



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR GOALS. OUR MISSION.

## What's Inside This Program Brochure:

Celebrate with us at  
I'M POSSIBLE!

Save the date for our 5<sup>th</sup>  
Annual Holiday Bazaar

Start the holidays off right  
at Winter Wonderland

Facility & Facility Plus Member  
Registration begins:  
Fall I: Monday, August 13  
Fall II: Monday, October 15

Program & New Member  
Registration begins:  
Fall I: Monday, August 20  
Fall II: Monday, October 22



hamiltonymca.org



## YOUR GOALS. OUR MISSION.

It's easy to get caught up in the beginning of the school year, work, and family and forget to pay attention to your own needs. The result can be not feeling like the best version of ourselves.

The cure for being tired of being tired and longing to do something positive for yourself is in your hands right now. Whatever your interests or personal goals, there is something for you and your whole family at the Hamilton Area YMCA.

Our commitment is to provide you with a stress-free experience and plenty of options to personalize your membership. Whether you choose a new enrichment program for your child, grab a friend to try a new Group Exercise class with you, attend I'M POSSIBLE in support of our Y and our community, or participate in any of the other wide variety of programs we offer, we're here to help you on your journey.

**We're ready when you are.**

## Our Mission

We are a charitable association dedicated to building a healthy spirit, mind, and body. Part of a world-wide movement, we put Christian principles into practice through programs that promote good health, strong families, youth leadership, community development, and international understanding. YMCAs are open to men, women, and children of all ages, incomes, abilities, races, and religions.

## About Us

Established in 1951, the Hamilton Area YMCA is a 501(c)3 community organization that promotes youth development, healthy living and social responsibility. Our two branches (John K. Rafferty and Sawmill) play host to a variety of programs designed to nurture the potential of young people, improve our health and well-being, and provide opportunities to give back to the community and support our neighbors. With 14,000 members, the Hamilton Y is the largest community organization in Hamilton Township and a leading force for positive change in our region.

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### Stay & Play

Stay & Play is an added-value service for members of the Hamilton Area YMCA. Our goal is to provide safe, positive care to children ages infant - 11 years while their parents enjoy peace of mind and time for themselves. Stay & Play is designed for free play; however we encourage the children to participate in various games, arts & crafts, social interaction and individual play.

#### Hours of Operation:

Monday – Friday	8:30 a.m. – 1:00 p.m.
Monday – Friday	4:00 p.m. – 8:45 p.m.
Saturday	8:30 a.m. – 1:00 p.m.
Sunday	Closed

Please contact ext. 113 for additional information.

# JOIN US

At the Y, we work each day to make a meaningful difference in the life of each person who walks through our doors. With a focus on nurturing the potential of children and teens, improving the health and wellness of individuals, and giving back to our neighbors, our cause is to strengthen the community.

**No contract!  
National YMCA  
Membership!**

## MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY RATE	JOINER FEE
<b>CHILD</b> (ages 0 - 11)	\$11.00	\$50.00
<b>YOUTH/TEEN</b> (ages 12 - 17)	\$20.00	\$50.00
<b>YOUNG ADULT</b> (ages 18 - 26)	\$25.00	\$75.00
<b>ADULT</b> (ages 27 - 64)	\$45.00	\$75.00
<b>TWO ADULTS*</b> (ages 18+)	\$67.00	\$100.00
<b>SENIOR</b> (ages 65+)	\$30.00	\$75.00
<b>SENIOR TWO ADULTS*</b> (ages 65+)	\$50.00	\$100.00
<b>FAMILY*</b> (Two adults and all children under 27)	\$70.00	\$100.00

\*Must be living at the same address.

For more information on memberships, or to schedule a tour, please contact Kailin Rockhill, Director of Member Initiatives, at 609.581.9622 ext. 140 or [krockhill@hamiltonymca.org](mailto:krockhill@hamiltonymca.org).





Join us in honoring  
**The Honorable John A. Cimino &  
Ritchie & Page Distributing Company**

Local wine  
and beer  
vendors,  
silent auction,  
and 50/50!



**9.27.18**

**I'M POSSIBLE!**

**One Community • One Mission • One Great Night**

Join us for this keystone event celebrating the  
community impact of the Hamilton Area YMCA.

**Thursday, September 27, 2018**

**6:00 – 9:00 p.m.**

**Mercer County Boat House**

For additional information, tickets or sponsorship opportunities,  
please contact Denise Wyers at  
609.581.9622 ext. 111 or [dgold@hamiltonymca.org](mailto:dgold@hamiltonymca.org).



## Active Older Adults

At the Hamilton Area YMCA, we're committed to making sure every member of our community has access to the resources they need to incorporate exercise into their day for a healthier, happier lifestyle.

That's the concept behind our Active Older Adult (AOA) program. These group classes are offered in fun, supportive formats designed especially to meet the needs of adults age 55 and over. AOA group exercise classes include Aquafit, Aqua Yoga, Aqua Zumba, Chair Yoga, Cycling, Gentle Yoga, Funky Fitness, Light Weight Workout, Pilates, Shape Up, Steppin' EZ, Strength Training, Tai Chi and Zumba Gold.

AOA instructional exercise classes include Grandparent & Tot Swim, Line Dancing, Novice & Intermediate Swim, and Tap Dancing.

AOA participants also look forward to our various special events and activities, which include day trips, holiday parties, guest speakers and other opportunities for learning, socializing and making new friends. We also offer a number of specialty programs, including AARP Smart Driver Course, Ageless Grace, Art Workshop, Birthday Breakfast Club, Book Club, Drums Alive, Glee Club, Intro to Easy Piano, Ukulele I & II, Yo-Chi Fusion, and Zumba Chair.

