



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE MORE THAN JUST A GYM

Winter/Spring Program Brochure 2025
January 2, 2025—June 15, 2025



YMCA OF SOUTHWEST WASHINGTON

766 15th Ave. Longview, WA 98632



WHY WE'RE HERE



Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Our Four Core Values

Caring-Honesty-Respect-Responsibility

Areas of Focus

Youth Development

Healthy Living

Social Responsibility

DIVERSITY & INCLUSION

Our Commitment to Inclusion: The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility – they guide everything we do.

The Y, always here for you.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In neighborhoods across Southwest Washington, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The YMCA of Southwest Washington has been listening and responding to critical social needs for over 90 years. Whether it's developing skills or emotional well-being through education and training, or connecting diverse demographics populations through global services. The Y fosters the care and respect all people need and deserve.

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WHO WE ARE

Executive Director/CEO	Janine Manny	x208	janinem@longviewymca.org
Finance/Financial Development Director	Lynda Wagner	x212	lyndaw@longviewymca.org
Membership Director	Ayla Olsen	X215	aylaj@longviewymca.org
Youth Sports/Camp Director	Les Cornwell	x213	lesc@longviewymca.org
Youth Development Director	Hanna Colburn	x211	hannac@longviewymca.org
Aquatics Director	Kym McGee	x205	kymm@longviewymca.org
Weight Room Supervisor	Lee Botero	x209	

YMCA of Southwest Washington Board of Directors

Gene Guttormsen	President	Joel Davis	Board Member
Scott Davis	Treasurer	Lou Locke	Board Member
Brian Magnuson	Secretary	Linda Beattie	Board Member
Todd Boze	Board Member	William Boehm	Board Member
David Rosi	Board Member	Karen Pritchard	Board Member
Michelle Domenico	Board Member	Tasha Nelson	Board Member
Errin Clark	Board Member		

Our Strength is in Community

- **The Y is a nonprofit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.**
- **They Y is community centered. For nearly 160 years, we've been listening and responding to our communities.**
- **The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.**
- **The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.**

INVESTING IN YOU

New Member Rates

	Monthly Credit/Debit Card
Youth1(3-18)	\$20.50
Young Adult (19-26)	\$51.75
Adult	\$77.25
Couple	\$108.00
1 Adult Family	\$90.75
2 Adult Family	\$115.00
Senior (62+)	\$58.00
Senior Couple	\$82.50

Day Passes

Become a member of the Y for a day!

Youth (3-14)	\$6.00
Young Adult(19-26)	\$11.00
Adult	\$18.00
Couple	\$30.00
1 Adult Family	\$25.00
2 Adult Family	\$30.00
Sr. Citizen (62+)	\$11.00
Sr. Couple	\$20.00

Family

A family is defined as one or two adults living in a household with their dependents, if any. The number of adults is limited to two, unless other adults in the household qualify as dependents and are claimed on either of the primary adults' tax return. Dependents include full-time college students, or disabled adult children. All family members must reside at the same address.

Membership

The YMCA of Southwest Washington requires every participant to be a member of the YMCA. Membership categories include Facility, Day Pass, and Program.

Cancelling of Membership

Cancelling of your membership must be presented in writing to the YMCA 10 days in advance to your bank draft.

Hours of Operations

Monday– Friday	5:00am-9:00pm
Saturday	7:00am-4:00pm
Sunday	11:00am-4:00pm

Doors lock 30 minutes prior to closing

Music

If listening to your own music, on your own device you must use ear phones.

Accidents

The YMCA does not carry public health or accidents insurance. All individuals participate at their own risk.

Dates Closed

Christmas Eve	Early Closure
Christmas Day	Closed
New Year's Eve	Early Closure
New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	Closed
Independence Day	Closed
Labor Day	Closed
Thanksgiving	Closed

Membership Hold

Annual Members may put their membership on hold 1 to 6 months. All other types of membership may be put on hold for medical or job related circumstances see membership office for authorization.

Guest Pass/Day Pass Users

Photo I.D. is required for everyone over the age of 16. Children 12 and under need to be signed by a parent or guardian.

No Loitering Policy

Loitering on, in and around the YMCA, including the building and parking lots and areas inside the building is not allowed. Loitering is defined as lingering idly or aimlessly in any area of the YMCA without purpose, or hanging around in clusters and causing unusually loud or disturbing noises.

FOR YOUR INFORMATION

We know firsthand how difficult it can be to find a balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

LOCKER ROOM FACILITIES

Our locker rooms are for changing, showering and storing your items while you work out. Please do not leave your belongings in the lockers overnight as they will be removed by our custodial staff at the end of each day. Lockers are available for rent on an annual basis, check the front desk for details. We encourage you to bring and use padlocks to secure your belongings the front desk has a limited number of locks to lend out.

- Children ages 4 and under may accompany an adult of the opposite gender into the locker room.
- Family Locker Rooms are available for those needing assistance from a person of the opposite gender and parents with children 5 and older.
- Upstairs locker rooms are for ADULTS, 18 years and older.

Supervision of Children

For everyone's safety, children under 9 years of age need adult supervision while at the YMCA. All children younger than 9 or under 52 inches in height must be accompanied by an adult in the water for open swims. Kids 9 through 12 who are unattended will only be allowed in certain staff supervised areas of the YMCA, such as open swim or the Game Room for a total of 3 hours. Visits to the YMCA are not intended for youth for a full day, so the 3-hour maximum is still in effect for ages 9 to 15 unless youth are participating in a supervised program. The YMCA reserves the right to deny access to individuals who abuse this privilege. It is the Y's policy to notify the police when minors under 17 are left at the YMCA at closing.

