

## **Aquatics and Water Exercise**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Age 55 and older

Family

Yes

Intake Process

Call the office for exact times of class. Call for membership options

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Blocker Norfolk Family YMCA

<https://www.ymcashr.org/locations/blocker-norfolk-family-ymca>

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

Main

(757) 547-9622

312 West Bute Street

23508 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: 7:00 am-3:00 pm

Sunday: 1:00 am-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Blocker Norfolk YMCA offers swimming and water exercise programs for youth and adults.

Aquatic programs for older adults include open swim, water aerobics and other aquatic classes.

Service Area(s)

Norfolk City