



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EVERYONE BELONGS AT THE Y



**YMCA OF DOUGLAS COUNTY**

1151 NW Stewart Parkway, Roseburg OR 97471  
(541) 440-9622 | [www.ymcaofdouglascounty.org](http://www.ymcaofdouglascounty.org)

Photos provided by  
Keri Blue Photography

updated 7/10/19

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# YOU BELONG HERE

## MEMBERSHIP BENEFITS

- **FREE** Family Programs/Event
  - **FREE** Youth Fitness Classes
  - **FREE** Indoor Family Play Gym
  - **FREE** Group Exercise Classes
  - **FREE** Indoor Cycling Classes
  - **FREE** Water Exercise Classes
  - **FREE** Wi-Fi
  - **SPECIAL RATES** on Swim Lessons & Youth Sports
  - **SPECIAL RATES** on Birthday Party Packages
  - **SPECIAL RATES** on Preschool, Childcare & Day Camps
  - **SPECIAL RATES** on Personal Training & Small Group Personal Training
  - **SPECIAL RATES** on trips and other events
  - Nationwide Membership (for qualifying membership types)
  - Aquatic Center
  - Teen programs & activities
  - Youth Education Programs
  - Certified Fitness Staff
  - Racquetball Courts
  - Gymnasium & Weight Room
  - Basketball Courts
- Pick up current class & pool schedules at the Welcome Desk or visit our website!

## FINANCIAL ASSISTANCE

The YMCA is a membership organization open to all people. If you cannot afford the full cost of a YMCA program or membership, please ask for a People Helping People application. Help is based on demonstrated need and the YMCA's ability to fund. For questions, call 541.440.9622 ext 225.

## FULL FACILITY MEMBERSHIPS

For members who want the use of the full facility. Financial Assistance is available for all categories.

MEMBERSHIP TYPE	MONTHLY FEE	JOINING FEE
YOUTH (AGE 0-18)	\$30	NONE
SINGLE YOUNG ADULT (AGE 19-25)	\$38	\$25
ADULT (AGE 26-59)	\$55	\$50
FAMILY*	\$75	\$50
SENIOR ADULT (AGE 60+)	\$50	\$50
SENIOR FAMILY*	\$70	\$50

## MEMBERSHIP ADD-ONS\*\*

OPTION	MONTHLY RATE
UNLIMITED CHILD WATCH	\$20
UNLIMITED TOWEL (SINGLE PERSON)	\$10
UNLIMITED TOWEL (FAMILY)	\$15

\*\*Must choose Easy Pay for membership add-on options.

## DAY USE PASSES

For day use, pool access.

\*Must be purchased by a parent or guardian.

PASS TYPE	DAILY RATE
DAY PASS FOR YOUTH (AGE 0-18)	\$5
*Must be checked in by parent or guardian 18 or older	
DAY PASS FOR ADULT (AGE 19+)	\$7
DAY PASS FOR FAMILY	\$13
COMMUNITY SWIM FOR YOUTH (AGE 0-18)	\$3
COMMUNITY SWIM FOR ADULT (AGE 19+)	\$5
COMMUNITY SWIM FOR FAMILY	\$10

\*Youth 17 & under must be checked in by parent or guardian 18 or older.

\*Family is defined as one or two adults (who are related or in a domestic partnership) and/or their dependents living in the same household through the age of 18 (or 23 if full time students, proof of enrollment required). Each additional adult has a \$27.50 charge after the 2nd adult. Additions must be related and living in the same household. Proof of residency required. Photo ID required for anyone first accessing the facility. All adults will be screened through the National Sex Offender database.

## FACILITY HOURS

Monday-Friday	5:00am - 10:00pm
Saturday	8:00am - 7:00pm
Sunday	12:00pm - 4:00pm

### MEMBERSHIP & PROGRAM REGISTRATION:

Monday-Friday	8:00am - 6:00pm
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### CHILD WATCH

Available for your children, ages 8wks - 7yrs old, while you are using the facility.

