



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## HEALTHY LIVING PROGRAM GUIDE



### **SHERWOOD REGIONAL FAMILY YMCA**

SESSION 5: SEPT. 11–OCT. 29, 2017 REGISTRATION: SEPT. 1, 2017

SESSION 6: OCT. 30–DEC. 17, 2017 REGISTRATION: OCT. 21, 2017

SESSION 1: JAN. 8–FEB. 25, 2018 REGISTRATION: DEC. 9, 2017

SESSION 2: FEB. 26–APR. 22, 2018 REGISTRATION: FEB. 17, 2018

\*NO CLASSES DURING SPRING BREAK

SESSION 3: APR. 23–JUNE 10, 2018 REGISTRATION: APR. 28, 2018

## SMALL GROUP FITNESS PROGRAMS

The Sherwood YMCA has developed several camps to meet the needs of its diverse population. Camps are considered small group personal training. Sign up for these fee-based camps at the Welcome Center. For more information about fitness programs contact Katie Grimes at 503.862.4018 or [Kgrimes@ymcacw.org](mailto:Kgrimes@ymcacw.org)

### AQUA CAMP

Workout in the pool and get a cardio workout in the water with less impact on the joints. The resistance of the water provides muscle strength and endurance training. Exercise in the water enhances flexibility, core strength and balance.

### TRADITIONAL & INTERVAL

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. Four to six participants per group. Beginner to Advanced.

### RUNNING

The Sherwood YMCA offers Running Camps:  
Couch-to-5K  
5K and Beyond

### STRENGTH TRAINING

Strength training for men and women will focus on building strength and definition.

### BUILD YOUR OWN FITNESS CAMP

- Gather four YMCA Members
- Request a Trainer (List available at Welcome Center)
- Request a time/day schedule
- Tell us what kind of training you are interested in

### PERSONAL TRAINING

Achieve your fitness goals with a certified Personal Trainer. Whether you have weight to lose, want help getting your program started, need to invigorate your current program, prepare for a sport event, or need motivation, our trainers can help design a safe, effective program that will meet your specific goals. Give the gift of fitness! Gift certificates for Personal Training and camps are available at the Welcome Center. Age: 12+ Fees: Contact Katie Grimes for current fees at [kgrimes@ymcacw.org](mailto:kgrimes@ymcacw.org)



## GROUP EXERCISE

The Y offers a full menu of free classes for all ages, fitness levels and interests. All Group Exercise classes are free to members. Please see the Welcome Center for current group exercise classes. The schedule can also be found online at [www.ymcacw.org](http://www.ymcacw.org) **Age:** 14 and up. **Fee:** Free for Facility Members, Program Participants pay drop in fee.

CARDIO AND STRENGTH	CYCLE	MIND BODY
Step UJAM® REFIT® 503 Cardio Groove Circuit Muscle Conditioning Y Barre Totally Toned Total Body Conditioning Power Up Line Dancing Ballet Barre Tabata Circuit Dance Fitness Bolly X Lit Body Blitz Zumba Gold Boom Muscle	Tabata Cycle Cycling Cycle/Core 	Yoga Vinyasa Yoga Hatha Yoga Pilates Nia® PiYo Gentle Yoga Boom Mind Yoga Fusion
<div> <b>WATER FITNESS</b>            All our water fitness classes are free to members and follow the same session dates as all programs.         </div> <div> <b>WATER EXERCISE</b>            Poolates            Power Music            SilverSneakers® Splash            Water Workout            Deep H2O Exercise            Aquafit            Move-n-Groove            Pre/Post Natal H2O            Aqua Zumba         </div>		

## ADULT SPORTS:

**Pick-up Basketball:** Mondays/Wednesdays: 7:45 PM–9:45PM

**Pick-up Volleyball:** Thursdays: 8:30 PM–9:45 PM

**Pickleball:** A fun paddle sport that is a cross between ping-pong and tennis. It can be played at a very low, slow level and at a very high competitive level. But the point is, it's fun! Pickleball is a great way to exercise and spend time with family and friends. **Age:** Open to all **Fee:** Free to Facility Members; \$5 drop-in fee for Non-Members **Schedule:** To be determined



## SPECIALTY WELLNESS PROGRAMS

### 8 WEEKS TO WELLNESS

This program helps people make positive lifestyle changes. At each weekly meeting participants are introduced to a different aspect of health. **Fee:** Free with membership; \$35 Program Participants \*\$10 book is available at the first class.

