

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

4:00pm – 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 as low as \$28 per month.

For as low as \$7 per week your teen can safely build healthy habits and stay active at the YMCA.

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org