



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US...

IS A PROMISE



What's Inside This Program Brochure:

Join us for Y's Owls
Preschool Open Houses

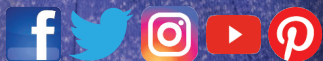
Adult Pickleball League
at the Sawmill Branch

Learn about our
Youth Sports Leagues

Discover, Play & Learn
@ Camp! Register now!

Facility & Facility Plus Member
Registration begins:
February 12

Program & New Member
Registration begins:
February 19



hamiltonymca.org

US...is a promise

When the concept of community itself is questioned, and the true power of “us” is unknown to many, the Y continues to bridge gaps, bring people together and offer valuable programs and opportunities for all. Everything we do strengthens communities and the “us” who live in them.

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

We bring together people from all backgrounds, to support those in need. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

The Y.™ For A Better Us.

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 Beverly Gessner at 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)	\$11.00	\$50.00
YOUTH/TEEN (ages 12 - 17)	\$20.00	\$50.00
YOUNG ADULT (ages 18 - 26)	\$25.00	\$75.00
ADULT (ages 27 - 64)	\$45.00	\$75.00
TWO ADULTS* (ages 18+)	\$67.00	\$100.00
SENIOR (ages 65+)	\$30.00	\$75.00
SENIOR TWO ADULTS* (ages 65+)	\$50.00	\$100.00
FAMILY* (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.





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.

Registration for all 2018 Youth Sports Leagues is now open! For fee information, visit the Leagues page of our website.

League	Age	Registration Deadline
• Spring Co-ed Soccer	3 - 10 years	March 31
• Spring T-Ball	4 - 6 years	March 31
• Summer Flag Football	6 - 10 years	March 31
• Fall Co-ed Soccer	3 - 10 years	June 30
• Winter Co-ed Basketball	4 - 16 years	September 30
• Winter Co-ed Soccer Clinic	4 - 9 years	October 31

TRIPLE PLAY! Register for any 3 sports leagues by February 28, 2018 and pay \$185 for all 3. Registration for Triple Play must be done in-person at the Sawmill Branch. Eligible programs for this promotion: spring soccer, summer flag football, fall soccer, winter basketball, winter soccer.

For more information about Youth Leagues contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org.



PICKLEBALL AT THE SAWMILL BRANCH (ages 50+)

Pickleball is one of the fastest growing sports in America. It's a low impact game that's easy to learn, great exercise, a way to meet new people and A LOT of fun! Sessions are offered Monday - Friday. Drop-in fee: \$5 per session.

NEW! PICKLEBALL LEAGUE (ages 50+)

Play with up to 3 of your friends in an organized league for 8 weeks. Matches will be scheduled on Mondays from 3:30 - 5:30 p.m. at the Sawmill Branch beginning March 5. Fee: \$55 per player. Register today!



Save the date for our Pickleball Tournament! June 14 - 16

PRESCHOOL SUMMER CAMP AT JKR

Children ages 3 - 5

Our Preschool Summer Camp is a perfect blend of indoor and outdoor activities planned around each theme-based session. Camp dates are Monday, July 2 through Friday, August 24. Weekly swim lessons and water play day are also included. Registration begins March 1.

Camp Theme:

Under the Sea
Digging With Dinosaurs
The Mighty Jungle
Carnival

Dates:

July 2 – July 13
July 16 – July 27
July 30 – August 10
August 13 – August 24

Weekly Camp Fees:

Camp Day	8:30 a.m. – 4:00 p.m.	\$183
Extended Day	7:00 a.m. – 6:00 p.m.	\$198
Half Day	8:30 a.m. – 12:45 p.m.	\$136



For more information, please contact Beverly Gessner at 609.581.9622 ext. 113 or bgessner@hamiltonymca.org.



Save the Date for our Family Mud Run! Saturday, May 12 at the Sawmill Branch

Bring the whole family or a group of friends and experience over one mile of fun obstacles! The course is a little challenging, a little muddy, and a whole lot of fun! Our course is suitable for children, teens, and adults.

