



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CALLING ALL SUPERHEROS!

CUMBERLAND CAPE ATLANTIC YMCA SUPERHEROS IN TRAINING CLASS

Show your inner hero! Our Superhero and Superhero Sidekick classes are non-stop action and ready to challenge the best heroes!



SPRING II SESSION

April 23 – June 13

Registration: Facility Members – April 9th; Program Members – April 16th

Superheroes – ages 7–10 years old

Meets Mondays and Wednesdays in the Milam Family Multipurpose Center 6:20–7:05pm

SHOW YOUR INNER HERO!

Join us for a class of non-stop action! Superhero training includes both physical challenges and promotion of healthy habits!

Sign up early – space is limited! Classes start Monday, April 23, 2018

Facility Members: FREE!

*A minimum of an Annual Program Membership is required for all YMCA programs

Program Members: \$35.00

Check out our new “Space Wars Academy” program for 4–6 years old!

Mondays and Wednesdays from 5:30–6:15pm in the Davis Room

*Same program fees as Superheroes

