

## Older Adults Programs

Age Requirements

No Age Requirement

Available 24/7

Yes

Intake Process

Call, email, or visit the website to learn more or to start a membership.

Report Problems

Call the Agency

Self Refer

Yes

Suffolk Family YMCA

<http://www.ymcashr.org/suffolk/>

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

Main

(757) 934-9622

2769 Godwin Boulevard

23434 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: 8:00 am-4:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Suffolk Family YMCA encourages all adults 50 years and older to develop behaviors that are crucial to healthy aging, including healthy eating, physical activity, and social interaction. The Y offers numerous programs that are designed to enrich the lives of people in their middle and older years. Older adults can stay active and healthy by participating in both physical and social activities. Offered are low-intensity group exercise classes; chair exercise classes; arthritis aquatic classes; senior strength training, walking; craft classes; and social activities such as luncheons, table games, outings, and volunteer opportunities.

This YMCA location is a 24-hour access location.

Service Area(s)

Suffolk City