



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWER MORE THAN YOURSELF

## What's Inside This Program Brochure:

Join us for our Annual Campaign launch

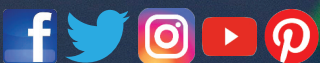
Preschool Summer Camp at the JKR Branch

Register for our Family Mud Run

Discover, Play & Learn @ Camp! Register now!

Facility & Facility Plus Member Registration begins: April 9

Program & New Member Registration begins: April 16



hamiltonymca.org



# EMPOWER

## MORE THAN YOURSELF

When you join the Y, you'll find a place to do what you love while finding togetherness. You'll discover programs and activities that do more than promote better health – they strengthen the bonds of community.

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

By joining the Y, you make the community stronger.

**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.

## Table of Contents

### For Better Kids

Youth Sports Leagues.....	4
Preschool Summer Camp at JKR.....	5
Y's Owls Preschool.....	7
BASE (Before & After School Enrichment).....	7
School's Out Program.....	7
Swim Lesson Program.....	9
Swim Lesson Schedule.....	10
Dance Schedule.....	13
Gymnastics Schedule.....	13
Enrichment Schedule.....	14
SKOR Schedule.....	14
Sawmill Sports & Gym Schedule.....	16
JKR Sports & Gym Schedule.....	17
Enrichment.....	19
SPOT Night For Tweens.....	19

### For a Better You

Pickleball at the Sawmill Branch.....	6
Active Older Adults.....	6
Personal Training Offerings.....	8
Aqua Exercise Schedule.....	12
SOAR Schedule.....	14
Active Older Adults Schedule.....	15
Active Older Adults Group Exercise Schedule.....	15
Adult Sports Schedule.....	16
Group Exercise Schedule.....	18
Healthy Living Programs.....	19

### For a Better Community

Sawmill Family Pool Membership.....	4
Family Mud Run.....	5
Stroke Clinic.....	9
Instructional & Recreational Swim Rentals.....	9
Become A Lifeguard.....	12
Rent The Sawmill Facility.....	16
You're Invited to Breakfast.....	19

### Stay & Play

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

#### Hours of Operation:

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

Please contact ext. 113 for additional information.

# JOIN US

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

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.



## ANNUAL CAMPAIGN LAUNCH and COMMUNITY OPEN HOUSE

Thursday, April 19  
5:30 - 7:30 p.m.  
JKR Branch



Learn more about the Y's mission during this family event featuring a host of community businesses offering food, fun and prizes!



# DIVE INTO A SUMMER OF FUN!

A Sawmill Family Pool Membership means more than just fun in the sun, it's time to connect with your family! **For less than \$9.00 per day** Sawmill pool members receive the following benefits:

- Quality time with family and friends
- Sparkling outdoor pool, with 100-foot waterslide
- Picnic areas with barbecues
- Special events throughout the summer
- Kids can play on the playground
- Families can relax in our air-conditioned recreation center
- Sawmill pool is open from Memorial Day through Labor Day!

Register for a pool membership before May 9 and pay:

	<u>Family</u>	<u>Single</u>
Facility/Facility Plus Member	\$250	\$200
Program Member/Non-member	\$490	\$390

Call 609.581.9622 ext. 21100 for early season opening hours!



## 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.**

The Hamilton Area YMCA offers youth soccer, basketball, and baseball leagues. Youth sports teach kids more than how to score goals, make baskets or hit doubles into the gap; they teach character and social skills for future leaders.

The following leagues are getting ready to begin. Register today!

<b>League</b>	<b>Age</b>
<b>Spring Soccer</b>	<b>3 – 10</b>
<b>Spring T-Ball</b>	<b>4 – 6</b>

The following leagues are still open registration:

<b>League</b>	<b>Age</b>
<b>Summer Basketball</b>	<b>10 – 13</b>
<b>Summer Flag Football</b>	<b>6 – 10</b>
<b>Fall Soccer</b>	<b>3 – 10</b>
<b>Winter Basketball</b>	<b>4 – 15</b>



**Register Before**  
**April 30**  
**April 30**  
**June 30**  
**September 30**

For more information about Youth Leagues contact Logan Perez at ext. 21105 or [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org).



# Discover, Play & Learn @ Camp!

## Preschool Summer Camp at the JKR Branch

Our Preschool Summer Camp (ages 3 - 5) is a perfect blend of indoor and outdoor activities planned around each theme-based session. Also included are weekly swim lessons and water play day. **Registration is going on now! Space is limited!**

Camp runs in one week sessions starting Monday, July 2 through Friday, August 24.

