

DOWNLOAD OUR APP

Search Franklin County Family YMCA On the iOS App Store or on the Google Play Store.



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



2019 SUMMER PROGRAM GUIDE

BUILDING A HEALTHIER COMMUNITY



Franklin County YMCA
Rocky Mount
Smith Mountain Lake
Ferrum College
www.franklincountyyymca.org



MEMBERSHIP

The Y is a cause for strengthening community. That's why we're here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community too.

When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve, and are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

No Contracts • Bank drafts available.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



UPCOMING SPECIALS

CHRISTMAS IN JULY

"THOSE WHO ARE HAPPIEST ARE THOSE WHO DO THE MOST FOR OTHERS"
- BOOKER T. WASHINGTON

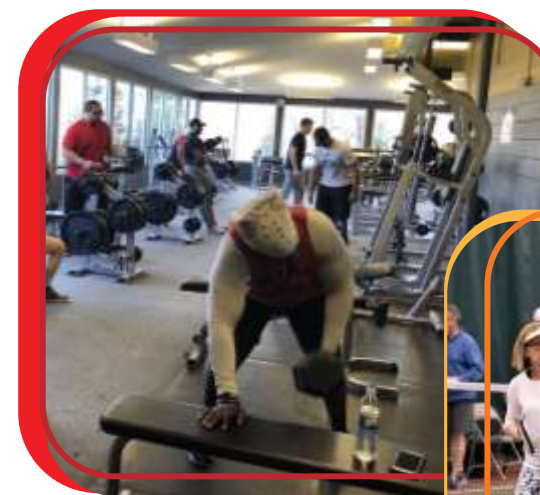
At the Y our mission is giving back to the community. Be a part of that mission by grabbing a school supply ornament from the tree and returning it with the item listed. Help Franklin County kids succeed and receive a FREE InBody test!

ONE WEEK FREE IN AUGUST

In August receive a punch card for ONE WEEK FREE August 18th through the 24th!! Punch card is good for a 1 week membership for an individual youth or adult. Try all we have to offer: group exercise classes, lap swim and water aerobics, pickleball, and more!

JOIN FOR \$1 IN SEPTEMBER

That's right! Join for just \$1 in September!!!





SMITH MOUNTAIN LAKE

STAY AND PLAY | AGES 3 MONTHS—5 YEARS

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!

INBODY SCHEDULE

- July 15-26
 - August 19-23
 - September 23-27
- 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

KIDS YOGA

Develop confidence and ability in essential tumbling skills, including cartwheels, back and front walkovers, running and standing back handsprings.
Program Dates: 06/11/19—08/06/19
 11:00a-12p in the Gymnasium
Rate: M: FREE NM: \$5

FERRUM COLLEGE

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

INBODY SCHEDULE:

- July 24-28
- August 19-23
- September 23-27

GROUP EXERCISE

6:15a Cycle Monday-Friday
 12p Yoga on Wednesdays
 5:15p Zumba on Tuesdays



**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
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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**



ROCKY MOUNT



WELLNESS PROGRAMS

RUNNING CLUB

Already completed one of our Couch to 5K programs? Join us every Tuesday at 6 pm for a 5k run. Meet at the Rocky Mount YMCA.

Dates & Times:

Tuesdays at 6:00 PM

Rates: FREE to the Community! Signed a waiver must be provided before joining.

COUCH TO 5K

Our next Couch to 5K program starts July 10th! Join us in one of our most popular programs with the goal of running the Kingdom Run 5k together in Rocky Mount on August 17th.

Dates & Times:

Wednesdays at 6:00 PM

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

OCR (Obstacle Course Race)

Ready for a challenge? Our next OCR session begins on August 21st and leads right up our Jack O Lantern Obstacle Course Race at the Fall Fitness Festival on October 5th! Join our experienced instructors as they lead you in OCR-inspired workouts designed to get you ready to conquer the mud, walls and ropes! Wednesdays August 21st-September 25th. \$55 members/\$80 non-members. INCLUDES a ticket to the Jack O Lantern OCR on October 5th!

BOXING CONDITIONING

Non-contact class that will focus on calisthenics and boxing specific drills such as hitting the bag, shadow boxing, foot work and general conditioning, while incorporating some elements of kick boxing, too. Ages 13 and up. **MUST provide own gloves.**

Dates & Times:

Fridays starting in July from 5:45 PM to 6:45 PM

Rates: M: FREE NM: \$40



ROCK STEADY BOXING

RSB is a non-contact boxing program designed to help patients fight back against their disease through conditioning for optimal speed, agility, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength. Participants meet twice weekly. Please contact Abby Jamison for more information.



TIME TO EXPLORE

SAFE Before/After School Care



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REGISTER FOR THE 2019-2020 SCHOOL YEAR NOW!

****NEW AFTER SCHOOL SITES AT SNOW CREEK, CALLAWAY, AND HENRY****

The way your child spends their time before and after school can make a big difference in their personal development and your family-life balance.

The YMCA's SAFE Before/After school program makes the most of your child's before and after school time by offering enrichment learning opportunities designed to engage and expand young minds. Housed inside local school, Y Before/After School gives your child the opportunity to participate in active play and collaborate on fun projects. In the process, they'll continue to develop the physical, educational, emotional, and social skills which are proven keys for success.

SAFE Before/After School Program

All of our before/after school programs provide a range of activities including:

- Homework help
- Structured academic enrichment activities
- Indoor/outdoor play
- Hands-on engaging activities for students to explore
- Healthy snack

SCHEDULE

BEFORE AND AFTER SCHOOL HOURS MONDAY THROUGH FRIDAY

*SUFFICIENT ENROLLMENT REQUIRED FOR ALL SITES

BEFORE SCHOOL HOURS:

Serving: Rocky Mount (at the Essig Center) Boones Mill, Windy Gap, Burnt Chimney, & Dudley from 6:00 AM until 8:30 AM.