Mon-Fri	8:00am-12:30pm & 4:00 - 7:30pm
Sat	9:00am-1:00pm
Members	\$2/hr
Community	\$5/hr

### METHODS OF PAYMENT

- **EASY PAY:** A convenient and easy way to pay month to month, directly from your checking account or credit/debit card. Payments are made on your choice of the 10th or 21st of each month. Requires payment of pro-rated monthly dues and joining fee at time of enrollment. PLEASE BRING VOIDED CHECK FOR EFT.
- **PAY IN ADVANCE:** are invoiced options that include three, six & twelve months at a time:
- ANNUAL**-Perfect for members who wish to pay for their membership in advance. Requires payment of pro-rated amount for current month, full term chosen & joining fee. Members who choose twelve month option will receive an additional 13th month free upon renewing at the end of your second year. Not eligible for (LOA) leave of absence or reduced rate memberships.
- Semi Annual**-Great choice for snow birds or those who do not want to pay the full Annual rate all at one time.
- Quarterly**-Best option for those who do not want to auto-draft out of a checking or credit card.

### MEMBERSHIP CANCELLATION/CHANGE POLICY

The YMCA does not require a contract for membership. All changes, cancellations and leaves of absence requests must be completed in writing at the Membership Services Desk no later than the LAST BUSINESS DAY OF THE MONTH to be effective on the 1st of the following month. Cancellations are not prorated mid month.

### POLICY DISCLAIMER

The YMCA has a privacy notice that will advise you about our guidelines concerning the use of your personal information, including the reasonable efforts we make to protect your personal information in accordance with these guidelines, and about what choices you have concerning our use of such information. To learn more, please visit [www.ymcaofdouglascounty.org/privacy-policy](http://www.ymcaofdouglascounty.org/privacy-policy)

### CODE OF CONDUCT

The YMCA is committed to providing a positive atmosphere which is safe and inclusive to all in our community. In order to ensure this, the YMCA of Douglas County has adopted a code of conduct to govern the actions and behavior of all people while in YMCA facilities and participating in programs. All participants are expected to demonstrate caring, honesty, respect and responsibility. Failure to do so may result in immediate dismissal from the premises and may result in termination of membership privileges.

### SUPERVISED AREAS

Children ages 8-11 must remain in supervised areas when not attend-ed by a guardian (18+). Drop-offs are not allowed during unsuper-vised activity times. See available times, programs and restrictions on our website.

### SOUTH COUNTY YMCA

For details about our facility and programs in Canyonville, please visit our website or call 541.839.6117

## UNATTENDED CHILD POLICY

Children with special needs, disciplinary issues, or age 7 and under must be accompanied by a parent or guardian (age 18+) who stays with them at all times. Otherwise, they may use Child Watch during available hours or register for Childcare.

Youth ages 8-11 may sign themselves into the facility when participating in YMCA programs, educational classes, the activity center, group athletic activities and swim times. They may also use the weight room and cardio room only after youth and parent have participated together in a required orientation and with parent supervision during time of use. Please see pool schedule for age restrictions on swimming.

For any questions about this policy, please contact the Membership Services Department at 541.440.9622 ext 201.

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## WHAT'S GOING ON AT THE Y?

### TEXT ALERTS

Want up to date information about events, updates and announcements? Opt-in for our text alerts by choosing the information you want to see! Simply text the GROUP CODE to 84483 and you're in!

NAME	GROUP CODE	DESCRIPTION
Adult Sports	YADULTSPORTS	Registration and sports updates
AYA	YACTIVEADULTS	Trip changes and updates
Child Care	CHILDCARE1	Registration dates and changes
Facility	YFACILITY	Building closures and facility updates
Group Exercise	YGROUPX	Changes in classes and updates
Pool Exercise	WATERX	Water class changes and updates
Pools	YPOOL	Pool maintenance and closures
Swim Lessons	YSWIMLESSONS	Swim lesson updates and changes
Swim Team	RYST1	Swim team updates
Teens	YTEENS	Upcoming teen programs and updates
Youth Fitness	YTHFITNESS	Updates for Play Gym, S.T.E.M. and more
Youth Sports	YYOUTHSPORTS	Youth sports registration and updates



### BIRTHDAYS

Check out the Y for a birthday your child will never forget! Take advantage of our GO! Zone and enjoy the inflatable bounce house and other fun activities.

