



Jan 3 - Jan. 31

Revised on:
December 24,
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	Open Gym 5:30-8:15 a.m.	Open Gym 5:30-8:15 a.m.	Open Gym 5:30-8:15 a.m.	Open Gym 5:30-8:15 a.m.	Open Gym 5:30-8:15 a.m.	CLOSED
	Low Impact Fitness 8:30-9:30 a.m.	Flex & Stretch 8:30-9:30 a.m.	Low Impact Fitness 8:30-9:30 a.m.	Flex & Stretch 8:30-9:30 a.m.	Low Impact Fitness 8:30-9:30 a.m.	Open Gym 7:00-8:45 a.m.
		Open Gym 9:30-10:30 a.m.		Open Gym 9:30-10:30 a.m.		
Open Gym 11:00-4:45 p.m.	Open Gym 9:30-11:30 a.m.	Legends Basketball (30+) 10:30-12:30 p.m.	Open Gym 9:30-11:30 a.m.	Legends Basketball (30+) 10:30-12:30 p.m.	Open Gym 9:30- 11:30 a.m.	Basketball Camp 9:00 a.m. - 3:00 p.m.
	All Star Basketball (50+) 11:45-2:00 p.m.	Open Gym 12:30-2:00 p.m.	All Star Basketball (50+) 11:45-2:00 p.m.	Open Gym 12:30-2:00 p.m.	All Star Basketball (50+) 11:45-2:00 p.m.	
	Pickleball 2:15-4:00 p.m.	Pickleball 2:15-4:00 p.m.	Pickleball 2:15-4:00 p.m.	Pickleball 2:15-4:00 p.m.	Pickleball 2:15-4:00 p.m.	
	Open Gym 4:15-5:15 p.m.	Basketball Camp 4:15 p.m.	Basketball Camp 4:15 p.m.	Basketball Camp 4:15 p.m.		
	Athletic Conditioning 5:15-6:30 p.m.	- 8:00 p.m.	- 8:00 p.m.	- 8:00 p.m.	Open Gym 4:15-7:45 p.m.	Legends Basketball (30+) 3:15 -5:15 p.m.
	Open Gym 6:30-8:45 p.m.	Open Gym 8:15—8:45 p.m.	Open Gym 8:15-8:45 p.m.	Open Gym 8:15—8:45 p.m.		Open Gym 5:15 - 6:45 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.

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

PLEASE REMEMBER THAT OUR GYM IS SHARED BY PROGRAMS, CLASSES, FAMILIES, AND ALL MEMBERS.
SCHEDULE IS 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–5 yrs	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
6–9 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 6–12; Youth Lounge – Allowed to use Youth Development Center when Youth Lounges are not available
10–12 years	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 * Family-friendly group exercise classes (those marked with a ∞ on the schedule) * Wellness Center (orientation required) * Racquetball 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) * Ages 6–12; Youth Lounge
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 classes not marked ∞)	
16+ years	Full facility use; Teen Orientation encouraged, but not required. * Pool * Gymnasium * Racquetball courts * EGYM	

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.

Teen members ages 13–17 can bring a guest without having a guardian stay in the building. An adult **MUST** accompany the minors into the facility and sign the waiver. The guardian no longer must remain in the facility. The guardian signing the waiver can either be the guardian of the member or the non-member. A guardian must be present to sign the waiver upon each and every teen guest visit.

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.