



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW SEASON NEW GOALS

What's Inside This Program Brochure:

Play. Swim. Create!
Register for Summer Camp!

NEW! Swim to Row Program

Get Certified. Save A Life.

Join us for Y Night
at the Trenton Thunder

Summer Programs

Facility Member
Registration begins:
Monday, June 10

Program & New Member
Registration begins:
Monday, June 17



hamiltonymca.org

INVEST IN THE Y. INVEST IN YOURSELF.

When you become a member of the Hamilton Area YMCA, you become part of a worldwide organization whose mission is to help individuals attain their greatest potential. Your membership is an investment in the local mission of our Y, serving members and our community.

Your membership is an investment in mission-critical services and programs. Your support provides the allows your neighbor with cancer to regain their strength in THRIVE, your child's friend to have access to life-saving swim lessons, young students to be given tools to succeed, and more.

Most importantly, your membership is an investment in yourself. We want to help you reach the wellness goals you set, provide the opportunity to make friends, and play an active role in your community.

At the Y, you will not only be benefiting yourself, but helping build 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

Summer Camp at the Sawmill Branch.....	4
Birthday Parties at the Y.....	5
Preschool Summer Camp at the JKR Branch.....	6
Karate.....	8
Y's Owls Preschool.....	9
BASE (Before & After School Enrichment).....	9
School's Out Program.....	9
Diverse Abilities Swim Lesson Program.....	11
NEW! Swim to Row Program.....	11
Swim Lesson Schedule - JKR.....	12
Swim Lesson Schedule - Sawmill.....	14
Swim Lesson Block Schedule.....	15
Gymnastics Schedule.....	17
Enrichment Schedule.....	17
Dance Schedule.....	18
SKOR Schedule (Special Needs Children).....	18
JKR Sports & Play Schedule.....	19
Sports Leagues.....	22
Sawmill Sports & Play Schedule.....	23
Level Up Sports Academy.....	23

For a Better You

Healthy Living Programs.....	5
Summer Student Membership.....	7
Active Adults.....	8
Personal Training Offerings.....	10
SOAR Schedule (Special Needs Adults).....	18
Group Exercise Schedule.....	20
Aqua Group Exercise Schedule.....	21
Active Adults Schedule.....	22
Adult Sports Schedule.....	23

For a Better Community

Join us for Breakfast & Healthy Happy Hour.....	5
Sawmill Family Pool Membership.....	6
Rent The Sawmill Facility.....	8
Become A Lifeguard.....	16

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 - 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)	\$12.00	\$50.00
YOUTH/TEEN (ages 12 - 17)	\$22.00	\$50.00
YOUNG ADULT (ages 18 - 26)	\$25.00	\$75.00
ADULT (ages 27 - 64)	\$49.00	\$75.00
TWO ADULTS (ages 18+)	\$70.00	\$100.00
SENIOR (ages 65+)	\$32.00	\$75.00
SENIOR TWO ADULTS (Both ages 65+)	\$53.00	\$100.00
FAMILY (Two adults and all children under 27 living at the same address.)	\$73.00	\$100.00

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



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

National YMCA
Membership!



**REGISTER
TODAY!**

PLAY. SWIM. CREATE!

Summer Camp 2019 / Hamilton Area YMCA Sawmill Branch

NEW FOR 2019!

Art Academy
Avengers Camp
LEGO® Ninja Camp
<Mission:Code/Camp> - Coding camp
Red Bulls Soccer School
SKOR Half Day Camp
Sports Academy
Swim School
Water Park Travel Camp
Water Warriors

SPECIAL EVENTS & ACTIVITIES

Are You Smarter Than A Camper
Color Wars
Fantastic Foam Party
Live Hollywood Red Carpet Event
Lip Sync Showdown
Mystery at the Mill
Sand Castle Contest
Sawmill Super Bowl
Shark Week
Stage Coach Creations
STEM Specialist

DAILY ACTIVITIES

Swimming
Arts and crafts
Music
Sing-a-longs
Science Lab
Dance
Soccer
Basketball
Gaga
Volleyball
And so much more!

Registration going on now! Visit the Camp page of our website at hamiltonymca.org/camp.

NEW! Fall Flag Football Program

Are you ready for some football! The Hamilton Area YMCA is proud to partner with the NFL to offer a fun and safe way to participate in America's new favorite pastime.

The season will run September - November. Each team will hold a weekly practice with games being scheduled at the Sawmill Branch on Friday Evenings. All players will receive a NFL reversible jersey.

