



July Gym Schedule

Revised on:
June 18, 2026

Corpening Memorial YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multi-Sport Open Gym 5:00-8:00am	Multi-Sport Open Gym (Back Half)/ Basketball Open Gym (Front Half) 5:00-11:00am	Multi-Sport Open Gym 5:00-8:00am	Multi-Sport Open Gym (Back Half)/ Basketball Open Gym (Front Half) 5:00-11:00am	Multi-Sport Open Gym 5:00-8:00am		
Pickleball 8:00-11:00am	Iron Sharpens Iron (Back Half) 11:00-12:00pm	Group Ex Line dancing (Front Half) 8-8:45am Beginners Pickleball (Back Half) 8:00-9:30am	Iron Sharpens Iron (Back Half) 11:00-12:00pm	Group Ex Line dancing (Front Half) 8-8:45am Pickleball 8:00-11:00am	Pickleball (Back half) 8:00-11:00am	
Basketball Open Gym 11:00am- 4:00pm		Pickleball 9:30am-11am Iron Sharpens Iron (Back Half) 11am-12pm		Iron Sharpens Iron (Back Half) 11:00-12:00pm Basketball Open Gym 11:00- 4:15pm	Basketball Open Gym 11:00am- 3:50pm	Adult Basketball League 1:00-4:50pm
Iron Sharpens Iron (Back Half) 4:15 -5:15pm	Basketball Open Gym 11:00 -8:50 pm	Basketball Open Gym 1:00- 5:15pm	Basketball Open Gym 12:00-8:50pm Volleyball (Back Half) 5:30pm-8:50pm	Iron Sharpens Iron (Back Half) 4:15-5:15pm		
Adult Pick up Basketball (Front Half) 4 -7pm		Iron Sharpens Iron (Back Half) 4:15-5:15pm		Basketball Open Gym 5:30- 7:50pm		
Basketball Open Gym 7:00-8:50pm		Adult Futsal League 5:20-8:50pm				



YOUTH GUIDELINES

YMCA OF WESTERN NORTH CAROLINA

(Not all amenities 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
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) * 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 ∞)	* Pool * Gymnasium * Racquetball courts * EGYM
16+ years	Full facility use; Teen Orientation encouraged, but not required.	

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 front desk or in the Wellness Center. The one-hour orientation covers basics of exercise science, how to safely use equipment, 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, youth will receive a bracelet that they should wear when using a YMCA of WNC 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 does not have to 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 lifejacket or be in the pool within arm’s reach of a guardian. Swimmers will be tested every 90 days for their own safety.

If youth behave inappropriately, they will be held accountable in the following ways, up to and including:

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

Updated 1/30/26

**** 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 ****

- ◆ Multi-sport Open gym: For multiple sports including basketball, volleyball, pickleball, and futsal. Portable equipment and nets are available on a first-come, first-serve basis. All equipment must be put away after use to allow shared access to the gym.
- ◆ Basketball Open gym: For Basketball play only. Use of courts is first-come, first-serve. Portable nets and non-basketball activities are not permitted during this time.

Special Dates:

- 7/06–7/10 Volleyball Camp 9am–12:00pm
- 7/13–7/17 Camp Kiddos 8:30–12:30
- 7/20–7/24 Flag Football 9am–12pm (Weather Permitted)
- 7/27–7/31 Soccer Camp 9am –12pm (Weather Permitted)