



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HEALTHY FUTURES BEGIN HERE

What's Inside This Program Brochure:

NEW Online Registration
Join. Register. Pay.

Thank You to our
2019 Community Partners

NEW Pickleball Clinics

Interactive Family Workshops:
Preparing for School Success

Winter Programs

Facility Member
Registration begins:
December 9

Program & New Member
Registration begins:
December 16



hamiltonymca.org

NEW ONLINE REGISTRATION IS HERE!



Our Mission

We are a charitable association dedicated to building a healthy spirit, mind, and body. Part of a world-wide movement, we put Christian principles into practice through programs that promote good health, strong families, youth leadership, community development, and international understanding. YMCAs are open to men, women, and children of all ages, incomes, abilities, races, and religions.

About Us

Established in 1951, the Hamilton Area YMCA is a 501(c)3 community organization that promotes youth development, healthy living and social responsibility. Our two branches (John K. Rafferty and Sawmill) play host to a variety of programs designed to nurture the potential of young people, improve our health and well-being, and provide opportunities to give back to the community and support our neighbors. With 14,000 members, the Hamilton Y is the largest community organization in Hamilton Township and a leading force for positive change in our region.

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Stay & Play

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

Hours of Operation:

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

Please contact ext. 113 for additional information.

JOIN US

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



MEMBERSHIP RATES

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

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

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

NEW ONLINE REGISTRATION



With a fresh new look our online registration is

both mobile AND family friendly!

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

Visit hamiltonymca.org to get started today!

When you give to the Hamilton Area YMCA, you join a group of local businesses and individuals who have come together to **make the entire community stronger**. As a leading nonprofit for youth development, healthy living and social responsibility, the Hamilton Area YMCA uses gifts to **nurture the development of children and teens, improve community health and well-being, and support those in need** right in our own neighborhood. **We would like to thank our Community Partners for making a positive impact in our community.**

Mission Partner



Aetna Better Health® of New Jersey



Community Benefactor



Community Initiator



Community Leader



Community Collaborator



Community Friend

Sam & Amy Bassily



Sean & Stephanie Cuddahy

Anthony & Tara Destribats

MaryAnn & Michael Heenehan



The Makkay Family

Tom & Beth Perrino



The Schulz Family

The Zita Family

Active Adults

At the Hamilton Area YMCA, we're committed to making sure every member of our community has access to the resources they need to incorporate exercise and wellness into their day for a healthier, happier lifestyle.

That's the concept behind our Active Adults program. These group classes are offered in fun, supportive formats, designed to meet the needs of adults that may be beginning an exercise program, have physical limitations, or are looking for low impact classes. Group exercise classes include Aquafit, Aqua Yoga, Aqua Zumba, Chair Yoga, Cycling, Gentle Yoga, Funky Fitness, Light Weight Workout, Line Dancing, Pilates, Shape Up, Steppin' EZ, Strength Training, Tai Chi, Zumba Gold, and more! Class schedules can be found on pages 16 and 17.

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

DID YOU KNOW YOU CAN RENT THE SAWMILL BRANCH FOR YOUR NEXT EVENT, PARTY, TOURNAMENT, 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

Y'S OWLS PRESCHOOL PARENT GROUP

Parents/Guardians of currently enrolled Y's Owls Preschool students are invited to participate in our Parent Committee. Meetings will be held on the third Tuesday of each month in the Y's Owls Preschool classroom from 5:30 - 6:30 p.m. All parents are encouraged to attend. Care for children will be provided in our Stay & Play Babysitting room during the meeting.

Please calendar the following dates:

- **Tuesday, December 17, 2019**
- **Tuesday, January 21, 2020**
- **Tuesday, February 18, 2020**
- **Tuesday, March 17, 2020**

For more information, please contact Rose Elefant at 609.581.9622 ext. 126 or relefant@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
- CPR/First Aid trained staff on site at all times
- Technology in the classroom, including an Interactive Whiteboard

UPCOMING EVENTS

- **The Power of Positive Guidance Family Workshop**
Tuesday, December 10 from 6:00 – 7:00 p.m.
- **Kindergarten Readiness Workshop**
Tuesday, January 21 from 6:00 – 7:00 p.m.
following the Y's Owls Parent Group Meeting
- **PRESCHOOL OPEN HOUSE**
Wednesday, February 26 from 5:30 – 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



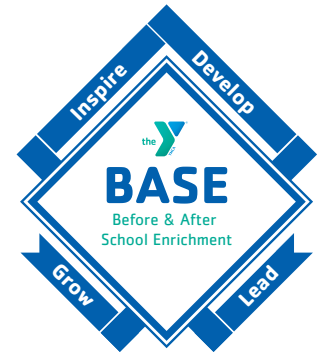
**ASK US ABOUT
The Weekend Owl!**
This program provides
benefits of the facility
membership for the
family of enrolled
Y's Owls.