For more information about program descriptions, fees, and class times, contact JoAnn Keephart, Active Older Adult Director, at 609.581.9622 ext. 117 or [jkeephart@hamiltonymca.org](mailto:jkeephart@hamiltonymca.org). Class schedules are also available at the JKR Branch Member Service Desk.

*Adults age 65+ receive a 50% discount on most program fees.*



## HOLIDAY BAZAAR & WINTER WONDERLAND

Thursday, November 29 at the JKR Branch

### Holiday Bazaar

9:00 a.m. – 7:00 p.m.

Shop amongst local vendors and crafters from 9:00 a.m. – 7:00 p.m. Admission is free and all are welcome to come! Local and national vendors will be present with crafts, goods, and services that you can purchase as a gift for yourself or a loved one! You will also have the chance to win a basket at our raffle!

Vendors and crafters interested in participating should contact Beverly Gessner at 609.581.9622 ext.113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org). Visit [hamiltonymca.org](http://hamiltonymca.org) to download a registration form.

### Winter Wonderland

5:30 – 7:30 p.m.

Start off the holiday season with the Hamilton Area YMCA! Enjoy holiday themed crafts, decorations, and entertainment. Don't forget to bring your swim suit and swim with Santa! The event is FREE, but please help us to spread holiday cheer by bringing an unwrapped gift to donate to a local organization.

Pre-registration is recommended by Wednesday, November 28. To register, please call Tyler Koerber at 609.581.9622 ext. 121.





## Fall Soccer (ages 3 – 9)

Hamilton Area YMCA soccer leagues offer a safe and productive environment for your child to learn the fundamentals of soccer as well as the importance of teamwork.

Games and practices will be held at the Sawmill Branch. Three lighted and sodded soccer fields will provide the perfect environment to learn and develop your child's soccer skills.

Most games will be played at the Sawmill Branch on Saturdays between 9:00 a.m. and 2:00 p.m. Practices will be scheduled based on the coaches' availability on weekday evenings at the Sawmill Branch.

**Register today to join our weekly preseason clinics!**



## NEW! Fall T-Ball Clinic

Our Fall T-Ball Clinic will **introduce players the basics of the game** to make them become a well-rounded baseball player. These **basics include hitting, fielding, base running, and more.** This program will set them up for success in future baseball leagues. Clinic sessions will run on Saturday mornings at the Sawmill Branch.

For more information, please contact Logan Perez at [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org).

## Winter Basketball

**Sign up today for the 2018 – 2019 season!**

Our youth basketball league focuses on good sportsmanship and instruction. The season runs 8 – 10 weeks with all games scheduled in one of our climate-controlled gymnasiums.

Practices begin in mid-November. Each team is assigned a week night, time and local practice location. Games will begin the weekend of November 29, 2018 and continue through mid-February.

In order to set teams as even as possible we will require all participants in the 1 – 2 grade division and up to attend an evaluation. Evaluation dates can be found on the Leagues page of our website.

*To ensure balance among teams, teams will be set based off evaluations, not requests. All participants must attend one of the evaluations to be placed on a team.*



## SKOR (Special Kids Organized Recreation) Halloween Dance Saturday, October 27 from 7:00 – 9:00 p.m.

Get your costumes ready – it's time for our Annual Halloween Dance! There will be costumes, decorations, and more! Dance the night away with music from our awesome DJ. For more information, please contact Janice Nastasi at [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org).

The Halloween Dance is one of many events held throughout the year for our SKOR/SOAR participants.





## Y'S OWLS PRESCHOOL

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. Our philosophy is to focus on your child.

Our program directors lead a qualified, experienced staff in implementing the Creative Curriculum. This curriculum provides your child with a balance of structured and independent activities and builds the foundations for academic and social competence.

Enrolled children benefit from:

- Kindergarten readiness
- Music appreciation
- HealthyU preschool fitness and nutrition program
- FREE weekly swim lessons for children attending five full days
- Large outdoor playground to enhance social and physical development
- Peanut/tree nut-free program environment
- Children's library
- Low teacher-child ratios, with highly qualified, caring & trained staff
- We have CPR/First Aid trained staff on site at all times
- Technology in the classroom, including an Interactive Whiteboard

For more information, please contact Beverly Gessner.

Visit [hamiltonymca.org](http://hamiltonymca.org) for additional information or contact our Directors:

Rose Elefant  
[relefant@hamiltonymca.org](mailto:relefant@hamiltonymca.org)  
609.581.9622 ext.126

Beverly Gessner  
[bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org)  
609.581.9622 ext.113



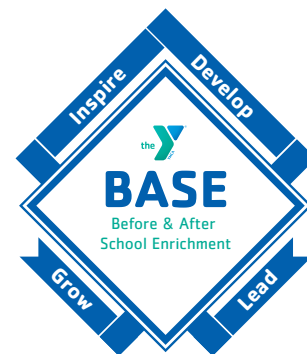
ASK US ABOUT  
The Weekend Owl!  
This program provides  
benefits of the facility  
membership for the  
family of enrolled  
Y's Owls.

## Before and After School Enrichment

We provide a safe, fun, supervised environment in 13 Hamilton Township schools for both before and after school care. Our caring, responsible staff hold CPR, first aid, and child abuse prevention certifications, and is committed to understanding and meeting the individual needs of our families.

This state-licensed program runs every day Hamilton Township schools are in session, from 7:30 a.m. until school begins, and after school until 5:50 p.m. Enrolled children benefit from:

- Homework support
- Community Service Projects
- CATCH Curriculum
- Nutritious snacks



Registration is on a first come first serve basis. Please call prior to registering to see if there is availability at your child's school.

Each child enrolled in the BASE Program for the will receive a FREE Hamilton Area YMCA Program Membership.

All participants must be registered by Friday, August 17 to start on the first day of school.

## School's Out

Our School's Out program is designed to provide a fun and safe alternative for your children on days that school is not in session. This program provides age-appropriate activities and trips with our most experienced School Age Care staff. School's Out is open to all members in Kindergarten through 5th grade.

