



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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HEALTHY LIVING 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

*LIMITED CLASS SCHEDULE 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 | ymca.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. The current schedule can be found on our Y app, YMCA of Columbia-Willamette. **Age:** 14 and up. **Fee:** Free for Facility Members. Program Participants pay drop in fee.

CARDIO	STRENGTH	MIND BODY
Step REFIT® 503 Cardio Groove Circuit Muscle Conditioning Contemporary Line Dancing Dance Fitness Zumba® Gold Tabata Cycle Cycling Cycle/Core	Y Barre Ballet Barre Totally Toned Power Fit Muscle Conditioning Body Blitz Insanity Tabata Circuit Rev and Flow	Yoga Vinyasa Yoga Hatha Yoga Pilates Nia® Yogalattes Gentle Yoga Yoga Fusion Buti Yoga

WATER FITNESS

All our water fitness classes are free to members and follow the same session dates as all programs.

WATER EXERCISE

- Poolates
- Power Music
- SilverSneakers® Splash
- Deep H2O Exercise
- Move-n-Groove
- Pre/Post Natal H2O
- Water Workout

ADULT SPORTS

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

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.

KICKSTART

KICKSTART is an opportunity to become comfortable in your YMCA by meeting with a fitness professional. Your goals and needs will be assessed to support your path to a healthy lifestyle.

The complimentary KICKSTART program is up to three individualized appointments with a personal trainer. The first session is primarily dynamic goal setting and identifying potential barriers along with an introduction to exercising at the YMCA—60 minutes.

The second KICKSTART appointment continues the conversation and builds onto the healthy lifestyle habits and exercise from KICKSTART 1—30 minutes.

KICKSTART three is a follow up to monitor progress, support, provide baseline assessments and offer course correction as needed—30 minutes.

At any point in the KICKSTART process the member may decide that they want to pursue other program areas such as Group Exercise or Personal Training.

PERSONAL TRAINING

RAISE THE BAR

Achieve your fitness goals with a certified Personal Trainer. Personal Trainers will come alongside you and create an effective personalized plan. They will also provide motivation and accountability to help you become successful. Whether you have weight to lose, build strength, manage pain, improve posture or correct movement. **Age: 10+**

60 Minute sessions

3 for \$99 (Introductory Package limited to one per member)

4 for \$200

8 for \$388

12 for \$564

24 for \$1092

30 Minute Sessions

4 for \$140

8 for \$260

12 for \$372

24 for \$696



BOOT CAMP

The Sherwood YMCA has developed several camps to meet the needs of its diverse population. Sign up for these personalized exercise classes at the Welcome Center. For more information about fitness programs and pricing please contact Katie Grimes at 503.862.4018 or Kgrimes@ymcacw.org

SPECIALTY WELLNESS PROGRAMS

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: \$85 Facility Members, \$95 Program Participants. Schedule: Oct. 17, Jan. 26 or Apr. 17, 9 AM–2 PM.

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.

Family–To–Family Education Program

A program offered by the National Alliance on Mental Illness. This is a series of 12 sessions structured to help caregivers understand and support adults with serious mental illness while maintaining their own well-being. For more information or to register, contact Liz at namiwashcof2f@gmail.com or 503.356.6835. **Age:** Adult **Fee:** Free through National Alliance on Mental Illness of Washington County. **Schedule:** Sundays, Sept. 9–Nov. 18, 2 PM–4:30 PM.

ACTIVE OLDER ADULT EVENTS

Balance Testing to Prevent Injury

Sept. 2018 9 AM–11 AM–Date TBA

ARE YOU IN BALANCE? Falling can cause serious injury and affects 33–50 percent of our senior population annually. The causes of these falls can include environmental hazards such as stairs, gait disorders, dizziness and others. Therefore the YMCA is offering free assessments to allow you to understand where your balance is at. Learn what opportunities we have here at the Y to help with balance. Register on line or call the Welcome Center to reserve your spot now

AARP Driver Safety Program

Tuesday, Sept. 12, 2018 12:30 PM–3:30 PM & Wednesday Sept. 13, 2018 12:30 PM–3:30 PM

\$15 for AARP members, \$20 for non AARP members.

Stay independent, confident and safe while driving on the road. Learn to be safe in this fun, interactive driver course, that can lead to discounts on car insurance. Call the Welcome Center to reserve your spot now. Payment will be made to the AARP representative on the first day of the course.

Bible Study

Wednesday, Sept. 12 2018 – June 2019 11 AM–noon

Join the YMCA Chaplain and learn from the Bible and how it can help us in our daily lives.

