

# SKOR & SOAR

## DIVERSE ABILITIES

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

60 minutes Track & Field  
 60 minutes Alley Cats Bowling  
 45 minutes Zumba/Strength Training/SOAR Strong II/Pickleball/Dance  
 45 minutes Swim Basics/Swim Strokes/Teen

All members: \$40  
 All members: \$55  
 Facility Members: \$50 | Program Members \$60

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Alley Cats Bowling	5+			4:30 p.m.				
Zumba	5+		5:15 p.m.				<b>YAM Jam!</b> Saturday, March 7  See page 19 for info!	
Dance	13+	6:45 p.m.						
SOAR Strong II	18+			1:30 p.m.				
Strength Training	16+				6:45 p.m.			
Track & Field	15+							12:00 p.m.
Swim Basics	3 - 6				5:00 p.m.			9:00 a.m.
Swim Strokes	7 - 10				5:00 p.m. 6:00 p.m.			9:00 a.m.
Teen	11+				7:00 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 Diverse Abilities in our SKOR (Special Kids Organized Recreation) and SOAR (Special Adults Organized Recreation) programs.