

Adult Water Exercises

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Must be 6 months and up, prefer that senior citizens get a doctor's note especially if they have not been exercising.

Family

No

Intake Process

By telephone or walk-in.

Self Refer

Yes

YMCA of South Boston/Halifax County

<http://www.ymcasouthboston.com/>

Main

(434) 572-8909

650 Hamilton Boulevard

24592 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 8:00 am-3:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA of South Boston/Halifax County offers adult water exercises. Adult and youth swim lessons are available, as well as lifeguard certification.

The facility is accessible to the physically disabled. Available under Aquatic Programs - Lap & Open Swimming and Adult water aerobics and deep water aerobics.

Open swim hours are Monday/Wednesday/Friday from 6 am - 1 pm and 4:30 pm - 7 pm. Saturday from 9 am - 1 pm and Sunday 1:30 pm - 4:30 pm.

Reserve lap lanes online.

The pool can be used for birthday parties.

Service Area(s)

Halifax County