

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted

Family

Yes

Intake Contact Email

[newportnews@peninsulaymca.org](mailto:newportnews@peninsulaymca.org)

Intake Process

Call for membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Tom & Ann Hunnicutt Family YMCA

<https://ymcavp.org/locations/tom-ann-hunnicutt-family-ymca/>

<https://ymcavp.org/our-programs/health-wellness/>

Main

(757) 245-0047

7827 Warwick Blvd

23607 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-8:00 pm

Saturday: 6:00 am-5:00 pm

Sunday: Closed

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Tom & Ann Hunnicutt Family YMCA (formerly Newport News Family YMCA) provides supportive service, counseling, educational and recreational activities. Wheelchair is accessible by lift to the second floor. YMCA gives a place for older adults to improve their fitness levels, explore new interests, make new friends and share ideas. Some of the programs offered are "Fun & Fitness", "Body Recall", a non-aerobic exercise program to gain a more supple and able body; "Swimnastics" and "Deep Water Walking". Call the office to verify the programs and classes are still offered.

Call about child and youth programs.

Financial assistance is available for those who are unable to participate at the YMCA due to the inability to pay the membership or program fees. Pick up application form from Membership Services Desk.

Service Area(s)

Newport News City