



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# THIS IS WHAT COMMUNITY LOOKS LIKE

We offer something for everyone at the  
Hamilton Area YMCA.

Register now for Fall sessions.



## What's Inside This Program Brochure:

I'M POSSIBLE -  
celebrate with us!

Try the Y -  
FREE 7 day membership  
August 14 - August 21

Fun family events,  
mark your calendar!

Facility & Facility Plus Member  
Registration begins:  
Fall I - August 14  
Fall II - October 16

Program & New Member  
Registration begins :  
Fall I - August 21  
Fall II - October 23

# GET...Active, Healthy And Connected

You can do all this and more through the Hamilton Area YMCA. In today's society where more and more of our children are disengaged and idle, the Y keeps them ACTIVE and helps them find their passion. At a time when chronic diseases, including pre-diabetes and obesity, are plaguing our community, it's comforting to know that a local, community based organization is working to keep the community HEALTHY. When connection refers to the status of our Wi-Fi and face time happens through a phone, the Y keeps us CONNECTED. This is the work we do at the Hamilton Area YMCA.

Turn the page to see all the ways you and your family can get active, healthy and connected at the Hamilton Area YMCA.

## 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

Kid's Corner Babysitting.....	2
Arts & Enrichment.....	4
SPOT Night For Tweens.....	5
Fall Soccer.....	5
Y's Owls Preschool.....	7
BASE (Before & After School Enrichment).....	7
School's Out Program.....	7
Swim Lesson Program.....	9
Swim Lesson Schedule.....	10
Dance With Us.....	12
Dance & Cheer Schedule.....	12
Gymnastics Schedule.....	14
Arts Schedule.....	14
Enrichment Schedule.....	14
SKOR Schedule.....	15
Sports & Gym Schedule.....	16

### For a Better You

Healthy Living Programs.....	4
Try the Y.....	5
Active Older Adults.....	6
NEW Personal Training Offerings.....	8
Aqua Exercise Schedule.....	12
Active Older Adults Schedule.....	15
SOAR Schedule.....	15
Active Older Adults Group Exercise Schedule.....	16
Adult Sports Schedule.....	16
Group Exercise Schedule.....	18

### For a Better Community

Get Active, Healthy & Connected.....	2
I'M POSSIBLE.....	3
Rent The Sawmill Facility.....	6
Certifications.....	12
Upcoming Events.....	19

### Stay & Play

Stay and Play is a supervised play area for children ages 11 and under to play, explore and interact under the watchful eye of our staff. Various games, toys, arts and crafts, social interaction and individual play are offered. This free member service allows you the freedom to enjoy the facility while your children enjoy themselves in a safe, fun setting.

#### 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 Beverly Gessner at ext. 113 for additional information.



New Event,  
New Location,  
Same cause!



9.28.17

**I'M POSSIBLE!**

Formerly the SKOR Food & Cheer Event

**One Community • One Mission • One Great Night**

Join us for this keystone event celebrating the  
community impact of the Hamilton Area YMCA.

**Thursday, September 28, 2017**

**6:00 – 9:00 p.m.**

**Mercer County Boat House**

To attend or for sponsorship information, please contact Denise Goldenbaum  
at 609.581.9622 ext. 111 or [dgold@hamiltonymca.org](mailto:dgold@hamiltonymca.org).

## Arts & Enrichment

Come join in the Preschool fun at the JKR Branch. Choose from Parent/Child, Preschool Arts and Preschool Enrichment offerings. Visit [hamiltonymca.org](http://hamiltonymca.org) for class schedules, or contact Beverly Gessner at 609.581.9622 ext. 113 for additional information.

### **Returning for 2017:** **Social Butterflies (ages 2- 3)**

The perfect way to transition your toddler from the parent/child experience to his or her first independent class by introducing a social experience in a classroom setting with hands-on, age-appropriate activities.

## 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.

Visit [hamiltonymca.org](http://hamiltonymca.org) for class schedules designed to improve the well-being of individuals with MS, Parkinsons, Diabetes and Cancer.