<b>Week 1: Under the Sea</b>	<b>July 2 - 6*</b>
<b>Week 2: Under the Sea</b>	<b>July 9 - 13</b>
<b>Week 3: Diggin' with Dinosaurs</b>	<b>July 16 - 20</b>
<b>Week 4: Diggin' with Dinosaurs</b>	<b>July 23 - 27</b>
<b>Week 5: The Mighty Jungle</b>	<b>July 30 - August 3</b>
<b>Week 6: The Mighty Jungle</b>	<b>August 6 - 10</b>
<b>Week 7: Carnival</b>	<b>August 13 - 17</b>
<b>Week 8: Carnival</b>	<b>August 20 - 24</b>

*\*Week 1 will be prorated for the July 4 holiday.*

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

Contact Beverly Gessner at 609.581.9622 ext. 113 for additional information.



## 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 Yoga, 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, Intro to Easy Piano, Ukulele Band, Yo-Chi Fusion, and Zumba Chair.

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

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



## Pickleball at the Sawmill Branch (ages 18+)

Pickleball, a combination of tennis, badminton, ping pong and racquetball 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!

See below for the schedule and type of play for each day. Each session is 2 hours long.

Fee: \$5 drop-in fee per session.

TYPE OF PLAY	COURTS	MON	TUES	WED	THU	FRI	SAT	SUN
Open Play	3 Courts	9:00 a.m. 6:00 p.m.		9:00 a.m. 11:00 a.m.* 1:00 p.m.		9:00 a.m. 1:00 p.m.	9:00 a.m.	
Beginner Lessons and Drills	3 Courts		9:00 a.m.					
Advanced Play	3 Courts	1:00 p.m.			9:00 a.m.			

\*Session is beginner-level



**SAVE THE DATE**  
**Pickleball tournament**  
**June 14 - 16 at the**  
**Sawmill Branch**

**More**  
**information**  
**coming soon!**



## 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

Tuesday, April 10  
5:00 - 6:30 p.m.

For more information, please contact Beverly Gessner.

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

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

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



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

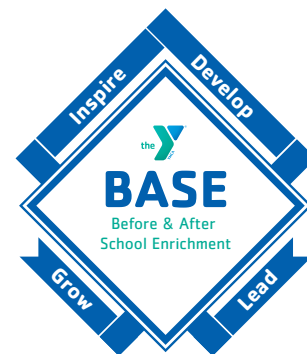
[hamiltonymca.org](http://hamiltonymca.org)

## Before and After School Enrichment

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

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

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



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

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

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](mailto:kszmauz@hamiltonymca.org).



Program Dates: **Spring II**

April 23 - June 17



## 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](mailto: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 FUN AT THE Y!**

There's fun for the whole family at the Hamilton Area YMCA! Not only do we offer programs for Mom, Dad, the kids, and even Grandma too - but we also offer family programs that everyone can enjoy together! Join us for Family Fun-day, Craft Corner, Kids On-Ramp Family Fitness, SPOT, or take advantage of our Stay & Play babysitting room. For more information about any of our Family programs, please contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org).



# CONFIDENCE WITH EVERY STROKE



## 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

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

Evaluations are offered during the following times:

Monday - Friday	4:30 - 8:00 p.m.
Saturday - Sunday	9:00 - 11:30 a.m.

## STROKE CLINIC (ages 15+)

We are excited to offer a 16-week, session-based stroke clinic. Classes will run 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.

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

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

## 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!

For more information about any of our Aquatics programs, please contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org).

# Swim Lessons

Contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto: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	2 1/2 - 3	10:45 a.m. 4:15 p.m. 6:30 p.m.	9:30 a.m. 5:45 p.m.	10:15 a.m. 4:15 p.m. 6:30 p.m.	10:15 a.m.. 5:00 p.m.	11:15 a.m. 5:45 p.m.	9:45 a.m. 10:30 a.m. 12:00 p.m.	9:00 a.m. 10:30 a.m. 11:15 a.m.
Acclimation B	4 - 5	9:30 a.m. 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 C	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 D	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.



# 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		5:00 p.m.				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.
Aquatic Conditioning	8 - 12	5:00 p.m.		5:45 p.m.			11:15 a.m.	
Endurance, Sports, Games	8 - 12		5:45 p.m.	5:00 p.m.				9:45 a.m.

## 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  
30 minutes

Tadpole II, Tadpole III, Teen  
Tadpole I

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tadpole I - Acclimation*	3 - 6 7 - 10				5:45 p.m. 5:45 p.m.			
Tadpole II - Movement*	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina*	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			

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

## FOR ALL AGES

30 minutes  
30 minutes  
45 minutes

Private  
Semi-private  
Homeschool

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

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

*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.

