



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



# DRUMFIT®



## SEE **MEMBER SERVICES** TO REGISTER!

**Cumberland Cape Atlantic YMCA**

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://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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