



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DRUM INTO FITNESS FUN

YMCA KIDS DRUMFIT PROGRAM

Have you tried it yet? DrumFit is a new and extremely fun way to get your kids moving and involved in exercise!

Session Runs: October 31 – December 12

Ages: 6 – 12 years old

Registration Facility Members:

Dates: Monday, October 9th

Program Members:

Monday, October 16th

Day/Time: Tuesdays, 6:15–6:45pm

Riggins Room*

*Parent must remain in the room at all times

Fees: Facility Members: \$35.00

Program Members \$42.00



SEE MEMBER SERVICES TO REGISTER!

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!

Session Runs: November 4–December 16

Ages: 7 – 12 years old

Registration Facility Members:

Dates: Monday, October 9th

Day/Time: Program Members:

Monday, October 16th

Saturdays, 11:00 – 11:45am

Davis Room*

*Parent must remain in the room
at all times

Fees: \$35 for Facility Members
\$42 for Program Members



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

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