**Schedule:** This program runs fall, winter, and spring.

### Wellness Center

This 8 week step-by-step exercise program is designed for new or returning exercisers. It offers guidance, motivation, and structure to help participants start and maintain a fitness program. **Age:** 14+, 12–13 year olds may participate with an adult. **Fee:** Free to members. To learn more stop by the Welcome Center and sign up for an orientation.

### YMCA Diabetes Prevention Program

Reduce the risk of developing type 2 diabetes by redefining and maintaining healthier living practices. Supported by research from the Centers for Disease Control and Prevention (CDC), this year-long program offers healthy living topic discussions in a classroom setting and focuses on putting real-life choices into action for gradual, lasting changes. For more information contact Maria Pfeifer at 503.862.4031 or email [prevention@ymcacw.org](mailto:prevention@ymcacw.org). Change is hard. We can help.

### CPR/AED/First Aid Training

Be the one who makes a difference by becoming certified through this American Red Cross class. Please bring a sack lunch. **Age:** 14–adult **Fee:** \$75 Facility Members, \$85 Program Participants. **Schedule:** Monday, Oct. 9, 9 AM–2 PM. Watch for 2018 dates to be announced!

### YSnaps

This program creates an offering for the people in our lives with special needs. There are a variety of activities with an emphasis on exercise and socialization. The majority of the participants are adults. **Age:** 14+ **Fee:** \$20 Facility Members, \$30 Program Participants **Schedule:** Tuesday & Thursday, 4:30 PM–5:30 PM

### Movement For Better Balance

This evidence based fall prevention program for older adults is a therapeutic set of continuous, rhythmic and functional Tai Chi based action. Registration for 12 weeks is required and must be able to attend 75% of the time. Open to seniors or adults with balance concerns. **Fee:** \$25 facility members, \$36 Program Participants Space is limited to 12 participants. **Schedule:** Tuesday, Thursday 1 PM–1:45 PM, Fall Session: Sept. 19–Dec. 14, 2017 (No class week of Thanksgiving) Winter Session: Jan. 2–Mar. 22, 2018. Spring Session: Apr. 3–June 21, 2018



## ACTIVE OLDER ADULTS/AGELESS LIVING

### AARP

A supplement membership option plan for holders of AARP® Medicare Supplement Plan.

## WELLNESS OPPORTUNITIES

Gentle Yoga  
Hatha Yoga  
P.B.S. (Pilates, Balance, Stability)  
Pickleball  
Nia® Movement to Heal  
Tai Chi \*  
SilverSneakers® Program

- Classic
- Circuit
- CardioFit
- Splash
- Yoga
- BOOM – Mind, Muscle, Move It

Silver&Fit® endorsed formats

- Experience
- Zumba Gold
- Movement For Better Balance\*
- BollyX LIT
- Matter of Balance\*

\*Additional Cost

### Tai Chi

This gentle, physical exercise is excellent for joint mobility, balance and focus. In this session you will learn Yang style Tai Chi, working on the traditional 8 & 24 forms. Students will work on individual forms and also gain an understanding of the martial arts application of each form. Wednesday 1 PM–2 PM. **Fee:** \$25 members, \$36 Program Participants. Space is limited to 12 participants. **Schedule:** Fall Session: Sept. 20–Dec. 15, 2017 (No class week of Thanksgiving) Winter Session: Jan. 3–Mar. 23, 2018. Spring Session: Apr. 4–June 22, 2018

## SOCIAL AND VOLUNTEERING

Make new friends at the Y with our bi-monthly luncheons, special social events and volunteer opportunities. Check out our social activities or if you have a special interest, talk to the AOA Coordinator (Caz Thomson at 503.862.4021) about starting a social group of your own.



