

## **CAMBRIDGE AREA Y.M.C.A. FAMILY CENTER**

### **Services Offered:**

Gymnasium/Youth Center, Paramount resistance equipment, free weight area. Cardio equipment includes Life Fitness treadmills, elliptical trainers, recumbent and upright bikes and stair climbers.

Youth Center includes: rock climbing wall, climbing tube, Dance Dance Revolution, air hockey, foos ball, pool tables, and computer area.

Adult Classes include: Adult aerobics/fitness yoga, Pilates, indoor cycling, stability ball, Tai Chi, Active Older Adult, yagalates, step, kickboxing, wheelchair, basic training and Silver Sneakers.

Youth Classes include: teen strength training, gymnastics, basketball, golf, T-ball, summer fun programs and teen dances.

Youth Activities include: Soccer, basketball, softball fundamentals.

Children's Activities include: Nets Nets & More Nets, Little Giggles Play Group, Rhythm and Games, Co-Ed Basketball, Cheer Tumble, Parents Night Out.

YMCA Youth Sport Leagues: Co-Ed Basketball and Co-Ed T-ball.

YMCA Adult Sport Leagues: Co-Ed Volleyball and Men's Basketball.

The YMCA offers physical education for high school credit and physical education for home school.

**Cost:** Depending on type of membership

**Address:** 1301 Clairmont Avenue  
Cambridge, Ohio 43725

**Telephone:** (740) 432-4600

**Fax:** (740) 432-2598

**Hours:** Healthy Living Center

Sunday: 1 pm – 3 pm

Monday – Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday: 7 am – 6 pm

Sports Activity Complex

Sunday: 1 pm – 3 pm

Monday – Thursday: 6 am – 9 am & 4 pm – 8 pm

Friday: 6 am – 9 am & 4 pm – 7 pm

Saturday: 8 am – 4 pm

***Hours may vary with season***