



Monday - Friday
4:00-7:00pm
Saturday - Sunday
9:00am-2:00pm



YOUTH & TEEN TIMES

YOUTH & TEEN TIMES are designated times the YMCA sets for youth members ages 11 - 15 to have access to the facility.



SCARPA FAMILY
FITNESS CENTER



FAMILY HEALTH &
ADVENTURE CENTER



FAMILY FREE-WEIGHT ROOM

YOUTH & TEEN TIMES ACCESS INCLUDES:

- » Family Free-Weight Room
- » Scarpa Family Fitness Center
- » Family Health & Adventure Center

IMPORTANT REMINDERS:

- » All youth ages 11-12 must have a parent on YMCA premises during their visit.
- » Must have a valid membership and check-in to access facilities.
- » A YMCA Healthy Living Orientation* session is required to come in without a parent during Youth & Teen Times. Orientations are FREE and can be scheduled at the Member Services Desk!

*Minors must have a parent present during their Healthy Living Orientation.

YOUTH & TEEN PERSONAL TRAINING

First-Timer Intro Special:
Get 3 One-on-One Sessions for **\$99**

**VISIT MEMBER
SERVICES FOR DETAILS**



SCAN QR CODE
FOR MORE
INFORMATION



Cumberland Cape Atlantic YMCA

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