

Swim Lessons at JKR

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

SWIM STARTERS

30 minutes

Facility Members: \$61 | Program Members \$86

BLOCK 1 – June 19 – August 27

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 – 18 months	10:00 a.m. 5:45 p.m.		9:30 a.m.		9:30 a.m.	9:00 a.m.	
Exploration A	19 – 30 months	6:30 p.m.	9:30 a.m.	10:45 a.m. 5:00 p.m.		10:45 a.m.	10:30 a.m.	
Exploration B	2.5 – 4	11:15 a.m.			6:30 p.m.	5:00 p.m.	9:45 a.m.	

SWIM BASICS

40 minutes

Facility Members: \$66 | Program Members \$94

BLOCK 1 – June 19 – August 27

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A	3 – 5	9:15 a.m. 4:15 p.m. 6:30 p.m.	5:45 p.m. 7:15 p.m.	10:00 a.m. 4:15 p.m. 6:30 p.m.	5:00 p.m.	11:15 a.m. 5:45 p.m.	9:45 a.m.	9:00 a.m. 12:00 p.m.
Acclimation B	6 – 9	5:00 p.m. 7:15 p.m.	4:15 p.m.	5:45 p.m.	4:15 p.m.	5:00 p.m.	9:00 a.m.	9:45 a.m.
Acclimation C	10 – 12		5:00 p.m.	4:15 p.m.		4:15 p.m. 7:15 p.m.	11:15 a.m.	10:30 a.m.
Movement A	3 – 5	10:30 a.m. 5:00 p.m.	10:00 a.m. 4:15 p.m.	11:15 a.m.	5:45 p.m.	6:30 p.m.	9:00 a.m.	11:15 a.m.
Movement B	6 – 9	4:15 p.m.	6:30 p.m.	5:00 p.m. 6:30 p.m.	7:15 p.m.	4:15 p.m. 7:15 p.m.	9:45 a.m.	9:00 a.m.
Movement C	10 – 12		7:15 p.m.	7:15 p.m.	4:15 p.m.	5:45 p.m.	10:30 a.m.	11:15 a.m.
Stamina A	3 – 5	11:15 a.m.	10:45 a.m. 5:00 p.m.	5:45 p.m.	4:15 p.m.	10:00 a.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.	7:15 p.m.	5:45 p.m.	11:15 a.m.	10:30 a.m.
Stamina C	10 – 12	4:15 p.m.	6:30 p.m.		5:00 p.m.	6:30 p.m.	12:00 p.m.	12:00 p.m.

SWIM STROKES

40 minutes

Facility Members: \$66 | Program Members \$94

BLOCK 1 – June 19 – August 27

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.	9:00 a.m. 11:15 a.m.	10:30 a.m.
Introduction B	9 – 12	7:15 p.m.	4:15 p.m.	5:00 p.m.	7:15 p.m.	5:00 p.m. 6:30 p.m.	9:45 a.m. 12:00 p.m.	9:00 a.m. 11:15 a.m.
Development A	5 – 8	4:15 p.m.	7:15 p.m.	5:00 p.m.	6:30 p.m.	5:45 p.m.	10:30 a.m.	9:45 a.m.
Development B	9 – 12	6:30 p.m.	5:00 p.m. 6:30 p.m.	5:45 p.m.	4:15 p.m.	5:00 p.m. 7:15 p.m.	9:00 a.m. 11:15 a.m.	10:30 a.m.
Mechanics A	5 – 8	6:30 p.m.	4:15 p.m.	5:45 p.m.	5:00 p.m.	6:30 p.m.	9:45 a.m.	9:00 a.m. 11:15 a.m.
Mechanics B	9 – 12	5:00 p.m.		4:15 p.m. 6:30 p.m.		4:15 p.m.	10:30 a.m. 12:00 p.m.	9:45 p.m. 12:00 p.m.

Please note that classes will be prorated according to holiday schedules.

Swim Lessons

at JKR

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

PRE-TEEN & TEEN
PATHWAYS

60 minutes
40 minutes

Precompetitive
Beginner/Intermediate

Facility Members: \$71 | Program Members \$101
Facility Members: \$66 | Program Members \$94

BLOCK 1 – June 19 – August 27

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner	13 – 17		5:45 p.m.					
Intermediate	13 – 17				5:00 p.m.			
Precompetitive	9 – 12 13 – 17	5:00 p.m. 5:45 p.m.	7:00 p.m. 6:30 p.m.	7:30 p.m.	5:00 p.m.	7:15 p.m.		

ADULT

45 minutes
60 minutes

Beginner/Intermediate
Ai Chi/Arthritis Foundation

Facility Members: \$66 | Program Members \$94
Facility Members: \$55 | Program Members \$75

BLOCK 1 – June 19 – August 27

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Adult Beginner	18+	5:45 p.m.	12:00 p.m. 5:45 p.m.		7:00 a.m. 5:45 p.m.		8:15 a.m.	
Adult Intermediate	18+		7:00 a.m.		12:00 p.m.			
Ai Chi	18+					11:30 a.m.		
Arthritis Foundation	18+	10:00 a.m.		10:00 a.m.		10:00 a.m.		

SPECIAL NEEDS

40 minutes

Facility Members: \$66 | Program Members \$94

BLOCK 1 – June 19 – August 27

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

Please note that classes will be prorated according to holiday schedules.

Swim Lessons at JKR

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FOR ALL AGES

30 minutes
30 minutes
45 minutes

Private
Semi-private
Homeschool

Facility Plus/Facility Members: \$221 | Program Members \$286
Facility Plus/Facility Members: \$125 | Program Members \$163
Facility Members: \$66 | Program Members \$94

BLOCK 1 - June 19 - August 27

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

During the summer session the Hamilton Area YMCA is offering some of our Aquatic classes in convenient blocks to fit your busy schedule. Below are the blocks that are being offered 2x a week for 5 weeks:

Block 2 - June 19 - July 23

Block 3 - July 24 - August 27

SWIM BASICS

40 minutes

Facility Members: \$66 | Program Members \$94

CLASS	AGE	MON/WED	TUES/THU
Stages 1 - 3 Combo	3 - 5	3:00 p.m.	3:45 p.m.
Stages 1 - 3 Combo	6 - 9	3:00 p.m.	3:45 p.m.

SWIM STROKES

40 minutes

Facility Members: \$66 | Program Members \$94

CLASS	AGE	MON/WED	TUES/THU
Stages 4 - 6 Combo	5 - 8	3:45 p.m.	3:00 p.m.
Stages 4 - 6 Combo	9 - 12	3:45 p.m.	3:00 p.m.

Aqua Exercise at JKR

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 Stretch & Tone		5:30 p.m.		5:00 p.m.			
Aqua Zumba		7:30 p.m.		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.	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.			