

# YMCA, Jamerson Family YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Process

Call or walk in for information.

Intake Contact Telephone

(434) 582-1900

Self Refer

Yes

YMCA of Central Virginia

<https://www.ymcacva.org/>

<https://www.ymcacva.org/locations/jamerson-family-ymca>

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

Main

(434) 582-1900

801 Wyndhurst Drive

24502 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-6:30 pm

Saturday: 7:00 am-3:00 pm

Sunday: 12:00 pm-4:00 pm

Additional Availability Comments

Monday and Wednesday 4:30PM until 7:30PM; <br>

Tuesday, Thursday & Friday 4:30Pm until 7:30PM

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA provides a comprehensive approach to improving and maintaining wellness by offering exercise classes, private or group swimming lessons, and water fitness classes.

Active Older Adult Program - offers to those 55 and over-exercise opportunities, social clubs, self-improvement seminars, and travel. Also offered are a Book Club and Bridge Club. In the Older Adult Room, one can play pool, ping pong, foosball or air hockey, TV or computer internet access.

Amenities for all ages, skill levels, and all are annual family events, basketball, community health, cardio equipment, CrossFit studio, free weights, family pool, group exercise classes, hot tub, kidz gym, nutrition education, personal training, pickleball, sauna, strength training, teen programs, and more!

To put Christian principles into practice through programs that build a healthy body, mind, and spirit for all.

Service Area(s)

Campbell County

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Lynchburg City