For more information on our BASE and School's Out programs, please contact Keleigh Szmauz at 609.581.9622 ext. 119 or [kszmauz@hamiltonymca.org](mailto:kszmauz@hamiltonymca.org).





### NEW! Dual Personal Training

Friends. Family. Co-workers. Neighbors. No matter how you know your partner, you can both reach your fitness and wellness goals...together! Our new dual personal training package allows two people to work together to achieve their goals through encouragement, teamwork and commitment while working with a Certified Personal Trainer. Trainers will design a personalized exercise program based on individual needs and fitness levels to ensure both participants are successful in reaching their goals.

- 3 60-minute sessions: \$150.00
- 5 60-minute sessions: \$225.00
- 10 30-minute sessions: \$225.00
- 10 60-minute sessions: \$400.00

### Personal Training\*

Let our Nationally Certified Personal Trainers help you achieve your personal health, fitness, and performance goals via the implementation of exercise programs and lifestyle modifications. Our experienced personal trainers will perform individualized assessments and design a safe and effective exercise program. During each session you will have your personal trainer's full undivided attention on your workout.

There are a multitude of benefits when working with a YMCA Certified Personal Trainer:

- One-on-one program and instruction
- Motivation and support
- Improved self esteem
- Increased energy levels
- Decreased stress levels
- Improved cardiovascular health, strength, and flexibility
- Improved sleep
- Learning proper technique
- Decreased body fat
- Increased lean muscle mass
- Reduced cholesterol levels and blood pressure
- **Better quality of life!**

### Fitness Assessment

A fitness assessment measures your starting level of fitness ability BEFORE you start an exercise program and establishes a baseline to measure future improvement.

The tests done during an assessment help evaluate the participant's overall fitness level including strength, flexibility, and cardiovascular endurance.

The assessment consists of:

- Body Fat and BMI Analysis
- Flexibility and Mobility
- Cardiovascular Fitness
- Resting and Target Heart Rates
- Upper and Lower Body Strength

All tests will be completed by a Hamilton Area YMCA Certified Personal Trainer. You will receive a detailed report of your results and a free 6-month follow-up evaluation is included. Fitness assessments are complimentary for Facility and Facility Plus members. Registration is available at the Member Service Desk.

Contact Al Offredo additional information at [aoffredo@hamiltonymca.org](mailto:aoffredo@hamiltonymca.org).

\*Registration required for Personal Training sessions. Fees vary depending on package.

**Choose from  
3, 5 or 10  
one hour PT  
sessions or  
10 half hour  
sessions.**

**Stay and Play is available for infants through age 11. Monday - Friday - 8:30 a.m. - 1:00 p.m. and 4:00 - 8:45 p.m.; Saturday - 8:30 a.m. - 1:00 p.m. Please see page 2 for additional details.**





# SAFE SWIMMERS START HERE

## 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.

### For Kids

Y swim lessons stress positive values and give kids the opportunity to practice them, growing kids' self-esteem and self-worth, while they have a great time.

### For Adults

Y swim lessons help adults who want to learn by increasing their knowledge, ability, and stamina to build stamina. Our certified, caring staff is trained to handle swimmers of all abilities and all ages.

### For All

The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. 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 more information about any of our Aquatics programs, please contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org).



## SWIM LESSON EVALUATIONS

If you're not sure which level of swim lesson is right for your child, come in for a complimentary evaluation. Our trained Aquatics staff will determine which level is appropriate for you or your child to register for.

Evaluations are offered during the following times:

Monday - Friday 4:30 - 8:00 p.m.

Saturday - Sunday 9:00 - 11:30 a.m.

**No appointment needed.**



Swim Lessons

at JKR

Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

SWIM STARTERS

30 minutes

Facility Members: \$52 | Program Members \$72

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 - 18 months	10:15 a.m.		9:45 a.m.			9:00 a.m.	10:30 a.m.
Exploration A	19 - 30 months	6:30 p.m.	5:45 p.m.	5:45 p.m.		10:45 a.m.	10:30 a.m.	
Exploration B	2.5 - 4	10:45 a.m.	5:45 p.m.	11:15 a.m.			9:45 a.m.	9:45 a.m.

SWIM BASICS

45 minutes

Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A	2 1/2 - 3	10:45 a.m. 4:15 p.m. 6:30 p.m.	9:30 a.m. 5:45 p.m.	10:15 a.m. 4:15 p.m. 6:30 p.m.	10:15 a.m. 5:00 p.m.	11:15 a.m. 5:45 p.m.	9:45 a.m. 10:30 a.m. 12:00 p.m.	9:00 a.m. 10:30 a.m. 11:15 a.m.
Acclimation B	4 - 5	9:30 a.m.	9:30 a.m. 5:45 p.m. 7:15 p.m.	10:15 a.m. 4:15 p.m. 6:30 p.m.		11:15 a.m. 5:45 p.m.	9:45 a.m. 12:00 p.m.	9:00 a.m. 11:15 a.m.
Acclimation C	6 - 9		4:15 p.m.	5:00 p.m. 5:45 p.m.		5:00 p.m. 7:15 p.m.	9:00 a.m.	9:00 a.m.
Acclimation D	10 - 12		5:00 p.m.				10:30 a.m.	
Movement A	3 - 5	11:15 a.m. 5:00 p.m.	4:15 p.m.	6:30 p.m.	9:30 a.m. 5:45 p.m.		9:00 a.m.	11:15 a.m.
Movement B	6 - 9			5:00 p.m.		4:15 p.m. 7:15 p.m.	9:45 a.m.	11:15 a.m.
Movement C	10 - 12	5:45 p.m.		7:15 p.m.				9:00 a.m.
Stamina A	3 - 5	4:15 p.m.	5:00 p.m.			5:45 p.m.	10:30 a.m.	9:45 a.m.
Stamina B	6 - 9	5:45 p.m.	5:45 p.m.	7:15 p.m.	5:00 p.m.	5:45 p.m.	9:00 a.m.	
Stamina C	10 - 12					6:30 p.m.		

