



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**BE BOLD.  
BE STRONG.  
BELONG.**

**What's Inside This  
Program Brochure:**

Join us for our 2019  
I'M POSSIBLE Gala

Shop and win at the  
6th Annual Holiday Bazaar

Have your picture  
taken with Santa

**Fall Programs**

Facility Member  
Registration begins:  
Fall I - August 12  
Fall II - October 14

Program & New Member  
Registration begins:  
Fall I - August 19  
Fall II - October 21



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

**There's more than 1 way  
to stay connected to all  
of the exciting things  
happening at the Y!**

**Follow us on Instagram by  
scanning our "nametag" below**



## **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.
	4:00 p.m. – 8:45 p.m.
Saturday – Sunday	8:30 a.m. – 1:00 p.m.

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.

## MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY RATE	JOINER FEE
<b>CHILD</b> (ages 0 - 11)	\$12.00	\$50.00
<b>YOUTH/TEEN</b> (ages 12 - 17)	\$22.00	\$50.00
<b>YOUNG ADULT</b> (ages 18 - 26)	\$25.00	\$75.00
<b>ADULT</b> (ages 27 - 64)	\$49.00	\$75.00
<b>TWO ADULTS</b> (ages 18+)	\$70.00	\$100.00
<b>SENIOR</b> (ages 65+)	\$32.00	\$75.00
<b>SENIOR TWO ADULTS</b> (Both ages 65+)	\$53.00	\$100.00
<b>FAMILY</b> (Two adults and all children under 27 living at the same address.)	\$73.00	\$100.00

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).

No contract!  
Sauna & Steam included  
for all members (18+)!  
National YMCA  
Membership!



Join us in honoring  
**Investors Bank &  
Kucker Haney Paint Co.**

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



**9.26.19**

**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 26, 2019**

**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)  
or [hamiltonymca.org/donate/ways-to-give](http://hamiltonymca.org/donate/ways-to-give)

## SKOR/SOAR (Diverse Abilities) Halloween Dance Saturday, October 26 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.

Registration is required by Thursday, October 24.

Fee: \$12 per person

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 more information, visit the Diverse Abilities page of our website.*

## 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, 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).



## 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!

- **Dodgeball Party**
- **Football Fanatic Party**
- **Nerf Party**
- **Splashin' Bash Party**
- **Spectacular Sports & Games Party**

For more information on birthdays at the Y, contact:

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

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

Start your day on the right foot! Members are invited to join us for complimentary member breakfasts on the fourth Tuesday of every month from 8:30 – 10:00 a.m. in the Member Lounge.

Enjoy healthy drinks while you socialize with other members, meet new friends, get to know staff, and connect with Hamilton Area YMCA supporters. Healthy Happy Hours are held on the first Wednesday of every month from 5:00 – 7:00 p.m.

**No need to register or RSVP, simply attend and enjoy!**

### Member Breakfasts

- Tuesday, September 24
- Tuesday, October 29
- Tuesday, November 26

### Healthy Happy Hours

- Wednesday, August 7
- Wednesday, September 4
- Wednesday, October 2
- Wednesday, November 6



## Active 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 and wellness into their day for a healthier, happier lifestyle.

That's the concept behind our Active Adults program. These group classes are offered in fun, supportive formats, designed to meet the needs of adults that may be beginning an exercise program, have physical limitations, or are looking for low impact classes. Group exercise classes include Aquafit, Aqua Yoga, Aqua Zumba, Chair Yoga, Cycling, Gentle Yoga, Funky Fitness, Light Weight Workout, Line Dancing, Pilates, Shape Up, Steppin' EZ, Strength Training, Tai Chi, Zumba Gold, and more! Class schedules can be found on pages 18 and 19.

Participants also look forward to our various special events and activities, which include day trips, holiday parties, guest speakers, book club, and other opportunities for learning, socializing and making new friends.

For more information about program descriptions, fees, and class times, contact Kailin Rockhill, [krockhill@hamiltonymca.org](mailto:krockhill@hamiltonymca.org) or 609.581.9622 ext. 140. Class schedules are also available at the JKR Branch Member Service Desk.

