

SKOR & SOAR

Contact Janice Nastasi at 609.581.9622 ext. 114 or jnastasi@hamiltonymca.org

60 minutes Track & Field League
 60 minutes Alley Cats Bowling
 45 minutes Zumba/Dance/Strength Training/SOAR Strong II/Pickleball
 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
Pickleball	3+					6:00 p.m.		
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.				
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.			
Track & Field	5+							1:00 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
 **Parent participation required.