BUILD A HEALTHIER COMMUNITY

SHERWOOD REGIONAL FAMILY YMCA
503.625.9622
sherwood@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.

Membership Types & Facility Hours

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>MONTHLY RESIDENT</th>
<th>MONTHLY NON-RESIDENT</th>
<th>JOINING FEE</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult (12–20)</td>
<td>$26</td>
<td>$29</td>
<td>$25</td>
<td>Monday–Thursday</td>
</tr>
<tr>
<td>Adult (21–64)</td>
<td>$35</td>
<td>$38</td>
<td>$50</td>
<td>Friday</td>
</tr>
<tr>
<td>Adult Couple*</td>
<td>$59.92</td>
<td>$66.29</td>
<td>$75</td>
<td>Saturday</td>
</tr>
<tr>
<td>Family 1***</td>
<td>$60</td>
<td>$66</td>
<td>$75</td>
<td>Sunday</td>
</tr>
<tr>
<td>Family 2****</td>
<td>$77</td>
<td>$85.96</td>
<td>$75</td>
<td></td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$35</td>
<td>$38</td>
<td>$50</td>
<td></td>
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</tbody>
</table>

*Couple living in the same household  
**One adult and up to four children in the same household  
***Two adults and three children in the same household

Child Watch

Child Watch is a Family Membership benefit where parents or guardians can 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 and come away with mature lessons on how to build a healthier spirit, mind and body. For children ages 6 weeks–8 years.

Hours

Monday–Friday | 8 AM–1 PM & 4 PM–8 PM  
Saturday       | 8 AM–1 PM

Teen Center

Our Teen Center staff have an ongoing schedule filled with events, outings and activities that your teen can participate in. Check our activity schedule to see what fun things are planned for the month. YMCA bus picks up both middle schools for easy commute.

Hours

Monday–Friday | 3 PM–6 PM  
Early Release Days | 1 PM–6 PM  
Non-School Days and Summer | 12 PM–6 PM

Financial Assistance

We believe that everyone deserves to participate in Y programs. With that, 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 an accepting space for our community.
From Active Adult, Barre and Cycle to Yoga, Water Fitness and Dance Fitness, our classes are fun and interactive way to engage in the Y community. Together we impact each others lives in a supportive and active 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.

**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.

- 60 Minute Offerings
- 30 Minute Offerings
- Partner Offerings
- Small Group Training

**SWIM PROGRAMS**

**Swim Lessons**

Swimming is a life skill as well as great exercise and a challenging sport. The Y 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.

Swim levels focus on a skill-based approach that is designed to meet the swimmer’s needs and help reach their goals. We offer the following.

- Youth Swim Lessons
- Adult Swim Lessons
- Private Swim Lessons
- Lifeguard Training

**Active Older Adults**

This program helps seniors maintain a healthy lifestyle and stay engaged in the community. Our programs include Lunch N Learn seminars, group fitness classes and events designed to promote mental agility, good health and independence. We offer a variety of classes. Please check our schedule for the latest offerings.

**Swim Team**

The Sherwood Y Dragons swim team is a year-round program which is sanctioned through USA swimming and registered with both the Y-USA and Oregon Swimming. Our coaches are certified through USA Swimming and offer many years of coaching experience. The team fosters confidence as well as fun and friendship. The team has varying levels of practice squads for ages 6–18.
Youth Sports & Fitness

Basketball, soccer, volleyball, flag football and gymnastics—check out the sports offerings at your Y and get in the game. Improve skills, make new friends, be active with other kids and learn to love a sport at the Y.

- Basketball
- Dance
- Preschool Sports
- Soccer

- T-ball
- Volleyball
- Karate
- Yoga

Specialty Camps

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

Our specialty camps may have offerings such as Rock Climbing, sports, crafts, cooking, building mechanics and more.

IN OUR COMMUNITY

After School Programs

We offer a wide range of after school enrichment classes in the Sherwood Regional Family YMCA and within schools in the surrounding districts. Students will be engaged and have fun while learning new things and making friends.

- Sherwood Regional Family YMCA
- Tualatin/Tigard School District

Child Development Center

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

SHERWOOD YMCA CHILD DEVELOPMENT CENTER
22280 SW Washington Street
Sherwood, OR 97140
sherwoodcdc@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
Gresham, OR 97080
campcollins@ymcacw.org

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.

Day Camps

More Mobile. More Friendly

The new 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
- Group Exercise Schedules
- Register for Programs
- YMCA Deals
- Schedule a Training Session

Available on the App Store
Google play