For more information, please email [spowers@ymcaofdouglascounty.org](mailto:spowers@ymcaofdouglascounty.org)





## NATIONWIDE MEMBERSHIP

Nationwide membership enables you to visit any participating YMCA in the U.S. through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. For more information and to see restrictions, please visit our website.

## 2019 HOLIDAY CLOSURES

NEW YEAR'S DAY	TUES, JAN 1
EASTER	SUN, APRIL 21
MEMORIAL DAY	MON, MAY 27
INDEPENDENCE DAY	THURS, JULY 4
FACILITY IMPROVEMENT WEEK	AUG 5-11
LABOR DAY	MON, SEPT 2
THANKSGIVING	THURS, NOV 28
CHRISTMAS EVE	TUES, DEC 24
CHRISTMAS DAY	WED, DEC 25
NEW YEAR'S EVE	TUES, DEC 31



## DARKNESS TO LIGHT

END CHILD SEXUAL ABUSE

**Don't miss out on these FREE workshops, held monthly throughout the year, designed to educate you on how to protect the children in your life. This is one event you can't afford to miss!**



## FAMILY PLAY GYM

Our Family Play Gym is a wonderland of fun and excitement just waiting for you to explore! Kids will enjoy tumbling mats, bounce houses, gymnastics equipment, games and toys! We're always adding new and exciting things to climb and play on, so there's always something to explore. All kids ages 0-7 are welcome to participate! (Parent/guardian participation required.)

**Photos provided by Keri Blue Photography**

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# YOUTH sports



## BASKETBALL

Sports Camps and Leagues offer a variety of opportunities for kids to learn skills such as shooting, dribbling, defense, rebounding, passing and teamwork.

## TRACK

Go for the gold in events inspired by the Olympic Games! Sprints, long jump, softball throw, soft javelin and other fun games!

## T-BALL

Join us in playing America's favorite pastime! Kids will learn sportsmanship, team work and fundamentals such as hitting, catching and throwing.



## SOCCER

Soccer is the most popular sport in the world, and it's no wonder when kids of all ages can play so easily! Learn dribbling, passing, shooting and teamwork.

## FLAG FOOTBALL

Kids can come learn and enhance their skills while playing their favorite position in a contact free setting. Focuses are on catching, throwing, running with the ball and taking away the opponent's flag.

## DISC GOLF

Learn the rules of the game and enjoy this relaxing outdoor activity! Kids will develop throwing techniques and sport fundamentals.

## SPORTS CAMPS

Sports camps are a great way for kids to learn the fundamentals of a new sport, or just get better at the game they love! Scrimmages will be held but emphasis is on developing skills in a non-competitive environment.

## COACHES NEEDED!

We are always in need of parent and volunteer coaches! If you would like to help our kids learn the fundamentals of teamwork and sportsmanship, contact the Youth Sports Coordinator at 541.440.9622 ext 214



**SPRING SESSION****Registration Opens Feb 1**

Itty Bitty Spring Soccer  
 Biddy Spring Soccer  
 Itty Bitty Track & Field  
 Bitty Track & Field  
 Rookie Track & Field  
 Winners Track & Field  
 Itty Bitty T-Ball  
 Bitty T-Ball

**SUMMER SESSION****Registration Opens May 1**

Disc Golf Camp  
 Itty Bitty Summer Soccer Camp  
 Biddy Summer Soccer Camp

**WINTER SESSION****Registration Opens Nov 1**

Boys Rookie Basketball League  
 Girls Rookie Basketball League  
 Boys Winners Basketball League  
 Girls Winners Basketball League  
 Biddy Basketball League

**FALL SESSION****Registration Opens Aug 1**

Itty Bitty Basketball League  
 Itty Bitty Football Camp  
 Itty Bitty Soccer  
 Biddy Basketball Camp  
 Biddy Soccer  
 Biddy Football Camp  
 Rookie Basketball Skills & Drills  
 Rookie Flag Football  
 Winners Basketball Skills & Drills  
 Winners Flag Football

**WHICH SESSION DO I CHOOSE?****ITTY BITTY**

For Ages 3 &amp; 4

**BIDDY**

For Ages 5 &amp; 6

**ROOKIE**

For Grades 1st &amp; 2nd

**WINNERS**

For Grades 3rd &amp; 4th

# YOUTH fitness

**Giggles & Wiggles****Ages 8 wks - 3 yrs**

A place for creative music, dance and play where parents and kids can have fun together. Parent participation required.

