

DOWNLOAD OUR APP

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Google Play Store



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. 6AM—8PM
Friday 6AM—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.—Fri. 6AM—10PM
Saturday 9AM—2PM
Sunday 1PM—5PM

Franklin County YMCA

Rocky Mount
Smith Mountain Lake
Ferrum College

www.franklincountyyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR FIT



MEMBERSHIP



The Y is a cause that strengthens community. That's why we're here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community too.

When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors
- Families come together to have fun and spend quality time with each other
- Children and teens play, learn who they are and what they can achieve, and are accepted
- Adults connect with friends, pursue interests and learn how to live healthier
- Communities thrive because neighbors support each other and give back
- We all build relationships that further our sense of belonging and purpose

No Contracts • Bank drafts available



UPCOMING SPECIALS

JOIN FOR \$1 IN SEPTEMBER

That's right! Join for just \$1 in September!!!

October—Honoring our Heroes

First responders get in the YMCA with work ID for free visit 14th-18th (must be 18 or older).

November—Keeping the County Warm

Bring in a new or gently used jacket, hat or gloves through month of November and have your joining fee waived.

November 5th - "Elect for a Healthier You": Come in with your "I VOTED" sticker on and get a free \$10 InBody!

November 11th - "Operation Appreciation": All veterans can use any of our 3 locations for free on Veterans Day!

December—Tis the Season of Giving

Purchase a gift card and get a \$10 coupon!





UPCOMING EVENTS

5

OCT, 2019

SML Fall Fit Fest

The Y, along with the Willard companies, is hosting a fun filled festival at Sunken City Brewery. The festival will include live music by Morgan Wade, an obstacle course, business and craft vendors, food trucks, craft beer from multiple breweries, puppy yoga and other fun athletic events.

11-13

OCT, 2019

Charity Home Tour

The Smith Mountain Lake Charity Home Tour is the community fund drive to support critical services for those in need in the Smith Mountain Lake region near Roanoke, Va. Volunteer needed!

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 can only do this with your support.

Supporting our special events, pledging \$5 extra per month, or donating your time helps us provide programs to those who need it most.

Visit www.franklincountnymca.org and click DONATE or call (540)489-9622

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 Senior Membership (65+)

Monthly E-Pay	\$45	No Joining Fee
Semi Annual	\$257	No Joining Fee
Annual	\$503	No Joining Fee

Family of 2 Senior Membership
(Married couple with at least one individual 65+)

Monthly E-Pay	\$62	No Joining Fee
Semi Annual	\$354	No Joining Fee
Annual	\$692	No Joining Fee

Adult Individual

Monthly E-Pay	\$47	\$50 Joining Fee
Semi Annual	\$268	\$25 Joining Fee
Annual	\$525	No Joining Fee

Family of 2

Monthly E-Pay	\$64	\$75 Joining Fee
Semi Annual	\$365	\$50 Joining Fee
Annual	\$715	No Joining Fee

Family of 3+

Monthly E-Pay	\$70	\$75 Joining Fee
Semi Annual	\$399	\$50 Joining Fee
Annual	\$782	No Joining Fee

*Semi annual membership includes a 5% discount

*Annual membership includes a 7% discount



ROCKY MOUNT



KNITTING FOR A CAUSE

Learn to knit in a great atmosphere for a great cause. Master Knitter Sheila will guide students through basic knitting skills necessary to create sweaters, hats and scarves for donation to Adele's Legacy, an organization that donates their creations to local elementary school kids in Franklin and Bedford Counties. Join us!

Dates & Times: 2nd and 4th Tuesdays Sept-April
2-4 pm
Meet in the lobby



ROCK STEADY BOXING

RSB is a non-contact boxing program designed to help patients fight back against their disease through conditioning for optimal speed, agility, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength. Participants meet twice weekly. Please contact Abby Jamison for more information.



WELLNESS PROGRAMS

WOMEN'S SELF DEFENSE

This comprehensive course will cover situational awareness, risk reduction and hands-on personal defense training. Perfect for all women, teens and ladies heading off to college! 75 minute classes.

Date & Times:
Saturday, September 28th
• 11am—12:15pm
• 12:30pm—1:45pm
• 2pm—3:15pm
Rates: M: \$10 NM: \$25

COUCH TO 5K

Our next Couch to 5K program starts November 13th! Throughout the training the run group will meet once a week, building endurance and the confidence of each participant to complete a 3.1 mile race! The goal 5k is the Johnny CASA 5k in Rocky Mount, VA on December 21st.

Dates & Times:
Wednesdays at 6:00 PM
Rates: M: \$25 NM: \$40

BOXING CONDITIONING

Sign up for a fun demo of this non-contact class focusing on calisthenics and boxing specific drills such as kick boxing, hitting the bag, shadow boxing, foot work and general conditioning. Ages 13 and up.

Date & Times:
Wednesday, September 25th from 9-10:30
M: FREE NM: \$15



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POP UP SALE



SEPTEMBER 6, 2019
Holley Insurance
6:00 PM to 8:00 PM

SEPTEMBER 13, 2019
FC Home Football game
5:00 PM to Halftime

September 23, 2019
Family Fun Night at the
Farmers Market
4:00 PM to 7:00 PM



FRANKLIN COUNTY FAMILY YMCA
Rocky Mount | Smith Mountain Lake | Ferrum College
www.franklincountnymca.org

AQUATICS PROGRAMS

SWIM LESSONS

Everyone should learn how to swim, especially children. Located between two lakes, several rivers & countless pools it is imperative that our children know how to swim. Here at the YMCA they will focus on water safety, becoming confident swimmers, gaining skills that will give them the best survival chance in the water.

