Member Program Participant
2x Week Free \$60
3x Week Free \$80

Drop In Free \$12

POOLATES

This class will improve your core strength and balance with a mix of pilates and yoga in the water.

POWER WATER WALKING

Designed for building strength, stamina, flexibility, range of motion, cardio workout, coordination and balance.

WATER WORKOUT

A high-energy class for those who want an intense aerobic workout.

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kick board is used to develop strength, balance and coordination.

ARTHRITIS H2O EXERCISE

The Arthritis Foundation Aquatic Program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help improve strength and flexibility. Participants enjoy decreased pain and stiffness. Swimming is not required.

DEEP H2O EXERCISE

Full body water aerobic class with no impact to the body. Participants should be comfortable in deep water.

PRE AND POST NATAL FITNESS

A medically approved program of stretching, muscle toning and aerobic activity done in the water. Low intensity class. Medical release required. Must be at least 13 weeks into pregnancy.

Note: No water fitness classes November 24 & 25, December 26-30

LIFEGUARD TRAINING CHALLENGE

American Red Cross

This Lifeguard training recertification/challenge class is open to all lifeguards with a current American Red Cross certification.

Age: Current Lifeguards Only

Fee: Optional Water Skills, Members \$25, Program Participants \$40; **Skills Challenge,** Members \$50, Program Participants \$75.

Schedule: Optional Water Skills, Friday, November 18, 7:30-10:00 pm; Skills Challenge, Saturday, November 19, 3:00-7:00 pm

CPR/PR CHALLENGE CLASS

This CPR/PR Class is open to current American Red Cross CPR/PR card holders and must be shown at time of registration, no exceptions. A minimum of 3 participants is required for the class to be held.

Age: Current CPR/PR Card Holders only

Fee: Members \$50, Program Participants \$75.

Schedule: October 15, 3:00-6:00 pm.

GROUP SWIMMING LESSON INFORMATION

- * Classes that do not meet minimum registration of 3 swimmers will be cancelled or combined.
- * Make sure you shower your child before class.
- * Please no goggles for Pre-Pike, Pike and Polliwogs.
- * Please have long hair tied back, swim caps welcome.
- * There are no make-up classes available due to absenteeism.
- * Credits and refunds will be issued for medical reasons with a doctor's note.
- * Please review our full credit/refund policy on pg. 4.

VOLUNTEER SWIM INSTRUCTORS

Would you like to be a part of the swimming lesson program at the Sherwood Y? We have training available for anyone 12 and up. If you love the water and working with kids, we would love to have you join us. Learn the skills necessary to

teach all of our levels and assist with classes. This is also a great opportunity to build a new career. Contact the Aquatics Department for more information.

Schedule: Monday, Oct 17, 4:30-6:30 pm

SWIM CLASSES PARENT/CHILD SWIM LESSON PROGRAM

This program promotes water enrichment and aquatic readiness activities for children and their parents or other trusted adults. Families learn safe and fun ways to swim together.

Age: Parent/Child 1; 6 months-2 yrs
Parent/Child 2; 2-3 yrs

PRE-PIKE

This is the class for the child who will be experiencing the water for the first time and/or learning to work with an instructor. Participants will work on water adjustment, swimming skills and understand the class environment and expectations. Class is limited to 4 students.

Age: 3-5 yrs

PIKE

Student should be comfortable in the water. Can move toward a target and will go under water. Student will learn to float on front and back and learn the front, back and side paddle.

Age: 3-5 yrs

EEL

Must have ability to float on front and back without assistance for 15 seconds. Swim on front, back and side 10 yards without assistance.

Age: 3-5 yrs

RAY

Must be able to swim front crawl and back crawl with arms out of the water without assistance 15 yards. Front and back float for 20 seconds. Will learn elementary backstroke.

Age: 3-5 yrs

STARFISH

Must swim front crawl with side breathing, back crawl, side stroke and elementary backstroke for 25 yards.

Age: 3-5 yrs

POLLIWOG

Beginning level, no previous swimming experience needed. Floating and arm strokes are introduced.

Age: 6-12 yrs

GUPPY

Must be able to swim front crawl, sidestroke and back crawl without assistance for 15 yards and be able to float on front and back for 15 seconds. Will work up to swimming the length of the pool. Elementary backstroke and breaststroke are introduced.

Age: 6-12 yrs

MINNOW

Must swim front crawl with side breathing, back crawl in good form, sidestroke and elementary backstroke for 25 yards. Work on swimming multiple lengths of the pool.

Age: 6-12 yrs

FISH

Must swim 50 yards of front crawl, back crawl, elementary backstroke and 25 yards of breaststroke and sidestroke. Butterfly stroke is introduced.

Age: 6-12 yrs

FLYING FISH

Must swim laps of front crawl, back crawl, breaststroke, sidestroke and elementary backstroke with good form. This class is used to perfect the previously learned strokes.

Age: 6-12 yrs

SHARK

Must swim 100 yards using all four basic strokes in good form. Endurance and lifesaving skills are emphasized in this class.

Age: 6-12 yrs

TEEN SWIMMING LESSONS

Learn to swim or improve your skills. Any level welcome

Age: 12-16 yrs

ADULT SWIMMING LESSONS

Learn to swim or improve your skills. Any level welcome.

Age: 17 and up

SWIMMING LESSONS

Session 5: Sept 12-Nov 5

Session 6: Nov 7 – Dec 17

No classes Nov 24-26

Fees: Session 5: Facility Members \$50, Program Participants \$84;

Session 6: Facility Members \$37.50, Program Participants \$63;

Session 6: Thurs classes and Sat classes Facility Members \$31.25, Program Participants \$52.50.

REGISTRATION DATES

Session 5: Aug 13 – Sept 24

Session 6: Oct 29 – Nov 19

Please use the wait list feature if a preferred class is full. This will help us know if additional classes are needed.