For more information, please contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org.

Register now
through April 27
at either branch!



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 Zumba, Chair Yoga, Cycling, Funky Fitness, Gentle Yoga, 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, Handbell Ensemble, Intro to Easy Piano, 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. Class schedules are also available at the JKR Branch Member Service Desk.

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



AOA 100 MILE WALK

The AOA 100 mile walk challenge for 2018 will officially begin on National Walking Day, April 4 and will run for 10 weeks through June 13. Rules have been revised to make it easier for everyone to participate.



STROKE CLINIC (ages 15+)

We are excited to offer a 16-week, session-based stroke clinic. Classes will run February 26 - June 13 on Monday and Wednesday from 6:00 - 8:00 p.m. Sign up for one or both days! Participants must be able to swim at least 150 yards of all four strokes and do flip turns.

	Two Days Per Week	One Day Per Week
Facility/Facility Plus Members	\$140	\$70
Program/Non-Members	\$160	\$80

For more information, please contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org.

**Stroke clinic participants age 16+ will receive a \$50 discount on a lifeguard certification course.*



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

Y's Owls Preschool Open House

Wednesday, March 14

5:00 - 6:30 p.m.

Tuesday, April 10

5:00 - 6:30 p.m.

For more information, please contact Beverly Gessner.

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

Beverly Gessner
bgessner@hamiltonymca.org
609.581.9622 ext.113

Rose Elephant
relefant@hamiltonymca.org
609.581.9622 ext.126



hamiltonymca.org

Register during an Open House and the \$25 registration fee will be waived.

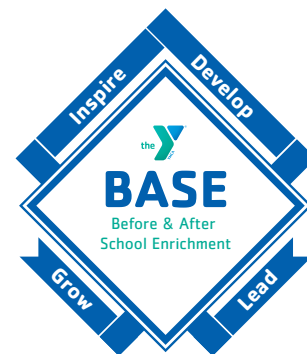
ASK US ABOUT The Weekend Owl!
This program provides benefits of the facility membership for the family of enrolled Y's Owls.

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 responsible, caring staff hold certifications in CPR, first aid and child abuse prevention, 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 2017 - 2018 School Year will receive a FREE Hamilton Area YMCA Program Membership.

Re-registration for the 2018 - 2019 school year for current BASE participants will open in April. Registration for new BASE participants will begin May 1. More information to follow.

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.



Program Dates: **Spring I**

February 26 - April 22

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!**

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

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.

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

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.

FAMILY FUNDAY

Join us every Sunday from 9:00 - 11:30 a.m. in the Kids Gym for Family Fun-day! Families with children ages 3 - 11 years old are invited to jump, run, and play together with family-friendly activities including air jumper, games, obstacle course and free play.

Family Fun-day is open to members only. For more information, please contact Tyler Koerber, Youth Development Director, at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org.



INSTANT FUN! JUST ADD WATER!

YMCA Swim Lessons

The YMCA swim lesson curriculum begins with basic swimming readiness skills and, as results are achieved, progresses to stroke introduction, refinement, and technique. This approach provides students with a solid foundation for refining their swimming skills as they progress through the stages of the program. The program includes information and instruction not only in swimming skills and keeping students active and engaged but also in water and personal safety. The importance of asking permission to get into the water is emphasized with parents, students, and instructors at every lesson. See pages 10 and 11 for swim lesson schedules.

Swim Lesson Evaluations

Current Swimmers will be evaluated during the current session for appropriate stage placement.

New/Returning Swimmers are strongly recommended to attend a swim evaluation prior to registering for a stage.

Evaluations will be during the following times:

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

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

"My daughters have made so much progress in the new swim program! The instructors helped one of them work through some fear, and now she loves the water. Both of them are learning quickly." - Abby S.

"My three children have been a part of the Hamilton Area YMCA aquatic family for close to eight years. They have experienced many different types of swim instruction through their time here and have each become confident lap swimmers. **The swim instructors are caring, motivated and have helped each of my children to progress at their own rate.** My children always love coming to the pool and have a great time while **learning important water safety skills that they will use for the rest of their lives.**" - Mandy K.

