

HEALTHY LIVING



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway

Sherwood, Oregon 97140

ymcacw.org

February 2017 Newsletter for Members and Volunteers of the Y

AROUND THE Y

We all know that when you join a gym, you're doing something good for yourself - building endurance, losing weight, strengthening your heart. But did you know when someone joins the Y, they're committing to more than simply becoming healthier? They are supporting the values and programs that strengthen our community. Because at the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

Maybe you, like many Y members, are saying, "Yes, I am so thankful for the support I get at the Y!"

Or maybe you're saying, "Well that's nice for Y members, but how does it really make Sherwood better?"

Good question! At the Sherwood Y we aim to make an impact that extends far beyond our walls. Our mission states that the Y is For All. This takes a big financial commitment. In 2016 we committed nearly \$300,000 to providing financial assistance. We subsidize memberships and programs for individuals in need, veterans and active military, and the city staff and police force who serve Sherwood so diligently.

We also commit \$45,000 each year to running high-quality teen programs free of charge. As the working mother of a middle school student I know how difficult it is to manage that after-school time. Too old for child care, too young and vulnerable to stay home alone for hours. The Y's teen programming is designed to fill that gap. Middle and high-school students can spend those after-school hours engaged, active and protected at the Y. There's even transportation from both middle schools and the charter school.

Of course not all of our impact is tied to a dollar amount. Each year, November through February, the Sherwood High School Swim Team descends on the Y's pool. Seeing as the pool is only three lanes, adding in 45 high school swimmers takes some re-arranging. Swim lessons, water fitness and lap swim schedules are adjusted. More lifeguards are brought in, and this year the Y's swim coaches dedicate time and commitment to coaching the Sherwood High School swimmers. Ensuring the high school swim team's success requires the flexibility and co-operation of all our members! (There they go, strengthening the community again!)

These types of partnerships are a vital part of making an impact in Sherwood. On Sunday evenings, St. Francis church opens their doors to those in our community who do not have homes. Volunteers transport guest to the Y for warm showers, then back to the church for a hot meal and an overnight stay.

Our commitment to strengthen Sherwood is the heart of what we do. From the summer Lunch and Learn, to Robin Hood Festival, to supplying non-perishables to Helping Hands; the Sherwood Y longs to be involved and make a positive impact on Sherwood.

So build more than muscle. Join us as we strengthen our community.

CALENDAR

EXPRESSO BIKE CHALLENGE

Begins February 1

SOCCER

February 4-March 25

COUCH TO 5K

Begins February 7

A MATTER OF BALANCE

Begins February 8

T-BALL REGISTRATION

February 13-March 20

TEEN CENTER DANCE

Friday, February 17, 7:00-10:00pm

HOLIDAY HOURS

President's Day, Monday, February 20
Regular Hours

SCREENAGERS MOVIE

Friday, February 24 at 6:00pm
Space is limited

**Pay the Date Joining Fee
Membership Special for the month
of February! Sign up for
membership on Feb. 1st and pay
only \$1.00 joining fee, sign up for
membership on Feb. 2nd and pay
only \$2.00 and so on.**

CHECK IT OUT!

A MATTER OF BALANCE

This is an evidenced based program for fall prevention. \$25 members, \$36 for Program Participant. Feb 8th – April 15th.

SHAMROCK RUN

The Sherwood Regional Family YMCA has a team for this year's Shamrock run. If you register as a Y team member please use the code #6685 (our team #) and you will receive a \$4 discount or \$5 for half marathon! (YMCA membership not required for team discount). You can register for any race distance, and do not need to 'run/walk' with your team. If we have 75 team members the Y will receive \$5 PP donation!

KNITTING AND CROCHET CLUB

Enjoy the friendly environment of the YMCA to work on your projects. Meets every Wednesday 11:00am-12:00pm

COME AND EXPERIENCE BOLLYX – Bollywood dance inspired high intensity fitness workout. Free Master class Sunday February 26th 9-10am. There will be donations going to YMCA Annual Campaign. Suggested donation \$5.

INCLEMENT WEATHER PROTOCOL

A reminder of our Inclement Weather Policy. If there is a two hour delay there are no group exercise classes before 10:00a+m and if school is cancelled there are no group exercise classes before noon and a decision will be made that day about classes in the afternoon and evening.

WHERE DID YOU GO? Y SWAG

Send in a picture in your Y swag and receive a prize and get featured on our Facebook page! Send to lblack@ymcacw.org

The Y™ For a Better Us.

The Sherwood Y has many local partnerships that are a vital part of making an impact in Sherwood. On Sunday evenings we partner with St. Francis Church for those in our community who do not have homes. Volunteers transport guests to the Y for warm showers, then back to the church for a hot meal and an overnight stay. Our staff loves watching football and exchanging 'corny' jokes with St. Francis volunteers and guests during their visits.

Another partnership is with The Sherwood School District. Not only do we host the high school swim team but we also have a free daily program. The Independence Academy helps students ages 18-21 with disabilities transition out of education and into the work force. Every school day there is class at The Y. Class is composed of traditional classroom learning and practical, hands-on learning. Students scan in members, clean parts of the facility, and help lead programs.

One of the great things about The Sherwood Y is that we, as a world-wide movement, exist to meet the needs of the communities in which we serve. In fact, that very philosophy is the reason the Sherwood Y was created.

For a better you. For a better us. For a better community.

The Y. For a Better Us

STAFF SPOTLIGHT SCARLETT SHODIN

Scarlett Shodin is the new Youth Program Director. She has been with the Sherwood YMCA for the last 3 years, where she started in the Child Watch Center and has performed many duties in the Youth and Family Department. Scarlett is passionate about the youth and the community the YMCA serves. When she's not being a rockstar in the YMCA she enjoys spending time out and about with friends, family and being crafty. When asked what her favorite part about working for the YMCA is she said "the environment we've provided for others is a safe and fun place to be. We're given the opportunity to help others in their daily lives and we do it each time we have the chance. I enjoy working closely with the community and my co-workers, we are a Y Family."



STAFF SPOTLIGHT DERYK ASTILLA



Deryk Astilla moved from San Luis Obispo, California to the beautiful Northwest in 2016, where he turned in his sandals and board shorts and replaced them with boots and layered jackets. He is at awe with the ubiquitous hiking trails, mountains, and bodies of water. His dog Scout sure enjoys it!

Deryk is the new Teens and Sports Division Supervisor who understands the benefits of a community environment. Moreover, his passion is to build a stronger and more connected community through recreation.

STAFF SPOTLIGHT CHRISTINA BIBBY

Christina Bibby is the new Childwatch Program Supervisor. She is a mother of 2 boys, Ayden who is 6 years old, and Wade who is 7 months. She has also been married to her husband, Christopher, for 5 ½ years. In addition to their kids they have a dog, Lil B, and a cat, Loki. They love anything that involves the outdoors, and more importantly they are very family oriented.



Christina has worked in the childcare industry for several years. Her first experience in childcare was here at the Sherwood YMCA Child Watch between 2012 and 2014. She left to pursue her college career and she is so excited to have found her way back to the Y. The core values of the Y mirrors her own values, and she embraces the diverse community we have. She looks forward to providing your children with a safe, fun environment while you are here working out, swimming, or enjoying some quiet time in the lobby.