For more information or to join a Healthy Living Program, please contact Janice Nastasi at 609.581.9622 ext. 114 or [jnastasi@hamiltonymca.org](mailto:jnastasi@hamiltonymca.org).

# CELEBRATING FUN, FAMILY AND FRIENDS

## Birthday Parties at the Y

### **Spectacular Sports & Games Party**

For this fun-filled spectacular party, party hosts will gear children of all ages in activities that may include scooters, basketball, soccer, parachute, obstacle courses, relay races and more. Traditional party activities including musical chairs, freeze dance and more can be added!

### **Nerf Party**

Bring your dart toys and friends and get ready for an all-out birthday battle. Party hosts will set up obstacles, forts and lead awesome games where participants battle it out in non-stop, heart – pounding action.

### **NEW Splashin' Bash Party**

Make a splash in our beautiful indoor pool. Party hosts engage children in various fun pool games and activities. Available at the JKR Branch only.

For additional information on hosting your party at the Y please contact:

Tyler Koerber at [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org) for information in JKR Branch parties.

Mark Bogucki at [mbogucki@hamiltonymca.org](mailto:mbogucki@hamiltonymca.org) for information in Sawmill Branch parties.



**We also offer  
Football, Dodgeball,  
Dance and SPOT Night  
party options visit  
[hamiltonymca.org](http://hamiltonymca.org) for  
more information.**





## CHECK OUT SPOT Night!

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, indoor soccer, music, karaoke, swimming, video games in our Healthy Living Center 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 August 5, September 9, October 14 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](mailto:tkoerber@hamiltonymca.org).

### Fall Soccer

Hamilton Area YMCA soccer leagues offer a safe and productive environment for your child to learn the fundamentals of soccer as well as the importance of teamwork.

Your child will be part of the player development initiative that is recommended by the U.S. Soccer Association for youth soccer. Games and practices will be held at the Sawmill Branch. Three lighted and sodded soccer fields will provide the perfect environment to learn and develop your child's soccer skills.

Most games will be played at the Sawmill Branch on Saturdays between 9:00 a.m. and 2:00 p.m. Practices will be scheduled based on the coaches' availability on weekday evenings at the Sawmill Branch. **Register today to join our weekly preseason clinics.**

For additional information contact Ryan Young at [ryanyoung@hamiltonymca.org](mailto:ryanyoung@hamiltonymca.org).

## "Friend"ership Pass

The Hamilton YMCA would like to offer you a free 7-day membership! Receive all the benefits included with a Facility Membership from Monday, August 14 - Monday, August 21, 2017. Questions? Please call 609.581.9622 ext. 140.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Date Redeemed: \_\_\_\_\_ Y-ID#: \_\_\_\_\_

to be completed by a YMCA staff member

I/We the undersigned realize that there are medical risks associated with physical exercise, the use of this facility or use of equipment within the facility. In consideration of my/our participation in the activities at the Hamilton Area YMCA, I/we do hereby agree to hold free from any and all liability of the Hamilton Area YMCA and its employees.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Must present a valid photo ID when using this pass.

Received ID ☐

## 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
- Horseshoe and 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, contact Ryan Young at [ryanyoung@hamiltonymca.org](mailto:ryanyoung@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 Zumba, Chair Yoga, Cycling, Funky Fitness, 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, Novice & Intermediate Swim and Tap Dancing.

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, Handbell Ensemble, Intro to Easy Piano, and Yo-Chi Fusion.

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](mailto:jkeephart@hamiltonymca.org). Class schedules are also available at the JKR Branch Member Service Desk.

Adults age 62+ receive a 50% discount on most program fees.





## 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
- Healthy U 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

### **REGISTERED CHILDREN for the 2017/2018 school year are invited to attend:**

Meet the Teacher

Tuesday, September 5

10:00 – 11:30 a.m.

