

DRUMMING = FUN!



YMCA WINTER 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: January 7th – February 11th (6-week session)

DAY/TIME: Tuesdays 5:15pm – 5:45pm

PLACE: Riggins Room

AGES: 6 to 12



DRUMFIT®

**REGISTRATION IS
REQUIRED!**

Pricing: FREE for members

Parents must stay in room with kids and are welcome to participate.



YMCA360 – Stream Cardio Drumming Classes & More!

Don't forget – YMCA members can access Cardio Drumming and a variety of youth classes through YMCA360. From sports and fitness to STEM, art, and more, there's something for everyone! Free for our Members. Scan the QR code to get started today!

STOP BY MEMBER SERVICES TO REGISTER!

Cumberland Cape Atlantic YMCA

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