



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD A HEALTHIER COMMUNITY

SHERWOOD REGIONAL FAMILY YMCA

503.625.9622

sherwood@ymcacw.org

[ymcacw.org](http://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



### SENIOR

Ages 65+

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

MEMBERSHIP TYPE	MONTHLY	MONTHLY	JOINING FEE	Hours
	Resident	Non-Resident		
Young Adult (12-20)	\$26	\$29	\$25	Monday–Thursday   5 AM–10 PM
Adult (21-64)	\$35	\$38	\$50	Friday   5 AM–9 PM
Adult Couple*	\$59.92	\$66.29	\$75	Saturday   6 AM–7 PM
Family 1**	\$60	\$66	\$75	Sunday   8 AM–6 PM
Family 2***	\$77	\$85.96	\$75	
Senior (65+)	\$35	\$38	\$50	

\*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.



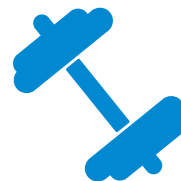
# ADULT ACTIVITIES

## Group Exercise Classes [↗](#)

[LEARN MORE ymcacw.org](#)

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.

- Mind Body
- Strength
- Cardio
- Dance



## 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

## 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 PROGRAMS

[LEARN MORE ymcacw.org](#)

## 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



## 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.





# KIDS & YOUTH ACTIVITIES

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

## Youth Sports & Fitness [↗](#)

## Specialty Camps [↗](#)

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.

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.

- Basketball
- Dance
- Preschool Sports
- Soccer
- T-ball
- Volleyball
- Karate
- Yoga

## IN OUR COMMUNITY

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

## After School Programs [↗](#)

## Child Development Center [↗](#)

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.

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

- Sherwood Regional Family YMCA
- Tualatin/Tigard School District

### SHERWOOD YMCA CHILD DEVELOPMENT CENTER

22280 SW Washington Street      503.925.9602  
Sherwood, OR 97140      [sherwoodcdc@ymcacw.org](mailto:sherwoodcdc@ymcacw.org)

## YMCA Camp Collins [↗](#)

## Day Camps [↗](#)

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.

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.

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](mailto:campcollins@ymcacw.org)

## 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

