

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
24/7

FERRUM COLLEGE YMCA

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

Hours

Mon.—Thurs. 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

TOGETHER WE CAN BUILD A BETTER US

Summer Program Guide

ROCKY MOUNT • SMITH MOUNTAIN LAKE • FERRUM COLLEGE

2018



FRANKLIN COUNTY FAMILY YMCA



FRIENDS MAKE FITNESS MORE FUN

Rocky Mount | Tuesday 4 PM Yoga
Emilee Hall (Instructor), Andre Washington

He was nominated by our Tuesday 4:00 Yoga teacher, Emilee Hall! Emilee says Andre takes yoga to a whole new level! As a basketball player for the Toronto Raptors, Andre says yoga helps to balance out his workouts by lengthening & stretching muscles to increase flexibility & balance! If it works for Andre it may work for you!

SML | M/W/F 6:30 AM Seasonal Sculpting Class
Rusty Moomey, Barbara Lees, Paula Meighen, Becky Brown, Jim McMichael

We all love Luisa's class because of the wonderful support, encouragement, and fellowship. The friendship there makes us feel strong and empowered to make changes within ourselves. The biggest encourager is Luisa, our instructor. She is always watching and making sure everyone is doing each exercise correctly so we won't get hurt. Her training program keeps every muscle in our body strong so that we can keep doing everything we like to do. Thank you Luisa!

Rocky Mount | Mon/Wed 9 AM Cycle
Joyce Music

Joyce was nominated by our cycle instructor Ronda Jackson! She loves Ronda's enthusiasm and the connections she has made with all her participants! Ronda always has new music and fresh workouts that make the workout different every class! Joyce loves the new bikes and loves the aerobic workout she gets in one hour! She feels that this class is absolutely appropriate for everyone as you can work at your own pace! Joyce loves the Rocky Mount YMCA because she loves the sense of community and the relationships she has built!! She also really enjoys Christina and Wendy's Friday cycle class!



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





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

INBODY SCHEDULE:

- June 25th-29th
- July 23rd-27th
- August 27th-31st

YOUTH PROGRAMS

TUMBLING

Develop confidence and ability in essential tumbling skills, including: splits, forward rolls, backward rolls, back bends, walk-over, cartwheel, round off, standing back handspring.

Session Dates: June 6—July 26

Time:

Intermediate-Advance Levels:
Wednesday's 6:30 PM —7:30 PM

Beginner Level:
Thursday's 5:30 PM—6:30 PM

Costs: Members \$70, Non-Members \$85

Ages: 5-11

Register at front desk. Max of 8 per level.

FERRUM COLLEGE 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

WATER AEROBICS

The Y has partnered with the Westlake Country Club to offer water aerobics classes to our members for FREE all summer long. Join us at 9:30 AM Monday, Wednesday, & Friday. Guests pay \$8 per class.

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

SMITH MOUNTAIN LAKE YMCA



YOUTH PROGRAMS

QUICKSTART TENNIS

Instructional program for kids grade k-5. Technique, footwork, and stroke fundamentals along with intro to gameplay & scoring will be learned.

CLINIC OPTIONS:

June 4th – August 3rd (no clinics July 4th week)

Red Ball – Age 5-9 – Monday, Tuesday, and Thursday – 11:30-12:30pm

Orange Ball – Age 8-12 – Monday, Tuesday, and Thursday – 12:45-1:45pm

Green Ball – Age 10-12 – Friday – 5-6:30pm

FEES:

-8 weeks

(8 classes – includes SML Tennis t-shirt)

Red or Orange Ball – \$120

Green Ball – \$160

-1 week (3 classes) Red or Orange Ball – \$45
-Single Class

Red or Orange Ball –\$15

Green Ball – \$20

INSTRUCTOR: Chesley Wilkerson
(USPTA Certified Coach)

KID'S YOGA

For ages 5-10. This summer program introduces young individuals to the dynamics of a yoga practice that can be used on a continuing basis.

Class starts: June 14th

Time: Thursday's 9 AM

Location: Gym **Rates:** M: FREE NM: \$10

ROCKY MOUNT YMCA



CHILDCARE PROGRAMS

SAFE Before/After School Program EARLY BIRD SPECIAL July 1st-31st

YMCA Before/After School Program for the 2018-2019 school year is now enrolling! Join between July 1st & July 31st and we will waive your registration fee! Our licensed program will provide children with learning experiences that will help them grow in spirit, mind, and body, while keeping them safe.

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



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**

AFTER HOURS BASKETBALL

Stay late and hit the court! Full court and 4 on 4 play organized in a friendly gym atmosphere. Begins on 5/9.

Summer Schedule: Sundays, 5-7 pm

Rates: M: \$5 NM: \$7

FIGHTING SHAPE

Learn striking fundamentals along with classic kick-boxing training drills including jump rope, bag work, partner drills**, focus mitts, medicine ball work, calisthenics, and SAQ work, in timed rounds.

Days and Times

June 6-27: Wednesdays, 8-9am, Gym, \$30

July 4-25: Wednesdays 8-9am, Gym, \$30

Register for all three sessions up front, pay \$70

Register for June and July up front, pay \$50



YOUTH WELLNESS

HOMESCHOOL PE, SUMMER '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: 6/20/2018-7/25/2018

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: Wednesday's May2-July25

Times: Ages 5-10: 5:30-6:15 in Gym

Ages 11-16: 6:30-7:30 in Gym

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

GYMNASTICS

Our gymnastics program incorporates tumbling, gymnastics and acrobatic maneuvers. Students will learn basic skills and equipment including the balance beam, springboard, and horizontal bar.

Program Dates: Monday's April 30-July 30

Times: Ages 3-4: 4:30-5:15 in Gym

Ages 5-6: 5:30-6:15 in Gym

Ages 7-10: 6:30-7:30 in Gym

Rate: M: \$105 NM: \$160



ROCKY MOUNT YMCA

AQUATICS

SWIM LESSONS

Every child needs to learn how to swim. The YMCA offers high quality swim lesson program designed to teach your child how to be safe in and around water. Stay informed with mid & end session reports to show you everything your child has been taught and what skills they have mastered.

30 min lessons, 8 total lessons, Monday's-Thursday's

DATES

Session 8 6/4/18-6/14/18

Session 9 6/18/18-6/28/18

Session 10 7/9/18-7/19/18

Session 11 7/23/18-8/2/18

AM Classes —Preschool & School Age

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 & School Age

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

PARENT & TOT SWIM LESSONS

Help your child learn to be safe in and around the water. With Franklin County having so many water sources it is a necessity for your child to learn how to swim. We have multiple lakes, creeks, rivers, and countless pools. Help you child stay safe by enrolling in our Parent and Tot swim lesson program.

- Ages 6 months to 3 Years old
- Get your child accustomed to the water
- Learn how to keep your child safe in and around the water

TIME: Saturday's 10:00-10:30

SESSION 6: June 2-June 23 SESSION 8: Aug 4-Aug 25

SESSION 7: July 7-July 28 SESSION 9: Sept 8-Sept 29

MEMBERS \$30 NON-MEMBERS \$50

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