December Gym Schedule

Revised on:

Corpening Memorial YMCA

November 23, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multi-Sport Open Gym 5:00—8:00am	Multi-Sport Open Gym 5:00-8:00am	Multi-Sport Open Gym 5:00-8:00am	Multi-Sport Open Gym 5:00—8:00am	Multi-Sport Open Gym 5:00—8:00am	Pickleball (Back Half) 8:00-11:00am	Basketball Open Gym 1:00—4:50pm
Beginners Pickleball (Back Half) 8:00—9:30am	FCS 8:30am-2:00pm	Pickleball 8:00 -11:50am	FCS 8:30am-2:00pm	Pickleball 8:00-11:50am		
Pickleball 8:00-11:50am	Basketball Open Gym 2:00pm - 4:15pm		Basketball Open Gym 2:00pm—4:15pm		Lil Dribblers (Front Half) 9:00 – 11:30am	
Basketball Open Gym 11:55am—4:00pm	Iron Sharpens Iron (Back Half) 4:15—5:15pm	Basketball Open Gym 11:55am - 4:00pm	Iron Sharpens Iron (Back Half) 4:15pm-5:15pm	Basketball Open Gym 11:50am-6:15pm	Basketball Open Gym 11:30am-3:50pm	
Iron Sharpens Iron (Back Half) 4:15—5:15pm	Indoor Soccer 5:30—8:50pm	Iron Sharpens Iron (Back Half) 4:15-5:15pm	Indoor Soccer 5:30 -8:50pm			
Adult Pick up Basketball (Front Half) 4:00– 7:00pm		Volleyball (Back Half) 5:30pm-8:50pm		Middle School Swim & Gym (Back Half) 4:15-6:15pm		
Basketball Open Gym 5:30—8:50pm		Basketball Open Gym 5:30-8:50pm		Basketball Open Gym 6:30-7:50pm		

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
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 ∞) * 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.
- Gym Reserved for (FCS) Foothills Community School is weather dependent—May be Open Gym otherwise.