



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:** Saturdays, 9:30 – 10:15am  
Milam Multipurpose Center

**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](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!

**Ages:** 7 – 11 years old

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

**Day/Time:** Saturdays, 10:10–10:55am  
Davis Room\*

**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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