

Here at the Y, strengthening our community is our cause.

We make life-changing impact to the children, adults and families we serve through programs that focus on three key areas: youth development, healthy living and social responsibility.

Whether your kids learn confidence in our pools, find friendship in a youth program, or you take your health to the next level in one of our free group exercise classes, the Y is here for you.

Take a look inside and find yourself at the Y!

As a YMCA member you have access to ALL YMCA LOCATIONS ACROSS THE NATION!

ROCKY MOUNT YMCA
235 Technology Drive
Rocky Mount, VA 24151
(540)489-9622

Hours
Mon.—Thurs. 5:30AM—9PM
Friday 5:30AM—8PM
Saturday 7AM—5PM
Sunday 1PM—5PM

SMITH MOUNTAIN LAKE YMCA
293 Firstwatch Drive
Moneta, VA 24121
(540)721-9622

Hours
Mon.—Thurs. 5:30AM—8PM
Friday 5:30AM—7PM
Saturday 8AM—4PM
Sunday 12PM—5PM
Access Advantage Hours
24/7

FERRUM COLLEGE YMCA
333 Wiley Drive
Ferrum, VA 24088
(540)365-9622

Hours
Mon.—Fri. 6AM—10PM
Saturday 9AM—2PM
Sunday 1PM—5PM

DID YOU KNOW?

WE OFFER CORPORATE WELLNESS

Healthy employees are good business! Our program improves the wellness of 85% of participants. By helping your employees stay healthy; your company can improve overall productivity, save money on healthcare costs and help employees stay healthier, so they miss fewer days of work due to illness. Ask us how a YMCA corporate wellness program could work for your company.

TELL YOUR FRIENDS!

UPCOMING JOINING SPECIALS

October 2018 | WELLNESS WEDNESDAY
Enjoy 1/2 off a daily visit and 1/2 off joining fee on October 17th!

November 2018 | KEEPING THE COUNTY WARM
Collecting all new or gently used hats, gloves, and jackets in November. All of your donations will be distributed to families in need in the Franklin County area.

December 2018 | TIS THE SEASON FOR GIVING
For every membership gift certificate you purchase you'll be entered for a chance to win a free month membership

Download our mobile app for your Android or Apple Device and have access to:

- Group exercise, aquatics, & gymnasium schedules
- Digital membership card
- Special programs and events
- Sign up for push notifications for facility closures!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FUN FOR EVERYONE



2018 FALL PROGRAM GUIDE

FRANKLIN COUNTY FAMILY YMCA
ROCKY MOUNT | SMITH MOUNTAIN LAKE | FERRUM COLLEGE

www.franklincountyyymca.org

FRANKLIN COUNTY FAMILY YMCA



FRIENDS MAKE FITNESS MORE FUN

Smith Mountain Lake | Mon/Wed/Fri | Barre

Carolyn Smith

What I like most about Barre is that it works every area of the body, combining toning with light weights, bands and small and large exercise balls, cardio, balance and coordination along with stretching all to a variety of updated music. I also love that Barre does not require any ballet or dance experience and is appropriate for a variety of ages!

Rocky Mount | Wednesday 7 PM | Hip Hop Cardio

Christi Setliff

Hip Hop Cardio is a Fun, Hot, Sweaty, Burn a lot of calories fitness class and that's why I love it! I believe the class is appropriate for all fitness levels! I also attend Alla's class on Monday evenings and have attended Hope Mitchell's Full Body Conditioning classes and they have made me a stronger, healthier person! I think that the FC YMCA has a nice variety of classes for everyone!

Smith Mt. Lake | Mon 6 PM | Monday Night Burn

Janet Taylor (Instructor), Amy Meador

I love the evening exercise classes at the SML YMCA! Being in a group exercise class works best for me because it helps to hold me accountable to my exercise routine. Janet gives us a full body strength and cardio workout in her 'Monday Night Burn class' and manages to make it fun at the same time. No class is ever the same! I also love the spin classes on Tuesday & Thursday evenings with Becky and Emilee, who always have a variety of upbeat music and keep us energized so that the hour long class flies by! Thank you SML YMCA!



FRANKLIN COUNTY FAMILY YMCA

Join Now Live Better!

Group Exercise • Personal Training • Tennis
Water Exercise • Racquetball • Swimming
Kids Programs & Much More!