Register by July 31 to guarantee a jersey!

Fee: \$80 per player

Divisions:

7-9 year old co-ed division

10-12 year old co-ed division

Contact Logan Perez with questions at lperez@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 Program, please 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 at tkoerber@hamiltonymca.org
- Sawmill Branch Parties:
Mark Bogucki at mbogucki@hamiltonymca.org

Join us for Member Breakfasts and Healthy Happy Hours!

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

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

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

Member Breakfasts

- Tuesday, June 25
- Tuesday, July 30

Healthy Happy Hours

- Wednesday, June 5
- Wednesday, July 3

PLAY. SWIM. CREATE!

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 1 through Friday, August 23.

Week 1 & 2: Under the Sea

Week 3 & 4: Diggin' with Dinosaurs

Week 5 & 6: The Mighty Jungle

Week 7 & 8: Carnival

July 1 - 5* & July 8 - 12

July 15 - 19 & July 22 - 26

July 29 - August 2 & August 5 - 9

August 12 - 16 & August 19 - 23

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

Camp Day	8:30 a.m. - 4:00 p.m.	\$192 per week
Extended Day	7:00 a.m. - 6:00 p.m.	\$207 per week
Half Day	8:30 a.m. - 12:45 p.m.	\$142 per week

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



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 through Labor Day!

	<u>Family</u>	<u>Single</u>
Facility/Facility Plus Member	\$285	\$235
Program Member/Non-member	\$525	\$425

Call 609.581.9622 ext. 21100 for more information!



SUMMER STUDENT MEMBERSHIP

3 MONTHS • \$99

Receive the benefits of the Facility Membership, including use of the Wellness Center, Basketball Gym, Group Exercise Classes, Pool & much more!

For information, please contact 609.581.9622 ext. 0 or visit the Member Service Desk to register.

*Valid student ID required. Must be between the ages of 18 - 24.



Teachers, we recognize that **your services are essential** to building a better community. To show our appreciation, join the Hamilton Area YMCA and receive **10% membership discount and waived joiner's fee!**



Join us for Y Night at the Trenton Thunder! Friday, June 7 at 7:00 p.m. at Arm & Hammer Park

Come out and see a ball game with us as Trenton Thunder Baseball take on the Erie SeaWolves. **Tickets are only \$11 and benefit the Hamilton Area YMCA 2019 Annual Campaign!** Purchase your tickets at groupmatics.events/event/Hamiltonarea3

Purchase deadline is Thursday, June 6 at 11:59 p.m.

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 20 and 21.

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

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

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

RENT THE SAWMILL BRANCH FOR YOUR NEXT EVENT OR PRACTICE!

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

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

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

For additional information about renting the Sawmill Branch for:

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

Karate at the Y

Learn the art of Tae Kwon Do and enhance your level of physical fitness, self-esteem and confidence. Karate belt advancement can be obtained through this program.

Youth classes (ages 5 - 11) are held Friday evenings from 6:00 - 7:00 p.m.
Adult classes (ages 12+) are held Friday evenings from 7:00 - 8:00 p.m.

For additional information or for registration, please contact Matt Verde at karate@hamiltonymca.org or Tyler Koerber at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org.

Register today!



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

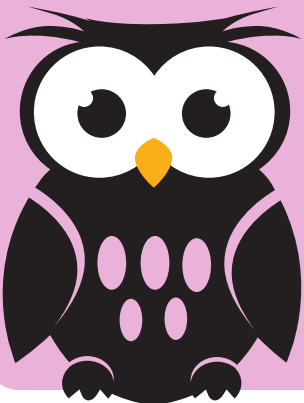
UPCOMING OPEN HOUSES

- Wednesday, July 10 5:00 – 6:30 p.m.
- Tuesday, August 6 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



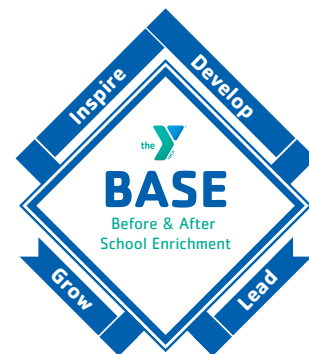
ASK US ABOUT
The Weekend Owl!
This program provides
benefits of the facility
membership for the
family of enrolled
Y's Owls.

Before and After School Enrichment

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

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

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



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

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

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

School's Out

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

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



Dual Personal Training

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

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

Personal Training*

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

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

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

Fitness Assessment

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

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

The assessment consists of:

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

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

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

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



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

SKOR/ 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. 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. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.