SilverSneakers® Fitness, provided by many Medicare health plans at no extra cost, is designed for all fitness levels and abilities. SilverSneakers includes a fitness membership with access to equipment, group exercise classes and social activities at 13,000+ locations nationwide. If your health plan offers SilverSneakers, all you need to get started is your personal SilverSneakers ID number, available at [silversneakers.com](http://silversneakers.com). SilverSneakers classes include Classic, Circuit, CardioFit, Yoga and Splash.

### BOOM® MUSCLE

Muscle incorporates athletic based moves that improve upper body conditioning. Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength.

### BOOM® MIND

Mind is a unique class as it takes the best from Yoga and Pilates and combines it into one fusion class. Designed to relax the body and mind with peaceful music and rhythmic body movements. The focus of this class is on core, lower body strength and balance.



Silver&Fit Experience is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids.

### A Matter of Balance

A Matter of Balance is an eight week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. This is an evidenced based program. Open to seniors or people with balance issues. For more information contact Caz Thomson at 503.862.4021 or [cthomson@ymcacw.org](mailto:cthomson@ymcacw.org).

**Fee:** \$25 facility members, \$36 Program Participants. **Fall Session:** Wednesday Oct. 4–Nov. 22, 2017, 12:30 PM–2:30 PM. **Winter Session:** Wednesday Jan. 31–Mar. 22, 2018 12:30 PM–2:30 PM.

## ANNUAL CAMPAIGN

Strengthening Sherwood is a full time job. Every day our community faces new challenges that create a greater need for the work we do. And we need your help to do it. It is only through the support of volunteers and donors like you that we are able to help Sherwood learn, grow and thrive. Join our Annual Campaign as a volunteer and become an integral part of bringing out the best in Sherwood. Contact Melody Danner at [mdanner@ymcacw.org](mailto:mdanner@ymcacw.org) or 503.862.4011 for more information.

### Teen Center

Students who are left home alone after school are at higher risk for dropping out, engaging in illegal activities and becoming overweight. The Teen Center provides a supervised environment where students are active, engaged in positive relationships and can seek academic help.

### Y-Special Needs Activities Program

For adults with special needs it can be a challenge to find a community geared toward their needs. We overcome that challenge with a focus on fitness, friendship and fun.

### Financial Assistance

Financial ability is not a barrier at the Y. Whether it's diabetes prevention, water safety instruction, or training for that 5K, your gift allows people of all walks of life to meet their goals.

## SOCIAL RESPONSIBILITY

### Knitting & Crochet Club

Enjoy the friendly environment of the YMCA to work on your projects. Meet other adults who have your same interests, share your expertise, or learn new skills. You can focus on your own personal projects as well as community based service projects. **Schedule:** Wednesday 11 AM–noon in the conference room.

### Cedar Milers

Love to walk? Join us for our monthly events. For information, please contact Dan Webster at 371.971.7921 or [2008cedarmilers@gmail.com](mailto:2008cedarmilers@gmail.com)

### Community Days

Be watching on Facebook for some special outings like snowshoeing, inner tubing, or hiking.

### Robin Hood Garden Club

Enjoy gardening? Come check us out.

**Schedule:** second Friday of month in the morning, no YMCA membership required. **Fee:** \$15/year. More info? Email [robinhoodgclub@gmail.com](mailto:robinhoodgclub@gmail.com)

### Sherwood Town Criers Toastmasters

Everyone is welcome. For more information contact Janet Cerasin at 971.832.0585 or [janetcerasin@nostalgiasounds.com](mailto:janetcerasin@nostalgiasounds.com) **Fee:** Free for guests

