



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MVP Y FIT

Summer Programming for YMCA
MVP Youth with Special Needs



SUMMER SESSION

Join our MVP Summer Program, specially designed for youth with special needs! This inclusive and fun-filled program introduces children to a variety of movements and exercises through engaging games.

Activities include circuit training with simple calisthenics, beachball/balloon volleyball, shuttle races with an obstacle course, and exciting paddle games like pickleball.



COME AND
ENJOY
A SUMMER OF
**FITNESS,
FUN, AND
FRIENDSHIP!**

SESSION DATES

JULY 8TH – AUGUST 12TH

DAY/TIME/LOCATION

Mondays 5pm – 5:45pm in Milam MPC | Ages 14 – 22

Tuesdays 5pm – 5:45pm in Davis | Ages 9 – 13

FEES

\$29 (Facility and Program Members)

**SEE MEMBER SERVICES TO REGISTER
YOUR MVP TODAY!**

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org