

## **Aquatic Programs**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Anyone who is interested in aquatics. Varies with type of class.

Family

No

Intake Process

Walk-ins accepted.

YMCA of Portsmouth

<https://www.ymcashr.org/locations/ymca-portsmouth?type=ymca>

Main

(757) 483-9622

4900 High Street West

23703 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-3:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Call for schedule of classes

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Swimming at the YMCA of Portsmouth encourages a healthy spirit, mind, and body. Offers a six-lane 25-yard lap pool, a jetted Therapy pool with children's Splash Zone, and two hot tubs. Families have several swim opportunities.

Provides a variety of aquatic programs. choose youth swimming lessons, adult swim programs, water exercise classes, including Aquacise, Arthritis Aquatics, and Deep H2O Combo, independent lap swimming, family playtime, and much more. The pool schedule is balanced to accommodate both structured classes and open swim times for fun or exercise.

Hours and times vary for aquatic programs.

Service Area(s)  
Portsmouth City