**Schedule:** Wednesday, 7 PM–8 PM

## HOURS OF OPERATION

### HOURS OF OPERATION FACILITY HOURS

Monday–Thursday, 5 AM–10 PM

Friday, 5 AM–9 PM

Saturday, 6 AM–7 PM

Sunday, 8 AM–6 PM

### CHILD WATCH HOURS

Monday–Friday, 8 AM–1 PM, 4–8 PM

Saturday, 8 AM–2 PM

Sunday, closed

### HOLIDAY HOURS

Thanksgiving Day: Nov. 23, 7 AM–1 PM

Christmas Eve: Dec. 24, 7 AM–1 PM

Christmas Day: Dec. 25, closed

New Year's Eve: Dec. 31, 7 AM–1 PM

New Year's Day: Jan. 1, 9 AM–3 PM

President's Day: Feb. 19, regular hours

Easter: Apr. 1, closed

Memorial Day: May 28, 7 AM–1 PM

Programs are not scheduled during holidays, except those with regular hours. Special Group Exercise classes may be offered.



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# LEARN GROW THRIVE

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REGISTRATION APR. 28, 2018



## FREE YOUTH MEMBER PROGRAMS

### Child Watch

Children will engage with others in story time, crafts, activities and creative play.

**Age:** 6 weeks to 8 years

**Schedule:** Monday–Friday, 8 AM–1 PM and 4 PM–8 PM  
Saturday, 8 AM–2 PM

### Fun Club

Activities include crafts, games, rock climbing, and more. Schedules available onsite.

**Age:** 5–10 **Schedule:** Monday–Friday, 4 PM–7 PM

### School Age

Parents must remain in the facility. Children will engage in crafts, activities and have the opportunity to socialize with others. **Age:** 6–11

Open during extended school breaks from 8 AM–11:30 AM.

\*Parents must remain in the facility for Child Watch, Fun Club and School Age.

### Kids Yoga

Kids enjoy this safe and active environment that includes breathwork, visualization and mindful movement.

**Age:** 7–13 **Schedule:** Monday, 3:45 PM–4:30 PM

### Family Gym

Parents and children interact and play in a safe, fun environment. Develop skills using tumbling mats and engaging in other simple activities. Parents must remain with children.

**Age:** 6 months–5 years **Schedule:** Monday, 10:15 AM–11 AM

### Stay N' Play

A great way to integrate your child into the Child Watch program. Parents and children (6 weeks–5 years) may play in Child Watch rooms and on the playground together. Perfect for socializing and being active on both cold and warm days.

**Schedule:** Tuesday and Thursday, 1 PM–3 PM

### Open Rock Climbing

Open to members. Climbers must wear closed toe athletic shoes.

**Age:** 5+ **Schedule:** Monday and Wednesday, 5 PM–7 PM  
Saturday, 5 PM–6:30 PM

### Youth Cardio Orientation

Gain a sense of accomplishment and learn how to safely use the cardio equipment. Must be accompanied and under the direct supervision of a parent or responsible adult. Sign up at the welcome center. **Age:** 8–13

## TEEN CENTER/TEENS

### Teen Center

Free to all teens in grades 6–12.

**Schedule:** Monday–Friday, 3 PM–6 PM School Days  
Noon–6 PM Non-School Days

Follow us on social media @shrwdtc.

### Teens Leadership Program

Motivate young leaders into becoming role models and civil leaders. Using the Learn-By-Doing philosophy, teens will discover their personal passion. Qualified teens will receive a Letter of Recommendation and a Completion Certificate.

### Teen Center Ambassador Program

Give opportunities to make a positive impact, while gaining valuable skills of leadership, creativity and volunteerism. This is designed for participants who like to have a voice in service projects, dances, fundraising, BBQ and more. For more information please contact Teen Center Supervisor at 503.862.4026

### Teen Sports

Pick-up Basketball: Tuesday/Thursday, 6:45 PM–7:45 PM

Pick-up Volleyball: Thursday, 7:30 PM–8:30 PM

## ENRICHMENT—Fee Based

### Parent–Child Toddler Time

Come explore and play in a fun and safe environment, while helping your child adjust to a classroom setting in our Parent–Child Toddler Time. Your child will participate in movement and early literacy through songs, books and more!