SWIM STROKES

45 minutes

Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A	5 - 8	5:00 p.m.	5:00 p.m.	4:15 p.m. 6:30 p.m.	5:45 p.m.	4:15 p.m.	10:30 a.m.	10:30 a.m.
Introduction B	9 - 12	5:45 p.m.	4:15 p.m. 6:30 p.m.		7:15 p.m.	5:00 p.m. 6:30 p.m.	11:15 a.m.	
Development A	5 - 8	7:15 p.m.			5:00 p.m.		11:15 a.m.	9:45 a.m.
Development B	9 - 12		5:00 p.m.	5:45 p.m.	4:15 p.m.	5:00 p.m.		10:30 a.m.
Mechanics A	5 - 8	6:30 p.m.	6:30 p.m.			6:30 p.m.	9:45 a.m.	
Mechanics B	9 - 12	5:00 p.m.	5:45 p.m.	6:30 p.m.		4:15 p.m.	10:30 a.m.	11:15 a.m.

Please note that classes will be prorated according to the holiday schedule.

Swim Lessons

at JKR

Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

TEEN PATHWAYS

120 minutes  
60 minutes  
45 minutes

High School Stroke Conditioning  
Precompetitive/Aquatic Conditioning  
Beginner/Intermediate

Facility Members: \$120 | Program Members: \$168  
Facility Members: \$60 | Program Members: \$84  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	10 - 17		5:00 p.m.		6:30 p.m.		9:00 a.m.	12:00 p.m.
Precompetitive	9 - 12 13 - 17	7:15 p.m.	6:30 p.m.	7:15 p.m.		7:15 p.m.	12:00 p.m.	12:00 p.m.
Aquatic Conditioning	8 - 12	5:00 p.m.		5:45 p.m.			11:15 a.m.	
Endurance, Sports, Games	8 - 12		5:45 p.m.	5:00 p.m.				9:45 a.m.
High School Stroke Conditioning	13 - 17	5:00 p.m.		5:00 p.m.				

ADULT

45 minutes  
60 minutes

Beginner/Intermediate  
Ai Chi/Arthritis Foundation

Facility Members: \$56 | Program Members: \$78  
Facility Members: \$47 | Program Members: \$63

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	18+	6:30 p.m.	5:45 p.m.		5:45 p.m.		8:15 a.m.	12:00 p.m.
Ai Chi	18+					11:30 a.m.		
Arthritis Foundation	18+	10:00 a.m.		10:00 a.m.				

SPECIAL NEEDS

45 minutes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tadpole I - Acclimation*	3 - 6 7 - 10				5:30 p.m. 5:30 p.m.			
Tadpole II - Movement*	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina*	7 - 10				7:00 p.m.			
Teen	13+				7:00 p.m.			

\*Each participant will be placed in a group based on ability as per the Aquatics curriculum.

FOR ALL AGES

30 minutes  
30 minutes  
45 minutes

Private  
Semi-private  
Homeschool

Facility Plus/Facility Members: \$180 | Program Members: \$232  
Facility Plus/Facility Members: \$103 | Program Members: \$133  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private Lessons	3+	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	8:00 a.m. 9:00 a.m. 9:30 a.m. 10:45 a.m. 11:45 a.m.	9:30 a.m. 10:30 a.m. 11:00 a.m.
Semi-private Lessons	3+	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	8:30 a.m. 10:15 a.m. 11:15 a.m.	9:00 a.m. 10:00 a.m. 11:30 a.m.
Homeschool Swim	5 - 9		9:00 a.m.					



# Aqua Exercise

Contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org)

Group Exercise classes are a benefit to our Facility and Facility Plus Members. Not a Facility Member? Contact Kailin Rockhill at ext. 140.

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Aqua Zumba		7:30 p.m.				8:00 a.m.	
Core Aquatics	2:30 p.m.		12:00 p.m.		12:00 p.m.		
Deep Water Fitness	7:00 p.m.	9:30 a.m.	7:00 p.m.	9:30 a.m.	9:15 a.m.		
Water Aerobics	8:00 a.m.		8:00 a.m.		8:00 a.m.		
Water Fitness	9:00 a.m.	8:00 a.m.	9:00 a.m.	8:00 a.m.			

Please note that classes will be prorated according to the holiday schedule.

## GET CERTIFIED. SAVE A LIFE.

Whether your interest is personal or professional, the Hamilton Area YMCA has a safety course to meet your needs! We offer both certification and non-certification courses through the YMCA, American Heart Association and American Red Cross.

Visit the  
Aquatics page  
of our website  
for our full list  
of offerings.

### Lifeguard Certification with Administering Oxygen, EpiPen, Asthma Inhaler, and Bloodborne Pathogens (age 15+)

Fee (includes manuals and pocket mask): Facility/Facility Plus Members: \$280 | Program/Non-Members: \$310

#### Offering

*Prerequisite test: Saturday, October 6 at 1:00 p.m.*

Saturday, October 13 12:00 – 6:00 p.m.  
Saturday, October 20 12:00 – 6:00 p.m.  
Saturday, October 27 12:00 – 6:00 p.m.  
Saturday, November 3 12:00 – 6:00 p.m.  
Sunday, November 4 12:00 – 6:00 p.m.

#### Offering

*Prerequisite test: Saturday, October 29 at 8:00 p.m.*

Saturday, November 3 1:00 – 5:00 p.m.  
Friday, November 9 4:00 – 9:00 p.m.  
Saturday, November 10 9:00 a.m. – 5:00 p.m.  
Friday, November 16 4:00 – 9:00 p.m.  
Saturday, November 17 9:00 a.m. – 5:00 p.m.

