



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND COMMUNITY HERE

## BEAVERTON HOOP YMCA



2018

## MEMBERSHIP

The Y has something for everyone...kids, teens, and families. 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

Membership is all inclusive and month-to-month. Financial assistance is available.

TYPE	JOINING FEE	MONTHLY
Young Adult (12-20)	\$50	\$28
Individual	\$50	\$38
One Adult Family	\$75	\$50
Family	\$75	\$62*
Adult Couple	\$75	\$50**
Active Older Adult (65+)	\$50	\$35

\*Up to five family members. Each additional person (child/adult) \$10/mo.

\*\*Couple is two adults over 18 living in the same household

### BENEFITS

- Access to group exercise classes each week at no additional charge
- 7 guest passes per calendar year
- Free Parking
- Free Towel Service
- Free Day Use Lockers
- YMCA Nationwide Program

### FACILITY HOURS

Monday to Thursday 6 AM to 10 PM  
Friday 6 AM to 10 PM  
Saturday 7 AM to 6 PM  
Sunday Closed

### CHILDWATCH HOURS

2 free hours for facility members,  
\$5 non-family member

Monday, Wednesday, Friday - 9 AM to 1 PM  
Tuesday, Thursday - 10 AM to 1 PM

## FINANCIAL ASSISTANCE

Financial assistance is available to participants that qualify because we believe everyone deserves a chance to be a member of our community regardless of an individuals ability to pay.



## HEALTHY LIVING

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our many family centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

### Group Exercise

From Active Adult, Barre and Cycle to Yoga and Zumba, our classes are a 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.

### Active Older Adults

The Y offers a variety of fitness programs that are tailored to the older adult who seek 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 fitness needs. See a healthy living staff to schedule your first session and learn more about our pricing and packages.

### 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. Free for members or \$5 drop in fee.

### Noon Ball

Looking for a basketball game? Each Thursday at Noon join your fellow friends for a friendly, yet competitive, game of basketball. Free for member or \$5 drop in fee.





## YOUTH DEVELOPMENT

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

### Hoop Elite

Looking to take your game to the next level? Join our Hoop Elite basketball program. You can participate on our competitive basketball teams, in our skills academy, camps, private and small group trainings, SAQ training and weight lifting programs, pickup basketball, local and regional tournaments all while learning the values of fair play, hard work and personal responsibility. Our professional staff is passionate about the sport of basketball and dedicated to improving the lives of youth both on and off the court. Program is for youth grade 3 through high school.

### Hoop Academy

Join the Northwest's premier skills development academy. We teach basketball fundamentals and advanced skill sets including speed agility and quickness training. Our experienced coaches provide a structured and disciplined environment, create a solid work ethic and improve skills with cutting edge drills, instruction and training methods. Daily scrimmage games are included.

### Private Basketball Training

We help young athletes reach their personal potential and achieve their athletic goals. Our coaches create workout programs that focus on the individual needs of each athlete. Whether you need help with your shot or your defense, whether you're a big man or a guard we are confident our trainers will teach skills that give players an advantage on the court.

### Camps

The Y has offers summer and school break camps throughout the year. Our camp programs range from basketball camps run by our Hoop Elite coaches to Jr Sports, Cooking, Lego and Computer Engineering camps. Give your self a peace of mind while you are at work that your kids are being well cared for. Our programs assure learning, fun, and character building that is experienced during the school year. Camp is during spring, summer and winter breaks.

### Westside Youth Sports

It's not whether you win or lose, it's how you learn to play the game. At Westside YMCA we offer recreational basketball and indoor soccer leagues during the school year. Depending on the sport, kids will develop all of their skills, from catching, dribbling, footwork and passing to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active. Programs beginning at age 3.

### After School & Evening Enrichment

We offer a wide range of after school and evening enrichment programs located at our facility or in area schools. From Lego Engineering and Computer Coding to Sport Clinics there is a class for everyone. Students will be engaged and have fun while learning new things and making friends.



## SOCIAL RESPONSIBILITY

We know that when we work as one, we move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate the name of stronger communities.

### Annual Support Campaign

Too many of our neighbors don't have the opportunity to be in enriching and healthy programs that provide a sense of community. Progress is only possible if we work together. The Y counts on the generous support of our members and community organizations. Donors and volunteers help to ensure that every person has the opportunity and resources to reach their full potential. We ask you to follow in the footsteps of the leaders who built the Y and give generously for our common future.

### Soul to Sole

Our Annual Soul to Sole shoe sale takes place every January. This sale features new and gently used tennis shoes and athletic gear at great prices. Proceeds from the event supports our Annual Support Campaign.

### Volunteering

Volunteering is more than just sharing your time and passion. It's about the satisfaction of knowing you are helping people become stronger, giving back to your community and gaining valuable experience. You can help with special events to coaching or mentoring, your skills and interests can make a difference here.