**GO! Zone****Ages 8-12**

Come join us for supervised activities and games after school. Check out a schedule to see all the fun activities!

**Family Play Gym****Ages 0-7**

The place for you and your kids to explore and have fun. Enjoy tumbling mats, bounce house, gymnastics equipment, games, toys and much more! Parent participation required.

**Hop, Skip & Jump****Ages 3-5**

Fosters motor skill development and positive social behavior through cooperative games and activities.

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Youth ages 8-11 may sign themselves into the facility when participating in YMCA programs, educational classes, the GoZone, and group athletic activities. They may also use the weight room and cardio room only after youth and parent have participated together in a required orientation and with parent supervision during time of use. Please see pool schedule for age restrictions on swimming.

For any questions about this policy, please contact the Membership Services Department at 541.440.9622 ext 201.

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Swim lessons at the Y are designed to take kids from any stage of experience and help them become more comfortable and confident in the water. Take a look below and see what your kids can expect to learn from each level of swim lessons we have to offer!

# SWIM lessons

## SWIM STARTERS

Parent & Child Lessons

### A Water Discovery

**Blow bubbles**  
on surface,  
assisted

**Front tow**  
chin in water,  
assisted

**Water exit**  
parent & child  
together

**Water Entry**  
parent & child  
together

**Back float**  
assisted, head  
on shoulder

**Roll**  
assisted

**Front float**  
chin in water,  
assisted

**Back tow**  
assisted, head  
on shoulder

**Wall grab**  
assisted

### A Water Exploration

**Blow bubbles**  
mouth & nose  
submerged,  
assisted

**Front tow**  
blow bubbles,  
assisted

**Water exit**  
assisted

**Water Entry**  
assisted

**Back float**  
assisted, head  
on chest

**Roll**  
assisted

**Front float**  
blow bubbles,  
assisted

**Back tow**  
assisted, head  
on chest

**Monkey crawl**  
assisted, on  
edge, 5 ft.

## SWIM BASICS

Recommended skills for all to have around water

### 1 Water Acclimation

**Submerge**  
bob  
independently

**Front glide**  
assisted, to wall,  
5 ft

**Water exit**  
independently

**Jump, push,  
turn & grab**  
assisted

**Back float**  
assisted,  
10 sec, recover  
independently

**Roll**  
assisted

**Front float**  
assisted,  
10 sec, recover  
independently

**Back glide**  
assisted, at wall,  
5 ft

**Swim, float,  
swim**  
assisted, 10 ft

### 2 Water Movement

**Submerge**  
look at object on  
bottom

**Front glide**  
10 ft (5 ft  
preschool)

**Water exit**  
independently

**Jump, push,  
turn & grab**

**Back float**  
20 sec, (10 sec  
preschool)

**Roll**

**Front float**  
20 sec (10 sec  
preschool)

**Back glide**  
10 ft (5 ft  
preschool)

**Tread Water**  
10 sec, near wall  
& exit

**Swim, float,  
swim**  
5 yd

### 3 Water Stamina

**Submerge**  
retrieve object in  
chest deep water

**Swim on front**  
15 yd (10 yd  
preschool)

**Water exit**  
independently

**Jump, swim,  
turn,swim,grab**  
10 yd

**Swim on back**  
15 yd (10 yd  
preschool)

**Roll**

**Tread Water**  
1 min & exit (30  
sec preschool)

**Swim, float,  
swim**  
25 yd (15 yd  
preschool)



# SWIM lessons

## SWIM TEAM

Swim team is a competitive and fun environment where swim skills progress to the next level. Children, ages 6-18, will learn sportsmanship, teamwork, goal setting, lifelong fitness and character development from experienced and certified coaches. For try outs, please contact the swim coach at 541-440-9622 ext 212

