

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

7 days a week 4AM—MIDNIGHT

FERRUM COLLEGE YMCA

333 Wiley Drive
Ferrum, VA 24088
(540)365-9622

Hours

Mon.—Fri. 6AM—10PM
Friday 5:30AM—8PM
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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

2018 Spring Program Guide

ROCKY MOUNT • SMITH MOUNTAIN LAKE • FERRUM COLLEGE



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.



Franklin County Family YMCA

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





FERRUM COLLEGE YMCA

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



WELLNESS PROGRAMS

INTRO TO BARBELLS

Participants will become familiar with the four main barbell lifts over four weeks of training. Proper form, safety techniques and a routine for increasing overall strength, stabilization, and endurance will be provided. Participants are encouraged to wear thin, flat soled shoes. The four main lifts include, bench press, back squat, deadlift, overhead press.

Session Dates: March 12th—April 6th

Time: Monday's 12:15-1 PM &

Friday's 4:30-5:15 PM

Location: Studio A **Rates:** M: \$20 NM: \$25

LINE DANCING FOR BEGINNERS

This six week program will provide a fun, low-impact introduction to some of the most popular country line dances in the world! Not only will participants have fun while exercising, they will experience benefits associated with: balance training, centralizing the body and increasing bone mass density.

Session Dates: March 21st—April 27th

Time: Wednesday's 12:15-1 PM &

Friday's 5:15-6 PM

Location: Studio A **Rates:** M: \$40 NM: \$45



SMITH MOUNTAIN LAKE YMCA

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

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

6 WEEK OUTDOOR BOOTCAMP

Join Certified Personal Trainer, Sallie Cappillari, for outdoor bootcamp. This workout will challenge you all while having fun. All fitness levels welcome!

Session Dates: April 4th-May 11th

Time: Tuesday's 5:30 PM & Friday's 7:00 AM

Rates:

	<u>Member</u>	<u>Non-Member</u>
Daily	\$10	\$15
5 Sessions	\$30	\$40
10 Sessions	\$50	\$70

(Sign up for a Y membership at time of program registration for waived joiner fee.)

KETTLEBELL CLASS

Develop serious strength, stamina and mobility. Learn the main Hardstyle kettlebell techniques, with assistance drills, calisthenics and progressive format, Beginners welcome!

Class starts: April 4th

Time: Wednesday's 8:00 AM

Location: Studio A **Rates:** M: FREE NM: \$10



YOUTH SPORTS

QUICKSTART TENNIS

Instructional program for kids grade k-5.

Technique, footwork, and stroke fundamentals along with intro to gameplay & scoring will be learned.

When: Tuesday's starting March 5th

Session Times: Red Ball- k-2nd—3:30-4:30 P

& Orange Ball-3rd-5th-4:30-5:30P

4 Week Session Rate: \$40 + \$20 Y court time

ROCKY MOUNT YMCA

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-F 8:30 am- 11:45 am

M-T 5pm-8pm

Sa 9am-12pm

Kid's Zone: M-T 5pm-8pm & Sat 9am-12pm

PARENT NIGHT OUT AGES 4 YRS - 12 YRS

Parents, drop off the kids and enjoy an evening to yourselves. Activities include movie night and a splash party. Limited space, so register today!

Sat., April 14 6:00-10:00 pm M: \$20/ NM: \$25

Sat., May 19 6:00-10:00 pm M: \$20 / NM: \$25

WELLNESS PROGRAMS

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**

OCR Training

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

Session Dates: 3/9-4/4/18, 6-7:30 pm

Rates: M: \$25 NM: \$32.50



CHILDCARE PROGRAMS

SUMMER CAMP

EARLY BIRD SPECIAL March 15—April 30

Summer just wouldn't be the same without the excitement and adventure of the Franklin County YMCA Camp. Each themed week is designed for rising kindergarten children to 13 years old and includes swim lessons, music, water fun, character counts, games, arts and crafts and more! The Y offers USDA approved breakfast, lunch and snack.