PRIVATE/SEMI PRIVATE SWIM LESSONS

Private lessons are offered year round at the Y. You may choose a traditional private lesson, 1 instructor to 1 student, or choose a semi-private lesson, 1 instructor to 2 students. Lessons are scheduled once the current session has begun. Purchased lessons must be completed by the end of the session.

Age: Preferred 3 +

Fees: Facility Members; Private \$20, Semi \$25, Program Participants; Private \$35, Semi \$40

Schedule: Schedule between instructor and families within the session dates.

BUILD YOUR OWN CLASS

Does our current session schedule not work for your family? If you can gather 3-4 swimmers close to the same swimming ability we can help you put a class together. Classes will be scheduled by the second week of the session and must be completed within scheduled session dates. Contact Shannon Harrell at 503.862.4013 or sharrell@ymca-portland.org for more information.

Age: Preferred 3+

Fee: Facility Members \$8 per class per child, Program Participants \$12 per class per child

Schedule: Schedule between instructors and families within session dates.

SESSIONS 5 & 6

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
8:30-9:10			P/C 1 Pike	PrePike	
9:15-9:55	Pike	Pike Eel	P/C 2 PrePike	Pike	PrePike Pike
10:00-10:40	Eel	PrePike Eel/Ray	Pike Ray/Starfish	Eel	P/C 1 Pike Eel/Ray
10:45-11:25	BUILD YOUR OWN CLASS OPTIONS				P/C 2 Polliwog Guppy
11:30-12:10			Starfish		Minnow Fish/Flying Fish
2:45-3:25		Ray/Starfish Minnow		Polliwog Fish/Flying Fish	
3:30-4:10	PrePike Pike Polliwog	Pike Eel Guppy	Pike Ray/Starfish Polliwog	PrePike Pike Guppy	
4:15-4:55	Pike Eel Guppy	PrePike Pike Polliwog	PrePike Pike Guppy	Eel Ray/Starfish Polliwog	
5:00-5:40	Ray/Starfish Guppy	PrePike Pike	Eel Polliwog	Pike Guppy	
5:45-6:25	PrePike Pike Polliwog	PrePike Eel Ray/Starfish	P/C 2 Eel Guppy	Pike P/C 1 Polliwog	
6:30-7:10	Minnow/Fish		Minnow Fish/Flying Fish		
7:15-7:55			Teen Adult		

YOUTH & FAMILY

PARENT-CHILD KID'S GYM

Come explore, interact and play in a fun and safe environment. Help your child adjust to a classroom setting while learning body parts, colors, songs and stretches. Children also play with hula-hoops, beanbags and balls.

Age: 18 months-2 yrs

Fee: Facility Members \$30, Program Participants \$60

Schedule: Thursday, 10:10-11:00 am

KID'S GYM

Over, under and in-between. Take a trek through the obstacle course as children learn basic tumbling and progress through skill levels. Kid's Gym builds coordination and motor skills as well as focusing upon listening, participation and cooperation. Each class will include themes, stretching, creative activities, obstacle courses and free time.

Age: 3-5 yrs

Fee: Facility Members \$55, Program Participants \$85

Schedule: Tuesday & Thursday 9:00-10:00 am

FAMILY GYM

Family Gym allows parents and kids to interact and play in a safe, fun environment. No registration is necessary, so drop in with your kids and have a great time! Parents must remain with children.

Age: 6 months-5 yrs

Fee: Free for Facility Members

Schedule: Monday & Tuesday 10:10-11:00 am

KIDS IN MOTION

If your child loves to listen to music then this class is for them. Kids in Motion will help your child develop their 5 senses. We will sing, dance and create art through music. This is not all; we will also paint and do other art projects to go with the mood of the moment. Sound like fun? Sign up and join in the fun!

Age: 3-5 yrs

Fee: Facility Members \$55, Program Participants \$85

Schedule: Monday & Wednesday 9:00-10:00 am

GYMNASTICS

No experience required. This class offers a basic introduction to forward rolls, cartwheels, handstands and more.

Age: 5-7 yrs

Fee: Facility Members \$50, Program Participants \$80

Schedule: Wednesday 4:00-5:00 pm

Age: 7 and older

Schedule: Wednesday 5:00-6:00 pm

MINI MOVERS 1

Children learn basic introduction to ballet, jazz, tap and movement.

Focus is upon balance, coordination, posture, rhythm and motor skills.

Age: 3-4 yrs

Fee: Facility Members \$50, Program Participants \$80

Schedule: Wednesday 11:15-Noon

MINI MOVERS 2

Age: 4-5 yrs (must have six month dance or invitation from instructor)

Fee: Facility Member \$50, Program Participant \$80

Schedule: Wednesday 12:15-1:00 pm

FUN CLUB

Free program for kids while parents work out. Activities include group games, arts & crafts, sports, swimming and more. Monthly schedules are available in the lobby and online. Parents must remain in the building. For reservations, please call 503.862.4029.

Fun Club allows a maximum of 15 children. Drop-in welcome if space is available.

Age: 5-10 yrs

Fee: Free to Facility Members

Schedule: Monday-Friday 4:00-7:00 pm

JUNIOR SPORTS

This is an introductory class that focuses on fun and the basics of different sports. Classes meet once a week. Games, skills and confidence are the goals of the program.

Age: 3-4 yrs

Fee: Facility Members \$40, Program Participant \$70

Schedule: See below and choose class, time and day.

Session 5:

Tues 9:00-9:45 Soccer

Wed 10:00-10:45 Basketball

Thurs 9:00 – 9:45 Flag Football

Session 6:

Tues 9:00-9:45, Floor Hockey

Wed 10:00-10:45, Soccer

Thurs 9:00 – 9:45, Basketball

YOUTH INDOOR SOCCER LEAGUE

It is time again for youth soccer at the Sherwood YMCA. Our league is for girls and boys ages 3-6 yrs old that are ready to learn the basics of soccer. Registration begins July 11 and ends August 29. The League runs September 10-October 29. If you are interested in coaching please indicate that on the registration form or contact Martin Rakers at 503.862.4027.