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.

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

School's Out

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

For more information on our BASE and School's Out programs, please contact Keleigh Szmaz at 609.581.9622 ext. 119 or kszmaz@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 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**

As America's Swim Instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming; teaching more than one million kids a year swimming and water safety skills.

The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.

There are three general categories of Y Swim Lessons

- **Swim Starters develops water enrichment and aquatic readiness in children ages 6 months to 3 years.**
This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.
- **Swim Basics develops personal water safety and basic swimming skills in students of all ages.**
Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.
- **Swim Strokes introduces and refines stroke technique in older students (school age, teens and adults).**
Having mastered fundamentals, students learn added water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional/cognitive well-being, and foster a lifetime of physical activity.

The Y introduced the concept of group swim lessons in 1909. Now, in more than 2,000 pools across the country, the Y teaches more than a million children and adults from all backgrounds invaluable water safety and swim skills each year.

In 2018, the Hamilton Area YMCA taught 2,960 children, youth, and adults water safety and life-saving swim skills.



SWIM LESSON EVALUATIONS

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

Evaluations are offered during the following times:

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

No appointment needed.

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

SWIM STARTERS 30 minutes Facility Members: \$72 | Program Members: \$92

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

*Parent participation required.

SWIM BASICS 45 minutes Facility Members: \$76 | Program Members: \$98

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

SWIM STROKES 45 minutes Facility Members: \$76 | Program Members: \$98

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

SKOR/DIVERSE ABILITIES 45 minutes Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m.
Swim Strokes	3 - 12				6:00 p.m.			9:00 a.m.
Teen	13+				7:00 p.m.			9:00 a.m.

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

ADULT

60 minutes Arthritis Foundation/Ai Chi
45 minutes Swim Basics/Swim Strokes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	18+					5:05 p.m.		
Swim Strokes Stages 4 - 6	18+					5:55 p.m.		
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				
Ai Chi	18+					11:30 a.m.		

COMPETITIVE

120 minutes HS Stroke (8 classes)
60 minutes Precompetitive

Facility Members: \$120 | Program Members: \$
Facility Members: \$80 | Program Members: \$104

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Precompetitive	6 - 9 9 - 13			7:15 p.m.		7:15 p.m.	12:15 p.m.	
HS Stroke*	13 - 17	6:30 p.m.						12:15 p.m.

*Once per week option available.

FOR ALL AGES

30 minutes Private
30 minutes Semi-private

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

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

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



GET CERTIFIED. SAVE A LIFE.

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

December offerings include:

- CPR/First Aid/AED
- Basic Life Support
- American Red Cross Lifeguard Review (Up to 6 feet)
- Asthma Inhaler/Epinephrine (EpiPen) Auto Injector
- Administering Emergency Oxygen

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

SKOR & SOAR

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

DIVERSE ABILITIES

60 minutes	Basketball
60 minutes	Alley Cats Bowling
45 minutes	Zumba/Dance/Strength Training/SOAR Strong II
45 minutes	Swim Basics/Swim Strokes/Teen

All members: \$40
All members: \$58
Facility Members: \$50 Program Members \$60
Facility Members: \$62 Program Members: \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Pickleball	3+					6:00 p.m.		
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.			
Basketball	5 - 15 15+							11:00 a.m. 12:00 p.m.
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m.
Swim Strokes	3 - 12				6:00 p.m.			9:00 a.m.
Teen	13+				7:00 p.m.			9:00 a.m.

The Hamilton Area YMCA strives to enhance the lives of everyone in our community.

We offer many classes and events for those with Diverse Abilities in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.

Active Adults

Contact 609.581.9622 ext. 0

60 minutes	Ukulele I & II
60 minutes	Glee Club*
60 minutes	Beginner Tap/Tap

All Members: \$80 per session or \$15 per class*
All Members: \$40
Facility Members: \$87 Program Members: \$63

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Ukulele I & II	18+		1:00 p.m.					
Glee Club	18+				10:00 a.m.			
Beginner Tap	18+					12:00 p.m.		
Tap	18+		12:00 p.m.					

*There are no senior discounts on specialty classes.

INTERACTIVE FAMILY WORKSHOPS – PREPARING FOR SCHOOL SUCCESS

“The Power of Positive Guidance” on Tuesday, December 10 from 6:00 – 7:00 p.m.

Families of preschool children are invited to an interactive family workshop designed to give parents the necessary tools in preparing their child for their next steps into Kindergarten. Learn how spending 15 - 20 minutes of playing and learning with your child can prepare for a successful transition from preschool. Workshops will be held in the Y's Owls Preschool classroom and are **FREE** for all Hamilton Area YMCA Members. **Pre-registration is required.**

To register, or for more information about the Workshop or the Y's Owls Parent Group Meeting, please contact Beverly Gessner at 609.581.9622 ext. 113 or Rose Elefant at 609.581.9622 ext. 126.

