



SUMMER HOURS

Monday – Friday

9am – 12pm

4pm – 8pm

Saturday & Sunday

9am – 3pm



YOUTH & TEEN TIMES



SCARPA FAMILY
FITNESS CENTER



FAMILY HEALTH &
ADVENTURE CENTER



FAMILY FREE WEIGHT ROOM



MILAM MULTI-PURPOSE CENTER

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

YOUTH & TEEN TIMES ACCESS INCLUDES:

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



YOUTH & TEEN PERSONAL TRAINING

Choose from
One-on-One Sessions
or Small Group
Personal Training
(Groups of 4-6)

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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