

SKOR & SOAR

DIVERSE ABILITIES

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

60 minutes

Soccer League

60 minutes

Alley Cats Bowling/Cheerleading

45 minutes

Zumba/Dance/Strength Training/SOAR Strong II

45 minutes

Swim Basics/Swim Strokes/Teen

All members: \$35

All members: \$55

Facility Members: \$46 | Program Members \$56

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Pickleball	3+					6:00 p.m.		
Soccer League	5+							11:00 a.m.
Alley Cats Bowling*	5+			4:30 p.m.			<div>The Hamilton Area YMCA strives to enhance the lives of everyone in our community. We offer many classes and events for those with special needs in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.</div>	
Zumba	5+		5:15 p.m.					
Cheerleading	8+			5:30 p.m.				
Dance	13+	6:45 p.m.						
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m. 7:00 p.m.			9:00 a.m. 9:45 a.m.
Swim Strokes	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m. 9:45 a.m.
Teen	13+				7:00 p.m.			9:00 a.m. 9:45 a.m.

*Drop-in program available. E-mail jnastasi@hamiltonymca.org