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

## DID YOU KNOW YOU CAN RENT THE SAWMILL BRANCH FOR YOUR NEXT EVENT, PARTY, TOURNAMENT, OR PRACTICE?

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:

- **Sports practice or tournament** - visit the Leagues page of our website to fill out the Sports Rental request form
- **Corporate event, birthday party, family picnic** - visit the Birthday Parties page of our website to fill out the Sawmill Party request form

## Y'S OWLS PRESCHOOL PARENT GROUP

Parents/Guardians of Y's Owls Preschool students are invited to participate on our Parent Advisory Committee. Meetings will be held on the third Tuesday of each month in the Y's Owls Preschool classroom from 5:30 - 6:30 p.m. All parents are encouraged to attend. Care for children will be provided in our Stay & Play Babysitting room during the meeting.

Please calendar the following dates for 2019:

- Tuesday, September 17
- Tuesday, October 15 - Join us for our "Building Fine Motor Skills" Interactive Family Workshop after the meeting!
- Tuesday, November 19
- Tuesday, December 17

For more information, please contact Rose Elefant at 609.581.9622 ext. 126 or [relefant@hamiltonymca.org](mailto:relefant@hamiltonymca.org).

## 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

### CHILDCARE ADMINISTRATIVE OFFICE

- Office closed September 2 (Labor Day)
- Regular office hours resume September 3  
Monday – Friday from 9:00 a.m. – 5:00 p.m.

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



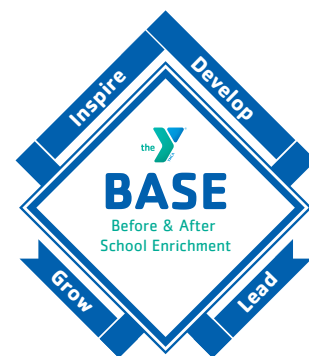
ASK US ABOUT  
The Weekend Owl!  
This program provides  
benefits of the facility  
membership for the  
family of enrolled  
Y's Owls.

## 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.

**Children must be registered by Thursday, August 15 to start the program on the first day of school on Wednesday, September 4.**

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

## 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).





### 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 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 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 from 8:30 a.m. – 1:00 p.m. and 4:00 – 8:45 p.m.; Saturday – Sunday from 8:30 a.m. – 1:00 p.m. Please see page 2 for additional details.**





**We offer  
swim lessons  
for all ages  
and abilities**

**As America's Swim Instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming; teaching more than one million kids a year swimming and water safety skills.**

The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.

There are three general categories of Y Swim Lessons

- **Swim Starters develops water enrichment and aquatic readiness in children ages 6 months to 3 years.**  
This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.
- **Swim Basics develops personal water safety and basic swimming skills in students of all ages.**  
Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.
- **Swim Strokes introduces and refines stroke technique in older students (school age, teens and adults).**  
Having mastered fundamentals, students learn added water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional/cognitive well-being, and foster a lifetime of physical activity.

The Y introduced the concept of group swim lessons in 1909. Now, in more than 2,000 pools across the country, the Y teaches more than a million children and adults from all backgrounds invaluable water safety and swim skills each year.

**In 2018, the Hamilton Area YMCA taught 2,960 children, youth, and adults water safety and life-saving swim skills.**

## SWIM TO ROW

Mercer County YMCAs are excited to partner with Princeton National Rowing Association (PNRA) and Mercer County Park Commission to bring a new program, Swim to Row, to Mercer County residents ages 12 - 15. Swim to Row is geared towards introducing underserved youth to the sport of rowing. Swimming to Rowing will use YUSA's "Safety Around Water" curriculum to enhance participants' comfort level in the water, while encouraging their interest in the sport of rowing. Swimming will be taught by certified Hamilton Area YMCA instructors. Rowing will be taught by a PNRA instructor.

Parent Information sessions for Fall sessions will be held from 6:00 - 7:00 p.m. on the following dates:

- September 10 at Capital Area YMCA (431 Pennington Avenue, Trenton, NJ)
- September 12 at Hamilton Area YMCA (1315 Whitehorse-Mercerville Road, Hamilton, NJ)

### Swim2Row - Begins October 1

Weeks 1 - 4: Two days of swimming.  
Weeks 5 - 8: One day of swimming;  
One day on rowing machines.

### Skills2Row - Begins October 1

Weeks 1 - 4: One day of swimming; one day of rowing.  
Weeks 5 - 8: One day of swimming;  
One day of rowing at Caspersen Rowing Center.

Applications will be available at the Parent Information sessions and will be due by September 20.