Y's Owls Preschool Classroom

First day of school is Wednesday, September 6

Visit [hamiltonymca.org](http://hamiltonymca.org) for additional information or contact our Directors:

Beverly Gessner

[bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org)

609.581.9622 ext.113

Rose Elephant

[relephant@hamiltonymca.org](mailto:relephant@hamiltonymca.org)

609.581.9622 ext.126



**ASK US ABOUT  
The Weekend Owl!**  
This program provides  
benefits of the facility  
membership for the  
family of enrolled  
Ys 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 responsible, caring staff hold certifications in CPR, first aid and child abuse prevention, 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 a Before/After School Program for the 2017-2018 School Year will receive a FREE Hamilton Area YMCA Program Membership.

**Children must be registered by August 18 to begin the program 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 Before and After School and School's Out programs, please contact Keleigh Szmauz at 609.581.9622 ext. 119 or [kszmauz@hamiltonymca.org](mailto: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 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 Pack: \$180.00

5 Pack: \$250.00

10 Pack: \$450.00

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

### 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.

### Specialized Personal Training\*

#### NEW! Intro to Strength Training

- Learn the basics of strength training using free weights (Barbells and Dumbbells)
- You will be introduced to the 3 main lifts: the bench press, squat and deadlift
- Learn how to scale movements and add variations based on your own ability level
- In addition to technique and movement instruction you will also be introduced to:
  - Programming 101
  - Injury prevention techniques
  - How to put together your own workouts
  - Movement specific mobility drills
  - Proper spotting and safety

#### NEW! Intro to Aerobic Training

- Learn the basics of aerobic training using various techniques and equipment
- You will be introduced to proper running and rowing technique
- Learn how to scale aerobic exercise based on your own abilities using bikes, ellipticals, and ropes
- In addition to technique and movement instruction you will also be introduced to:
  - Programming 101
  - How to put together your own workouts using various time domains and intensities
  - Practical uses for monitoring heart rates
  - How to use strength training for injury prevention
  - Movement specific mobility drills for running and rowing

### 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](mailto:aoffredo@hamiltonymca.org).

\*Registration required for Personal Training sessions. Fees vary depending on package.

**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.**





# STRONG SWIMMERS CONFIDENT KIDS

**Many have learned to swim at the Y, but drowning still poses a considerable risk for youth and adults.**

## **Swim Lessons Keep People Safe.**

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.

## **New Program, Same Focus!**

YMCA of the USA has rolled out new curriculum and guidelines for youth and adult swim lessons and our staff are excited to share the new program with you! The new swim lesson curriculum begins with basic swimming readiness skills and, as results are achieved, progresses to stroke introduction, refinement, and technique. This approach provides students with a solid foundation for refining their swimming skills as they progress through the stages of the program.

## **Emphasizing Water Safety**

The program includes information and instruction not only in swimming skills and keeping students active and engaged but also in water and personal safety. The importance of asking permission to get into the water is emphasized with parents, students, and instructors at every lesson. Safety topics address issues that affect the day-to-day lives of students and their families.

## **New Program, New Names!**

This new program has new names for stages of achievement – we've said good bye to the fish!

- **Swim Starters** are parent child lessons. Stages include: Discovery and Exploration.
- **Swim Basics** are beginner level classes focuses on recommended skills for all to have around water. Stages include: Acclimation, Movement and Stamina.
- **Swim Strokes** focus on skills to support a healthy lifestyle. Stages include: Introduction, Development and Mechanics
- **Pathways** are specialized tracks such as competition and leadership

## **Swim Lesson Evaluations**

**Current Swimmers** will be evaluated during the Summer session for the appropriate stage placement.

**New/ Returning Swimmers** are strongly recommended to attend a swim evaluation prior to registering for a stage.

Evaluations will be during the following times:

Monday - Friday 4:30 - 8:00 p.m.

