

Sports & Gym

at JKR

Contact Tyler Koerber at 609.581.9622 ext. 121 or tkoerber@hamiltonymca.org

60 minutes

Karate

All Members: \$88

45 minutes

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

| CLASS | AGE | MON | TUES | WED | THU | FRI | SAT | SUN |
|-------------------------------|----------------|------------------------|------|-----------|-------------------------|------------------------|-------------------------|-----|
| Games Galore, Sports & More | 6 - 10 | | | | 4:15 p.m. | | | |
| Little Athletes | 3 - 5 | | | | 10:15 a.m. 5:00 p.m. | 10:45 a.m. | | |
| Little Rookies* | 19 - 36 months | | | | | 10:00 a.m. | 9:45 a.m. | |
| Pee Wee Basketball/T-Ball | 3 - 5 | | | 5:15 p.m. | | | | |
| Pee Wee GATORS | 3 - 5 | | | | | 5:00 p.m. | | |
| Sports Mania | 6 - 8 | | | 4:30 p.m. | 7:15 p.m. | | | |
| Sports, Speed and Agility | 9 - 12 | | | 7:30 p.m. | | | | |
| Sports Start | 3 - 5 | | | | | | 9:45 a.m. | |
| Strider Balance Bike Training | 2.5 - 5 years | | | | 11:00 a.m. | | | |
| Super Star Soccer | 3 - 5 | | | | 5:45 p.m. | 9:00 a.m. | | |
| Team Toddlers* | 19 - 36 months | | | | | | 10:30 a.m. | |
| Triple Play | 6 - 8 | | | | | | 9:00 a.m. 10:30 a.m. | |
| Y Rookies | 3 - 5 | | | 6:00 p.m. | 9:30 a.m. | | 9:00 a.m. | |
| Y Soccer | 6 - 8 | | | | 6:30 p.m. | | | |
| Y World of Sports | 6 - 8 | | | | | 4:15 p.m. | | |
| Y Dodgeball | 9 - 12 | | | 6:45 p.m. | | | | |
| Y Dribblers - Int./Adv. | 9 - 12 | 7:30 p.m. | | | | | | |
| Y Shooters Beginner | 6 - 8 | 6:00 p.m. 6:45 p.m. | | | | | | |
| Youth Fitness | 6 - 12 | | | 5:30 p.m. | | 5:00 p.m. | 9:30 a.m. | |
| Karate Karate | 5 - 11 12+ | | | | | 6:00 p.m. 7:00 p.m. | | |

*Parent participation required