SWIM STARTERS

30 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery* (1:10 pairs)	6 - 30 months	9:30 a.m.	5:20 p.m.				9:00 a.m.	10:45 a.m.
Exploration* (1:6 pairs)	2.5 - 4	5:55 p.m.		9:00 a.m.. 5:55 p.m.		9:30 a.m.	9:50 a.m.	9:50 a.m.

\*Parent participation required.

SWIM BASICS

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3	10:05 a.m.	5:55 p.m.	11:10 a.m. 4:15 p.m. 6:30 p.m.		5:55 p.m.	9:50 a.m.	10:40 a.m.
Acclimation B (1:4)	4 - 5	10:55 a.m. 4:15 p.m. 5:55 p.m.	5:55 p.m.	9:30 a.m. 4:15 p.m.	4:15 p.m.	4:15 p.m.	10:40 a.m.	9:00 a.m. 11:30 a.m.
Acclimation C (1:6)	6 - 9	6:45 p.m.	4:15 p.m.	5:05 p.m. 5:45 p.m.		5:05 p.m. 7:30 p.m.	11:30 a.m.	9:00 a.m.
Acclimation D (1:6)	10 - 12		6:45 p.m.			5:55 p.m.		12:20 p.m.
Movement A (1:3)	2.5 - 3	4:15 p.m. 5:05 p.m.	4:15 p.m.	10:20 a.m. 4:15 p.m. 6:30 p.m.			9:00 a.m.	9:50 a.m. 11:30 a.m.
Movement B (1:4)	4 - 5	11:45 a.m.	5:05 p.m.	5:00 p.m.		4:15 p.m. 6:45 p.m. 7:30 p.m.	9:00 a.m. 9:50 a.m.	9:50 a.m.
Movement C (1:6)	6 - 9	5:05 p.m.	5:05 p.m.			4:15 p.m. 7:30 p.m.	9:50 a.m.	
Movement D (1:6)	10 - 12	6:45 p.m.						9:00 a.m.
Stamina A (1:3)	2.5 - 3		6:45 p.m.			5:45 p.m.	11:30 a.m.	9:50 a.m.
Stamina B (1:4)	3 - 5	4:15 p.m. 5:45 p.m.	4:15 p.m.	5:05 p.m. 7:15 p.m.			9:50 a.m.	11:30 a.m.
Stamina C (1:6)	6 - 9	4:15 p.m.			4:15 p.m.	5:05 p.m. 6:30 p.m.	12:20 p.m.	
Stamina D (1:6)	10 - 12		7:30 p.m.			6:45 p.m.		

SWIM STROKES

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Foundations A* (1:3)	4 - 5		9:15 a.m.				11:30 a.m.	
Introduction A (1:6)	5 - 8	5:05 p.m.	6:45 p.m.	4:15 p.m.		4:15 p.m.	10:40 a.m.	
Introduction B (1:8)	9 - 12		6:45 p.m.			5:05 p.m. 6:45 p.m.		9:00 a.m.
Development A (1:6)	5 - 8		4:15 p.m.			7:30 p.m.	11:30 a.m.	
Development B (1:8)	9 - 12	5:00 p.m. 7:30 p.m.	5:05 p.m.	5:55 p.m.	4:15 p.m.	5:00 p.m.	12:20 p.m.	10:40 a.m.
Mechanics A (1:6)	5 - 8		5:55 p.m.		4:15 p.m.	6:45 p.m.		12:20 p.m.
Mechanics B (1:8)	9 - 12		7:30 p.m.				10:40 a.m.	
Conditioning A (1:8)	6 - 9		6:45 p.m.			5:55 p.m.		10:40 a.m.
Conditioning B (1:8)	10 - 12						12:20 p.m.	



TEEN

45 minutes

Swim Basics/Swim Strokes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	13 - 17		5:05 p.m.	5:55 p.m.			9:00 a.m.	
Swim Strokes Stages 4 - 6	13 - 17		4:15 p.m.				12:20 p.m.	

COMPETITIVE

120 minutes  
120 minutes  
60 minutes

High School Stroke Conditioning Block  
High School Stroke Conditioning  
Precompetitive

Facility Members: \$240 | Program Members: \$336  
Facility Members: \$120 | Program Members: \$168  
Facility Members: \$60 | Program Members: \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Precompetitive	6 - 9 10 - 13		6:15 p.m.	7:15 p.m.	6:00 p.m.	7:15 p.m.	12:00 p.m.	
HS Stroke Conditioning	13 - 17	5:00 p.m.**	7:15 p.m.**	5:00 p.m.**	7:15 p.m.**		11:00 a.m.	

