Revised on: November 25, 2026

December 1-December 31

The building closes at 1:00 PM on 12/24, Closed all-day on Christmas, and opens at 8:00 AM on 12/26

The Basketball Gym will be closed 8:00 AM to 4:00 PM for a Blood Drive on Tuesday, 12/22

SUN	MON	TUES	WED	THURS	FRI	SAT
BUILDING CLOSED	**Basketball Open Gym** 5:00 – 8:15	**Basketball Open Gym** 5:00 – 8:15	**Basketball Open Gym** 5:00 – 8:15	**Basketball Open Gym** 5:00 – 8:15	**Basketball Open Gym** 5:00 – 8:15	**BUILDING CLOSED**
	Transition 8:15-8:30	**Transition** 8:15-8:30	**Transition** 8:15-8:30	**Transition** 8:15-8:30	**Transition** 8:15-8:30	**Basketball Open Gym** 7:00 – 8:45
	Low Impact Fitness 8:30 – 9:30	**Flex & Stretch** 8:30 – 9:30	**Low Impact Fitness** 8:30 – 9:30	**Flex & Stretch** 8:30 – 9:30	**Low Impact Fitness** 8:30 – 9:30	**Transition** 8:45-9:00
Basketball Open Gym 9:00 a.m. – 4:45 p.m.	**Basketball Open Gym** 9:30 – 10:30	**Basketball Open Gym** 9:30 – 10:30	**Basketball Open Gym** 9:30 – 10:30	**Basketball Open Gym** 9:30 – 10:30	**Basketball Open Gym** 9:30 – 10:30	**Little Dribblers Basketball** 9:00-9:45
	All Stars Basketball (50+) 10:30 a.m. – 1:00 p.m.	**Legends Basketball (30+)** 10:30 a.m. – 1:00 p.m.	**All Stars Basketball (50+)** 10:30 a.m. – 1:00 p.m.	**Legends Basketball (30+)** 10:30 a.m. – 1:00 p.m.	**All Stars Basketball (50+)** 10:30 a.m. – 1:00 p.m.	**Transition** 15 min.
	Transition 1:00-1:15	**Transition** 1:00-1:15	**Transition** 1:00-1:15	**Transition** 1:00-1:15	**Transition** 1:00-1:15	**Legends Basketball (30+)** 10:00 a.m. – 12:00 p.m.
	Pickleball 1:15 – 4:00	**Pickleball** 1:15 – 4:00	**Pickleball** 1:15 – 4:00	**Pickleball** 1:15-4:00	**Pickleball** 1:15 – 4:00	**Transition** 12:00-12:15
	Transition 4:00-4:15	**Transition** 4:00-4:30	**Transition** 4:00-4:15	**Transition** 4:00-4:30	**Transition** 4:00-4:15	**Pickleball** 12:15-2:15
	Basketball Open Gym 4:15 – 9:45	**Little Dribblers Basketball** 4:30 – 6:15	**Basketball Open Gym** 4:15 – 9:45	**Little Dribblers Basketball** 4:30 – 6:15	**Basketball Open Gym** 4:15 – 8:45	**Transition** 2:15-2:30
		Transition 15 min.		**Transition** 15 min.		**Basketball Open Gym** 2:30 – 6:45
BUILDING CLOSED		**Basketball Open Gym** 6:30-9:45		**Basketball Open Gym** 6:30-9:45		**BUILDING CLOSED**

ADDITIONAL NOTES

EVERYONE: Please remember that our gym is shared by programs, classes, families, and all members. The gym schedule is subject to change due to weather and/or special events

LEGENDS AND ALL-STARS: Age guidelines apply; exceptions only when participation is under 20 players

YOUTH GUIDELINES
YMCA OF WESTERN NORTH CAROLINA

(Not all features available at all locations.)

<table>
<tr><th>Age</th><th colspan="2">Area of Participation</th></tr>
<tr><td>6 weeks - 6 yrs</td><td>Must be within arm's reach of guardian.
General Facility
Gymnasium
Pool</td><td>Guardian must be in the building
Youth Development Center</td></tr>
<tr><td>7 - 9 years</td><td>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
Family-friendly group exercise classes (those marked with a ∞ on the schedule)</td><td>Guardian must be in the building
Ages 7-12: Kids Zone, Youth Lounge, or 7 Up Club</td></tr>
<tr><td rowspan="2">10 - 12 years</td><td colspan="2">The Youth & Family Orientation is <u>required</u> for youth to use the Wellness Center and strongly encouraged for use of other areas of the facility.</td></tr>
<tr><td>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)
Racquetball courts</td><td>Guardian must be in the building.
Lobby
Pool (after successful swim test, or wearing lifejacket)
Gymnasium and track
Climbing wall (with signed waiver)
Ages 7-12: Youth Lounge, or 7 Up Club</td></tr>
<tr><td>13 - 15 years</td><td colspan="2">No guardian required; Teen Orientation required for Wellness Center use.
General Facility
Wellness Center (orientation required)
Group exercise classes (Orientation required for cycle or those that use free-weights)
Pool
Gymnasium
Racquetball Courts</td></tr>
<tr><td>16+ years</td><td colspan="2">Full facility use; Teen Orientation encouraged, but not required.</td></tr>
</table>

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/ Teen 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 floor. Parents 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 complete.

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.