Saturday and Sunday 9:30 - 11:30 a.m

**88% of children  
drown under  
some type of  
supervision  
and 60% do so  
within 10 feet  
of safety.**

# Swim Lessons

Contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org)

**SWIM STARTERS** 30 minutes Facility Members: \$49 | Program Members \$69

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: \$53 | Program Members \$75

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: \$53 | Program Members \$75

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

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

## TEEN PATHWAYS

60 minutes  
40 minutes

Precompetitive  
Beginner/Intermediate

Facility Members: \$57 | Program Members \$81  
Facility Members: \$53 | Program Members \$75

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.		7:15 p.m.		

## ADULT

45 minutes  
60 minutes

Beginner/Intermediate  
Ai Chi/Arthritis Foundation

Facility Members: \$57 | Program Members \$75  
Facility Members: \$44 | Program Members \$60

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: \$53 | Program Members \$75

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 II - Stamina A	3 - 6				7:00 p.m.			
Tadpole III Stamina B	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			

## FOR ALL AGES

30 minutes  
30 minutes  
45 minutes

Private  
Semi-private  
Homeschool

Facility Plus/Facility Members: \$177 | Program Members \$229  
Facility Plus/Facility Members: \$100 | Program Members \$130  
Facility Members: \$53 | Program Members \$75

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.					

# 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.		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.			

## CERTIFICATIONS

### America Red Cross

#### Lifeguard Recertification with Administering Oxygen

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Visit [hamiltonymca.org](http://hamiltonymca.org) for additional offerings.

Fee:

Facility/Facility Plus: \$80

Program/Non-members: \$100

#### Offering #1

Saturday, September 23 12:00 – 5:00 p.m.

Saturday, September 30 12:00 – 5:00 p.m.

Saturday, October 7 12:00 – 5:00 p.m.

#### Offering #2

Saturday, November 11 12:00 – 5:00 p.m.

Saturday, November 18 12:00 – 5:00 p.m.

Saturday, November 25 12:00 – 5:00 p.m.

#### Offering #3

Wednesday, December 27 9:00 a.m. – 5:00 p.m.

Thursday, December 28 9:00 a.m. – 5:00 p.m.

Visit [hamiltonymca.org](http://hamiltonymca.org) for additional offerings.

# Dance

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

30 Minutes

Mommy & Me

45 Minutes

Cheer Dance, Adult Tap

Facility Members: \$49 | Program Members \$69

Facility Members: \$53 | Program Members \$75

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Mommy & Me*	2 1/2 – 4			10:00 a.m.				
Adult Tap	18+			8:15 p.m.				
Cheer Dance	7 – 11				5:15 p.m.			

\*Parent participation required

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



# Come Dance With Us!

## The Studio at the Hamilton Area YMCA

### Register now for our 2017 – 2018 Dance Program

Our dance program inspires people of all ages and abilities to express themselves creatively, build self-confidence, and try something new. Our session-based classes allow dancers to try a new class or advance their skills in a specific style. Our 32-week Studio program runs from September to April and culminates with our annual recital! We offer Tap, Ballet, Jazz, Hip Hop, and Musical Theater classes.

Contact Tyler Koerber at 609.581.9622 ext. 121 for additional information.

## Dance Program

Contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org)

30 Minutes	Tiny Tot	Facility Plus Members: \$25   Facility Member: \$100   Program Members \$150
45 Minutes	Preschool Ballet/Tap, Preschool Ballet/Jazz, Ballet II, Jazz II, Ballet I, Jazz I, Pre-K Tap, Musical Theatre, Advanced Ballet/Jazz, Tap	Facility Plus Members: \$25   Facility Member: \$200   Program Members \$275
60 Minutes	Tap/Jazz, Ballet/Jazz, Hip Hop 1, Hip Hop 2	Facility Plus Members: \$25   Facility Member: \$220   Program Members \$300