Weapons/Tobacco

The YMCA and its property are a drug, alcohol, weapon and tobacco free zone.



Equipment Checkout

Need equipment? Checkout a basketball or racquetball gear at the front desk.

Cell Phone/Video Taping

For the safety and security of our members and guests, no video/photo equipment (including, but not necessarily limited to cameras, cell phones, camcorders, digital recorders, etc.) may be used in locker room, dressing areas, shower areas, restroom, or other areas generally deemed to be "private" within the YMCA facilities. Voyeurism is a Class C felony in the state of Washington under RCW 9A.44.115. Unauthorized use of such equipment shall be grounds for termination of membership and /or ability to use or visit the YMCA facilities.

Code of Conduct

The board of Directors of the YMCA of Southwest Washington recognizes the right for all YMCA members to enjoy participation in programs and facilities without fear for personal safety or verbal abuse. The YMCA Staff is empowered to suspend membership privileges for anyone who acts in a manner which negatively affects other members. This includes offensive language, racist or sexist remarks, acting in a confrontational manner and intimidation.

Criminal History

It is the policy of the YMCA of Southwest Washington to deny access to the facility to any individual convicted of a sexual offence level II or level III or who is registered sex offender and the Y will periodically check its records for criminal history. The YMCA reserves the right to terminate membership or deny access if the Y becomes aware that the person has been convicted of a sex crime.

Program Refund Policy

There is a refund or YMCA credit if cancelled at least one day before the program begins less a nonrefundable \$5 transaction fee. If cancelled during the first two scheduled dates of the program, it is a 50% YMCA credit less the \$5 transaction fee (no refund). YMCA credits may be used for future programs.

***Personal Training has its own policy. **Day camp has a 1 week cancellation policy minus fees.**

EVERYONE IS WELCOME

We're proud to ensure that the Y is accessible to everyone, and we never want anyone to be turned away for an inability to pay. Don't hesitate to ask about financial assistance for programs or membership. We're happy to help.

Financial Assistance

The YMCA of Southwest Washington is for everyone. If you need financial assistance to participate in the YMCA, please contact the front desk and ask about our Scholarship Program. The YMCA of Southwest Washington strives to provide services for any youth, adult or senior who desires to participate in membership or programs. The YMCA of Southwest Washington believes a strong sense of ownership and pride is developed if recipients contribute to the cost of YMCA involvement.

Financial Assistance

Annual Income Qualifications

	Family of 1	Family of 2	Family of 3	Family of 4	Family of 5	Family of 6
60% Off	\$19,000	\$25,000	\$31,000	\$38,000	\$44,000	\$50,000
40% Off	\$25,000	\$34,000	\$42,000	\$50,000	\$60,000	\$68,000
25% Off	\$34,000	\$45,000	\$57,000	\$69,000	\$81,000	\$92,000



Drop in Child Watch

GROWING STRONG



Rainbow Corner

One of the most valuable services the YMCA of Southwest Washington provides is free child watch to members. This is for children ages 6 months to 9 years old. You may bring your children to Rainbow Corner for up to 2 hours while you exercise or participate in programs within the building.

Rainbow Corner Guidelines

- Toddlers who are potty-training must be appropriately dressed with pull-ups or underwear. If a child needs help, staff will locate the parent to assist. Rainbow Corner staff are not responsible for potty-training or changing diapers and soiled clothing.
- Security items such as pacifiers or blankets are OK for infants. Please do not bring toys or personal items from home.
- Parents may provide pre-made bottles for infants. Bottles must be labeled and stored out of reach from other children. If able, staff will hold and feed infants.
- Occasionally, children in Rainbow Corner become upset. Staff will try holding, soothing, and entertaining upset children. If they are unable to soothe an upset child, they will contact the parent, to address the child's needs.
- To reduce the spread of germs we request that children wash their hands upon entering Rainbow Corner.
- No Peanut Butter snacks, please bring snacks in a sealed container with child's name on it.



Hours

Monday-Friday 8:45am-12:15pm

Monday - Thursday 4:00pm-7:00pm

Our drop-in child watch and preschool are not licensed or regulated by the State Department of Child Development.

All YMCA child programs adhere to YMCA quality standards.

PRESCHOOL PROGRAMS

Offered All Day Year Round

Y Kids University and Enrichment Class (Ages 3-5)

The YMCA Tumbleweeds preschool program enhances the mental and physical development of each child through our kindergarten readiness curriculum that focuses on preparation for kindergarten and beyond. We believe that all children deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Activities include literacy, STEM activities, arts & crafts, music & movement, physical activities, field trips and much more.

AM class days & times for 2024-2025 school year

Days	Times	Cost
2 days per week Tue & Thur	8:00am-12:00pm	\$250/month
3 days per week Mon, Wed, Fri	8:00am-12:00pm	\$300/month
5 days per week Mon-Fri	8:00am-12:00pm	\$425/month

*Registration Fee \$100

PM class days & times for 2024-2025 school year

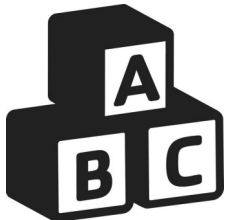
Days	Times	Cost
2 days per week Tue & Thur	1:00pm-5:00pm	\$225/month
3 days per week Mon, Wed, Fri	1:00pm-5:00pm	\$275/month
5 days per week Mon-Fri	1:00pm-5:00pm	\$400/month

*Registration Fee \$100



\$10 monthly discount for signing up for monthly auto-payments

*One time \$100.00 yearly registration fee covers supplies, field trips, and graduation



How to get your child started

To reserve a place for your child, you must pay a nonrefundable registration fee. You may do so by coming to our YMCA front desk. You also need to pay for the first month before your child can attend. Payments are due the 1st of every month thereafter. Limited financial assistance is available.



