



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR FIT



What's Inside This Program Brochure:

CAMP 2020: 57 days of fun!

Register today for
Youth Sports Leagues

BTB (Beyond the Bell)
Middle School Program

2nd Annual YAM Jam

Spring Programs

Facility Member

Registration begins:
Spring I - February 17
Spring II - April 13

Program & New Member
Registration begins:
Spring I - February 20
Spring II - April 16



FIND YOUR FIT

Finding your fit will mean something different to everyone.

It could mean finding your fitness routine for the first time, after a break, or pushing yourself to a level you didn't think you could reach.

It could mean finding the place where your child is welcomed with open arms and a smile as they walk into preschool, a swim lesson, a first dance class, or a new basketball team – no matter their ability.

It could mean your teenager realizes they want to be a teacher through working in our Before & After School Care program or Summer Camp.

It could mean your elderly parents finding community and friendship in Active Adults programs or just having coffee in the member lounge.

We hope it means that your family finds that the Hamilton Area YMCA is where they fit best.

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
CHILD (ages 0 - 11) Child Facility members ages 0 - 8 must be under DIRECT supervision of a Facility Member ages 18+ to utilize the pool and basketball gymnasium	\$12.00	
YOUTH/TEEN (ages 12 - 17)	\$23.00	\$50.00
YOUNG ADULT (ages 18 - 26)	\$27.00	\$75.00
ADULT (ages 27 - 64)	\$52.00	\$75.00
TWO ADULTS (ages 18+)	\$75.00	\$100.00
SENIOR (ages 65+)	\$34.00	\$75.00
SENIOR TWO ADULTS (Both ages 65+)	\$56.00	\$100.00
FAMILY Two adults and all children under 27 living at the same address	\$78.00	\$100.00

For more information on memberships, or to schedule a tour, please contact Kailin Rockhill, Director of Member Experience and Wellness, at 609.581.9622 ext. 140 or krockhill@hamiltonymca.org.



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

National YMCA
Membership!

CAMP 2020

57 days of fun!

Register
by March 25

SAVE
up to
\$440!

FLEXIBLE SCHEDULES

- **5-day per week options**
Pre and Post Camp available
- **3-day per week options – you pick the days!** Pre and Post Camp included
- **Bus Transportation** to and from Camp at two locations

CHOOSE FROM

- Traditional Camp
- Sports Camps
- Travel Camps
- Art Camps
- Science Camps



Visit hamiltonymca.org/camp
to learn more and register online



YOUTH SPORTS 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. Youth sports at the YMCA teach kids more than just how to score goals, make baskets or hit doubles into the gap; they teach character and social skills for future leaders.

Register for our spring leagues before March 31 to avoid additional fees!

- Spring Co-ed Soccer (ages 3 - 9)
- Spring T-ball (ages 4 - 6)
- Spring NFL Flag Football (ages 7 - 12)

**EASY ONLINE REGISTRATION IS OPEN FOR ALL 2020 YOUTH SPORTS LEAGUES!
FOR MORE INFORMATION, VISIT THE LEAGUES PAGE OF OUR WEBSITE**

PRESCHOOL SUMMER CAMP

Our Preschool Summer Camp is a perfect blend of indoor and outdoor activities with a Garden where children will cultivate a love of nature and a connection to plants. Weekly swim lessons and water play day are also included! **Space is limited! Registration opens Wednesday, April 1.** Camp runs in 1-week sessions from June 29 - August 28.

Limited spaces are available for extended day and half day options.

For more information, visit the Camp page of our website or contact Beverly Gessner at 609.581.9622 ext. 113 or bgessner@hamiltonymca.org.



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 16 and 17.

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

60 minutes	Ukulele I & II
60 minutes	Glee Club*
60 minutes	Beginner Tap/Tap
60 minutes	Arthritis (Water Class)
45 minutes	Swim Basics

All Members: \$80 per session or \$15 per class*

All Members: \$40

Facility Members: \$87 | Program Members: \$63

Facility Members: \$67 | Program Members: \$83

Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Ukulele I & II	18+		1:00 p.m.					
Glee Club	18+				10:00 a.m.			
Beginner Tap	18+					12:00 p.m.		
Tap	18+		12:00 p.m.					
Swim Basics	18+		9:00 a.m.	5:55 p.m.	9:00 a.m. 2:00 p.m.			
Arthritis (Water)	18+		10:00 a.m.	10:00 a.m.				

*There are no senior discounts on specialty classes.