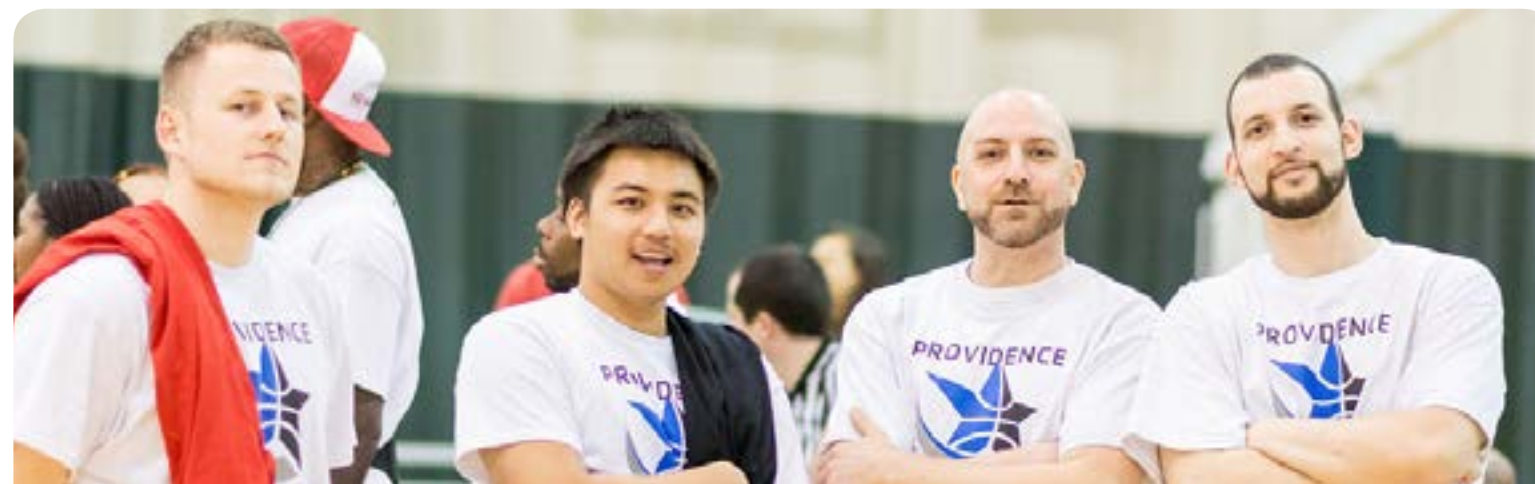
### All Star Game & Skills Challenge

The All Star Game and Skills Challenge concludes our Spring Hoop Elite season. Showcasing the best players in our league and giving them a chance to play and show off their basketball skills. Proceeds from the event supports our Annual Support Campaign.

## FACILITY RENTALS

The Beaverton Hoop YMCA makes its facilities available to individuals and organizations working with special youth and community populations. The purpose of the program is to provide a place where these groups may conduct organized activities for their participants. Typically, the facilities are provided at minimal cost to the sponsoring organizations.

Since 2008 our facility has been a venue of choice for Special Olympics, Gym Rats Presidents Day AAU Tournament, Athena Volleyball, Metro Gymnastics Rose City Challenge, Courtside Entertainments West Coast Christmas Championships and Rose City Showcase. Whether you need space for your next dance, banquet, quincenera 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.



	0 - 2	3 - 5	6 - 12	13 - 18	Adult	Senior
<b>Healthy Living</b>						
Group Exercise				X	X	X
Active Adult						X
Personal Training				X	X	X
Youth Strength Training			X	X		
Youth Fitness Classes			X	X		
Inclusive Fitness Classes					X	X
Private/Semi-Private Basketball Lessons			X	X		
Adult Pickup Basketball					X	
Pickleball					X	X
Open Gym	X	X	X	X	X	X
Fitness Floor			X	X	X	X
<b>Youth Development</b>						
Competitive Basketball Teams			X	X		
Recreational Basketball Teams		X	X			
Teen Pickup Basketball			X	X		
Indoor Soccer		X	X			
After School Enrichment			X	X		
Evening Enrichment			X	X		
Sport Clinics			X	X		
Off-season training			X	X		
<b>Social Responsibility</b>						
Volunteer				X	X	X
Food Drive	X	X	X	X	X	X
YMCA Financial Assistance	X	X	X	X	X	X
Member Coffees					X	X
Soul to Sole	X	X	X	X	X	X
All Star Game			X	X		

The mission of the Beaverton Hoop YMCA and Westside Youth Sports is to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all.

**BEAVERTON HOOP YMCA**

9685 SW Harvest Ct  
 Beaverton OR 97005  
 503.644.2191  
 ymcacw.org