### Lifeguard Recertification with Administering Oxygen, EpiPen, Asthma Inhaler, and Bloodborne Pathogens

Fee: Facility/Facility Plus Members: \$80 | Program/Non-Members: \$100

#### Offering

Saturday, September 15 8:00 a.m. – 5:00 p.m.  
Saturday, September 22 8:00 a.m. – 5:00 p.m.

#### Offering

Saturday, November 17 8:00 a.m. – 5:00 p.m.  
Saturday, November 24 8:00 a.m. – 5:00 p.m.

#### Offering

Friday, October 12 4:00 p.m. – 9:00 p.m.  
Saturday, October 13 9:00 a.m. – 5:00 p.m.  
Sunday, October 14 12:00 p.m. – 5:00 p.m.

#### Offering

Friday, December 28 8:00 a.m. – 5:00 p.m.  
Saturday, December 29 8:00 a.m. – 5:00 p.m.

### Adult and Pediatric CPR/AED/FIRST AID

Fee: Facility/Facility Plus Members: \$70 | Program/Non-Members: \$80

• Tuesday, September 4 8:00 a.m. – 2:00 p.m.  
• Friday, September 14 4:00 – 10:00 p.m.  
• Thursday, September 27 9:00 a.m. – 3:00 p.m.  
• Saturday, October 6 9:00 a.m. – 3:00 p.m.  
• Tuesday, October 9 8:00 a.m. – 2:00 p.m.

• Monday, November 5 8:00 a.m. – 2:00 p.m.  
• Thursday, November 15 4:00 – 10:00 p.m.  
• Friday, November 30 4:00 – 10:00 p.m.  
• Thursday, December 13 9:00 a.m. – 3:00 p.m.

# Dance

Contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org)

30 minutes	Tiny Tot	Facility Plus Members: \$25   Facility Members: \$106   Program Members \$160
45 minutes	Preschool Ballet & Jazz	Facility Plus Members: \$25   Facility Members: \$215   Program Members \$292
	Preschool Ballet & Tap	
	Ballet I/Ballet II/Jazz I/Jazz II	
	Pre-K Ballet & Tap/Advanced Ballet & Jazz	
	Tap/Musical Theatre	
60 minutes	Tap & Jazz/Ballet & Jazz	Facility Plus Members: \$25   Facility Members: \$239   Program Members \$308
	Hip Hop I/Hip Hop II	

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tiny Tot	2 1/2 - 3			4:30 p.m.	10:30 a.m.			
Preschool Ballet & Jazz	3 - 4			10:30 a.m.	11:15 a.m.		9:00 a.m.	
Preschool Ballet & Tap	3 - 4			11:15 a.m.	4:30 p.m.			
Pre-K Ballet & Tap	4 - 5						9:45 a.m.	
Ballet I	5 - 7				6:00 p.m.			
Jazz I	5 - 7				6:45 p.m.			
Hip Hop I	6 - 8		6:00 p.m.					
Tap & Jazz	6 - 9			5:00 p.m.				
Ballet & Jazz	6 - 9						10:30 a.m.	
Musical Theatre	7 - 11				7:30 p.m.			
Ballet II	8 - 11			6:00 p.m.				
Jazz II	8 - 11			6:45 p.m.				
Hip Hop II	8 - 14		7:00 p.m.					
Tap	8+			7:30 p.m.				
Advanced Ballet & Jazz	12+				8:15 p.m.			
Lyrical	7 - 11				5:15 p.m.			

# Gymnastics

Contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org)

45 minutes	Facility Members: \$56   Program Members \$78
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CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Wiggles & Giggles*	18 - 30 months	10:00 a.m.						
Tumbling Two's & Three's*	24 - 36 months	10:45 a.m.						
Super Hero Training	3 - 5	11:30 a.m.						
Kinder Gymnastics	3 - 5	5:00 p.m.	5:00 p.m.					
Gymnastics I	4 - 8 6 - 10	5:45 p.m.	5:45 p.m.					
Gymnastics II	5 - 8 8 - 12	6:30 p.m.	6:30 p.m.					
Gymnastics III	8 - 15		7:15 p.m.					

\*Parent participation required

Please note that classes will be prorated according to the holiday schedule.

[hamiltonymca.org](http://hamiltonymca.org)

Program Dates: **Fall I** September 3 - October 28

**Fall II** October 29 - December 23

13



# Enrichment

Contact Beverly Gessner at 609.581.9622 ext. 113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org)

90 minutes  
60 minutes  
45 minutes

Step Ahead  
First Step/Me & My Shadow  
Social Butterflies/Preschool Math  
Preschool Math 2/Toddler Time  
Play With Me/Kitchen Kids/Mini DaVinci's  
Preschool Writing/Art Pod/Books Alive

Facility Plus Members: \$42 | Facility Members: \$68 | Program Members \$96  
Facility Plus Members: \$36 | Facility Members: \$66 | Program Members \$93  
Facility Plus Members: \$32 | Facility Members: \$62 | Program Members \$86

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Social Butterflies	2 - 3	9:15 a.m.						
First Step	2 1/2 - 4	10:15 a.m.						
Preschool Math	3 - 5	1:00 p.m.						
Step Ahead	3 - 5		10:15 a.m.		10:15 a.m.			
Preschool Math 2	3 - 5		1:00 p.m.					
Toddler Time	1 - 2			9:15 a.m.				
Me & My Shadow	1 1/2 - 3			10:15 a.m.				
Play With Me	3 - 12 months			11:30 a.m.				
Kitchen Kids	3 - 5			1:00 p.m.				
Mini DaVinci's	3 - 5				9:15 a.m.			
Preschool Writing	3 - 5				1:00 p.m.			
Art Pod	5 - 7 8 - 10				4:00 p.m. 5:00 p.m.			
Books Alive	3 - 5					1:00 p.m.		