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## SWIM STROKES

Skills to support a healthy lifestyle

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### Stroke Introduction

#### Endurance

any stroke or combination of strokes, 25 yd

#### Front crawl

rotary breathing, 15 yd

#### Back crawl

15 yd

#### Dive

sitting

#### Resting stroke

elementary sidestroke, 15 yd

#### Tread Water

scissor & whip kick, 1 mins

#### Breaststroke

kick, 15 yd

#### Butterfly

kick, 15 yd

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### Stroke Development

#### Endurance

any stroke or combination of strokes, 50 yd

#### Front crawl

bent-arm recovery, 25 yd

#### Back crawl

25 yd

#### Dive

kneeling

#### Resting stroke

sidestroke, 25 yd

#### Tread Water

scissor & whip kick, 2 mins

#### Breaststroke

kick, 25 yd

#### Butterfly

simultaneous arm action & kick, 15 yd

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### Stroke Mechanics

#### Endurance

any stroke or combination of strokes, 150 yd

#### Front crawl

flip turn, 50 yd

#### Back crawl

pull & flip turn, 50 yd

#### Dive

standing

#### Resting stroke

elementary backstroke or sidestroke, 50 yd

#### Tread Water

retrieve object off bottom, tread 1 min

#### Breaststroke

open turn, 50 yd

#### Butterfly

25 yd

All swim lessons are available for sign up at the beginning of the prior month. For example, sign-ups for March lessons begin February 1st and close once spots are filled. Sign up early to ensure that you get the class time you want!

For more information about registration and pricing, please visit the Membership desk.



Infant & Toddler  
6 mos-3 yrs  
Stages A-B



Preschool  
3-5 yrs  
Stages 1-4



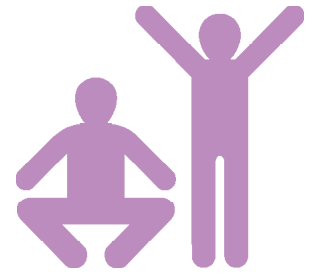
School Age  
6-14 yrs  
Stages 1-6



Teen & Adult  
14+ yrs  
Stages 1-6

Questions about Lessons? Call our Aquatic Director at 541-440-9600 ext 215

# WHERE KIDS GO TO GROW



The YMCA of Douglas County provides state licensed, safe, high-quality childcare services in a nurturing environment so you can have peace of mind while you work or go to school. We believe the values and skills learned early on are vital building blocks for quality of life and future success.

## EVERY CHILD DESERVES TO LEARN AND GROW!

### YMCA Preschool

Get your kids started on the right track before they head off to kindergarten and give them the skills to excel in school. Both part and full time options are available.

Kids will participate in:

- Active & Creative Play
- Songs & Stories
- Letter & Number Exploration
- Fine & Gross Motor Skills
- S.M.A.R.T. Reading
- And Much More!

Early Start & Learning Express are offered as part of our Pre-school program from 2, 3 or 5 days a week.

### HEALTHY KIDS DAY APRIL 27, 2019

Now is the time for kids to get up, get out and grow. Get ready for summer with activities that stimulate the body and mind. Join us this April 21st as we celebrate and educate our youth on exercise, healthy eating and have fun in the process. Don't miss out on this FREE family event!

### Before & After School Care

School-age kids make friends, learn new skills and have homework time. Most importantly, children are guided to be their best selves. That makes for confident kids today and encourages them to be contributing and engaged adults tomorrow.

Before & After School Care (K-5) is available before and/or after school 2, 3 or 5 days a week.

### Kids' Fun Days K-5th Grade

Full-time care available on "no school" days. The Y turns child-care into an all day event for elementary school aged kids so they have somewhere to go when school is out and you still have to work. Kids will engage in educational activities and play fun games. Meals and snacks are provided. Preregistration is required. Check with us seasonally for a list of upcoming Fun Days.



Photos provided by Keri Blue Photography

## Family Swim

If you're looking for something out of the ordinary to do as a family, try our fun Family Swim. Family Swim is a great way for children and their families to spend some time together. Even better, children can put into practice everything they've learned from their swim lessons.



## Family Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. It's fun to say, fun to play and is a great way to have fun as a family! Don't know how to play? One of our experienced players would love to show you how!

