



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING THE WHOLE CHILD

YOUTH DEVELOPMENT PROGRAM GUIDE



SHERWOOD REGIONAL FAMILY YMCA **School Year 2018–19**

SESSION 5: SEPT. 10–OCT. 28, 2018 | REGISTRATION: AUG. 18, 2018

SESSION 6: OCT. 29–DEC. 23, 2018 | REGISTRATION: OCT. 20, 2018

SESSION 1: JAN. 7–FEB. 24, 2019 | REGISTRATION: DEC. 15, 2018

SESSION 2: FEB. 25–APR. 21, 2019 | REGISTRATION: FEB. 16, 2019

*SPECIAL CLASSES DURING SPRING BREAK

SESSION 3: APR. 22–JUNE 9, 2019 | REGISTRATION: APR. 13, 2019

SHERWOOD REGIONAL FAMILY YMCA | 23000 SW Pacific Hwy. Sherwood, OR | 503.625.9622 | ymcacw.org

WHAT YOU CAN DO AT THE Y

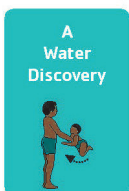
YOUTH PROGRAMS	0–2 yr.	3–4 yr.	5–8 yr.	9–11 yr.	12–15 yr.	16–18 yr.
Art Exploration		X	X	X		
Babysitters Training				X	X	
Birthday Parties	X	X	X	X	X	X
Chefs in Training				X		
Child Watch	X	X	X			
CPR/First Aid Certification					X	X
Creative Play and Splash		X				
Dance		X	X	X	X	
Family Gym	X	X				
Fun Club			X			
Gymnastics		X	X	X	X	
Holiday Swim Clinics			X	X	X	X
Home School PE			X	X	X	
Homework Help			X	X	X	
Jr. Lifeguard				X	X	
Jr. Sports Practice		X				
Jr. Swim Instructor				X	X	
Lifeguard Training					X	X
Martial Arts			X	X	X	X
Parent Child Toddler Time	X					
Parents Night Out	X	X	X			
Preschool PE		X				
Pre-Sport Conditioning				X	X	X
Rock Climbing			X	X	X	X
Safe at Home			X	X		
School Age			X	X		
Simple Mechanics			X	X	X	
Specialty Camps			X	X		
Swim Lessons	X	X	X	X	X	X
Teen Center					X	X
Teen Leaders					X	X
Teen Strength Orientation					X	
Writing Workshops			X	X	X	
Youth Cardio Orientation			X	X	X	
Youth Sports		X	X			



AQUATICS

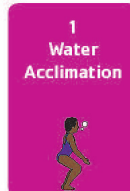
*Please check our mobile app for current schedules

Swim Starters (Parent/Child)

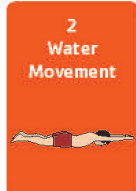


Introduces infants and toddlers to the aquatic environment

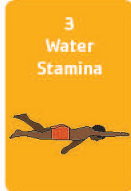
Swim Basics (Safety Around Water) Recommended skills for all



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

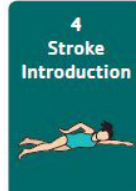


Encourages forward movement in water and basic self-rescue skills performed independently



Develops intermediate self-rescue skills performed at longer distances than previous stages

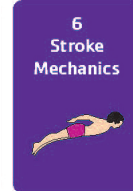
Swim Strokes Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Pathways Specialized tracks

Competition



Leadership



Recreation



GROUP LESSONS, REGISTRATION FEES

Once-Per-Week Classes

Members \$56, Program Participants \$112

Twice-Per-Week Classes

Members \$100, Program Participants \$180

There is a 10% discount if you register the same child for two classes at the same level for the same session dates. Preschool classes are 30 minutes. All other classes are 40 minutes.