Age: 3-4 yrs

Fee: Facility Members \$60, Program Participants \$80. Practice and games will be on Saturdays before the game.

Age: 5-6 yrs

Fee: Facility Members \$80, Program Participants \$100. Practice once per week with a game on Saturday.

YOUTH BASKETBALL LEAGUE

It is time again for youth basketball at the Sherwood YMCA. Our league is for girls and boys ages 3-6 yrs old that are ready to learn the basics of basketball. Registration begins October 1 and ends November 11.

The League runs November 26-January 28. If you are interested in coaching please indicate that on the registration form or contact Martin Rakers at 503.862.4027.

Age: 3-4 yrs

Fee: Facility Members \$60, Program Participants \$80. Practice and games will be on Saturdays before the game.

Age: 5-6 yrs

Fee: Facility Members \$80, Program Participants \$100. Practice once per week with a game on Saturday.

YMCA/PORTLAND TRAILBLAZER NIGHT

Watch for a date to be announced later this fall.

THANK YOU!

Thanks to our Youth Sports Sponsors for your support! 2011 Tee Ball Sponsor Bittner Dentistry for Kids.

HOME SCHOOL PE

A fun and relaxed atmosphere for home-schoolers to increase athletic skills and social interaction with other children their age. Class focuses upon different sports, skills and group games. Class meets in the gym. The K-3rd graders swim on Tuesday and the 4th graders and up swim on Thursdays.

Age: 5-12 yrs

Fee: Facility Members \$50 1st child, each additional child \$30; Program Participants \$80 1st child, each additional child \$55

Schedule: Tuesday & Thursday 1:00-2:30 pm

TEEN SPORTS

Age: 11-17 yrs

Fee: Free for Facility Members. Members of the community may purchase a Full Day Guest Pass.

Schedule:

Pick-up Basketball Tuesday & Thursday 6:45 – 7:45 pm

Pick-up Volleyball Thursday 6:45-7:45 pm

** Schedule is subject to change

ADULT SPORTS

Age: 18 and older

Fee: Free for Facility Members. Members of the community may purchase a full day Guest Pass.

Schedule:

Pick-up Basketball Monday & Wednesday 7:45-9:45 pm

Pick-up Volleyball Thursday 7:45-9:45 pm

ADULT COED VOLLEYBALL

Co-Ed: Male to Female ratio should be even on the court (6 person team on court)

Age: 18 and older

Fee: \$270 per team (rosters cannot exceed 10)

Schedule: League play September 13-November 1, Tuesday evenings

ROCK CLIMBING

Climbers will learn techniques, knots, footwork, equipment safety, commands and much more! Older climbers will also learn belay skills. Climbers must wear athletic shoes or climbing shoes. All other equipment is provided.

Age: 5-9 yrs

Fee: Facility Members \$50, Program Participants \$80

Schedule: Wednesday 4:00-5:00 pm

Age: Beginner 10 & up

Fee: Facility Member \$50, Program Participant \$80

Schedule: Thursday 6:00-7:00 pm

Age: Intermediate 10 & up

Fee: Facility Member \$50, Program Participant \$80

Schedule: Thursday 7:00-8:00 pm

Private & Semi Private Lessons

Private: \$25

Semi-private: \$30 (\$15 per person) per session

Session: 1 hour time to be arranged
Contact Martin Rakers at 503.862.4027 for more information.

OPEN ROCK CLIMBING

Come challenge yourself during Open Climb. Open to any facility member 5 years and older. Climbers must wear athletic shoes or climbing shoes. All other equipment is provided.

Schedule: Monday & Wednesday 5:00-7:00 pm, Saturday 5:00-6:30 pm.

WHEN I'M IN CHARGE

Students discuss what to do when they are home without an adult. This is a great class for students who are home alone or with siblings after school. Participants will discuss safety, emergency situations and how to get along with siblings or friends when no adults are present. Parents are encouraged to participate in the last ½ hour of this course.

Age: 8-11 yrs

Fee: Facility Members \$20, Program Participants \$35

Schedule: Saturday, Nov 5, 1:00-3:30 pm

BABYSITTER'S TRAINING

This class is designed to teach preteens and teens the fundamentals of babysitting. This 7-hour class includes interview skills and child development, as well as rescue breathing and first aid for infants and children. Upon completion, participants will receive a Red Cross certification card. Please bring a lunch and pen or pencil.

Age: 11-14 yrs

Fee: Facility Members \$40, Program Participants \$65

Schedule: Saturday, October 22, 9:00-4:00 pm; Monday, December 19, 9:00-4:00 pm

PROVIDENCE MOM'S GROUP

Moms with babies less than one year old discuss infant development, feeding, sleeping and much more. Network with other working and stay-at home moms. Drop in anytime.

Age: New Moms

Fee: Free to all

Schedule: Wednesdays 10:00-11:30 am, Teen Center

VALLEY SLING BABES

Caregivers of infants to preschoolers have fun learning and talking about anything and everything pertaining to baby wearing. Try on different popular types of soft/structured baby carriers and discuss the benefits for adult and child. Monthly meetings focus on safety, hands-on troubleshooting, ongoing support, connecting and sharing. Drop-ins mid-meeting welcome.

Age: Caregivers of infants to children. Children all ages welcome to accompany adults.

Fee: Free

Schedule: Second Thursday of every month 10:00-Noon

YMCA ART SHOW

Watch for details coming this fall for our annual Art Show showcasing local artists and their work.

