

**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. 6AM—8PM  
Friday 6AM—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

# HIGH FIVE THE Y

The YMCA is so much more than just a place. The Y is a cause! Our cause is strengthening our community. Every day we work to tackle important issues facing our area through programs and services focused on Youth Development, Healthy Living, and Social Responsibility. But we only do this with your support.



Pledge \$5 for 10 months or your gift of choice to help us provide programs to those who need it most. Visit [www.franklincountnymca.org](http://www.franklincountnymca.org) and click **DONATE.**

**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!



## Franklin County Family YMCA SPRING PROGRAM GUIDE 2019

Rocky Mount | Smith Mountain Lake | Ferrum College

# FRANKLIN COUNTY FAMILY YMCA



# FRANKLIN COUNTY FAMILY YMCA

## WHY WE'RE HERE

### FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

In January SAFE Before and after school staff provided 2,548 homework and tutoring hours. 8,986 healthy snacks were served, 273 stem projects and lessons were completed, and 7,117 hours of care were provided for Franklin County kids. Also, 21% of students are receiving assistance from the YMCA.



### FOR HEALTHY LIVING

Improving our community's health and well-being

Group exercise classes at the Rocky Mount Y increased 15% in January and 11 teens have committed to their health through our teen exercise program. We also have 13 teens registered for the volleyball clinic.



### FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbor

During our coat drive we collected 100 coats, 16 scarfs, 62 hats, and 28 pairs of gloves. During our canned food drive we collected 300 canned food items. All donated to make a difference in the Franklin County Community.



## 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



## FERRUM COLLEGE YMCA



### 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:** M-F 7P-9P & Sun 12P-4P

#### INBODY SCHEDULE:

- April 22—26
- May 27—31
- June 24—28

### YOUTH PROGRAMS

#### CPR CERTIFICATION COURSE

Earn certification in CPR, AED, and First Aid from the American Red Cross! This is a blended learning class. Online portion must be completed prior to class.

**Date:** April 28th

**Time:** 10:00 AM—12:00 PM

**Costs:** \$35

### AQUATICS

#### SWARTZ POOL HOURS

**Monday** 1p-4p and 7p-9p

**Tuesday** 1p-4p and 7p-9p

**Wednesday** 7p-9p

**Thursday** 1p-4p and 7p-9p

**Friday** 1p-4p and 7p-9p

**Closed Saturday**

**Sunday** 1p-4p



### SPECIAL EVENTS

#### DRIVE SAFE CAMPAIGN CAR SMASH FUNDRAISER

Free admission! There will be a food truck and a car smash fundraiser—\$1 for 3 swings. We will also have cornhole and a sidewalk chalk contest.

**Date:** April 6th

## SMITH MOUNTAIN LAKE 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-Th 8:00 am-12:00 pm & 4:00-8:00 pm  
Fri 8:00 am-12:00 pm & 4:00-7:00pm  
Sa 8:00 am-12:00 pm

#### PICKLEBALL FOR ALL LEVELS OF PLAY

Ask the front desk for a schedule of different play times and information for beginners!



### WELLNESS PROGRAMS

#### LINEDANCING CLASS

when: Monday's starting April 1st

Time: 11:30 AM—12:30 PM

Location: Studio A

See the front desk to register!

#### INBODY SCHEDULE

- April 15—19
- May 13—24
- June 17—21

Cost: \$10 per test

#### 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**



### YOUTH PROGRAMS

#### INTERMEDIATE & ADVANCED TUMBLING

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

**Program Dates:** 04/04/19—06/21/19

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

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

### SPECIAL EVENTS

#### THE SHOWS OF SHOWS STEEL DRUM CONCERT

Our 4th Annual Carnivale Steel Drum Concert is sure to entertain with performances by both the Tucan Pan Band and Parrot Pan Band

**Dates:** 3/30/19

**Time:** 5:00 PM—8:00 PM

# ROCKY MOUNT YMCA



## CHILDCARE PROGRAMS

### SUMMER CAMP 2019

Children have fun while learning core values, building self-confidence, making new friends and growing in self-reliance.