\*\*Block classes meet twice per week, but have the option of registering for only 1 day. Saturday class is once per week.

ADULT

60 minutes  
45 minutes

Arthritis Foundation/Ai Chi  
Swim Basics/Swim Strokes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	18+	9:00 a.m.		10:00 a.m.	9:30 a.m.		8:15 a.m.	9:00 a.m.
Swim Strokes Stages 4 - 6	18+	10:00 a.m.	5:55 p.m.					12:20 p.m.
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				
Ai Chi	18+					11:30 a.m.		

SKOR/DIVERSE ABILITIES

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m. 7:00 p.m.			9:00 a.m. 9:45 a.m.
Swim Strokes	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m. 9:45 a.m.
Teen	13+				7:00 p.m.			9:00 a.m. 9:45 a.m.

FOR ALL AGES

30 minutes  
30 minutes

Private  
Semi-private

Facility Members: \$180 | Program Members: \$232  
Facility Members: \$103 | Program Members: \$133

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private (1:1)	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.	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 (1:2)	3+	4:15 p.m. 5:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 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.	10:15 a.m. 11:15 a.m.	9:00 a.m. 10:00 a.m. 11:30 a.m.

Private lesson time slots have the option to be twice per week. Please contact Nicole Bizuga at ext. 128 for more information.

# 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.

To register:

- A Hamilton Area YMCA membership is not required for participation in these programs.
- Certification classes must have a minimum of 6 participants for the class to be held due to skill practice.
- Registration must be completed via phone or in person at the Membership Service Desk.
- Participants must attend all dates listed for offering.

Fees:

Pre-course for Full & Review Courses: \$20.00

Full Course: Facility Member: \$260 Program/Non-Member: \$290

Review Course: Facility Member: \$80 Program/Non-Member: \$100

CPR/First Aid/AED: Facility Member: \$65 Program/Non-Member: \$85 Health Care Student: \$55\*

*\*Valid for CPR/First Aid/AED course only. Students must show a current class schedule and student ID upon registration. Acceptable majors include, but are not limited to: EMT, nursing, pre-med/M.D., radiology, physical therapy, occupational therapy, psychology, dentistry, optometry, etc.*

## American Red Cross Lifeguard (Up to 6 feet)

### OFFERING #1

October 5 8:00 - 9:00 a.m.  
October 12 8:00 a.m. - 5:00 p.m.  
October 13 8:00 a.m. - 5:00 p.m..  
October 19 8:00 a.m. - 5:00 p.m.

### OFFERING #2

October 25 4:00 - 5:00 p.m.  
November 1 4:00 - 8:30 p.m.  
November 2 12:00 - 4:00 p.m.  
November 8 4:00 - 8:30 p.m.  
November 9 12:00 - 4:00 p.m.  
November 16 12:00 - 4:00 p.m.

## American Red Cross Lifeguard Review (Up to 6 feet)

### OFFERING #1

September 13 4:30 - 5:30 p.m.  
September 13 5:30 - 8:30 p.m.  
September 14 10:00 a.m. - 4:00 p.m.

### OFFERING #2

September 28 8:00 - 9:00 a.m.  
September 28 9:00 a.m. - 6:00 p.m.

### OFFERING #3

October 10 4:00 - 5:00 p.m.  
October 10 5:00 - 9:00 p.m.  
October 11 4:00 - 9:00 p.m.

### OFFERING #4

October 26 8:00 - 9:00 a.m.  
October 26 9:00 a.m. - 6:00 p.m.

### OFFERING #5

November 23 8:00 - 9:00 a.m.  
November 23 9:00 a.m. - 6:00 p.m.

### OFFERING #6

December 20 8:00 - 9:00 a.m.  
December 20 9:00 a.m. - 7:00 p.m.

