

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.

Download our mobile app for your Android or Apple Device and have access to:

- Sign up for push notifications for facility closures!
- Group exercise & gymnasium schedules
- Digital membership card
- Special programs and events



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS ISN'T JUST CHILDWATCH IT'S BUILDING CONNECTIONS

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www.franklincountyyymca.org



Welcome to Child Watch!

The Child Watch Center is intended to be a drop-in service for the convenience of the YMCA members and guests while exercising or participating in a Y Program.

Our first and foremost concern is quality care for your child. Please read these Child Watch Guidelines, which are based on recommendations from our risk management consultants. We appreciate your cooperation with our efforts to provide a positive experience for you and your child while using our facility.

- Childwatch is intended for children ages 6 months through 5 years old. Children 6 years old to 12 years old can use the Kid Zone.
- We strive to provide a safe and enjoyable environment for all children. If your child has special needs which require extra attention we ask that you speak to the Member Services Director before dropping the child off. If it is necessary to discipline your child, the "time out" method is used.
- Childwatch privileges are limited to the time that the parent is working out at the YMCA. Parents must take their children when leaving the building.
- For the well-being of others, children with fevers and/or contagious illnesses cannot be allowed in the Childwatch area. 24 hour wait, post fever break.
- Payments for Childwatch cards are made at the Member Services desk. Please present card to Childwatch attendant upon arrival.
- There will be a sign in sheet available, please list your name, your child's name and the area of the building you plan to use. Your child will not be permitted to leave the Childwatch area until you return and sign him/her out.
- Childwatch attendant may not feed your children and OSHA Regulations do not permit employees to change diapers. We are unable to allow food or drink in the Childwatch area. The YMCA is not responsible for members belongings.
- We may interrupt your workout if we need your assistance with your child.
- There is a limit of 8 children in the Childwatch area at one time and Childwatch care is provided on a first-come first-serve basis. Each visit is limited to a maximum of 2 hours.

CHILDWATCH USE FEES

MEMBERS: Free

NON-MEMBERS: One Visit—\$7.00 per child

CHILDWATCH HOURS OF OPERATION:

MORNINGS:

Mon-Fri 8:20 AM - 11:45 AM

Saturday 8:00 AM - 12:00 PM

EVENINGS:

Monday– Thursday 5:00pm–8:00pm

The YMCA thanks all our Child Watch parents for allowing us the privilege of caring for your children. As your partner in this important endeavor, we ask that you pick up your child by the time the Child Watch Center closes. If a child is picked up after the published Child Watch Center closing time, a late fee (\$1 for every 5 minutes after closing) will be charged. Child Watch privileges may be suspended for habitual offenders. Thank you for helping us make the Child Watch Center work for everyone!



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