



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS = FUN

YMCA FIT KIDS PROGRAM

Get the energy out in our "Y Fit Kids" program for children 3 to 7 years old! Join us for 45 minutes of games and activities to promote physical activity, all while having fun and learning teamwork! Perfect to get your little ones MOVING!

Ages: 3 - 7 years old

Session Runs: September 13 - October 25

Day/Time: Wednesdays, 5:30 - 6:15pm
Milam Multipurpose Center

Registration Dates: Facility Members - Mon., August 7
Program Members - Mon., August 14

Fees: FREE for Facility Members
\$15 for Program Members

*Parent must remain in the room at all times



- » Program led by Coach Tessa!
- » Held in Milam Multipurpose Center
- » Parent participation is encouraged!

**SEE MEMBER SERVICES
TO REGISTER TODAY!**

Cumberland Cape Atlantic YMCA

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



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KICKING INTO THE FALL

YMCA YOUTH KICKBOXING PROGRAM

Join us for our next session of Youth Kickboxing – children will have fun and develop discipline while learning the fundamentals of kickboxing!

Ages: 7 – 11 years old

Session Runs: September 23–October 28 (*6 week session)

Day/Time: Saturdays, 11:00–11:45am
Davis Room*

Registration Dates: Facility Members – Mon., August 7
Program Members – Mon., August 14

Fees: \$27 for Facility Members
\$38 for Program Members

*Parent must remain in the room at all times



» During class, participants should wear sneakers and gloves. Gloves can be purchased at the Member Service Desk.

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