



# MAY Gym Schedule

## Hendersonville Family YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<b>Open Gym</b> 5:30-7:00a	<b>Open Gym</b> 5:30-6:00a	<b>Open Gym</b> 5:30-7:00a	<b>Open Gym</b> 5:30-6:00a	<b>Open Gym</b> 5:30-7:00a	<b>Open Gym</b> 7:00-1:50pm
	<b>Group Exercise</b> 7:00a-9:30a	<b>Group Exercise</b> 6:00-10:45a	<b>Group Exercise</b> 7:00-9:30a	<b>Group Exercise</b> 6:00a-1:00p	<b>Group Exercise</b> 7:00-9:30a	
	<b>Open Gym</b> 9:30-10:30a	<b>Open Gym</b> 10:45a-5:00p	<b>Open Gym</b> 9:30-10:30a	<b>Open Gym</b> 10:45a-5:00p	<b>Open Gym</b> 9:30-10:30a	
	<b>Group Exercise</b> 10:30-11:45a		<b>Group Exercise</b> 10:30-11:45a		<b>Group Exercise</b> 10:30-11:45a	
	<b>Open Gym</b> 11:45a-1:00p		<b>Open Gym</b> 11:45a-1:00p		<b>Open Gym</b> 11:45a-1:00p	
	<b>Pickleball</b> 1:00-3:00p	<b>Adult Pick-Up Volleyball</b> 5:00-7:50pm	<b>Pickleball</b> 1:00-3:00p	<b>Pickleball</b> 5:00-7:50p	<b>Pickleball</b> 1:00-3:00p	
	<b>Open Gym</b> 3:00-5:00p		<b>Open Gym</b> 3:00-5:00p		<b>Open Gym</b> 3:00-4:50p	
	<b>Adult Pick-Up Basketball (16+ years)</b> 5:00-6:50pm		<b>Adult Pick-Up Basketball (16+ years)</b> 5:00-6:50p			
<b>Open Gym</b> 7:00-7:50pm	<b>Open Gym</b> 7:00-7:50pm					

### FACILITY HOURS:

Monday-Thursday 5:30am – 8:00pm | Friday 5:30am-5:00pm | Saturday 7:00am-2:00pm | Sunday CLOSED

Download the mobile app for daily updates or find schedules on line at >>[ymcawnc.org/schedules](http://ymcawnc.org/schedules)<<

Masks are required when entering the building and during any activity not including water. Temperatures and health screenings will be completed upon entry. Social distancing must still be practiced while in the gym. Open Gym time will be available on a first come first serve basis. Basketballs will not be provided during this time, please bring your own. Must bring your own paddles for pickleball. **MASKS MUST BE WORN AT ALL TIMES WHEN IN THE GYM.**

### AGE GUIDELINES:

Ages 9 and under: Must be under direct supervision.

10-12 years: Must have a adult/guardian in the building.

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

16+ years: Full facility use; teen orientation encouraged, but not required.

**PLEASE REMEMBER THAT OUR GYM ARE SHARED BY PROGRAMS, CLASSES, FAMILIES AND ALL OUR MEMBERS. THE GYM SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.**



# YOUTH GUIDELINES

## YMCA OF WESTERN NORTH CAROLINA

(Not all features available at all locations.)

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

**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 participate independently in certain Y activities. Upon completion of the orientation, youth will receive a bracelet that they should wear when using a YMCA of Western North Carolina facility.

**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.

In instances where youth behave inappropriately, they will be held accountable in the following ways:

- \* Verbal warning by Y staff
- \* Notification to parent/guardian
- \* Asked to leave the Y premises.