



NOW OFFERING

TEEN Times

**Tuesday – Thursday
1:00pm–4:00pm**

Teen Times are designated times the YMCA sets for teens ages 13-15 to come to the facility to use the fitness center or for scheduled lap lane reservations without their parent or guardian present.

COMING SOON!

Indoor Basketball & Pickleball Court Reservations for teens, adults, and families!

Join the Y!

Teen Memberships are just \$25.95 per month.

For less than \$7 per week your teen can have the opportunity to build healthy habits and stay active at the **Cumberland Cape Atlantic YMCA.**



Kontes Indoor Heated Pool



Scarpa Family Fitness Center



Family Health & Adventure Center



Family Free Weight Room