

February 2010 NEWS EXPRESS

Down the hall or in a stall...all the YMCA news YOU need to know!

2010 CAMPAIGN: HELP THE HUB!

Did you know...

- ...that **82% of the funds** raised during Campaign **support the Teen Center?**
- ...the need for **financial assistance** given by our YMCA **increased** from \$39,000 to **\$377,000** in 2009 alone?
- ...that if **each Sherwood YMCA** family gave only \$25, we could **raise over \$70,000!**
- ...you can **make a donation at the Welcome Center OR through our secure website at www.ymca-portland.org!** (To keep the gift in our community, please be sure to click on the "donate online" button and select the Sherwood Regional Family YMCA as the recipient.)

We need your help this year to reach our goal! If you are interested in asking friends and neighbors to support the YMCA with their gifts—or have a gift of your own you would like to donate—please contact Melody Danner at (503) 625-9622 ext. 226, or mdanner@ymca-portland.org. **Thank you for "helping the hub" of our community!**

ANNUAL ART SHOW

Our third annual art show runs February 22 through March 5. A reception will be held on February 27 from 5:00-7:00 PM to recognize our artists. Thirty percent of the proceeds from art sales will be donated to our Strong Communities Campaign! If you are interested in participating, please contact Martin Rakers at (503) 625-9622, ext. 244.

YOUTH SPRING T-BALL

Youth T-Ball is coming to the Sherwood YMCA this spring! Our league is for boys and girls 3-6 years old who are ready to learn the basics of T-ball. Registration will run February 13 through April 12. League play begins May 1. Questions? Interested in coaching? Call Martin Rakers at (503) 625-9622, ext. 244.

MEMBERSHIP

We are running a membership special February 12-14! No joining fee for anyone who signs up during that time! That's a savings of up to \$75! Questions? Contact Matt Simpson at (503) 625-9622, ext. 224.

YAWAMA DRAGONS

Congratulations to Julia Bush for her two new Dragon team records in the 11-12 50 Free and the 100 IM. We are proud of you, Julia!

YAWAMA is looking for a few great swimmers—or those who want to be! There are still a few open spaces in the swim team program, and you might be just the person to fill one of them! Tryouts occur any Monday, Wednesday, or Friday from 6:00-6:45 AM. For more information, please contact Mark Maxwell at (503) 625-9622, ext. 234.

Thank you to the Sherwood Swimming Association for their generous donation of over \$400 to the Swim Team Wall of Honor as we continue to honor those athletes and volunteers from our past.

TAI CHI

This Thursday night class focuses on the health aspects of the Chinese Martial Art of Taijiquan. Work your mind and body through gentle but active movement—it's great for improving mental concentration and increasing energy! Great for all ages—class is every Thursday from 5:15-6:15 PM. Sign up at the Welcome Center!

Facility Members \$40
Program Participants \$65

BABYSITTER TRAINING

This class is designed to teach teens the fundamentals of babysitting. Child development basics, rescue breathing, and first aid are included. Our next classes will be held February 20 and 27, from 9:00 AM-12:30 PM. Attendance at both classes is required for certification. Please bring a snack and a pen or pencil. Sign up at the Welcome Center!

Facility Members \$40
Program Participants \$65

GROUP EXERCISE

We will be holding a free clinic on the basics of group cycling on February 1 from 5:15-5:45 PM and February 9 from 11:15-11:45 AM. Come learn the basics in these workshops and get yourself ready to ride! Space will be limited!

YOUTH CARDIO ORIENTATION

NEW TIME!!! This 45-minute session is designed for our youth members (ages 8-11) to teach them how to safely use the cardio equipment here at the YMCA. Upon completion of the course, a special ID card will be issued and the child may use the cardio equipment and track under the direct supervision of a parent or guardian. The orientation is offered on Wednesday nights from 6:00-6:45 PM. Sign up at the Welcome Center!

CPR TRAINING

Learn lifesaving skills for adults, children, and infants in our American Red Cross CPR course. An optional AED training segment is offered at an additional cost for those who would like to attend.

The class will be offered April 15th from 9:00 AM-3:00 PM. AED training will be from 3:00-4:00 PM. This class is available to anyone 14 years of age or older.

Facility Members \$45 (\$55 with AED)
Program Participants \$55 (\$65 with AED)

AQUATICS

Registration for Session 2 opens on February 20. The new session begins March 1. Questions about swim lessons? Email Paige Flanagan at pflanagan@ymca-portland.org.

LIFEGUARD TRAINING

Learn lifesaving techniques, first aid, CPR, and how to prevent aquatic emergencies. All classes during the training session are mandatory. The next training sessions will be held March 22-26 from 9:00 AM to 4:00 PM—registration will open February 1. Please contact the Welcome Center for details!

Facility Members \$100
Program Members \$150
Training Manual \$40

WHEN I'M IN CHARGE

This is a great class for 8-11 year old kids! Participants will discuss safety, emergency situations, and how to get along with siblings or friends when there are no grownups at home. Parents are encouraged to participate in the last 30 minutes of the class. Sign up at the Welcome Center for the next session on March 20, from 1:00-3:30 PM!

Facility Members \$20
Program Members \$35