



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEVELOPING OUR FUTURE

## YOUTH DEVELOPMENT 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

# 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 Day with Dad		X	X			
Adventure Guides			X			
Babysitters Training				X	X	
Birthday Parties	X	X	X	X	X	X
Building Bridges			X	X		
Child Watch	X	X	X			
Family Gym	X	X				
Fun Club			X			
Home School PE			X	X	X	
Jr. Sports Practice		X				
Lifeguard Training					X	X
Martial Arts			X	X	X	X
Parents Night Out	X	X	X			
Preschool PE		X				
Rock Climbing			X	X	X	X
Rugby Clinics			X	X		
Safe at Home			X	X		
School Age			X	X		
Specialty Camps			X	X		
Swim Lessons	X	X	X	X	X	X
Swim Team			X	X	X	X
Teen Center					X	X
Teen Sports					X	X
Teen Strength Orientation					X	
Youth Cardio Orientation			X	X	X	
Youth Dance		X	X	X		
Youth Gymnastics		X	X	X		
Youth Sports		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.

## 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 way to work physical activity, 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

### Family Gym

Drop in with your kids and have a great time! Tumbling mats and other simple activities. Adults must remain with children.

**Age:** 6 months–5 yr

**Fee:** Member Benefit **Schedule:** Monday 10:15 AM–11 AM.

### Building Bridges

Gain hands-on knowledge of how structures support our lives and about different types of bridges as they build different working models. **Age:** 7–11 yr. **Fee:**

Members: \$70; Program Participants; \$90

### Jr Sport Practice

Give your child the opportunity to make friends and learn a new game. During this 45min. practice, kids will burn energy while practicing youth sport skills. A chance for young athletes to practice and learn to love the sports you do. **Fee:** Members \$70; Program Participants \$90  
Session 5 Jr. Soccer, Session 6 Jr Basketball, Session 2 Jr Soccer, Session 3 T-Ball Practice

### Youth Dance

YMCA Youth Dance has many options for kids; From ballet, jazz, modern, hip-hop and more. Youth Dance will help in coordination, balance, rhythm, as well as learning choreography. This fun-filled class is great for both boys and girls. **Age:** 3–11 yr

### Rock Climbing

Group lessons: Climbers will learn techniques, knots, footwork, equipment safety, commands and more! Closed toe athletic shoes required. **Age:** 5–12 yr. Private Lessons: Available on request to be arranged. **Age:** 5+

### Open Climb

Available to all members five years and older. Climbers must wear closed toe athletic shoes.

### Gymnastics

Learn fundamental gymnastics skills in these fun, fast-paced classes. 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. Each level is age appropriate and will build your gymnasts' skills. **Fee:** Members \$70; Program Participants \$90  
Preschool - Ages 3-5 yr. | Wednesday 9:15 AM  
Beginning - Ages 5-7 yr. | TBD

### Rugby Clinic

Indoor day camp for girls and boys to learn the basics of Rugby. **Age:** grades 3–5, **Fee:** \$20 a day. **Schedule:** Nov. 18 & 19 | Dec. 17 & 18.

### 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

## YOUTH SPORTS

YMCA Youth Sports are Co-Ed teams for kids' ages 3–8 yr. who are ready to learn and develop the basic skills of any sport. We encourage fair play, positive competition, and family involvement.

### BECOME A COACH

Youth Sports at The Y 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. Please contact the Welcome Center for a volunteer packet or the Youth Sports Supervisor for questions.

### Fall and Spring Soccer

Youth Indoor Soccer is for kids' that are ready to get active and have fun being a part of a team and developing those basic motor skills even further.

### Winter Basketball 2019–20

Youth Basketball is for kids ready to learn the fundamentals of the sport- ball-handling, passing, dribbling, and shooting.

### T-Ball 2020

T-Ball is for kids interested in experiencing fun as they gain self-confidence and strengthen skills. Children will practice eye-hand coordination, social skills (taking turns, waiting), and best of all, practicing to hit a home run!

### Spring Tag Rugby 2020

Tag Rugby is great if you are looking for an alternative to all the "usual" sports programs available. This free flowing game designed for players of all shapes, sizes and athletic abilities.

## YEAR ROUND ENRICHMENT

### Child Watch Center

Family Memberships have the opportunity to use our Child Watch and Fun Club programs as an added benefit to their membership. 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.

### Child Development Center

The Sherwood YMCA operates a full-day Child Development Center located at the Sherwood Methodist Church and YMCA facility. We partner with families to create a supportive and challenging place for children to grow and develop. Call 503.925.9602 for more information or to schedule a tour. **Age:** 6 weeks–12 yr.