Appreciation Veteran's Breakfast

Thursday, Nov. 9, 8:15 AM–9:15 AM

Join us at breakfast as we honor all those who have served or are currently serving, and their family and friends. Register online or call the welcome center to reserve your spot. Please register before Nov. 5, to help plan.

You are Zensational

Jan. 2019 Date and time to be arranged

Join us for a fun-filled special class to show your ways to keep you discover how to stay calm. Social time before and after class, with healthy treats to share.

Senior Wellness Faire

Wednesday, May 29, 2019 10 AM–noon

A free community event to discover all the community options for Seniors to stay healthy. Enjoy a game of Bingo, have coffee and treats and make new friends.

Dance for Health Celebration, Boones Ferry Location

Date TBA, 2 PM

Join your resident team of AOA Dance Fitness Instructors instructors Caz and Mary along with guest instructors as we party our way to fitness.

ACTIVE OLDER ADULTS/AGELESS LIVING

Movement Meditation

Unplug and calm your mind with an integrative movement practice. Move with awareness to support your body holistically to sustain mobility, flexibility, strength, agility and stability. Space is limited **Fee:** Facility Members \$50, Program Participants \$100. Space is limited to 12 participants. Classes are offered for beginner and advance. **Session:** Monday, 1 PM, Fall, winter and spring

Walk with Ease

Learn how walking can help with arthritis pain. **Fee:** Facility Members \$25, Program Participants \$36. Space is limited to 12 participants. **Session:** Fall and spring, Monday, Wednesday and Friday.

Classical Tai Chi

Tai Chi is a gentle, physical exercise that 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. **Fee:** Facility Members \$50, Program Participants \$100. Space is limited to 14 participants. **Session:** Fall, winter and spring. Monday 2:15 PM Advance Tai Chi (must complete the beginner class to enter this class), Friday 2:15 PM for Beginner Tai Chi.

Movement For Better Balance

This is an evidence based fall prevention program for older adults based in 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. **Session:** Fall, winter, spring.

Pickleball

Pickleball is a fun paddle sport that is a cross between ping-pong and tennis. It can be played at a very low and slow level or at a very high competitive level. 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 or \$5 drop-in fee for Program Participants.

SOCIAL AND VOLUNTEERING

Make new friends at the Y with our bi-monthly luncheons, special social events, Lunch 'N' Learns 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.

INSURANCE PAID MEMBERSHIPS

Optum Fitness Advantage

Optum Fitness Advantage is offered by United Healthcare Insurance. It provides eligible members access to a participating location at no cost. All eligible members have access to all the services and privileges that are part of membership.

AARP

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

SilverSneakers®

The Y takes part in the SilverSneakers® program. Contact your insurance provider for details.



Silver & Fit®

The Y takes part in the Silver&Fit® program. Contact your insurance provider for details.



Active and Fit

Offered through American Specialty Health Fitness. Participating health plans, employer groups and associations for members age 18–64 yr.

WELLNESS OPPORTUNITIES

- Gentle Yoga
- Hatha Yoga
- P.B.S. (Pilates, Balance, Stability)
- Pickleball
- Nia® Movement to Heal
- Nia®
- Senior Yoga
- Tone & Sculpt
- Movement Meditation*
- Tai Chi* (Beginner and Advance)
- TaijiFit*
- SilverSneakers® Program
 - Classic
 - Circuit
 - CardioFit
 - Splash
 - Yoga
- Silver&Fit® endorsed formats
 - Experience
 - Zumba Gold
 - Movement For Better Balance*

*Additional Cost

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.

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

Robin Hood Garden Club

In partnership with The Sherwood Regional Family YMCA Robin Hood Garden Club promotes gardening through education and sharing. **Fee:** \$15 per year, YMCA membership not required. **Schedule:** Meetings are on the second Friday of the month in the morning. Contact Sandy Reid at 503.625.4649 or thereidshome@gmail.com.

Sherwood Town Criers Toastmasters

Everyone is welcome. For more information contact Janet Cerasin at 971.832.0585 **Fee:** Free for guests **Schedule:** Wednesday, 7 PM–8 PM

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.

REFUND POLICY

You have the right to cancel registration for any reason. To receive a refund, minus a \$5.00 processing fee, you must present your receipt and cancel your registration seven days prior to program start date. This needs to be approved by the director and you will be charged a \$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

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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. 22, 2018, 7 AM–1 PM

Christmas Eve Dec. 24, 2018, 7 AM–1 PM

Christmas Day Dec. 25, 2018, Closed

New Year's Eve Dec. 31, 2018, 7 AM–1 PM

New Year's Day Jan. 1, 2019, 9 AM–3 PM

Easter Apr. 21, 2019 Closed

Memorial Day May 27, 2019, 7 AM–1 PM

*Check schedules for holiday programming

