

The Hilltop Family YMCA Welcomes You..... Just show your guest pass!

- **Operating Hours: Monday-Thursday 5am-10pm**
Friday 5am-9pm
Saturday 7am-6pm
Sunday 10am-5pm



- **ChildWatch: Monday-Thursday 8-2 & 4-8**
Friday 8-2
Saturday 9am-1pm
Sunday 10:30am-1:30pm



- **Facility: Cardio Room including Free-Weights and Strength Equipment, Variety of Aerobic Classes including: Pilates, Step and Aqua Classes. 25-meter Pool available for free/lap swimming. Full-Length Basketball Court. Locker rooms: Equipped with showers, lockers and saunas.**



Phone #- 757-422-3805

Address- 1536 Laskin Rd, Va, VA, 23451

