

LETTER SIZED FOLDER NO LEFT SIDE POCKET



BEDFORD AREA FAMILY YMCA
www.BedfordYMCA.org

Business Builders, LLC

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BEDFORD AREA FAMILY YMCA
Bedford Branch
540 586 3483
Moneta Branch
540 296 1059
www.BedfordYMCA.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



WELCOME
BEDFORD AREA FAMILY YMCA

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1111 Turnpike Rd.
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Bedford, VA 24523
(P) 540 586 3483
(F) 540 587 5310

Moneta Branch
1039 Mayberry Crossing Dr.
Moneta, VA 24121
(P) 540 296 1059
(F) 540 296 1063

www.bedfordymca.org

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Would you consider providing a child or adult with a loving and nurturing home?

There are foster children and adults with disabilities in our community who need your strength, caring and values.

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Visit us on the web at:
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BEDFORD AREA FAMILY YMCA HOURS OF OPERATION

Bedford Branch (540) 586-3483

Monday – Thursday 6:00 AM – 9:00 PM
Friday 6:00 AM – 7:00 PM
Saturday 8:00 AM – 5:00 PM
Sunday 12:00 PM – 5:00 PM

Moneta Branch (540) 296-1059

Monday/Wednesday 6:30 AM – 8:00 PM
Tuesday/Thursday 7:00 AM – 8:00 PM
Friday 6:30 AM – 8:00 PM
Saturday 9:00 AM – 3:00 PM
Sunday CLOSED

- State-of-the-Art Health & Wellness Center
- Indoor Heated Swimming Pool, Spa, and Sauna
- 12,000 square foot Gymnasium with Indoor Climbing/Challenge Course
- Free Weight Room
- Aerobic Studio
- Soccer Fields
- High Ropes Course with 45' Climbing Tower & Team Building Course
- Teen Fitness/Recreation Area
- Outdoor Basketball/Sports Court & Pavilion
- Nursery

YOUTH PROGRAMS

- Before & After School Child Care throughout Bedford County
- All Day Preschool/Childcare Program
- Swim Lessons & Swim Team
- Recreational Swimming
- Youth Basketball
- Soccer & Indoor Soccer

ADULT PROGRAMS

- Strength, Interval, & Personal Training
- Spin
- Yoga
- Zumba®
- Various Group Fitness
- Water Aerobics
- Indoor Soccer
- Swim Lessons
- Noon Hoops
- Arthritis Water Exercise

- State-of-the-Art Fitness Center
- Aerobics Studio

YOUTH PROGRAMS

- Preschool Gymnastics
- Level I Gymnastics

ADULT PROGRAMS

- Various Group Fitness
- Zumba®
- Strength & Conditioning
- Yoga
- Senior Fitness

*Inclement Weather Policy
Please go to www.wset.com for any closings.*

We also offer many unique and creative ideas for birthday parties, youth groups, scout troops, clubs, etc. Contact us to book your next event.

Some activities available include: Pool Parties with or without our double slide inflatable

- Giant Bounce House/Obstacle Course
- Indoor Climbing Gym
- Outdoor Climbing

THE BEDFORD AREA FAMILY YMCA, IN COLLABORATION WITH CENTRA, OFFERS HEALTH, WELLNESS, AND EXTENSIVE REHABILITATION SERVICES INCLUDING CARDIO & PULMONARY HEALTH.

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