



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOOP ELITE
COMPETITIVE
BASKETBALL

The levels in grades 3-12
are available at participating

BUILD A HEALTHIER COMMUNITY

BEAVERTON HOOP YMCA

503.644.2191

beavertonhoop@ymcacw.org

ymcacw.org

Who We Are [↗](#)

The Y is more than just a gym, we're a cause committed to building healthier communities. Our Y works to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthier spirit, mind and body for all.

It's our members who make our Y a special place. Their goals, their accomplishments and the kindness and support they show one another. That's the essence of the Y and that essence makes people feel comfortable, valued and at home. When you join the Y, you join a family.



FAMILY

Up to five members



COUPLE

2 Adults 18+



ADULT

21-64



YOUNG ADULT

Ages 12-20



SILVERSNEAKERS®
SILVER&FIT®
ACTIVE&FIT®

Membership Types, Facility Hours & Rentals [↗](#)

MEMBERSHIP TYPE	MONTHLY	JOINING FEE
Young Adult (12-20)	\$28	\$50
Adult (21-64)	\$38	\$50
Couple*	\$50	\$75
Family**	\$62	\$75
Senior (65+)	\$35	\$50

*Couple living in the same household

**Two adults and dependents in same household, up to five people

HOURS

Monday–Thursday | 6 AM–10 PM

Friday | 6 AM–9 PM

Saturday | 7 AM–6 PM

Sunday | Closed

Y Time [↗](#)

Y Time is a Family Membership benefit where parents or guardians drop off their children for two hours while they utilize our facility. Kids learn about how to practically apply our mission in their daily lives. They come away with mature lessons on how to build a healthier spirit, mind and body. Available for children ages 6 weeks–10 years.

HOURS

Monday, Wednesday and Friday | 9 AM–1 PM

Tuesday and Thursday | 10 AM–1 PM

Facility Rentals [↗](#)

Whether you need space for your next dance, banquet, Quinceañera celebration, senior grad night party or sports team practice, with 35,000 square feet there's not much you can't do at the Beaverton Hoop YMCA.

Financial Assistance [↗](#)

We believe that everyone deserves to participate in Y programs and we offer financial assistance to families who would otherwise not be able to afford programs.

Our financial assistance comes from the funds raised through our annual campaign.

ANNUAL CAMPAIGN

You can help ensure that every person has the opportunity and resources to reach their full potential. Partner with us as we continue to build a welcoming space for our community.

More Mobile. More Friendly.

The Y mobile app will improve your member experience by providing easy access to healthy living resources and motivational tools while promoting community connection.

Search YMCA of Columbia-Willamette in your app store.

- Compatible with fitness trackers like Fitbit or Apple Watch
- Create/track workouts
- View Group Exercise Schedules
- Register for Programs
- YMCA Deals
- Schedule a Personal Training Session



YOUTH ACTIVITIES

[LEARN MORE ymcacw.org](https://ymcacw.org)

Competitive Basketball [↗](#)

Hoop Elite [↗](#)

We offer teams which consists of youth in grades 3–12. We offer a year-round competitive schedule all under one roof in our six court facility. Tryouts for teams are held in the Fall, Winter, Spring and Summer. Hoop Elite teams will play in our in-house tournament and league.

Our goal is to provide a great environment that encourages personal growth and the values of winning.

1. Developing athletes to become high character individuals.
2. Providing each athlete with the knowledge, tools and strategy to improve.
3. Creating a collaborative team environment that enhances each athlete's confidence and skill.
4. Preparing each athlete to be successful at their next level, whether that be on court or off.

THE Program [↗](#)

Our Travel basketball teams—known as THE Program—are an extremely competitive group and are consistently considered one of the top teams in Oregon. THE Program teams play both in-house leagues and travel to high caliber tournaments. This team provides additional weekly training on top of the team practices. For youth in grades 4–12.

Hoop League [↗](#)

Challenge your team in our year-round competitive basketball league. We are the only local organization that runs league games every fall, winter, spring and summer under one roof. Play with the best teams in the area.

Player Development [↗](#)

We help young athletes reach their personal potential and achieve their athletic goals. We can specialize by position or skill, or teach all around skill sets. Our basketball trainers will provide skills that give players an advantage on the court. All training programs focus on the individual needs of each athlete.

Sports Performance Training [↗](#)

Get higher, faster and stronger through our sports performance training programs. We offer classes designed to increase your speed, agility and quickness in your sport. Individual or small group training is available to meet your needs as an athlete.



Recreational Basketball [↗](#)

Westside YMCA [↗](#)

It's not whether you win or lose, it's how you learn to play the game. Westside YMCA offers recreational basketball and indoor soccer leagues during the school year. Depending on the sport, kids will develop all their skills—catching, dribbling, footwork and passing to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active. Programs begin at age three.