#### Offering

*Prerequisite test: Thursday, May 31 at 6:00 p.m.*

Friday, June 8 4:00 – 9:00 p.m.  
 Saturday, June 9 9:00 a.m. – 5:00 p.m.  
 Friday, June 15 4:00 – 9:00 p.m.  
 Saturday, June 16 9:00 a.m. – 5:00 p.m.

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

*Prerequisite test: Saturday, May 5 at 10:00 a.m.*

Saturday, May 12 11:00 a.m. – 5:00 p.m.  
 Saturday, May 19 11:00 a.m. – 5:00 p.m.  
 Saturday, May 26 11:00 a.m. – 5:00 p.m.  
 Saturday, June 2 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

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

#### Offering

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

#### Offering

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

This offering also includes Administering Emergency O2, Bloodborne Pathogens and Epi-pen/Asthma Inhaler administration.  
 Saturday, June 9 8:00 a.m. – 5:00 p.m.  
 Saturday, June 16 8:00 a.m. – 5:00 p.m.





# Dance

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

30 Minutes Mommy & Me/Creative Movement  
 45 Minutes Adult Tap/Preschool Tap & Ballet/  
 Preschool Ballet & Jazz/Ballet/Jazz/Tap  
 Adult Jazz & Contemporary/Musical Theatre  
 60 Minutes Hip Hop Fun

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

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Mommy & Me	2 1/2 - 4			10:00 a.m.				
Creative Movement	2 1/2 - 3			10:30 a.m.				
Preschool Ballet & Tap	3 - 5			5:15 p.m.	10:45 a.m.			
Preschool Ballet & Jazz	3 - 5				10:00 a.m. 4:45 p.m.			
Ballet	6 - 9 10 - 16			6:00 p.m.	5:30 p.m.			
Jazz	6 - 9 10 - 16			6:45 p.m.	6:15 p.m.			
Tap	6 - 9 10 - 16			7:30 p.m.	7:00 p.m.			
Hip Hop Fun	6 - 12		6:00 p.m.					
Musical Theatre	7 - 14				7:45 p.m.			
Adult Tap	18+			8:15 p.m.				
Adult Jazz & Contemporary	18+				8:30 p.m.			

# Gymnastics

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

45 minutes

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

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	4 - 8 6 - 10	5:45 p.m.	5:45 p.m.					
Gymnastics II	5 - 8 8 - 12	6:30 p.m.	6:30 p.m.					
Gymnastics III	8 - 15		7:15 p.m.					

\*Parent participation required

# Enrichment

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

90 minutes Step Ahead  
 60 minutes First Step/Me & My Shadow  
 45 minutes Social Butterflies/Preschool Math  
 Preschool Math 2/Toddler Time  
 Play With Me/Kitchen Kids  
 Preschool Writing/Books Alive

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Social Butterflies	2 - 3	9:15 a.m.						
First Step	2 1/2 - 4	10:15 a.m.						
Preschool Math	3 - 5	1:00 p.m.						
Step Ahead	3 - 5		10:15 a.m.		10:15 a.m.			
Preschool Math 2	3 - 5		1:00 p.m.					
Toddler Time	12 - 24 months			9:15 a.m.				
Me & My Shadow	18 - 36 months			10:15 a.m.				
Play With Me	3 - 12 months			11:30 a.m.				
Kitchen Kids	3 - 5			1:00 p.m.				
Preschool Writing	3 - 5				1:00 p.m.			
Books Alive	3 - 5					1:00 p.m.		

# SKOR & SOAR

Contact Patrick Jackson at 609.581.9622 ext. 149 or [pjackson@hamiltonymca.org](mailto:pjackson@hamiltonymca.org)

60 minutes Alley Cats Bowling  
 60 minutes In House Track & Field  
 45 minutes Zumba/Strength Training  
 Dance/SOAR Strong II  
 45 minutes Tadpole II, Tadpole III, Teen  
 30 minutes Tadpole I

All Members: \$55 | Pin Street Hamilton  
 All Members: \$33 | Location TBD  
 Facility Members: \$46 | Program Members \$56  
 Facility Members: \$56 | Program Members: \$78  
 Facility Members: \$52 | Program Members: \$72

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**	5+							1:00 p.m.
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Zumba	5+		5:15 p.m.					
Tadpole I - Acclimation*	3 - 6 7 - 10				5:45 p.m. 5:45 p.m.			
Tadpole II - Movement*	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina*	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			

