

## **Senior Programs**

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Seniors

Family

No

Intake Process

Unrestricted - call for day and time of specific events.

Self Refer

Yes

Altavista YMCA

<http://www.altavistaymca.org/>

<http://altavistaymca.com/cms-view-page.php?page=seniors>

Main

(434) 369-9622

718 7th Street

24517 VA

United States

Monday: 4:30 am-9:30 pm

Tuesday: 4:30 am-9:30 pm

Wednesday: 4:30 am-9:30 pm

Thursday: 4:30 am-9:30 pm

Friday: 4:30 am-9:30 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Altavista YMCA offers fitness, aquatics, and sports to seniors in the area.

Senior adult lounge and multi-purpose rooms are utilized by the senior adult members on a regular basis. Programs for seniors include:

- bus trips
- luncheons or covered dish luncheon
- book club
- crafts
- strength training
- body recall
- water exercise classes

Water exercise includes Water Aerobics for Seniors and Warm Water Exercise Class for arthritis.

Every morning from 7 am until 11 am there are coffee and snacks available in the new upstairs lounge area. A wide variety of games are available, in addition to local newspapers and books in the free YMCA library.

\*Classes are available to members as well as non-members. Call for more information.

Service Area(s)

Campbell County