

# YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Varies according to program.

Family

Yes

Intake Contact Email

Contactahymca@gmail.com

Intake Process

Walk-ins and telephone referrals accepted.

Self Refer

Yes

YMCA of Alleghany Highlands

<http://www.alleghanyhighlandsymca.org>

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

<https://twitter.com/ymca>

Main

(540) 962-9622

101 YMCA Way

24426 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-8:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Alleghany Highlands YMCA offers recreational programs for adults and youth. Programs include basketball, karate and aerobics, and wellness programs. An indoor pool offers swim classes. Provides Aerobics classes, including Water Aerobics for senior citizens.

The primary goal is to put Christian principles into practice through programs that build a healthy spirit, mind, and body.

Service Area(s)

Alleghany County

,

Covington City