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tiny Tot	2.5 – 3			4:30 p.m.	10:30 a.m.			
Preschool Ballet/Jazz	3 – 4			10:30 a.m.	11:15 a.m.		9:00 a.m.	
Preschool Ballet/Tap	3 – 4			11:15 a.m.	4:30 p.m.			
Pre-K Ballet/Tap	4 – 5						9:45 a.m.	
Ballet I	5 – 7				6:00 p.m.			
Jazz I	5 – 7				6:45 p.m.			
Tap/Jazz	6 – 9			5:00 p.m.				
Ballet/Jazz	6 – 9						10:30 a.m.	
Musical Theatre	7 – 11				7:30 p.m.			
Ballet II	8 – 11			6:00 p.m.				
Jazz II	8 – 11			6:45 p.m.				
Tap	8+			7:30 p.m.				
Adv. Ballet/Jazz	12+				8:15 p.m.			
Hip Hop I	6 – 8		6:00 p.m.					
Hip Hop 2	8 – 14		7:00 p.m.					

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

# Gymnastics

Contact Tyler Koerber at 609.581.9622 ext. 121 or [tkoerber@hamiltonymca.org](mailto:tkoerber@hamiltonymca.org)

45 minutes

Facility Members: \$53 | Program Members \$75

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Baby Steps*	8 - 17 months	9:15 a.m.						
Wiggles & Giggles*	18 - 30 months	10:00 a.m.						
Tumbling Two and Three's*	24 - 36 months	10:45 a.m.						
Kinder Gymnastics	3 - 5	5:00 p.m.	10:30 a.m. 4:15 p.m.	9:30 a.m.				
Gymnastics I	4 - 5	5:45 p.m.	11:15 a.m. 5:00 p.m.	10:15 a.m.				
Gymnastics II	5 - 8 8 - 12	6:30 p.m.	5:45 p.m. 6:30 p.m.					
Gymnastics III	9 - 12		7:15 p.m.					*Parent participation required

# Arts

Contact Beverly Gessner at 609.581.9622 ext. 113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org)

60 minutes

Me and My Shadow

Facility Plus Members: \$33 | Facility Members: \$63 | Program Members \$90

45 minutes

Tots in Motion/Baby Time

Facility Plus Members: \$29 | Facility Members: \$59 | Program Members \$83

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Baby Time*	6 - 12 months			11:30 a.m.				
Tots In Motion*	12 - 24 months			9:15 a.m.				
Me and My Shadow*	18 - 36 months			10:15 a.m.				*Parent participation required

# Enrichment

Contact Beverly Gessner at 609.581.9622 ext. 113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org)

90 minutes

Step Ahead

Facility Plus Members: \$39 | Facility Members: \$65 | Program Members \$93

60 minutes

First Step

Facility Plus Members: \$33 | Facility Members: \$63 | Program Members \$90

45 minutes

Preschool Math/Preschool Math 2/  
Social Butterflies/Kitchen Kids/Woodworking  
Preschool Science/Reading, Writing, Books Exciting

Facility Plus Members: \$29 | Facility Members: \$59 | Program Members \$83

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Preschool Math 2	3 - 5	1:15 p.m.						
Step Ahead	3 - 5		10:15 a.m.					
Preschool Science	3 - 5		1:15 p.m.	4:15 p.m.				
Preschool Math	3 - 5		4:15 p.m.					
Kitchen Kids	3 - 5			1:15 p.m.				
Social Butterflies	2 - 3				9:15 a.m.			
First Step	2.5 - 4				10:15 a.m.			
Woodworking	3 - 5				1:15 p.m.			
Reading, Writing, Books Exciting	3 - 5				4:15 p.m.	1:15 p.m.		

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

# SKOR & SOAR

Contact Patrick Jackson at 609.581.9622 ext. 149 or [pjackson@hamiltonymca.org](mailto:pjackson@hamiltonymca.org)

60 minutes Wednesday Alley Cats Bowling  
45 minutes Zumba/Zumba Mini Dance/  
Strength Training/SOAR Strong II  
40 Minutes Tadpole/Teen

All Members: \$55 Pin Street Hamilton  
Facility Members: \$43 | Program Members \$53  
Facility Members: \$53 | Program Members \$75

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Zumba	5+		5:15 p.m.					
Alley Cats Bowling*	5+			4:30 p.m.				
Strength Training	16+				6:45 p.m.			
Dance	8+	7:00 p.m.						
SOAR Strong II	18+			1:00 p.m.				
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 II - Stamina A	3 - 6				7:00 p.m.			
Tadpole III Stamina B	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			
Zumba Mini	3 - 8					6:30 p.m.		

