

60 minutes

60 minutes

45 minutes

45 minutes

Soccer League

Cheerleading/Alley Cats Bowling

Pickleball/Zumba/Dance/Strength Training/SOAR Strong II

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
Pickleball	3+					6:00 p.m.		
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+	7:15 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.			
SOAR Strong II	18+			1:30 p.m.				
Tadpole I - Acclimation**	3 - 6 7 - 10				5:30 p.m. 5:30 p.m.			
Tadpole II - Movement**	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina**	7 - 10				7:00 p.m.			
Teen	13+				7:00 p.m.			
Soccer League	5+							11:00 a.m.

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

**Each participant will be placed in a group based on ability as per the Aquatics curriculum.

Please note that classes will be prorated according to the holiday schedule.