

Eastern Shore Family Ymca - Onley

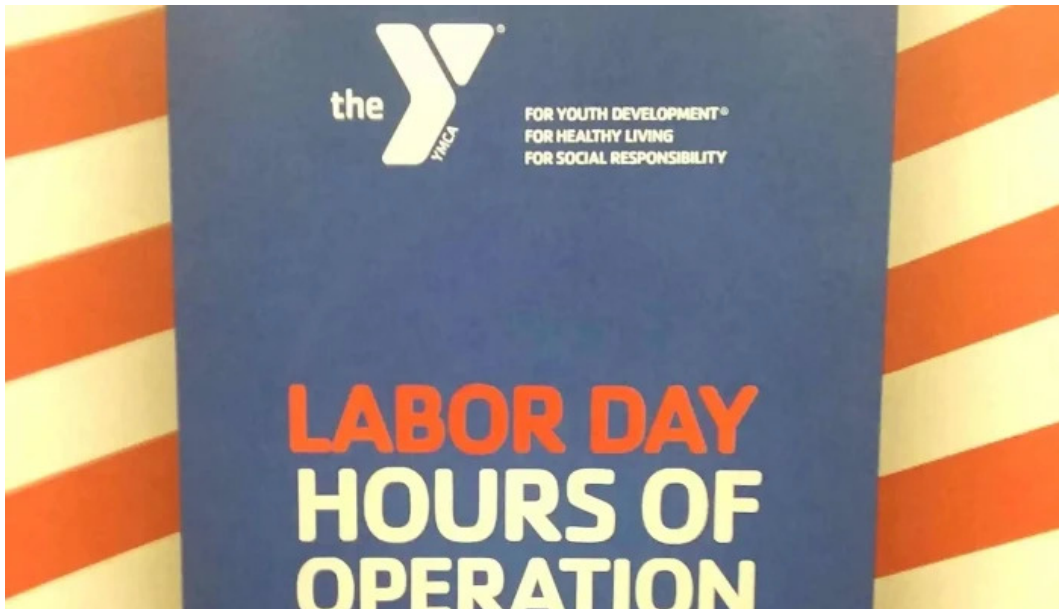
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Eastern Shore Family Ymca - Onley

Discover the Eastern Shore Family YMCA: A Community Center in Onley, Virginia

The ****Eastern Shore Family YMCA**** in Onley, Virginia, serves as a vital community center that offers various facilities and programs aimed at enhancing the well-being of its members. While not the largest facility, it effectively maximizes its space to provide a welcoming environment for fitness enthusiasts and families alike.

Accessibility Features for Everyone

One of the hallmarks of the Eastern Shore Family YMCA is its commitment to **accessibility**. The center boasts a **wheelchair-accessible car park**, making it convenient for individuals with mobility challenges. Additionally, the **wheelchair-accessible entrance** ensures everyone can enjoy the services provided without barriers.

A Mixed Bag of Amenities

While some visitors have described the YMCA as "very expensive," especially compared to other gyms, it is noteworthy that the facility packs a lot into its smaller size. The locker rooms are generally well-maintained, offering a pleasant atmosphere for all users. Members appreciate the friendly and dedicated staff who are always ready to assist. The YMCA features a pool that has been described as "fairly nice" with warm water during winter months. However, visitors have noted that the pool is not particularly deep, which may limit certain activities. There is also a gymnasium that offers diverse sports options, including yoga classes and fitness sessions that many local places might not provide.

Community-Oriented Programs and Services

A standout feature of the Eastern Shore Family YMCA is its daycare facility, which allows parents to workout or relax while knowing their children are cared for by friendly staff. This service is invaluable for families looking to balance fitness with childcare responsibilities. Visitors have praised the **excellent water exercise program**, making it a great spot for older adults or those with special fitness needs. However, it's worth noting that some equipment, such as the lat pull-down machine, has been suggested as an addition to enhance the gym experience.

A Welcoming Environment for All

Despite its smaller size compared to larger chains, the Eastern Shore Family YMCA fosters a supportive and friendly atmosphere. Members frequently commend the approachable staff and the overall cleanliness of the facility. Many have expressed that the environment feels inclusive, making it comfortable for both first-time visitors and regular attendees. However, feedback indicates that not all equipment meets the quality expectations of more hardcore fitness enthusiasts, particularly those interested in Olympic-style weightlifting or powerlifting. Limited barbells and space could be challenging for these specific training regimens.

Conclusion

In summary, the **Eastern Shore Family YMCA** might not be the largest or most equipped gym, but it excels in creating a community-focused environment

where families and individuals can thrive. Its commitment to accessibility, variety of programs, and friendly staff make it a solid choice for anyone on the Eastern Shore looking to improve their health and fitness within a supportive community setting. If you're considering membership, stop by and see if this facility aligns with your lifestyle and fitness goals.

You can find us in

26164 Lankford Hwy, 23418 Onley, Virginia - United States (US)

The phone of this **Community center** is +1757-787-5601

And if you want to send a WhatsApp, you can do so at +1757-787-5601

You can visit us at the following hours:

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5:45?AM–8?PM
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5:45?AM–8?PM
Wednesday
5:45?AM–8?PM
Thursday
5:45?AM–8?PM
Friday
5:45?AM–8?PM
Saturday
8?AM–4?PM
Sunday
1–5?PM

