

# SKOR & SOAR

## SPECIAL POPULATIONS

60 minutes Alley Cats Bowling  
45 minutes Zumba/Dance/Strength Training/SOAR Strong II  
45 minutes SKOR/Diverse Abilities

All members: \$55  
Facility Members: \$46 | Program Members \$56  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
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.			<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>	
Strength Training	16+				6:45 p.m.			
Acclimation	3 - 12				5:00 p.m. 6:00 p.m.			
Movement	3 - 12				5:00 p.m. 6:00 p.m.			
Stamina	3 - 12				5:00 p.m. 7:00 p.m.			
Introduction	3 - 12				7:00 p.m.			
Teen	13+				7:00 p.m.			

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