**Age:** 18 months–3 years

### Lego Mechanics

Learn about simple machine concepts such as gears, levers, wheels and more. Students will learn through instruction and develop skills by drawing creations before building. **Age:** 5–8

### Beginners Drawing

Kids will strengthen their drawing abilities, capturing their imagination on paper and feeling accomplished. For anyone interested in drawing. **Age:** 7–11

### Art FUNdamentals

Explore the fundamental principles of art experimenting with various paints, pencils and paper structures. **Age:** 4–6

### Child Development Center

We operate a full-day Child Development Center at the Sherwood Methodist Church and YMCA facility. A nurturing atmosphere and dynamic curriculum set us apart. We partner with families to create a supportive and challenging place for children to grow and develop. Call 503.925.9602 for more information or a tour.

**Age:** 6 weeks–12 years **Schedule:** Monday–Friday, 6:30 AM–6:30 PM

### Gymnastics

Learn fundamental gymnastics skills in these fun, fast-paced classes. These classes focus on the accumulation of skills, the social skills necessary to work in a group, and also the ability to string skills together, mentally and physically. Each level is age appropriate and will build gymnastics skills.

Preschool Age 3–5 | Beginner Age 5–7 | Beg./Intermediate Age 7+

### Youth Running Club

Learn stretching, pacing and safe running techniques. Miles will be logged and runners will receive medals and pins for their accomplishments. **Age:** 7–13



## ENRICHMENT—Fee Based

### Home School PE

Our wholesome Y environment provides activities that focus on team building, physical activity, healthy living and socialization skills. Tuition reimbursements may be available through your learning provider. Sibling discounts available.

**Age:** 5–12 **Schedule:** Tuesday and Thursday, 1 PM–2:30 PM

### Martial Arts

Karate at the Sherwood YMCA is taught with a focus on respect for one's self and others as a foundation on which to build character and life skills on. Class emphasizes cooperation.

**Age:** Mighty Mites 3–5; Kempo Karate multiple levels 6–Adult

### Youth Camps

Week-long Youth Camps at the Y help kids discover so much more than their athletic abilities. They build character, develop self-confidence and create healthy relationships through positive competition. Kids of all skill levels and abilities are welcome.

**Age:** Grades K–5

Watch for winter and spring session dates.

### Preschool PE

Strengthen your child's ability to balance, chase, flee, dodge, jump, land, transfer weight and heighten their awareness of body and space. This class is a great time for your child to burn their energy while learning to play well with others.

**Age:** 3–5

### Teen Strength Orientation

Set lifelong fitness habits early with this class that teaches how to use the fitness equipment safely and effectively. Must be accompanied and under the direct supervision of a parent or responsible adult.

**Age:** 12–13

### Beginning Ballet/Tap

Participants will learn beginning technique for ballet and tap including body placement, rhythm, balance, and coordination; as well as simple choreography. This fun-filled class is great for both young boys and girls.

**Age:** 4–5

### Jazz Dance

Participants will learn beginning technique for jazz and tap including body placement, rhythm, balance and coordination as well as simple choreography.

**Age:** 6–7

### Dance Variety Blend

Participants will learn a fun, new dance style each week including jazz, modern, hip-hop and musical theater. This class will teach basic technique and simple choreography.

**Age:** 8–10

### Junior Sports Practice

Give your child the opportunity to make friends and learn a new game. During this 30 minute sport practice kids will burn energy while practicing skills. This class follows the current Youth Sport League to give young athletes a chance to practice outside of Saturday game time.

**Age:** 3–4

### Rock Climbing

Group lessons: Climbers will learn techniques, knots, footwork, equipment safety, commands and more! Closed toe athletic shoes required.

**Age:** 5–12

Private Lessons: Available on request **Age:** 5+

### Creative Play and Splash

Focuses on creative play in both classroom and pool setting. Kids spend 40 minutes engaging in creative play such as Legos, art, and stories accompanied with 30 minutes in the pool. Children must be potty-trained and wear swim suits under clothes to class.

