

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, 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 at the Y. When you join the Y, you join a family.

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

Membership Type	Joining Fee	Monthly
Family	\$75	\$75*
Individual	\$39	\$39
Student (up to 24)	\$30	\$30
Senior (65+)	\$34	\$34

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

Facility Hours
Monday–Thursday 5 a.m. to 10 p.m.
Friday 5 a.m. to 9 p.m.
Saturday 7 a.m. to 6 p.m.
Sunday 12 p.m. to 5 p.m.

Registration Desk Hours – register for programs and membership
Monday–Friday 9 a.m. to 7 p.m.
Saturday 9 a.m. to 1 p.m.
Some program registration is available online

Child Watch Hours
Monday–Friday 8 a.m. to 1 p.m. and 4 p.m.* to 8 p.m.
Saturday 8 a.m. to 1 p.m.
*Wednesday 3p.m to 8 p.m.

Facility Rentals
YMCAs have long been a place where families, friends and neighbors come together. Whether your group gathering is in search of space for healthy recreation or just a safe, inviting place to meet, your Y is the ideal community gathering spot.



MISSION STATEMENT

Mission Statement
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.

Vision Statement
Igniting the Passion for Excellence: Spirit, Mind and Body

CLARK COUNTY FAMILY YMCA
11324 NE 51ST CIRCLE
VANCOUVER, WA 98682
360.885.9622
ymcacw.org



	0 -- 2	3 -- 5	6 -- 12	13 -- 18	Adult	Senior
HEALTHY LIVING						
Group Exercise				X	X	X
Quiet Exercise				X	X	X
Water Exercise				X	X	X
Personal Training				X	X	X
Zumba Kids®		X	X			
Silver and Fit					X	X
Silver Sneakers					X	X
At Your Best					X	X
Arthritis Class					X	X
Heart Wellness						X
Group Swim Lessons	X	X	X	X	X	X
Private / Semi-Private Lessons	X	X	X	X	X	X
Adult Pickup Basketball					X	
Open Swim	X	X	X	X	X	X
Open Gym	X	X	X	X	X	X
Fitness Floor				X	X	X
Rhapsody Church	X	X	X	X	X	X
Nutrition	X	X	X	X	X	X
Aikido			X			
Active Adult					X	X
YOUTH DEVELOPMENT						
Zumba Kids®		X	X			
PE Swim		X	X	X		
PE Gym		X	X	X		
Teen Pickup Basketball				X		
Youth Soccer		X	X			
Youth Volleyball			X	X		
Youth Basketball League		X	X	X		
Onsite Summer camp			X			
Offsite Summer camp		X	X			
Child Watch	X	X	X			
Fun Club			X			
After School Enrichment		X	X			
Youth Center			X	X		
SOCIAL RESPONSIBILITY						
Volunteer				X	X	X
Giving Tree	X	X	X	X	X	X
Blood Drive					X	X
Food Drive	X	X	X	X	X	X
Catholic Community Services			X	X	X	
YMCA Financial Assistance	X	X	X	X	X	X
4 Results Mentoring		X	X	X		
Friends of the Children			X	X	X	

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU



CLARK COUNTY
FAMILY YMCA

YOUTH DEVELOPMENT

Child Watch

The Y provides youth development programs because young people need caring adults to provide support, guidance and encouragement as they grow.

Every day, more than 200 children are in the care of our YMCA. It is an amazing demonstration of trust by their parents. The Y knows that earning this trust requires caring, trained staff and a commitment to excellence in service and administration. The YMCA's child watch program is more than just care for children; it's an opportunity to learn, create, play, empower and grow. Our teachers will welcome your child in a warm, safe, and caring environment. With a wide range of activities to stimulate your child's creativity, self esteem and independence, our values-based program will help young children learn essential social, physical and intellectual building blocks.

RESERVATIONS

Reservations must be made by telephone or in person, 24 hours in advance with the option to make reservations up to one week in advance. Cancellations may be made at any time prior to the reserved time slot. Call to reserve your spot. 360-258-3840.

Ages 6 weeks to 8 years - Free family member, \$5 non-family member

Monday - Friday 8 am-1 pm, 4 pm- 8 pm, Wed. 3 pm- 8pm
Saturday 8 am-1 pm
Sunday Closed

Parents Night Out

Drop your children off in a safe, structured environment; the kids play, do crafts, and run around, while you slip away to enjoy that grown up movie you've been eyeing. Must register in advance.

Ages 6 weeks to 12 years
\$10 per child member, \$20 per child non-member
1st and 3rd Friday of each month
6:00 p.m. to 9:00 p.m.
5:00 p.m. drop off additional \$4 per child member, early drop off is a member-only benefit.



Youth Center

At the Y we believe that all children and teens deserve a safe place to go after school to explore the arts, play games, engage in physical activity, and just hang out with friends. The youth center is a great place for teens and tweens to hang out.