\*Drop in program available. E-mail [pjackson@hamiltonymca.org](mailto:pjackson@hamiltonymca.org)

## Active Older Adults

Contact JoAnn Keephart at 609.581.9622 ext. 117 or [jkeephart@hamiltonymca.org](mailto:jkeephart@hamiltonymca.org)

60 Minutes Swim & Stroll Facility Members: \$0 | Program Members \$7  
60 Minutes Tap Dancing/Line Dancing/Glee Club Facility Members: \$44 | Program Members \$60  
60 Minutes Novice & Intermediate Swim Facility Members: \$57 | Program Members \$81  
60 Minutes Intro to Easy Piano All Members \$80 (no senior discount)  
45 Minutes Beg. Line Dancing/Beg. Tap Dancing Facility Members: \$35 | Program Members \$47  
30 Minutes Grandparent & Tot Swim Facility Members: \$49 | Program Members \$69

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.		
Tap Dancing	18+		12:00 p.m.					
Beginner Line Dancing	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.			
Beginner Tap Dancing	18+					12:00 p.m.		

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

Adults age 62+ 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	AGE	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 Zumba			2:00 p.m.					
Beginner Pilates		10:00 a.m.		12:00 p.m.				
Chair Yoga		2:00 p.m.		1:00 p.m.				
Cycling			8:00 a.m.		8:00 a.m.			
Funky Fitness			11:00 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		11:00 a.m.		11:00 a.m.		11:00 a.m.		
Steppin' EZ		9:15 a.m.				9:30 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.			1:00 p.m.		

Adult Sports

at Sawmill

Contact Ryan Young at 609.581.9622 ext. 21103 or ryanyoung@hamiltonymca.org

60 Minutes    Fencing    All Members \$85  
2 Hours    Pickleball    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+	9:00 a.m. 1:00 p.m.	9:00 a.m.	9:00 a.m. 1:00 p.m.	9:00 a.m.	9:00 a.m. 1:00 p.m.	9:00 a.m.	

Sports & Gym

at Sawmill

Contact Ryan Young at 609.581.9622 ext. 21103 or ryanyoung@hamiltonymca.org

60 Minutes    Fencing    All Members \$85

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Fencing Fencing	6 - 12 13+				6:30 p.m. 7:30 p.m.			

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

Sports & Gym at JKR

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

60 minutes      Karate

45 minutes

All Members: \$85

Facility Members: \$53 | Program Members \$75

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Little Rookies*	19 - 36 months					10:00 a.m.	9:45 a.m.	
Team Toddlers*	19 - 36 months						10:30 a.m.	
Pee Wee Basketball/T-Ball	3 - 5			5:15 p.m.				
Kidsercise	3 - 5				11:00 a.m.	9:00 a.m.		
Y Rookies	3 - 5			6:00 p.m.	9:30 a.m.		9:00 a.m.	
Sports Start	3 - 5						9:45 a.m.	
Let's Get Movin'	6 - 8			5:15 p.m.				
Little Athletes	3 - 5				10:15 a.m. 5:00 p.m.			
Super Star Soccer	3 - 5				5:45 p.m.	10:45 a.m.		
Pee Wee Gators	3 - 5					5:00 p.m.		
All Star Sports	6 - 8					4:15 p.m.		
Y Shooters - Beg.	6 - 8	6:00 p.m. 6:45 p.m.						
Sports Mania	6 - 8			4:30 p.m.	7:15 p.m.			
Triple Play	6 - 8						9:00 a.m. 10:30 a.m.	
Y Soccer	6 - 8				6:30 p.m.			
Y World of Sports	6 - 8			6:00 p.m.				
Games Galore, Sports & More	6 - 10				4:15 p.m.			
Youth Fitness	6 - 12			5:30 p.m.		5:00 p.m.	9:30 a.m.	
Y Dodgeball	9 - 12			6:45 p.m.				
Y Dribblers - Int./Adv.	9 - 12	7:30 p.m.						
Sports, Speed and Agility	9 - 12			7:30 p.m.				
Karate Karate	5 - 11 12+					6:00 p.m. 7:00 p.m.		