Before beginning this program we are asking parents/care givers to complete an intake form outlining their child's needs/goals. We'll review the form with you to determine the best track for your child- group, small group, or private lessons. Our unique approach to the intake process will allow us to focus on each other's individual abilities ensuring all participants gain the skills needed to be safe around water and learn to swim.



SWIM TO ROW

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

Parent Information sessions for Fall sessions will be held:

- September 10 at Capital YMCA (431 Pennington Avenue, Trenton, NJ) from 6:00 - 7:00 p.m.
- September 12 at Hamilton Area YMCA (1315 Whitehorse-Mercerville Road, Hamilton, NJ) from 6:00 - 7:00 p.m.

Swim2Row - Begins October 1

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

Skills2Row - Begins October 1

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

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

Swim Lessons

at JKR

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

SWIM STARTERS

30 minutes

Facility Members: \$58 | Program Members \$81

*Parent participation required.

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

SWIM BASICS

45 minutes

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

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

SWIM STROKES

45 minutes

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

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

Swim Lessons

at JKR

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

TEEN PATHWAYS

120 minutes
60 minutes
45 minutes

High School Stroke Conditioning
Precompetitive/Aquatic Conditioning
Beginner/Intermediate/Endurance

Facility Members: \$134 | Program Members:\$188
Facility Members: \$67 | Program Members: \$94
Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/ Intermediate (1:6)	10 - 17		5:05 p.m.	5:55 p.m.			12:20 p.m.	
Precompetitive (1:12)	9 - 12 13 - 17	6:30 p.m.	4:15 p.m.					
High School Stroke Conditioning (1:12)	13 - 17			5:00 p.m.				

ADULT

60 minutes
45 minutes

Arthritis Foundation
Beginner/Intermediate

Facility Members: \$67 | Program Members \$94
Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/ Intermediate (1:6)	18+		5:55 p.m.				9:00 a.m.	12:20 p.m.
Arthritis Foundation	18+	10:00 a.m.		10:00 a.m.				

SKOR/DIVERSE ABILITIES

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation	3 - 12				5:00 p.m. 6:00 p.m.			
Movement	3 - 12				5:00 p.m. 6:00 p.m.			
Stamina	3 - 12				5:00 p.m. 7:00 p.m.			
Introduction	3 - 12				7:00 p.m.			
Teen	13+				7:00 p.m.			

FOR ALL AGES

30 minutes
30 minutes

Private
Semi-private

Facility Members: \$202 | Program Members \$261
Facility Members: \$116 | Program Members \$149

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

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

Swim Lessons

at Sawmill

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

SWIM STARTERS

30 minutes

Facility Members: \$64 | Program Members \$89

CLASS	AGE	MON/WED	TUES/THU	SAT
Discovery* (1:10 pairs)	6 - 30 months	5:50 P.M.		
Exploration* (1:6 pairs)	2.5 - 4		5:50 p.m.	10:40 a.m.

*Parent participation required.

SWIM BASICS

45 minutes

8 Classes

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

CLASS	AGE	MON/WED	TUES/THU	SAT
Acclimation A (1:3)	2.5 - 3	4:50 p.m.		10:40 a.m.
Acclimation B (1:4)	4 - 5	5:40 p.m.		9:00 a.m.
Acclimation C (1:6)	6 - 9	6:30 p.m.	5:40 p.m.	9:50 a.m.
Acclimation D (1:6)	10 - 12		6:30 p.m.	
Movement A (1:3)	2.5 - 3		4:50 p.m.	
Movement B (1:6)	4 - 5	4:50 p.m.		10:40 a.m.
Movement C (1:6)	6 - 9	5:40 p.m.		9:00 a.m.
Movement D (1:6)	10 - 12			
Stamina A (1:3)	2.5 - 3		5:40 p.m.	
Stamina B (1:4)	4 - 5		4:50 p.m.	9:50 a.m.
Stamina C (1:6)	6 - 9	4:50 p.m.		10:40 a.m.
Stamina D (1:6)	10 - 12		6:30 p.m.	

SWIM STROKES

45 minutes

8 Classes

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

CLASS	AGE	MON/WED	TUES/THU	SAT
Introduction A (1:6)	5 - 8	6:30 p.m.	5:40 p.m.	9:00 a.m.
Introduction B (1:8)	9 - 12	5:40 p.m.		
Development A (1:6)	5 - 8		6:30 p.m.	9:50 a.m.
Development B (1:8)	9 - 12	6:30 p.m.		
Mechanics A (1:6)	5 - 8		4:50 p.m.	

