



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton Area YMCA SKOR/SOAR Spring II Offerings

Facility & Facility Plus Registration begins Monday, April 10 at 7:00 a.m.
Program and New Member Registration begins Monday, April 17 at 7:00 a.m.

SKOR (Special Kids Organized Recreation) and SOAR (Special Organized Adult Recreation) programs provide high quality services for individuals with intellectual, physical and/or emotional disabilities. These programs offer a variety of sport, instructional and social programs that are designed to meet the individual needs of each participant ages 5 and up.

A minimum of a Hamilton Area YMCA Program Membership is required to participate in most programs. See each program for details.

For more information on our SKOR/SOAR Program, or if you or someone you know is interested in volunteering with SKOR/SOAR, please contact Patrick Jackson, SKOR/SOAR Program Coordinator, at 609.581.9622 ext. 149 or pjackson@hamiltonymca.org.

Volunteers may register online on the Hamilton Area YMCA website: www.hamiltonymca.org.

Program Dates: please see each program for specific program dates.



Do you want to see more program options available? Maybe a new kind of Special Event? We always welcome ideas! If you have an idea you think will be great for SKOR-SOAR, let us know. If we can build it, we will.

We are also always looking for people willing to become instructors for new programs.

E-mail Pat Jackson at pjackson@hamiltonymca.org for more information.

INSTRUCTIONAL PROGRAMS

Zumba*

Program Dates: April 25 – June 13

Zumba classes are packed with specially choreographed, friendly routines. Zumba to a variety of music including some current favorites! The positive effects include: increasing focus and self-confidence, boosting metabolism, and enhancing coordination. Participants must work within a 7 to 1 ratio. Parents may be asked to assist if the participant cannot work independently within the ratio stated. **Volunteers welcome!**

Age: 10+ Day: Tuesday Time: 5:15 – 6:00 p.m. Fee: \$53/\$43

Strength Training*

Program Dates: April 27 – June 15

Learn exercise techniques, body positioning, nutrition information, and more. Participants must be able to work with a 7 to 1 ratio, follow instructions independently, and understand the importance of safety for themselves, as well as other members working out. Parents may be asked to assist if the participant cannot work independently within the ratio stated.

Age: 16+ Day: Thursday Time: 6:45 – 7:30 p.m. Fee: \$53/\$43

NEW! SOAR Strong 2*

Program Dates: April 26 – June 14

Get your fitness goin' on as a certified YMCA Trainer introduces participants to cardio, bodyweight, resistance, and flexibility activities. Learn the importance of stretching and flexibility and transition into different physical activities to promote health and fitness. Participants will get a base line assessment in different areas such as flexibility and cardio, then a final assessment to track progress. Participants must be able to work within a 5:1 ratio and be able to follow instructions and understand the importance of safety as part of the program will take place in the fitness center working on different machines. **Volunteers welcome!**

Age: 18+ Day: Wednesday Time: 1:00 – 1:45 p.m. Fee: \$53/\$43

Dance*

Program Dates: March 2 – April 20

Do you attend dances and wish you knew some more moves so you can rock out? Learn different dance moves to some of today's favorite music. While you're at it, you will also learn some of the popular line dances so you can keep up on the dance floor all night! Participants must be able to work with a 7 to 1 ratio, and be able to follow instructions. Parents may be asked to assist if the participant cannot work independently within the ratio stated.

Ages: 13+ Day: Thursday Time: 7:15 – 8:00 p.m. Fee: \$53/\$43

NEW! Zumba Mini*

Program Dates: April 29 – June 17

Here is an excellent opportunity for parents/guardians to have some fun together with their child. This will be for ages 3 – 8. This class will be for the Adult Parent/Guardian to participate with their child! Choreography is very kid friendly, and is set to songs like "Walking on Sunshine", "Do You Want to Build a Snowman", and more! Along with the Zumba-ing side of things, we have some props to go along. We have Hula Hoops, Mini Sunflowers, Inflatable Musical Instruments and possibly a few more things.