# SKOR & SOAR

Contact Janice Nastasi at 609.581.9622 ext. 114 or [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org)

60 minutes  
60 minutes  
45 minutes  
45 minutes

Soccer League  
Cheerleading/Alley Cats Bowling  
Pickleball/Zumba/Dance/Strength Training/SOAR Strong II  
Tadpole I, II, III

All members: \$35  
All members: \$55  
Facility Members: \$46 | Program Members \$56  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Pickleball	3+					6:00 p.m.		
Alley Cats Bowling*	5+			4:30 p.m.				3:30 p.m.
Zumba	5+		5:15 p.m.					
Cheerleading	8+			5:30 p.m.				
Dance	13+	7:15 p.m.						
Strength Training	16+				6:45 p.m.			
SOAR Strong II	18+			1:30 p.m.				
Tadpole I - Acclimation**	3 - 6 7 - 10				5:30 p.m. 5:30 p.m.			
Tadpole II - Movement**	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina**	7 - 10				7:00 p.m.			
Teen	13+				7:00 p.m.			
Soccer League	5+							11:00 a.m.

The Hamilton Area YMCA strives to enhance the lives of everyone in our community. We offer many classes and events for those with special needs in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.

\*Drop-in program available. E-mail [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org). \*\*Each participant will be placed in a group based on ability as per the Aquatics curriculum.

Please note that classes will be prorated according to the holiday schedule.

Active Older Adults

Contact JoAnn Keephart at 609.581.9622 ext. 117 or jkeephart@hamiltonymca.org

60 Minutes	Ukulele I & II	All Members: \$10 per class (no senior discount)
60 Minutes	Swim & Stroll	Facility Members: \$0   Program Members \$8 per visit
60 Minutes	Tap Dancing/Line Dancing/Glee Club	Facility Members: \$47   Program Members \$63
60 Minutes	Novice & Intermediate Swim	Facility Members: \$60   Program Members \$84
60 Minutes	Intro to Easy Piano	All Members \$80 (no senior discount)
45 Minutes	Beginner Tap Dancing	Facility Members: \$38   Program Members \$50
30 Minutes	Grandparent & Tot Swim	Facility Members: \$52   Program Members \$72

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim & Stroll	55+	2:00 p.m.	2:00 p.m.	2:00 p.m.	2:00 p.m.	2:00 p.m.		
Tap Dancing	18+		12:00 p.m.					
Ukulele I & II	18+		1:00 p.m.					
Novice & Int. Swim	18+		2:30 p.m.					
Intro to Easy Piano	18+		5:00 p.m.					
Line Dancing	18+			1:00 p.m.				
Grandparent & Tot Swim	55+			3:00 p.m.				
Glee Club	55+				10:00 a.m.			
Beginner Tap Dancing	18+					12:00 p.m.		

Please note that classes will be prorated according to the holiday schedule.

Adults age 65+ receive a 50% discount on program fees.

Active Older Adults

Group Exercise

Contact JoAnn Keephart at 609.581.9622 ext. 117 or jkeephart@hamiltonymca.org

Group Exercise classes are a benefit to our Facility and Facility Plus Members. Not a Facility Member? Contact Kailin Rockhill at ext. 140.

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
AquaFit		9:00 a.m.	1:30 p.m.	9:00 a.m.	2:00 p.m.		
AquaFit Plus	1:30 p.m.			1:30 p.m.			
Aqua Yoga					1:00 p.m.		
Aqua Zumba		2:00 p.m.					
Beginner Pilates	11:00 a.m.		12:00 p.m.				
Chair Yoga	2:00 p.m.		1:00 p.m.				
Cycling		8:00 a.m.		8:00 a.m.			
Funky Fitness		11:00 a.m.					
Gentle Yoga	8:00 a.m.			9:15 a.m.			
Light Weight Workout	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.		
Pilates & Stretch				8:00 a.m.			
Shape Up	10:00 a.m.		11:00 a.m.		11:00 a.m.		
Steppin' EZ	9:15 a.m.				9:15 a.m.		
Strength Training	8:00 a.m.	11:00 a.m.	8:00 a.m.	11:00 a.m.	8:00 a.m.		
Tai Chi - Level I Tai Chi - Level II				1:00 p.m. 1:45 p.m.			
Zumba Gold		10:00 a.m.			1:00 p.m.		



# Adult Sports at Sawmill Contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org

60 minutes  
2 Hours

Fencing  
Pickleball

All Members: \$109  
All Members: \$5 per class | Non Members \$5 per class

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	50+				7:30 p.m.			
Pickleball	50+	9:00 a.m. 1:00 p.m. 6:00 p.m.	9:00 a.m.	9:00 a.m. 11:00 a.m. 1:00 p.m.	9:00 a.m.	9:00 a.m. 1:00 p.m.	9:00 a.m.	

Please visit [hamiltonymca.org](http://hamiltonymca.org) for the style of play for each pickleball session.

# Sports & Gym at Sawmill Contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org

60 minutes

Fencing

All Members: \$109

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	6 - 12				6:30 p.m.			
Fencing	13+				7:30 p.m.			

Please note that classes will be prorated according to the holiday schedule.

## FUTSAL at Sawmill

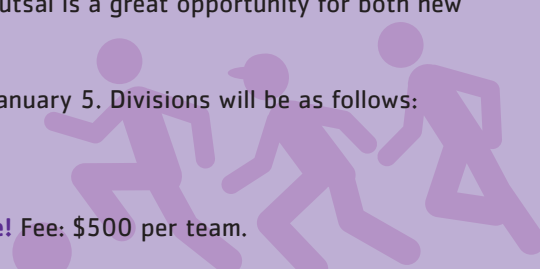
Futsal, literally meaning "mini-football", is a variation of soccer that was created in 1985. Futsal is played on a smaller court with 5 players, and is **designed to focus on ball control and touch**. Futsal is a great opportunity for both new and experienced soccer players who want to enhance their technique.

