



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FRIENDS MEMORIES

YOUTH DEVELOPMENT PROGRAM GUIDE



SUMMER 2019

Session 4: June 24– Aug. 18

Session 4a: June 24–July 3

Session 4b: July 8–July 18

Session 4c: July 22–Aug. 1

Session 4d: Aug. 5–Aug. 15

Session 4e: Aug. 19–Aug. 29

REGISTRATION: APRIL 27

SHERWOOD REGIONAL FAMILY YMCA | 23000 SW Pacific Hwy, Sherwood OR
503.625.9622 | ymcacw.org | [#SherwoodYMCA](https://twitter.com/SherwoodYMCA) | [@shrwdtc](https://twitter.com/shrwdtc)

ENRICHMENT

Child Watch Center

Family Memberships have the opportunity to use our Child Watch, Fun Club and School Age programs as an added benefit to their memberships. These programs reach children ages 6 weeks to 11 years of age and are for use when the adult on the membership is in the facility, for up to 2 hours a day, per child. Children will engage with others in story time, activities and creative play.

Sherwood YMCA

Child Development Center

The YMCA operates a full-day Child Development Center located at the Sherwood Methodist Church and YMCA facility. Children are provided with a nurturing atmosphere and dynamic curriculum. Call 503.925.9602 for information or to schedule a tour. **Age:** 6 weeks–12 years. **Schedule:** Year round Monday–Friday 6:30 AM–6:30 PM.

Simple Mechanics

Learning about simple machine concepts such as gears, levers, wheels and more. Each child will learn through observation, reasoning, prediction and critical thinking. **Age:** 5–8.

Martial Arts

Karate at the Sherwood Family YMCA is taught with a focus on respect for one's self and others as a foundation to build character and life skills. The class atmosphere emphasizes cooperation and socially constructed learning as opposed to competition. Mighty Mites: **Age:** 3–5 Kempo Karate: Multiple levels **Age** 6+.

Youth Cardio

Sign your child up for a Youth Cardio Orientation. Children will learn how to safely use the cardio equipment. Children will have a sense of accomplishment and be able to work out with you. Sign up at the Welcome Center. **Age:** 8+

TEEN CENTER/TEENS

Teen Center

Fee: Free to all teens in grades 6–12

Schedule: Monday–Friday 3 PM–6 PM

Summer Hours: Monday–Friday noon–6 PM

Follow us on Instagram and Facebook @shrwdtc

Friday Fellowship

Every Friday starting June 21–Aug. 30 at 11 AM. There will be a Bible study with a free lunch following the study. There will also be games for the teens to do. Located in the Teen Center.

Teen Sports

Teen Basketball: Tues/Thurs: 6:45 PM–7:45 PM

Teen Volleyball: Thursday: 7:30 PM–8:30 PM

Youth and Government

Youth and Government™ is a national program of the Y that involves thousands of teens. The program culminates with teens serving as delegates at state conference debating bills on the floor of the legislature. Teens meet at the capitol of Oregon from across the state for three days in February.

Age: High School

Story Time in the Park

Meet us at Stella Olsen Memorial Park to listen, lunch, and learn. **Schedule:** Thursdays 11:30 AM–12:30 PM June–Aug.

Rock Climbing

Group Lessons: Climbers will learn techniques, knots, footwork, equipment safety, commands and more! Closed toe athletic shoes required. **Age:** 5–12 years. **Fee:** Members \$75; Program Participants \$90. **Private Lessons:** Available on request. Time will be arranged. **Age:** 5+

Gymnastics

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. Preschool **Age** 3–5, Beginning **Age** 5–7, Beg/Int **Age** 7+

YMCA Adventure Guides Coming Fall of 2019

The Adventure Guides program launches fathers and their children on a journey of discovery, with the child as the **explorer** and the father as the **guide**. Adventure Guides encourages dads to **get to know your kid, while your kid is still a kid**, with group activities such as games, crafts, songs, stories, skits, ceremonies and outdoor pursuits. The one-on-one time in a fun, special environment that strengthens the father-child bond through shared experiences. For more information contact Melody Danner at AdventuresGuides@ymcacw.org or 503.862.4011.

