

## Active Older Adult Programs, King George YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Adults age 50 and over

Intake Contact

Erin Reiley

Intake Contact Email

ereiley@family-ymca.org

Intake Process

Please call for more information.

Report Problems

Call the Agency

Self Refer

Yes

Rappahannock Area YMCA

<https://www.family-ymca.org>

Main

(540) 775-9622

10545 Kings Highway

22485 VA

United States

Monday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Tuesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Wednesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Thursday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Friday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Saturday: 7:00 am-1:00 pm, 2:00 pm-6:00 pm

Sunday: 12:00 pm-4:00 pm

Fee Structure

Fee Range

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

YMCA offers a variety of leisure and recreational programs for Active Older Adults (AOA). Activities encourage an active lifestyle and social interaction for individuals age 50 and older. Socials are held several times during the year and are free to Y members. Programs include floor and water group fitness classes, yoga, and cycling. Senior lunch groups meet and trips are taken periodically. Please call for more information.

FRED Express stops at the Y every hour. Check out Route K1 and Route K2.

Service Area(s)  
King George County