Youth Membership (13-18 yrs old)

Monthly Payment	\$28	No Joining Fee
Monthly E-Pay	\$28	No Joining Fee
Semi Annual	\$160	No Joining Fee
Annual	\$311	No Joining Fee

College Student Membership (19-22 yrs old)

Monthly E-Pay	\$30	No Joining Fee
Must present current College ID		

Adult Individual

Monthly E-Pay	\$45	\$50 Joining Fee
Semi Annual	\$257	\$25 Joining Fee
Annual	\$503	No Joining Fee

Family of 2

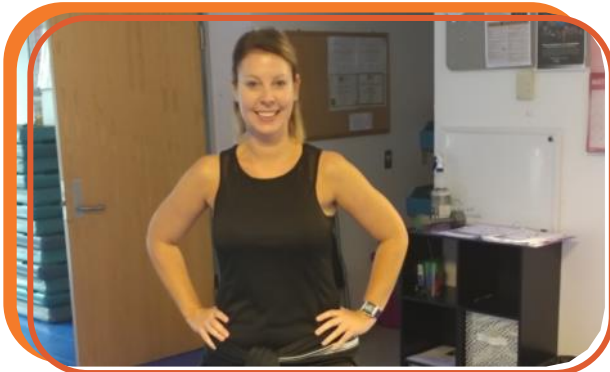
Monthly E-Pay	\$62	\$75 Joining Fee
Semi Annual	\$354	\$50 Joining Fee
Annual	\$692	No Joining Fee

Family of 3+

Monthly E-Pay	\$68	\$75 Joining Fee
Semi Annual	\$388	\$50 Joining Fee
Annual	\$759	No Joining Fee

*Semi annual membership includes a 5% discount

*Annual membership includes a 7% discount





MEMBER BENEFITS

FITNESS ORIENTATIONS

Free fitness orientations, gets an individual comfortable with cardio equipment and circuit machines, go over proper warm up, form, reps x sets, and cool down including stretching.

FACILITY INCLUDES:

- Racquetball courts with equipment provided
- Volleyball
- Indoor soccer with pop up goals
- Lap pool **Hours:**
Monday 12:45p-4p, 7p-9p
Tuesday 1p-4p, 7p-9p
Wednesday 12:45p-4p, 7p-9p
Thursday 1p-4p, 7p-9p
Friday 11a-5p, 7p-9p
Saturday CLOSED
Sunday 1p-4p

YOUTH PROGRAMS

OPERATION: FITKIDS

Grades 3-5 \$25/child/week

WEDNESDAYS & FRIDAYS 3:30-5:00P

Participants of Operation: FITKids will gain knowledge regarding ways to feel good in body and mind by learning the importance of being physically active and making healthy food choices. Structured lessons with real life applications, activities and resources will help your child make healthy choices today, tomorrow, and forever.



FERRUM COLLEGE YMCA

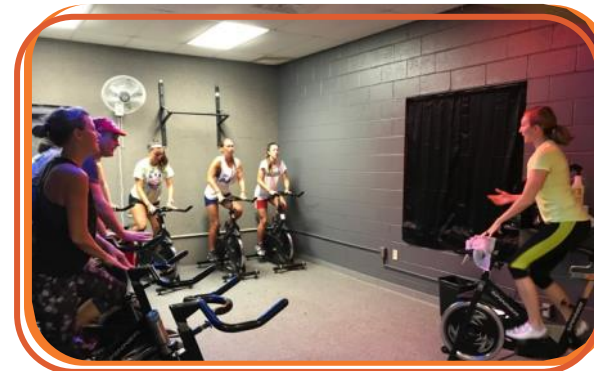
WELLNESS PROGRAMS

MOM STRONG

Fridays @ 12 | Ferrum Studio A

This class is designed for moms returning to exercise after baby. Whether your baby is four months old or 40 years old this class will help you get into an exercise routine by focusing on:

- Stabilization and Balance
- Proper form and exercise technique
- Safe exercises to do with baby!



MEMBER BENEFITS

STAY AND PLAY | AGES 3 MONTHS - 5 YRS

Child Watch provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities. **Year Round / M: FREE**
M-Th 8:00 am-12:00 pm & 5:00-8:00 pm
Fri 8:00 am-12:00 pm & 5:00-7:00pm
Sat 8:00 am-12:00 pm



WELLNESS PROGRAMS

SCRIPT FIT

A prescription exercise program that connects you, your doctor and the Y! Enjoy discounted personal training sessions, InBody sessions & fitness screening and assessments.
Level 1: \$99

SMITH MOUNTAIN LAKE YMCA



YOUTH PROGRAMS

QUICKSTART TENNIS

Instructional program for kids grade k-5. Technique, footwork, and stroke fundamentals along with intro to gameplay & scoring will be learned.

When: October 1st—November 26th

Session Times:

Red Ball— Beginner—Age 5-9

Tuesdays 3:30-4:30p

Red Ball—Intermediate—Age 5-9

Tuesdays 4:45-5:45p

Orange Ball—Age 8-12—Mondays 3:30-4:30p

8 Week Session Rate: \$180

Single Class: \$15

INTERMEDIATE & ADVANCED TUMBLING

Develop confidence and ability in essential tumbling skills, including cartwheels, back and front walkovers, running and standing back handsprings.

Program Dates: 9/6/18—11/8/18

Times: Ages 4-10: 5:00p-5:45p in Studio A

Rate: M: \$70 NM: \$85

ROCKY MOUNT YMCA

MEMBER BENEFITS

STAY AND PLAY | AGES 3 MONTHS - 5 YRS

Child Watch provides up to two hours each day of supervision and activities for children so members can participate in YMCA activities.