Parents Night Out

Enjoy a relaxing night out when the kids have fun with us! While you are out, staff will lead crafts, games and active play for children. After dinner, we will settle down with a movie. **Schedule:** 5 PM–10 PM **Fee:** Members First Child \$30; Additional Child \$10 Program Participant: First Child \$45; Additional Child \$20

Field Trips

This is a chance for teens to get active and travel in a variety of field trips. **Age:** Grades 6–12

Bullwinkle's Family Fun Center

Schedule: July 8 noon–3 PM **Fee:** \$20.

Oaks Park

Schedule: July 30 10 AM–6 PM. **Fee:** \$15.

Wings and Waves

Schedule: Aug. 12, 10 AM–6 PM. **Fee:** \$22.

For more information email: dmerston@ymcacw.

Teen Strength

Set lifelong fitness habits early and empower kids to participate on the upstairs fitness equipment. This class teaches how to use the fitness equipment safely and effectively. After successful completion, teen members may workout in the fitness area **when accompanied and under the direct supervision of a parent or responsible adult**.

Age: 12–13 yrs. Members only

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.
Adventure Guides			X			
Aquatics Summer Camps				X	X	
Babysitters' Bootcamp				X	X	
Babysitters' Training				X	X	
Birthday Parties	X	X	X	X	X	X
Child Development Center	X	X	X	X		
Child Watch	X	X	X			
Competitive Swimming Camp				X	X	
CPR/First Aid Certification					X	X
Fun Club			X	X		
Gymnastics		X	X	X	X	
Jr. Lifeguard				X	X	
Jr. Swim Instructor				X	X	
Lifeguard Training					X	X
Little Campers		X	X			
Martial Arts			X	X	X	X
Parents' Night Out	X	X	X	X		
Rock Climbing			X	X	X	X
Safe at Home			X	X		
School Age			X	X		
Simple Mechanics			X	X	X	
Summer Specialty Camps			X	X		
Summer Safety Day		X	X	X	X	
Story Time in the Park	X	X	X	X		
Swim Lessons	X	X	X	X	X	X
Swim Team			X	X	X	X
Teen Center					X	X
Teen Strength Orientation					X	
Youth and Government					X	X
Youth Cardio Orientation			X	X	X	
Youth Exercise Orientation			X	X		
Youth For Change					X	X

WHO WE ARE

At the Y, we are so much more than a gym. We're a cause. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Strengthening community is our goal. Every day, we work with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

SUMMER CAMPS

Summer Specialty Camps 2019

Week	Dates	K-2 Grade	3-5 Grade
1	June 17-21	Basketball	Rock Climbing
2	June 24-28	Rugby	Rugby
			Cooking
3	July 1-5	Soccer	Racket Sports
			Building Bridges Mechanics
4	July 8-12	Rock Climbing	Soccer
		Project Camp Craft	Dance Camp
5	July 15-19	Ultimate Sports	Dodgeball
			Project Camp Craft
6	July 22-26	Gymnastics	Basketball
7	July 29-Aug. 2	Basketball	Floor Hockey
			Gymnastics
8	Aug. 5-9	Dodgeball	Soccer
			Building Bridges Mechanics
9	Aug. 12-16	Rock Climbing	Ultimate Sports
		Dance Camp	Cooking
10	Aug. 19-23	All Ball	Rock Climbing

Camps run 9 AM-1 PM, please bring a snack, lunch and water. Fees: Early Bird Pricing: Members \$95, Program Participants \$145. Regular Price: Members \$115, Program Participants \$165. Early Bird ends June 10

Math Gamers

July 15-19 & Aug. 19-23
10:30 AM-noon
Fee: \$130 per week

Code to the Future

June 17-21 & July 22-26

Minecraft Video

Game Design

Age: 7-12 9 AM-noon, \$205

Minecraft Modding

Age: 9-14 1 PM-4 PM, \$289

Jr. Swim Instructor Camp

Teach kids to swim! Work on stroke improvement, lesson planning, and help our instructors teach a real class! **Age:** 10+ **Fee:** Members \$80, Program Participants \$160 **Schedule:** July 8-11, 1PM-3PM