MIGHTY MIGHTS KARATE

Mighty Mights Karate focuses on teaching skills that are the foundation of most martial arts. Skills are taught with methods suitable for preschool children. Class provides an atmosphere that teaches respect

and courtesy in a fun and safe environment. Classes are taught by Mr. Mark Montoya, a 3rd degree Black Belt. Mr. Montoya has been teaching at the Sherwood YMCA for 10 years.

Age: 3-5 yrs

Fee: Facility Members \$32, Program Participants \$56

Schedule: Tuesday 3:30-4:00 pm, 4:05-4:35 pm

RYUJYU KEMPO KARATE

Kempo Karate focuses on teaching skills that are the foundation of most martial arts. Skills are taught with methods suitable for children and adults. Class provides an atmosphere that teaches respect and courtesy in a fun and safe environment. Classes are taught by Mr. Mark Montoya a 3rd degree Black Belt. Mr. Montoya has been teaching at the Sherwood YMCA for the past 9 years.

Age: 6 and older

Fee: Facility Members \$40, Program Participants \$65

Schedule: Tuesdays (6-14 yrs) 4:40-5:40 pm, (9-14) 5:45-7:15 pm, (14 & older) 7:15-8:15 pm

AIKI TE RYU FAMILY KARATE

This is a mixed martial arts class based on traditional forms such as Aikido, Tae Kwan Do and Ju Jitsu. This class can be done as a family or as an individual. The purpose of a student studying Aiki Te Ryu Karate is to encompass more than just learning effective self-defense. Our curriculum teaches students the values needed to gain success in life. Through proper martial arts instruction, you will learn self discipline, respect for your self and others, how to handle dangerous situations effectively, develop a true understanding of yourself and gain valuable character building skills that will last you a lifetime.

Age: 3 and older

Fee: Facility Members \$75 for the first family member, \$10 each additional family member; Program Participants \$90 for the first family member, \$10 each additional family member

Schedule: Monday & Wednesday 7:00-8:00 pm, Studio 2 or Studio 3

CHEN STYLE TAIJIQUAN (TAI CHI)

This class focuses on health aspects of Chinese Martial Art of Taijiquan with some discussion of martial aspects. Through mindful practice you will learn a natural way of moving your body, improve mental concentration, achieve better coordination and balance, increase your energy. Prepare to work your mind and your body through gentle but active movement. This class is great for all ages.

Fee: Facility Members \$40, Program Participants \$65

Schedule: Thursday 5:15-6:00 pm

CPR/AED FIRST AID

Learn lifesaving skill for adults, children and infants in this American Red Cross Course. Participants will learn how to recognize and respond appropriately to cardiac, breathing and first aid emergencies. We will be stopping for a 30 minute lunch break at noon. Please bring a lunch.

Age: 14 and older

Fee: Facility Members \$45, Program Participants \$55

Schedule: Friday, October 14, 9:00-3:00 pm

WELCOME TO THE YMCA

Join us as we explore the international organization that is the YMCA. We will see where the Y got its start, discuss its impact in our community and investigate the mission, purpose and Christian principles of the YMCA.

Ages: 11 and older

Fee: Free to all

Schedule: September 19 from 4:00-7:00 pm; November 5, 9:00-Noon.

CHRISTIANITY EXPLORED

Developed over 10 years, Christianity Explored is an informal course for people who'd like to investigate Christianity, or just brush up on the basics. This 7-week course explores who Jesus was, what his aims were and what it means to follow him. By focusing on Mark's Gospel, Christianity Explored aims to return people to the magnetic yet challenging good news of Jesus Christ. As we journey through this amazing book we'll focus on Jesus' identity, mission,

and call to follow him. We'll begin to understand the unimaginable grace of God as we explore the problem of sin and the wonder of forgiveness. You won't be asked to pray, sing or read aloud, and you can ask any question you like. Or, if you prefer, you can come along and simply listen. For more information, contact ce@countysidechurch.com

Age: Minimum Middle School and up

Fee: Free

Schedule: October 5 – November 16

BIRTHDAY PARTIES

Make your child's birthday extra special and have fun at the "Y". Your child can choose from the following themes- Swimming, Kid's Gym, Sports and Climbing Wall or come up with your own idea. Advanced booking is required. Contact Lauren O'Halloran at 503.862.4025

Age: All ages

Fee: Facility Members \$100 Kid's Gym & Sports, \$120 Rock Climb & Swim; Program Participants \$120 Kid's Gym & Sports, \$140 Rock Climb & Swim

Schedule: Saturday Noon-2:00 pm or 3:00-5:00 pm, Sunday 1:00-3:00 pm

TEEN CENTER BIRTHDAY PARTIES

Interested in having your teen's birthday party at the YMCA Teen Center? We will provide the decorations and help supervise.

Fee: \$75 per hour

Contact Lauren O'Halloran, 503.862.4025

COMMUNITY FAMILY TIME

Free and open to all facility and community families. Join us twice a month in the pool for community swim. Your kids can enjoy riding down the slide, watching water buckets and splashing in the fountains. All guests must present photo ID and complete our guest waiver. Parents are required in the pool.

Age: Families

Fee: Free to all

Schedule: 1st Friday and 3rd Saturday of the month. See our online Pool Schedule for times.

HARVEST FESTIVAL AT THE Y

Come join us for many activities during this Halloween Season.

Halloween Teen Costume Dance
Friday, October 21, 7:30-10:30 pm

Haunted Teen Center
Enter at your own risk...

Join us Friday, Saturday or Sunday, October 28, 29, 7:00-10:00 pm or 30, 6:00-9:00 pm for the scariest haunt ever. ***This event is free (be advised this venue is PG13 and younger children are advised to skip it).*** If you are interested in helping in the creation process, please contact Brian Dickey at 503.862.4017.

Harvest Festival

Saturday, October 29, 4:00-6:00 pm. Come to the Y for the Harvest Festival activities. Kids can enjoy cookie decorating, face painting, fishing games, bowling and more. This event is free and open to everyone. Membership is not required.