Our drop-in child watch and preschool are not licensed or regulated by the State Department of Child Development. All YMCA child programs adhere to YMCA quality standards.

After School Childcare

Fall 2024—Spring 2025

Our experienced and quality staff is dedicated to the development of each child's spirit, mind, and body in a safe, caring, and positive environment. We offer a variety of activities that allows your child to be engaged and physically active, as well as have opportunity to have a healthy snack after school every day. We will offer gym time with organized activities, crafts, STEM, and game room time. Our focus is to keep your child physically active after school, which comes easy with access to our obstacle course room, 8ft and 10ft basketball hoops, and traverse rock wall. They also get to swim every Wednesday, and we will take occasional park trips when the weather is nice. Children will need a swimsuit and towel on Wednesdays in order to participate in swimming, and it is suggested to please bring a water bottle from home daily. If your child goes to another school but wants to participate, parents will have to arrange transportation to the YMCA.

Pick up to Y at: Lexington Elementary
Columbia Heights Elementary
Olympic Elementary
Call the Y 360-423-4770 for details.



How to get your child started

To reserve a spot for your child, complete the registration paperwork at the YMCA and pay for the first month of care. Invoices are due monthly thereafter between the 1st and the 5th. We offer a \$5.00 discount for signing up for auto pay .

After School runs Monday thru Friday From After School to 6:00PM

Rates:

Registration Fee \$25.00

5 days per week	\$220 YM/\$230 NM per month
4 days per week	\$200 YM/\$210 NM per month
3 days per week	\$170 YM/\$180 NM per month



5 DAYS PER WEEK INCLUDES A FAMILY MEMBERSHIP WHILE REGISTERED IN PROGRAM.

Normal early release days covered in monthly fee, extra charge for conference release days.
Limited YMCA scholarships are available.
YM = YMCA Member NM = Nonmember

Schools Day Out Camps

An engaging schools day out experience filled with various activities, including sports, swimming and crafts, designed to keep kids active and entertained.

Time 7:30am-5:30pm

Cost \$40/day YMCA Member \$45/day Non-Member

Bring Sack lunch, snack, swimsuit and towel and appropriate footwear for gym activities.

Longview Schools Day Out—Jan 24, Feb 14, March 7,14, May 19

Kelso Schools Day Out—Jan 27, March 7,14

Spring Break—April 7,8,9,10,11

Preregistration required must have a minimum of 10 children 1 week prior to camp date or it maybe cancelled.

Youth Sports

KIDS ON THE MOVE

SPORTS AGES 3-5

Indoor Soccer, Basketball, T-Ball

This is a great introduction to youth sports. Young athletes will be placed on a team and will develop the skills of teamwork, self confidence, and the fundamentals of each sport. Special team/coach requests will be honored on a first come first serve basis. We will do our best to accommodate what we can.

Age	Dates	Deadline
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Indoor Soccer

*Age 3 (Intro) Boys & Girls	Sept-Oct 2025	Mid August 2025
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Ages 4-5 Boys & Girls	Sept-Oct 2025	Mid August 2025
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COST: \$TBD Members \$TBD Non Members (Includes: T-Shirt & Award)

Basketball

Ages 4-5 Boys & Girls	Jan 25—Mar 8, 2025	Dec 29, 2024 (Saturdays Only)
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COST: \$60 Members \$90 Non Members (Includes: T-Shirt & Award)



T-Ball 3-5 year olds

Ages 3-5 Boys & Girls	April 5-May 17, 2025	Mar 9, 2025
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COST: \$65 Members \$95 Non Members (Includes: T-Shirt, Baseball Hat & Award)



YOUTH SPORTS Ages 6-9 Indoor Basketball

This is a great introduction to youth sports. Young athletes will be placed on a team and will develop the skills of teamwork, self confidence, and the fundamentals of each sport. Special team/coach requests will be honored on a first come first serve basis. We will do our best to accommodate what we can.

Age	Dates	Deadline
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Basketball

Ages 6-7 Boys & Girls	Nov —Dec 2025	Beginning October 2025
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Ages 8-9 Boys & Girls	Nov—Dec 2025	Beginning October 2025
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Cost: \$TBD Members \$TBD Non Members (Includes: T-Shirt & Award)

Includes: T-Shirt and Awards



Volunteer Coaches, Referees and Gym Supervisors wanted. If interested contact the front desk for more information.

GET INTO THE SWIM OF THINGS

What is the right level for your child?

Water Discovery/Exploration Ages 6 months to 36 months

Parent is in the water with the child.

Level 1: Water Acclimation 3 to 5 years

For beginning children comfortable working with an instructor without a parent in the water.

Level 1: Water Acclimation 6 and older

For beginning children not comfortable getting their face wet, and floating and gliding with help.

Level 2: Water Movement

For children comfortable getting face wet and learning to float and glide on their own.

Level 3: Water Stamina

For children learning how to swim 10 to 15 yards on their own front and back. Must be able to go under water and float and glide on their own.

Level 4: Stroke Introduction

Teaching students the fundamentals of front crawl and back crawl and swimming 25 yards. Must be able to swim on front and back 15 yards.

Level 5: Stroke Development

Teaching students to master front crawl and back crawl and learn breaststroke and fundamentals of butterfly. Need to be able to swim 25 yards at the beginning of class

Level 6: Stroke Mechanics

For students learning to master all strokes.



Private Swim Lessons

Swim lessons that provide private one on one instruction to each student. These lessons will be catered to the needs and skill level of the student, wither that be gaining confidence in the water or improving technique. Open to children of all ages and Adults!

