



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Unplug for summer. **CONNECT FOR LIFE.**

What's Inside This Program Brochure:

Dive Into A
Summer of Fun!

Summer Student
Membership

Family Fun at the Y!

Discover, Play & Learn
@ Camp! Register today!

Facility & Facility Plus Member
Registration begins:
Monday, June 4

Program & New Member
Registration begins:
Monday, June 11



hamiltonymca.org

CONNECT FOR LIFE.

When so much of our lives are lived behind a screen, the Hamilton Area YMCA is here to help you connect. Connect with exercise and early childhood education, Vinyasa Yoga and volunteerism, swim lessons and special needs programming, the Y connects the members our community with themselves, their families, and each other.

We face challenges that create a greater need than ever for the work we do every day. Fortunately, where some see obstacles, we see opportunities to make a difference.

Together, we will **teach skills and values** that help create a path to success for kids and teens. **Inspire people** of all ages to play, be active, and maintain a healthy lifestyle. **Engage** in work that fosters an inclusive and collaborative environment that fulfills the needs of our community.

No matter what you are looking to connect with, we can be bridge to help you get there.

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 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.

**No contract!
National YMCA
Membership!**

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.



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! We also offer family programs that everyone can enjoy together!

FAMILY FUN-DAY

Join us from 9:00 - 11:30 a.m. every Sunday in the Kids Gym! Families with children ages 3 - 11 years old are invited to jump, run, and play together with family-friendly activities. Open to members only. Family Fun-Day runs September - May.

KIDS ON-RAMP

This program allows children ages 9 - 11 years to exercise in the wellness center alongside their parent(s) on the weekend from 12:00 p.m. until close. Children will have access to cardio equipment, Hammer Strength machines, and SYNRGY360. *Kids On-Ramp requires both parent and child to complete a FitStart orientation with a wellness center staff member before the child is eligible.*

CRAFT CORNER

Let's get crafty! Join us at the JKR Branch the first Wednesday of each month to create a quick, fun, colorful masterpiece! Each month there will be a new theme. Stop in anytime between 5:30 - 7:30 p.m.

STAY & PLAY BABYSITTING

Stay and Play is an added-value service for members. Our goal is to provide positive and safe care to children up to age 11 while their parents enjoy peace of mind and time for themselves.

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!



For information about each of our Family programs, please visit our website at hamiltonymca.org or call the JKR Branch Member Service Desk at 609.581.9622 ext. 0.

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.

Week 1 & 2: Under the Sea

Week 3 & 4: Diggin' with Dinosaurs

Week 5 & 6: The Mighty Jungle

Week 7 & 8: Carnival

July 2 - 6* & July 9 - 13

July 16 - 20 & July 23 - 27

July 30 - August 3 & August 6 - 10

August 13 - 17 & August 20 - 24

**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.



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!

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!

League	Age
Summer Flag Football	6 - 10
Summer Basketball	10 - 13

The following leagues have open registration:

League	Age	Register Before
Fall Soccer	3 - 10	June 30
Winter Basketball	4 - 15	September 30

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



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, 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, and Novice & Intermediate Swim.

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. Class schedules are also available at the JKR Branch Member Service Desk.

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



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 **20% membership discount and waived joiner's fee!**



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!

Visit hamiltonymca.org for the schedule and session play.

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

Visit hamiltonymca.org/programs/leagues for more info!

SKOR Pizza, Pic, and Play

Join us at the JKR Branch on **Saturday, June 16 from 7:00 – 9:00 p.m.** to enjoy pizza, pic, and play! Hang out with your friends while you get a chance to play basketball, watch a movie, and eat pizza!

Members and Non-members are welcome!

Fee: \$7 per person

This event is for children ages 8 years and older.

Please e-mail Janice Nastasi at jnastasi@hamiltonymca.org for more information.



Hamilton Area YMCA Middle School Program

Y Sports Club (YSC)

Keeping kids active and healthy is more than an interest of the Hamilton Area YMCA, **it's what we do.** We are excited to announce our newest program that will give parents peace of mind that their middle school-aged children are being taken care of, while also developing healthy lifestyle habits, gaining self-confidence, and building positive relationships with their peers. Y Sports Club (YSC) will be open to all middle school students (incoming grades 6 – 8) at Crockett, Grice, and Reynolds.