PRIVATE SWIMMING LESSONS

Members \$30, Program Participants \$45

SEMI-PRIVATE LESSONS

Members \$20 per participant

Program Participants \$35 per participant

SPRING BREAK SWIMMING LESSONS

Mar. 25–29, M–F, ALL LEVELS

Members \$40, Program Participants \$80

SHERWOOD Y DRAGONS SWIM TEAM

This competitive swim team offers a fun and inviting learning experience for all ages! The team travels to many locations throughout the year for meets. Several squads are offered with varying abilities and requirements. Tryouts are required before registering. For more information or to schedule a tryout please contact Head Coach Lalanya Fisher at 503.862.4012 or lfisher@ymcacw.org. For more information visit <http://www.teamunify.com/ymca-5443>



JUNIOR LIFEGUARD

Learn basic rescue techniques and improve swimming and treading skills. Volunteer opportunities are available upon successful completion. **Age:** 10+ **Fee:** Members \$90, Program Participants \$180 **Schedule:** Session 6, Oct. 28–Dec. 23, 2018 on Saturdays 11:30 AM–1:30 PM

JUNIOR SWIM INSTRUCTOR

Teach kids to swim! Receive classroom instruction and help our swim instructors teach a real class! Volunteer opportunities are available upon successful completion. **Age:** 10+ **Fee:** Members \$90, Program Participants \$180 **Schedule:** Session 5, Sept. 10–Oct. 28, 2018, Saturdays 11:30 AM–1:30 PM

HOLIDAY SWIMMING CLINICS

Build swimming skills for safety, fun and fitness. Do you need to overcome some fear of water? Do you know the basics but need some help mastering strokes? Are you training for an event? We have several classes to choose from based on age and swimming ability. Options for kids too!

Schedule: Nov. 19–21, Dec. 26–28. Check the website for schedule options.

Fee: Members \$28, Program Participants \$56

ENRICHMENT

Home School PE

Students will rotate through a variety of sports and training disciplines with a focus on fundamental skills and team building. This home school program is a great physical activity promoting healthy living, socialization and play into your home school curriculum. Sibling discounts and tuition reimbursement through your learning provider are available. **Age:** 5–12 yr.

Schedule: Tuesday & Thursday 1 PM–2:30 PM

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 relaxed, and is a great time for your child to burn their energy while learning to play well with others. **Age:** 3–5 yr.

Creative Play and Splash

Let your child get their creative juices flowing with this fun class focused on creative play in both the classroom and pool. Kids will spend 40 minutes engaging in creative play such as Legos, art, stories and then spend 30 minutes in the pool. Children must be potty trained and wear swim suits under their clothes to class. **Age:** 3–5 yr.

Parent-Child Toddler Time

Come explore and play in a fun and safe environment, while helping your child adjust to classroom setting. Your child will participate in movement and early literacy through songs, books and more! **Age:** 18 mo.–3 yr.

Simple Mechanics

Learn about mechanisms that multiply force through simple mechanics like levers, linkage, wheels, axle, inclined planes and more. Children will learn through observation, reasoning, prediction and critical thinking. **Age:** 6–10 yr.

Building Bridges

Ever wonder how those bridges of Portland actually work? In this class, discover the forces applied and how engineers manage to reduce their effects while literally supporting our lives every day. Each class will include hands on learning and critical thinking. **Age:** 7–12 yr.

Little Artists

Young artists will explore the fundamental principles of art through experimenting with various paints, pencils and paper structure. New crafts each week will keep your little artist excited and wanting to do more. **Age:** 4–6 yr.

Beginners Drawing

Kids will strengthen their abilities to capture what they see on paper and feeling accomplished. Geared towards anyone who wants to give drawing a try. Classes are kept small to ensure individualized attention and instruction. **Age:** 7–11 yr.

Chefs in Training

Your young chef will learn a range of cooking skills– from small appliance cooking, to meal planning, to the wonders of food chemistry. Every day they will learn how to make a new masterpiece. **Age:** 9–11 yr.

Dance

Participants will learn rhythm, balance and coordination; as well as simple choreography. These fun-filled classes are great for both boys and girls. **Jazz, Tap, Ballet, Acro and our new Variety Blend class. Age:** 3–12 yr.

Rock Climbing

Group lessons: Climbers will learn techniques, knots, footwork, equipment safety, commands and more! Closed toe athletic shoes are required. **Age:** 5–12 yr.

Private Lessons: Available on request to be arranged

Jr. Sports Practice

Give your child the opportunity to make friends and learn a new game. During this 45 min sport practice, kids will burn energy while practicing youth sport skills. **Age:** 3–4 yr.

