

## Kirk Family YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Varies according to program. YMCA membership is open to all.

Family

No

Intake Process

Unrestricted. Walk ins and telephone referrals accepted.

Self Refer

Yes

YMCA of Virginia's Blue Ridge

<https://ymcavbr.org/>

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

Main

(540) 342-9622

520 Church Avenue, SW

24016 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 Kirk Family Y 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.

Accessibility: Adjacent off-street parking, on bus line.

Service Area(s)

Botetourt County

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Craig County

,

Roanoke City

,

Roanoke County

,

Salem City