TEEN PATHWAYS

120 minutes

Facility Members: \$134 | Program Members: \$188

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
High School Stroke Conditioning (1:12)	13 - 17						8:00 a.m.	

Swim Lessons

at Sawmill

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

FOR ALL AGES

30 minutes
30 minutes

Private
Semi-private

Facility Members: \$202 | Program Members \$261
Facility Members: \$116 | Program Members \$149

5 Classes
5 Classes

CLASS	AGE	MON/WED	TUES/THU	SAT
Private (1:1)	3+	5:15 p.m. 6:25 p.m.	5:15 p.m. 6:25 p.m.	9:00 a.m. 10:10 a.m.
Semi-private (1:2)	3+	5:15 p.m. 6:25 p.m.	5:15 p.m. 6:25 p.m.	9:35 a.m.

Block Swim Lessons

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

During the summer session the Hamilton Area YMCA is offering some of our Swim Lessons in convenient blocks to fit your busy schedule. Below are the blocks that are being offered:

BLOCK	DATES	MINUTES	CLASSES PER WEEK	NUMBER OF WEEKS	BRANCH	FACILITY FEE	PROGRAM FEE
1	June 24 - August 25	See offering	1 class	10 weeks	JKR or Sawmill	See offering	See offering
2 (M/W)	June 24 - July 17	45 minutes	2 classes	4 weeks	Sawmill	\$56	\$78
3 (T/TH)	June 25 - July 18	45 minutes	2 classes	4 weeks	Sawmill	\$56	\$78
4 (M/W)	July 29 - August 21	45 minutes	2 classes	4 weeks	Sawmill	\$56	\$78
5 (T/TH)	July 30 - August 22	45 minutes	2 classes	4 weeks	Sawmill	\$56	\$78
*MAKE-UP WEEKS							
2 (M/W)	July 22 & 24	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$56	\$78
3 (T/TH)	July 23 & 25	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$56	\$78
4 (M/W)	August 26 & 28	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$56	\$78
5 (T/TH)	August 27 & 29	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$56	\$78

**Make-up dates are for YMCA weather-related cancellations only.*

SAFETY AROUND WATER

45 minutes

8 Classes

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

Learning to be safe around water is a life skill. Today, fewer than half of all Americans say they know how to swim. The Safety Around Water program is designed to help change this reality. Learning to be safe around water builds a sense of achievement. Overcoming a fear of water and mastering skills in the pool build confidence and competence. Safety Around Water, like all Y programs, helps individuals reach their full potential.

Safety Around Water is an independent program designed to reach children at risk of drowning and teach them basic water safety skills, but the skills it develops overlap with those taught in the Swim Basics stage of YMCA Swim Lessons. Students who complete Safety Around Water are prepared to transition directly into swim lessons to continue the learning.

Safety Around Water Blocks follow the same dates as Block Lessons above.

CLASS	AGE	BLOCK	MON/WED	TUES/THU	BRANCH
Beginner	4 - 6	2 & 3	3:20 p.m.	4:10 p.m.	JKR
Beginner	7 - 9	2 & 3	3:20 p.m.	4:10 p.m.	JKR
Intermediate	4 - 6	2 & 3	4:10 p.m.	3:20 p.m.	JKR
Intermediate	7 - 9	2 & 3	4:10 p.m.	3:20 p.m.	JKR

GET CERTIFIED. SAVE A LIFE.

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

To register:

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

Fees:

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

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

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

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

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

American Red Cross Lifeguard – Full Course

OFFERING #1

July 8 6:30 – 7:30 p.m.*
July 15 8:00 a.m. – 2:00 p.m.
July 16 3:00 – 7:00 p.m.
July 18 12:00 – 6:00 p.m.
July 19 3:00 – 7:00 p.m.

OFFERING #2

July 29 6:30 – 7:30 p.m.*
August 5 8:00 a.m. – 2:00 p.m.
August 6 3:00 – 7:00 p.m.
August 7 12:00 – 6:00 p.m.
August 8 3:00 – 7:00 p.m.
August 9 12:00 – 4:00 p.m.

**Precertification at Sawmill Branch*

American Red Cross Lifeguard – Review Course

OFFERING #1

July 6 8:00 – 9:00 a.m.*
9:00 a.m. – 5:00 p.m.
July 7 1:00 – 3:00 p.m.
4:00 – 8:00 p.m.