\*Parent participation required

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

# Group Exercise

Contact Al Offredo at 609.581.9622 ext. 104 or [aoffredo@hamiltonymca.org](mailto: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.		
Bokwa				6:45 a.m.			
Circuit Training		9:00 a.m.					
Cycle	6:15 p.m.	5:15 p.m.		5:00 p.m.		8:00 a.m.	
Cycle & Sculpt	9:00 a.m.		5:30 a.m.				9:45 a.m.
Dance, Dance, Dance				9:30 a.m.			
Gentle Yoga					7:00 p.m.		
Grace Moves Yoga	7:30 p.m.						
H.I.I.T	7:00 p.m.						
H.I.I.T & Core		7:15 p.m.					
Hard Core					9:00 a.m.		
Hatha Yoga	12:30 p.m.		6:30 p.m.				
Insanity				8:15 p.m.			
Intro to Group Ex					5:00 p.m.		
Intermediate Pilates		6:30 a.m.					
Intro to Yoga			5:15 p.m.				
Kick & Sculpt	8:30 p.m.		6:00 p.m.				
Kickboxing			9:00 a.m.	10:00 a.m.			
LesMills BODYPUMP	9:00 a.m.		6:30 a.m. 7:45 p.m.	8:00 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	6:00 p.m. 5:30 a.m.	4:00 p.m. 6:15 p.m.			5:30 a.m. 10:00 a.m.		8:00 a.m.
Pilates on the Ball		5:00 p.m.					
Pilates & Stretch			6:30 a.m.	6:30 a.m.			
Power Yoga		7:15 p.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.	
Tabata						9:30 a.m.	
Total Body Ball			5:15 p.m.				
Vinyasa Yoga				7:00 p.m.			11:00 a.m.
Will Power & Grace			10:00 a.m.				
Youth Yoga				6:15 p.m.			
Youth Zumba						10:30 a.m.	
Zumba	5:00 p.m. 8:00 p.m.	6:00 a.m. 5:00 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.	8:30 a.m. 11:45 a.m.	8:00 a.m. 11:30 a.m.
STRONG by Zumba				7:15 p.m.			

Class schedule subject to change.



## FAMILY EVENTS

### **WPST Family Fun Night**

**Friday August 11**

**4:30 – 7:30 p.m.**

**Sawmill**

Join us for a night of fun and entertainment. Bring your chairs and blankets to enjoy music provided by WPST while your family participates in fun activities such as soccer, volleyball, basketball, quoits and other lawn games.

Fee: The Event is free. Please pre-register by August 9

### **Movie Night**

**Friday, September 22**

**6:00 – 8:00 p.m.**

**JKR**

Hamilton Area YMCA Cinemas presents: Family Movie Night! Wear your PJs, bring your sleeping bags and join us for some reel fun! Movie begins at 6:15 p.m. Popcorn and drinks will be available to purchase.

### **Family Mud Run**

**Saturday October 7**

**1:00 p.m. start**

**Sawmill**

Bring the whole family and experience over one mile of fun obstacles! The course is a little challenging, a little muddy, and a whole lot of fun! Our course is suitable for children, teens, and adults.

Check in: 12:00 p.m.

Pre-race activities: 12:30 p.m.

Race start: 1:00 p.m.

Fee: \$10.00 per person (ages 3 and under free). Team registrations are accepted.

Please register by September 22. Registration will not be accepted the day of the event.

