



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMIT TO YOUR HEALTH

## HEALTHY LIVING 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](http://ymcacw.org) | [#SherwoodYMCA](https://twitter.com/SherwoodYMCA)

## GROUP EXERCISE

Please check our app (DAXKO) for current schedules of all group exercise classes. The group exercise schedule can also be found online at [www.ymcacw.org](http://www.ymcacw.org) **Age:** 14+. **Fee:** Free for Members. Program Participants: Drop-in fee \$12 or \$6 with member.

The Y offers a full menu of free classes for all ages, fitness levels and interests.

STRENGTH	CARDIO	MIND BODY
REV+FLOW by REFIT®	REFIT®	Yoga
Circuit	503 Cardio Groove	Vinyasa Yoga
Muscle Conditioning	Step	Hatha Yoga
Barre Above™	Contemporary Line Dancing	Gentle Yoga
Totally Toned	Dance Fitness	Buti Yoga®
BODYPUMP™	Insanity	Yoga Flow
Ballet Barre	Tabata Cycle	Pilates
Body Blitz	Cycling	Nia®
		Yoga Fusion
		BODYFLOW™
		
<b>WATER FITNESS</b> All our water fitness classes follow the same session dates as other programs. <b>Fee:</b> Free for Members, Program Participants: Drop in fee: \$12 or \$6 with member		
<b>WATER EXERCISE</b> Poolates Power Music SilverSneakers® Splash Water Workout Deep H2O Exercise Move-n-Groove Pre/Post Natal H2O		

## 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.



## KICKSTART

KICKSTART is an opportunity to become comfortable in your YMCA by meeting with a Wellness Coach. Your goals and needs will be assessed to support your path to a healthy lifestyle. This benefit is included with membership.

- KICKSTART 1 involves dynamic goal setting with an introduction to exercising at the YMCA-60 minutes.
- KICKSTART 2 continues the conversation and builds onto the healthy lifestyle habits and exercise from KICKSTART 1-30 minutes.
- KICKSTART 3 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

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

**Introductory Package (limited to 1 per member)**  
Three 55 Minute sessions for \$99

**55 minute sessions**  
4 for \$200  
8 for \$388  
12 for \$564  
24 for \$1092

**30 minute sessions**  
4 for \$140  
8 for \$264  
12 for \$372  
24 for \$696

\*12 and 24 session packages are eligible for payment plan options for both 55 min. and 30 min. training

**Two Person Rate**  
1 for \$75  
5 for \$300  
10 for \$525

Give the gift of fitness!  
Gift certificates for  
Personal Training and  
camps are available at  
the Welcome Center.  
Age: 12+

## SMALL GROUP PERSONAL TRAINING

The Sherwood YMCA has developed several small group programs 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](mailto:kgrimes@ymcacw.org)



## SPECIALTY WELLNESS PROGRAMS



### YSnaps

This program was developed with community members to create an offering for the people in our lives with special needs. There will be a variety of activities with an emphasis on exercise and socialization. Majority of the participants are adults. **Age:** 14+. **Fee:** Members \$20 per session, Program Participants \$30 per session.

**Schedule:** Tuesday & Thursday 4:30 PM–5:30 PM

## HEALTH AND SAFETY CLASSES

### YMCA Diabetes Prevention Program

Reduce the risk of developing type 2 diabetes by shifting into a healthier lifestyle. This program offers healthy living topic discussions in a classroom setting and focuses on putting real-life choices into action for gradual, lasting changes.

**Age:** 18 years and up. **Fee:** \$429 (Insurance and payment options may be available). For more information, contact Maria at 503.862.4031 or email [prevention@ymcacw.org](mailto:prevention@ymcacw.org). YMCA membership not required. 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+. **Fee:** Members \$85, Program Participants \$95. **Schedule:** Thursday, July 11 from 9 AM–2 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.

## 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. 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 Members; \$5 drop-in fee for Program Participants. July 3–Aug. 26 Wednesday, Friday 1:30 PM–3:30.



## ACTIVE OLDER ADULTS/AGELESS LIVING

### AARP

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

### Renew Active

The Renew Active Program 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.



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



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

## WELLNESS OPPORTUNITIES

Gentle Yoga

Pickleball

Water Fitness

Nia® Movement to Heal

\*Nia®

\*Tai Chi (Multi-level)

\*TaijiFit Flow for Better Aging

\*Tai Chi for Balance

SilverSneakers® Program

- Classic
- Circuit
- CardioFit
- Splash
- Yoga

Silver&Fit® endorsed formats

- Zumba Gold
- TaijiFit

\*Additional Cost

### Taijifit: Flow for Better Aging

A new way to embrace the benefits of Tai Chi. These easy to follow moves allow you to flow into movement. Open to all levels. No experience necessary. Members \$30, Program Participants \$60. Space is limited. **Schedule:** Wednesday 1 PM–1:45 PM. July 10–Aug. 14

### Tai Chi

Multi-level Yang Style of Tai Chi. Open to all levels. Members \$30, Program Participants \$60. Space is limited to 14 participants.

**Schedule:** Monday 2:15 PM–3 PM, July 8–Aug. 12.

### Tai Chi for Balance

Learn a set of therapeutic Tai Chi moves that work on balance. No experience necessary. Open to all levels. Members \$30, Program Participants \$60. Space is limited to 14 participants.

**Schedule:** Tuesday 1 PM–1:45 PM, July 16–Aug. 20.

### Nia®

Nia is a celebration workout for your body, mind, emotions and spirit. It is a holistic dance practice, with the precision of martial arts, the fun and expression of the dance arts, and the mindfulness of the healing arts. **Fee:** Members \$30, Program Participants \$60. Space is limited.

**Schedule:** Tuesday noon–1 PM. July 9–Aug. 13

## 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 Director (Caz Thomson at 503.862.4021) about starting a social group of your own.



## EVENTS

### 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, which provides valuable programs and scholarships.

## ANNUAL CAMPAIGN

### YMCA 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.

## COMMUNITY

### Robin Hood Garden Club

In partnership with The Sherwood Regional Family YMCA we promote 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](mailto:thereidshome@gmail.com).

### Community BBQ

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

### Outdoor Experiences

Mt. Adams Summit/2 day Backpack, Aug. 16–17  
Larch Mountain Hike, Saturday, July 20 6AM–5PM  
Other Mt. Hood/Gorge Hikes (dates TBA)  
Tom, Dick and Harry Mountain  
Angels Rest  
Table Mountain

### 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)

### Sherwood Town Criers

Sherwood Town Criers help grow your leadership skills as well as overcome your fear of public speaking. For more information call Janet Cerasin at 971-832-0585 or [cerasin\\_janet@live.com](mailto:cerasin_janet@live.com) **Age:** Adults. **Fee:** Free for guests.

## 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

**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.**