Summer Instruction or Recreation Swim Rentals

Looking for a summer swim program for your camp or preschool? We offer recreational and instructional times for groups to use our indoor pool! Our certified instructor will help students learn technique and build endurance in a safe environment.

Not looking for swim lessons? Your group can use the pool to cool off and have some open swim time!

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

Boy Scout/Girl Scout Swim

We offer scouts an opportunity to meet the water requirements for their badge or camp.

A staff member will assist in organizing your swim.

Fee: \$5 per scout

Contact Nicole Bizuga at ext. 128 for more info.



Swim Lessons

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.	5:00 p.m.		5:45 p.m.	10:15 a.m.	9:00 a.m.	10:30 a.m.
Exploration A	19 - 30 months	6:30 p.m.	11:00 a.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.	6:30 p.m.	5:00 p.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	3 - 5	9:30 a.m. 4:15 p.m. 6:30 p.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.	5:00 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 B	6 - 9	5:45 p.m.	4:15 p.m.	5:00 p.m. 5:45 p.m.	4:15 p.m.	5:00 p.m. 7:15 p.m.	9:00 a.m.	9:00 a.m.
Acclimation C	10 - 12		5:00 p.m.	5:00 p.m.	6:30 p.m.		10:30 a.m.	9:45 a.m.
Movement A	3 - 5	11:20 a.m. 5:00 p.m.	10:15 a.m. 4:15 p.m.	6:30 p.m.	9:30 a.m. 5:45 p.m.	9:30 a.m. 6:30 p.m.	9:00 a.m.	11:15 a.m.
Movement B	6 - 9	4:15 p.m.	7:15 p.m.	5:00 p.m.	7:15 p.m.	4:15 p.m. 7:15 p.m.	9:45 a.m. 11:15 a.m.	11:15 a.m.
Movement C	10 - 12	5:45 p.m.		7:15 p.m.	5:00 p.m.			9:00 a.m.
Stamina A	3 - 5	4:15 p.m.	10:45 a.m. 5:00 p.m.	9:30 a.m. 5:45 p.m.	4:15 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. 7:15 p.m.	5:45 p.m.	9:00 a.m.	10:30 a.m.
Stamina C	10 - 12		6:30 p.m.			6:30 p.m.	9:45 a.m.	11:15 a.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.	5:00 p.m.	7:15 p.m.	5:00 p.m. 6:30 p.m.	11:15 a.m.	9:00 a.m.
Development A	5 - 8	7:15 p.m.		5:00 p.m.	5:00 p.m.	5:45 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.	12:00 p.m.	10:30 a.m.
Mechanics A	5 - 8	6:30 p.m.	6:30 p.m.		5:00 p.m.	6:30 p.m.	9:45 a.m.	12:00 p.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.

Stroke Clinics - see page 6 for more information.

Swim Lessons

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

TEEN PATHWAYS

60 minutes
45 minutes

Precompetitive
Beginner/Intermediate

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner	13 - 17						9:00 a.m.	12:00 p.m.
Intermediate	13 - 17				6:30 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.

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
Adult Beginner	18+	6:30 p.m.	12:00 p.m. 5:45 p.m.		7:00 a.m. 5:45 p.m.		8:15 a.m.	12:00 p.m.
Adult Intermediate	18+		7:00 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 A*	3 - 6				5:45 p.m.			
Tadpole I - Acclimation B	7 - 10				5:45 p.m.			
Tadpole II - Movement A	3 - 6				6:15 p.m.			
Tadpole II - Movement B	7 - 10				6:15 p.m.			
Tadpole III - Stamina B	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			

*Parent participation required.

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. 12:45 p.m.	9:30 a.m. 10:30 a.m. 10:45 a.m. 11:15 a.m. 12:15 p.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. 12:15 p.m.	9:00 a.m. 10:00 a.m. 11:30 a.m. 12:45 p.m.
Homeschool Swim	6 - 12		9:00 a.m.					