Scheduling is limited to instructor availability and pool time, please inquire at the front desk for more information.

4 - 30 minute lessons for 1 person per session
\$90 member, \$130 non member

- 24hr cancellation required to avoid private lesson charge
- Lesson is cancelled if client is 15 minutes late or no show without notification
- Outside instructors are not allowed.
- Rebooking sessions may be limited if there is waiting list or the instructor's availability changes.

SWIM LESSONS

We believe the ability to swim is a critical life skill.

When you learn to swim, you gain confidence, acquire safety / rescue skills and experience water activities you can enjoy for a lifetime. Throughout all levels, we teach students how to be safer and more comfortable in the water.

Winter/Spring Swim Sessions

All lessons are 30 minutes long. Please make sure you shower your child before entering the pool. All spectators that are not members must bring ID, or show their program card. All Spectators must remove their shoes before walking on the pool deck. All swimmers must wear a swim suit or clothing made of polyester, nylon, lycra or spandex. Denim and cotton clog up our filters.

Registration is now available online at www.longviewymca.org

Classes Offered:

3-5 years Level 1-3, (6+ years) Level 1-5
Class times vary from 4:00, 4:30, 5:00, and 5:30pm, Not all levels are available at all times, please check with front desk for specific times and levels.

Session Cost: \$65 Member Price \$45

Sessions

January Session

Jan 6-30 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Jan 6,8,13,15,20,22,27,29

Tues & Thurs Dates: Jan 7,9,14,16,21,23,28,30

February Session

Feb 3-27 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Feb 3,5,10,12,17,19,24,26

Tues & Thurs Dates: Feb 4,6,11,13,18,20,25,27

March Session

Mar 3-27 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Mar 3,5,10,12,17,19,24,26

Tues & Thurs Dates: Mar 4,6,11,13,18,20,25,27

April Session

Apr 14-24 Monday thru Thursday 2 weeks

Apr 14,15,16,17,21,22,23,24

May Session

Apr 28-May 22 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Apr 28,30,May 5,7,12,14,19,21

Tues & Thurs Dates: Apr 29, May 1,6,8,13,15,20,22

Parent Child/Water Discovery Class (6 months-3years)

Check with front desk for specific times. Water Discovery classes are for children 6 months to 3 years with a parent or an adult in the water with the child.

Session Cost: \$55 Member Price \$35

Program Refund Policy

There is a refund or YMCA credit if cancelled at least one day before the program begins less a nonrefundable \$5 transaction fee. If cancelled during the first two scheduled dates of the program, it is a 50% YMCA credit less the \$5 transaction fee (no refund). YMCA credits may be used for future programs.



Toddler Time—Parents with children 5 years and younger

Monday & Wednesday 11:00am-12:00pm

Free to members

Nonmembers day pass rate

Adult must be in the pool with child and ratio is one adult to two children.



AQUATICS



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Main Pool Schedule January 2–June 15, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00am	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	5:00am		
6:00am										6:00am
7:00am	5-8	5-10:00	5-8	5-10:00	5-8					7:00am
8:00am	Water Fitness Wave Makers		Water Fitness Wave Makers		Water Fitness Wave Makers					8:00am
9:00am	Water Fitness HIIT		Water Fitness HIIT		Water Fitness HIIT					9:00am
9:30am	9-10		9-10		9-10					9:30am
10:00am	Water Fitness Wave Makers	Water Resistance	Water Fitness Wave Makers	Water Resistance	Water Fitness Wave Makers					10:00am
10:30am	10-11	10:00-11:00	10-11	10:00-11:00	10-11					10:30am
11:00am	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12			7:00am- 1:00pm	Lap Swim/ Walking 11:00am- 1:00pm	11:00am
12:00pm	Lap Swim/ Walking	Stretch & Strength 12-1	Lap Swim/ Walking	Stretch & Strength 12-1	Lap Swim/ Walking					12:00pm
1:00pm	Water Fitness	Lap Swim/ Walking	Water Fitness	Lap Swim/ Walking	Water Fitness	Open Swim	Open Swim	1:00pm		
1:30pm	1-2		1-2		1-2					
2:00pm	Lap Swim/ Walking	12-4:00pm	Lap Swim/ Walking	12-4:00pm	Lap Swim/ Walking			1-3:30	1-3:00	2:00pm
2:30pm	2:00-4:00pm		2:00-4:00pm		2:00-4:00pm	Lap (3)	Lap (3)	2:30pm		
3:30pm						GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		3:30pm		
4:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Lap Swim/ Walking					4:00pm
5:30pm	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00						5:30pm
6:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30					6:00pm
7:00pm	Open Swim	Lap Swim 7-8:30	Open Swim	Lap Swim 7-8:30	Open Swim					7:00pm
7:30pm	Lap Swim		Lap Swim							7:30pm
8:30pm	7:30-8:30		7:30-8:30							8:30pm

- There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Class Descriptions are on previous page.
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS

AQUATICS



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Activity Pool Schedule January 2-June 15, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise			8:00am
9:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am			9:00am
10:00am								10:00am
11:00am	Toddler Time 11-12 5 & under w/adult No Warm Water Pool		Toddler Time 11-12 5 & under w/adult No Warm Water Pool		Tumbleweeds 11-12 No Warm Water Pool			11:00am
12:00pm					Progress Center			12:00pm
1:00pm	Group Programs		Group Programs		Group Programs	Open Swim	Family Swim	1:00pm
1:30pm						1:00- 2:30	1:00- 3:00pm	1:30pm
2:00pm	Joyful Joints 2:00-3:00	Peace Health 2-4 Private Group	Joyful Joints 2:00-3:00		Joyful Joints 2:00-3:00	Family Swim 2:30-3:30 Children 17 and under	Children 17 and under with Parents/ Guardians	2:00pm
2:30pm						With		2:30pm
3:00pm	Private Lessons		After School	Private Lessons	Private Lessons	Parent/ Guardian		3:00pm
4:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Private Lessons Groups	NO WARM WATER POOL DURING FAMILY SWIMS		4:00pm
6:00pm	Open Swin 6:00-7:30pm	Family Swim 6:00-7:30pm Children 17 & under with Parent/Guardian	Open Swin 6:00-7:30pm	Family Swim 6:00-7:30pm Children 17 & under with Parent/Guardian	Open Swin 6:00-7:30pm	GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		6:00pm
7:30pm								7:30pm

- **Warm Water Therapy Pool (18 and older) is NOT open during special events, group programs or morning swim lessons. Evening Swim Lessons see swim lesson schedule.**
- **30 minute maximum in Warm Water Therapy Pool**
- **Water in unbreakable container is only beverage allowed on pool decks. NO GLASS**

AQUATICS

The lifeguards are on duty to ensure patron safety and prevent accidents from happening. All guest and members must follow the direction of the lifeguards and the posted rules at all times. If you disagree with the lifeguard, please follow their instructions and discuss your concerns with the Aquatics Director

Appropriate Swimwear

All swimmers must wear appropriate swim wear. Swimsuit required, no cotton or denim allowed. Swim diapers are required for those who need them. Showers are required for everyone, prior to entering the pool. Not street shoes are to be worn on the pool deck.

Diaper Policy

Only swim diapers may be worn into the pool. Disposable diapers will not be allowed. Swim diapers may be available to purchase from the front desk in a variety of sizes ranging from infants to adults. The cost ranges from \$1 or \$2, depending on size.

Fragrance Free Zone

Many of our members have a sensitivity to fragrances that are found in perfume, hair spray, body spray, and other products. Because of the humid air in the aquatics area, it is especially hard in the swimming pools. Please remember to shower off before entering any of our pools, and take care to remove traces of products with fragrances. Also, please don't apply these products in any of the locker rooms at the YMCA.

Thank you for your consideration of other members.

Recreational Swim Programs Open Swim

Open to all members and guests. Children under 9 years and/or under 52" in height must be accompanied by an adult in the water at all times and must be kept within arm's reach, even if they are wearing a life jacket. Exceptions may be made for children who can pass a swim test. Swim test

Family Swim

These are recreational swims for families only. Defined as children 17 & under with a parent or guardian in the water at all times.

For safety we ask that you limit non-swimmers to 2 per adult. Non-swimmers are considered anyone who is not able to swim on their own, including those wearing life jackets. Exceptions may be made at the lifeguard's discretion.

We do not allow the use of inflatable toys in any of our pools. Members and guest may bring a USGS approved lifejacket, or there are some available to borrow. All other toy use is allowed with lifeguard permission. The lifeguard can revoke those privileges if they see the toy becoming unsafe or disrupting other members.

WATER FITNESS

Joyful Joints

This water-based program is tailor made for people with arthritis, fibromyalgia, or limited range of motion. The class works on good body mechanics and increasing mobility from head to toe.

HIIT

Interval training approach to water fitness. You do an intense bursts of exercise followed by a short but active recovery period. HIIT gets and keeps your heart rate up while it usually burns more fat in less time.

Water Resistance

This beginning water cardio workout uses a variety of equipment to increase endurance, strength, balance, and stability for performing daily tasks.

Wave Makers

This moderately paced water cardio workout integrates a variety of cardiovascular movements, strength training, and flexibility exercises for agility, coordination, balance, and fun.

Aqua Zumba

Splash your way into shape with a Latin inspired, low-impact, calorie burning, dance fitness pool party.

LAP LANE ETIQUETTE

Entry—Always use a feet-first entry. Please make sure that anyone already in the lane, sees you before you enter the lane.

Sharing—If two people need to use one lane, please split the lane in the middle and keep to your respective side.

Non-swimmers—There should be no walking, jogging or stationary exercise outside of the designated walking lane during lap swims.

Age requirement—Lap swimmers need to be at least 14 years old and be able to swim continuous lengths of the pool. Swimmers who are younger than 14 but have the ability to lap swim, may do so when accompanied by a parent or guardian, with permission from the lifeguard on duty.

BIRTHDAY PARTIES AT THE Y



NEW Addition to Birthday Parties at the Y

Pool Party/Family Zone

Book a pool party and get exclusive use of our activity pool, including the lazy river. A pool party consists of one hour of swimming time for up to 25 swimmers, and an hour in our Family Zone/party area for up to 35 guests total. All parties include a party host to direct you to your party locations, set up of tables and chairs and clean up. Family Zone includes use of our obstacle course room, kids basketball room and family game room.

Pool Party/Family Zone Times

Saturday

10-11am Party Area 11am-12pm Swim Time
12:00pm-1:00pm Swim Time 1-2pm Party Area

Sunday

12:00pm—1:00pm Swim Times 1-2pm Party Area

Cost:

Pool Party \$195.00 Y Member \$170.00



FAQ

How do I book a birthday party?

Birthday parties can be booked at the front desk. We ask that you book your party at least 14 days in advance of the requested party date. Payment must be made in full and turned in with a completed registration form. All party bookings are subject to availability.

What is provided for the party?

For each party booking we provide chairs and tables. There is a small refrigerator and freezer available for use, if needed.

What can I bring?

You may bring decorations, food and drinks. Tablecloths are recommended but not required. Please remember to remove all personal items by the time your party is scheduled to be over.