YSC participants will have a variety of sports to choose from:

Sport	Season	Fee
• Soccer	September 10 – November 2	\$150/child
• Basketball	January 7 – March 1	\$150/child
• Golf	April 1 – May 31	\$150/child
• Flag Football	April 1 – May 31	\$150/child

Sports will be co-ed, with the exception of basketball. Teams will be created based on skill level.

- All sports will run Monday – Friday from 3:00 – 4:30 p.m.
- Golf will run 3 days per week.
- Participants must be picked-up by 4:45 p.m.
- In the event of inclement weather, sports will be moved inside.

**Registration
is going
on now!**

Register by the last day of school (June 22) and receive a FREE program membership and \$25.00 off soccer!

All participants must have, at minimum, a Hamilton Area YMCA program membership.

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

Y'S OWLS PRESCHOOL

Y's Owls Preschool is a place of discovery where each child is acknowledged as an individual with his or her own feelings, needs and interests. Our philosophy is to focus on your child.

Our program directors lead a qualified, experienced staff in implementing the Creative Curriculum. This curriculum provides your child with a balance of structured and independent activities and builds the foundations for academic and social competence.

Enrolled children benefit from:

- Kindergarten readiness
- Music appreciation
- HealthyU preschool fitness and nutrition program
- FREE weekly swim lessons for children attending five full days
- Large outdoor playground to enhance social and physical development
- Peanut/tree nut-free program environment
- Children's library
- Low teacher-child ratios, with highly qualified, caring & trained staff
- We have CPR/First Aid trained staff on site at all times
- Technology in the classroom, including an Interactive Whiteboard

Y's Owls Preschool Open House

Wednesday, July 18

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 Elefant
relefant@hamiltonymca.org
609.581.9622 ext.126



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.

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.

All participants must be registered by Friday, August 17 to start on the first day of school.

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: **Summer**

June 18 - August 26

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!**

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 - 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.

CONFIDENCE WITH EVERY STROKE



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

Y swim lessons stress positive values and give kids the opportunity to practice them, growing kids' self-esteem and self-worth, while they have a great time.

For Adults

Y swim lessons help adults who want to learn by increasing their knowledge, ability, and stamina to build stamina. Our certified, caring staff is trained to handle swimmers of all abilities and all ages.

For All

The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Our approach differs because we use skill-based instruction that maximizes physical activity, emphasizes safety, and elevates character development to engage families in our community.

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



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.

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	PROGRAM FEE	FACILITY FEE
1	June 18 - August 26	See offering	1 class	10 weeks	JKR or Sawmill	See offering	See offering
2	June 25 - July 6	45 minutes	5 classes	2 weeks	JKR Only	\$97	\$69
3	July 25 - August 3	45 minutes	5 classes	2 weeks	JKR Only	\$97	\$69
4	June 25 - July 20	45 minutes	3 classes	4 weeks	JKR or Sawmill	\$116	\$83
5	July 23 - August 24	45 minutes	3 classes	5 weeks	JKR or Sawmill	\$145	\$104
6	June 26 - July 19	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$78	\$55
7	July 24 - August 23	45 minutes	2 classes	5 weeks	JKR or Sawmill	\$97	\$69
CLASS	AGE	BLOCKS 2 & 3 (M - F)		BLOCKS 4 & 5 (M/W/F)		BLOCKS 6 & 7 (T/TH)	
Beginner	4 - 7	3:00 p.m. 3:45 p.m.		3:00 p.m. 3:45 p.m.		10:15 a.m.	
Advanced	8 - 11	3:00 p.m. 3:45 p.m.		3:00 p.m. 3:45 p.m.		11:00 a.m.	

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

The swim lesson schedules below are **BLOCK 1** which runs **June 18 – August 26**.

SWIM STARTERS 30 minutes Facility Members: \$64 | Program Members \$89

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 - 18 months	10:15 a.m.		9:45 a.m.			9:00 a.m.	10:30 a.m.
Exploration A	19 - 30 months	6:30 p.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.			9:45 a.m.	9:45 a.m.

