



IN THE SPOTLIGHT



GENERATION × POUND®

ROCKOUT. WORKOUT.

The next generation of POUND is here!

If your kids are looking for something new, different, and totally cool to try, register them for Generation POUND with Lynn Anderson! Recently introduced to the Community YMCA, this new program is taking off big time, and the kids are rockin' out!

Just like the adult version, Generation POUND incorporates Ripstix, lightly weighted drumsticks created specifically for exercise. But, this class is more than just jamming to the music. The program begins with the children learning about rules - they set their own rules, then take a "Rockstar Pledge," promising to stick to the rules the entire class. For example, "Be Kind," "Keep Our Ripstix to Ourselves," and "Have Fun!" Lynn then leads an interactive activity, which helps the kids build confidence and self-awareness.

Generation POUND is an awesome way for kids to MOVE, ROCK, PLAY & MAKE NOISE! It also improves focus, coordination, physical fitness, and teamwork skills. Kids learn different ways to explore movement, embrace their creativity, and can ROCK OUT! We love seeing both young girls and boys come together to have fun and socialize in such an upbeat setting!

This class is currently offered at the Ridley Area YMCA, but look for it to expand! Get a sneak peek, and watch our video highlights under "News" at cyedc.org, then be sure to register your kids!

Fridays 4-4:45PM (6-12 year olds)