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



# Dance

**34 week Studio  
Dance Program**

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

75 minutes Ballet & Jazz (Lily's)/Tap & Jazz (Lily's)  
60 minutes Ballet (Daisy's)/Jazz (Daisy's)/Tap (Lily's)  
Lyrical/Hip Hop I/Hip Hop II  
45 minutes Preschool Ballet (Sunflowers)/Preschool Tap(Sunflowers)  
Pre-K Ballet & Tap (Sunflowers)/Tap (Daisy's)/Musical Theatre

Facility Members: \$250 | Program Members: \$335  
Facility Members: \$235 | Program Members \$320  
Facility Members: \$220 | Program Members \$305

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Preschool Ballet (Sunflowers)	3 - 4			10:30 a.m.	11:15 a.m.		9:00 a.m.	
Preschool Tap (Sunflowers)	3 - 4			11:15 a.m.	4:30 p.m.			
Pre-K Ballet & Tap (Sunflowers)	4 - 5						9:45 a.m.	
Ballet (Daisy's)	5 - 8				6:15 p.m.			
Jazz (Daisy's)	5 - 8				7:15 p.m.			
Tap (Daisy's)	5 - 8						11:45 a.m.	
Musical Theatre	7 - 11	6:00 p.m.						
Lyrical	8 - 12				5:15 p.m.			
Ballet (Lily's)	8 - 12			6:15 p.m.				
Jazz (Lily's)	8 - 12			7:15 p.m.				
Tap (Lily's)	8 - 12	5:00 p.m.						
Ballet & Jazz (Lily's)	8 - 12						10:30 a.m.	
Tap & Jazz (Lily's)	8 - 12			5:00 p.m.				
Hip Hop I	6 - 8		6:00 p.m.					
Hip Hop II	8 - 14		7:00 p.m.					

# Gymnastics

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

45 minutes

Facility Members: \$53 | Program Members \$75

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.						
Kinder Gymnastics	3 - 5	5:00 p.m.	5:00 p.m.					
Super Hero Training	3 - 5	11:30 a.m.						
Gymnastics I	5 - 8 8 - 12	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

# Enrichment

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

60 minutes  
45 minutes

First Step  
Social Butterflies/Kids Concoctions/Books Alive/I Love Music  
Puzzle Power/Kitchen Kids/Toddler Time/Preschool Explorers  
Play With Me/Preschool Science/Mini DaVinci's/Music & Movement/Preschool Math/Preschool Writing

Facility Members: \$68 | Program Members \$96  
Facility Members: \$62 | Program Members \$86

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Social Butterflies	2 - 3	9:15 a.m.						
Kids Concoctions	3 - 5	10:15 a.m.						
Books Alive	3 - 5	1:00 p.m.						
First Step	2 1/2 - 4		9:15 a.m.		9:15 a.m.			
I Love Music	2 1/2 - 4		10:30 a.m.					
Puzzle Power	3 - 5		11:30 a.m.					
Kitchen Kids	3 - 5		1:00 p.m.					
Toddler Time	1 - 2			9:15 a.m.				
Preschool Explorers	2 1/2 - 4			10:15 a.m.				
Play With Me	Up to 1 year			11:15 a.m.				
Preschool Science	3 - 5			1:00 p.m.				
Mini DaVinci/s	3 - 5				10:30 a.m.			
Music & Movement	3 - 5				11:30 a.m.			
Preschool Math	3 - 5				1:00 p.m.			
Preschool Writing	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)

## DIVERSE ABILITIES

60 minutes  
60 minutes  
45 minutes  
45 minutes

Soccer League  
Alley Cats Bowling/Cheerleading  
Zumba/Dance/Strength Training/SOAR Strong II  
Swim Basics/Swim Strokes/Teen

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.		
Soccer League	5+							11:00 a.m.
Alley Cats Bowling*	5+			4:30 p.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.	
Zumba	5+		5:15 p.m.					
Cheerleading	8+			5:30 p.m.				
Dance	13+	6:45 p.m.						
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m. 7:00 p.m.			9:00 a.m. 9:45 a.m.
Swim Strokes	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m. 9:45 a.m.
Teen	13+				7:00 p.m.			9:00 a.m. 9:45 a.m.

\*Drop-in program available. E-mail [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org)



# Sports & Play 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.			
Little Athletes	3 - 5				10:15 a.m. 5:00 p.m.	10:45 a.m.		
Pee Wee B-Ball/T-Ball	3 - 5			4:30 p.m.				
Sports Start	3 - 5						9:45 a.m.	
Super Star Soccer	3 - 5				5:45 p.m.	9:00 a.m.		
Y Rookies	3 - 5			6:00 p.m.	9:30 a.m.			
Sports Mania	6 - 8				7:15 p.m.			
Triple Play	6 - 8						9:00 a.m.	
Y Shooters Beginner	6 - 8	6:00 p.m. 6:45 p.m.						
Y Soccer	6 - 8				6:30 p.m.			
Y World of Sports	6 - 8			5:15 p.m.				
Games Galore, Sports & More	6 - 10				4:15 p.m.			
Youth Fitness	6 - 12			5:30 p.m.				
Youth Yoga	6 - 12				6:15 p.m.			
Sports, Speed and Agility	9 - 12			7:30 p.m.				
Y Dodgeball & Nerf	9 - 12			6:45 p.m.				
Y Dribblers - Into./Adv.	9 - 12	7:30 p.m.						
Karate	5 - 11 12+					6:00 p.m. 7:00 p.m.		