SWIM BASICS 45 minutes Facility Members: \$69 | Program Members \$97

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.	9:30 a.m. 5:45 p.m. 7:15 p.m.	10:15 a.m. 4:15 p.m. 6:30 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		4:15 p.m.	5:00 p.m. 5:45 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.				10:30 a.m.	
Movement A	3 - 5	11:15 a.m. 5:00 p.m.	4:15 p.m.	6:30 p.m.	9:30 a.m. 5:45 p.m.		9:00 a.m.	11:15 a.m.
Movement B	6 - 9			5:00 p.m.		4:15 p.m. 7:15 p.m.	9:45 a.m.	11:15 a.m.
Movement C	10 - 12	5:45 p.m.		7:15 p.m.				9:00 a.m.
Stamina A	3 - 5	4:15 p.m.	5:00 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.	5:45 p.m.	9:00 a.m.	
Stamina C	10 - 12					6:30 p.m.		

Swim Lessons

at JKR

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

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

SWIM STROKES

45 minutes

Facility Members: \$69 | Program Members \$97

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.		7:15 p.m.	5:00 p.m. 6:30 p.m.	11:15 a.m.	
Development A	5 – 8	7:15 p.m.			5:00 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.		10:30 a.m.
Mechanics A	5 – 8	6:30 p.m.	6:30 p.m.			6:30 p.m.	9:45 a.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.

TEEN PATHWAYS

120 minutes
60 minutes
45 minutes

High School Stroke Conditioning
Precompetitive/Aquatic Conditioning
Beginner/Intermediate

Facility Members: \$90 | Program Members: \$100
Facility Members: \$74 | Program Members: \$104
Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	10 – 17		5:00 p.m.		6:30 p.m.		9:00 a.m.	12:00 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.
High School Stroke Conditioning	13 – 17	5:00 p.m.		5:00 p.m.				

ADULT

45 minutes
60 minutes

Beginner/Intermediate
Ai Chi/Arthritis Foundation

Facility Members: \$69 | Program Members \$97
Facility Members: \$58 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	18+	6:30 p.m.	5:45 p.m.		5:45 p.m.		8:15 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: \$69 | Program Members: \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tadpole I – Acclimation*	3 – 6 7 – 10				5:30 p.m. 5:30 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	13+				7:00 p.m.			

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

Swim Lessons

at JKR

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

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

FOR ALL AGES

30 minutes
30 minutes
45 minutes

Private
Semi-private
Homeschool

Facility Plus/Facility Members: \$224 | Program Members \$289
Facility Plus/Facility Members: \$128 | Program Members \$166
Facility Members: \$69 | Program Members \$97

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

Swim Lessons

at Sawmill

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

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

Participants must have, at minimum, a Program Membership.

SWIM STARTERS

30 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 – 18 months			4:15 p.m.				
Exploration A	19 – 30 months		5:45 p.m.			5:00 p.m.	11:00 a.m.	
Exploration B	2.5 – 4				5:00 p.m.			

SWIM BASICS

45 minutes

Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A	2 1/2 – 3	3:30 p.m.	5:00 p.m.	5:45 p.m.	4:15 pm.	5:00 p.m.	10:15 a.m.	
Acclimation B	4 – 5	3:30 p.m.	3:30 p.m.		5:00 p.m.	4:15 p.m.	9:30 p.m.	
Acclimation C	6 – 9	4:15 p.m.		5:00 p.m.	5:45 p.m.			
Acclimation D	10 – 12		4:15 p.m.			5:45 p.m.		
Movement A	3 – 5	4:15 p.m.		5:00 p.m.	3:30 p.m.			
Movement B	6 – 9	5:45 p.m.	4:15 p.m.	5:45 p.m.	5:00 p.m.	5:45 p.m.	10:15 a.m.	
Movement C	10 – 12							
Stamina A	3 – 5	5:00 p.m.	5:45 p.m.	3:30 p.m.		5:00 p.m.	11:00 a.m.	
Stamina B	6 – 9	5:45 p.m.	3:30 p.m.			4:15 p.m.		
Stamina C	10 – 12							

Swim Lessons at Sawmill

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

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

SWIM STROKES

45 minutes Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A	5 – 8	5:00 p.m.		4:15 p.m.	5:45 p.m.		9:30 a.m.	
Introduction B	9 – 12		5:00 p.m.		4:15 p.m.	5:45 p.m.	10:15 a.m.	
Development A	5 – 8		5:00 p.m.	3:30 p.m.				
Development B	9 – 12	5:45 p.m.		4:15 p.m.	5:45 p.m.	3:30 p.m.	9:30 a.m.	
Mechanics A	5 – 8		5:45 p.m.	5:00 p.m.	3:30 p.m.			
Mechanics B	9 – 12	5:00 p.m.		5:45 p.m.		3:30 p.m.	11:00 a.m.	

