



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton Area YMCA SKOR/SOAR Winter Offerings

Registration is open now!

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

Dance

Program Dates: January 8 – February 19

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: Monday

Time: 7:00 – 7:45 p.m.

Fee: \$46/\$38

SOAR Strong 2

Program Dates: January 3 – February 21

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

Strength Training

Program Dates: January 4 – February 21

No class on Thanksgiving – Thursday, November 23

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

Zumba

Program Dates: January 2 – February 20

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

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/aquatics> for more details!

SPECIAL EVENTS

Keep your eyes & calendars open for:

- STEM Night – January 27
- Movie Nights
- Moonlight Bowling

SOCIAL PROGRAMS

Alley Cats Bowling

Program Dates: October 29 – December 20

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: \$55

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 <small>See Pat Jackson for details</small>
\$10 each time you bowl	\$10 each time you bowl	\$7 each time you bowl after your 8th time

SPORTS PROGRAMS

In-House Basketball

Program Dates: January 7 – February 25

Location: Hamilton Area YMCA JKR Branch – 1315 Whitehorse–Mercerville Road, Hamilton, NJ 08619

This program provides different levels of instruction for everyone. Athletes are grouped by age and skill level to the best of our ability. They will learn different skills from the very basics, to more in depth instruction, as well as participate in non-competitive scrimmages. We also get some help from the High School Girls Basketball Teams at Nottingham, Steinert and Hamilton High West. Age ranges listed below are a guide. After registration, and closer to start date, participants will be contacted to let them know what time slot they will participate in. Athletes should wear athletic type clothing as well as proper athletic type shoes. Athletes should bring their own water in a plastic water bottle labeled with their name

Volunteers and Team Sponsors are vital to the success of this program. If you or anyone you know is interested in helping out with their time or team sponsorship, please contact Pat Jackson at pjackson@hamiltonymca.org.

This program requires a separate registration form.

Age: 3 – 15	Day: Sunday	Time: 11:00 a.m. – 12:00 p.m.	Fee: \$43
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If your child is under the age of 5, please contact Pat Jackson.

Age 16+	Day: Sunday	Time: 12:00 – 1:00 p.m.	Fee: \$43
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