Year Round / M: FREE

M-F 8:30 am-11:45 am

M-T 5pm-8pm

Sat 9am-12pm

Kid's Zone: M-T 5pm-8pm & Sat 9am-12pm

Kid Craft Days:

October 9th, October 17th

Halloween Party—October 25th

Come dressed in costumes and enjoy crafts and light snacks!

WELLNESS PROGRAMS

SCRIPT FIT

A prescription exercise program that connects you, your doctor and the Y! Enjoy discounted personal training sessions, InBody sessions & fitness screening and assessments. **Level 1: \$99**

LADIES WHO LIFT

Barbell training is the most effective way to increase strength and power, bone density, and lean body mass. Learn the basic powerlifts in 6-weeks of progressive training.

September 10th—October 23rd

Mondays 5:15p—6:15p | Tuesdays 10a—11a

Members: \$55 | Non-Members \$70

COUCH TO 5K

This 6-week introductory program eases you into running gradually. The run group will meet once a week to build endurance and confidence!

Start Date: Wednesday, September 26th at 6p

Rates: M: \$25 NM: \$40



CHILDCARE PROGRAMS

SAFE BEFORE/AFTER SCHOOL PROGRAM

FOR GRADES PRE-K THRU 5TH

We welcome you and your children to the YMCA Before/After School Program for the 2018-2019 school year! Our licensed program will provide children with learning experiences that will help them grow in spirit, mind, and body, while keeping them safe.

LAND OF WONDER PRESCHOOL

Providing a foundation for growth and development for all children. Starting with 2 year olds through pre-k, working with sing, spell, read and write curriculum, music, art and more let your child learn and grow with all the Land of Wonder has to offer.

Location: 295 Technology Dr.

Rocky Mount, VA 24151

Hours: 6 AM—6PM, MON.—FRI.

Ages: 2—PRE-K



YOUTH WELLNESS

HOMESCHOOL PE, FALL '18

A solid foundation in physical activity is a crucial part of a healthy, active lifestyle. The YMCA can help you to provide a high-quality, affordable program that has something to offer to learners of all ages, k-8.

Program Dates: Oct. 10th—Nov. 14th

Single Child Rate: M: \$25 NM: \$35

Multi Sibling Discount: M: \$20 per child

INTERMEDIATE & ADVANCED TUMBLING

Develop confidence and ability in essential tumbling skills, including cartwheels, back and front walkovers, running and standing back handsprings.

Program Dates: 8/15/18—11/14/18

Times: Ages 4-10: 5:30p-6:15p in the Gym

Ages 11-16: 6:30p-7:30p in the Gym

Rate: M: \$70 NM: \$85

GYMNASTICS

Our gymnastics program incorporates tumbling, gymnastics and acrobatic maneuvers. Students will learn basic skills and equipment including the balance beam, springboard, and horizontal bar.

Program Dates: 8/13/18—11/12/18

Ages 3-4yrs: 4:30p-5:15p in Gym

Ages 5-6yrs: 5:30p-6:15p in Gym

Ages 7-10yrs: 6:30p-7:30p in Gym

Rate: M: \$105 NM: \$160



ROCKY MOUNT YMCA

AQUATICS PROGRAMS

SWIM LESSONS

Everyone should learn how to swim, especially children. With Franklin County being located between two lakes, several rivers & countless pools it is imperative that our children know how to swim.

LESSONS EITHER M&W OR T&TH

SESSION 1: Aug 27-Sept 20

SESSION 2: Sept 24-Oct 18

SESSION 3: Oct 22-Nov 15

AM Classes—School Age and Preschool

Level 1—9:00a-9:30a

Level 2—9:45a-10:15a

Level 3—10:30a-11:00a

PM Classes—School Age and Preschool

Level 1—4:00p-4:30p

Level 2—4:45p-5:15p

Level 3—5:30p-6:00p

Level 4—6:15p-6:45p

Level 5—7:00p-7:30p

Members—\$55 Non-Members—\$80

RIPTIDE SWIM TEAM FALL '18

Our swim team focuses on proper technique, stroke development, and beating YOUR best times, not other children.

Practice Groups

8 and Under—Practices M, T, & Th 5:15-6:00

Cost: Split pay option-2 payments of \$92

Save with Full Pay- 1 Payment of \$166

Age Group 9-12-Practices M, T, & Th 5:45-7:00

Cost: Split pay option-2 payments of \$110

Save with Full Pay- 1 Payment of \$197

Senior 13-21 -Practices M, - Th 6:00-7:30

Cost: Split pay option-2 payments of \$131

Save with Full Pay- 1 Payment of \$235

Age Group Elite -Practices M- Th 6:00-7:45

Cost: Split pay option-2 payments of \$138

Save with Full Pay- 1 Payment of \$248

Senior Elite -Practices M- Th 6:00-8:00 F 4:00-5:30

Cost: Split pay option-2 payments of \$145

Save with Full Pay- 1 Payment of \$260