Jr. Lifeguard Camp

Keep people safe! Practice stroke improvement, rescue techniques, First-Aid and help our lifeguards serve our community! **Age:** 10+

Fee: Members \$80, Program Participants \$160

Schedule: July 22-25, 1PM-3PM

Competitive Swimming Camp

Practice and perfect competitive strokes, build endurance and participate in a mini swim meet! Must be LEVEL 4 or above to participate. **Age:** 10+ **Fee:** Members \$80, Program Participants \$160

Schedule: August 5-8, 1PM-3PM

Jr. Camp Counselor

Designed to introduce participants to leadership roles with specific training and responsibilities in the camp environment, Jr. Counselors will be positioned with skills to have a positive impact in future roles. Our goal is for Jr. Counselors to be confident in their leadership abilities and be able to create positive change. **Age:** 12+

Little Campers

These specialty weeks will let your little one enjoy a camp experience with a different theme each day, including sports, art, music, water play, etc. Choose one week or all!

Age: 3-5 yrs **Fee:** Members \$50, Program Participants \$65 **Schedule:** June 25-27, July 23-25, Aug. 6-8

YMCA Camp Collins

Overnight Camps at YMCA Camp Collins offer a wide variety of outdoor adventures—all led by trained and experienced leaders who guide children of all ages in having an unforgettable and fun experience. Join us for summer camp. For more information contact campcollins@ymcacw.org or 503.663.5813



AQUATICS

MORNING CLASSES

9 AM	9:30 AM	10 AM	10:30 AM	11 AM	11:30 AM	12 PM/NOON	12:30 PM
PRE-1	PRE-2	PRE-1	PRE-2	PRE-1	PRE-2	PRE-1	
PRE-3	LEVEL 1	PRE-2	LEVEL 1	PRE-3	LEVEL 1	LEVEL 3/4	
LEVEL 2	LEVEL 2	LEVEL 2	LEVEL 2	LEVEL 2	LEVEL 2	LEVEL 4	
LEVEL 3	PRE-4	LEVEL 3	PRE-4	LEVEL 5/6			

AFTERNOON CLASSES

2 PM	2:30 PM	3 PM	3:30 PM	4 PM	4:30 PM	5 PM	5:30 PM	6 PM	6:30 PM	7 PM
LEVEL 4	PRE-1	PRE-2	PRE-1	PRE-3	PRE-1	PRE-2	PRE-1	LEVEL 3/4		
LEVEL 5/6	PRE-3	LEVEL 1	PRE-2	LEVEL 1	-	PRE -4	PRE-3	LEVEL 4		
LEVEL 2	LEVEL 3	LEVEL 2	LEVEL 3	LEVEL 1	LEVEL 5/6					

SATURDAY CLASSES

9 AM	9:30 AM	10 AM	10:30 AM	11 AM	11:30 AM	12 PM/NOON	12:30 PM
PRE-1	PRE-2	PRE-1	PRE-2	PRE-1	LEVEL 1	LEVEL 3/4	
PRE-3	LEVEL 1	PRE-3	LEVEL 2	PRE-4	LEVEL 4		
LEVEL 2	LEVEL 3	PARENT & CHILD	LEVEL 3	LEVEL 5/6			

*NOTE: Saturday classes begin Saturday, June 22

PRICING

	WEEKDAY GROUP LESSONS	SATURDAY GROUP LESSONS	PRIVATE LESSONS	SEMI-PRIVATE LESSONS
MEMBER	\$64	\$32	\$30	\$20
PROGRAM PARTICIPANT	\$128	\$64	\$45	\$35

Private & Semi-Private lessons are billed per participant per lesson

SHERWOOD Y DRAGONS

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 and coach approval 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. Check out the Swim Team Website at <http://bit.ly/2liMNOK>



Summer Safety Day

Start summer safely! We want everyone to stay safe around water this summer. This fun event will teach basic water safety with a strong emphasis on drowning prevention around all bodies of water including lakes, rivers, the ocean, and pools. We will practice being safe while having fun and playing in the pool!

