



Family Fitness Center &
Free Weight Room

YOUTH & TEEN TIMES

Monday – Thursday

9am-12pm; 4pm - 8pm

Friday

9am-12pm; 5pm - 8pm

Saturdays & Sundays

9am-1pm



Scarpa Family Fitness Center



Family Health & Adventure Center



Family Free Weight Room



Milam Family Multipurpose Center

Youth & Teen Times are designated times the YMCA sets for youth facility members 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 (The updated weekly schedule is available online, by the Milam Center, or at Member Services).

Must have a valid facility membership and be checked in to enter any of these areas.

All Youth 11-12 must have a parent remain on YMCA premises for the entire duration of their visit.



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

Cumberland Cape Atlantic YMCA

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