Soccer Practice: Session 5 and Session 2

Basketball Practice: Session 6

Tball Practice: Session 3

Pre-Sport Conditioning (SAQ)

Bridging gaps from recreation to competitive sports by developing Speed, Agility, Quickness and overall strength. This program focuses on injury prevention, and promoting healthier living. **Age:** 9–18 yr.

Gymnastics

These classes focus on the accumulation of individual skills and the ability to string them together mentally and physically. Each level is age appropriate and will build your gymnast's skills.

Preschool: Age 3–5 yr.

Beginning: Age 5–7 yr.

Beg/Int.: Age 7+

Martial Arts

Karate at the Y focuses on respect for one's self and others as a foundation to build character and life skills.

Mighty Mites Age: 3–5 yr.

Kempo Karate multiple levels **Age:** 6 yr.–adult

Specialty Camps

Discover so much more than your physical abilities. Children build character, develop self-confidence and create relationships through positive interactions. All skill levels and abilities welcome. **Age:** K–5 gr.

Discover Science

Explore crazy creations and learn how different elements react together. This camp will include many hands on activities and fun that will ignite their curiosity for a lifetime. **Schedule:** Nov.19–21

Active Kids Camp

Keep your kids moving with Active Kids Camp. We have plenty of fun sports, games and activities to suit all ages and keep everyone entertained!

Schedule: Nov. 19–21, Mar. 25–29

ENRICHMENT

Writing Workshops

Let your child explore different story telling and writing methods through each unique class.

Comic Strip Exploration, Age: 6-10 yr.

Creative Writing, Age: 7-11 yr.

Poems and Poets, Age: 10-13 yr.

Homework Help

Set up some time with a homework helper who can help your child with subjects such as English, math, history, geography, science, and social studies. **Grades:** 1-7

Youth Cardio Orientation

In this class, youth will learn how to safely use cardio equipment and be able to work out with a parent afterwards. Sign up at the Welcome Center. **Age:** 8-13 yr.

Parents Night Out

Can't remember the last time you ate a meal out that didn't come with crayons? Drop your children off in a safe structured environment where they play, make crafts and wind down with a movie, while you slip away kid free for a few hours. **Age:** 6 wks-12 yr.

Child Development Center

The Sherwood YMCA Child Development Center located at the Sherwood Methodist Church and YMCA facility. We provide children with a nurturing atmosphere and dynamic curriculum. Call 503.925.9602 for more information. **Age:** 6wks-12yrs. **Schedule:** Mon-Fri 6:30 AM-6:30 PM.

Teen Center

Available for all teens in grades 6-12

Schedule: Monday – Friday 3 PM- 6 PM

Active Teen Center Members may be eligible for a free YMCA facility membership!

Teen Leaders

Be a teen leader and find opportunities at the YMCA to volunteer. This is an easy way for you to gain those volunteer hours for school, as well as build leadership skills. Skill/job training is available for those seeking employment opportunities. Call or ask the Welcome Center for a Volunteer Application.

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 yr.

Teen Sports

Pick-up Basketball: Tues/Thur: 6:45 PM-7:45 PM

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

Birthday Parties

Make fun memories and have your child's birthday party at the Sherwood Y. Choose Swimming, Kid's Gym, Sports or Rock Climbing, or even your own idea. Book online or call 503.625.9622.

Youth Sports

Fall Soccer 2018

Youth indoor soccer is co-ed for kids ages 3-6 years old who are ready to learn and develop the basic skills of soccer. Youth soccer builds sportsmanship and the values necessary to be successful in life! We encourage fair play, positive competition and family involvement. **League:** Sept. 8-Oct. 27

Basketball 2018-19

Youth basketball at the Sherwood YMCA is co-ed for kids ages 3-8 yr. that will learn the fundamentals of the sport like ball-handling, passing, dribbling, and shooting. We encourage fair play, positive competition and family involvement. **League:** Nov. 10-Jan.19

Soccer 2019

Youth indoor soccer is co-ed for kids ages 3-6 years old who are ready to learn and develop the basic skills of soccer. Youth soccer builds sportsmanship and the values necessary to be successful in life! We encourage fair play, positive competition and family involvement. **League:** Feb.2-Mar. 23.