Enrichment

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

60 minutes
45 minutes

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

Facility Members: \$66 | Program Members \$90
Facility Members: \$62 | Program Members \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Social Butterflies	2 - 3	9:15 a.m.						
Kids Concoctions	3 - 5	10:15 a.m.						
Mini DaVinci's	3 - 5	1:00 p.m.						
First Step	2 1/2 - 4		9:15 a.m.		9:15 a.m.			
I Love Music	2 1/2 - 4		10:30 a.m.					
Puzzle Power	3 - 5		11:30 a.m.					
Kitchen Kids	3 - 5		1:00 p.m.					
Toddler Time	1 - 2			9:15 a.m.				
Preschool Explorers	2 1/2 - 4			10:15 a.m.				
Play With Me	Up to 1 year			11:15 a.m.				
Preschool Science	3 - 5			1:00 p.m.				
Music & Movement	3 - 5				11:30 a.m.			
Preschool Math	3 - 5				1:00 p.m.			
Preschool Writing	3 - 5					1:00 p.m.		
Art Pod	5 - 10				4:00 p.m.			

Gymnastics

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

45 minutes

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

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

*Parent participation required

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

60 minutes Karate
45 minutes

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

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

*Parent participation required



NEW! 9-WEEK PICKLEBALL DRILL CLINICS

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

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

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

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: \$94

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	6 - 12						11:30 a.m.	
Fencing	13+						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: \$94
 2 Hours Pickleball All Members: \$5 per class | Non-Members \$5 per class

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing	50+						12:30 p.m.	
Pickleball	50+	Please visit the Leagues page of our website for the Open Play schedule.						

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

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

Level Up Sports Academy at the Hamilton Area YMCA

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

Also Offering:

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



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

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.		
Belly Dancing			11:00 a.m.				
Beginner Pilates*	11:00 a.m.		12:00 p.m.				
Circuit Training		9:00 a.m.	6:30 a.m.				
Chair Yoga*	2:00 p.m.		1:00 p.m.				
Cycle		8:00 a.m.*		8:00 a.m.* 10:20 a.m.		8:30 a.m.	
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Gentle Yoga*		8:00 a.m.		9:15 a.m.			
HIIT						9:30 a.m.	
Hatha Yoga	12:30 p.m.						
Intermediate Pilates		6:30 a.m.					
Kickboxing				10:00 a.m.			
Lightweight Workout	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.		
Line Dancing							10:30 a.m.
Mat Pilates						9:30 a.m.	
Muscle Mix	5:30 a.m.				5:30 a.m. 10:00 a.m.		
Pilates & Stretch			6:30 a.m.	6:30 a.m. 8:00 a.m.*			
Pound							8:45 a.m.
Senior Funky Fitness*		11:00 a.m.					
Shape Up*	10:00 a.m.		11:00 a.m.		11:00 a.m.		
Step				10:00 a.m.		10:30 a.m.	9:15 a.m.
Steppin EZ*	9:15 a.m.				9:15 a.m.		
Strength Training*	8:00 a.m.	11:00 a.m.	8:00 a.m.	11:00 a.m.	8:00 a.m.		
Stretch & Flex						10:30 a.m.	
Tai Chi*				1:00 p.m.			
Vinyasa Yoga							11:00 a.m.
Will Power & Grace			9:15 a.m.				
Zumba® Gold*		10:00 a.m.			1:00 p.m.		
Zumba®	10:00 a.m.	8:00 a.m.	10:00 a.m.	9:00 a.m.		8:30 a.m. 11:45 a.m.	8:00 a.m. 11:30 a.m.

*Low-impact.

Class schedule subject to change.

Group Exercise Evening Contact 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.					
Belly Dancing			7:45 p.m.				
Cycle*	6:00 p.m.	5:15 p.m.		5:15 p.m.			
Gentle Yoga*					7:00 p.m.		
Grace Moves Yoga*	7:30 p.m.						
HIIT & Core		5:00 p.m.					
Hatha Yoga*			6:45 p.m.				
Insanity				7:15 p.m.			
Kick & Sculpt	8:00 p.m.		6:00 p.m.				
LesMills® BODYPUMP™				5:00 p.m.	5:00 p.m.		
Mat Pilates*	5:00 p.m.						
Muscle Mix	6:00 p.m.	6:15 p.m.			7:00 p.m.		
Power Yoga		7:15 p.m.					
Step			8:30 p.m.				
Total Body Ball			5:15 p.m.				
Vinyasa Yoga*				7:00 p.m.			
Youth Yoga				6:15 p.m.			
Zumba®	7:00 p.m.	7:15 p.m.	5:15 p.m. 7:00 p.m.	6:15 p.m. 8:15 p.m.	6:00 p.m.		
Zumba® Toning	5:15 p.m.		6:00 p.m.				