Trunk or Treat

Come and trick or treat around the parking lot of decorated Halloween cars! So much fun from 4:00-7:00 pm on Saturday, October 29. This event is free and open to everyone. Membership is not required.

Volunteers Needed!

Decorate your car and help us celebrate as we turn our parking lot into a great place for kids to trick or treat. For more information, contact Brian Dickey at 503.862.4017.

BREAKFAST WITH SANTA

Join us for breakfast, crafts, games and pictures with Santa himself! One picture per family included in registration fee. Additional charge for more than one picture. Membership and financial assistance is available.

Age: Everyone welcome!

Fee: \$20 per family of 5 or less (\$2.50 for each additional family member) \$7 per individual

Schedule: Saturday, December 17, 10:00- Noon.



YMCA CAMP COLLINS

Situated on the banks of the Sandy River east of Gresham, YMCA Camp Collins offers an exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories. Programs include Overnight Summer Camp for ages 7-18 and Family Camps. Camp Collins is also available for conferences, retreats and groups use through the fall, winter and spring. For more information contact YMCA Camp Collins at 503.663.5813 or visit the website at www.campcollins.org.

YMCA CHILD CARE

CHILD DEVELOPMENT PROGRAM

The Sherwood YMCA operates a full day child development center housed in the Sherwood Methodist Church. We operate programs for children 6 weeks to 12 years old. We are open from 6:30 am to 6:30 pm weekdays. Financial Assistance is available. We provide a loving, nurturing and curriculum environment. Call Sarah Hopkins at 503.925.9602 or email shopkins@ymca-portland.org for more information or to set up a tour.

AFTER SCHOOL PROGRAM

We offer after school care for children from Kindergarten through 5th grade. Bus service is available from all Sherwood Public Schools to the YMCA. Financial Assistance is available. Open until 6:00 pm weekdays. Call Sarah Hopkins at 503.925.9602 or email shopkins@ymca-portland.org for more information.



Thank you Volunteers!

The YMCA staff would like to thank our volunteers for their dedication and commitment to keeping our YMCA a great place to be. Each volunteer, from our Board of Managers to the individuals who help keep our cardio equipment clean, is a vital part of our YMCA community. A special thank you to those voted volunteer of the month during the 2010-2011 school year:

Dave Emmons: Board of Managers
MaryGrace Walters: Child Watch
Scott Springer: Spin-a-Thon Organizer
Molly Liston: Board of Managers, Chair
Shanna Kerr: Swim Instructor
Siobhan Oliszewski: Swim Team
Todd King: Teen Center
Niklas Niethammer: Youth Development
Rebecca Coker: Healthy Living
Brice Beck: Welcome Center

LOOKING FOR A WAY TO GET INVOLVED?
Contact Melody Danner at 503.862.4011



ACTIVE OLDER ADULTS

SHERWOOD VOLKSWALKERS & MERRIWALKERS

Love to walk? Join us once a month at the Sherwood YMCA

Conference room for our monthly meeting. For more information, call Marty Brown at 503.625.9622.

Fee: Free to all

Schedule: First Monday of each month 10:30 am

ROBIN HOOD GARDEN CLUB

Do you enjoy gardening? Join the Robin Hood Garden Club in partnership with the Sherwood Family YMCA to pursue your interest in gardening. Our mission: to promote interest and community awareness of plants, gardens and gardening through the sharing of skills, ideas and education.

Where: Sherwood Senior Center (members and guests of all ages are welcome)

When: Second Friday of the month, 9:00 am Coffee and Social time, meeting starts at 9:30 am

What: After the business meeting, we have informative speakers with information about interesting plants, gardens and events. In the summer months, we tour gardens and nurseries in the area.

Fee: \$15 per year (YMCA membership not required) For more information, contact Marty Brown 503.625.9622.

CHINOOK WINDS CASINO

Join us for an Active Older Adults trip to Chinook Winds Casino this Fall. You must register at the Welcome Center. Meet at the Y at 8:45 am on the day of the trip. We return around 5:30 pm. Minimum of 6 people, maximum of 25.

Fee: Free

Registration: Must be done by date specified on the flier, which is usually about 10 days prior to the trip.

Schedule: September 30 & November 11

BALLROOM DANCE CLASS

Learn the basics of ballroom dancing in this fun and engaging class. The moves of the Cha Cha, Waltz, Fox Trot, Swing and even an easy country line dance will be introduced.

Age: Partners and Singles all ages

Fee: Facility Members \$40, Program Participants \$65

Schedule: Sundays 3:00 Studio I

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kick board is used to develop strength, balance and coordination.

SilverSneakers®

Jump-start your life with the many SilverSneakers® Classes offered through Medicare supplemental insurance programs. SilverSneakers® (MSROM) Muscular Strength and Range of Movement, SilverSneakers® Cardio Circuit and SilverSneakers® YogaStretch offer a wide variety of workouts to keep you fit. All members are welcome to attend.

NOTE: Both SilverSneakers® and Silver&Fit® include weekly fitness classes designed to include a combination of aerobics, flexibility and resistance/strength training. All YMCA members are welcome to attend any class.

Silver&Fit® ZUMBA GOLD

For seniors, Zumba Gold takes all the excitement from the original Zumba Class and introduces it to the active older adult, the beginner participant, and other special populations that may need modifications to benefit from Zumba. This explosive program is designed so that everyone can do it! With its meringue, salsa, cha cha, cumbia, belly dance, flamenco, tango and rock and roll rhythms Zumba Gold guarantees the usual and absolute thrill, but in a safe, paced and effective format. Zumba Gold is about much more than a total body workout. The "fitness-party" experience of Zumba Gold is a celebration of life and is pure joy.