Aqua Exercise

Contact Nicole Bizuga at 609.581.9622 ext. 128 or 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.			

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.

Lifeguard Certifications (age 15+)

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

Offering #1

Prerequisite test: Monday, April 2 at 8:00 p.m.

Saturday, April 7 9:00 a.m. – 5:00 p.m.
 Saturday, April 14 9:00 a.m. – 5:00 p.m.
 Saturday, April 21 9:00 a.m. – 5:00 p.m.
 Saturday, April 28 9:00 a.m. – 5:00 p.m.

Offering #2

Prerequisite test: Monday, April 30 at 8:00 p.m.

Saturday, May 5 1:00 – 5:00 p.m.
 Friday, May 11 5:00 – 9:00 p.m.
 Saturday, May 12 9:00 a.m. – 5:00 p.m.
 Friday, May 18 5:00 – 9:00 p.m.
 Saturday, May 19 9:00 a.m. – 5:00 p.m.

Lifeguard Certifications Blended Learning* This offering includes online self-learning.

Offering #1

Prerequisite test: Saturday, February 24 at 10:00 a.m.

Saturday, March 3 12:00 – 5:30 p.m.
 Saturday, March 10 12:00 – 5:30 p.m.
 Saturday, March 17 12:00 – 5:30 p.m.
 Saturday, March 24 12:00 – 5:30 p.m.

Offering #2

Prerequisite test: Saturday, March 24 at 10:00 a.m.

Tuesday, April 3 11:00 a.m. – 5:00 p.m.
 Wednesday, April 4 11:00 a.m. – 5:00 p.m.
 Thursday, April 5 11:00 a.m. – 5:00 p.m.
 Friday, April 6 11:00 a.m. – 5:00 p.m.

**Optional additional certification included for Administering Emergency O2, Bloodborne Pathogens and Epi-pen/Asthma inhaler administration.*

Lifeguard Recertification with Administering Oxygen

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

Offering #1

Saturday, March 3 9:00 a.m. – 5:00 p.m.
 Sunday, March 4 1:00 – 5:00 p.m.

Offering #4

Saturday, April 28 12:00 – 5:30 p.m.
 Saturday, May 5 12:00 – 5:30 p.m.

Offering #2

Tuesday, April 3 12:00 – 5:00 p.m.
 Wednesday, April 4 12:00 – 5:00 p.m.

Offering #5

Tuesday, May 8 4:00 – 8:00 p.m.
 Tuesday, May 15 4:00 – 8:00 p.m.
 Tuesday, May 22 4:00 – 8:00 p.m.

Offering #3

Saturday, April 14 12:00 – 5:30 p.m.
 Saturday, April 21 12:00 – 5:30 p.m.

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

Dance

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

30 Minutes Mommy & Me
45 Minutes Adult Tap

Facility Members: \$52 | Program Members \$72
Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Mommy & Me*	2.5 - 4					10:45 a.m.		
Adult Tap	18+			8:15 p.m.				

*Parent participation required

Arts

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

60 minutes Me and My Shadow
45 minutes Puzzle Play/Baby Time

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
Baby Time*	6 - 12 months			9:15 a.m.				
Me and My Shadow*	18 - 36 months			10:15 a.m.				
Puzzle Play*	12 - 36 months			11:15 a.m.				

*Parent participation required

Enrichment

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

90 minutes Step Ahead
60 minutes First Step
45 minutes Puzzle Power/Preschool Math
Social Butterflies/Step Ahead/Kitchen Kids
First Step/Mini DaVinci's/Reading, Writing, Books Exciting

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
Puzzle Power	3 - 5	1:00 p.m.						
Social Butterflies	2 - 3		9:15 a.m.					
Step Ahead	3 - 5		10:15 a.m.					
Preschool Math	3 - 5		1:00 p.m.					
Kitchen Kids	3 - 5			1:00 p.m.				
First Step	2.5 - 4				10:15 a.m.			
Mini DaVinci's	3 - 5				1:00 p.m.			
Reading, Writing, Books Exciting	3 - 5					1:00 p.m.		