### **Trunk or Treat**

**Thursday, October 26**

**6:30 p.m.**

**Sawmill**

Kids can trick-or-treat trunk-to-trunk at the Sawmill Branch! Decorate the kids and the car and come out for some ghoulish fun! Trunk or Treat is free, but please register by Wednesday, October 26. Car set up begins at 6:00 p.m.

Fee: Event is free. Please pre-register by October 18.

### **Holiday Bazaar**

**Thursday, November 30**

**9:00 a.m. – 7:00 p.m.**

**JKR**

Join us for our Fourth Annual Holiday Bazaar! Shop amongst local and national vendors will be present with crafts, goods, and services that you can purchase as a gift for yourself or a loved one! You will also have the chance to win a basket at our raffle!

Vendors and crafters interested in participating should contact Beverly Gessner at 609.581.9622 ext.113 or [bgessner@hamiltonymca.org](mailto:bgessner@hamiltonymca.org). Visit our website at [hamiltonymca.org](http://hamiltonymca.org) to download a registration form.

### **Winter Wonderland**

**Thursday, November 30**

**5:30 – 7:30 p.m.**

**JKR**

Start off the holiday season with the Hamilton Area YMCA! Enjoy holiday themed crafts, decorations, and entertainment. Bring your swim suit and swim with Santa! The event is FREE, but please help us to spread holiday cheer by bringing an unwrapped gift to donate to Toys For Tots. Pre-registration is recommended by Wednesday, November 29.



## 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

### Fall Session:

Fall I Priority Registration begins August 14 at 7:00 a.m.  
Fall I Open Registration begins August 21 at 7:00 a.m.

**Fall I Program Dates – September 4 – October 29**

Fall II Priority Registration – October 16 at 7:00 a.m.  
Fall II Open Registration – October 23 at 7:00 a.m.

**Fall II Program Dates – October 30 – December 24**

### Holiday Schedule:

Labor Day – Monday, September 5

JKR Branch OPEN 7:00 – 11:00 a.m. (no classes)

Sawmill Family Pool OPEN 10:00 a.m. – 8:00 p.m.

Thanksgiving: 7:00 – 11:00 a.m.

Christmas Eve: 7:00 a.m. – 2:00 p.m.

Christmas: Closed

New Year's Eve: 7:00 a.m. – 2:00 p.m.

New Year's Day: 9:00 a.m. – 2:00 p.m.

## Join the Y

### Providing a Convenience, Offering a Community

Come learn what 14,000 of your friends, family, and neighbors already know...there's something for everyone at the Hamilton Area YMCA. We offer affordable rates and numerous membership options to meet the needs of everyone in our community. The Y is here for all! **For A Better You. For A Better Community. For A Better Us.**

### Facility Membership

	Monthly Rate	Joiner Fee
Child (ages 0 – 8)	\$9.88	\$50.00
Youth (ages 9 – 12)	\$14.48	\$50.00
Teen (ages 13 – 17)	\$19.19	\$50.00
Young Adult (ages 18 – 24)	\$27.35	\$75.00
Adult (ages 25 – 61)	\$43.67	\$75.00
Two Adult (25+)	\$64.07	\$100.00
Family	\$66.79	\$100.00
Senior Citizen (62+)	\$24.37	\$75.00
Two Senior Adult (both 62+)	\$41.45	\$100.00

NOTE: Membership fees are subject to change. Memberships are non-refundable and non-transferable. Joiner's Fee is a one-time fee unless the membership is terminated for longer than 45 days, at which time the Joiner's Fee will be assessed to resume membership. Joiner's Fees paid monthly will be billed for 12 months. Membership Fees paid monthly will continue until terminated by Billing Member.

### Program Membership

**Annual Rate:**                      **Youth \$55.00**                      **Adult \$60.00**                      **Family \$100.00**

Only entitles member to take classes and programs that they have pre-registered for at the JKR and Sawmill branches (excludes facility usage at both facilities; i.e. pools, gym, wellness center, track).