Silver&Fit®

Reshape your life with Silver&Fit® classes offered through Medicare supplemental insurance programs. Includes weekly fitness classes that are designed for Silver&Fit® members and include a combination of aerobics, flexibility and resistance/strength training. All members are welcome to attend.

Y KNIT

For beginner to advanced. If you've never knit and need instruction and support come to class. We will provide you with needles and yarn to get you started on the basics. If you know the basics and want new challenges, come along. We're a group of like-minded people with a desire to share and encourage each other as we learn and experiment with new yarns and techniques.

Age: Minimum High School and up
Fee: Facility Members \$40 for 8 week session or \$7 per class, Program Participants \$60 for 8 week class or \$7 per class. For further information of Active Older Adult activities contact Jo Anne Sallia at 503.862.4021 or jsallia@ymca-portland.org

Schedule: Wednesday 9:45-10:45 am



2-mile **WALK FOR HEALTH**

Celebrate a healthy community!

Bring the whole family together as we walk our way to health. Meet up and show your commitment to health at every age, from babies to grandparents.

DATE: September 21

TIME: 10:00 am

**LOCATION: Sherwood Regional
Family YMCA**

Register at the Welcome Center today for this **FUN** and **FREE** 2-mile walk sponsored by the SilverSneakers® Fitness Program. Registrations must be completed by September 16.

SilverSneakers® is fitness, fun, friends and family!



Family, Health, Fun, FREE, Community



HEALTH & WELLNESS STRENGTH & CARDIOVASCULAR

EQUIPMENT ORIENTATIONS

An orientation is recommended for all new members and required for all members 14-18 years old.

Participants are educated in basic exercise principles and how to begin a safe and effective exercise program.

Age: 14 and older

Fee: Free to all Facility Members

Schedule: Appointments times available at the Welcome Center.

TEEN STRENGTH TRAINING

This 2-hour course teaches 12-13 year olds how to use the fitness equipment safely and effectively. This will help develop an appropriate workout for this age level. This class is **REQUIRED** for fitness equipment use by 12-13 year olds. After successfully completing this class, teen members may workout in the fitness area, **WHEN ACCOMPANIED AND UNDER THE DIRECT SUPERVISION OF A PARENT OR RESPONSIBLE ADULT. Teen must wear Teen Strength Badge when using the facility.**

Age: 12-13 yrs Facility Members Only

Fee: \$35

Schedule: By Appointment Only

YOUTH CARDIO ORIENTATIONS

This 45 minute session is designed for youth ages 8-13 teaching how to safely use cardio equipment. Upon completion of the course, youth may use the cardio equipment and track **WHEN ACCOMPANIED AND UNDER THE DIRECT SUPERVISION OF A PARENT OR RESPONSIBLE ADULT. Youth must wear their Youth Cardio Badge when using the facility. Not necessary if completed Teen Strength Training.**

Age: 8-13 yrs Facility Members Only

Fee: Free to all Facility Members
Schedule: Wednesdays 6:00 – 6:45 Pm

FITNESS ASSESSMENTS

Set personal goals by learning your fitness level. A YMCA physical fitness evaluation assessment includes: body composition, cardiovascular fitness, flexibility, muscular strength and endurance. A Certified Fitness Specialist will complete your fitness testing. This includes a computer that charts your progress. For additional information please contact Katie Grimes at 503.625.9622

Age: 14 and older

Fee: Full Assessments \$30 Facility members, \$50 Program Participants; Body Composition \$15 Facility Members, \$25 Program Participants
Schedule: By appointment

YMCA/AMERICAN RED CROSS BLOOD DRIVE

We will once again be partnering with the American Red Cross for a Blood Drive this spring. Sign ups will be held at the Welcome Center as the dates get closer. For more information contact Kim Budeslich at 503.625.9622.

12 WEEK PERSONAL FITNESS PROGRAM

This National YMCA fitness program guides the new or returning exerciser through a step-by-step, personal exercise program. Fitness Instructors work with participants to develop a cardiovascular and strength training routine. Each participant meets with an instructor during each phase of the 12 weeks to introduce more exercises. Orientation is required. Sign up at the Welcome Center.

Age: 14 & older, 12 & 13 allowed with an adult

Fee: Free to all Facility Members
Schedule: Choose a time below for your orientation. All orientations meet in the Conference Room, Monday, 11:00-11:45 am
Thursday, 7:00-7:45 pm
Saturday, 9:30 – 10:15 am

EIGHT WEEKS TO WELLNESS

A unique program emphasizing the 8 essential good health practices for an active, healthy lifestyle. This class includes discussions on new themes introduced weekly. We recommend taking this class while participating in the 12 Week Personalized Program. For further information, please contact Marty Brown at 503.625.9622.

Age: 14 and older (or permission by instructor)

Fee: Free for Facility Members, Purchase of book \$10

Schedule: Sign up at Welcome Center. Tuesdays Sept 13 – Nov 1, 6:00 pm; Wednesdays Sept 14 – Nov 2, 11:15 am.

YSNAPS

This program was developed with community members to create an offering for the people in our lives with special needs. There will be a variety of activities with an emphasis on exercise and socialization. Majority of the participants are adults.

Age: 14 and older

Fee: \$20 Facility Member, \$30 Program Participant

Schedule: Tuesday & Thursday 4:30-5:30 pm

SPECIALTY WELLNESS PROGRAMS

ACTIVTRAX

Are you bored with doing the same workout? Track your fitness and nutrition progress. Start with a strength test and a meeting with a Wellness Coach to assess your goals and orient you on how to read and use the workouts. Workouts can be printed out at the YMCA Kiosk or on your home computer (we provide you with a user name and password). Each time you complete a workout, ActivTrax uses the results to determine your body's current abilities and calculate its potential for your next workout. No workout is the same. This variety filled and personalized fitness formula keeps you actively reaching for results! Your coach stands by to support you as you need it along the way. To participate, sign up for an appointment with a Wellness Coach at the Welcome Center or Personal Fitness Center. For more information, check out www.activtrax.com or contact Doreen or Marty.

