

## **Fitness Programs**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted.

Family

Yes

Intake Contact Email

[northernneck@ymcavp.org](mailto:northernneck@ymcavp.org)

Intake Process

Walk-ins accepted. Registration required. Please call for more information or visit the website for classes.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Northern Neck Family YMCA

<https://ymcavp.org/locations/northern-neck/>

<https://ymcavp.org/locations/northern-neck/facility-info-hours/>

Main

(804) 435-0223

39 William B. Graham Court

22482 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-7:00 pm

Saturday: 7:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Courts can be reserved beginning at 5:30 am until 8:15 pm; <br>Exercise/fitness classes begin at 7 am until 6:45 pm;<br>

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Northern Neck Family YMCA programs that put Christian principles into practice through services that promote health of body, mind and spirit. Includes child care, summer camp, youth programs, adult programs, teen programs, heated swimming pool, outdoor pool, water aerobics classes, group exercise classes, wellness center, racquetball courts, computer lab, a fitness center and aquatics activities. Please call about specialty classes for seniors.

Branch of Peninsula Metropolitan YMCA.

Service Area(s)

Lancaster County

Email

[northernneck@ymncavp.org](mailto:northernneck@ymncavp.org)