



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS DRUMFIT

STARTING MAY 2nd – JUNE 13

TUESDAYS 6:15 – 6:45pm – Riggins Room

INTRODUCING OUR OUR NEW YOUTH PROGRAM
OFFERING OF KIDS DRUMFIT!

This Kids DrumFIT® class for ages 6-12 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.



AGE GROUP:

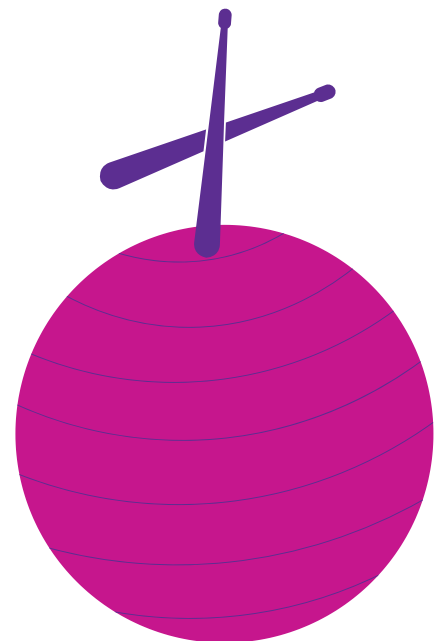
- 6 – 12 years old

REGISTRATION FEES:

- Facility Members \$35
- Program members \$42

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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