**Age:** 3–5

## YOUTH SPORT LEAGUES

We encourage fair play, positive competition and family involvement in all of our leagues. Youth Sports at the Y is volunteer driven. Step up to the corner kick, free throw line or the plate to help the team out in a big way if you are interested in coaching please contact Youth Sports Supervisor at 503.625.9622.

### Fall Soccer 2017

Youth Indoor Soccer is co-ed for kids who are ready to learn and develop the basic skills while building sportsmanship and values necessary to be successful in life!

**Age:** 3–4 Saturday practices and games

5–6 Practices once a week with Saturday games

**Schedule:** Sept. 9–Oct. 28

### Basketball 2017–18

Youth Basketball is co-ed for kids who will learn the fundamentals of ball-handling, passing, dribbling, and shooting.

**Age:** 3–4 Saturday practices and games

5–6/7–8 Practice once a week with Saturday games

**Schedule:** Nov. 18–Jan. 20

### Soccer 2018

Youth Indoor Soccer is co-ed for kids who are ready to learn and develop soccer skills. Practices and games will build the sportsmanship and values necessary to be successful in life!

**Age:** 3–4 Saturday practices and games

5–6 Practice once a week with Saturday games

**Schedule:** Feb. 3–Mar. 24

### T-Ball 2018

T-Ball is co-ed for kids who get to experience fun at the forefront as they gain self-confidence and strengthen skills through the sport of T-Ball. Children will practice eye-hand coordination, social skills, taking turns, and best of all, practicing to hit a home run!

**Age:** 3–4 Saturday practices and games

5–6 Practice one time a week with Saturday games

**Schedule:** Apr. 7–June 2

# KUMON

# AQUATICS

## CLASS CANCELATIONS

Session 6: 10/31 and 11/23–11/26

Session 2: 3/26–4/1 Session 3: 5/28

### PRIVATE SWIMMING LESSONS

Private: 1 on 1 instruction

Members \$20/class, Program Participants \$30/class

Semi-Private: 2–3 on 1 instruction

Members \$15/person/class, Program Participants \$20/person/class

Contact Ben Nevills at 503.862.4013

### GROUP SWIMMING LESSONS

Once-a-week:

Members \$48, Program Participants \$96

Twice-a-Week (M/W, T/TH):

Members \$90, Program Participants \$180

#### 3-5 YEARS

##### PRE-PIKE

Works on water adjustment, swim skills, and class environment.

Equal to Polliwog

##### PIKE

Works on floating. Learns front, back and side paddle.

Equal to Polliwog

##### EEL

Works on swimming front, back and side without assistance 10 yards.

Equal to Polliwog

##### RAY

Works on improving strokes and float times. Will learn backstroke.

Equal to Guppy

##### STARFISH

Works on quality stroke and side breathing to swim pool length.

Equal to Guppy

#### 6-12 YEARS

##### POLLIWOG

Works on water adjustment, floating, and basic strokes.

##### GUPPY

Works on endurance, technique, elem. backstroke and beaststroke.

##### MINNOW

Works on better distance and speed.

##### FISH

Works on swimming length of the pool, endurance and technique.

##### FLYING FISH

Works on perfecting previously learned strokes.

### Parent/Child

Discover the water with your child and learn safe and fun ways to swim together. **Age:** 0–3

### Swimmin' Turkey Camp

Gobble up some fun this holiday!

**Fee:** Members \$60, Program Participants \$110

**Schedule:** November 20–22

### SHARK

Must swim 100 yards all 4 strokes in good form. Works on endurance and lifesaving skills.

### Holiday Camps

All camps include a mini-swim lesson, water games and water safety activities. Arrive wearing a swimsuit and bring water, snack, towel and dry clothes. **Age:** 6+ **Time:** 1 PM–4 PM

### Splash In the New Year Camp

Celebrate the end of 2017!