*Low-impact.

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

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

CLASS	MON	TUES	WED	THU	FRI	SAT	SUN
Aqua Fit	1:30 p.m.	9:00 a.m.	1:30 p.m.	9:00 a.m.	2:00 p.m.		
Aqua Yoga					1:00 p.m.		
Aqua Zumba		2:00 p.m. 7:15 p.m.				8:00 a.m.	
Core Aquatics	2:30 p.m.		12:30 p.m.		12:30 p.m.		
Deep Water Fitness	9:30 a.m. 7:00 p.m.	9:30 a.m.	7:00 p.m.	10:00 a.m.	9:15 a.m.		
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.			



YOUTH SPORTS LEAGUES

The benefits of joining a Youth Sports League at the Hamilton Area YMCA are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the YMCA is about building a healthy, active and contributing member of the community from the inside out.

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

Registration for all 2020 Youth Sports Leagues opens January 1!
EASY ONLINE REGISTRATION FOR ALL LEAGUES!

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

WE'VE GOT 24 HOURS

On Tuesday, December 3 help us sustain our mission programming that is critical to so many.

#GIVINGTUESDAY



Pictures with Santa & Holiday Swim Thursday, December 5 • 5:30 - 7:30 p.m.

Santa is coming to the Y! Have your picture taken with Santa (\$5 per picture) and enjoy holiday crafts, decorations, and entertainment. Don't forget to bring a swimsuit for our holiday swim!

The event is FREE, but please help us to spread holiday cheer by bringing an unwrapped gift for Toys for Tots. Pre-registration is recommended by Wednesday, December 4.

To register, please call Tyler Koerber at 609.581.9622 ext. 121.

GIVING TREE

Support families, older adults, children and adults with diverse abilities, life-saving swim lessons, and individuals living with chronic disease by giving the gift of hope, possibility and belonging this holiday season.

Choose an ornament from the tree and stop by our member services desk to make your donation or give online at hamiltonymca.org/donate.



Healthy Living Programs

The Y is more than a place to get physically active; it's a driving force behind living a healthy and full life. The Hamilton Area YMCA is committed to providing programs and initiatives that promote well-being reduce risk and reclaim health.

We currently offer programs for: youth and adult weight management, Parkinson's Disease, cancer wellness, Multiple Sclerosis, and cardiac rehabilitation.

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



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, December 17
- Tuesday, January 28
- Tuesday, February 25

Healthy Happy Hours

- Wednesday, December 4
- Wednesday, January 8
- Wednesday, February 5

Birthday Parties at the Y

Give **your child (and 25 of their friends)** a birthday party experience that is sure to last a lifetime!

With the ability to accommodate all ages (toddlers to teens), group sizes, and interests at two different locations, we are sure to have a birthday party that is right for you.

Host one of the following parties, or contact us to customize your special day!

- **Dodgeball Party**
- **Football Fanatic Party**
- **Nerf Party**
- **Splashin' Bash Party**
- **Spectacular Sports & Games Party**

For more information on birthdays at the Y, contact:

- JKR Branch Parties: Tyler Koerber
tkoerber@hamiltonymca.org
- Sawmill Branch Parties: Mark Bogucki
mbogucki@hamiltonymca.org



Hamilton Area YMCA

JKR Branch

1315 Whitehorse-Mercerville Road
Hamilton, NJ 08619

Sawmill Branch

185 Sawmill Road
Hamilton, NJ 08620

609.581.9622
hamiltonymca.org

JKR Branch Hours of Operation

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

Winter Program Session

Facility Member Registration

Monday, December 9 at 7:00 a.m.

Program & New Member Registration

Monday, December 16 at 7:00 a.m.

Program Dates

January 6 - March 1

Holiday Schedule

Christmas Eve: 5:00 a.m. - 2:00 p.m.
Christmas: CLOSED
New Year's Eve: 5:00 a.m. - 2:00 p.m.
New Year's Day: 9:00 a.m. - 2:00 p.m.

Stay & Play will be CLOSED on above dates.

Sawmill Branch will be CLOSED on above dates.



The season spreads joy.

Your Gift Gives Hope.

As the holiday season spreads joy and happiness, you can give a gift that will give someone in our community the hope they need in the new year. Your gift gives hope to a cancer survivor, your neighbors with Multiple Sclerosis and Parkinson's Disease, children and adults with special needs, families learning life-saving water safety skills, and elementary school students learning to appreciate one another.

Make a donation that will give hope – and change lives. Donate to the Y today by visiting the Member Service Desk or online at hamiltonymca.org.