



Family Fitness Center &
Free Weight Room

YOUTH & TEEN TIMES

Monday – Friday

9a-12pm & 4pm - 8pm

Saturday & Sunday

9am-3pm



Scarpa Family Fitness Center



Family Health & Adventure Center



Family Free Weight Room



Milam Family Multipurpose Center

Youth & Teen Times are for facility members ages 11-15 to have access to the Free Weight Room and Family Fitness Center without an adult in the room. Youth 11-15 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 these areas.

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



See our Fitness Staff for a FREE Fitness Center Orientation.

Cumberland Cape Atlantic YMCA

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