



# August Gym Schedule

Hendersonville Family YMCA

| Sunday                          | Monday                                                      | Tuesday                                               | Wednesday                                                   | Thursday                                             | Friday                                | Saturday                           |                                  |
|---------------------------------|-------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------|---------------------------------------|------------------------------------|----------------------------------|
| Open Gym<br>11 a.m. - 4:50 p.m. | Open Gym<br>5:30-7:45 a.m.                                  | Group Exercise<br>5:30 - 6:45 a.m.                    | Group Exercise<br>5:30 a.m.-1:15 p.m.                       | Group Exercise<br>5:30 - 6:45 a.m.                   | Group Exercise<br>5:45 a.m.-1:15 p.m. | Group Exercise<br>5:30 - 6:30 a.m. |                                  |
|                                 | Group Exercise<br>7:45 a.m.-1:15 p.m.                       | Open Gym<br>6:45 - 8:45 a.m                           |                                                             | Open Gym<br>6:45 - 8:45 a.m                          |                                       | Open Gym<br>6:30 - 8:45 a.m.       |                                  |
|                                 |                                                             | Group Exercise<br>8:45 a.m.-1 p.m.                    |                                                             | Group Exercise<br>8:45 a.m.-1 p.m.                   |                                       | Group Exercise<br>8:45 a.m.-1 p.m. | Group Exercise<br>8:45 - 10 a.m. |
|                                 |                                                             |                                                       |                                                             |                                                      |                                       |                                    |                                  |
|                                 | Pickleball<br>1:15-3:15 p.m.                                |                                                       | Pickleball<br>1:15-3:15 p.m.                                |                                                      | Pickleball<br>1:15-3:15 p.m.          |                                    |                                  |
|                                 | Open Gym<br>3:20 - 5 p.m.                                   | Open Gym<br>1 - 4:45 p.m.                             | Open Gym<br>3:20 - 5:15 p.m.                                | Open Gym<br>1 - 4:45 p.m.                            | Open Gym<br>3:20 - 7:50 p.m.          | Open Gym<br>10 a.m. - 4:50 p.m.    |                                  |
|                                 | Adult Pick-Up Basketball<br>(16+ years)<br>5:15 – 7:15 p.m. | Closed Event<br>Youth Volleyball<br>4:45: - 7:00 p.m. | Adult Pick-Up Basketball<br>(16+ years)<br>5:15 – 6:50 p.m. | Closed Event<br>Youth Volleyball<br>4:45 - 7:00 p.m. |                                       |                                    |                                  |
|                                 | Open Gym<br>7:15 - 8:50 p.m.                                | Open Gym<br>7:00 -8:50 p.m.                           | Open Gym<br>7 - 8:50 p.m.                                   | Open Gym<br>7:00 -8:50 p.m.                          |                                       |                                    |                                  |

## AGE GUIDELINES:

Ages 9 and under: Must be under direct supervision.

10-12 years: Must be under direct supervision in certain areas of 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 IS SHARED BY PROGRAMS, CLASSES, FAMILIES AND ALL MEMBERS.  
THE GYM SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.



# YOUTH GUIDELINES

## YMCA OF WESTERN NORTH CAROLINA

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