



# September 16th-22nd Gym Schedule

Revised on:  
July 24, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 11 -4:45 p.m.	Open Gym 5:30-6 a.m.	Open Gym 5:30-8:30 a.m.	Open Gym 5:30-6 a.m.	Open Gym 5:30-8:30 a.m.	Open Gym 5:30-6 a.m.	Open Gym 7 -9:30 a.m.
	Body Pump 6:00-7:00 am		Body Pump 6:00-7:00 am		Body Pump 6:00-7:00 am	
	Open Gym 7:00-8:15 am		Open Gym 7:00-8:15 am		Open Gym 7:00-8:15 am	
	Low Impact Fitness 8:30-9:15	Flex and Stretch 8:30-9:15 a.m.	Low Impact Fitness 8:30-9:15 a.m.	Flex and Stretch 8:30-9:15 a.m.	Low Impact Fitness 8:30-9:15 a.m.	
	Booty Barre 9:30-10:30	Pilates 9:30-10:45 a.m.	Booty Barre 9:30-10:30 a.m.	Pilates 9:30-10:45 a.m.	Open Gym 9:30-10:30 a.m.	Body Pump 9:30-10:30 a.m.
	Zumba 10:45-11:30 a.m.	Legends Basketball (30+) 10:45-12:30 p.m.	Zumba 10:45-11:30 a.m.	Legends Basketball (30+) 10:45-12:30 p.m.	Zumba 10:45-11:30 a.m.	Hip Hop 10:45-11:45 AM
	All Star Basketball (50+) 11:45-1:45 pm	Open Gym 12:30-2:00 p.m.	All Star Basketball (50+) 11:45-1:45 pm	Open Gym 12:30-2:00 p.m.	All Star Basketball (50+) 11:45-1:45 p.m.	Legends Basketball (30+) 11:45-2:00 p.m.
	Pickleball 2:15-3:45	Pickleball 2:15-4:15 p.m.	Pickleball 2:15-3:45 p.m.	Pickleball 2:15-4:15 p.m.	Pickleball 2:15-4:15 p.m.	Open Gym 2:00 pm-6:45 pm
	Body Pump 4:00-5:15 pm	Yoga 4:30-5:30 p.m.	Body Pump 4:00-5:15 pm	Open Gym 4:30-8:45 p.m.	Open Gym 4:15-7:45 p.m.	
	Zumba 5:30-6:30 pm	Open Gym 5:30-8:45 p.m.	Zumba 5:30-6:30 pm			
	Open Gym 6:30-8:45 p.m.		Open Gym 6:30-8:45 p.m.			

## AGE GUIDELINES

Ages 9 and under: Must be under direct supervision.

Ages 10-12: Must be under direct supervision in certain areas of the building.

Ages 13-15: May be in the building without supervision, after completing an orientation.



# YOUTH GUIDELINES

## YMCA OF WESTERN NORTH CAROLINA

AGE	Area of Participation	
6 weeks-6 years	Must be within arm's reach of guardian * General Facility * Gymnasium * Climbing Wall (ages 5 & up with signed waiver) * Pool * Track	Guardian must be in the building  * Youth Development Center
7-9 years	Must be within sight of guardian * General Facility * Pool (after a successful swim test; the guardian must remain in the aquatics area but may be out of the water) * Gymnasium * Track * Climbing wall (with signed waiver) * Family-friendly group exercise classes (those marked with a ∞ on the schedule)	Guardian must be in the building  * Ages 7-12: Kids Zone, Youth Lounge, or 7 Up Club
The Youth & Family Orientation is required for youth to use the Wellness Center and strongly encouraged for use of other areas of the facility.		
10-12 years	Must be within sight of guardian * Family-friendly group exercise classes (those marked with a ∞ on the schedule) * Wellness Center (orientation required) * Outdoor turf and courts	Guardian must be in the building, but is not required to stay with youth in these areas. * Lobby * Pool (after successful swim test, or wearing lifejacket) * Gymnasium and track * Climbing wall (with signed waiver)
13-15 years	No guardian required; Teen Orientation strongly encouraged * General Facility * Track * Climbing Wall (with signed waiver) * Wellness Center (orientation required) * Group exercise classes (orientation required for cycle or those that use free-weights)	* Pool * Gymnasium * Outdoor Turf and courts
16+years	Full facility use; Teen Orientation encouraged, but not required.	

**Youth under the age of 10 are not permitted in the Wellness Center.**

Youth under the age of 13 may not be in the facility without a responsible adult or guardian. Youth 12 and under may use certain areas of the facility without direct supervision, as outlined in these guidelines.

Free Youth & Family Orientations can be scheduled at the Member Services Desk or in the Wellness Center. The one-hour orientation covers basics of exercise science, how to safely use equipment in the Wellness Center, and Wellness Center and group exercise Class etiquette. Completion of the Youth & Family Orientation is required for youth ages 10-15 to use the Wellness Center. Parent must be present for the Youth & Family Orientation. Upon completion of the orientation, youth will have a note on their account indicating that this has been completed.

A member must be 18 years or older to bring a guest. Each member may bring one individual or family guest per visit. Guests may only visit the YMCA of WNC with an existing member for free three times per calendar year (Jan 1-Dec 31). Once a guest has used all three free visits, the guest (whether an individual or family), must either join the YMCA or buy a day pass. Day passes are \$15 for an adult, \$30 for a family or household.

Additional facility policies, based on center availability:

- \* Youth must be 16 years or older to use the hot tub, steam room, and sauna
  - \* For greater privacy, and for mixed-gender families with children older than 4, centers have all-gender restrooms available.
  - \* For safety, only youth who fit in the required safety harness will be permitted to use the climbing wall.
  - \* Swim Test: swim 25 yards without stopping or touching the bottom or wall, tread water for one minute, exit the pool without assistance.
- Swimmers who do not pass the swim test must wear an approved life jacket or be in the pool within arm's reach of a guardian. Swimmers will be retested each visit for their own safety.