Important Pool Information

Swimmers should be at least 9 years of age and at least 52" tall to swim in the Activity Pool alone. All children under 9 years, and/or under 52" tall must be accompanied by an adult in the water with them. The ratio for children under 9, or non-swimmers is 2 children per 1 adult. Exceptions may be made at the lifeguard's discretion.

All Swimmers need to wear a swimsuit, or clothing that is made of polyester, nylon, lycra, or spandex. Cotton and denim are not allowed because it clogs the filters.

Please follow the directions of the lifeguard at all times. The lifeguard is there to prevent accidents and injuries. If you disagree with a lifeguard please follow their direction anyway, and speak with the Aquatics Director about your concern.

FAMILY ZONE

Family Zone consists of four new areas: Child watch for 6 months to 6 years, Obstacle course for kids 6 to 12, a basketball area for kids of all ages, and a family game room for kids of all ages and parents. Adults may also utilize the family game room for ping-pong, air hockey, foosball and games during the day when there are no kids in the Family Zone.

Supervised Hours for Obstacle Course, Basketball and Game Room HOURS

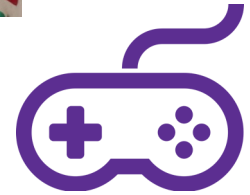
Monday, Tuesday & Wednesday
4:00-7:00pm

Family Zone is open for kids with
parents all other times except:
Saturday 10:00am -2:00pm &
Sunday 12:00-2:00pm



TEEN FRIDAY NIGHTS

WHERE
YOU BELONG



Kids 13-18 years old, join us Fridays
8:00-10:00 pm for videogames,
basketball, swimming and food.

FREE! Open to the

*All Participants **MUST** have a youth waiver signed on file before attending. These need to be read and signed by parent or guardian. You can do this anytime before the youth attends.

SPRING TEA PARTY

A dress up party for granddaughters over 3 years, moms and/or grandmothers. Dress up tea party with a lot of tea, finger foods and musical entertainment.

When: Sunday, May 4, 2025

Time: 2:00-3:30pm

Where: YMCA

Cost: \$10 Adults and \$5 children 3-17
Registration required limited seating.



SPRING CHEER CAMP

LEARN, PRACTICE AND PERFORM Boys and girls, ages 6-14 years, come cheer on the YMCA! 12 weeks of fun and learning. We will teach classic cheer moves, our own YMCA cheer, and a fun dance. We will end Cheer Camp walking in the Go Forth Parade in July. Cheer Camp fee includes a pair of pompoms and t-shirt.

Camp runs April thru Go Forth Parade in July

Ages: 6 to 14 years

Date: April 14—July 4th Parade

Time: Mondays 6:00-7:00pm

Cost: \$150.00 for YMCA Members \$185.00 for Non-Members

Partial financial assistance available



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PERSONAL TRAINING

FEEL HEALTHIER BE STRONGER

Personal Training

Do you have everything it takes to get in shape but lack motivation? Are you someone that needs strong personal motivation? Would you get more from your work outs if someone took you through every exercise every time you came to work out? If the answer is YES then you may be perfect for the YMCAs' one-on-one coaching or personal training program.

QUICK TRAIN PROGRAM—30 minute individual

6 Sessions Member: \$138

12 Sessions Member: \$264

16 Sessions Member: \$320

EXTENDED PROGRAM—60 minute individual

6 Sessions Member: \$276

12 Sessions Member: \$504

16 Sessions Member: \$640

BUDDY PROGRAM—60 minute 2-4 people

6 Sessions Member: \$345

12 Sessions Member: \$630

16 Sessions Member: \$800

MONTHLY PACKAGES

We are now offering personal training packages by the month. You can select 30 or 60 minutes and once or twice weekly. Choose to pay the monthly fee or have it set up on auto pay with your YMCA dues.

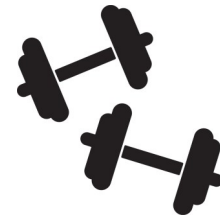
30 Minute:

- **Once a week: \$80 (ach draft)**
- **Twice a week: \$160 (ach draft)**

60 Minute:

- **Once a week: \$160 (ach draft)**
- **Twice a week: \$320 (ach draft)**

- Session packages expire 12 months from purchase.
- Advance purchase required for all sessions and packages.
- NO REFUNDS for sessions and packages unless a medical extension has been granted by your physician.
- 24 hour cancellation required to avoid session charge.
- Session is cancelled if client is 15 minutes late without notification.
- Outside trainers are not allowed.
- Prior medical clearance may be required.



Trainers

Lee Botero

and

Colleen Bennett:

Colleen is a certified personal trainer providing one-on-one fitness training and educations. Her specialty is senior fitness. She has experience in goal setting and action planning—learned through facilitating adult learners in a classroom environment, to help clients develop fitness plans that are aligned with their personal goals.

Qualifications

- American Council on Exercise (ACE) Certified Personal Trainer.
- ACE Senior Fitness Specialist
- Human Resources Certification Institute (HRCI) Senior Professional Human Resources

Body Composition Testing

You work hard here at the YMCA; you deserve to see the payoff. We now offer body composition testing. We have a Tanita Body Composition scale (provides you with a printout) and a Fit3D (results are online in your free Fit3D account within minutes). Initial test is \$10/YMCA member or \$20/non-member and follow up tests are \$5/\$10. Register at front desk and make appointment with Shawna.

GROUP EXERCISE

FITNESS, FUN, & FRIENDS

Why Participate in Group Exercise Classes?

Research has indicated that individuals who participate in group exercise classes are more likely to achieve their health and wellness goals due to increased motivation, new friendships, and accountability.

