

## Older Adult Program

Age Requirements

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Middle age and older adults

Family

No

Intake Contact Email

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

Intake Process

Call for membership application and fees; Register for class

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/adult-programs/>

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

Additional Availability Comments

Call for class schedule

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 strives to give 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 Older Adults.

Fitness classes, aquatic exercises, health and wellness programs and social activities are provided. A free fitness orientation is available to all members by appointment. Get educated on proper use, techniques, programming & safety recommendations by our experienced instructors. An overall Fitness Orientation is recommended for all members.

Some of the programs available are SilverSneakers, Shallow Water Aerobics, group exercise classes and more

Service Area(s)

Newport News City