

FAMILY FUN AT THE Y!

The Hamilton Area YMCA is a place for families to come together and get healthy, be creative, and spend quality time together. Whether you are working out, taking swim lessons, learning cartwheels, painting, or dancing – it can all be done together at the Y!

PARENT/CHILD CLASSES

We offer the opportunity for Parents to engage and play with their children across a variety of our programs including swim lessons, dance, enrichment, gymnastics, and sports & gym.

KIDS ON-RAMP: FAMILY FOCUSED FITNESS

This program allows children ages 9 – 11 years to exercise in the Wellness Center with 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.

GROUP EXERCISE

Our 100+ group exercise classes are great ways for families to spend quality time together while building healthy habits! Members ages 12+ are welcome to try Zumba®, Step, Cycle, Tabata, Pound®, Yoga, and more!

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!

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.



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.