RENT THE SAWMILL BRANCH FOR YOUR NEXT EVENT, PARTY, TOURNAMENT, PRACTICE, OR TRAINING!

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, training, or tournament** - visit the Leagues page of our website to fill out the 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

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
- CPR/First Aid trained staff on site at all times
- Technology in the classroom, including an Interactive Whiteboard

UPCOMING EVENTS

• PRESCHOOL OPEN HOUSES

Wednesday, February 26 from 5:00 – 6:30 p.m.

Thursday, March 26 from 5:00 – 6:30 p.m.

Wednesday, April 22 from 5:00 – 6:30 p.m.

Wednesday, May 13 from 5:00 – 6:30 p.m.

Visit hamiltonymca.org for additional information or contact our Directors:

Rose Elefant

relefant@hamiltonymca.org

609.581.9622 ext.126

Beverly Gessner

bgessner@hamiltonymca.org

609.581.9622 ext.113



Register
for the
2020 - 2021
school year during
an Open House
and the \$25
registration fee
will be waived!

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 7:15 a.m. until school begins, and after school until 6:00 p.m. Enrolled children benefit from:

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



2020 - 2021 BASE Registration Dates

- **Re-registration for current participants: April 1**
- **Registration for new participants: May 1**

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 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.



Personal Training

Let our Nationally Certified Personal Trainers help you achieve your personal health, fitness, and performance goals. Whatever your age, goals, or fitness level - our trainers are skilled in designing a personalized exercise routine that will meet your individual needs and will help you gain confidence! During each session you will have your personal trainer's full undivided attention on your workout.

Benefits of working with a YMCA Certified Personal Trainer:

- One-on-one program and instruction
- Motivation, support, and accountability
- Consistency
- Learning proper technique
- Decreased body fat
- Increased lean muscle mass
- Improved cardiovascular health, strength, and flexibility

Packages & Fees

- 10, 30-minute sessions: \$225
- 5, 60-minute sessions: \$225
- 10, 60-minute sessions: \$400

For more information, contact Tyler Koerber at 609.581.9622 ext. 121 or Bill Kole at 609.581.9622 ext. 101 or bkole@hamiltonymca.org.

**Choose from
5 or 10
one hour
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.

OUR COMMUNITY OUR FUTURE



NEW! Aqua Leaders Camp at the Sawmill Branch Ages 12 – 16

This 2-week program consists of learning and training in the YMCA Swim Instructor and Lifeguard Development programs. Week 1 will focus on aquatic instruction with the goal to prepare and motivate participants to become swim lesson instructors. Week 2 will explore aquatic safety with a goal to prepare and motivate participants to become lifeguards. Participants will receive completion certificates from YUSA and a volunteer record letter for working with our certified swim instructors during instruction for water skill work.

This program runs in 2-week sessions Monday – Friday from 9:00 a.m. – 4:00 p.m. with pre and post camp and transportation options. Please contact Nicole Bizuga at 609.581.9622 ext. 128.

NEW! MASTERS SWIMMING

Our U.S. Masters Swimming program appropriately challenges beginner to competitive swimmers by improving stroke technique. Whether you are a traditional competitive master's swimmer, a triathlete, or you just want to swim for fun, this program is for you! Not only is swimming a life skill, but this program will help you develop a healthier lifestyle through swimming, build friendships through our members, and grow by meeting your personal fitness goals.

All participants must be registered with U.S. Masters Swimming prior to participating in this program.

Mondays & Thursdays from 7:15 – 8:15 p.m.*

Facility Member: \$76
Program member: \$98

*Participants can choose one or both days



**U.S. MASTERS
SWIMMING**

swimming for life! www.usms.org



**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.

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.
- **Swim Basics** develops personal water safety and basic swimming skills in students of all ages.
- **Swim Strokes** introduces and refines stroke technique in older students (school age, teens and adults).

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 2019, the Hamilton Area YMCA taught 2,600 children, youth, and adults water safety and life-saving swim skills.

DIVERSE ABILITIES SWIM

The Y is dedicated to elevating and promoting equity within communities around the country, guaranteeing fair treatment, access, opportunity, and advancement for all, while striving to identify and eliminate barriers that have prevented full participation of some groups. In 2019, **the Hamilton Area YMCA was 1 of 10 YMCAs nationwide who participated in a pilot program** for Diverse Abilities swim. Through this swimming program, parents and caregivers of children with diverse abilities will be given the opportunity to provide their children with the means to learn fundamental water safety and swimming skills in a safe environment.