ACUPUNCTURE AND CHINESE MEDICINE

Acupuncture supports your whole being by increasing circulation and decreasing inflammation in muscle tissue, tendons, ligaments and joints. It can ease your nervous system and nourish your reserves to help your body thrive in your active lifestyle.

Where: At the Y

Fee: Private \$65 each treatment (small additional fee for 1st treatment), Community \$35 per treatment.

Schedule: Call AOM Oriental Health for appointment at 503.236.3925

MASSAGE THERAPY

Enjoy the benefits of massage and body work such as increased circulation, decreased muscular pain and tension, increased joint range of motion and flexibility. Indulge yourself with a relaxing massage or address troubled areas with a concentrated orthopedic sports massage. Massages are by appointment only. To schedule an appointment please call Valerie Pontius at 503.318.1129.

ONE ON ONE NUTRITION COUNSELING

Do you want to feel healthier by eating better and losing weight and inches? Meet with registered Dietitian, Susan Black, to learn how to make sensible dietary changes to take off the pounds and inches. Individual one-hour sessions are geared towards making healthier choices to fit your lifestyle. Don't miss out on a new you! Contact Susan at 503.577.9419 to schedule your appointment.

Fee: Facility Members Only \$75

PERSONAL TRAINING

Achieve your 2011 fitness goals with a certified Personal Trainer. Our Personal Trainers can help you meet your goals by designing programs to meet your specific needs. Whether you have weight to lose, want help getting your program started, need to invigorate your current program, prepare for a sport specific event or just need motivation, our trainers can help design a safe, effective program for you. When you make a commitment to personal training, you make a commitment to yourself!

Age: 12 – Adult

Fee: Individual \$60 1 hour, \$250 Pkg 5, \$500 Pkg 10

2 person \$75 1 hour, \$280 Pkg 5, \$450 Pkg 10

Groups (3-4) \$75 1 hour, \$335 Pkg 5, \$650 Pkg 10

Give the gift of fitness. Gift Certificates for Personal Training and camps are available at the Welcome Center.

FALL FITNESS CAMPS ADULT & TEEN FITNESS CAMPS

The Sherwood YMCA has developed numerous camps to meet the needs of its diverse population

- * All camps meet 2x a week for 1 hour with a certified Personal Trainer
- * A minimum of 4 participants per camp is required

- * Camps are considered small group personal training
- * Sign up for camps at the Welcome

Center or call Katie Grimes at 503.682.4018 or kgrimes@ymca-portland.org

Fee: Facility Members \$150 (2x week) \$80 (1x Week), \$225 (unlimited camps), Program Participant \$250. Based on a 5-week session.

Schedule: Arrange with Katie

HOW TO BUILD YOUR OWN FITNESS CAMP

- * Gather 4 YMCA Members
- * Request a Trainer
- * Request a time/day schedule
- * Tell us what kind of training you are interested in experiencing.

For more information about all fitness programs contact Katie Grimes at 503.862.4018 or kgrimes@ymca-portland.org.

WOMEN ON WEIGHTS

Strength training for women will focus on a progressive approach to building strength and definition through the use of machine, free weights and own body weight mediums.

TRADITIONAL & INTERVAL STYLE BOOT CAMPS

All sessions offer challenging and dynamic total body workouts. Cardio and Strength conditioning are achieved using a variety of free weights, machines and traditional boot camp drills. Sessions may be held indoors and outdoors, weather dependent. While all fitness levels are encouraged to participate, members should be free of physical limitations, which could prevent them from running/fast walking, jumping and lunging. 4-6 participants per group. Beginner to Advanced.

LUNCH EXPRESS CAMP

Short on time? Try out 30-minute full body interval camp. (Day to be decided)

Fee: This camp is \$80 per person
Schedule: 11:30 – Noon or Noon – 12:30 pm

RUNNING CAMPS

The Sherwood YMCA offers

Running/Specialty Camps:

* Couch-to-5K for beginning runners

* 10K to Half Marathon Training Camps

*Marathon Training Camp

TRX SUSPENSION AND ROPES CAMP

In TRX Suspension Camp participants will be taught functional exercises that build strength, flexibility, core stability and endurance. TRX suspension training harnesses your own bodyweight to create resistance as you workout. The TRX design allows you to adjust the degree of difficulty regardless of your fitness level, age or fitness goals. Camps will use both the TRX and ropes for a full body workout.

AQUA FITNESS CAMP

Workout in the Pool! Get a cardio workout in the water with less impact on the joints. The resistance of the water provides muscle strength and endurance training. Ankle cuffs add extra resistance for increased muscular strength. Exercising in the water enhances flexibility, core strength and balance.

Schedule: Tuesday/Thursday 5:30 am and 6:30 am

GROUP FITNESS CLASSES

All Group Exercise classes are free to members. Please see the Welcome Center for all current schedules for all group fitness classes. The Group Exercise Schedule can be found online at www.ymca-sherwood.org

Fees: Free for Facility Members
Program Participants:

Per 8-week session

1x per week \$40

2x per week \$60

3x per week \$80

Drop In Fee \$12

NEW! CARDIO BLAST

a CIRCUIT/INTERVAL STYLE OF CLASS DESIGNED TO KEEP YOUR CARDIO ROUTINE FRESH AND EXCITING. Drills, benches, music, intervals, weights, bands, and fun make this class challenging for all levels.

CARDIO KICK

A fast-paced use of kicks, punches and blocks that work the heart and sculpt the body. Kick and punch your way through an exhilarating "knockout" session.

CIRCUIT EXPRESS

A fast and efficient workout using a combination of tools and intervals to improve cardiovascular endurance while building strength.