T-Ball 2019

T-Ball at the Sherwood YMCA is co-ed for kids age 3-6 yr. and 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 of taking turns and waiting, and best of all, practicing to hit a home run! We encourage fair play, positive competition and family involvement. **League:** Apr. 6-June 1

All Youth Sports

Age: 3-4 yr. **Schedule:** Practices and games on Saturdays.

Age: 5-6 yr. **Schedule:** Practice one time a week with games on Saturdays.

Age: 7-8 yr. **Schedule:** Practice one time a week with games on Saturdays. *Basketball only

Volunteer

Youth sports are parent and volunteer driven. Step up to the corner kick, free throw line or the plate to help the team out in a big way; become a Youth Sports Coach. Contact the Welcome Center or the Youth Sports Supervisor.

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. Contribute to our Annual Campaign and become an integral part of bringing out the best in Sherwood. Contact Melody Danner at mdanner@ymcacw.org or 503.862.4011.



EVENTS

Harvest Festival

Saturday, Oct. 27. Come in your costume and join us for crafts, games and fun! Open to everyone. Stay tuned for details.

Breakfast with Santa

Dec. 9, 9 AM–11 AM. Join us for breakfast, activities and Santa pictures ! Pre-register and reserve your breakfast time.

HEALTH AND SAFETY CLASSES

Safe at Home

Staying home alone is a big responsibility and privilege! Students will learn general 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:** Members \$35, Program Participants \$45 **Schedule:** Nov. 10, Mar. 16, June 1, 9 AM–11:30 AM.

Lifeguard Training

Learn and practice rescue skills, injury prevention and teamwork. 100 percent attendance to listed classes required. Both weekends are required when two weekends are listed. **Age:** 15+ Must be able to swim 300 yards and reach minimum depth of 7'. **Fee:** Members \$175, Program Participants \$250 **(Includes \$75 non-refundable materials fee).**

Class 1: Sept. 28–30 and Oct. 6–8,

Class 2 (Christmas Break): Dec.16–30,

Class 3 (Spring Break): March 25–29,

Class 4: Apr. 26–28 and May 3–5.

Healthy Kids Day

This free, fun filled national event will take place on a Saturday in April and is geared for all ages to promote health and wellness. There will be fun activities, free samples, community performances and interactive demonstrations. Open to everyone in the community.

Lifeguard Review

Are you a currently certified lifeguard and need to renew your certification? This class focuses on the most current American Red Cross lifeguard techniques. Successful completion of course extends current Red Cross Lifeguard certification two years. Participants must present valid Red Cross Lifeguard certification. **Fee:** Members \$75; Program Participants \$150. Course 1: Oct. 20 Course 2: Dec.1 Course 3: Feb.16, Course 4: May 18, all classes 9 AM–5 PM

Babysitter's Training

Become the best babysitter in your neighborhood as you become certified through this American Red Cross course. We will focus on leadership, safety, child care skills and first aid. Please bring lunch. **Age:** 11–14 yrs. **Fee:** \$65 Members, \$80 Program Participants; fees include a \$20 non-refundable material fee. **Schedule:** Sept. 22, Apr. 6 or May 11, 9 AM–4 PM

REFUND POLICY

Refund/Credit Policy: You have the right to cancel registration for any reason. To receive a refund, (minus a \$5 processing fee) you must present your receipt and cancel your registration seven days prior to program start date. Cancellations and class transfers received less than seven days prior to the program start date need to be approved by the director and will be charged \$10 processing fee. Once the class begins, no refunds, transfers or credits will be issued without a written medical note. All refunds take three to six weeks for processing.

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

Christmas Eve

Christmas Day

New Year's Eve

New Year's Day

Easter

Memorial Day

*Check schedules for holiday programming

Nov. 22, 2018, 7 AM–1 PM

Dec. 24, 2018, 7 AM–1 PM

Dec. 25, 2018, Closed

Dec. 31, 2018, 7 AM–1 PM

Jan. 1, 2019, 9 AM–3 PM

Apr. 21, 2019, Closed

May 27, 2019, 7 AM–1 PM