

Franklin County Family YMCA Smith Mountain Lake Branch



BRANCH HOURS

Mon - Thur 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

293 Firstwatch Drive Moneta, VA 24121

(540)721-9622 | www.franklincountymca.org

BRANCH AMENITIES

- Full Gymnasium
- Indoor Walking Track
- 7 Indoor Pickleball Courts
- Group Exercise Classes
 - Trapeze Yoga
 - Bungee HIIT
 - Spin
- Free Weight Area
- Cardio Equipment
- Racquetball Court
- 24/7 Access
- Two Indoor Tennis Courts
- Locker Rooms with Showers
- Childwatch



[View Class Schedule](#)

TYPES/RATES

| Membership Type | Monthly Rate |
|------------------------------|--------------|
| Youth (13 - 18) | \$33/month |
| Student (19 - 22) | \$35/month |
| Senior Adult (65+) | \$48/month |
| Family of 2 Senior (one 65+) | \$65/month |
| Adult Individual | \$52/month |
| Family (Household of 2) | \$70/month |
| Family (Household of 3+) | \$77/month |



Rocky Mount YMCA

Smith Mountain Lake YMCA

MEMBERSHIP BENEFITS

- Use of all amenities at both branches
- Childwatch included while you work out
- Free fitness orientation and fitness consultation
- Free InBody test
- Reduced cost and priority registration for all programs including personal training
- Wide variety of free group exercise classes and fitness programs
- Access to the Smith Mountain Lake location 24/7 with Access Advantage card (small additional monthly fee)
- Convenient Monthly Billing
- Phone app featuring class schedules and virtual key card for easy check in
- No contract. Ask staff about 30-day cancellation policy
- Renew Active membership through UnitedHealthcare
- Youth & Adult Swim Lessons at our Rocky Mount location
- RockSteady Boxing for Parkinson's at our Smith Mountain Lake location
- Corporate Membership Discounts
- Access to over 300 classes online with Y360*
*see reverse for more information.



LOCATION AMENITIES

| 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 | * | * |
| Indoor Tennis Courts | | * |
| Rock Steady Boxing | | * |

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.



CHILDWATCH HOURS

SMITH MOUNTAIN LAKE YMCA

Monday: 8:00 AM - 11:00 AM
Tuesday: 5:00 PM - 7:00 PM
Wednesday: 8:00 AM - 11:00 AM &
5:00 PM - 7:00 PM
Thursday: 5:00 PM - 7:00 PM
Friday: 8:00 AM - 11:00 AM
Saturday: 8:00 AM - 11:00 AM
Sunday: Closed

ROCKY MOUNT YMCA

Monday: 4:30 PM - 7:30 PM
Tuesday: 4:30 PM - 7:30 PM
Wednesday: 4:30 PM - 7:30 PM
Thursday: 4:30 PM - 7:30 PM
Friday: 8:00 AM - 11:00 AM
Saturday: 8:00 AM - 11:00 AM
Sunday: Closed

ROCKY MOUNT BRANCH HOURS

Mon - Thur 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

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 & LOGIN TO YMCA360?

From your desktop, laptop, tablet, or mobile device, visit www.ymca360.com and click on the Login or Signup at the top of the page. You'll then enter your email address and zip code, and select your branch. Once you complete this step you will receive an email with a 6-digit verification code, which you will enter to gain access.

WHO WILL HAVE ACCESS TO YMCA360?

YMCA360 is included in all membership types.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY