



# PLANTING HEALTHY HABITS GROWS A HAPPY HOME

Summer is coming and there is no better place to beat the heat plus have fun with your friends and family than the YMCA!

## JOIN THE Y, JOIN THE FUN

- **Outdoor Play Zone** is now open for the season
- **Activities and Events** for all ages (Paint & Plant, Bagels & Bingo, Pizza & Pokeno, Laser Tag, Nerf Battles, Video Game Theme Nights, and more.)
- **Over 55 Group Exercise and Water Exercise Classes** for all fitness levels offered each week.
- **Kids as young as 8 years old can work out with their parents** in our Health & Adventure Center.
- Swim, Shoot Hoops, Lift, Exercise – **We have it all!**



### THIS MONTH ONLY

Join with a friend and  
**YOU BOTH SAVE 15%**

Plus **\$0** Joiner  
Pay Fee

With our Membership Referral Program

Financial Assistance Scholarships are available to all individuals and families through our YCARES Program

See Member Services for more information and for a tour.

## WELLNESS FOR ALL HAPPENS AT THE Y



**Cumberland Cape Atlantic YMCA**

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