November Gym Schedule

Hendersonville Family YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 11a-4:50p	Group Exercise 5:30a-1:15p	Open Gym 5:30-8:45a	Open Gym 5:30-7:45a	Open Gym 5:30-8:45a	Group Exercise 5:30a-1:15p	Open Gym 7-8:45a
		Group Exercise 8:45-10:50a	Group Exercise 7:45-9:50a	Group Exercise 8:45-10:50a		Group Exercise 8:45-10:50a
			Open Gym 9:50-10:50a			
	Open Play Pickleball 1:15-3:15p	Open Gym 10:50a-5:50p	Group Exercise 10:50a-1:15p	Open Gym 10:50a-5:50p	Open Play Pickleball 1:15-3:15p	Open Gym 10a-4:50p
	Open Gym 3:15-6:00p		Open Play Pickleball 1:15-3:15p		Open Gym 3:15-5:45p	
			Open Gym 3:15-6:00p			
	Adult Pick-Up Basketball (16+ Years) 6:00-7:15p	Closed Session Pickleball 6:00-8:00p	Adult Pick-Up Basketball (16+ Years) 6:00-7:15p	Youth Volleyball Clinic (9/10-10/22) 6:00-7:00p	Youth & Family (11/13 & 11/27) 5:45-7:15p	
	Open Gym 7:15-8:50a	Open Gym 8:00-8:50a	Open Gym 7:15-8:50a	Open Gym 7:00-8:50a	Open Gym 7:15-7:50a	

Age Guidelines:

Ages 9 and Under: Must be under direct supervision.

10-12 Years: Must be under direct supervision in certain areas of the building.

13-15 Years: May be in the building without supervision, after completing orientation.

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

PLEASE REMEMBER THAT OUR GYM IS SHARED BY PROGRAMS, CLASSES, FAMILIES AND ALL MEMBERS. THE GYM SCHEDULE IS SUBJECT TO CHANGE WIHTOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.

YOUTH GUIDELINES

YMCA OF WESTERN NORTH CAROLINA

<table>
<tr><th>AGE</th><th colspan="2">Area of participation</th></tr>
<tr><td>6 weeks-6 years</td><td>Must be within arm's reach of guardian
General Facility
Gymnasium
Climbing Wall (ages 5 & up with signed waiver)
pool
Track</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 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</td><td>Guardian must be in the building
Ages 7-12: Kid 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 required 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
Wellness Center
Outdoor Turf and courts</td><td>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 life-jacket)
Gymnasium and track
Climbing wall (with signed waiver)
Ages 7-12: kids Zone, Youth Lounge, or 7 Up Club</td></tr>
<tr><td>13-15 years</td><td colspan="2">No guardian required; Teen orientation strongly encourgaed
General Facility
Track
Climbing Wall (with signed waiver)
Wellness Center (orientaiton required)
Group exercise classes (orientation required for cycle or those that use free-weights)</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 10 are not permitted in the Wellness Center

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 Orientaitons can be scheduled at the Member Servises Desk or the Wellness Center. The one-hour orientation covers basics of exercise science, how to safely use equipment in the Wellness Center, and the Wellness Center and Group Exercise Class etiquette.Completion of the Youth & Family Orientatin is required fir youth ages 10-15 to use Wellness Center. Parent must be present fir the Orientation. Upon completion of the orientation, youth will have a note on their account indicating that this has been completed.

A member must be 18 years or older to bring a guest. Each member may bring one individual or family guest oer visit. guests may only visit YMCA of WNC with an existing member 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 or $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 suana.
- 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 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.