Gymnastics

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

45 minutes

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

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.						
Gymnastics I	5 - 8 8 - 12	5:45 p.m.	5:00 p.m. 5:45 p.m.					
Gymnastics II	5 - 8 8 - 12	6:30 p.m.	6:30 p.m.					
Gymnastics III	9 - 12		7:15 p.m.					

*Parent participation required

SKOR & SOAR

Contact Patrick Jackson at 609.581.9622 ext. 149 or pjackson@hamiltonymca.org

60 minutes Wednesday Alley Cats Bowling
 60 minutes In House Track & Field
 45 minutes Zumba/Strength Training/
 SOAR Strong II/Dance
 45 Minutes Tadpole/Teen

All Members: \$56 | Pin Street Hamilton
 All Members: \$33 | Location TBD
 Facility Members: \$46 | Program Members \$56
 Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Alley Cats Bowling*	5+			4:30 p.m.				3:30 p.m.
Dance	13+	7:15 p.m.						
In-House Track & Field	3+							1:00 p.m.
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Tadpole I - Acclimation A**	3 - 6				5:45 p.m.			
Tadpole I - Acclimation B	7 - 10				5:45 p.m.			
Tadpole II - Movement A	3 - 6				6:15 p.m.			
Tadpole II - Movement B	7 - 10				6:15 p.m.			
Tadpole III Stamina B	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			
Zumba	5+		5:15 p.m.					

*Drop in program available. E-mail pjackson@hamiltonymca.org
 **Parent participation required.

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

60 Minutes
60 Minutes
60 Minutes
60 Minutes
45 Minutes
30 Minutes

Swim & Stroll
Tap Dancing/Line Dancing/Glee Club
Novice & Intermediate Swim
Intro to Easy Piano
Beg. Line Dancing/Beg. Tap Dancing
Grandparent & Tot Swim

Facility Members: \$0 | Program Members \$7
Facility Members: \$47 | Program Members \$63
Facility Members: \$60 | Program Members \$84
All Members \$83 (no senior discount)
Facility Members: \$38 | Program Members \$50
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.					
Beginner Line Dancing	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.		

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	10:00 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	11:00 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 \$88
All Members: \$5 per class | Non Members \$5 per class

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	18+				7:30 p.m.			
Pickleball	50+	9:00 a.m. 1:00 p.m.	9:00 a.m.	9:00 a.m.* 11:00 a.m.*	9:00 a.m.	9:00 a.m. 1:00 p.m.		

*Session is 2 hours long.

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

60 Minutes

Fencing

All Members \$88

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

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 your next event, please contact Ryan Young, VP Branch Operations, at ryanyoung@hamiltonymca.org.



Discover.



Play.



Learn.

**SUMMER CAMP
REGISTRATION
IS OPEN!**

@ Camp at the Sawmill Branch

Sports & Gym at JKR Contact Tyler Koerber at 609.581.9622 ext. 121 or 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
Games Galore, Sports & More	6 - 10				4:15 p.m.			
Little Athletes	3 - 5				10:15 a.m. 5:00 p.m.	10:45 a.m.		
Little Rookies*	19 - 36 months					10:00 a.m.	9:45 a.m.	
Pee Wee Basketball/T-Ball	3 - 5			5:15 p.m.				
Pee Wee GATORS	3 - 5					5:00 p.m.		
Sports Mania	6 - 8			4:30 p.m.	7:15 p.m.			
Sports, Speed and Agility	9 - 12			7:30 p.m.				
Sports Start	3 - 5						9:45 a.m.	
Strider Balance Bike Training	2.5 - 5 years				11:00 a.m.			
Super Star Soccer	3 - 5				5:45 p.m.	9:00 a.m.		
Team Toddlers*	19 - 36 months						10:30 a.m.	
Triple Play	6 - 8						9:00 a.m. 10:30 a.m.	
Y Rookies	3 - 5			6:00 p.m.	9:30 a.m.		9:00 a.m.	
Y Soccer	6 - 8				6:30 p.m.			
Y World of Sports	6 - 8					4:15 p.m.		
Y Dodgeball	9 - 12			6:45 p.m.				
Y Dribblers - Int./Adv.	9 - 12	7:30 p.m.						
Y Shooters Beginner	6 - 8	6:00 p.m. 6:45 p.m.						
Youth Fitness	6 - 12			5:30 p.m.		5:00 p.m.	9:30 a.m.	
Karate	5 - 11					6:00 p.m.		
Karate	12+					7:00 p.m.		