Ages: 3 – 8 Day: Saturday Time: 11:45 a.m. – 12:30 p.m. Fee: \$53/\$43

*Membership to the Hamilton Area YMCA is required for participation in this program.

SOCIAL PROGRAMS

Alley Cats Bowling

Program Dates: April 26 – June 18

Participants enjoy a fun afternoon of bowling at Pin Street at Hamilton (formerly Hamilton Lanes) at 1200 Kuser Road in Hamilton, NJ. Bowling assist ramps and bumpers are available upon request. Participants must be able to work within a 5 to 1 ratio. Parents may be asked to assist if the participant cannot work independently within the ratio stated. This is a Social Program, but those that wish to learn the basics will have the opportunity. Just let us know!

Age: 3+	Day: Wednesday	Time: 4:30 – 5:30 p.m.	Fee: \$55
Age: 3+	Day: Sunday	Time: 1:30 – 2:30 p.m.	Fee: \$48

There will be no bowling on Easter Sunday, April 16.

Alley Cats Bowling – pay as you go!

Non-Members and Members who are not registered for the Alley Cats program may now participate in Alley Cats Bowling!

Registered Alley Cats Bowlers:

- Register and pay the program fee like normal. Register for the day you will attend most often. You may now bowl either Sunday and/or Wednesday. Once you bowl 8 times, see the below fee schedule for extra bowling.

Non-registered Bowlers (non-members & members who are not registered for Alley Cats):

- *You do not register at the YMCA. You will pay the SKOR/SOAR Staff Person at the Lanes.*
- On the day you want to bowl, show up to Pin Street 5 minutes before the start time so we can set up lane assignments.
- At the lanes, fill out a registration form to bowl and pay the fee (\$10) which includes shoes if needed.
- Each day you come back to bowl after that, pay the \$10 fee. Checks can be made payable to the Hamilton Area YMCA.
- You may bowl on either Sunday or Wednesday or both if you wish. A SKOR/SOAR Staff person will be on hand to take payment at the lanes.

Fee Schedule

Non-Members	Members not registered for Alley Cats Bowling	Alley Cats Bowlers See Pat Jackson for details
\$10 each time you bowl	\$10 each time you bowl	\$7 each time you bowl after your 8th time

SAVE THE DATE!
MIDNIGHT BOWLING AT PIN STREET HAMILTON
JUNE 17

AQUATICS

Please Note: Aquatic session dates may be different from other SKOR program dates.

Our Aquatics Program has been updated!

Please contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org for more information

You may also visit <http://www.hamiltonymca.org/what-we-offer/skor-soar-special-needs> and click on the Aquatics drawer for more details!

SPORTS PROGRAMS

Track & Field

Program Dates: March 19 – June 4

Location: Steinert High School Track

Athletes will get the opportunity to train with our Olympic Athletes and be trained by our Olympic Coaches. Athletes will get to try different events including: different metered dashes and runs, Mini javelin throw, tennis ball throw, softball throw, standing long jump, running long jump, shot put.

Practice is outdoors, so make sure to dress appropriately and bring water. Participants should be able to work within a 7 to 1 ratio. Parents may be asked to assist if the participant cannot work independently within the ratio stated

Age: 3+*

Day: Sunday

Time: 1:00 – 2:00 p.m.

Fee: \$30

This program requires a separate registration form. Please contact Pat Jackson for more details. *For families with athletes under 5 yrs old, please contact Pat Jackson prior to registering your athlete.

There will be no practice Easter Sunday (April 16) and Mother's Day (May 14). There will be optional practice Memorial Day Weekend (May 28).

All Volunteers are welcome to help with our Track Program. We need one-on-one buddies, time keepers, stat recorders and more! Spread the word! Contact Pat Jackson at pjackson@hamiltonymca.org for more details on volunteering.