Fitness

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Unrestricted Family Yes Intake Contact Email 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