



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS DRUMFIT

GET YOUR ENERGY OUT THIS SUMMER WITH CARDIO DRUMMING

SIX WEEK SESSION – JULY 11TH – AUGUST 15TH
TUESDAYS 6:15 – 6:45pm – Riggins Room

AGE GROUP:

- 6 – 12 years old

REGISTRATION FEES:

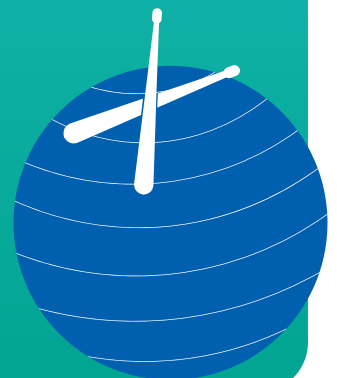
- Facility Members \$27
- Program members \$38

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.



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

**Stop by Member Services
to register today!**



Cumberland Cape Atlantic YMCA

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