











# PROGRAM GUIDE

HAMILTON AREA YMCA








Swim Lessons | Gymnastics | Sports Classes | Tae Kwon Do | Enrichment













# SWIM LESSONS














Program	Details	Ages	Sessions	Member/Non-Member Registration Begins	Member/Non-Member Fee	Sign up
<b>Group Swim Lessons</b>	Group Swim lessons; meets 1x per week	2.5 years - Adult	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$99/ \$199	
<b>Parent-Tot Swim Lessons</b>	Group Swim Lessons for children and their parent/guardian; meets 1x per week	6 months - 2.5 years	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	Discovery: \$74/ \$86 Exploration: \$99/\$199	
<b>8 Week Private Lessons</b>	Private Swim Lessons 1:1 student/teacher; meets 1x per week	3 years - adult	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$225 / \$321	
<b>Semi-Private Lessons</b>	Semi-Private Lessons 2:1 student/teacher; meets 1x per week	3 years - adult	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$185/ \$254 per child	
<b>4 Week Private Lessons</b>	Private Swim Lessons 1:1 student/teacher; meets 1x per week	3 years - adult	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$112/ \$160	
<b>Adaptive Swim Lessons</b>	Adaptive Group Swim lessons; meets 1x per week	3 -18 years	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$98/ \$149	
<b>Adaptive Private Swim</b>	Adaptive Private Swim Lessons 1:1 student/teacher; meets 1x per week	3 years - adult	Spring I: March 2 - April 26 Spring II: April 27 - June 21 Summer: June 22-August 23 Fall I: August 31 - October 25 Fall II: October 26 - December 20	Spring I: February 11/February 17 Spring II: April 8/ April 14 Summer: June 3/June 9 Fall I: August 5/August 11 Fall II: October 7/October 13	\$160/ \$194	
<b>Summer Accelerated Swim Lessons</b>	Group swim lessons for children; meets Monday - Thursday weekly	3-18 years	Summer: June 22-August 23	Summer: June 3/June 9	\$50/ \$99	

# CERTIFICATION COURSES










Program	Details	Ages	Sessions	Member/Non-Member Registration Ends	Member/Non-Member Fee	Sign up
<b>CPR/AED/First Aid</b>	American Red Cross adult and pediatric certification in First Aid/ CPR/AED	Ages 13+	Monthly Offerings	Week prior to course, registration closes to allow time for blended online work	\$85/\$120	
<b>Lifeguarding</b>	American Red Cross lifeguarding certification	Ages 15+	Courses open March	Week prior to course, registration closes to allow time for blended online work	\$250	
<b>Lifeguard Review</b>	American Red Cross lifeguarding review	Ages 15+; active LG certification	Courses open March	Week prior to course, registration closes to allow time for blended online work	\$120	
<b>BLS</b>	American Red Cross Basic Life Support	Ages 15+	Monthly Offerings	Week prior to course, registration closes to allow time for blended online work	\$85/\$120	
<b>BLS with Administering Oxygen</b>	American Red Cross Basic Life Support with Admin Emergency Oxygen	Ages 15+	Monthly Offerings	Week prior to course, registration closes to allow time for blended online work	\$85/\$120	

