



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

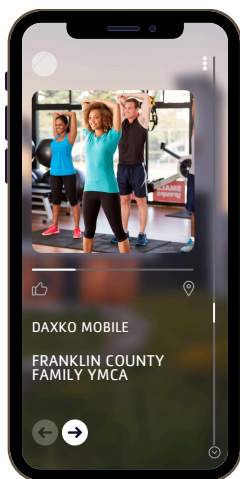
WHERE MEMBERSHIP MEANS MORE

More than just a gym, a pool, or place for fitness, YMCA members experience a sense of belonging that can't be found anywhere else! Our two locations give our friends and neighbors across Franklin County many ways to take charge of their health through our growing programs and services.

NOW OFFERING Y360! YMCA 360 is an on-demand video platform that offers group exercise classes, youth sports training, well-being classes and more to serve you. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more!

Standard Y membership + Y360

Youth (13-18)	\$32
College Student (19-22)	\$34
Adult Senior (65+)	\$47
Family of 2 Senior (Married with one 65+)	\$64
Adult Individual	\$51
Family of 2	\$69
Family of 3+	\$76



SCAN QR CODE TO
DOWNLOAD OUR APP

**TO VIEW
OUR FULL
SCHEDULE.**



MEMBERSHIP BENEFITS:

- No contract. Ask staff about 30 day cancellation policy
- FREE childwatch available during workout
- Member pricing on youth, swim & fitness programs

PROGRAMS FOR ALL:

- Renew Active membership through UnitedHealthcare
- Youth & Adult Swim Lessons
- RockSteady Boxing for Parkinsons
- Corporate Membership Discounts
- Trapeze Yoga

WWW.FRANKLINCOUNTYYMCA.ORG

Rocky Mount YMCA
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake YMCA
293 Firstwatch Dr.
Moneta, VA 24121
(540)721-9622



FACILITY FEATURES

Feature	Rocky Mount	SML
.....		
Multipurpose Gym	*	*
Family Swimming Pool	*	
Lap Swimming Pool	*	
Basketball Courts	*	*
Racquetball Courts		*
Fitness Equipment	*	*
Free Weights	*	*
Indoor Track	*	*
Spin Bikes	*	*
Treadmills	*	*
Cross-Trainers	*	*
Sauna	*	
Locker Rooms	*	*
Family Locker Rooms	*	
Child Watch	*	*
Group Ex Classes	*	*
Pickleball Courts	*	*
Personal Training	*	*

FINANCIAL ASSISTANCE

It is the policy of the YMCA to attempt to provide services to anyone who desires to participate and understands the mission of the YMCA regardless of the ability to pay the published fees.

Those not able to pay the full membership fee may be awarded a partial scholarship based on their ability to pay and the YMCA's ability to fund the subsidy. Applicants must first submit a YMCA Financial Assistance Application. All applicants will be contacted after a completed application is received. This process usually takes 3-4 weeks.



HOURS OF OPERATION

ROCKY MOUNT YMCA

Monday - Thursday	5:30 AM - 9:00 PM
Friday	5:30 AM - 8:00 PM
Saturday	7:00 AM - 5:00 PM
Sunday	1:00 PM - 5:00 PM

SMITH MOUNTAIN LAKE YMCA

Monday - Thursday	7:00 AM - 7:00 PM
Friday	7:00 AM - 5:00 PM
Saturday	8:00 AM - 2:00 PM
Sunday	12:00 PM - 4:00 PM

Y360 FAQs

WHAT IS YMCA360?

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

HOW DO I ACCESS YMCA360?

From your desktop, laptop, tablet, or mobile device, click on the Login or Signup at the top of this page. YMCA360 is available wherever you are with an internet connection.

WHO WILL HAVE ACCESS TO YMCA360?

The TV app and website will be available exclusively to Premium and Silver level members as an added benefit to their memberships.

HOW DO MEMBERS LOGIN INTO YMCA360?

To login members must know the email associated with their membership. They will simply click the login button, enter their email address and zip code, and select their branch. Once they complete this step they will receive an email with a 6 digit verification code, which they will enter to gain access.



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