\*Parent participation required

## Pictures With Santa – Thursday, December 5 JKR Branch from 5:30 – 7:30 p.m.

Santa is coming to the Y! Have your picture taken with Santa (\$5 per picture) and enjoy holiday themed crafts, decorations, and entertainment. Don't forget to bring your swimsuit for our holiday swim! 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 December 4.

To register, please call Tyler Koerber at 609.581.9622 ext. 121.

# Group Exercise Daytime Contact Al Offredo at 609.581.9622 ext. 104 or aoffredo@hamiltonymca.org

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

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Barre					10:00 a.m.		
Beginner Pilates*	11:00 a.m.		12:00 p.m.				
Circuit Training		9:00 a.m.	6:30 a.m.				
Chair Yoga*	2:00 p.m.		1:00 p.m.				
Cycle		8:00 a.m.*		8:00 a.m.*		8:30 a.m.	
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Gentle Yoga*		8:00 a.m.		9:15 a.m.			
HIIT						9:30 a.m.	
Hatha Yoga	12:30 p.m.						
Intermediate Pilates		6:30 a.m.					
Kickboxing			9:00 a.m.	10:00 a.m.			
Lightweight Workout	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.		
Line Dancing							10:30 a.m.
Mat Pilates						9:30 a.m.	
Muscle Mix	5:30 a.m.				5:30 a.m. 10:00 a.m.		
Pilates & Stretch			6:30 a.m.	6:30 a.m. 8:00 a.m.*			
Pound							7:15 a.m.
Senior Funky Fitness*		11:00 a.m.					
Shape Up*	10:00 a.m.		11:00 a.m.		11:00 a.m.		
Step						10:30 a.m.	9:15 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.		
Stretch & Flex						10:30 a.m.	
Tai Chi*				1:00 p.m.			
Vinyasa Yoga							11:00 a.m.
Will Power & Grace			9:00 a.m.				
Zumba® Gold*		10:00 a.m.			1:00 p.m.		
Zumba®	10:00 a.m.	8:00 a.m.	10:00 a.m.	9:00 a.m.		8:30 a.m. 11:45 a.m.	8:00 a.m. 11:30 a.m.

\*Low-impact.



**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.

\*Low-impact. Formerly AOA.

Class schedule subject to change.



# Group Exercise Evening

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

Group Exercise classes are a benefit to our Facility 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.					
Cardio Step	7:00 p.m.						
Cycle*	6:00 p.m.	5:15 p.m.		5:15 p.m.			
Gentle Yoga*					5:00 p.m. 7:00 p.m.		
Grace Moves Yoga*	7:30 p.m.						
HIIT			7:45 p.m.				
HIIT & Core		5:15 p.m.					
Hatha Yoga*			6:30 p.m.				
Insanity				7:15 p.m.			
Kick & Sculpt	8:30 p.m.		6:00 p.m.				
LesMills® BODYPUMP™				5:00 p.m.	5:00 p.m.		
Mat Pilates*	5:00 p.m.						
Muscle Mix	6:00 p.m.	6:15 p.m.			7:00 p.m.		
Power Yoga		7:15 p.m.					
Step			8:30 p.m.				
Total Body Ball			5:15 p.m.				
Vinyasa Yoga*				7:00 p.m.			
Zumba®	8:00 p.m.	7:15 p.m.	5:15 p.m. 7:00 p.m.	6:15 p.m. 8:15 p.m.	6:00 p.m.		
Zumba® Toning	5:15 p.m.		6:00 p.m.				

\*Low-impact.

