

# Y LOCATIONS & HOURS

| HOURS OF OPERATION | RECREATION CENTER                   | ESSIG CENTER LOBBY                  | ESSIG CENTER ACTIVITY ROOM & GYM    | SMITH MTN LAKE YMCA            |
|--------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------|
| Location           | 235 Technology Drive<br>Rocky Mount | 295 Technology Drive<br>Rocky Mount | 295 Technology Drive<br>Rocky Mount | 293 FirstWatch Drive<br>Moneta |
| Monday             | 6 a.m. to 9 p.m.                    | 3:45 p.m. to 8:30 p.m.              | 3:45 p.m. to 8:30 p.m.              | 6 a.m. to 8 p.m.               |
| Tuesday            | 6 a.m. to 9 p.m.                    | 3:45 p.m. to 8:30 p.m.              | 3:45 p.m. to 8:30 p.m.              | 6 a.m. to 8 p.m.               |
| Wednesday          | 6 a.m. to 9 p.m.                    | 3:45 p.m. to 8:30 p.m.              | 3:45 p.m. to 8:30 p.m.              | 6 a.m. to 8 p.m.               |
| Thursday           | 6 a.m. to 9 p.m.                    | 3:45 p.m. to 8:30 p.m.              | 3:45 p.m. to 8:30 p.m.              | 6 a.m. to 8 p.m.               |
| Friday             | 6 a.m. to 8 p.m.                    | 3:45 p.m. to 7:00 p.m.              | 3:45 p.m. to 7:00 p.m.              | 6 a.m. to 7 p.m.               |
| Saturday           | 8 a.m. to 5 p.m.                    | CLOSED                              | CLOSED                              | 8 a.m. to 4 p.m.               |
| Sunday             | 1 p.m. to 5 p.m.                    | CLOSED                              | CLOSED                              | 1 p.m. to 5 p.m.               |

Hours may vary around the holidays and in the Essig Center when school is out on holiday or summer break.

## FRANKLIN COUNTY FAMILY YMCA

### ROCKY MOUNT RECREATION CENTER

235 Technology Drive P.O. Box 720  
Rocky Mount, VA 24151  
540.489.YMCA (9622)  
www.franklincountnymca.org

### ESSIG YOUTH CENTER

295 Technology Drive P.O. Box 720  
Rocky Mount, VA 24151  
540.489.YMCA (9622)  
www.franklincountnymca.org

### SMITH MOUNTAIN LAKE FACILITY

235 FirstWatch Drive  
Moneta VA 24121  
540.721.YMCA (9622)  
www.franklincountnymca.org



Our YMCA is a  
United Way Partner Agency

# **Y YMCA FEATURES**

## **YMCA in Rocky Mount**

- Comprehensive fitness and wellness center with over stations of cardio, circuit training equipment and free weights
- Walking track suspended over gymnasium
- Two side-by-side full-length basketball courts
- Studio for a wide variety of group exercise programs
- Cooper Aquatics Center has two heated pools, a 25-yard six lane lap and competition pool, a four foot deep program pool for lessons, water exercise and family play
- Spacious locker area and dressing rooms for men and women with dry saunas in each, as well as family dressing room areas
- Outdoor recreation facilities include a community fitness trail, two playgrounds for children and the Franklin County Parks and Recreation Skate Park

## **Smith Mountain Lake YMCA**

- Features a beautiful new facility that opened in February 2008
- Comprehensive fitness and wellness center
- Racquetball court
- Two indoor tennis courts
- Exercise studio for aerobics and other group exercise programs
- Multi-purpose room for children's classes, community meetings and more
- ChildWatch Nursery
- Full-length basketball court with by an indoor walking track
- Men's and women's locker rooms

## **Essig Youth Center in Rocky Mount (next door to Rocky Mount Main Facility)**

- Features a one-of-a kind facility built for youth and arts programming
- Land of Wonder Preschool, the Y's outstanding all-day child care program. Available for ages 2-5
- Children's Activity Center designed specifically for fitness and wellness play for children through age 12
- Large Community Room for community meetings, family gatherings and special events
- Two dance and exercise studios with hard wood floors
- Two arts classrooms and two music classrooms
- Full-court gym with six baskets and indoor soccer goals
- Community and private facility use for birthdays, weddings, and other special events
- Beautiful patio which opens onto the Y's wooded park and playing field

**WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES**

**SEE REVERSE SIDE FOR SPECIFIC HOURS OF OPERATION →→→→→→→→→→→→→→→→**