



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA NEWS

Your Information

www.franklincountnymca.org



Welcome!
Welcome to the Franklin County Family YMCA! As part of our YMCA family, we want you to feel at home. If you have any questions, please feel free to ask any of our staff.



Membership Specials
Bring a Buddy week– December 9th– 20th
(guests under 18 must be accompanied by an adult)
January Joining Special– Can Your Fee, Join for FREE January 1st-31st!
Bring in 3 canned food items and pay \$0 at sign up!



Holiday Hours
Ferrum Y: 12/16-1/12
M-Th: 6am-8pm
Fri: 6am-6pm
Sat/Sun: Regular hours
Closed New Years Day
All YMCAs closed:
Thanksgiving 11/28
Christmas Eve 12/24
Christmas Day 12/25
New Years Day 1/1
Childcare:
Closed 12/24 & 12/25
Will close at 3pm on New Years Eve

Swim Lessons
Session 1: 1/6-1/30
Session 2: 2/3-2/27
Session 3: 3/2-3/26
M&W or T&Th
New Times
9am, 9:45am,
10:30am, 4pm,
4:45pm, 5:30pm,
6:15pm, 7pm
M:\$60 NM:\$85

Luncheon
12/20
Hemas



Renovations
Please excuse us as we clean up your YMCA!



Fun Club
Join us for Fun Club when school is out!
Dates: Dec. 23, 26, 27, 30, & 31
Field Trip to Uptown Pinball Museum on Dec. 27th (\$10 fee)
Don't forget to pack swimsuit and lunch!
Register at the front desk!

Free Flu Shots
Carilion Community Health will be at the SML Y on Dec. 4
9am-11am to give FREE flu shots. There are only 15 spots so reserve yours today!



New Year, New You
Join us for a 10 week fitness challenge and lose the holiday weight!
When: Jan 1st– March 13th
Cost: \$35
Includes: 3 InBody scans, discounted personal training and the chance to win personal training or gift cards towards any of our programs.
Ask a fitness advisor for more details!

Student Memberships:
College Students - \$30 monthly
Youth (13-18) - \$28 monthly

