



GYM SCHEDULE

REUTER YMCA
JUNE 1-14 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	5:30am-6:00am Open Gym	5:30am-10:00am Open Gym	5:30am-6:00am Open Gym	5:30am-10:00am Open Gym	5:30am-6:00am Open Gym	Closed
	6:00am-7:30am Adult Pick-Up (18+)		6:00am-7:30am Adult Pick-Up (18+)		6:00am-7:30am Adult Pick-Up (18+)	
	7:30am-10:00am Open Gym	7:30am-10:00am Open Gym	7:30am-10:00am Open Gym	7:30am-10:00am Open Gym	7:00am-10:00am Open Gym	
	10:00am-10:15am Transition Time	10:00am-10:15am Transition Time	10:00am-10:15am Transition Time	10:00am-10:15am Transition Time	10:00am-10:15am Transition Time	10:00am-10:15am Transition Time
11:00am-5:45pm Open Gym	10:15am-12:45pm Pickleball	10:15am-12:45pm Pickleball	10:15am-12:45pm Pickleball for Beginners (registration required)	10:15am-12:45pm Pickleball	10:15am-12:45pm Pickleball	10:15am-12:45pm Pickleball
	12:45pm-1:00pm Transition Time	12:45pm-1:00pm Transition Time	12:45pm-1:00pm Transition Time	12:45pm-1:00pm Transition Time	12:45pm-1:00pm Transition Time	12:45pm-1:00pm Transition Time
	12:45pm-8:45pm Open Gym	12:45pm-8:45pm Open Gym	12:45pm-8:45pm Open Gym	12:45pm-8:45pm Open Gym	12:45pm-8:45pm Open Gym	12:45pm-8:45pm Open Gym
Closed						

AGE GUIDE AGE GUIDE

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

*PLEASE REMEMBER THAT OUR GYM IS 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.*

FACILITY HOURS:

Monday–Friday 5:30am-9:00pm
Saturday 7:00am – 7:00pm
Sunday 11:00am-6:00pm

All members and guests are expected to abide by our Code of Conduct, violation of this can result in termination of membership or guest privileges.

AGE	Area of Participation	
6 weeks-6 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 weeks - 5 yrs) * Youth & Teen Lounge (6 yrs - 12 yrs)
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 6-12: Youth & Teen Lounge
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, no free-weight use allowed)	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 & Teen 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 (except for cycle) <div style="float: right;"> * Pool * Gymnasium </div>	
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 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.

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 \$20 for an adult, \$35 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