

## Fitness and Recreation

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Call for age requirement for a specific program

Intake Process

Call for information.

Report Problems

Call the Agency

Self Refer

Yes

Rockbridge Area YMCA

<https://ymcavbr.org/locations/rockbridge/rockbridge-area-ymca/>

Main

(540) 464-9622

790 North Lee Highway

24450 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-7:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

The YMCA is open daily except on the 4th of July, Thanksgiving Day, and Christmas Day. Call or visit the website for class schedules.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

## Languages Spoken

English

Rockbridge Area YMCA serves the Rockbridge community with programs and activities that emphasize the character development of caring, honesty, respect, and responsibility; strengthening spirit, mind, and body for all. Our YMCA is open to everyone - all ages, genders, abilities, incomes, and faith.

Call for information about classes, personal training programs, boot camp, weight management, post-rehab classes, or basic nutrition.

## Service Area(s)

Buena Vista City

,

Lexington City

,

Rockbridge County