



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

**January 2 – February 24, 2018**

Registration: Facility Members – December 11th; Program Members – December 18th

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#### **Superhero “Sidekicks” – ages 4-6 years old**

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

#### **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 Wednesday, January 3rd, 2017**

**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!