Active Older Adults (AOA)

Minimize joint stress while getting a great workout by incorporating cardio, muscular strength, flexibility & balance. We love our squats! This class is good for beginner to intermediate.

Silver & Fit Experience

Silver & Fit is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. For active older adults, as well as fitness beginners.

Sit or Stand

This Class is designed to increase flexibility, joint stability, balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance while being seated or standing.

ZUMBA / Latin Dance

The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with moves easy to learn. Take the work out of your workout.

Cycle Together

Cycle together is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. For those looking for a low-impact option for cardio fitness, this class is a perfect fit.

Barre

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high intensity movements designed to strengthen your body in ways that few other workouts can. In addition to building strength, this full-body workout also develops agility and flexibility.

STEP Aerobics

This is a full-body cardio class set to music, with the optional use of weights. The class offers individual steps for up and down movement, and you can also do the class without the step if you prefer.

How To Get Started?

Bring a water, show up and wear comfortable clothing. All equipment is provided. No Pre-registration required!

Age Restriction: Children 9-14 are welcome to attend group fitness classes under adult supervision.

Yoga Fit

Strengthen, stretch, and sculpt the body while relaxing the mind. Build endurance, flexibility, and stability while focusing on breath and alignment in this dynamic fluid class, moving through a series of postures intended to build length, strength, and body awareness. We focus on breath and alignment while quieting the mind, offering personalized options that allow everyone to truly make the practice their own. Whether you are a beginner or long-time yoga student, you will find something positive to take away from this dynamic class. This class is appropriate for all ages, genders, and abilities.

Yoga

Strengthen and stretch the body with Linda for three different focuses each class: Tuesdays class is a classic Yoga Fit Class, Thursdays we get out the weights and add some resistance training to our poses, and Fridays are all about flexibility & balance. All levels and ages (9+) are welcome.

Line Dancing

Line dance is a fantastic form of exercise for all ages and is a great platform for social interaction. It provides an abundance of benefits from mental health to cardiovascular and everything in between! Dress in layers, more active dancers will get warm. Bring Water in a non-breakable container. Wear shoes (no rubber soled tennis shoes please) that will glide on the laminate flooring. All levels welcome.



Fee and Registration Required for Martial Arts Classes

TaeKwonDo

For Ages 5 and up, maximum number is 20 at this time. Tuesday & Thursday Beginners 6:00-7:00pm all other levels 7-8:00pm in the Cascade Room
Cost: \$70/month Y Members \$35/month
Please register in advance at the YMCA

Aikido

It is more than a traditional martial art or self-defense class. For Ages 14 and up, Mon & Wed 6:00-8:00pm in the Racquetball Court #5
Cost: \$70/month Y Members \$35/month
Please register in advance at the YMCA

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti	
		9:15am-10 (CC) Cycle Together Patti			8:05am (BG) Latin Dance Aerobics Varies
		7:45am (BG)  Grace			
8:45am (MG) Active Older Adult Nancy	9:00am (CR) Yoga Linda	8:45am (MG) Active Older Adults Nancy	9:00am (CR) Yoga Linda	9:00am (CR) Flexible Friday Yoga Linda	
9:00am (BG) Latin Dance Aerobics Laura	9:00am (BG) STEP Aerobics Mary	9:00am (BG) STEP Aerobics Mary	9:00am (BG) STEP Aerobics Mary	9:00am (BG) Latin Dance Aerobics Laura	
		9:00am (CR) Yoga Fit Mary			
Coming Spring 2025 10:15am (BG) Sit or Stand Holly	10:15am (BG) Sit or Stand Holly	10:15am (BG) Silver & Fit Experience Colleen	10:15am (BG) Sit or Stand Holly	10:15am (BG) Silver & Fit Experience Colleen	
10:15am (CR) Barre Elizabeth		10:15am(CR) Line Dancing Marcia			
5:00pm (BG)  Jennifer		5:00pm (BG)  Grace	5:30-6:30 (CC) Cycle Together Annie	5:00pm (BG)  Grace	
Tae Kwon Do 2 classes	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth	5:30-6:30(CR) Yoga Lisa	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth		
AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth	AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth		

BG = Back Gym MG = Main Gym CR = Cascade Room CC = Cycle Core Room
RC = Racquetball Court #5

****Note: Schedule subject to change. ****

Look for class descriptions on previous page. Classes with costs require preregistration.

OUR GOAL IS TO HELP YOU REACH YOURS

While you're improving your life, help others grow strong too. We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, respect and responsibility while you're here.

1. Get an orientation. We believe that the more you know about our fitness center, the more likely you are to enjoy your exercise experience. In a fitness appointment, knowledgeable staff will teach you how to use equipment correctly and safely. We'll help put your goals in motion with a personalized fitness plan to motivate and inspire you.

2. Just ask. We're here to help!

3. If there's a problem with any of the equipment or the facility, please let a staff person know. **If there's an incident or accident**, contact a staff person immediately.

4. Be safe. Wear appropriate clothing and footwear. (Open-toed shoes or jeans are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you've had enough to eat and drink before exercising to prevent dizziness or light-headedness. If you are experiencing dizziness, pain or unusual discomfort at any time, stop the exercise and ask staff for help.

5. Help us keep the Y clean. Wipe off equipment after each use. Return all equipment when finished with it. Take your personal items with you. Remove the plates from lifting bars when you're done.

6. Give others a turn. The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting.

7. Storing your stuff. Please lock your valuables up in a locker or check them in at the front desk.

8. Youth are welcome in the fitness center age 9-14 while under adult supervision and limited to nautilus and cardio sections of the weight room. 15 years and older have full access.

