



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER HEALTHIER CONNECTED

## HEALTHY LIVING PROGRAM GUIDE



### SHERWOOD REGIONAL FAMILY YMCA School Year 2019–20

SESSION 5: SEPT. 16–NOV. 2, 2019 | REGISTRATION: AUG. 17, 2019

SESSION 6: NOV. 4–DEC. 15, 2019 | REGISTRATION: OCT. 26, 2019

\*SPECIAL CLASSES ONLY NOV.18–24

SESSION 1: JAN. 6–FEB. 23, 2020 | REGISTRATION: DEC. 7, 2019

SESSION 2: FEB. 24–APR. 19, 2020 | REGISTRATION: FEB.15, 2020

\*SPECIAL CLASSES MAR. 23–29

SESSION 3: APR. 20–JUNE 7, 2020 | REGISTRATION: APR. 11, 2020

SHERWOOD REGIONAL FAMILY YMCA | 23000 SW Pacific Hwy. Sherwood, OR | 503.625.9622 | [ymcacw.org](http://ymcacw.org)

## KICKSTART

KICKSTART is an opportunity to become comfortable in your YMCA by meeting with a member of our Wellness Staff to assess your goals and needs and support your path to a healthy lifestyle.

The complementary KICKSTART Program is up to 3 individualized appointments with a Wellness Staff. This first session is primarily dynamic goals setting and identifying potential barriers along with an introduction to exercising at the YMCA. (60 mins)

The second KICKSTART appointment continues the conversation and builds onto the healthy lifestyle habits and exercise from KICKSTART 1. (30 mins)

KICKSTART 3 is a follow up to monitor progress, support, provide baseline assessments and offer course correction as needed (30 mins)

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

Introductory Package (limited to 1 per member)  
3-60 minute sessions- \$99

### 60- Minute sessions

4-\$200  
8-\$388  
12-\$564  
24-\$1092

### 30- Minute sessions

4-\$140  
8-\$264  
12-\$372  
24-\$696



(12 and 24 session packages are eligible for payment plan options for both 60 and 30 minute training)

## SMALL GROUP PERSONAL TRAINING

We have developed several small groups to meet the needs of our 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)

## 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
503 Cardio Groove Circuit Contemporary Line Dancing Cycle Dance Fitness Mixxed Tape Morning Mix Muscle Conditioning REFIT® Step Zumba Gold®	Ballet Barre Barre Body Blitz BODYPUMP™ Insanity™ Muscle Conditioning REV+FLOW® Tabata Circuit Totally Toned	BODYFLOW™ Buti Yoga® Gentle Yoga Hatha Yoga Nia® Pilates Vinyasa Yoga Yoga Yoga Flow 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>            Deep H2O Exercise            Move-n-Groove            Poolates            Power Music            Pre/Post Natal H2O            SilverSneakers® Splash            Water Workout         </div>		

## 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.

## OUTDOOR ADVENTURES

**Snow Shoe** – Guided day hike, Tom, Dick and Harry Mountain, date TBA

**Snow Shoe** – Moonlight guided tour, date TBA

**Cross-county ski tour** – date TBA

## 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+. **Fee:** Members \$85, Program Participants \$95 **Schedule:** Oct. 16, Jan. 25 or Apr. 15, 9 AM–2 PM

### YSnaps

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

### Lifeguard Training

Learn and practice the skills you will need to keep people safe in an aquatic environment. This class focuses on rescue skills, injury prevention and teamwork. For prerequisites and times see current schedule.

## ADULT SPORTS

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

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

**Pickleball:** See description on next page

## ACTIVE OLDER ADULT EVENTS

### Balance Testing to Prevent Injury

Sept. 2019 9 AM–11 AM

Are you in balance? Falling can cause serious injury and affects 33–50% of our senior population annually. The YMCA is offering free assessments to understand where your balance is at. Learn what opportunities we have at the Y to help with balance.

### AARP Driver Safety Program

Sept. 2019

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. Payment will be made to the AARP representative on the first day of the course. \$15 for AARP members, \$20 for non AARP members.

### Friendship, Faith and Wellness

Sept. 2019–June 2020

Join the YMCA Chaplain and join our book club where we will learn how to reach our highest level of health and contentment through small, focused changes. The first book will be Quantum Wellness by Kathy Freston. Contact Caz Thomson for more details.

### Senior Valentines Celebration

February 2019

Enjoy a sweet treat, coffee and friendship as we celebrate the community of YMCA friends.

### Senior Wellness Faire

Wednesday May 27, 2020 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.

## ACTIVE OLDER ADULTS/AGELESS LIVING

### Fitness Camp Opportunities

We offer Bootcamps that are designed for the Active Older Adult:

- Boomer Camp
- Speciality Boot Camp for the Aging Body

### Classical Tai Chi

Tai Chi is a gentle, physical exercise, and is excellent for joint mobility, balance and focus. You will learn Yang style Tai Chi traditional 8 & 24 forms and work on individual forms to gain understanding of the martial arts application of each form. Space limited to 14 participants. Program will run Fall, Winter and Spring. Beginner Tai Chi and Advanced Tai Chi (must complete the beginner class to enter this class). Members \$50, Program Participants \$100.