# YOUTH SPORTS PROGRAMS




Program	Details	Ages	Sessions	Days & Times	Member/ Non-Member Fee	Sign up
<b>Intro to Sport</b>	Young children explore basic sports skills through fun games that build coordination, confidence, and teamwork.	3 - 5 years	ongoing registration	Tuesday 5:00 - 5:45 p.m.	\$45/\$70	
<b>Y Rookies</b>	This beginner basketball class introduces young players to basic skills like dribbling, passing, and shooting while building confidence and teamwork.	3 - 5 years	ongoing registration	Wednesday 5:00 - 5:45 p.m.	\$45/\$70	
<b>Super Star Soccer</b>	Kids build soccer skills, teamwork, and confidence through engaging drills and games.	3 - 5 years	ongoing registration	Thursday 5:00 5:45 p.m.	\$45/\$70	
<b>Ninja Littles</b>	This high energy class builds agility, balance, and confidence through obstacle courses and imaginative movement.	3 - 5 years	ongoing registration	Saturday 8:00 - 8:45 a.m.	\$45/\$70	
<b>Tae Kwon Do Cubs</b>	Young children learn basic martial arts movements and listening skills while building confidence, coordination, and self-control.	3 years - adult	ongoing registration	Wednesday/Thursday/Friday 5:30 - 6:00 p.m.	\$159/\$199	
<b>Gymnastics Beginner</b>	Our Beginner Gymnastics class is the perfect starting point for children new to the sport. This class introduces fundamental movement skills such as rolling, jumping, balancing, swinging, and basic body positions in a fun, supportive environment.	3 - 17 years	ongoing registration	Monday 4:45 - 5:30 Saturday 9:00 - 9:45 a.m.	\$45/\$70	
<b>Gymnastics Intermediate</b>	Designed to be fun and confidence-building, this level focuses more strongly on body shapes, coordination, strength and flexibility through safe, age-appropriate skill progressions.	3 - 17 years	ongoing registration	Monday 5:30 - 6:15 p.m. Saturday 10:00 - 10:45 a.m.	\$45/\$70	
<b>Muay Thai Kickboxing</b>	Young participants build coordination, confidence, and discipline through age appropriate martial arts activities.	6 - 8 years	ongoing registration	Wednesday, Thursday 5:30 - 6:15 p.m.	\$70/\$100	
<b>Y Shooters</b>	Participants improve basketball techniques while building confidence.	6 - 8 years	ongoing registration	Wednesday 5:45 - 6:30 p.m.	\$45/\$70	
<b>Intro to Sport</b>	Kids learn fundamental rules and skills of multiple sports while staying active and developing sportsmanship.	6 - 9 years	ongoing registration	Tuesday 5:45 - 6:30 p.m.	\$45/\$70	
<b>Super Star Soccer</b>	Kids build soccer skills, teamwork, and confidence through engaging drills and games.	6 - 9 years	ongoing registration	Thursday 5:45 - 6:30 p.m.	\$45/\$70	
<b>Volleyball</b>	Bump. Set. Volley. Learn the skills needed to compete in volleyball.	6 - 12 years	ongoing registration	Saturday 11:00 - 11:45 a.m.	\$45/\$70	

Program	Details	Ages	Sessions	Days & Times	Member/ Non-Member Fee	Sign up
<b>Lacrosse</b>	Learn proper techniques including cradling, scooping, passing, catching, & shooting.	6 - 12 years	ongoing registration	Monday 8:00 - 8:45 p.m.	\$45/\$70	
<b>Tennis Beginner</b>	This introductory class teaches basic tennis skills, rules, and court awareness while building coordination and confidence.	6 - 12 years	ongoing registration	Monday 6:30 - 7:15 p.m..	\$45/\$70	
<b>Tennis Intermediate</b>	Players refine their technique, improve consistency, and develop game strategy through drills and match play.	6 - 12 years	ongoing registration	Monday 7:15 - 8:00 p.m.	\$45/\$70	
<b>Strength, Conditioning, &amp; Core</b>	This dance inspired class blends rhythmic movement with strength, conditioning, and core work to build endurance, coordination, and total-body fitness.	7 - 15 years	ongoing registration	Thursday 6:15 - 7:00 p.m.	\$45/\$70	
<b>Tae Kwon Do Juniors</b>	Participants develop fundamental Tae Kwon Do techniques while improving discipline, focus, and physical fitness.	7 - 12 years	ongoing registration	Wednesday/Thursday/Friday 6:00 - 6:45 p.m.	\$159/\$199	
<b>Fencing</b>	This class teaches the basics of fencing while promoting strategy, discipline, and quick decision-making.	7 - 17 years	ongoing registration	Thursday 7:00 - 7:45 p.m.	\$45/\$70	
<b>Muay Thai Kickboxing</b>	Kids learn structured kickboxing techniques while improving strength, focus, and self-control.	9 - 12 years	ongoing registration	Wednesday, Thursday 6:30 - 7:30 p.m.	\$70/\$100	
<b>Y Dribblers</b>	This basketball focused class helps kids develop ball-handling skills and coordination through fun drills and games.	9 - 12 years	ongoing registration	Wednesday 6:30 - 7:15 p.m.	\$45/\$70	
<b>Archery</b>	Youth learn safe archery techniques while developing focus, patience, and hand-eye coordination.	11 - 17 years	ongoing registration	Wednesday 7:00-7:45 p.m.	\$45/\$70	
<b>Muay Thai Kickboxing</b>	Teens develop advanced techniques, fitness, and discipline through traditional Muay Thai training.	13 - 99 years	ongoing registration	Wednesday, Thursday 7:30 - 8:30 p.m.	\$70/\$100	
<b>Tae Kwon Do Martial Arts</b>	Teens and adults train in traditional Tae Kwon Do techniques to build strength, discipline, and self-confidence.	13 - 99 years	ongoing registration	Wednesday/Thursday/Friday 6:00 - 6:45 p.m.	\$159/\$199	
<b>Fencing</b>	This class teaches the basics of fencing while promoting strategy, discipline, and quick decision-making.	18 - 99 years	ongoing registration	Thursday 8:00 - 8:45 p.m.	\$70/\$100	
<b>Adult Self Defense</b>	This class teaches practical self-defense skills and situational awareness to promote personal safety and confidence.	18 - 99 years	ongoing registration	Friday 7:00 - 8:00 p.m.	\$85/\$99	

