

## Exercise Classes, Aquatics, Youth Athletics

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

All ages

Family

No

Intake Contact Email

parks@poquoson-va.gov

Intake Process

Telephone referral. Walk in or call to see if registration is necessary for class.

Provider Refer

Yes

Self Refer

Yes

Poquoson Parks and Recreation Department

<http://www.poquoson-va.gov/236/Parks-Recreation>

Main

(757) 868-3580

830 Poquoson Avenue

23662 VA

United States

Additional Availability Comments

Summer hours may be extended. Call for more information

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Poquoson Parks and Recreation offers adult classes, exercise and fitness opportunities, aquatics and pool, as well as youth classes and youth athletics.

Please visit the website for details about classes and aquatics for youth and adults.

Service Area(s)

James City County

,

Poquoson City

,

Williamsburg City

,

York County

Email

[parks@poquoson-va.gov](mailto:parks@poquoson-va.gov)