

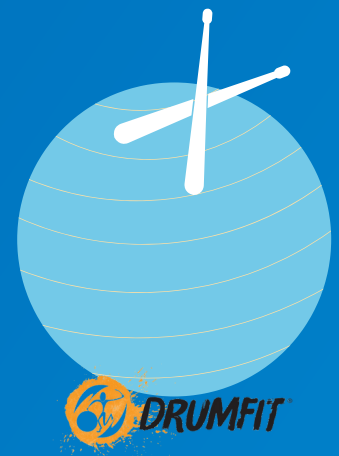


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KIDS DRUMFIT

## GET YOUR ENERGY OUT THIS FALL!

This Kids DrumFIT® class gets everyone moving to their favorite tunes by combining cardio and music while beating a drum. Kids are guided through basic movements like squatting, bending, twisting and drumming to help improve coordination, rhythm, and motor skills. This class promotes physical health and boosts mental health while having fun.



**Ages:** 6 - 12 years old

**Session Runs:** September 19th - October 24th

**Day/Times:** Tuesdays 6:15 - 6:45pm  
Riggins Room

**Registration Dates:** Facility Members - August 7th  
Program Members - August 14th

**Fees:** \$27 Facility Members  
\$38 Program Members



Parents must remain in the room with their child.  
If space allows, parents are welcome to participate in class.

**SEE MEMBER SERVICES  
TO REGISTER TODAY!**

**Cumberland Cape Atlantic YMCA**

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