



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WHERE COMMUNITY COMES TOGETHER

The Franklin County Family YMCA is the place for you! We offer top notch facilities, friendly staff and exciting classes.

## REACHING OUR YOUTH

### 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	

## REACHING OUR POTENTIAL

### Adult Individual Senior Membership (65+)

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

### Adult Individual

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

## BUILDING HEALTHY FAMILIES

### 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

### 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

## Y Member Perks:

- Fitness Orientation (FitStart101)
  - InBody Analysis
  - Goal Setting Session
  - 30 minute personal training
- Childwatch
  - Mornings Monday-Saturday
  - Evenings Monday-Thursday
- Group Exercise
- Member Pricing on Programs
- Nationwide Reciprocity
- AND MORE!



Rocky Mount  
 235 Technology Dr.  
 Rocky Mount, VA 24151  
 (540)489-9622

Smith Mountain Lake  
 293 FirstWatch Dr.  
 Moneta, VA 24121  
 (540)721-9622

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

## FACILITY FEATURES

Feature	Rocky Mount	SML	Ferrum
Multipurpose Gym	*	*	*
Family Swimming Pool	*		*
Lap Swimming Pool	*		*
Basketball Courts	*	*	*
Racquetball Courts		*	*
State-of-the-Art Fitness Equipment	*	*	*
Free Weights	*	*	*
Indoor Track	*	*	*
Exercise Bicycles	*	*	*
Treadmills	*	*	*
Cross-Trainers	*	*	*
Sauna	*		
Locker Rooms	*	*	*
Family Locker Rooms	*		
Child-Watch/ Nursery	*	*	
Group Exercise Classes	*	*	*
Yoga	*	*	*
Group Cycling	*	*	*
Pickleball Courts		*	*
Personal Training	*	*	*

## HOURS OF OPERATION

### ROCKY MOUNT YMCA

Monday– Thursday.....5:30am– 9:00pm  
 Friday.....5:30am– 8:00pm  
 Saturday.....7:00am– 5:00pm  
 Sunday.....1:00pm– 5:00pm

### SML YMCA

Monday– Thursday.....6:00am– 8:00pm  
 Friday.....6:00am– 7:00pm  
 Saturday.....8:00am– 4:00pm  
 Sunday.....12:00pm– 5:00pm  
 \*24 Hour After Hour Access Card Available\*

### FERRUM YMCA

Monday– Friday.....6:00am– 10:00pm  
 Saturday.....9:00am– 2:00pm  
 Sunday.....1:00pm– 5:00pm



## FINANCIAL ASSISTANCE

It is the policy of the YMCA to attempt to provide services to anyone who desires to participate and understands the mission of the YMCA regardless of the ability to pay the published fees. Those not able to pay the full membership fee may be awarded a partial scholarship based on their ability to pay and the YMCA's ability to fund the subsidy. Applicants must first submit a YMCA Financial Assistance Application. All applicants will be contacted after a completed application is received. This process usually takes 3-4 weeks.