



# Hamilton Area YMCA

## S.K.O.R./S.O.A.R. Program Offerings



### **In-House Leagues:**

#### **S.K.O.R. & S.O.A.R In-House Track & Field**

**\* Registration is going on now! Late registration late fee begins February 18<sup>th</sup>.**

- Ages: 5 – 35      - Day/Time: TBD      - Location: TBD
- Fee: Before February 18<sup>th</sup>: \$30.00      Late Registration Fee: February 18<sup>th</sup> & after: \$40.00
- Additional Info: Valid Membership is required. Registration is available online at [www.hamiltonymca.org](http://www.hamiltonymca.org). Coaches and Volunteers are needed. Parent participation may be required.

### **S.K.O.R. Special Olympics New Jersey Programs**

#### **SKOR Track & Field**

**\* Registration is going on now! Late registration late fee begins February 18<sup>th</sup>.**

- Ages: 8 – 35      - Day/Time: TBD      - Location: TBD
- Fee: Free      \*Membership to the YMCA is **not** required for Special Olympics programs but all previous balances must be paid before registering.
- Additional Info: A valid SONJ medical is required. Athletes must be able to participate in practices and games without one-on-one assistance. If qualified for the Summer Games... Athletes must stay on campus with the coaches for the entire weekend.

#### **SOAR Bocce**

- Ages: 21 – 35      - Practice Day/Time/Location: TBD      - Competition Dates: TBA
- Fee: Free      \*Membership to the YMCA is **not** required for Special Olympics programs but all previous balances must be paid before registering.
- Additional Info: A valid Special Olympics medical is required. All athletes/ coaches must stay on-site. Summer Games is a mandatory overnight... Athletes must stay on campus with the coaches for the entire weekend.

#### **SKOR/SOAR Softball**

- Ages: 8 – 35      - Practice Day/Time/Location: TBD
- Competition Dates: Saturdays beginning in April
- Fee: Free      \*Membership to the YMCA is **not** required for Special Olympics programs but all previous balances must be paid before registering.
- Additional Info: A valid Special Olympics medical is required. All athletes/ coaches must stay on-site. Summer Games is a mandatory overnight... Athletes must stay on campus with the coaches for the entire weekend.

### **Instructional Programs**

#### **SOAR Line Dancing**

Enjoy learning popular line dances from today as well as the traditional party favorites from the past. Participants must be able to work with in a 7 to 1 ratio.

**Age: 21 - 35    Day: Mon                      Time: 1:00 – 1:45 p.m.                      Fee: \$45/35**

#### **SOAR Gamers**

Stay in shape while having a great time in our XRKade! Participants will get a true workout by playing interactive video games like the Wii, DDR, and more. Participants must be able to work with in a 7 to 1 ratio.

**Age: 21 - 35                      Day: Mon                      Time: 2:00 – 2:45 p.m.                      Fee: \$45/35**

### ***S.K.O.R. Hip-Hop Dance***

Come and learn the latest hip hop dance moves to today's hottest music. Participants will be introduced to line dances and basic choreography. This class will be offered to different age groups. Participants must be able to work with a **7 to 1** ratio.

**Age: 13 – 21 Day: Tues Time: 5:30 – 6:15 p.m. Fee: \$45/35**

### ***SOAR Circuit Training***

This class will provide cardio and resistance training in different stations. The class uses a variety of equipment such as medicine balls, steps, dumbbells, and more. Participants must work on a **7 to 1** ratio.

**Age: 16 – 35 Day: Tues Time: 5:30 – 6:15 p.m. Fee: \$45/35**

### ***Musical Fitness***

This class provides fun rhythmic movements for fitness and coordination while moving to their favorite music. It includes aerobic exercises as well as, basic dance steps and line dances. This class can be individually adapted for individuals who use wheelchairs or other assistive devices. Participants must be able to work with a **5 to 1** ratio.

**Age: 10 – 21 Day: Tues Time: 6:15 – 7:00 p.m. Fee: \$45/35**

### ***Sports & More***

Join the fun with your friends as we spend time exploring a variety of sports and games, including basketball, soccer, kickball, relays, scooters, parachute and more!

**Age: 5 – 10 Day: Wed Time: 5:30 – 6:15 p.m. Fee: \$45/35**

### ***SKOR/SOAR Strength Training***

Participants 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.

**Age: 16-35 Day: Thurs. Time: 6:45 – 7:30 p.m. Fee: \$45/35**

### ***Aquatics – Swim Lessons***

Contact Nicole Bizuga at (609) 581-9622 ext. 116 for more information.

## ***Social Programs***

### ***Lego's, Lincoln Logs, & More***

Does your child love to build? Let their creativity shine with these building materials. Kids can enjoy building, playing and developing their fine motor skills in this class.

**Age: 5 - 8 Day: Mon Time: 4:15 – 5:00 p.m. Fee: \$45/35**

### ***Games Galore***

Come enjoy spending time and playing board games with friends (and family). Games will include Chutes & Ladders, Candy Land, Bingo, a variety of matching games or suggest your own family favorite.

**Age: 7 - 13 Day: Mon Time: 5:15 – 6:00 p.m. Fee: \$45/35**

### ***Rockin Arts***

Let your child explore art and enjoy their favorite music at the same time. Participants will make different arts and craft projects using paint, glue, glitter and their imagination! Participants must be able to work with a 5 to 1 ratio. Parent participation may be required if the participant cannot work within the ratio.

**Age: 10 - 16 Day: Mon Time: 6:15 – 7:00 p.m. Fee: \$45/35**

### ***SKOR/SOAR Alley Cats - Bowling***

Participants and their families enjoy a fun afternoon of bowling at the Hamilton Lanes at 1200 Kuser Road in Hamilton, NJ. Bowling ramps and bumpers are available upon request. Participants must be able to work with a **5 to 1** ratio. Space may be limited. Parent participation is required.

**Age: 5 – 35 Day: Wed Time: 4:30 – 5:30 p.m. Fee: \$45**