

HEALTHY LIVING



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway

Sherwood, Oregon 97140

ymcacw.org

April 2017 Newsletter for Members and Volunteers of the Y

AROUND THE Y

Looking for a way to get your child active and off screens? At the Sherwood Y we have some great youth programs that can do just that.

Our Aquatics Program has a new look. We are excited to welcome 6 new swim instructors to help with our growing demand. These instructors are dedicated to provide quality swim lessons to ensure growth and success. Building trusting relationships with their participants and families is another important part of our program that sets us apart. We are looking forward to having them serve you on our aquatics team. The new swim session begins April 24 and registration begins on April 15.

With summer fast approaching, the Y is ready with fun programs to help keep kids educated and safe in the water. We want everyone to start their summer off safe around all bodies of water so we are offering Summer Safety Day again. Summer Safety Day is a FREE basic swim instruction class on June 17 from 9:30-11:30am. This class has a strong emphasis on drowning prevention and water safety.

Another important aquatic program at The Sherwood YMCA is our competitive swim team, The Sherwood Y Dragons. This team offers a fun and challenging experience for all ages. There are five different ability based training squads. The Dragons Swim Team is USA swimming sanctioned that attends meets at many Northwest locations. In February, our team placed 5th overall out of 28 YMCA teams over 4 states! The team is home to 2 Oregon long course 2016 state Champions and close to 20 Oregon short course 2017 state qualifiers. We are proud that The Y Dragons strive to bring out the best in all of its competitive, year round swimmers.

An event that the community looks forward to every year is Healthy Kids Day. On Saturday April 29th from 10am-12:30pm, the Sherwood Regional Family YMCA will host this national initiative that celebrates improving the health and well-being of kids. This event will focus on teaching healthy habits to kids and families, and inspiring a lifetime love of physical activity through active play. This year's event will include \$6 bike helmets with a proper fitting, sun protection awareness, community outreach and educational programs. There will also be many area community businesses, as well as local health agencies promoting dental, cognitive, and general health and safety. And of course the amazing staff at the Y will be engaging participants with a variety of activities that we offer! Check out our wonderful partners who come together on this day to support our community and this important initiative.

Summer is the time for kids to get up, get out and grow. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are prone to gain weight and fall behind in studies during this time. The Sherwood YMCA is committed to strengthening our community through Youth Development, Healthy Living, and Social Responsibility and help combat this national epidemic. Join us along with hundreds of thousands nationwide to address these critical gaps of health and education during the summer months.

CALENDAR

**American Red Cross Babysitting Class
Saturday, April 1, 9-4**

**American Red Cross CPR/AED/First Aid
Wednesday, April 12**

**American Red Cross Lifeguard Class
April 14-16 and 21-23**

**Registration for Session 3:
April 15**

**Women's Wellness Weekend at
Camp Collins
April 21-13**

**Session 3:
April 24-June 11**

**Teen Center Dance
Friday, April 28, 7-10pm**

**Healthy Kids Day
Saturday, April 29, 10am-12:30pm**

**Registration begins for Session 4 and
Summer Programs
Saturday, April 29**

**Our April Membership Special is a
Tax Day Special! First 50 to join in
April will pay \$17.00 Joining Fee
*This is our last membership special
for several months**

WHAT'S NEW

BOOM MIND is Monday at 11:05am. BOOM MIND takes the best of yoga and Pilates and combines them into one fusion class. Designed to relax the mind and body with rhythmic body moves. The focus of this class is on core, lower body strength, and balance.

BOOM MUSCLE is Wednesday at 9:45am. This class incorporates athletic based moves that improve the upper body conditioning, Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength.

BOLLYX LIT is Tuesday at 11am. Burn muscle while dancing to the heart pumping beats of Bollywood.

AMERICAN RED CROSS LIFEGUARD TRAINING

There is limited space available, so take advantage of this offer soon! This class is 15% off of regular price! Time: April 14-16, and 21-13 Age: 15+ Fee: Members \$150 Non-Members \$200

WOMEN'S WELLNESS WEEKEND AT YMCA CAMP COLLINS

Are you yearning for some time to relax and recharge? This is the perfect escape! Enjoy a weekend of creative exploration, outdoor recreation, fitness classes, and relaxation. For more information email campcollins@ymcacw.org or call 503.663.5813

HEALTHY KIDS DAY

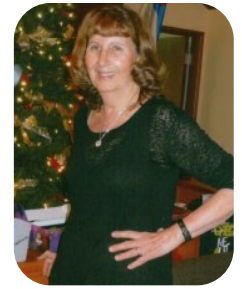
Join us for this FREE yearly event! We will have passport stations, animals from Heart to Heart, Rock Wall, Youth demonstrations, \$6 bike helmets, vendor fair, and much more!

200 CLUB SPOTLIGHT BETSY JONES



The Sherwood Regional Family YMCA would like to take this opportunity to thank Betsy Jones for being a valued member for over 3 years here in Sherwood, but a member of many YMCA's across the country. Betsy has used our facility over 200 times in 2016. She loves to come to the Y, participating in spin, as well as the elliptical for her cardio, and free weight for strengthening. Betsy believes the Y is more than a gym, it's a great place to build friendships. Her children have been participating in almost every youth program the Y has to offer. Betsy especially enjoys the summer camps and child-watch/fun club for her children. You will often see her sitting on the pool deck while her children participate in swim lessons and swim team. Betsy lives in Tigard with her husband Randy, as well as her three children; Claire 10 years old, Isabelle 6, and Olivia 4. She a stay at home mom who enjoys working out, reading, gardening, and especially going on vacations to the beach. Thank you Betsy for your continued support!

STAFF SPOTLIGHT MARY WEBER



Mary Weber has been leading classes here at the Sherwood YMCA and Boones Ferry Location. She is a rock star in all her classes and has built up an amazing community at our satellite facility at Boones Ferry Community Church. Mary plays a key role in organizing the social events at this location, and in February she organized a pot luck, where members enjoyed a beautiful pot luck, with wonderful raffle prizes and a time in community with lots of laughter. The event was originally scheduled to happen in December, but was postponed due to the bad weather conditions. Mary is a shining example of leading the AOA Community with love, support and empathy. Thank you Mary for all that you do for the YMCA. We could not do it without you

VOLUNTEER SPOTLIGHT WEI PING CHEN



Our Volunteer Spotlight this month is Wei Ping Chen. Wei Ping is an amazing encourager at The Sherwood Y. What is evident with Wei Ping is her genuine warmth towards people and her passion for exercise. This is shown when she greets people that come to the classes she is taking. She not only encourages people to try new classes, but when those people come to that class she will help them set up their equipment and show them what to do. In Dance Fitness classes she is always watching out for newcomers and even though she knows all the routines and could be up front she chooses to stay in the back so that she can help the new people. In 2015 and 2016 she was a 200 Club member which meant that she came to the facility at least 200 days those years. Thank-you for all you do Wei Ping and for being a great example of what The Y's mission embodies!

SWIMMER SPOTLIGHT ISLA GORDON



Isla has been with the team for just over 6 months now and has already made a huge positive impact! She attended the 10 and under Oregon State meet this past February and placed 10th overall in the 8&U 25yd freestyle. She was a part of the 8&U freestyle relay that placed 9th as well. Isla always puts in 110% effort at practices and is respectful of her coaches and team mates. She always has a smile on her face and we are very fortunate to have her as part of our swim team!