

# **Botetourt Family YMCA**

Age Requirements

No Age Requirement

Intake Process

Call or walk in to learn more about memberships and more.

YMCA of Virginia's Blue Ridge

<https://ymcavbr.org/>

<https://ymcavbr.org/locations/botetourt/botetourt-family-ymca/>

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

Main

(540) 966-9622

115 Shenandoah Avenue

24083 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-9:00 pm

Saturday: 7:30 am-6:00 pm

Sunday: 1:00 pm-6:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The Botetourt Family YMCA offers physical fitness programs including aerobic classes, basketball, strength training, cardiovascular training, and fitness testing. This site hosts health screenings including; blood pressure, cholesterol, and blood sugar tests. CPR and First Aid classes are taught intermittently.

Water exercise and swim programs include Master swim program, water exercise, lifeguarding, and Arthritis Foundation Aquatic programs.

Call for information about pick-up basketball, pick-up volleyball, and racquetball.

Service Area(s)

Botetourt County

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Craig County

,

Roanoke City

,

Roanoke County

,

Salem City