

# SKOR & SOAR

## DIVERSE ABILITIES

Contact Janice Nastasi at 609.581.9622 ext. 114 or [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org)

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.