### Cornhole

The Independence Academy would like you to join them for a game of Corn Hole. Tuesday 9:30 AM–10:30 AM, Sept. 2019 – June 2020. Free to members.

### 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 10 weeks is required and must be able to attend 75% of the time. Open to seniors or adults with balance concerns.

**Fee:** \$30 facility members, \$60 Non Members. Space is limited to 12 participants. **Schedule:** Tuesday, Thursday 1 PM–1:45 PM. Session runs: fall, winter and 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 \$12 drop-in fee for Program Participants; \$6 if you come in with a YMCA member. This is in line with the Y Guest Policy.

### Nia

A celebration workout for your body, mind, emotions and spirit. It is a holistic dance practice, with the precision of the martial arts, the fun and expression of the dance arts, and the mindfulness of the healing arts. \$20 for members, \$40 for program participants. Space is limited. Tuesday noon–1 PM. Class will be offered Fall, Winter, Spring.

### Seated Taijifit: Flow for Better Aging

A new way to embrace the benefits of tai chi – easy to follow moves, to allow you to flow into movement, all in the chair. Open to allow levels. No experience necessary. **Fee:** \$30 for Members, \$60 for Program Participants. Space is limited.

### Taijifit: Flow for Better Aging

A new way to embrace the benefits of tai chi – easy to follow moves, to allow you to flow into movement. Open to allow levels. No experience necessary. **Fee:** \$30 for Members, \$60 for Program Participants. Space is limited.

## INSURANCE PAID MEMBERSHIPS

### Renew Active

The Renew Active Program is offered by United Healthcare Insurance. It provides eligible members access to this location at no cost.

### AARP

If you have an AARP Medicare Supplement Insurance Plan insured by United Healthcare, you may be eligible for a special program and receive 50% off your membership.



### 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.

## WELLNESS OPPORTUNITIES

Gentle Yoga

Hatha Yoga

Pickleball

Nia® Movement to Heal

Nia® \*

Senior Yoga Tone & Sculpt

Classical Tai Chi \* (Beginner and Advanced)

Movement for Better Balance \*

SilverSneakers® Program

- Classic
- Circuit
- CardioFit
- Splash
- Yoga

Silver&Fit®

- Body Flow
- Zumba Gold
- Movement For Better Balance \*
- TaijiFit (seated and standing) \*

\*Additional cost

## SOCIAL AND VOLUNTEERING

Make new friends at the Y with our bi-monthly luncheons, special social events, lunch and learns 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.

## 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](mailto:mdanner@ymcacw.org) or 503.862.4011. Some valuable programs that the Annual Campaign fund are:

### 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. Your gift allows people of all walks of life to meet their goals whether it's diabetes prevention, water safety instruction or training for that 5K.

## Sponsorship

The Y is truly a unifier for community success, with deeply tied partnerships across all sectors. Together we can become champions of a stronger community. Become a Y sponsor.

## SOCIAL RESPONSIBILITY

### Robin Hood Garden Club

In partnership with the Sherwood Regional Family YMCA, the club promotes gardening through education and sharing. **Fee** \$15/yr, Y membership not required. Meetings on the second Friday of the month, Sept. through June. Contact: [robinhoodGclub97140@gmail.com](mailto:robinhoodGclub97140@gmail.com).

### Sherwood Town Criers Toastmasters

Sherwood Town Criers help grow your leadership skills and overcome your fear of public speaking. For information email: [cerasin\\_janet@live.com](mailto:cerasin_janet@live.com) **Schedule:** Wednesdays, 7 PM–8 PM **Age:** Adults. **Fee:** Free for guests.

### Cedar Milers

Love to walk? Join us for monthly events. For info, please go to [www.cedarmilerswalking.club](http://www.cedarmilerswalking.club).

## FAMILY TIME

### Adventure Day with Dad

Kids, bring your dad, or another significant adult in your life, to enjoy a special time of togetherness and exploration. Each month will have a different theme, from nature walks to building projects to PE games.

For more information please contact Melody Danner at [AdventuresGuides@ymcacw.org](mailto:AdventuresGuides@ymcacw.org) or 503.862.4011.

**Ages:** 3-Kindergarten attend with an adult. **Fee:** \$5 per family. **Schedule:** First Friday of each month 6:30 PM–7:30 PM (starts October 4)

### YMCA Adventure Guides

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.

Time spent in this fun, special environment strengthens the father-child bond through shared experiences.

For more information please contact Melody Danner at [AdventuresGuides@ymcacw.org](mailto:AdventuresGuides@ymcacw.org) or 503.862.4011

## 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 schedule for holiday programming

Nov. 28, 2019, 7 AM–1 PM

Dec. 24, 2019, 7 AM–1 PM

Dec. 25, 2019, Closed

Dec. 31, 2019, 7 AM–1 PM

Jan. 1, 2020, 9 AM–3 PM

Apr. 12, 2020, Closed

May 25, 2020, 7 AM–1 PM

**Refund/Credit Policy:** You have the right to cancel registration for any reason. To receive a refund, (minus \$5 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 before program start date need approval from the director and 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 3–6 weeks for processing.