Eight 30 minute lessons, M&W or T&TH

DATES

Session 7	09/30/19-10/28/19
Session 8	10/28/19-11/21/19
Session 5	11/25/19-12/19/19

AM Classes—Preschool (Age 3-5) & School Age (Age 6-17)

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 (Age 3-5) & School Age (Age 6-17)

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

PRIVATE SWIM LESSONS

Private and personalized lessons for everyone!

PRIVATE—1 PERSON

	MEMBERS	NON-MEMBERS
1 Lesson	\$25	\$40
4 Lessons	\$70	\$115
8 Lessons	\$115	\$189

PRIVATE—Group up to 3 people

	MEMBERS	NON-MEMBERS
1 Lesson	\$55	\$85
4 Lessons	\$145	\$235
8 Lessons	\$235	\$383



This YMCA program allows children to explore their unique talents and interests, helping them realize their full potential. That makes for confident kids today and contributing and engaged adults tomorrow.

LAND OF WONDER PRESCHOOL

FEATURING

- “VA Quality” Center
- Certified Teaching Staff
- Creative Curriculum and Sing, Spell, Read, & Write Curriculum
- Swim Lessons
- Music and Movement
- Art Discovery
- Spacious Nature Trail/Nature Studies
- Computer Readiness
- Gym & Outdoor Playground
- Beginning Spanish
- Kindergarten Preparation
- Character Development through...
- Y Core Values: Caring, Honesty, Respect, and Responsibility

www.franklincountyyymca.org

Visit us on Facebook! (Franklin County YMCA Preschool)
Located in Rocky Mount!

Licensed by The Virginia
Department of Social Services

HOURS

Open 6 AM—6 PM M—F
CALL 540-489-9622 (YMCA)



FRANKLIN COUNTY FAMILY YMCA



FERRUM COLLEGE

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

GROUP EXERCISE

6:15a Cycle Monday-Friday
4p P90X on Tuesdays
5:15p Zumba on Tuesdays
12p Yoga on Wednesdays



SMITH MOUNTAIN LAKE

STAY AND PLAY | AGES 3 MONTHS—5 YEARS

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

PICKLEBALL FOR ALL LEVELS OF PLAY

Ask the front desk for a schedule of different play times and information for beginners!

INBODY SCHEDULE

- October 14-25
- November 18-22
- December 9-13

Cost: \$10 per test

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

FOAM ROLLING COMING SOON!

But you don't have to wait! Ask at the front desk about our foam rolling options and get started today for FREE!

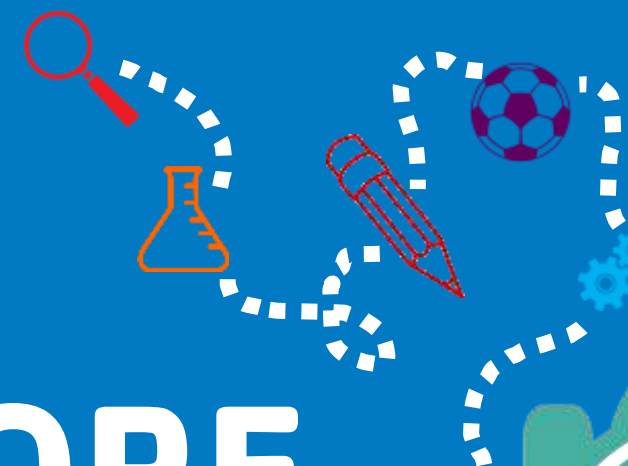
BOOTCAMP

Sign up at the front desk for our all-new Bootcamp classes. M: FREE; NM: \$40



TIME TO EXPLORE

SAFE Before/After School Care



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REGISTER FOR THE 2019-2020 SCHOOL YEAR NOW!

****NEW AFTER SCHOOL SITES AT SNOW CREEK, CALLAWAY, AND HENRY****

The way your child spends their time before and after school can make a big difference in their personal development and your family-life balance.

The YMCA's SAFE Before/After school program makes the most of your child's before and after school time by offering enrichment learning opportunities designed to engage and expand young minds. Housed inside local schools, the Y Before/After School gives your child the opportunity to participate in active play and collaborate on fun projects. In the process, they'll continue to develop the physical, educational, emotional and social skills necessary to succeed.

SAFE Before/After School Program

All of our before/after school programs provide a range of activities including:

- Homework help
- Structured academic enrichment activities
- Indoor/outdoor play
- Hands-on engaging activities for students to explore
- Healthy snack

SCHEDULE

**BEFORE AND AFTER SCHOOL HOURS
MONDAY THROUGH FRIDAY**

*SUFFICIENT ENROLLMENT REQUIRED FOR ALL SITES

BEFORE SCHOOL HOURS:

Serving: Rocky Mount (at the Essig Center)
Boones Mill, Windy Gap, Burnt Chimney, &
Dudley from 6:00 AM until 8:30 AM.

AFTER SCHOOL HOURS (UNTIL 6:00 PM):

Serving: Ferrum (at the Ferrum Y), Rocky Mount &
Lee Waid (at Rocky Mount Elementary), Boones
Mill, Windy Gap, Burnt Chimney, Henry, Callaway,
Snow Creek Dudley, & Glade Hill Elementary
Schools.