# Aqua Exercise

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

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

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Aqua Fit	1:30 p.m.	9:00 a.m.	1:30 p.m.	9:00 a.m.	2:00 p.m.		
Aqua Yoga					1:00 p.m.		
Aqua Zumba		2:00 p.m. 7:15 p.m.				8:00 a.m.	
Core Aquatics	2:30 p.m.		12:30 p.m.		12:30 p.m.		
Deep Water Fitness	9:30 a.m. 7:00 p.m.	9:30 a.m.	7:00 p.m.	10:00 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.			

# Active Adults

Contact 609.581.9622 ext. 0

60 minutes Ukulele I & II  
60 minutes Glee Club  
60 minutes Novice & Intermediate Swim

All Members: \$75 per session or \$10 per class (no senior discount)  
Facility Members: \$46 | Program Members: \$63  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Ukulele I & II	18+		1:00 p.m.					
Novice & Int. Swim	18+		2:30 p.m.					
Glee Club	55+				10:00 a.m.			

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

## Winter Basketball

Sign up today for the 2019 – 2020 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.*



## INTERACTIVE FAMILY WORKSHOPS – PREPARING FOR SCHOOL SUCCESS “Building Fine Motor Skills” on Tuesday, October 15 from 6:15 – 7:00 p.m.

Families of preschool children are invited to an interactive family workshop designed to give parents the necessary tools in preparing their child for their next steps into Kindergarten. Learn how spending 15 – 20 minutes of playing and learning with your child can prepare for a successful transition from preschool. Workshops will be held in the Y’s Owls Preschool classroom and are **FREE** for all Hamilton Area YMCA Members. **Pre-registration is required.**

The workshop will be held after the first Y’s Owls Preschool Parent Advisory Meeting.

To register, or for more information about the Workshop or the Parent Advisory Meeting, please contact Beverly Gessner at 609.581.9622 ext. 113 or Rose Elefant at 609.581.9622 ext. 126.



# Sports & Play at Sawmill Contact Logan Perez at 609.581.9622 ext. 21105 or [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org)

60 minutes

Fencing – **NEW DAY & TIME!**

All Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing Fencing	6 – 12 13+						11:30 a.m. 12:30 p.m.	

# Adult Sports at Sawmill Contact Logan Perez at 609.581.9622 ext. 21105 or [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org)

60 minutes  
2 Hours

Fencing – **NEW DAY & TIME!**  
Pickleball

All Members: \$98

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	50+						12:30 p.m.	
Pickleball	50+	Please see times and schedule below.						

**Pickleball is a combination of tennis, badminton, ping pong, and racquetball.** It is one of the fastest growing sports in America. **It's a low-impact game that's easy to learn, great exercise, a great way to meet new people, and A LOT of fun!** There is no better way to explain the sport of Pickleball to someone other than letting them experience it for themselves.

Fall style of play for each pickleball session are as follows:

Friday	Open Play	6:00 p.m.	3 courts
Saturday	Open Play	9:00 a.m.	3 courts

## Level Up Sports Academy at the Hamilton Area YMCA

Soccer participants will experience academy level training and fitness with the mornings dedicated to skill enhancement. Afternoons are dedicated to improving principals of play (Penetration, Depth, Mobility, Width, Creativity) during live play at game speed. Our Academy Trainers have had success on a college and professional level. They will create a competitive environment that allows your player to level up!

### Also Offering:

- Elite Water Training
- Aquatic Cardio Sessions
- Position specific trainings
- Team Training
- Trainings
- Tryout Evaluation Trainers
- Coaches Training & Clinics
- CPR First Aid Trainings
- Official Training and Clinics
- Performance Training
- Penn Medicine Princeton Health Doctor Panel

Visit the Competitive Sports page of our website for more information!





## **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.

### **Fall I & II Program Sessions**

Fall I Priority Registration begins Monday, August 12 at 7:00 a.m.

Fall I Open Registration begins Monday, August 19 at 7:00 a.m.

**Fall I Program Dates: September 2 - October 27**

Fall II Priority Registration begins Monday, October 14 at 7:00 a.m.

Fall II Open Registration begins Monday, October 21 at 7:00 a.m.

**Fall II Program Dates: October 28 - December 22**

### **Holiday Schedule:**

Labor Day - Monday, September 2

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.

## **HOLIDAY BAZAAR**

**Thursday, November 14**

**JKR Branch Gymnasium from 11:00 a.m. - 7:00 p.m.**

Shop amongst local and national vendors and crafters from for 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! For more information, please contact Beverly Gessner at 609.581.9622 ext.113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org).

### **Vendor Participation**

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