Ages 9-17
3:00 pm - 8:00 pm Mon - Fri
9:00 am - 1:00 pm Sat

Youth Sports

It's not whether you win or lose, it's how you learn the game. At the Y, kids develop all of their skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active.

After School Enrichment

We offer a wide range of after school enrichment classes that are located right at your school.

Camps

YMCA camp programs will give you peace of mind while you are at work. The program assures the learning, fun and character-building experienced during the school year continues through the summer and other schools out holidays. With camps focused around sports, arts and science there's a Y camp for everyone.

HEALTHY LIVING

The Y provides healthy living programs because wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.

At the Y, we have the facilities, equipment, programs and staff to support you. Make new friends, increase your self-confidence, and improve your spiritual, mental and physical health.

Group Exercise

At the Y, physical activity through a supportive community is a central part of overall wellness. The YMCA's Group Exercise programs are fun and interactive ways to engage members in activity and positively impact their health. Tailored to health seekers, group exercise classes provide a variety of experiences that are designed to engage individuals in a supportive group setting, enhancing social bonds and strengthening community.

Quiet Exercise

Yoga has been practiced for thousands of years across the world as a great way to build strength, stamina and flexibility, without putting undue stress on your body. By meditating, focusing on your breath and stretching your muscles, a yoga practice also cultivates a wonderful sense of inner peace and serenity. With a variety of yoga classes from beginner to more advanced, the Y makes it possible for everyone to enjoy the mental and physical benefits of this practice.

Nutrition

Between what you hear on TV and read in the news, eating right can seem like a real challenge. At the Y we have a registered dietitian nutritionist on staff to provide nutrition counseling. Through personal consultations, nutrition education classes, and more, we want to help you simplify the confusion that plagues your plate and help you get a real taste of success.

Personal Training

Personal training is all about finding your strength within. We are just here to bring that strength out. Our Personal Training staff partners with you to help launch and sustain a smart exercise program. We'll make sure you go home with a new sense of knowledge and accomplishment after every session.

Active Older Adults

The Y offers fitness programs for older adults like water exercise, yoga and stretching classes. We know that older adults are seeking more than physical benefits when they exercise. They also want a sense of community and to strengthen social ties. The Y has several activities to encourage older adults to take action and get involved like the Lunch and Learn program.

ActivTrax

Accountability is a key component to any fitness plan. The Y helps you maintain your exercise routine while keeping things fresh and interesting. Regardless of fitness level, our ActivTrax program provides easy and successful ways to challenge your workout and help you get the results you want.



AQUATICS

The Y is the starting point for many youth to learn about becoming and staying active. The benefits of learning to swim are more than just physical. When kids learn to swim, they can build confidence, discover their personal best and have fun.

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

Group & Private Swim Lessons

Demonstrating our passion for safety and skill development, we appreciate the opportunity to provide guided class times to foster that love for water, and respect for the environment.

PRIVATE LESSONS

All ages
Prices for 4 half-hour sessions
Private lesson - Member: \$60
Private lesson - Non-member: \$95
Semi-private - Member: \$84 (42 per child)
Semi-private - Non-member: \$106 (\$53 per child)

GROUP LESSONS

Member: \$44
Non-member: \$72

Competitive Swimming

When the competitive drive kicks in, we have an all inclusive swim team to join. We believe that all people deserve the opportunity to enjoy the fun and competition that our swim team offers.

Water Fitness

We want everyone to enjoy better health and less stress, which can be found in our variety of water fitness classes. Goals such as better flexibility, greater endurance, shape definition or weight loss motivate all of us. Water workouts that are so fun you won't realize it's a "work"out!



CHAPLAINCY

The YMCA is more than just a gym, we are here for you and your family. The YMCA Chaplain is here to comfort, strengthen and encourage members, volunteers and staff. Contact Roger Button 360-258-3823 or rbutton@ymcacw.org

RHAPSODY

Brandon Berg - Lead Pastor 360-606-0462
Rhapsody Church is an outward focused church that sees the Clark County Family YMCA as its home and wants to positively impact the lives of those who participate.

Thursday 6:00 pm - 9:00 pm - Youth Group
Sunday 10:00 am to 11:30 am

SOCIAL RESPONSIBILITY

Annual Support Campaign

Too many of our neighbors don't experience the kind of opportunities to be in enriching and healthy programs that provide a sense of community that come from being part of the Y. We know real progress is only possible if we work together. We're counting on the generous support of community organizations, donors and volunteers to ensure that every person has the opportunity and resources to navigate through life's challenges to reach their full potential.

We ask you to follow in the footsteps of the visionary leaders who built the Y - We ask you to give generously for our common future.

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 work experience that will enhance your career opportunities. From helping with special events to coaching or mentoring, your skills and interests can make a difference here.

