

Family Fitness Center & Free Weight Room



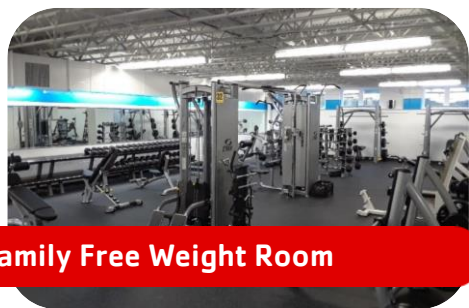
YOUTH & TEEN TIMES



Scarpa Family Fitness Center



Family Health & Adventure Center



Family Free Weight Room



Milam Family Multipurpose Center

Monday – Friday

4:30pm – 7:00pm

Saturdays & Sundays

10:00am–12:00pm

Youth & Teen Times are designated times the YMCA sets for youth ages 11-14 to have access to the Free Weight Room and Family Fitness Center. Youth 11-14 always have full access to our Family Health & Adventure Center and Milam Multi Purpose Center (see schedule for availability-visit our website or see Member Services).

All Youth 11-12 must have a parent remain in the building for the entire duration of their visit.



**Not a Member Yet,
Join the Y Today!**

Teen Memberships are just \$25.95 per month. For less than \$7 per week your teen can safely build healthy habits and stay active at the YMCA.

Cumberland Cape Atlantic YMCA

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