We offer a wide range of after school and evening enrichment programs located in the Beaverton Hoop YMCA or in area schools. From Lego Engineering and Computer Coding to Sport Clinics there is a class for everyone.

Day Camps [↗](#)

The Beaverton Hoop YMCA and Westside YMCA programs support learning, fun and character building that is experienced during the school year for kids in kindergarten–grade 8. Day Camps run during spring, summer and winter breaks. Themes for camps are around sports, art, performing arts, cooking and science.

In addition to our Hoop Elite and Jr Basketball camps we offer year-round basketball camps which help youth enhance their skills on the court, give them game time and build relationships. Some camps include Trail Blazers Camps, Damian Lillard Basketball Camp, and CJ McCollum Basketball Camp.

Child Care Day Camps [↗](#)

The YMCA also offers Day Camps in Child Care which are full of fun, friendship and discovery. We intentionally foster achievement, relationships and belonging. We surround every child with support, guidance and opportunities to discover and learn.

After School Programs [↗](#)

The Y offers before and after school programs throughout the surrounding school districts. These programs provide a safe space for youth to explore, boost academic performance, reduce high-risk behaviors and promote physical health. Students will be engaged and have fun while learning new things and making friends.

Programs are located throughout these districts.

- Beaverton School District
- Hillsboro School District
- Tigard/Tualatin School District
- Portland Public School District

ADULT ACTIVITIES

[LEARN MORE ymcacw.org](#)

Group Exercise Classes [↗](#)

From Active Adult, Barre, Cardio Strength and Yoga, our classes are fun and an interactive way to engage in the Y community. With a variety of classes tailored to the health seeker it is possible for everyone to enjoy the physical and mental benefits of activity.

Active Older Adults [↗](#)

We offer a variety of fitness programs that are tailored to the older adult who seeks more than physical benefits when they exercise. To help build a sense of community and strengthen social ties we encourage our adult members to volunteer and attend programs like our monthly Member Coffee.

Personal Training [↗](#)

When you make a commitment to personal training, you make a commitment to yourself. Our certified personal trainers will help you achieve your fitness goals by designing a program to meet your specific needs. We offer

- Small Group Training
- Specialty Wellness Programs
- Kickstart Goal Setting Sessions



IN THE COMMUNITY

Child Development Centers [↗](#)

The Y offers reliable, quality child care to families in the community at our Child Development Centers.

AMBERGLEN YMCA CHILD DEVELOPMENT CENTER

9268 NE Windsor Street 503.629.9622
Hillsboro, OR 97006 amberglencdc@ymcacw.org

BEAVERTON YMCA CHILD DEVELOPMENT CENTER

15650 NW Blueridge Drive 503.466.1312
Beaverton, OR 97006 beavertoncdc@ymcacw.org

PLAYGROUND YMCA CHILD DEVELOPMENT CENTER

9427 SW Barnes Road 503.216.8081
Portland, OR 97225 providencecdc@ymcacw.org



Drop In Games [↗](#)

Noon Ball

Looking for a pick up basketball game? Each Thursday at noon, you can join your fellow friends for a friendly, yet competitive game of basketball.

Free for members or drop in fee applies.

Pickleball

Pickleball is a combination of ping pong, tennis and badminton. Games are played by 2–4 players per court using paddles and a wiffleball. It can be played at a very low, slow level and/or at a highly competitive level. This is an excellent sport for active older adults. Bring your own group of players.

Free for members or drop in fee applies.

Swim Lessons [↗](#)

Offered in Sherwood

Swimming is a life skill as well as great exercise and a challenging sport. The [Sherwood Regional Family YMCA](#) offers swim lessons, family swim, competitive swimming and many kinds of adaptive water fitness programs for adults, so all can safely enjoy the pleasures of an aquatic environment.

SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Hwy 503.625.9622
Sherwood, OR 97140 sherwood@ymcacw.org

[LEARN MORE ymcacw.org](#)

YMCA Camp Collins [↗](#)

YMCA Camp Collins is tucked beside Oxbow Park in Gresham along the Sandy River and provides an outdoor, overnight camp experience for youth. Campers experience true belonging with our dedicated staff and build lasting friendship with other campers. Give your child a summer they won't forget.

YMCA Camp Collins offers youth week-long Day Camps, Overnight Camp, Teen Camps, Family Camps, Outdoor School and more. We are also open year-round for conference and retreat rentals.

YMCA CAMP COLLINS

3001 SE Oxbow Parkway 503.663.5813
Gresham, OR 97080 campcollins@ymcacw.org