**Youth Development is one of the Y's core values, and that has lead to the careful creation of each program we offer to help nurture each child's full potential. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Through the Y, youth today are cultivating the values, skills and relationships that lead to positive behaviors, optimal health and educational achievement.**

## Activity Center

### Ages 12+

Supervised activities, homework help, Wii games, billiards, puzzles, board games, computers and free wi-fi.



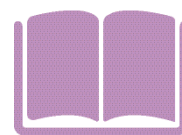
## STEAM - Science, Technology, Engineering, Art & Math

### Ages 2-7

Join us as we venture into the world of STEM. Each week we will explore a new theme where kids build, discover, experiment and create. Includes an age appropriate craft. Parent participation required.

## JO-Zone

From NOON - 5:30pm every M/W/F, the gymnasium becomes the "Jo-Zone!" Stop by for some pickup basketball or tips & tricks to improve your game!



## FREE Meals For Kids Ages 5-18

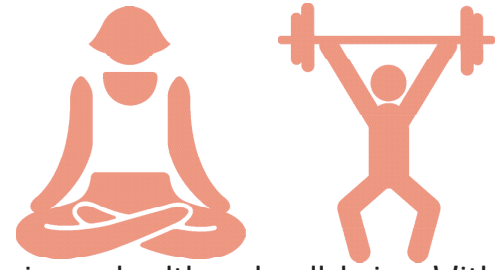
Kids can eat for FREE after every school day during the school year, and every morning and afternoon during the summer! Stop by the GO! Zone and enjoy some great food! USDA is an equal opportunity provider and employer.



## Teen Music Lab Ages 13+

Kids will be able to practice what they already know, or learn brand new skills from others! This is the perfect opportunity for beginners and pros alike to grow their musical knowledge. Not a musician yet? We can help you learn!

# HEALTH & wellness



In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on life balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

## Fitness Classes

The Y offers classes for all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training, to indoor cycling, boot camp and yoga, you'll find a group class that's fun, supportive and keeps you moving. Our Y is proud to offer over 80 weekly classes to choose from, and the best part is that they are FREE to members!

## Water Classes

What would the Y be without water? Water exercise, adult swim lessons (it's NEVER too late) and adapted exercise for those with disabilities or in rehabilitation are some of the water-based activities you'll find at the Y, where we believe that if you can do it on land, you can do some version of it in the water!

Whether you want to lose weight and keep it off, build lean muscle, or get back in shape after an injury, your Personal Trainer will help you get more from every workout and make steady progress towards your goals!



## WEIGHTS, CARDIO & FUNCTIONAL TRAINING

Not sure how to get started? Sign up at the Membership Desk for a FREE weight room/ cardio room orientation. An attendant will show you how to use the equipment properly and effectively to help you with your fitness journey.

### YOUTH ORIENTATIONS:

- No children under the age of 8 permitted in weight room or cardio room
- 8-12 year olds must have parent present during orientation and while working out
- 13-15 year olds must have orientation with parent signature
- 16+ no orientation necessary



## Personal Training

YMCA Certified Personal Trainers can get you started on the right track to a better you! Our trainers are the professionals who are here to help you reach your goals, no matter where your starting level may be. Contact 541.440.9622 ext. 210 for more info.



## CERTIFICATION classes

The Y offers the following  
educational classes:

CPR & AED,  
Lifeguard,  
First Aid,  
Swim Instructor

### Racquetball

Racquetball is a fun and easy-to-learn game that can be either easy going or highly competitive. With 3 courts that are open all day and all the equipment you need available at the Welcome Desk, any time is a great time to play!



### Taekwondo

Effective self-defense utilizing hand and foot techniques. Students gain skills from white to black belt and beyond from experienced black belt instructors.

### Ping Pong Club

Easy to get into and hard to master, come try your hand at this classic game of dexterity and skill!



### Adult Dodgeball

Dip. Duck. Dive. Dodge! Get that throwing arm ready and come play some organized games of dodgeball in our gymnasium. Ages 18+ only. (Seasonal)

### Pickleball

Pickleball is a cross between tennis, ping pong and racquetball. Played with a badminton net lowered to 34 inches, it's the perfect sport for families of all ages! While it is easy to pick up and learn for beginners, it can develop into a quick, fast-paced and competitive game for experienced players. We have a dedicated group of players that would be happy to welcome you in!