OFFERING #2

July 25 12:00 – 1:00 p.m.*
1:00 – 8:00 p.m.
July 26 2:30 – 6:30 p.m.

OFFERING #3

August 12 8:00 – 9:00 a.m.*
9:00 a.m. – 2:00 p.m.
August 13 2:30 – 8:00 p.m.

OFFERING #4

August 24 8:00 – 9:00 a.m.*
9:00 a.m. – 5:00 p.m.
August 25 1:00 – 3:00 p.m.
4:00 – 8:00 p.m.

**Required prerequisite test*

American Red Cross Lifeguard – CPR/First Aid/AED

OFFERING DATE

TIME

June 20 9:00 a.m. – 12:00 p.m.
June 20 1:00 – 4:00 p.m.
June 22 9:00 a.m. – 12:00 p.m.
July 6 9:00 a.m. – 12:00 p.m.
July 20 1:00 – 4:00 p.m.
July 27 1:00 – 4:00 p.m.
July 29 9:00 a.m. – 12:00 p.m.
July 31 6:00 – 9:00 p.m.
August 10 1:00 – 4:00 p.m.
August 17 1:00 – 4:00 p.m.
August 23 5:00 – 8:00 p.m.
August 27 6:00 – 9:00 p.m.
August 31 1:00 – 4:00 p.m.

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

Gymnastics

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

45 minutes

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

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

*Parent participation required

Enrichment

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

Summer Enrichment classes will run for 8 weeks only from July 1 – August 23.

90 minutes	Step Ahead	Facility Members: \$68 Program Members \$96
60 minutes	First Step/Side by Side	Facility Members: \$66 Program Members \$93
45 minutes	Social Butterflies/Preschool Science/Woodworking Woodworking/Preschool Math/First Step/ Treehouse Club/Reading, Writing, Books Exciting	Facility Members: \$62 Program Members \$86

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Social Butterflies	2 - 3		9:15 a.m.					
Step Ahead	3 - 5		10:15 a.m.					
Preschool Science	3 - 5		1:00 p.m.					
Side by Side	1 - 2 1/2			10:15 a.m.				
Woodworking	3 - 5			11:15 a.m.				
Preschool Math	3 - 5			1:00 p.m.				
First Step	2 1/2 - 4				9:15 a.m.			
Treehouse Club	3 - 5				10:30 a.m.			
Reading, Writing, Books Exciting	3 - 5				1:00 p.m.			

NEW ENRICHMENT CLASS! Side-by-Side Parent/Child class for children ages 1 - 2 1/2 years

Set in a playtime environment, this parent/child class combines basic social skills with motor skill development. Participants will share in circle time songs, stories, and age-appropriate activities. Participants are asked to dress comfortably.

Dance

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

45 minutes

Preschool Tap & Ballet,
Preschool Ballet & Jazz, Ballet, Jazz, Tap,
Adult Tap, Musical Theatre

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

60 minutes

Ballet/Jazz, Dance Technique

Facility Members: \$67 | Program Members \$94

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Preschool Ballet & Tap	3 - 5				5:30 p.m.		9:00 a.m.	
Preschool Ballet & Jazz	3 - 5				5:45 p.m.			
Ballet	6 - 9				7:45 p.m.			
Jazz	6 - 9						10:30 am.	
Tap	6 - 9						11:15 a.m.	
Ballet/Jazz	6 - 9				6:15 p.m.			
Hip Hop Fun	6 - 12		6:15 p.m.					
Musical Theatre	7+		7:00 p.m.					
Dance Technique Work	8+						9:45 a.m.	
Ballet	10+			6:30 p.m.				
Jazz	10+			7:15 p.m.				
Tap	10+			8:00 p.m.				
Adult Tap	18+				7:00 p.m.			

SKOR & SOAR

Contact Janice Nastasi at 609.581.9622 ext. 114 or jnastasi@hamiltonymca.org

SPECIAL POPULATIONS

60 minutes

Alley Cats Bowling

All members: \$55

45 minutes

Zumba/Dance/Strength Training/SOAR Strong II

Facility Members: \$46 | Program Members \$56

45 minutes

SKOR/Diverse Abilities

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Alley Cats Bowling*	5+			4:30 p.m.				
Zumba	5+		5:15 p.m.					
Dance	13+	6:45 p.m.						
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Acclimation	3 - 12				5:00 p.m. 6:00 p.m.			
Movement	3 - 12				5:00 p.m. 6:00 p.m.			
Stamina	3 - 12				5:00 p.m. 7:00 p.m.			
Introduction	3 - 12				7:00 p.m.			
Teen	13+				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 special needs in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.