**Schedule:** Year round Monday–Friday 6:30 AM–6:30 PM.

### 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.

**Age:** 3 yr.– Kindergarten attend with an adult. **Fee:** \$5 per family. **Schedule:** First Friday of the month 6:30 PM–7:30 PM (starts Oct. 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

### Parents' Night Out

Enjoy the night out while your kids stay and play, have a pizza party and watch a movie at the YMCA.

**Age:** 6wks–12yr

**Fee:** First Child \$35 | Additional Child \$15

**Schedule:** Second Saturday of the month | 5 PM–10 PM

### 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.

### Teen Strength Orientation

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+

### Parties | Rentals

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

### Teen Center

**Fee:** Free to all teens in grades 6–12

**Schedule:** Monday–Friday 3 PM–6 PM | Early Release 1 PM–6 PM. YMCA Bus picks up at Sherwood Middle Schools for easy commute. For more information email [dmerston@ymcacw.org](mailto:dmerston@ymcacw.org)

Follow us on Instagram and Facebook @shrwtdtc

### Teen Sports

Pick-up Basketball: Tues/Thurs: 6:45 PM – 7:45PM

Pick-up volleyball: Thursday: 7:30 PM – 8:30 PM

### Youth Nights

Quarterly events for Middle School students after hours to swim, play sports, climb, worship and hear a message from guest speakers.

### Middle School Dances

**Age:** 6–8 graders (5 graders welcome at May dance)

**Schedule:** September, November, January, March and May.

### Service Projects

Coming together to tackle projects in and around our community like Trashpalooza, tree planting as well as serving at community events as a Y volunteer. Register online or at the Y as a family or individual.

### Specialty Camps

Kids who participate in Specialty Camps at the Y will discover so much more than their physical abilities. They build character, develop self-confidence and create healthy relationships through positive interactions. Kids of all skill levels and abilities are welcome.

**Age:** Kindergarten–5 grade

### Mad Science

**Schedule:** Nov.18–20, 9 AM–1 PM

### Active Kids Camp

**Schedule:** Nov.18–20; Mar. 23–27, 9 AM–1 PM

### Rock Climbing Camp

**Schedule:** Mar. 23–27, 9 AM–1 PM

# AQUATICS

## 30 MINUTE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4 PM	PRESCHOOL 1 PRESCHOOL 3	PRESCHOOL 1 LEVEL 1	PRESCHOOL 1 PRESCHOOL 3	PRESCHOOL 1 LEVEL 1	9 AM PRESCHOOL 1 PRESCHOOL 3
4:30 PM	LEVEL 1 PRESCHOOL 1	PRESCHOOL 3 PRESCHOOL 2	LEVEL 1 PRESCHOOL 1	PRESCHOOL 3 PRESCHOOL 2	9:30 AM PRESCHOOL 2 LEVEL 1
5 PM	PRESCHOOL 2 PRESCHOOL 3	PRESCHOOL 1 PRESCHOOL 2	PRESCHOOL 2 PRESCHOOL 3	PRESCHOOL 1 PRESCHOOL 2	10 AM PRESCHOOL 1 PRESCHOOL 3
5:30 PM	PRESCHOOL 1 (M/W) LEVEL 1 (M/W)	LEVEL 1 (Tu/Th) PRESCHOOL 2 (Tu/Th)	PRESCHOOL 1 (M/W) LEVEL 1 (M/W)	LEVEL 1 (Tu/Th) PRESCHOOL 2 (Tu/Th)	10:30 AM PRESCHOOL 2 LEVEL 1
6 PM	PRESCHOOL 2 (M/W)	PRESCHOOL 1 (Tu/Th) PRESCHOOL 3 (Tu/Th)	PRESCHOOL 2 (M/W)	PRESCHOOL 1 (Tu/Th) PRESCHOOL 3 (Tu/Th)	11 AM PRESCHOOL 1 11:30 AM PRESCHOOL 2

## 40 MINUTE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
3 PM	LEVEL 3	LEVEL 2	LEVEL 3	LEVEL 2	9 AM LEVEL 3
3:45 PM	LEVEL 2	LEVEL 3	LEVEL 2	LEVEL 3	9:45 AM LEVEL 2
4:30 PM	PRESCHOOL 4	LEVEL 2	PRESCHOOL 4	LEVEL 2	10:30 AM PARENT & CHILD
5:15 PM	LEVEL 2 (M/W)	LEVEL 3 (Tu/Th)	LEVEL 2 (M/W)	LEVEL 3 (Tu/Th)	11:15 AM PRESCHOOL 4 LEVEL 2
6 PM	LEVEL 3 (M/W)	PRESCHOOL 4 (Tu/Th)	LEVEL 3 (M/W) PARENT & CHILD	PRESCHOOL 4 (Tu/Th)	NOON LEVEL 3/4 LEVEL 4
6:45 PM	LEVEL 4 (M/W) LEVEL 5/6 (M/W) ADULT CLINIC	LEVEL 4 (Tu/Th) LEVEL 5/6 (Tu/Th)	LEVEL 4 (M/W) LEVEL 5/6 (M/W) TEEN CLINIC	LEVEL 4 (Tu/Th) LEVEL 5/6 (Tu/Th)	12:45 PM LEVEL 4