KID'S FUN CLUB

For Pre-K-7th grade When school is out, come to the Y (main building) for games, sports, swimming, arts & crafts, and special events! Open 6 AM—6 PM. Bring a swim suit, towel, and lunch.

Scheduled Dates:

March 26, 27, 28 & 29 (Closed Good Friday)
April 2

May 24 & 25

\$23.00 Per Day For All Participants

\$10 extra for scheduled field trips

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.

Location: 295 Technology Dr.

Rocky Mount, VA 24151

Hours: 6 AM—6PM, MON.—FRI.

Ages: 2—PRE-K



YOUTH WELLNESS

HOMESCHOOL PE, LATE SPRING '18

A solid foundation in physical activity is a crucial part of a healthy, active lifestyle. The YMCA can help you to provide a high-quality, affordable program that has something to offer to learners of all ages, k-8.

Program Dates: May 2, 2018-June 16, 2018

Single Child Rate: M: \$25 NM: \$35

Multi Sibling Discount: M: \$20 per child

INTERMEDIATE & ADVANCED TUMBLING

Develop confidence and ability in essential tumbling skills, including cartwheels, back and front walkovers, running and standing back handsprings.

Program Dates: 3/7/18-5/2/2018

No class on 3/21/18

Times: Ages 5-10: 4:20-5:05 in Studio 2
Ages 11-16: 3:30-4:15 in Studio 2

Rate: M: \$70 NM: \$85

BABYSITTER TRAINING COURSE

The babysitter training course is an American Red Cross program aimed at young people 11 years of age or older who want to demonstrate their capabilities by completing the course under responsible direction.

Session 1: 4/7/18 9:00am-6:00pm

Bring a lunch

Session 2: April 16, 17 & 19, 2018
4:00pm-7:00pm

Rate: M: \$100 NM: \$125



ROCKY MOUNT YMCA

AQUATICS

SWIM LESSONS

SWIM STARTERS AGES 6 MO-36 MO

Session	DATES	REG BY
Session 4	Apr 7-28	Mar 31
Session 5	May 5-26	Apr 28
Session 6	Jun 2-23	May 26

Rates: M: \$30 NM: \$50

SWIM BASICS (level 1-3) AGES 3 YRS-17 YRS

Session	DATES	REG BY
Session 5	Apr 2-19	Mar 30
Session 6	Apr 23-May 10	Apr 20
Session 7	May 14-31	May 11
Session 8	Jun 4-21	Jun 01

SWIM STROKES (level 1-3) AGES 3 YRS-17 YRS

Session	DATES	REG BY
Session 5	Apr 2-19	Mar 30
Session 6	Apr 23-May 10	Apr 20
Session 7	May 14-31	May 11
Session 8	Jun 4-21	Jun 01

Rates: M: \$50 NM: \$75

Swim Basics & Swim Strokes Lessons:
Mon./Wed. or Tues./Thurs.

LIFEGUARD CERTIFICATION COURSE

This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. For ages 15+

Rates: M:\$200 NM: \$225

Session 1- March 23 5:00-7:30pm, March 24 9:00-5:00p.m, March 25 9:00-5:00pm and March 26 9:00-5:00pm

Session 2- April 13 5:00-7:30, April 21 9:00-6:00pm, April 22 9:00-6:00pm

Session 3- April 27 5:00-7:30, May 5 9:00-6:00pm, May 6 9:00-6:00pm

Session 4- May 18 4:00-9:00pm, May 19 9:00-8:00pm, and May 20 9:00-8:00pm

RIPTIDE SWIM TEAM SUMMER '18

Our swim team focuses on proper technique, stroke development, and beating YOUR best times, not other children.

Ages: 5-21

Cost & Times:

8 & Under - \$125 (Mon, Tues, Thurs 5:15-6:00)

Age Group - \$140 (Mon, Tues, Thurs 5:45-7:00)

Senior - \$158 (Mon-Thurs 6:00-7:30)

Age Group Elite - \$158 (Mon-Thurs 6:00-7:45)

Senior Elite - \$170 (Mon-Thurs 6:00-8:00)

* Must be YMCA Member*

Practice Dates: Mon. April 30-Thurs. Aug 2