*Drop-in program available. E-mail jnastasi@hamiltonymca.org

Sports & Play

at JKR

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

60 minutes
45 minutes

Karate

8 weeks

All Members: \$88
Facility Members: \$63 | Program Members \$87

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

*Parent participation required

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

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

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



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

*Low-impact. Formerly AOA.

Class schedule subject to change.

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

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

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Back Care Yoga*		6:15 p.m.					
Cardio Step	7:00 p.m.						
Cycle*	6:00 p.m.	5:15 p.m.		5:15 p.m.			
Gentle Yoga*					7:00 p.m.		
Grace Moves Yoga*	7:30 p.m.						
HIIT			7:45 p.m.				
HIIT & Core		5:15 p.m.					
Hatha Yoga*			6:30 p.m.				
Insanity				7:15 p.m.			
Kick & Sculpt	8:30 p.m.		6:00 p.m.				
LesMills® BODYPUMP™				5:00 p.m.	5:00 p.m.		
Mat Pilates*	5:00 p.m.						
Muscle Mix	6:00 p.m.	6:15 p.m.			7:00 p.m.		
Power Yoga		7:15 p.m.					
Step			8:30 p.m.				
Total Body Ball			5:15 p.m.				
Vinyasa Yoga*				7:00 p.m.	5:00 p.m.		
Zumba®	8:00 p.m.	7:15 p.m.	5:15 p.m. 7:00 p.m.	6:15 p.m. 8:15 p.m.	6:00 p.m.		
Zumba® Toning	5:15 p.m.		6:00 p.m.				

*Low-impact.

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

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

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

60 minutes	Ukulele I & II	All Members: \$75 per session or \$10 per class (no senior discount)
60 minutes	Tap Dancing	Facility Members: \$87 Program Members: \$63
60 minutes	Novice & Intermediate Swim	Facility Members: \$60 Program Members: \$84
60 minutes	Glee Club (5 weeks)	Facility Members: \$30 Program Members: \$40
60 minutes	Intro to Easy Piano	All Members \$50 (no senior discount)
45 minutes	Beginner Tap Dancing (5 weeks)	Facility Members: \$38 Program Members \$50

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tap Dancing	18+		12:00 p.m.					
Ukulele I & II	18+		1:00 p.m.					
Novice & Int. Swim	18+		2:30 p.m.					
Intro to Easy Piano	18+		5:00 p.m.					
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.

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.

Registration for all sports leagues is open. Register before the deadlines below to avoid additional fees.

League	Registration Deadline	Ages
Fall Sports		
Soccer	July 31	3 - 10 years
NEW! NFL Flag Football	July 31	7 - 12 years
Winter Sports		
Basketball	October 31	4 - 15 years
Soccer	October 31	3 - 9 years

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

Sports & Play at Sawmill

Contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org

60 minutes

Fencing – NEW DAY & TIME!

All Members: \$98

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

Adult Sports at Sawmill

Contact Logan Perez at 609.581.9622 ext. 21105 or lperez@hamiltonymca.org

60 minutes

Fencing – NEW DAY & TIME!

All Members: \$98

2 Hours

Pickleball

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

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

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

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

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

Level Up Sports Academy at the Hamilton Area YMCA

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

Also Offering:

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

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



Hamilton Area YMCA

JKR Branch

1315 Whitehorse-Mercerville Road
Hamilton, NJ 08619

Sawmill Branch

185 Sawmill Road
Hamilton, NJ 08620

609.581.9622
hamiltonymca.org

JKR Branch Hours of Operation

Monday - Thursday
5:00 a.m. - 10:00 p.m.
Friday
5:00 a.m. - 9:00 p.m.
Saturday
7:00 a.m. - 6:00 p.m.
Sunday
7:00 a.m. - 5:00 p.m.

NON-PROFIT ORG.
U.S. POSTAGE

PAID

Trenton, NJ
Permit # 1591

Summer Program Session

Facility Member Registration begins:
Monday, June 10 at 7:00 a.m.
Program & New Member Registration begins:
Monday, June 17 at 7:00 a.m.

Holiday Hours - JKR Branch

No classes Thursday, July 4

SAFE SWIMMERS START HERE

At the Y, we believe that swimming is a life skill.

Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

**For Kids
For Adults
For All**

For more information about our Aquatics programs, visit us at hamiltonymca.org.