In achieving its goal to make swim lessons more accessible for all children, **in Spring 2020 the Hamilton Area YMCA is proud to award 50 scholarships for free swim lessons and water safety education to children with diverse abilities** with funding from YMCA of the USA.



SWIM LESSON EVALUATIONS

Unsure of your swim level? We strongly recommend coming in for an evaluation. New swimmers with some level of experience or those that are unsure what level to register for must visit the JKR Branch to register or be evaluated for the correct swim level prior to registering online. Those registering for our beginner level classes (Discovery, Exploration, Acclimation) may register online.

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: \$72 | Program Members: \$92

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery (1:10 pairs)	6 – 30 months				5:45 p.m.		9:00 a.m.	10:45 a.m.
Exploration (1:6 pairs)	2.5 – 4	10:35 a.m.				5:55 p.m.	9:50 a.m.	9:50 a.m.

*Parent participation required.

SWIM BASICS

45 minutes

Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 – 3	9:45 a.m.	5:05 p.m.	6:45 p.m.		5:55 p.m.		
Acclimation B (1:4)	4 – 5	5:55 p.m.			4:15 p.m.	11:10 a.m.	10:40 a.m.	11:30 a.m.
Acclimation C (1:6)	6 – 9		5:55 p.m.	5:55 p.m.			1:10 p.m.	
Acclimation D (1:6)	10 – 12							12:20 p.m.
Movement A (1:3)	2.5 – 3	5:05 p.m.	4:15 p.m.	6:45 p.m.		10:20 a.m.		11:30 a.m.
Movement B (1:4)	4 – 5	11:10 a.m. 5:55 p.m.			5:05 p.m.	4:15 p.m.	9:00 a.m.	9:50 a.m.
Movement C (1:6)	6 – 9	5:05 p.m.		5:05 p.m.				
Movement D (1:6)	10 – 12	6:45 p.m.					9:50 a.m.	
Stamina A** (1:3)	2.5 – 3		6:45 p.m.				11:30 a.m.	
Stamina B (1:4)	3 – 5	5:55 p.m.		5:05 p.m.		9:30 a.m.		
Stamina C (1:6)	6 – 9	4:15 p.m.	5:55 p.m.		4:15 p.m.	6:30 p.m.	9:50 a.m.	
Stamina D (1:6)	10 – 13						1:10 p.m.	

**Approval needed.

SWIM STROKES

45 minutes

Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A (1:6)	6 – 9	5:05 p.m. 6:45 p.m.	6:45 p.m.		5:55 p.m.	4:15 p.m. 7:30 p.m.	10:40 a.m.	
Introduction B (1:8)	10 – 13	5:55 p.m.	6:45 p.m.				9:50 a.m.	10:40 a.m.
Development A (1:6)	6 – 9	6:45 p.m.	5:05 p.m.				11:30 a.m.	
Development B (1:8)	10 – 13	7:30 p.m.				5:05 p.m.	12:20 p.m.	
Mechanics A (1:6)	6 – 9				5:05 p.m.	6:45 p.m.		
Mechanics B (1:8)	10 – 13	5:05 p.m.			6:45 p.m.			

SKOR/DIVERSE ABILITIES

45 minutes

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 – 6				5:00 p.m.			9:00 a.m.
Swim Strokes	7 – 10				5:00 p.m. 6:00 p.m.			9:00 a.m.
Teen	11+				7:00 p.m.			

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

PRE-TEEN/TEEN

120 minutes
60 minutes
45 minutes

HS Stroke Conditioning
Precompetitive
Swim Basics/Swim Strokes

Facility Members: \$120 | Program Members: \$168
Facility Members: \$80 | Program Members: \$104
Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics (1:6)	10 - 17			5:05 p.m.				
Swim Strokes (1:6)	10 - 17				7:30 p.m.			
Precompetitive (1:12)	9 - 13 14 - 17			7:15 p.m.		7:15 p.m.	12:15 p.m.	
HS Stroke Conditioning	13 - 17	6:30 p.m.						12:15 p.m.

