

**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.—Thurs. 6AM—10PM  
Friday 5:30AM—8PM  
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.franklincountyyymca.org](http://www.franklincountyyymca.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!



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

# TOGETHER WE CAN BUILD A BETTER US

## Summer Program Guide

ROCKY MOUNT • SMITH MOUNTAIN LAKE • FERRUM COLLEGE

2018



# FRANKLIN COUNTY FAMILY YMCA



## FRIENDS MAKE FITNESS MORE FUN

**Rocky Mount | Tuesday 4 PM Yoga**  
Emilee Hall (Instructor), Andre Washington

He was nominated by our Tuesday 4:00 Yoga teacher, Emilee Hall! Emilee says Andre takes yoga to a whole new level! As a basketball player for the Toronto Raptors, Andre says yoga helps to balance out his workouts by lengthening & stretching muscles to increase flexibility & balance! If it works for Andre it may work for you!

**SML | M/W/F 6:30 AM Seasonal Sculpting Class**  
Rusty Moomey, Barbara Lees, Paula Meighen, Becky Brown, Jim McMichael

We all love Luisa's class because of the wonderful support, encouragement, and fellowship. The friendship there makes us feel strong and empowered to make changes within ourselves. The biggest encourager is Luisa, our instructor. She is always watching and making sure everyone is doing each exercise correctly so we won't get hurt. Her training program keeps every muscle in our body strong so that we can keep doing everything we like to do. Thank you Luisa!

**Rocky Mount | Mon/Wed 9 AM Cycle**  
Joyce Music

Joyce was nominated by our cycle instructor Ronda Jackson! She loves Ronda's enthusiasm and the connections she has made with all her participants! Ronda always has new music and fresh workouts that make the workout different every class! Joyce loves the new bikes and loves the aerobic workout she gets in one hour! She feels that this class is absolutely appropriate for everyone as you can work at your own pace! Joyce loves the Rocky Mount YMCA because she loves the sense of community and the relationships she has built!! She also really enjoys Christina and Wendy's Friday cycle class!



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

### INBODY SCHEDULE:

- June 25th-29th
- July 23rd-27th
- August 27th-31st

## YOUTH PROGRAMS

### TUMBLING

Develop confidence and ability in essential tumbling skills, including: splits, forward rolls, backward rolls, back bends, walk-over, cartwheel, round off, standing back handspring.

**Session Dates:** June 6—July 26

**Time:**

Intermediate-Advance Levels:  
Wednesday's 6:30 PM —7:30 PM

Beginner Level:  
Thursday's 5:30 PM—6:30 PM

**Costs:** Members \$70, Non-Members \$85

**Ages:** 5-11

Register at front desk. Max of 8 per level.

## FERRUM COLLEGE 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



## WELLNESS PROGRAMS

### WATER AEROBICS

The Y has partnered with the Westlake Country Club to offer water aerobics classes to our members for FREE all summer long. Join us at 9:30 AM Monday, Wednesday, & Friday. Guests pay \$8 per class.

### 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.

### CLINIC OPTIONS:

June 4th – August 3rd (no clinics July 4th week)

**Red Ball** – Age 5-9 – Monday, Tuesday, and Thursday – 11:30-12:30pm

**Orange Ball** – Age 8-12 – Monday, Tuesday, and Thursday – 12:45-1:45pm

**Green Ball** – Age 10-12 – Friday – 5-6:30pm

### FEES:

-8 weeks

(8 classes – includes SML Tennis t-shirt)

Red or Orange Ball – \$120

Green Ball – \$160

-1 week (3 classes) Red or Orange Ball – \$45  
-Single Class

Red or Orange Ball –\$15

Green Ball – \$20

**INSTRUCTOR:** Chesley Wilkerson  
(USPTA Certified Coach)

### KID'S YOGA

For ages 5-10. This summer program introduces young individuals to the dynamics of a yoga practice that can be used on a continuing basis.

**Class starts:** June 14th

**Time:** Thursday's 9 AM

**Location:** Gym **Rates:** M: FREE NM: \$10

# ROCKY MOUNT YMCA



## CHILDCARE PROGRAMS

### SAFE Before/After School Program EARLY BIRD SPECIAL July 1st-31st

YMCA Before/After School Program for the 2018-2019 school year is now enrolling! Join between July 1st & July 31st and we will waive your registration fee! 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



## 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**

### 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**

### AFTER HOURS BASKETBALL

Stay late and hit the court! Full court and 4 on 4 play organized in a friendly gym atmosphere. Begins on 5/9.

**Summer Schedule:** Sundays, 5-7 pm

**Rates:** M: \$5 NM: \$7

### FIGHTING SHAPE

Learn striking fundamentals along with classic kick-boxing training drills including jump rope, bag work, partner drills\*\*, focus mitts, medicine ball work, calisthenics, and SAQ work, in timed rounds.

#### Days and Times

June 6-27: Wednesdays, 8-9am, Gym, \$30

July 4-25: Wednesdays 8-9am, Gym, \$30

Register for all three sessions up front, pay \$70

Register for June and July up front, pay \$50



## YOUTH WELLNESS

### HOMESCHOOL PE, SUMMER '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:** 6/20/2018-7/25/2018

**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:** Wednesday's May2-July25

**Times:** Ages 5-10: 5:30-6:15 in Gym

Ages 11-16: 6:30-7:30 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:** Monday's April 30-July 30

**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: \$105 NM: \$160



# ROCKY MOUNT YMCA

## AQUATICS

### SWIM LESSONS

Every child needs to learn how to swim. The YMCA offers high quality swim lesson program designed to teach your child how to be safe in and around water. Stay informed with mid & end session reports to show you everything your child has been taught and what skills they have mastered.

30 min lessons, 8 total lessons, Monday's-Thursday's

#### DATES

Session 8 6/4/18-6/14/18

Session 9 6/18/18-6/28/18

Session 10 7/9/18-7/19/18

Session 11 7/23/18-8/2/18

**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**

### PARENT & TOT SWIM LESSONS

Help your child learn to be safe in and around the water. With Franklin County having so many water sources it is a necessity for your child to learn how to swim. We have multiple lakes, creeks, rivers, and countless pools. Help your child stay safe by enrolling in our Parent and Tot swim lesson program.

- Ages 6 months to 3 Years old
- Get your child accustomed to the water
- Learn how to keep your child safe in and around the water

**TIME:** Saturday's 10:00-10:30

SESSION 6: June 2-June 23 SESSION 8: Aug 4-Aug 25

SESSION 7: July 7-July 28 SESSION 9: Sept 8-Sept 29

**MEMBERS \$30 NON-MEMBERS \$50**

### RIPTIDE SWIM TEAM SUMMER '18

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

**Ages:** 5-21

**Cost & Times:**

8 & Under - \$125 (Mon, Tues, Thurs 5:15-6:00)

Age Group - \$140 (Mon, Tues, Thurs 5:45-7:00)

Senior - \$158 (Mon-Thurs 6:00-7:30)

Age Group Elite - \$158 (Mon-Thurs 6:00-7:45)

Senior Elite - \$170 (Mon-Thurs 6:00-8:00)

\* Must be YMCA Member\*

**Practice Dates:** Mon. April 30-Thurs. Aug 2