*Parent participation required

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.		7:30 a.m.	8:00 a.m.
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Dance, Dance, Dance				9:30 a.m.			
Gentle Yoga					7:00 p.m.		
Grace Moves Yoga	7:30 p.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® 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.			
Power Yoga		7:15 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.	
Tabata		6:00 a.m.				9:30 a.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	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.	8:30 a.m. 11:45 a.m.	8:00 a.m. 11:30 a.m.

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 February 3, March 3, April 7 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.

Arts & Enrichment

Come join in the Preschool fun at the JKR Branch. Choose from Parent/Child, Preschool Arts and/or Preschool Enrichment offerings. Visit hamiltonymca.org for class schedules, or contact Beverly Gessner at 609.581.9622 ext. 113 for additional information.

NEW! Puzzle Play (ages 12 - 36 months)

In addition to circle time activities, parents will learn how puzzles help their child develop attention, concentration and thinking skills.

NEW! Puzzle Power (ages 3 - 5)

Puzzle Power help to build critical skills in language, thinking and visual perception. Preschoolers will be challenged at different levels in this fun, interactive class.

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.

Visit hamiltonymca.org for class schedules designed to improve the well-being of individuals living with Multiple Sclerosis, Parkinsons Disease, Diabetes and Cancer.

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

Birthday Parties at the Y

Give your child a Birthday Party experience that is sure to last a lifetime! With the ability to accommodate all ages (from 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
- Spectacular Sports & Games Party
- SPOT Party (ages 9 - 12)

For more information on hosting your birthday at the Y, please contact:

- Tyler Koerber at tkoerber@hamiltonymca.org for parties at the JKR Branch.
- Mark Bogucki at mbogucki@hamiltonymca.org for parties at the Sawmill Branch.

You're Invited to Breakfast!

Start your day on the right foot! Members are invited to join us in the lobby on the **fourth Tuesday of every month at 8:30 a.m.** for a complimentary breakfast!

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! Mark your calendars for upcoming breakfasts!

- February 27
- March 27
- April 24





NON-PROFIT ORG.
U.S. POSTAGE

PAID

Trenton, NJ
Permit # 1591

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 I Session:

Priority Registration begins February 12 at 7:00 a.m.

Open Registration begins February 19 at 7:00 a.m.

Program Dates - February 26 - April 22

Holiday Schedule:

Easter Sunday: CLOSED

Discover, Play & Learn. @ Camp!



Through PLAY, kids Learn to solve problems, make new friends, and Discover the world around them which helps them grow. Daily activities range from traditional camp favorites such as arts and crafts, music, sing a longs, science lab and dance to soccer, basketball, gaga, volleyball, swimming, and so much more! **Summer Camp at the Hamilton Area YMCA** is the ideal environment for campers to **Discover, Play and Learn**. Visit us at hamiltonymca.org/camp to view our camp brochure and full list of offerings.

EXCITING FOR 2018

Bricks for Kidz
Dance & Hip Hop
Extended Day Options
Forensics Camp

Mini Golf
Misting Stations
More Gaga Courts
New Bus Stop
3-Day Week Options

Quoit Pits
Rock Range
Science Lab
Water Tag Course
And More!



SAVE UP TO \$400 WHEN YOU REGISTER BY MARCH 28!



We offer a Preschool option at our JKR Branch!

For additional information call 609.581.9622 ext. 21105 or e-mail lperez@hamiltonymca.org.