# ENRICHMENT PROGRAMS

Program	Details	Ages	Sessions	Days & Times	Member/ Non-Member Fee	Sign up
<b>Intro Dance (Ballet)</b>	This ballet class introduces basic dance movements and rhythm while encouraging creativity and self-expression.	3 - 5 years	ongoing registration	Saturday 10:00 - 10:45 a.m.	\$45/\$70	
<b>Tumbling &amp; Cheer</b>	Young participants learn basic tumbling skills and cheer motions through fun, safe activities that build strength, coordination, and confidence.	3 - 7 years	ongoing registration	Tuesday 5:00 - 5:45 p.m.	\$45/\$70	
<b>Art Club I</b>	Participants explore creativity and self-expression through a variety of art projects and materials.	5 - 9 years	ongoing registration	Monday 6:30 - 7:15 p.m.	\$45/\$70	
<b>Stem Club I</b>	Kids discover science, technology, engineering, and math concepts through hands on experiments and activities.	5 - 9 years	ongoing registration	Monday 7:15 - 8:00 p.m.	\$45/\$70	
<b>Intro Dance (Ballet)</b>	This ballet class introduces basic dance movements and rhythm while encouraging creativity and self-expression.	6 - 9 years	ongoing registration	Saturday 9:00 - 9:45 a.m.	\$45/\$70	
<b>Tumbling &amp; Cheer</b>	Participants build tumbling skills, cheer motions, and routines while developing strength, flexibility, teamwork, and confidence.	8 - 12 years	ongoing registration	Tuesday 5:45 - 6:30 p.m.	\$45/\$70	
<b>Life Skills</b>	Youth develop communication, leadership, and problem-solving skills to support success in school and life.	10 - 17 years	ongoing registration	Begins in the Fall	\$45/\$70	
<b>Motivation &amp; Inspiration</b>	Youth build confidence and purpose through goal-setting, positive mindset activities, and group discussion.	10 - 17 years	ongoing registration	Begins in the Fall	\$45/\$70	
<b>Young Mix Makers</b>	Teens explore creativity, collaboration, and self-expression through the art of DJing.	14 - 17 years	ongoing registration	Begins in the Fall	\$45/\$70	