AFTER SCHOOL HOURS (UNTIL 6:00 PM):

Serving: Ferrum (at the Ferrum Y), Rocky Mount & Lee Waid (at Rocky Mount Elementary), Boones Mill, Windy Gap, Burnt Chimney, Dudley, & Glade Hill Elementary Schools. 3 new sites opening Henry, Callaway & Snow Creek After School at those sites.



This YMCA program allows children to explore their unique talents and interests, helping them realize their full potential. That makes for confident kids today and contributing and engaged adults tomorrow.

LAND OF WONDER PRESCHOOL

- FEATURING**
- “VA Quality” Center
 - Certified Teaching Staff
 - Creative Curriculum and Sing, Spell, Read, & Write Curriculum
 - Swim Lessons
 - Music and Movement
 - Art Discovery
 - Spacious Nature Trail/Nature Studies
 - Computer Readiness
 - Gym & Outdoor Playground
 - Beginning Spanish
 - Kindergarten Preparation
 - Character Development through...
 - Y Core Values: Caring, Honesty, Respect, and Responsibility

www.franklincountnymca.org
 Visit us on Facebook! (Franklin County YMCA Preschool)
 Located in Rocky Mount!

Licensed by The Virginia Department of Social Services

HOURS
 Open 6 AM—6 PM M—F
 CALL 540-489-9622 (YMCA)



ROCKY MOUNT

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 how 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 3	06/24/19-07/04/19
Session 4	07/08/19-07/18/19
Session 5	07/22/19-08/01/19

AM Classes —Preschool (Age 3-5) & School Age (Age 6-17)

	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 (Age 3-5) & School Age (Age 6-17)

	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



PRIVATE SWIM LESSONS
 Private and personalized lessons for everyone!

	PRIVATE—1 PERSON	
	MEMBERS	NON-MEMBERS
1 Lesson	\$25	\$40
4 Lessons	\$70	\$115
8 Lessons	\$115	\$189



	PRIVATE—Group up to 3 people	
	MEMBERS	NON-MEMBERS
1 Lesson	\$55	\$85
4 Lessons	\$145	\$235
8 Lessons	\$235	\$383



UPCOMING EVENTS

17

Aug, 2019

The Y at the Grove

Join us for an elegant evening of live music by Barefoot West, dinner for two, open bar 6:00—7:00 PM, and Silent Auction. Upscale Casual Attire

Ticket: \$100 per couple

5

OCT, 2019

SML Fall Fit Fest

The Y along with the Willard companies is hosting a fun filled festival at Sunken City Brewery. The festival will include live music by Morgan Wade, an obstacle course, business and craft vendors, food trucks, craft beer from multiple breweries, puppy yoga and other fun athletic events.

**11-13
OCT, 2019**

Charity Home Tour

The Smith Mountain Lake Charity Home Tour is the community fund drive to support critical services for those in need in the Smith Mountain Lake region near Roanoke, Va. Volunteer needed!

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.

Supporting our special events, pledging \$5 extra per month, or donating your time helps us provide programs to those who need it most.

Visit www.franklincountyyymca.org and click DONATE or call (540)489-9622

SESSIONS & THEMES

Session 6 (July 1-5) Theme: Party in the USA! *Closed Thursday, 7/4 for Independence Day.

Soar into this week as we celebrate Independence Day! Fun games, bright art and science experiments are in store for this week. We'll also stay cool with fun water games. This will be a fun week at Summer Camp!

Character Challenge: GENEROSITY

Field Trip: Rocky Mount Bowling Center

Session 7 (July 8-12) Theme: Mad Science

During this week campers will get hands on experience with all kinds of fun and interactive experiments.

Character Challenge: HUMBLENESS

Field Trip: Science Museum K-4th and Arcade 5th and up, Roanoke

Session 8 (July 16-20) Theme: Lights, Camera, Action! Campers will

take to the stage this week! We'll be busy learning about stage presence, comedy & improv as campers work together to prepare for our annual talent show! You don't want to miss this week!

Character Challenge: HONESTY

Field Trip: Eagle Cinema, Rocky Mount

Location: Gereau Center (On Campus), 50 Technology Drive Rocky Mount, VA

Session 9 (July 22-26) Theme: Back to Nature

During this action packed week, we'll explore the great outdoors and get back to basics! From hiking to creek exploration, we'll be getting a close look at our awesome ecosystem & focus on survival of the outdoors! You don't want to miss this week!

Character Challenge: DIGNITY

Field Trip: Bedford Y, Bedford

Location: Ferrum Y (On Campus), 333 Wiley Dr.

Ferrum, VA 24088

Session 10 (July 29-Aug 2) Theme: Water, Water Everywhere!

We will be at the Ferrum College campus enjoying the area with tons of water activities. We will have water slides and all types of relays.

Character Challenge: RESPECT

Field Trip: Splash Valley, Roanoke

Location: Ferrum Y (On Campus), 333 Wiley Dr.

Ferrum, VA 24088

Session 11 (Aug 5-Aug 9) Theme: Summertime Blues

We will wind down summer at Ferrum College. The children will participate in all kinds of fun activities at Ferrum. We have special guest coming to show the children the great outdoors.

Character Challenge: Generosity

Field Trip: Luau Celebration, Rocky Mount Y

**BEST
SUMMER
EVER™**



**FRANKLIN COUNTY YMCA
Summer Camp 2019**

Call (540)721-9622 to register your child!