ADULT

60 minutes
45 minutes

Arthritis Foundation/Ai Chi
Swim Basics/Swim Strokes

Facility Members: \$67 | Program Members: \$83
Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics (1:6)	18+		9:00 a.m.	5:55 p.m.	9:00 a.m. 2:00 p.m.			
Ai Chi	18+					11:30 a.m.		
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				

FOR ALL AGES

30 minutes
30 minutes

Private
Semi-private

Facility Members: \$200 | Program Members: \$242
Facility Members: \$125 | Program Members: \$155

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private (1:1)	3+	4:45 p.m.	4:15 p.m.	4:45 p.m.	4:15 p.m.	4:45 p.m.	9:15 a.m.	9:30 a.m.
		5:15 p.m.	5:45 p.m.	5:15 p.m.	5:45 p.m.	5:15 p.m.	9:45 a.m.	10:30 a.m.
		6:15 p.m.	6:45 p.m.	6:15 p.m.		6:15 p.m.	10:45 a.m. 11:45 a.m.	11:00 a.m.
Semi-private (1:2)	3+	4:15 p.m.	4:45 p.m.	4:15 p.m.	4:45 p.m.	5:45 p.m.	10:15 a.m.	9:00 a.m.
		5:45 p.m.	5:15 p.m.	5:45 p.m.	5:15 p.m.	6:45 p.m.	11:15 a.m.	10:00 a.m.
			6:15 p.m.		6:15 p.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, we have a safety course to meet your needs! We offer both certification and non-certification course through the YMCA, American Heart Association and American Red Cross.

Offerings include:

- Lifeguard & Lifeguard Review
- Workplace First Aid/CPR/AED
- Basic Life Support with First Aid
- Asthma Inhaler/Anaphylaxis & Epinephrine (EpiPen) Auto Injector
- Administering Emergency Oxygen

Visit the Certification Courses page of our website for registration information, fees, and our full list of offerings.

Enrichment

Contact Beverly Gessner at 609.581.9622 ext. 113 or bgessner@hamiltonymca.org

60 minutes
45 minutes

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

Facility Members: \$66 | Program Members \$90
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.						
Mini DaVinci's	3 - 5	1:00 p.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.				
Treehouse Club	3 - 5			1:00 p.m.				
First Step	2 1/2 - 4				9:15 a.m.			
I Love Music	2 1/2 - 4				10:30 a.m.			
Puzzle Power	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

DIVERSE ABILITIES

60 minutes
60 minutes
45 minutes
45 minutes

Track & Field
Alley Cats Bowling
Zumba/Strength Training/SOAR Strong II/Pickleball/Dance
Swim Basics/Swim Strokes/Teen

All members: \$40
All members: \$55
Facility Members: \$50 | Program Members \$60

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Alley Cats Bowling	5+			4:30 p.m.				
Zumba	5+		5:15 p.m.				YAM Jam! Saturday, March 7 See page 19 for info!	
Dance	13+	6:45 p.m.						
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Track & Field	15+							12:00 p.m.
Swim Basics	3 - 6				5:00 p.m.			9:00 a.m.
Swim Strokes	7 - 10				5:00 p.m. 6:00 p.m.			9:00 a.m.
Teen	11+				7:00 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 Diverse Abilities in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.

Dance

Contact Tyler Koerber at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org

45 minutes Preschool Tap & Ballet/Preschool Ballet & Jazz
Jazz/Ballet/Jazz/Tap/Lyrical/Musical Theatre
60 minutes Adult Jazz & Contemporary
Hip Hop Fun

Facility Members: \$54 | Program Members \$74

Facility Members: \$60 | Program Members \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Preschool Ballet & Jazz	3 - 5			10:00 a.m.	4:45 p.m.			
Preschool Ballet & Tap	3 - 5			10:45 a.m. 5:15 p.m.				
Ballet	6 - 9 10+			6:00 p.m.	5:30 p.m.			
Jazz	6 - 9 10+			6:45 p.m.	6:15 p.m.			
Tap	6 - 9 10+			7:30 p.m.	7:00 p.m.			
Hip Hop Fun	6 - 12		6:00 p.m.					
Musical Theatre	7+				7:45 p.m.			
Lyrical	8 - 12			8:15 p.m.				
Adult Jazz & Contemporary	18+				8:30 p.m.			

Dance classes are offered for Spring II only.

The 7-week session of classes begins May 11.

Gymnastics

Contact Tyler Koerber at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org

45 minutes

Facility Members: \$62 | Program Members \$84

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.					
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

Sports & Play at JKR Contact Tyler Koerber at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org

60 minutes Karate
45 minutes

All Members: \$94
Facility Members: \$62 | Program Members \$84

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.		5:00 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 - Into./Adv.	9 - 12	7:30 p.m.						
Karate	5 - 11 12+					6:00 p.m. 7:00 p.m.		