# DIVERSE ABILITIES PROGRAMS

Program	Details	Ages	Sessions	Days & Times	Member/ Non-Member Fee	Sign up
<b>Line Dance</b>	Participants learn fun, choreographed dances that improve coordination, rhythm, and confidence.	12 - 99 years	ongoing registration	Monday 6:45 - 7:30 p.m.	\$45/\$70	
<b>Zumba</b>	A high-energy dance fitness class that combines music and movement for a fun, full-body workout.	12 - 99 years	ongoing registration	Tuesday 7:15 - 8:00 p.m.	\$45/\$70	
<b>Complete Fitness</b>	This well rounded class promotes overall health through strength, cardio, and flexibility activities.	18 - 99 years	ongoing registration	Tuesday 10:00 - 10:45 a.m.	\$45/\$70	

# PROGRAM REGISTRATION FAQs

## How do I sign up for programs?

You'll need to create a YMCA account in order to register for most programs. Create your account via our website. Some offerings may not offer online registration. Contact the YMCA to register for these programs.

## When can I sign up for programs?

At the Hamilton Area YMCA, registration timelines vary by program to best support participant success. Our Aquatics programs use session-based registration, allowing swimmers to progress together, build skills safely, and celebrate milestones as a group, with clear start and end dates for families to plan around. Our Youth Development programs, however, offer rolling registration, so children can join as space allows throughout the year—making it easier to get started when the time is right.

## Do you offer financial assistance?

Yes, the Hamilton Area YMCA offers financial assistance to help ensure our programs and memberships are accessible to everyone. Assistance is available based on household income and family size through a confidential application process, and awards are provided on a sliding scale. Our goal is to remove financial barriers so individuals and families can fully participate in all the Y has to offer.

# YEAR ROUND OFFERINGS

**School's Out** – Hamilton Area YMCA offers a fun, safe full-day program with age-appropriate activities and supervision for children k- 5 on days when school is not in session. 7:30 a.m. – 6:00 p.m. on February 16, April 2, April 6 - 7, May 25.

**Parents Night Out** – Parents' Night Out at the Hamilton Area YMCA gives kids ages 4 - 12 a fun, supervised evening of games, activities, and social time with trained staff while parents enjoy a well deserved night off. 6:00 - 9:00 p.m. on February 27, March 27, April 24, May 22, September 25, October 23, November 20, December 11.

**Sport Leagues** – Our sports leagues for children ages 3 - 12 focus on fun, teamwork, and skill development in a supportive, family-friendly environment. We offer Basketball, Flag Football, and Soccer Leagues.

# SUMMER CAMP

At Sawmill, campers entering kindergarten to age 15 can soak up the sunshine, share plenty of smiles, and experience the fun and friendships of summer camp! Whether your child is joining our Day Camp adventures or exploring passions in our Specialty Camps, each day brings new discoveries. With 50 acres of outdoor fun, campers can splash in the pool, try STEM experiments, create art, play sports and games, enjoy recreational activities, and participate in special theme weeks.

## Who leads or supervises programs?

Programs are led or supervised by YMCA staff who have completed background checks and undergone extensive child abuse prevention training.

## I need to cancel a program registration.

Please visit our website to learn more about the cancellation policies for your program.

## I have questions. Who should I contact?

For Swim Lesson & Certification related questions email [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org)  
For Youth Sports, Enrichment & Diverse Abilities related questions email [rturner@hamiltonymca.org](mailto:rturner@hamiltonymca.org).

## Program additions or changes

We will regularly review our offerings, and schedules and programming may be updated. Please review the program guide and visit our website for the most current offerings.

**VISIT OUR WEBSITE**



**Wellness Center** – Youth (ages 13+) with a membership includes full access to our 6,100 sq. ft. Wellness Center. For a list of amenities visit our website.

**BASE** – The Hamilton Area YMCA Before and After School Program serves hundreds of working families, providing a safe, fun and supervised environment for children during the before and after school hours.

**Birthday Parties** – Make your child's special day unforgettable at the Hamilton Area YMCA! Our birthday parties are packed with energy, laughter, and fun!

**We also offer PRESCHOOL  
& DIVERSE ABILITIES  
CAMP options.**