

## Older Adult Program and Silver Sneakers

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Seniors

Family

No

Intake Contact

Lee Grandison

Intake Contact Email

hampton@peninsulaymca.org

Intake Process

Inquire at front desk about memberships or scholarships during days/hours open for business

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Hampton Family YMCA

<https://ymcavp.org/locations/hampton/>

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

Main

(757) 722-9044

1322 Lasalle Avenue

23669 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 6:00 am-4:00 pm

Sunday: Closed

Additional Availability Comments

Call for information about class times. Closed on Sunday

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The YMCA's Older Adult program is designed to enrich the lives of people who are in their middle years and older by helping them develop skills and capacities to meet life's challenges. The YMCA gives older adults a place to improve their fitness levels, explore new interests, make new friends, share ideas and be the best they can be. Your YMCA membership provides access to activities especially for the Older Adults. Fitness classes, aquatic exercises, health and wellness programs and social activities are provided.

Programs available are SilverSneakers, Seniorcise, Shallow Water Aerobics, Aquatic Exercise for Arthritis sufferers, Computer classes, or Fit Over Fifty.

Service Area(s)

Hampton City