



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DRUMMING = FUN!

YMCA FALL | YOUTH DRUMFIT PROGRAM

Looking for something different for your child? Youth DrumFit may just be it! If your child loves music and moving, DrumFit is PERFECT for them! Open to youth ages 6 to 12 years old, this fun, upbeat class is sure to provide a unique and exciting mini-workout without even realizing it!

Program Runs: September 17 – October 22 (6-week session)

Day/Time: Tuesdays; 6:15 – 6:45 pm

Ages: 6 to 12

Registration Open Date/Fee:

Facility members: 8/5/24 \$29

Program members: 8/12/24 \$41



YMCA360 – Streaming Cardio Drumming Classes!

Calling all Facility Members! As an added benefit, you now have access to YMCA360 – our newest digital platform! Access 1,000's of videos from YMCAs across the Country, from any device anywhere, including newly added Cardio Drumming videos! Scan the QR code to get started today.

SEE MEMBER SERVICES TO REGISTER!

Cumberland Cape Atlantic YMCA

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