**Fee:** Members \$60, Program Participants \$110

**Schedule:** December 27–29

### Spring Break Swimming Lessons | March 26–30

**Fee:** Members \$25, Program Participants \$50

Pre-Pike, Pike, Guppy: 9:15 AM–9:55 AM

Eel, Polliwog, Minnow: 10 AM–10:40 AM

Pike, Ray/Starfish, Guppy: 10:45 AM–11:25 AM

Pre-Pike, Pike/Eel, Polliwog: 11:30 AM–12:10 PM

### Spring Break Water Safety Camp | March 26–30

Safety first! **Fee:** Members \$85, Program Participants \$160

### Sherwood Y Dragons

This competitive swim team offers a fun and inviting learning experience for every age! The team travels to many locations throughout the year to attend meets. Tryouts are required prior to registering. Saturday practices are offered to all squads when the team is not participating in meets. Dry land is also offered and required of all upper level squads, on a weekly basis.

For more information or to schedule a try out please contact Head Coach Lalanya Fisher at 503.862.4012 or [lfisher@ymcacw.org](mailto:lfisher@ymcacw.org).

You may also visit the swim team website at [ymcacw.org/swim-team](http://ymcacw.org/swim-team)

### Red Squad

Transitional squad between Yellow and Green. Yellow practice times with an additional day in Green squad.

### Green Squad

Practices Monday–Friday, 3:30 PM–5 PM

Four days a week required. This squad focuses on the overall swimmer by strengthening and refining the technical skills of each competitive stroke. Meet attendance is required.

### Yellow Squad

Practices Monday–Friday, 5 PM–6 PM

Three days a week are required. This squad is designed to improve technique in all four competitive strokes with an emphasis on butterfly and breast stroke. Endurance training is also a focus.

### Purple Squad

Transition squad between Blue and Yellow. Blue practice times with additional Tuesday or Thursday of yellow practice.

### Blue Squad

Practices Monday/Wednesday/Friday, 6 PM–6:45 PM

This squad is designed for the entry level competitive swimmer. All competitive strokes taught with an emphasis on freestyle and backstroke.

## WHAT YOU CAN DO AT THE Y



### If I am A Baby I can...

- Enjoy playtime in Child Watch
- Swim with mom, dad, or an adult guardian in the pool
- Enroll in Parent/Child Classes and Swimming Lessons
- Have my birthday party at the Y

### If I am 3-5 Years I can...

- Enjoy playtime in Child Watch
- Swim with mom, dad, or an adult guardian in the pool
- Have my birthday party at the Y
- Learn to swim in our group, private, or semi-private swim lessons
- Participate in our Youth Sports Leagues
- Take Art Fundamentals, Preschool Gymnastics, Mighty Mites Karate, British Soccer, Dance, Little Campers, Rock Climbing, or Creative Splash & Play

### If I am 6-13 Years I can...

- Enjoy time in Fun Club
- Play on a Youth Sports Team
- Have my birthday party at the Y
- Join the Swim Team
- Enroll in Youth Camps
- Enroll in Swim Lessons, Gymnastics, Running Club, Rock Climbing, Lego Mechanics, Art Fundamentals, Dance, Beginning Drawing, or Martial Arts
- Go to Kids Yoga
- Swim during Open Swim without parent or guardian when 8+
- Take Fitness Orientation
- 11+ can participate in Teen Center
- Grades 6-8 can attend Teen Center Dances
- Take Babysitting Training Class

### If I am 14+ I can...

- Use the Teen Center
- Take Teen Strength Class
- Workout in the Fitness Center without a parent
- Enjoy the Y without a parent or guardian with either a Teen or Family Membership
- Participate in any Group Exercise Class, Drop in on Teen Sports Nights
- Enroll in Martial Arts
- Join the Y's competitive Swim Team
- Become a Volunteer Swim Instructor
- Be involved in Teen Center Programming
- Take CPR Class
- Take Lifeguard Class
- At 15+ become a volunteer in the facility



## ANNUAL CAMPAIGN

Strengthening Sherwood is a full time job. Every day our community faces new challenges that create a greater need for the work we do. And we need your help to do it. It is only through the support of volunteers and donors like you that we are able to help Sherwood learn, grow and thrive. Join our Annual Campaign as a volunteer and become an integral part of bringing out the best in Sherwood. Contact Melody Danner at [mdanner@ymcacw.org](mailto:mdanner@ymcacw.org) or 503.862.4011 for more information.