Teams will play 8 weekly games at the Sawmill Branch beginning Saturday, January 5. Divisions will be as follows:

- U9/10 Girls
- U11/12 Girls
- U9/10 Boys
- U11/12 Boys

**Please register by Saturday, December 8. There is limited space available!** Fee: \$500 per team.

For additional information on leagues, please contact Logan Perez at [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org).



## Did you know that you can rent the Sawmill Branch for your next event?

From small parties to larger events, including family reunions, company retreats and school picnics, the Sawmill Branch has the accommodations to make your event a success! Sawmill offers the following amenities:

- 3 open air pavilions with picnic tables, electric, water, restrooms and BBQ grills
- 2 outdoor basketball courts
- 2 sand volleyball courts
- 2 gaga pits
- Quoit pits
- Human foosball court
- Traversing Wall
- Large Playground
- Climate Controlled indoor gymnasium
- 50 plus acres of recreational space



### Gym and Field rental opportunities for sports training and games.

Our facility can also accommodate soccer, softball, baseball, lacrosse, basketball, volleyball and general sports training, practices and games year round.

For additional information about renting the Sawmill Branch for:

- **Birthday party or family party**, please contact Mark Bogucki at [mbogucki@hamiltonymca.org](mailto:mbogucki@hamiltonymca.org).
- **Sports practice**, please contact Ryan Young at [ryanyoung@hamiltonymca.org](mailto:ryanyoung@hamiltonymca.org).

# Sports & Gym at JKR Contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org)

60 minutes Karate  
45 minutes

All Members: \$88  
Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Little Rookies*	19 - 36 months					10:00 a.m.	10:30 a.m.	
Team Toddlers*	19 - 36 months			9:15 a.m.				
Strider Balance Bike Training	2 1/2 - 5			10:00 a.m.	11:00 a.m. 5:45 p.m.			
Little Athletes	3 - 5				10:15 a.m.	10:45 a.m.		
Pee Wee B-Ball/T-Ball	3 - 5			4:30 p.m.				
Pee Wee GATORS	3 - 5					5:00 p.m.		
Sports Start	3 - 5						9:45 a.m.	
Super Star Soccer	3 - 5				6:30 p.m.	9:00 a.m.		
Y Rookies	3 - 5				9:30 a.m. 5:00 p.m.			
Youth Yoga	3 - 11				6:00 p.m.			
Sports Mania	6 - 8						9:00 a.m.	
Y Shooters Beginner	6 - 8	6:00 p.m. 6:45 p.m.						
Y Soccer	6 - 8				7:15 p.m.			
Y World of Sports	6 - 8					4:15 p.m.		
Games Galore, Sports & More	6 - 10				4:15 p.m.			
Youth Fitness	6 - 12			5:30 p.m.			9:30 a.m.	
Sports, Speed and Agility	9 - 12			7:30 p.m.				
Y Dodgeball & Nerf	9 - 12			6:45 p.m.				
Y Dribblers - Int./Adv.	9 - 12	7:30 p.m.						
Karate	5 - 11 12+					6:00 p.m. 7:00 p.m.		

Please note that classes will be prorated according to the holiday schedule.

\*Parent participation required

## NEW MIDDLE SCHOOL PROGRAM! Y SPORTS CLUB (YSC)

**Keeping kids active and healthy** is more than an interest of the Hamilton Area YMCA, **it's what we do.** Our newest program gives parents peace of mind that their middle school-aged children are being taken care of, while also developing healthy lifestyle habits, gaining self-confidence, and building positive relationships with their peers. Y Sports Club (YSC) is open to all middle school students (incoming grades 6 - 8) at Crockett, Grice, and Reynolds. Choose from a variety of sports, including:

- Soccer September 10 - November 2 \$150/child
- Basketball January 7 - March 1 \$150/child
- Golf April 1 - May 31 \$150/child
- Flag Football April 1 - May 31 \$150/child

**REGISTRATION FOR  
ALL SPORTS IS  
GOING ON NOW!**

For more information, please contact Tyler Koerber at [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org).  
This program is partially subsidized by the Hamilton Area YMCA.



# Group Exercise

Contact Al Offredo at 609.581.9622 ext. 104 or aoffredo@hamiltonymca.org

Group Exercise classes are a benefit to our Facility and Facility Plus Members. Not a Facility Member? Contact Kailin Rockhill at ext. 140.

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Back Care Yoga		6:15 p.m.					
Barre					10:00 a.m.		
Circuit Training		9:00 a.m.					
Cycle	6:00 p.m.	5:15 p.m.		5:15 p.m.		8:30 a.m.	8:00 a.m.
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Gentle Yoga					7:00 p.m.		
Grace Moves Yoga	7:30 p.m.						
HIIT			6:30 a.m.				
HIIT & Core		5:15 p.m.					
Hatha Yoga	12:30 p.m.		6:30 p.m.				
Insanity				7:15 p.m.			
Intermediate Pilates		6:30 a.m.					
Intro to Yoga			5:30 p.m.				
Kick & Sculpt	8:30 p.m.		6:00 p.m.				
Kickboxing			9:00 a.m.	10:00 a.m.			
LesMills® BODYCOMBAT™				6:30 a.m.			
LesMills® BODYPUMP™	9:00 a.m.			5:00 p.m.	5:00 p.m.	7:30 a.m.	
Line Dancing							10:30 a.m.
Mat Pilates	5:00 p.m.					9:30 a.m.	
Muscle Mix	5:30 a.m. 6:00 p.m.	6:15 p.m.			5:30 a.m. 10:00 a.m.		
Pilates & Stretch			6:30 a.m.	6:30 a.m.			
Pound							8:00 a.m.
Power Yoga		7:15 p.m.					
Salsa			7:30 p.m.				
Step			8:30 p.m.		9:00 a.m.	10:30 a.m.	9:15 a.m.
Step & Tone	10:00 a.m.						
Stretch & Flex						10:30 a.m.	
STRONG by Zumba®		7:15 p.m.					
Total Body Ball			5:15 p.m.				
Vinyasa Yoga				7:00 p.m.			11:00 a.m.
Will Power & Grace			9:00 a.m.				
Zumba®	10:00 a.m. 5:15 p.m. 8:00 p.m.	6:00 a.m.	10:00 a.m. 5:15 p.m. 7:00 p.m.	9:00 a.m. 6:15 p.m.	6:00 p.m.	11:45 a.m.	8:00 a.m. 11:30 a.m.



