

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

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 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 Winter Program Guide 2019

**Rocky Mount
Smith Mountain Lake
Ferrum College**



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

FRANKLIN COUNTY FAMILY YMCA



Franklin County Family YMCA

WHY WE'RE HERE FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In our neighborhood the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interest. As a result, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbor

The YMCA has been listening and responding to Franklin County's most critical social needs. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.

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:

- January 28– February 1
- February 25– March 1
- March 25—March 29

YOUTH PROGRAMS

FERRUM DANCE ACADEMY

President of the Ferrum College Dance Team, Chenell Rogers, will instruct a four week program introducing our youth the the benefits of dance!

Session Dates: January 24—February 15
Time: Thursday & Friday 4 PM— 5:15 PM
Costs: Members \$30, Non-Members \$35
Ages: 5+

- Week 1: Modern and Jazz
 Wear black or white t-shirts
 Week 2: Minds in Motion
 Wear purple or yellow t-shirts
 Week 3: Hip Hop
 Wear blue jeans and sun glasses
 Week 4: Review/Recital

FERRUM COLLEGE YMCA



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



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

INBODY SCHEDULE

- January 14– January 25
- February 18– February 22
- March 18—March 22

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

SMITH MOUNTAIN LAKE YMCA



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: 12/13/18—3/14/19
Times: Ages 4-10: 5:00p-5:45p in Studio A
Rate: M: \$70 NM: \$85

SPECIAL EVENTS

BATTLE OF THE PADDLE PICKLEBALL TOURNAMENT

Our 5th Annual Pickleball tournament is full, but come watch pickleball players from all throughout Virginia and surrounding states battle it out on the court!
Dates: 2/16/19—2/17/19

CARNIVALE 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

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.

VA Quality Center!

Location: 295 Technology Dr.
Rocky Mount, VA 24151

Hours: 6 AM—6PM, MON.—FRI.

Ages: 2—PRE-K

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



WELLNESS PROGRAMS

OBSTACLE COURSE TRAINING (OCR)

Looking for a new challenge? Or preparing for your next one? Our experienced OCR Instructors will help you get ready! Join a group of fellow trainees for a fun dynamic class!

Dates: 1/4/2019—3/29/2019

Summer Schedule: Fridays, 6-7:30 pm

Rates: M: \$30 NM: \$60

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**

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



YOUTH WELLNESS

CHEER CLINIC

Cheerleaders will build self-confidence and self-esteem while developing social skills and healthy relationships with other girls. Our caring and animated instructors provide a safe environment for your child to develop and grow. No tryouts or experience required!

Open to ages 11-14.

Program Dates: 2/26/2019-4/2/2019

Single Child Rate: M: \$40 NM: \$60

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 Dec 12-March 13

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 Dec 10-March 11

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



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 1 1/7/19-1/31/19

Session 2 2/4/19-2/28/19

Session 3 3/4/19-3/28/19

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