## BIRTHDAY PARTIES

Make fun memories and have your child's birthday party at the Sherwood Y. Choose Swimming, Kid's Gym, Sports and Rock Climbing, or even design your own party. Advanced booking is required at 503.625.9622.

## HEALTH AND SAFETY CLASSES

### Safe at Home

Become educated on home-alone safety from stranger danger to getting along with siblings. Parents, please attend the last 30 minutes of the class with your student.

**Age:** 8–11 **Fee:** \$30 Member, \$40 Program Participant

**Schedule:** Saturday, Nov. 4, 9 AM–11:30 AM. 2018 dates TBA

### CPR/AED/First Aid Training

Make a difference by becoming certified through this American Red Cross class. Please bring a sack lunch.

**Age:** 14–adult **Fee:** \$75 Member, \$85 Program Participant

**Schedule:** Monday, Oct. 9, 9 AM–2 PM. 2018 dates TBA

### Babysitter's Training

Become the best babysitter in your neighborhood, become certified through this American Red Cross course. Please bring a lunch.

**Age:** 11–14 **Fee:** \$60 Member, \$75 Program Participant; Includes \$20 non-refundable materials fee.

**Schedule:** Saturday, Sept. 30, 9 AM–4 PM

Monday, Dec. 18, 9 AM–4 PM 2018 dates TBA

### Lifeguard Training

Learn to keep people safe. Successful candidates will receive certification valid for two years. 100% attendance required.

**Age:** 15+ with prerequisites.

**Fee:** Members \$175, Program Participants \$250

Includes \$75 non-refundable materials fee.

**Class 1 (Two Weekends):**

**Sept. 29–Oct. 1:** 9/29 5 PM–9 PM; 9/30–10/1 9 AM–5 PM

**Oct. 13–15:** 10/13 5 PM–9 PM; 10/14–10/15 9 AM–5 PM

**Class 2 (Christmas Break):** Dec. 18–22, 9 AM–5 PM

**Class 3 (Spring Break):** Mar. 26–30, 9 AM–5 PM

**Class 4 (Two Weekends):**

**Apr. 27–29:** 4/27 5 PM–9 PM; 4/28–4/29 9 AM–5 PM

**May 4–6:** 5/4 5 PM–9 PM; 5/5–5/6 9 AM–5 PM

### Lifeguard Review

This American Red Cross Class renews the certification for current lifeguards. Successful completion of this review course extends your current Red Cross Lifeguard certification for two years. Participants must present a valid Red Cross Lifeguard certification and bring a copy of the Red Cross Lifeguard Participant Manual.

**Fee:** Members \$75; Program Participants \$150

**Course 1:** Oct. 21, 9 AM–5 PM; **Course 2:** Dec. 9, 9 AM–5 PM

**Course 3:** Feb. 17, 9 AM–5 PM; **Course 4:** May 19, 9 AM–5 PM

## HOURS OF OPERATION

### HOURS OF OPERATION FACILITY HOURS

Monday–Thursday, 5 AM–10 PM

Friday, 5 AM–9 PM

Saturday, 6 AM–7 PM

Sunday, 8 AM–6 PM

### CHILD WATCH HOURS

Monday–Friday, 8 AM–1 PM, 4 PM–8 PM

Saturday, 8 AM–2 PM

Sunday, Closed

### HOLIDAY HOURS

Thanksgiving Day: Nov. 23 7 AM–1 PM

Christmas Eve: Dec. 24 7 AM–1 PM

Christmas Day: Dec. 25 Closed

New Year's Eve: Dec. 31 7 AM–1 PM

New Year's Day: Jan. 1, 2018 9 AM–3 PM

President's Day: Feb. 19 Regular hours

Easter: Apr. 1 Closed

Memorial Day: May 28 7 AM–1 PM

Programs are not scheduled during holiday hours.

Special group exercise classes may be offered.