



Hamilton Area YMCA Mission Programs

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 through programs that focus on youth development, healthy living and social responsibility. When you are part of the YMCA, you are helping to strengthen our community. Through community support and with the guidance of volunteers like you, we are able to open doors not only for kids, but also for families, adults and seniors alike by providing financial assistance to those who are unable to afford the costs of memberships, childcare and programs.



AOA/AA (Active Older Adults/Active Adults)

Our Active Adult programs ensure members of our community have access to the resources they need to incorporate exercise into their day for a healthier, happier lifestyle. We offer low impact group exercise classes, instructional classes including swimming and tap, and various social events and activities including day trips, holiday parties, birthday breakfasts, book club, and more.



Aquatics

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States. Our approach differs because we use skill-based instruction that maximizes physical activity, emphasizes safety, and elevates character development to engage families in our community. For Kids, Y swim lessons stress positive values and give kids the opportunity to practice them, growing their self-esteem and self-worth, while they have a great time. For Adults, Y swim lessons help those who want to learn by increasing their knowledge, ability, and endurance to build stamina. Our certified, caring staff is trained to handle swimmers of all abilities and all ages.



BASE (Before & After School Enrichment)

Our before and after school programs provide a safe, fun, supervised environment for children in 13 Hamilton Township elementary schools. Our responsible, caring staff holds certifications in CPR, First Aid and child abuse prevention, and is committed to understanding and meeting the individual needs of our families.



Y's Owls

Y's Owls Preschool is a place of discovery where each child is acknowledged as an individual with his or her own feelings, needs and interests. A preschool education provides opportunities for young children to discover their own abilities, to make simple adjustments to their environment and to become aware of their bodies. Our program directors lead a qualified, experienced staff in implementing the Creative Curriculum that provides children with a balance of structured and independent activities and builds the foundations for academic and social competence.



Kuser Recess

An initiative currently in its third year, the Kuser Recess program was designed to address cultural challenges at Kuser Elementary School. Since its inception, the program has reduced out-of-school suspensions and Harassment, Intimidation, & Bullying (HIB) reports by a remarkable 33%. Built around the concepts of the Healthy U initiative, the Hamilton Area YMCA's Healthy U team teaches children how to be happier and healthier, both physically and mentally. Encouraging involvement by all, the program develops physical skill and manages behaviors positively. The school faculty have reported happier children, improved classroom engagement, and an increase in school attendance on the days the Hamilton Area YMCA Healthy U team is present.



Youth Recreation

Our instructional sports programs focus on the skill and social development of children in a fun environment. Instructors lead players through drills and games that build skills and develop coordination and participants are able to learn and grow by making decisions in our challenge by choice teaching style. We make sure everyone participates and we focus on teamwork and sportsmanship as well as physical skills.



Youth Leagues

The benefits of joining a Youth Sports League at the Hamilton Area YMCA are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the YMCA is about building a healthy, active and contributing member of the community from the inside out.



BTB (Beyond the Bell)

Beyond the Bell offers exciting activities and choice-based electives that empower our youth to follow their own path. Offerings in STEAM (Science, Technology, Engineering, Arts, and Math), Athletics, Group Exercise, Culinary Arts, Dance and more ensure that participants are having fun while continuing to learn throughout the year. In addition to electives, participants will also have social, homework, recreation, and snack time on a daily basis. BTB ensures your child will have a safe and positive environment to grow and build lasting relationships with their peers.



SKOR (Special Kids Organized Recreation) and SOAR (Special Organized Adult Recreation)

SKOR and SOAR provide quality programming for individuals with intellectual, physical, and/or emotional disabilities. These programs promote peer and family interaction in a fun, healthy, and safe environment. Participants enjoy a variety of instructional, social, and sports programs ranging from Aquatics to Zumba, each designed to meet their individual needs, interests and capabilities.



ACT (Actively Changing Together)

Created in partnership with Hamilton Pediatric Associates, ACT! is an intense, 12-week, 24-session program designed to provide young people between the ages of 8 - 14 with the tools needed to start on the path to healthy living. Developed by Y trainers and nutritionists, ACT! promotes healthier living by combining structured physical activity with lessons in nutrition for the entire family.



Delay the Disease

This evidence based fitness program, led by certified Delay the Disease instructors, is designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Research in the area of Parkinson's disease indicates that exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. The program is geared specifically to counteract the movement challenges experienced by people with Parkinson's.



Healthy Ways

This program is a focused 10-week, 18-session progressive course designed to jump-start adults on the road toward weight loss, diabetes prevention, and weight management through healthy, active lifestyle change. A willingness to commit to regular exercise and accountability through journaling are needed to participate in this exceptional program.



One Step

One Step is a 12-week, 24-session course geared toward adults that have been medically diagnosed with Multiple Sclerosis. The goal of One Step is to provide safe, therapeutic exercise that address the issues of fatigue, walking, weakness and depression and empower participants with emotional support through facilitated conversation in a controlled environment. One Step curriculum is supported by the National MS Society of New Jersey.



THRIVE

THRIVE (To Help Restore and Increase Vitality through Exercise) is a 12-week group personal training program designed for people who have become de-conditioned or chronically fatigued from battling cancer. With the guidance of specially trained personal trainers, participants build back muscle mass and muscular strength, increase flexibility and cardiovascular endurance, and improve functional ability.