### Gymnasium

The Y offers a large gymnasium with a variety of activities.

Check us out for:

- **Pickup Basketball**
- **Indoor Soccer**
- **Dodgeball**
- **Family Play Gym**

Gymnasium schedule is subject to seasonal changes. For days and times of activities, please refer to schedule outside of gym door.



# Active Y Adults



Join the Active Y Adults as we travel far and wide to have fun and create lasting memories. AYA is focused on keeping adults, 21 and over, active through trips and events designed to maintain healthy spirits, minds and bodies.

We are always planning new and exciting AYA trips. For a look at upcoming events & program flyers, check out our events board in the lobby.

Photos provided by Keri Blue Photography

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# OUR CAUSE: A BETTER DOUGLAS COUNTY

## The Y. For a better us.™

In Roseburg and its surrounding communities, more than 13,000 are members and participants in YMCA of Douglas County programs and services. From exercise to education, from aerobics to advocacy, from fitness to financial assistance, the Y doesn't just strengthen our bodies. It strengthens our communities. The Y is so much more than a gym or a pool. It's a cause, dedicated to youth development, healthy living and social responsibility. For 70 years, we've been proud to help our neighbors learn, grow and thrive.

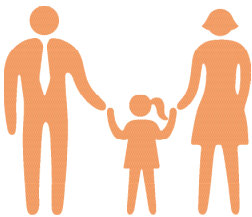
**OUR MISSION – We build strong kids, strong families and strong communities.**

## OUR CORE values

Our core values unite us as a movement with a common cause. They are the shared beliefs and essential principles that guide our behavior, interactions with each other and our decision making.

### CARING...

To demonstrate a sincere concern for others, for their needs and well-being. Related values: compassion, forgiveness, generosity and kindness.



### HONESTY...

To tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with our own stated positions and beliefs. Related values: integrity and fairness.

### RESPECT...

To treat others as we would want them to treat us, to value the worth of every person, including ourselves. Related values: acceptance, empathy, self-respect and tolerance.



### RESPONSIBILITY...

To do what is right -- what we ought to do, to be accountable for our choices of behavior and actions and our promises. Related values: commitment, courage, good health, service and citizenship.



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## PEOPLE HELPING PEOPLE

When you give to the Y, you continue to strengthen our community and move us forward as the nation's leading nonprofit for youth development, healthy living and social responsibility. The Y utilizes your gift to make a meaningful and enduring impact right in your own neighborhood.

Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Whether it is childcare for a single parent, youth sports for a foster child or after-school recreation for a teen, your donation to the 2018 Annual Campaign makes a significant difference in the lives of your neighbors. Your support strengthens the community by not only giving children the chance to shine today, but by helping them learn important values that will impact their lives and your community tomorrow.

The YMCA's goal is to provide \$80,000 to \$100,000 each year in financial assistance. Become a volunteer today, tell your Y story and encourage others to join you in giving.

If you are interested in helping, please contact Marisa Fink at [mfink@ymcaofdouglascounty.org](mailto:mfink@ymcaofdouglascounty.org)



Do you shop on Amazon? AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com.

The difference is that when customers shop on

AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. Select YMCA of Douglas County as your charitable organization of choice.



# THANK YOU!

Photos provided by Keri Blue Photography



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGING LIVES, STRENGTHENING OUR COMMUNITY



Did you know that during the past year, the YMCA of Douglas County:

- Provided 250 free life jackets to youth of our community and taught 500+ parents how to keep their kids safe in, on, and around water.
- Served 20,800+ afterschool and summer meals to youth.
- Engaged 1,792 youth in enriching Y programs such as swim lessons, teen music lab, robotics, STEM programs, swim team, and youth sports.
- Helped individuals in our community find meaningful ways to give back with 5,151 volunteer hours served.

Support your YMCA with a charitable donation. Together we can do so much more!

Easy giving online at [www.ymcaofdouglascounty.org/donate](http://www.ymcaofdouglascounty.org/donate) or call 541-440-YMCA ext. 221.