

## **Active Older Adult Programs**

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Picture ID

Intake Contact

Tiffany Gee

Intake Contact Email

tiffanygee@ymcava.org

Intake Process

Call or visit the website for more information.

Report Problems

Call the Agency

Self Refer

Yes

Southside Virginia Family YMCA

<http://southsidevafamilyymca.org>

Main

(434) 392-3456

580 Commerce Road

23901 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-7:00 pm

Saturday: 7:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Stay and Play Hours - Monday-Thursday: 3:30 ppm - 7:00 pm; Saturday: 8:45 am - noon; Sunday: 2:00 pm - 4:00 pm.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Southside Virginia Family YMCA offers programs for older active adults. The Silver Sneakers Fitness Program is designed for active adults who are 65 years of age and older. [Visit Silver Sneakers.com](http://SilverSneakers.com) to see if your Medicare plan carries this benefit. Active Older Adult lunches is another program that is offered. These are monthly lunches that are catered by Johnny Ellington for our older adult members. Enjoy socialization at the Y, in addition to a workout.

Financial scholarships may be available for membership.

Service Area(s)

Buckingham County

,

Charlotte County

,

Cumberland County

,

Nottoway County

,

Prince Edward County