## STAY IN THE LOOP WITH TEXT ALERTS!

In an effort to communicate schedule updates or cancellations efficiently, we're introducing text alerts\*! It's simple! To be in the know, all you need to do is **text YMCA GROUPEX to 84483**. Please note that opting into this service provides you updates for all group exercise programs.

\*Message and data rates may apply.

Class schedule subject to change.

# MAKE THE Y YOUR SATURDAY NIGHT SPOT!

SPOT (Safe Place For Our Tweens) allows 9 - 12 year olds to hang out at the YMCA under the supervision of trained YMCA staff. Basketball, music, karaoke, swimming and other exciting activities are all part of this monthly Saturday night event! Membership is not required for participation in this program. Pre-registration closes three days prior to the event.

Saturday September 8, October 6, November 3, December 1 from 7:00 - 10:00 p.m.

Fees: Pre-registration is \$7.00 or pay at the door: \$10.00

For additional information contact Tyler Koerber at [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org).

## Healthy Living Programs

The Y is more than a place to get physically active; it's a driving force behind living a healthy and full life. The Hamilton Area YMCA is committed to providing programs and initiatives that promote well-being, reduce risk and reclaim health.

We currently offer programs for youth and adult weight management, Parkinson's Disease, cancer wellness, Multiple Sclerosis, addiction recovery and cardiac rehabilitation.

For more information or to join a Healthy Living Program, please contact Janice Nastasi at 609.581.9622 ext. 114 or [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org).

## Trunk or Treat

Thursday, October 25 at 6:30 p.m.  
Sawmill Branch

**Kids can trick-or-treat trunk-to-trunk at the Sawmill Branch! Decorate the kids and the car and come out for some ghoulish fun!**

Car set up begins at 6:00 p.m. **This family-fun event is free! Please register by Thursday, October 18.**

To register, please call the Sawmill Branch at 609.481.9622 ext. 21101.



## Birthday Parties at the Y

Give **your child (and 25 of their friends)** a birthday party experience that is sure to last a lifetime! With the ability to accommodate all ages (toddlers to teens), group sizes, and interests at two different locations - we are sure to have a birthday party that is right for you.

Host one of the following parties, or contact us to customize your special day!

- **Dance Party**
- **Dodgeball Party**
- **Football Fanatic Party**
- **Nerf Party**
- **Splashin' Bash Party (Memorial Day - Labor Day only)**
- **Spectacular Sports & Games Party**
- **SPOT Party (ages 9 - 12)**

For more information on birthdays at the Y, contact:

- Tyler Koerber at [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org) for JKR Branch parties.
- Mark Bogucki at [mbogucki@hamiltonymca.org](mailto:mbogucki@hamiltonymca.org) for Sawmill Branch parties.

## Join us for Member Breakfasts and Healthy Happy Hours!

Start or end your day on the right foot! Members are invited to join us for complimentary member breakfasts and healthy happy hours.

Enjoy healthy food and drinks while you socialize with other members, meet new friends, get to know staff, and connect with Hamilton Area YMCA supporters. No need to register or RSVP, simply attend and enjoy!

### Member Breakfasts

- September 25
- October 23
- November 27

### Healthy Happy Hours

- October 3
- December 5





**Hamilton Area YMCA**

**JKR Branch**

1315 Whitehorse-Mercerville Road  
Hamilton, NJ 08619

**Sawmill Branch**

185 Sawmill Road  
Hamilton, NJ 08620

609.581.9622  
hamiltonymca.org

**JKR Branch Hours of Operation**

Monday - Thursday  
5:00 a.m. - 10:00 p.m.

Friday  
5:00 a.m. - 9:00 p.m.

Saturday  
7:00 a.m. - 6:00 p.m.

Sunday  
7:00 a.m. - 5:00 p.m.

NON-PROFIT ORG.  
U.S. POSTAGE

**PAID**

Trenton, NJ  
Permit # 1591

**Fall I & II Program Sessions**

Fall I Priority Registration begins Monday, August 13 at 7:00 a.m.

Fall I Open Registration begins Monday, August 20 at 7:00 a.m.

**Fall I Program Dates: September 3 - October 28**

Fall II Priority Registration begins Monday, October 15 at 7:00 a.m.

Fall II Open Registration begins Monday, October 22 at 7:00 a.m.

**Fall II Program Dates: October 29 - December 23**

**Holiday Schedule:**

Labor Day - Monday, September 4

JKR Branch: Open 7:00 - 11:00 a.m.

Sawmill Pool: Open 10:00 a.m. - 8:00 p.m.

Thanksgiving: 7:00 - 11:00 a.m.

Christmas Eve: 7:00 a.m. - 2:00 p.m.

Christmas: CLOSED

New Year's Eve: 7:00 a.m. - 2:00 p.m.

New Year's Day: 9:00 a.m. - 2:00 p.m.



**Your Dues**  
Operate the Facility

**Your Gift**  
**Changes Lives**

Donate on Giving Tuesday, November 27.  
For A Better Us.

#GI<sup>♥</sup>INGTUESDAY