



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!



WINTER SESSION

February 26 – April 21, 2018

Registration: Facility Members – February 12; Program Members – February 19

Superhero “Sidekicks” – ages 4-6 years old

Meets Mondays and Wednesdays, 5:30-6:15pm, in the Milam Family Multipurpose Center

**Superhero
Sidekicks is
now 2 days!**

Superheroes – ages 7-10 years old

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

Sign up early – space is limited! Classes start Monday, February 26, 2018

Facility Members: FREE!

Program Members: \$35.00 *A minimum of an Annual Program Membership is required for all YMCA programs

SHOW YOUR INNER HERO!

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

