

# SKOR & SOAR

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

60 minutes Basketball League  
 60 minutes Cheerleading/Alley Cats Bowling  
 45 minutes Zumba/Dance/Strength Training/SOAR Strong II  
 45 minutes Tadpole I, II, III

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
Alley Cats Bowling*	5+			4:30 p.m.				3:30 p.m.
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.			
Tadpole A	3 - 6				5:00 p.m. 6:00 p.m.			
Tadpole B	7 - 10				5:00 p.m. 6:00 p.m. 7:00 p.m.			
Pre-Teen/Teen	11+				7:00 p.m.			
Basketball	5 - 15 15+							11:00 a.m. 12:00 p.m.

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.

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