9. Get personal. Personal trainers are available. Ask a staff person for more information.

10. Hang it up. For your safety and in consideration for others, please refrain from cell phone use while in the fitness center.

12 Weeks of Healthy Living

Classes Start Mid January and are ongoing throughout the year.

12 Weeks of Healthy Living introduces the importance of quality movement, practical fitness options and mindful personal practices for better life balance. From improving joint stability through stretching and balance exercises to improving your overall wellbeing through stress reduction practices, basic nutrition education and building social capital, you will be empowering yourself today and for the future.

Mondays and Wednesdays: 12:00pm – 1:00pm
Free for Members Registration required.
First Class Starts January 20, 2025
Future Class Dates & Times TBA



SPECIAL NEEDS PROGRAM GOODTYMES

A recreational program for teens and adults with disabilities, offering activities that promote independence, social skills, and overall quality of life.

GAME SHOW NIGHT

Date: January 11, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person



Come play games from TV game shows like "Price is Right" and win great prizes! Including the "Showcase Showdown".

VALENTINE SWEETHEART DANCE

Date: February 8, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person



Come join us and bring your sweetheart as we will have lots of fun and prizes! Dance the night away and celebrate Valentines Day with us.

WESTERN NIGHT

Date: March 22, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person



Come dressed in your western duds and "cowboy up" for an evening of fun and prizes!

BUNNY HOP DANCE

Date: April 12, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person

"Hop" on down to our Easter dance! Lot's of fun and prizes!

MOTHER'S DAY DANCE

Date: May 3, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person Mom's are free



As we do each year, we give thanks and celebrate Mom's! Invite your Mom or special mom figure to join us for this dance and a surprise gift for each mom that attends!

BARBECUE AND DANCE

Date: June 14, 2025
Time: 5:30pm-7:30pm
Cost: \$5 per person



Start off Summer with a barbecue and dance with all our friends! Fun, Food and Prizes!

BUILD OUR COMMUNITY



Dee Bandy Massage Therapy at the YMCA

Dee Bandy offers pressure point therapy and Swedish massage for therapy or relaxation. She is able to use a variety of techniques tailored to meet each client's need. Dee is certified with the American Massage Therapy Association and has offered massage therapy at the YMCA for 28 years. Call for rates. By appointment only, 360-423-4770.

Guest Passes

Guest Passes are given to guests wanting to use the facility with a member that is present. Each person has three guest passes a lifetime. Photo I.D. is required for everyone over age of 16.

Nation Wide Membership

The Y-USA is launching nationwide reciprocity so that your YMCA membership will provide access to almost every other YMCA in the country. The requirements include that your home YMCA is the facility closest to your residence, and you use your home facility more than 50 % of the time. This is a great benefit for people who travel. However, if you plan to use another YMCA as part of an extended stay (more than 28 consecutive days), you may be asked to put your home YMCA membership on hold and join that other YMCA. It is recommended that you check with the YMCA you want to visit in advance to see if there are any restrictions.

Supervision of children / youth access to the YMCA

For everyone's safety, children under 9 years of age must be accompanied by an adult in the facility. There is a 3-hour maximum for unattended youth 9-14, and they must be engaged in an appropriate activity. Unattended youth (members and nonmembers) will not be allowed in the YMCA until 1 p.m., when youth activities start. Visits to the YMCA and YMCA activities are not intended to substitute for all-day child care. We do offer an all-day summer camp, and pre-registration is required. The YMCA reserves the right to deny access to individuals who abuse this privilege. It is our policy to notify the police if minors under 17 are left at the YMCA after closing.

Children under 9 years of age and 52 inches in height must be accompanied by an adult in water at all times during open swims.

Youth ages 9 to 14 are welcome to use the weight room under parental supervision, but are limited to Nautilus and cardio sections, not free weights. Youth 15 and older have full access and can sign up for an orientation.

Day Pass Usage

To better serve our members, the YMCA reserves the right to not sell day-use passes when the YMCA is at or near capacity. Our swimming pools and gyms often reach capacity when the weather is nice. Please be aware that we will have to refuse to sell day-use passes if we are at or near capacity.

Youth Day Passes are only sold to unattended youth 12 and over who have a youth waiver signed by parent or guardian on file.

Even if you called to check the schedule, we may be busier when you arrive than we were when you called.

The YMCA is not set up to accommodate groups without prior arrangement. This includes any group of 10 or more.



TOGETHER WE CAN DO SO MUCH MORE

Annual Campaign

At the Y, strengthening community is our cause. We know when we work together, we move more individuals, families and communities forward. Every day, Y staff, volunteers, members, friends and community partners work side-by-side to tackle the important issues impacting our area. What if more people joined our cause? Imagine what Southwest Washington would be like if....

- More Kids had a safe place to go to learn, laugh, and play.
- More people had the guidance and tools to lead healthier, more balanced lives.
- More of our neighbors could access the support needed to create a better future for themselves.

Together, we can make this a reality for Southwest Washington. Our community faces challenges, but we see possibilities rather than obstacles because of committed Y friends and generous donors like you.



Give Today

We have an extraordinary opportunity to ensure a brighter future for Southwest Washington, but we need your help. Your gift to the YMCA of Southwest Washington will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

Others Ways to Donate

Select the YMCA to link to your Fred Meyer Rewards



Would you like to volunteer at the Y?

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. The YMCA of Southwest Washington is always looking for volunteers. We have opportunities in youth sports, strong kids/annual campaign, facility projects, board of directors, special events, and many more.

If you are interested in volunteering contact the front desk at (360) 423-4770.

Now Available Online Registration for Programs.