CORE CONDITIONING

One hour of intense abdominal conditioning using pilates moves, stability balls, weights, and bands for an all-over toning experience.

BALLROOM DANCE

Learn the basics of ballroom dancing in this fun and engaging class. The moves of the Cha Cha, Waltz, Fox Trot, Swing and even an easy country line dance will be introduced. Private lessons available upon request. Contact Tracy Torgeson at 503.862.4020.

Age: Partners and Singles all ages

Fee: Individual \$40 Facility Members, \$65 Program Participants; Couples \$75 Facility Members, \$105 Program Participants

Schedule: Sundays 3:00 – 4:00 pm Studio 1

CYCLING

An indoor group cycling class set to invigorating music for lower body resistance training and a cardiovascular challenge.

DANCE X

Take your old school aerobics class into the present with hip new music and classic dance favorites, fun routines, variety and a wonderful cardio workout.

FAMILY FITNESS CHALLENGE

Kids 8 and up with an adult can do this adventurous, invigorating and fun class with unique circuits, drills, sprints, weights, toning and cardio designed with all types of kids in mind.

MUSCLE CONDITIONING

This fitness class for all levels works on toning, defining and strengthening muscles while boosting the heart's efficiency.

NIA

The first Saturday of the month, come take our FREE Nia clinic. Nia is an exhilarating cardio workout which combines dance and martial arts. Nia offers a creative and fun pathway to health and well-being, regardless of age or physical condition. "It's a mind, body, spirit celebration."

PILATES

Pilates is a method of toning and strengthening the core muscles without adding bulk. It is done primarily on the floor and focuses on the abdominal muscles in a flowing format. Pilates offers a progressive workout for beginners to elite athletes.

STEP

Using a bench to add more intensity and cardiovascular challenge, step aerobics offers an incredible workout that is fun to learn. **Basic Step** has simpler footwork for those just learning or those who want a more athletic class. The **Abs** class is 15 minutes of core work prior to step.

TBC (TOTAL BODY CONDITIONING)

A challenging class designed to work all muscle groups using a variety of formats including weights, the step, tubing and bands. Aerobics and muscle endurance for an intense multi-purpose workout.

YOGA (BEGINNING TO INTERMEDIATE)

Yoga combines strength, flexibility and balance. It is a physical workout for the entire body with the bonus of stress reduction and relaxation. **Beginning Power Yoga:** Poses flow in a faster pace.

YOGA BASICS

An alignment based yoga class designed for senior or rehabilitating students wanting to move towards a mat class (the next step from the chair). Props and modifications will be offered for students with special conditions. Class size limit of 8.

Age: Seniors/Rehabilitating Adults

Fee: \$50 Facility Members, \$65 Program Participants, \$10 Drop in fee. (space available)

Schedule: Wednesdays 1:30 pm, Studio 1 with Kristin Wilkinson RYT.

For more information contact Tracy Torgeson at 503.862.4020 or ttorgeson@ymca-portland.org

ZUMBA

An aerobic, hypnotic, fast-paced dance class with awesome music designed with simple moves and plenty of energy. Everyone welcome. Join the party! **Zumba Gold** is for beginners and seniors to experience the fun at a simpler, slower pace.

ZumbaAtomic (ZUMBA 4 TWEENS)

Zumba 4 Tweens, ZumbaAtomic is a dance-aerobic class for kids' ages 8-13. Gain dance skills, build confidence and have a total blast in this fast-paced, energetic class.

Ages: 8-13

Fee: Free for Facility Members, \$40 Program Participants for 6 weeks.

Schedule: Mondays 4:45-5:45 pm in Studio 1 with Shelesha.

SilverSneakers® (MSROM) MUSCULAR STRENGTH AND RANGE OF MOVEMENT

Move through a variety of exercises designed to increase muscular strength, range of movement. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and standing support. FACILITY MEMBERS ONLY

SilverSneakers® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weight, elastic tubing with handles and a ball is alternated with nonimpact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. FACILITY MEMBERS ONLY

SilverSneakers® YOGA STRETCH

This new class is designed to challenge you physically and mentally with a variety of simple and safe yoga moves that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to think more clearly. FACILITY MEMBERS ONLY

Silver&Fit®

Reshape your life with Silver&Fit® classes offered through Medicare supplemental insurance programs. Includes weekly fitness classes that are designed for Silver&Fit® members and include a combination of aerobics, flexibility and resistance/strength training. All members are welcome to attend. FACILITY MEMBERS ONLY



ANNUAL SPECIAL EVENTS AT THE Y

- Halloween Teen Costume Dance
- Harvest Festival
- Haunted Teen Center
- Trunk or Treat
- Breakfast with Santa
- Breakfast with the Bunny
- Healthy Kids Day
- Senior Health Fair
- Dine & Dance
- The Big Tent Sale
- Family Triathlon



GET MOVING SHERWOOD

- Zumba-Fest
- SilverSneakers® Walk for Health
- Family Adventure Race
- Fitness Testing
- And More!

Coming the week of September 18-24
We are celebrating Sherwood
And how we move together
As a community!



IN APPRECIATION

Your Sherwood Regional Family YMCA wants to thank the following donors of \$1000 or more to our 2011 Annual Strong Communities Campaign

Sue and Kevin King
McCabe Real Estate Inc
Langer Family
Renee and Rob Brouse
Bittner Dentistry for Kids
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Jared and Carol Jones
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Pacific Family Dental
Matrix Fitness Systems
Weise & Fulwiler
Rotary Club of Sherwood
Scott and Michelle Springer
Sherwood Dental Care
Dental Care of Sherwood
Richard and Diane Cromer
CSI Digital
US Bank

Without your support we could not offer YSNAPS, financial assistance for those in need, or operate the Teen Center. Thank you!

BRANCH VISION

To serve as the hub of our community for friendships, family, fitness and faith.