*Parent participation required

NEW! PICKLEBALL DRILL CLINICS

Pickleball Drill Clinics are **meant for Advanced Beginner and Intermediate players** who want to improve their game play with the intention of practicing new techniques and moving up to the next level. **Anyone taking this clinic must know how to play, the basic strokes, sustaining rallies, court positioning and scoring.**

Clinics will be held at the Hamilton Area YMCA Sawmill Branch at 185 Sawmill Road, Hamilton, NJ. **Pre-Registration is required as space is limited. Registration opens the Wednesday prior to the clinic and can be done online or at the desk.**

Visit the Leagues page of hamiltonymca.org for more information!



Sports & Play at Sawmill

Contact sawmill@hamiltonymca.org

60 minutes

Fencing - NEW DAY & TIME!

All Members: \$94

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing Fencing	6 - 12 13+						2:15 p.m. 3:15 p.m.	

Adult Sports at Sawmill

Contact sawmill@hamiltonymca.org

60 minutes

Fencing - NEW DAY & TIME!

All Members: \$94

2 Hours

Pickleball

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	50+						3:15 p.m.	
Pickleball	50+	Please visit the Leagues page of our website for the Open Play schedule.						

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.

Please visit the Leagues page of our website for the Open Play schedule.

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

Contact sawmill@hamiltonymca.org for more information!

Group Exercise Daytime Contact Kailin Rockhill at 609.581.9622 ext. 140 or krockhill@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.		
Belly Dancing			11:00 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.* 10:20 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				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							8:45 a.m.
Senior Funky Fitness*		11:00 a.m.					
Shape Up*	10:00 a.m.		11:00 a.m.		11:00 a.m.		
Step				10:00 a.m.		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			9:15 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.

Class schedule subject to change.

Group Exercise Evening Contact Kailin Rockhill at 609.581.9622 ext. 140 or krockhill@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.					
Belly Dancing			7:45 p.m.				
Cycle*	6:00 p.m.	5:15 p.m.		5:15 p.m.			
Gentle Yoga*					7:00 p.m.		
Grace Moves Yoga*	7:30 p.m.						
HIIT & Core		5:00 p.m.					
Hatha Yoga*			6:45 p.m.				
Insanity				7:15 p.m.			
Kick & Sculpt	8:00 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.			
Youth Yoga				6:15 p.m.			
Zumba®	7:00 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.		
Splash Fitness		7:00 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.			

ONLINE REGISTRATION



With a fresh new look our online registration is
both mobile AND family friendly!

- Join as a member
- Register multiple family members at once
- Browse programs easily
- Pay Program & Childcare balances
- Manage your Y account
- Share & print schedules
- Use on any device

Visit hamiltonymca.org to get started today!

YAM JAM!

YOGA / ART / MUSIC

Get ready for a jammin' good time at our
**SKOR (Special Kids Organized Recreation) and
SOAR (Special Organized Adult Recreation)**
Annual **Yoga, Art & Music** fest!

Saturday, March 7
11:00 a.m. - 1:00 p.m.
JKR Branch

For more information, contact Janice Nastasi
at 609.581.9622 ext. 114 or
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
tkoerber@hamiltonymca.org
- Sawmill Branch Parties: Erik Weiner
eweiner@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, and cardiac rehabilitation.

For more information or to join a Healthy Living Programs, please contact Janice Nastasi at 609.581.9622 ext. 114 or jnastasi@hamiltonymca.org.





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.

Spring Program Session

Facility Member Registration

Spring I - Monday, February 17 at 7:00 a.m.
Spring II - Monday, April 13 at 7:00 a.m.

Program & New Member Registration

Spring I - Thursday, February 20 at 7:00 a.m.
Spring II - Thursday, April 16 at 7:00 a.m.

Program Dates

Spring I - March 2 - April 26
Spring II - April 27 - June 21

Holiday Schedule

Easter Sunday: CLOSED

Memorial Day: 7:00 - 11:00 a.m. JKR
11:00 a.m. - 8:00 p.m. Sawmill

Stay & Play will be CLOSED on above dates.



Hamilton Area YMCA Middle School Program

BTB

Beyond the Bell

BTB is for 6th, 7th, and 8th grade students, and offers exciting activities and choice-based "electives" that empower our youth to follow their own path. Participants will be bussed to the JKR Branch from Crockett, Grice, and Reynolds.

Offerings include:

- STEAM (Science, Technology, Engineering, Arts, and Math)
- Athletics
- Group Exercise
- Culinary Arts

Current BASE student registration opens April 1!
Open registration opens April 16!

For more information, contact Tyler Koerber at
609.581.9622 ext. 121 or tkoerber@hamiltonymca.org