Age: 3+ Fee: \$3 for all participants
Schedule: Saturday, June 15,
10 AM–noon



ANNUAL CAMPAIGN

YMCA Annual Campaign

Every day our community faces new challenges that create a greater need for the work we do. It is only through the support of volunteers and donors like you that we are able to help Sherwood learn, grow and thrive. For information contact Melody Danner at mdanner@ymcacw.org or 503.862.4011.

BIRTHDAY PARTIES/RENTALS

Parties | Rentals

Come enjoy your time at the Y for a great price and exciting experience. Check out options for Birthday Parties, Youth Nights, Graduations, Team Celebrations and anything you can think of to make your event a blast. Speak with our Coordinator @ 503.862.4004 or check out the options online.

EVENTS

Community BBQ

Saturday, Aug. 17, 11 AM–1 PM. Come help us celebrate 21 years of serving Sherwood with food, family and friends! This FREE event is open to everyone in the community!

Sherwood Family Triathlon

Saturday, Aug. 17, 10 AM

This event has become a summer staple for the residents of Sherwood. The triathlon is a way for families and individuals of all ages to connect while actively pursuing health. All of the money raised at triathlon goes towards our Annual Campaign.

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. Bring a snack and water. **Age:** 8–11 **Fee:** Members \$35, Program Participants \$45 **Schedule:** June 1, July 2, OR Aug. 1, 9 AM–11:30 AM.

Babysitter's Bootcamp

Join us for five days of intense training for babysitters and babysitters-to-be. Participants obtain the skills necessary to successfully launch their babysitting business as well as American Red Cross certifications in Babysitter's Training, CPR, and First Aid. Please bring a snack each day. **Age:** 11–14 **Fee:** Members \$100, Program Participants \$120; Fees include a \$20 non-refundable materials fee. **Schedule:** July 22–26, 1 PM–4 PM.

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

HOLIDAY HOURS

Independence Day: 7 AM–1 PM
Labor Day: 7 AM–1 PM
***Programs are not scheduled during holidays without regular facility hours.**

CHILD WATCH HOURS

Monday–Thursday, 8 AM–1 PM, 4 PM–8 PM
Fridays during summer, 8 AM–1 PM, 4 PM–6 PM
Saturday, 8 AM–1 PM
Sunday closed

SCHOOL AGE/FUN CLUB HOURS

Monday–Friday 8 AM–11:30 AM, 4 PM–7 PM

TEEN CENTER HOURS

Monday–Friday noon–6 PM

Lifeguard Training

Learn and practice rescue skills, injury prevention, and teamwork. Earn an American Red Cross Lifeguard Certification and become eligible to apply for a job as a lifeguard. 100% attendance is required. Must be able to swim 300 yards and reach a minimum depth of 7 feet. **Age:** 15+ **Fee:** Members \$200, Program Participants \$275 (Includes a \$50 non-refundable materials fee). **Schedule:** June 24–28, 9 AM–3 PM

Lifeguard review

For lifeguards who hold a current American Red Cross certification. Successful completion extends ARC Lifeguard certification for two years. Participants must present their valid certification at the beginning of the class. **Fee:** Members \$80, Program Participants \$160 **Schedule:** Aug. 10, 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 a lunch. **Age:** 11–14 **Fee:** Members \$70, Program Participants \$85; Fees include a \$20 non-refundable materials fee. **Schedule:** June 17, June 27, July 9, Aug. 14 OR Aug. 27. All classes run from 9 AM–4 PM.

Refund/Credit 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 the starting date of class. Cancellations and class transfers received less than seven days prior to program start date need to be approved by the director and charged a \$10.00 processing fee. Once the class begins, no refunds, transfers or credits will be issued without a written medical note. **All refunds take 3–6 weeks for processing.**