

HEALTHY LIVING



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway

Sherwood, Oregon 97140

ymcacw.org

May 2015 Newsletter for Members and Volunteers of the Y

FROM RENEE'S DESK

Spring has sprung...

Trees are flowering; flowers are blooming; kids are anxious for summer and your YMCA is springing forward too!

Most recently we hosted our annual Breakfast with the Bunny. This year we were able to support a local student, Hailey, to raise funds for softball by hiring her to be 'the bunny'. On April 18th some of your YMCA staff and members participated in Trashpalooza. The National YMCA has launched new program called Togetherhood. This is a social responsibility program that encourages YMCA staff to volunteer and collaborate outside the Y – strengthening the community outside in. This was our first of many projects! Stay tuned for more details.

April 25th we hosted the annual National initiative, Healthy Kids Day with sporting booths and local vendors and partners encouraging healthy lifestyle choices. We also launched a Diabetes Prevention Program. This is a national program sponsored by YUSA in partnership with the Center for Disease Control. The program encourages healthy choices and lifestyle changes that will decrease the likelihood of being diagnosed with this life changing disease. We have had a busy and very rewarding month! May promises to be just as busy with lots of fun activities for all to enjoy.

We are more than building bodies at the Y, we are also building communities. We are more than a gym. We are a cause. We strengthen communities by uniting local leaders to address social needs. We collaborate with schools, hospitals and other organizations to increase learning opportunities, provide health education, as well as much more. Please consider joining, giving, volunteering and do so much more! Thank you for allowing us to serve you!



The Y. So Much More™

We all remember summer as long, warm days spent riding bikes with friends, running through sprinklers at the neighbor's, and cool evenings playing hide and seek in the yard. For many school-aged youth, summer also brings poor health choices with sugary snacks and not enough activity, summer learning loss, and even limited access to food. [NBC News Today.com](http://NBCNewsToday.com) is currently featuring a survey about summer health issues for youth.

This summer, Y's across the nation are helping youth Hop the Gap and overcome barriers related to hunger, health, learning, water safety and access to safe spaces. Find out more about the initiative and available resources at hopthegap.org. Locally, the Sherwood Y is "hopping" in with both feet by offering programs such as summer camps, free Teen Center programs, and offering a free Summer Safety Day in our pool. Check out our program guide for more options for keeping kids active, healthy and engaged this summer.

CALENDAR

Teen Center Dance:

Friday, May 8
7:30-10:30 pm

Kids Night Out:

Friday, May 15
6:00-10:00pm

AOA Masterclass

Wednesday, May 27
10:00-11:30am
Social 11:30-12:30

When I'm in Charge

Saturday, May 30
9:30-12:00

Summer Specialty Camps:

Dates	K-2nd Grade	3rd-5th Grade
June 15-19	Lego Engineering	Basketball
June 22-26	Adventure Safety	Extreme Safety
June 29-July 3	Basketball	Dodge Ball
July 6-10	Rock Climbing	Soccer
July 13-17	Soccer	Rock Climbing
July 20-24	Gamesapalooza	Basketball
July 27-31	Dodge Ball	Gamesapalooza
Aug 3-7	All Ball	Lego Engineering
Aug 10-14	Flag Football	Pickle Ball
Aug 17-21	Rock Climbing	Flag Football

WHAT'S NEW

PROGRAM DEVELOPMENT COMMITTEE

Are you interested in volunteering for a good cause? Would you like to work along-side key YMCA volunteers and staff leaders? This committee is responsible for developing and monitoring specific program objectives, program policies, collaborative efforts, along with other special program needs.

PICKLEBALL

Open Pickleball has started on Mondays and Wednesdays from 12-2pm. Free to members. Never played before? Don't worry, we have paddles that you can borrow and volunteers to help you get started.

WALK WITH EASE

This is a walking program that is endorsed by Silver&Fit®. It is Arthritis Foundation Certified and Doctor recommended. It is program that can reduce pain and improve overall health. Classes help people build confidence to be physically active and walk safely. Participants can join a group with a certified instructor or get a guidebook and walk on their own. If a person can be on their feet for 10 minutes without increased pain, they will be successful with Walk with Ease. Classes will be Monday and Wednesday 4pm – 5pm
Open to everyone with spaces limited to 12 participants

AOA SOCIAL

Tuesday March 3rd, 12:30pm, Teen Center. Come and enjoy the smooth jazz sounds of Gail Rasmussen. Stay for coffee, cookies and a chat with friends.



FACEBOOK CONTEST

Help us to reach our goal of 1,000 likes for our Facebook page! Once we reach the goal of 1,000, ten people will win free swim lessons, free youth classes, free youth program, free boot camp sessions, and a free 3 month membership! Remember you need to like our page, share it AND comment on the sweepstakes post.

MAY PAY THE DATE MEMBERSHIP SPECIAL

Our membership special for May is our Pay the Date special. The amount that you pay for a joining fee corresponds to the day you join. If you join on the 2nd then you pay \$2.

THREE DAY PASS

Is there someone you would love to have join you in your workout? Do you know anyone who is interested in trying out the Sherwood YMCA? In addition to your seven adult annual passes here is a three day pass for you to give to a non-member.

THREE DAY PASS

Sherwood YMCA
Expires 5/31/15

STAFF SPOTLIGHT ALEJANDRO LAYNA

Alejandro has been part of our evening custodial staff here at the Sherwood Y since December of 2011. In his work as a custodian Alejandro is committed to serving the facility, members and staff. He is also a committed father to his three sons and soon-to-be daughter-in-law. Alejandro is always kind, friendly and willing to lend a helping hand. It is for these reasons that a member nominated Alejandro for staff of the month. This member went on to say, "Many may not see how he helps us, but makes the facility clean, safe and useable every day."

Thank you Alejandro for your impactful work keeping our facility clean and welcoming!



SWIMMER SPOTLIGHT SHERWOOD Y DRAGONS SHELBY SLENES



Shelby has been with the Dragon family for about 4 years now and has consistently improved over the years. At 12 years of age Shelby has claimed stake to the 100 and 200 yard Breast stroke pool records. She is also part of the 11-12, 200 freestyle relay which holds the pool record. Just recently she came within tenths of a second to earning her first 12 year old Oregon A time in the 50 Breast stroke and 50 Butterfly. With her hard work at practice and great meet attendance, I know it won't be long before Shelby achieves her A times and continues to grow faster in her swimming career. She's always a friendly face on deck and is well liked by all her team mates. I'm very happy to have her as part of our swim team family!

VOLUNTEER SPOTLIGHT DINE AND DANCE VOLUNTEERS

This month we get to honor those volunteers who served on the Dine and Dance Committee as well as the volunteers who served during the event. The Dine and Dance, which includes an auction, is our biggest Campaign, representing 35% of our Annual Campaign fundraising efforts. Committee volunteers dedicated countless hours planning every detail of the event and procuring unique items and one-of-a-kind experiences. From décor to dinner these volunteers are fully invested in the success of the event. Other volunteers joined the group to carry out the plans laid by the committee. Volunteers made sure that every aspect of the evening ran smoothly. A favorite of the evening was the White Rabbit coat check. We want to thank one more group of people— those who participated in the Dine and Dance and silent auction. Without your participation all our efforts would have been for naught. Through the diligent efforts of our volunteers and the generosity shown by those who participated the Y was able to raise just over \$27,000. The committee has already started planning for the 2016 Dine and Dance event. Save the date and count on another amazing event!

