

## **Older Adults Programs**

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Older adults

Family

No

Intake Contact

Crystal Latulipp

Intake Process

Call for information about older adult programs

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Greenbrier Family YMCA

<https://www.ymcashr.org/locations/greenbrier-family-ymca>

<https://www.ymcashr.org/programs-older-adults>

<https://www.facebook.com/YMCAofSouthHamptonRoads>

Main

(757) 547-9622

1033 Greenbrier Pkwy

23320 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Call for time of each class

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Older Adults have plenty to do at the Greenbrier Family YMCA. The YMCA Older Adults programs are designed to enrich the lives of people who are in their middle and older years by helping them develop skills to meet life's challenges. Older adults can stay active and healthy by participating in both physical and social activities. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends.

Activities Include GoldQuest: personalized wellness program for adults over 55 years as well as Active Older Adult Classes including adult basketball, Aquajog, Get up and Move, lap swim, craft classes, personal trainer, senior strength, Sit and Be Fit, Starter Aqua Jog and Starter Water Fit.

Social activities such as luncheon, table games and outings are also offered.

Service Area(s)

Chesapeake City