## 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](mailto:lfisher@ymcacw.org). For more information visit <http://www.teamunify.com/ymca-5443>



## MORNING LESSONS

	TUESDAY	WEDNESDAY
9 AM - 9:30 AM 30 Min	PRESCHOOL 2	PRESCHOOL 2
9:35 AM - 10:05 AM 30 Min	PRESCHOOL 1	PRESCHOOL 1
10:10 AM - 10:40 AM 30 Min	PRESCHOOL 3	PRESCHOOL 3
10:45 AM - 11:25 AM 40 Min	PRESCHOOL 4	PRESCHOOL 4
11:30 AM - NOON 30 Min	PRESCHOOL 2	PRESCHOOL 1

## SWIM LESSON PRICES

	MEMBER	PROGRAM PARTICIPANT
<b>GROUP LESSONS</b>		
Once per Week	\$56.00	\$112.00
Twice per Week	\$100.00	\$180.00
<b>PRIVATE LESSONS</b>	\$30.00 billed per lesson	\$45.00 billed per lesson
<b>SEMI-PRIVATE</b>	\$20.00 billed per person	\$35.00 billed per person

## 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. We need your help to do it. It is only through the support of donors and volunteers 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.

## EVENTS

### Harvest Festival

Put on your costume and have a good time! Join us for crafts, games and fun. Open to the community. Interested in running a carnival game or craft? Contact: [mdanner@ymcacw.org](mailto:mdanner@ymcacw.org). **Age:** Families. **Schedule:** Saturday, Oct. 26

## HEALTH AND SAFETY CLASSES

### 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. There will be pool practice time as well as classroom time. Successful candidates receive a nationally recognized certification valid for 2 years. 100% attendance required. Must be 15 yrs. and able to swim 300 yards nonstop, retrieve 10 pound brick from 7 feet and tread water for 2 min. using only legs.

#### Class 1 (Two Weekends – Both Required):

Oct. 11–13: 10/11, 5 PM–9 PM; 10/12–13, 9 AM–3 PM,  
Oct. 18–20: 10/18, 5 PM–9 PM; 10/19–20, 9 AM–3 PM

#### Class 2 (Two Weekends – Both Required):

Dec. 13–15: 12/13, 5 PM–9 PM; 12/14–15, 9 AM–3 PM,  
Dec. 20–22: 12/20, 5 PM–9 PM; 12/21–22, 9 AM–3 PM

#### Class 3 (Spring Break):

March 23–27, Monday–Friday, 9 AM–3 PM

#### Class 4 (Two Weekends – Both Required):

April 19–21: 4/19, 5 PM–9 PM; 4/20–21, 9 AM–3 PM  
April 26–28, 4/26, 5 PM–9 PM; 4/27–28, 9 AM–3 PM

**Fee:** Members: \$200, Program Participants: \$275

### 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 yrs. **Fee:** Members \$35, Program Participant \$45 **Schedule:** Nov. 9, Mar. 14, or June 6, 9 AM–11:30 AM

## 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 PM–8 PM  
Saturday, 8 AM–2 PM  
Sunday, Closed

### HOLIDAY HOURS

Thanksgiving Day	Nov. 28, 2019, 7 AM–1 PM
Christmas Eve	Dec. 24, 2019, 7 AM–1 PM
Christmas Day	Dec. 25, 2019, Closed
New Year's Eve	Dec. 31, 2019, 7 AM–1 PM
New Year's Day	Jan. 1, 2020, 9 AM–3 PM
Easter	Apr. 12, 2020, Closed
Memorial Day	May 25, 2020, 7 AM–1 PM

\*Check schedule for holiday programming

**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.**

### Healthy Kids Day

This free, fun filled national event will be 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.

### Breakfast with Santa

Dec. 14, 9 AM–11 AM. Join us for breakfast, activities and Santa pictures! Pre-register for breakfast time.

### 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 this review course will extend your current Red Cross Lifeguard certification 2 yrs. Participants must present valid Red Cross Lifeguard certification.

**Fee:** Members, \$75; Program Participants, \$150

**Course 1:** Oct. 19, 9 AM–5 PM

**Course 2:** Dec. 7, 9 AM–5 PM

**Course 3:** Feb. 15, 9 AM–5 PM

**Course 4:** May 2, 9 AM–5 PM

### Babysitter's Training

Become the best babysitter in your neighborhood and 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 yr.

**Fee:** Member \$70, Program Participant \$85 Fees include \$20 non-refundable material fee. **Schedule:** Sept. 21, Apr. 4 or May 9 9 AM–4 PM.