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

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

\*\*Program Dates are March 19 - June 4



# Active Older Adults Contact JoAnn Keephart at 609.581.9622 ext. 117 or [jkeephart@hamiltonymca.org](mailto:jkeephart@hamiltonymca.org)

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

Ukulele Band  
Swim & Stroll  
Tap Dancing/Line Dancing/Glee Club  
Novice & Intermediate Swim  
Intro to Easy Piano  
Beginner Tap Dancing  
Grandparent & Tot Swim

All Members: \$10 per class (no senior discount)  
Facility Members: \$0 | Program Members \$8 per visit  
Facility Members: \$47 | Program Members \$63  
Facility Members: \$60 | Program Members \$84  
All Members \$80 (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.					
Ukulele Band	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](mailto: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](mailto: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. 6:00 p.m.	9:00 a.m.	9:00 a.m. 11:00 a.m. 1:00 p.m.	9:00 a.m.	9:00 a.m. 1:00 p.m.	9:00 a.m.	

See page 6 or visit [hamiltonymca.org](http://hamiltonymca.org) for the style of play for each pickleball session.

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

60 Minutes

Fencing

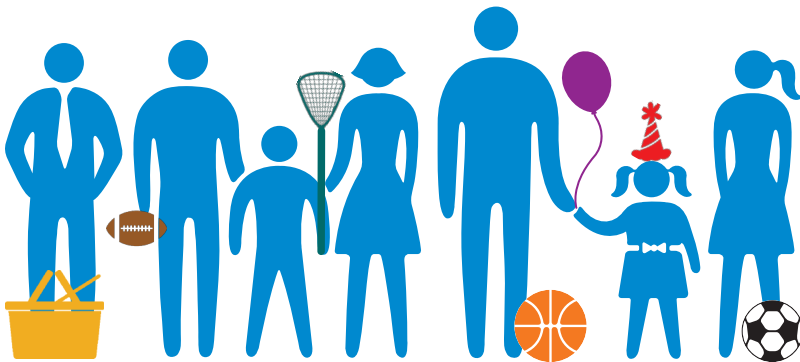
All Members \$88

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](mailto:ryanyoung@hamiltonymca.org).



Discover.



Play.



Learn.

**SUMMER CAMP  
REGISTRATION  
IS OPEN!**

@ Camp at the Sawmill Branch  
[hamiltonymca.org/camp](http://hamiltonymca.org/camp)



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

60 minutes Karate  
45 minutes

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

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

\*Parent participation required

# Group Exercise

Contact Al Offredo at 609.581.9622 ext. 104 or [aoffredo@hamiltonymca.org](mailto:aoffredo@hamiltonymca.org)

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

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Back Care Yoga		6:15 p.m.					
Barre					10:00 a.m.		
Circuit Training		9:00 a.m.					
Cycle	6:00 p.m.	5:15 p.m.		5:15 p.m.		8:30 a.m.	8:00 a.m.
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Gentle Yoga					7:00 p.m.		
Grace Moves Yoga	7:30 p.m.						
HIIT & 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.					
Salsa			7:30 p.m.				10:00 a.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	10:00 a.m. 5:15 p.m. 8:00 p.m.	6:00 a.m. 7:15 p.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.

## STAY IN THE LOOP WITH TEXT ALERTS!

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

\*Message and data rates may apply.



# 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 April 7, May 5, June 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](mailto:tkoerber@hamiltonymca.org).

## Enrichment

Come join in the Preschool fun at the JKR Branch. Choose from a variety of offerings for children ages 3 months - 5 years.

Visit [hamiltonymca.org](http://hamiltonymca.org) for class schedules, or contact Beverly Gessner at 609.581.9622 ext. 113 for additional information.

### NEW! Preschool Writing (ages 3 - 5)

This class will focus on mastering the pre-writing skills necessary for children to become confident in learning to print.



## 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, Diabetes prevention, addiction recovery and cardiac rehabilitation.

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

## 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 (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 (Memorial Day - Labor Day only)
- 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](mailto:tkoerber@hamiltonymca.org) for parties at the JKR Branch.
- Mark Bogucki at [mbogucki@hamiltonymca.org](mailto: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!

- April 24
- May 22
- June 26





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 II Session:

Priority Registration begins April 9 at 7:00 a.m.  
Open Registration begins April 16 at 7:00 a.m.

**Program Dates - April 23 - June 17**

#### Holiday Schedule:

No classes on Memorial Day, May 28

# 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](http://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!

**REGISTER  
NOW!**



We also offer a Preschool option at our JKR Branch!

For additional information call 609.581.9622 ext. 21105 or e-mail [lperez@hamiltonymca.org](mailto:lperez@hamiltonymca.org).