ADULT

45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	18+	5:00 p.m.	4:15 p.m.		5:45 p.m.		11:45 a.m.	

TEEN PATHWAYS

120 minutes High School Stroke Conditioning Facility Members: \$90 | Program Members: \$100
 60 minutes Precompetitive/Aquatic Conditioning Facility Members: \$74 | Program Members: \$104
 45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	10 – 17	5:45 p.m.			5:00 p.m.		11:45 a.m.	
Aquatic Conditioning	8 – 12		5:00 p.m.	5:45 p.m.				
Endurance, Sports, Games	8 – 12		5:45 p.m.					
High School Stroke Conditioning	13 – 17			4:15 p.m.		4:15 p.m.		

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!

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 Recertification with Administering Oxygen

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

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.

Adult and Pediatric CPR/AED/ FIRST AID

Fee: Facility/Facility Plus Members: \$70 | Program/Non-Members: \$80

Tuesday, June 12 9:00 a.m. – 3:00 p.m.

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



Volunteer Opportunity for 13 – 15 year olds!

The Aquatics Department is looking for volunteers interested in working within an Aquatic environment! Volunteers will work with our trained Aquatic Staff to learn areas of swim instructing and will receive certification in CPR/First Aid.

Volunteers should be comfortable in 4 – 6 feet of water and have swim experience.

Those interested should contact Nicole Bizuga at nbizuga@hamiltonymca.org.

Dance

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

45 minutes Adult Tap/Preschool Ballet & Tap
Preschool Ballet & Jazz/Ballet/Jazz/Tap
Lyrical/Musical Theatre/Dance Sampler
Cheer Dance/Hip Hop Fun

60 minutes Ballet & Jazz/Dance Technique Work

Facility Members: \$69 | Program Members \$97

Facility Members: \$74 | Program Members: \$104

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

Gymnastics

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

45 minutes

Facility Members: \$69 | Program Members \$97

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.	10:00 a.m.					
Gymnastics I	5 - 8 8 - 12	5:45 p.m.	10:45 a.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	8 - 15		7:15 p.m.					

*Parent participation required

Enrichment

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

8-week Session beginning Monday, July 2

90 minutes	Step Ahead
60 minutes	First Step
45 minutes	Preschool Math/Preschool Math 2
	Preschool Science/Preschool Writing
	Kitchen Kids/Books Alive/Woodworking
	Social Butterflies/Puzzles

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	10:15 a.m.						
Books Alive	3 - 5	11:15 a.m.						
Preschool Math 2	3 - 5	1:00 p.m.						
Preschool Math	3 - 5		9:15 a.m.					
Step Ahead	3 - 5		10:15 a.m.					
Preschool Science	3 - 5		1:00 p.m.					
First Step	2 1/2 - 4			10:15 a.m.				
Woodworking	3 - 5			11:30 a.m.				
Books Alive	3 - 5			1:00 p.m.				
Kitchen Kids	3 - 5				10:15 a.m.			
Puzzles	3 - 5				11:15 a.m.			
Preschool Writing	3 - 5				1:00 p.m.			

SKOR & SOAR

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

8-week Session: June 25 - August 10

45 minutes	Pickleball/Zumba/Dance
	Strength Training/SOAR Strong II

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

10-week Session: June 25 - August 26

45 minutes	Tadpole I/Tadpole II/Tadpole III/Teen
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Facility Members: \$69 | Program Members: \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Pickleball	3+				6:00 p.m.			
Zumba	5+		5:15 p.m.					
Dance	13+	7:15 p.m.						
Strength Training	16+				6:45 p.m.			
SOAR Strong II	18+			1:30 p.m.				
Tadpole I - Acclimation*	3 - 6 7 - 10				5:30 p.m. 5:30 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	13+				7:00 p.m.			

