

## **Aquatic Fitness**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Aquatic fitness classes are geared to seniors but other ages are welcome.

Intake Process

Call, email, or visit the website to learn more about available programs or to become a member.

Self Refer

Yes

Suffolk Family YMCA

<http://www.ymcashr.org/suffolk/>

<https://www.facebook.com/YMCAofSouthHamptonRoads>

Main

(757) 934-9622

2769 Godwin Boulevard

23434 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

Please visit the website for class schedules.

Fee Structure

Call for Information

Languages Spoken

English

YMCA of South Hampton Roads offers aquatics programs for seniors. Aqua Power offers water exercise for those who are not swimmers. Aqualite emphasizes good body mechanics, keeping joints in a stable and functional position, and reducing the effort required to do activities by employing floatation devices and very lightweight equipment. This is a great class for members with mobility issues.

Deep Water Aquacise and swimming lessons are also available. Call for more information.

Service Area(s)  
Suffolk City