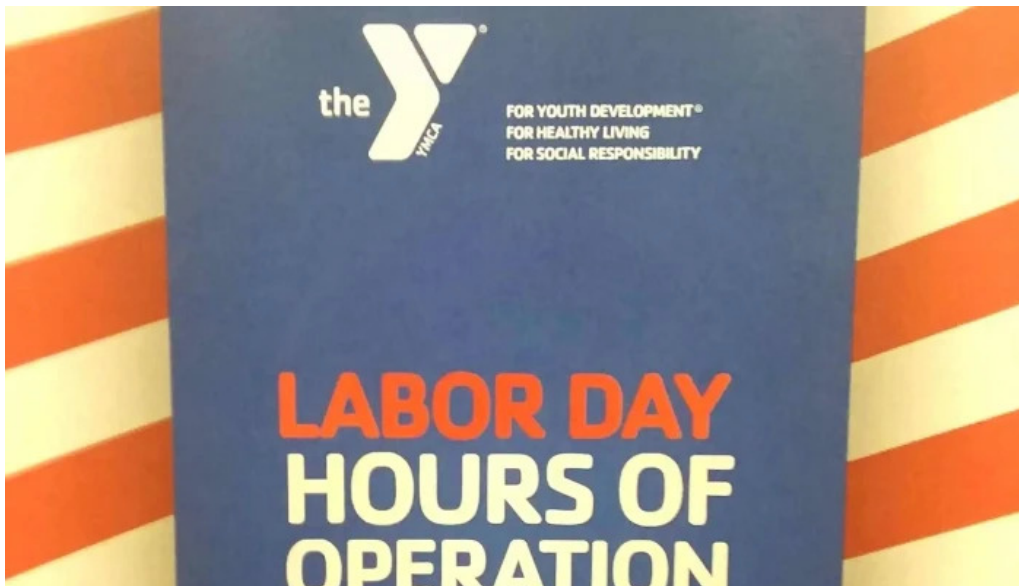
The website is Eastern Shore Family YMCA

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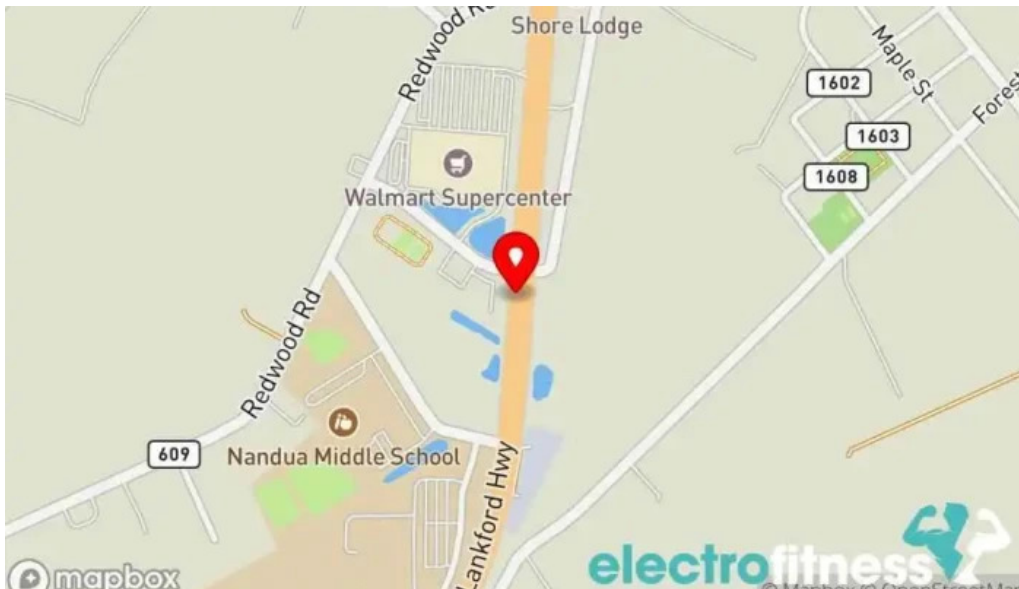
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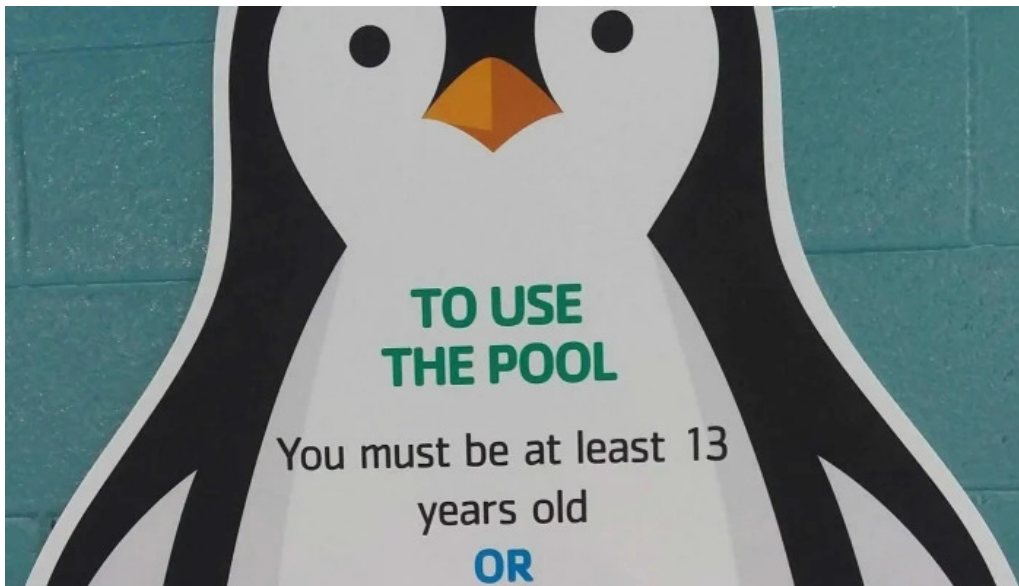
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Tags

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