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

Active Older Adults

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

- 60 minutes

Ukulele Band
- 60 minutes

Swim & Stroll
- 60 minutes

Line Dancing
- 60 minutes

Novice & Intermediate Swim
- 60 minutes

Intro to Easy Piano (5 weeks)
- 60 minutes

Glee Club (5 weeks)
- 30 minutes

Grandparent & Tot Swim
- All Members: \$10 per class (no senior discount)

Facility Members: \$0 | Program Members \$8 per visit

Facility Members: \$51 | Program Members \$70

Facility Members: \$74 | Program Members \$104

All Members \$50 (no senior discount)

Facility Members: \$29 | Program Members: \$39

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

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.		
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.			

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	11:00 a.m.						
Chair Yoga	2:00 p.m.		1:00 p.m.				
Cycling		8:00 a.m.		8:00 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	10:00 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.			11:00 a.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: \$109
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+	6:00 p.m.	6:00 p.m.					

Please visit 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

60 minutes

Fencing

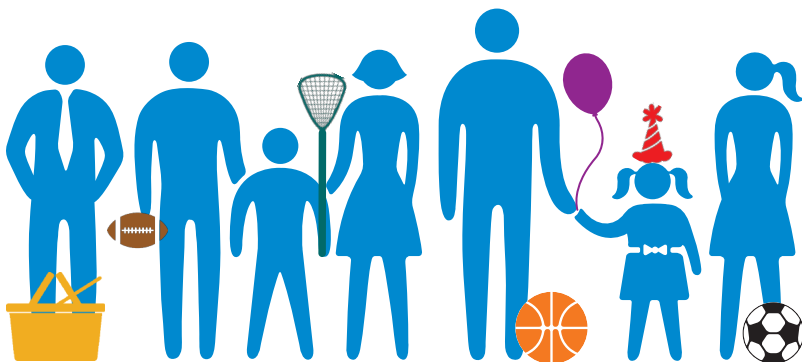
All Members: \$109

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 STILL OPEN!**

@ Camp at the Sawmill Branch
hamiltonymca.org/camp

Sports & Gym

at JKR

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

60 minutes
45 minutes

Karate

All Members: \$88
Facility Members: \$69 | Program Members \$97

8 week session
10 week session

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. 6:00 p.m.	11:00 a.m.			
Little Athletes	3 - 5				10:15 a.m.	10:45 a.m.		
Pee Wee B-Ball/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				9:30 a.m. 5:00 p.m.			
Youth Yoga	3 - 11				6:15 p.m.			
Sports Mania	6 - 8				7:15 p.m.		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.			
Youth Fitness	6 - 12			5:30 p.m.			9:30 a.m.	
Sports, Speed and Agility	9 - 12			7:30 p.m.				
Y Dodgeball & Nerf	9 - 12			6:45 p.m.				
Y Dribblers - 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

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			6:30 a.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® BODYCOMBAT™				6:30 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.			
Pound						8:00 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.	
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.	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.

*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 June 2, July 14, August 4 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.

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.

INDOOR TRIATHLON

Join us for our first Indoor Triathlon! **Test your fitness level or TRI something new!**

Date: Sunday, July 1

Location: Hamilton Area YMCA JKR Branch

Time: 7:00 – 11:00 a.m.

Fee: \$20 (includes t-shirt)

For more information, please contact Al Offredo at aoffredo@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!

- **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 birthdays at the Y, 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.

Join us for Member Breakfasts and Healthy Happy Hours!

Start or end your day on the right foot! Members are invited to join us for complimentary member breakfasts and healthy happy hours.

Enjoy healthy food and drinks while you 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!

Member Breakfasts

- June 26
- July 24
- August 28

Healthy Happy Hours

- August 1
- October 3
- December 5



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

NON-PROFIT ORG.
U.S. POSTAGE

PAID

Trenton, NJ
Permit # 1591

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.

Summer Session:

Priority Registration begins Monday, June 4 at 7:00 a.m.

Open Registration begins Monday, June 11 at 7:00 a.m.

Program Dates: June 18 - August 26

Holiday Schedule:

No classes on Wednesday, July 4

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
Red Bulls Soccer Camp

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

Rock Range
Science Lab
Travel Camp
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.