



YMCA OF WESTERN NORTH CAROLINA

HEALTHY RECIPE OF THE MONTH

AVOCADO AND CORN SALSA



Ingredients

- 1 cup steam corn kernel (about 3 ears) or 1 cup canned corn
- 2 avocados, peeled, pitted and cubed
- 1 red onion, finely diced
- 1 red bell pepper, finely diced
- 1 tbsp minced garlic
- 1 tbsp ground cumin
- 1 tsp crushed red pepper flakes
- ¼ cup chopped fresh cilantro
- 1/3 cup red wine vinegar
- 2 tbsp olive oil
- ¼ cup fresh lime juice
- Salt and black pepper to taste

Directions

Use a knife to scrape kernels from the cob and place in a medium bowl. Stir in avocados, red onion, bell pepper and garlic. Add cumin, red pepper flakes and cilantro.

Mix in vinegar, olive oil and lime juice. Season with salt and pepper.

Tips and Tricks

This keeps 2 to 3 days tightly covered in the refrigerator. Makes about 2 ½ cups.

Serve with corn tortilla chips or sliced cucumber.

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GIVE YOUR CAMPER THE SUMMER OF A LIFETIME

The Y offers a variety of half-day camps where kids can learn the structure of camp in a shorter time-frame, through activities like sports, theater, climbing and more!

The Y still has spots open for the Summer Sports Clinics and Camp Kiddos half-day camps. During these week-long camps, children and teens will learn new skills while making life-long memories.

Sports Clinics are for children and teens ages 6-13 and will run Monday-Friday from 9 a.m.-1 p.m. Camp Kiddos is offered to children ages 3-6 and will be held Monday-Friday from 9 a.m.-1 p.m. Time is running out to sign up your kiddos for one of these camps.

Go to ymcawnc.org to find out more and register today!



CONNECT, PLAY, COMPETE

Please join us in a day of fun at the inaugural, all-ages Field Day and Cornhole Tournament.

Come relax and play cornhole with your local YMCA family and friends as we welcome summer and celebrate the many beneficial relationships between active agers and young people. This event is open to all generations to enjoy loads of fun, family and music.

The Field Day and Cornhole Tournament takes place Saturday, July 13 from 2-6 p.m. at the YMCA Youth Services at Beaverdam.

For more information contact Caitlin Bushong at 828-210-9022.

FIT TIP OF THE MONTH

STAY HYDRATED

The heat is on.

Whether you are playing sports, enjoying a beach vacation, or just going to work, it is important to stay hydrated. Check out these tips to stay hydrated during the summer months.

Don't wait until you're thirsty. According to the American Heart Association, feeling thirsty indicates that you're already dehydrated.

Eat fruits and vegetables. Many fruits and non-starchy vegetables, such as grapes, watermelons, tomatoes, and lettuce, contain a lot of water and can help keep you hydrated.

When you're feeling hungry, drink water. Thirst is often confused with hunger and "snacking" on water can help you figure out what you're really feeling. Drinking water can also help fill you up so you don't overeat.

Drink water at restaurants before you order. It can keep you from overordering and overeating (plus it's free).

Drink before, during, and after exercise. When you sweat, that's fluid escaping your body and you need to replace it. Make sure to drink extra water when you exercise or engage in any activity that exceeds what you typically do every day.

Check your urine color. If it's colorless or light yellow, you are in good shape. If it is dark yellow, you could be on the brink of dehydration.



FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign.

Go to ymcawnc.org or call 828-251-5910 to learn more.

UPCOMING EVENTS

PARENTS NIGHT OUT

JULY 5 & 19 – Enjoy an evening out while you drop your kiddos off with us for some games, crafts, and peer bonding! Our Parents Night Out program will be offered on July 5 and 19 from 5:15-9 p.m.

Spots are limited and fill up fast so go to ymcawnc.org to save your space today!



SOCK HOP

JULY 27 – Whether you have dancing experience or two left feet, join us for a night of fun for a Sock Hop. This fun event will take place on Saturday, July 27 from 5:30-8 p.m.

Register at the Asheville YMCA or call 828-210-9622.

REGISTER FOR FALL SWIM LESSONS

JULY 29 – Fall swim lessons are approaching! The next session will begin the week of Sept. 3 for both children and adults.

Registration opens Monday, July 29, and you can call or go to ymcawnc.org.

BABYSITTING COURSE

AUG. 5 – In this American Red Cross curriculum course, participants will learn how to provide care for infants and children while also earning certifications in first aid and CPR.

Sign up at ymcawnc.org. Financial assistance is available.