#### EARLY BIRD SPECIAL

March 15—April 30th

Register and pay first week of camp  
PAY NO REGISTRATION FEE

#### INITIAL REGISTRATION FEE

\$15 for SAFE Participants  
\$35 for first child (non-SAFE participant)  
\$10 for all siblings

#### 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-F 5pm-8pm

Sa 9am-12pm

#### Kid's Zone:

M-T 5pm-8pm

Sat 9am-12pm

#### LAND OF WONDER PRESCHOOL

Serving age 2 - Pre-K

Open 6:00 AM—6:00 PM



## YOUTH PROGRAMS

### INTERMEDIATE & ADVANCED TUMBLING

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

**Program Dates:** Wednesdays April 3-June 26

**Times:** Ages 3-4: 4:30-5:15 in Gym

Ages 5-10: 5:30-6:15 in 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:** Mondays, April 1—June 24

**Times:** Ages 3-4: 4:30-5:15 in Gym

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

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

**Rate:** M: \$110 NM: \$165

### HOME ALONE SAFTY COURSE

Is your child prepared to take the first steps towards staying home alone? The Home Alone Safety for Kids program taught by Franklin County Department of Public Safety helps children gain confidence and skills to stay at home alone successfully.

Topics include online and internet safety, street smarts and bike safety, and more!

**Date:** Sunday, April 14th

**Time:** 2:00 pm—3:00 pm

**Rate:** M: \$10 NM: \$20



# ROCKY MOUNT YMCA

## AQUATICS PROGRAMS

### SWIM LESSONS

Everyone should learn how to swim, especially children. Located between two lakes, several rivers & countless pools it is imperative that our children know ho to swim. Here at the YMCA they will focus on water safety, becoming confident swimmers, gaining skills that will give them the best survival chance in the water.

30 min lessons, 8 total lessons, M&W or T&TH

#### DATES

Session 4 04/01/19-04/25/19

Session 5 04/29/19-05/23/19

**AM Classes —Preschool & School Age**

#### TIMES

Level 1 9:00 AM—9:30 AM

Level 2 9:45 AM—10:15 AM

Level 3 10:30 AM—11:00 AM

**PM Classes—Preschool & School Age**

#### TIMES

Level 1 4:00 PM—4:30 PM

Level 2 4:45 PM—5:15 PM

Level 3 5:30 PM—6:00 PM

Level 4 6:15 PM—6:45 PM

Level 5 7:00 PM—7:30 PM

**Rates: M: \$55 NM: \$80**

### SWIM TEAM SPRING/SUMMER LEAGUE

Season Snap Shot: The Summer League will begin on April 15, 2019 and run until August 2, 2019. There will be a couple free meets, one end of the summer glow in the dark meet, a camping trip and much more! This is an open league so you can join anytime. All swimmers must be YMCA members to be able to join the YMCA swim team.

### LIFEGUARDING CLASSES

**Session 1** - April 5 5:30-7:30, April 6&7 8:30am-6:00pm, Waterfront Module will be after regular class ends on the 7th until 9:00pm

**Session 2** - April 15—18 11:00am-4:00pm, Waterfront Module April 19 11:00-3:00pm

**Session 3** - May 3 5:30-7:30, May 4&5 8:30am-6:00pm, Waterfront Module will be after regular class ends on the 5th until 9:00pm

**Session 4** - May 17 5:30-7:30, May 18&19 8:30am-6:00pm, Waterfront Module will be after regular class ends on the 19th until 9:00pm

**Session 5** - June 10—13 11:00am-4:00pm, Waterfront Module June 14 11:00-4:00pm

## WELLNESS PROGRAMS

### INTRODUCTION TO FOAM ROLLING

Restore joint mobility, reduce muscular discomfort, clear trigger points in muscle tissue and speed up recovery between workouts!

#### Dates & Times:

Tuesday, April 23rd at 6:00 PM

Friday, April 26th at 9:00 AM

**Rates:** M: \$7 per class NM: \$12 per class

### RESTORATIVE YOGA

Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching.

#### Dates & Times:

Thursday, April 25th 1:00 PM—2:00 PM

Friday, May 17th 6:30 PM—7:30 PM

**Rates:** M: \$10 NM: \$15

### PARKINSON'S BOXING CLUB

Non-contact Boxing training can be useful for managing symptoms of Parkinson's disease. This combination of interval cardio and boxing drills improves coordination, balance, endurance & more Available to members who qualify for ScriptFit

### NUTRITIONAL ADVISING

Feeling plateaued? Need a boost in your wellness program, that is individually catered to your health? Our experience Nutritional Advisor will guide you on how to improve general health, and develop a customized plan based on your goals.

**Special Intro Session:** \$25

**After Intro:** \$60/HR

