



INCREASING FOOD SECURITY

The Y feeds kids and community through nutrition outreach.

We offer free healthy produce year-round in five area counties. Go to ymcawnc.org/nutrition to find a mobile food market near you.

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.

ymcawnc.org
facebook.com/ymcawnc
(828) 251-5910



KIDS CAN BOUNCE BACK WITH SPORTS AND MORE

The Y is the place for kids and teens to stay active and have fun this summer!

Our half-day sports camps for basketball, field hockey, flag football, soccer, and volleyball are designed to help kids ages 5-12 build skills and confidence in and out of the game.

Children ages 3-5 will enjoy Camp Kiddos, a half-day enrichment program that introduces structured camp through arts, crafts, song, outdoor play, water safety, and fun educational activities.

Check out fitness classes for kids and teens on our group exercise schedule.

Youth ages 13+ may have their own membership and can be in the facility without a guardian. The Wellness Center is accessible for ages 13-15 after they've completed a Youth and Family Orientation.

Financial assistance is available. Learn more about Y programs for kids and teens at ymcawnc.org.

COMMUNITY SUPPORTS LIFESAVING WATER SKILLS FOR KIDS

Safety Around Water (SAW) is back for the summer!

This program teaches children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in the water.

SAW teaches kids what to do if they find themselves in the water unexpectedly. They learn fundamental safety skills, including what to look for in a safe place to swim, how to swim a short distance on their front, how to roll over onto their back to rest, and then roll on their front to continue swimming to safety.

This program is completely free for youth, thanks to the support from generous community donors. Registration is now open for upcoming SAW classes at Patton Pool in Hendersonville for kids ages 3-12. Learn more at ymcawnc.org/swimming.



FEATURED JOB: LIFEGUARD



Looking for the perfect summer job?

Try lifeguarding at the Y. It has flexible hours, you'll stay in great shape, you'll gain skills like CPR, first aid, and water rescue, and you'll build responsibility and interpersonal skills while learning to stay calm under pressure.

The Y will also pay you to earn your lifeguard certification when you take a job with the Y (a \$200 value). Ready to get in the swim of things this summer? We're now hiring staff ages 15 and up.

To apply, go to ymcawnc.org/careers and click on the Aquatics button.

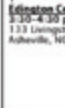
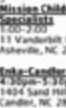
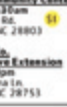
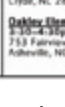
DONATIONS FEED NEIGHBORS AND BUILD COMMUNITY

Each week, the Y's nutrition team is in the community distributing healthy produce, simple recipes, and valuable nutrition information that's easy to understand. This service is FREE and open to the public, no questions asked. Find our mobile market schedules at ymcawnc.org/nutrition.



YMCA of Western North Carolina
Mobile Market Schedule

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 1. La Casa del Alifancho Church 4:30-5:30pm 2040 New Lancaster Hwy. Asheville, NC 28806	 2. Education Center 3:30-4:30 pm 133 Livingston St. Asheville, NC 28801	 3. Grace Community Church 3:30-4:30 pm 5182 US-75 Marion, NC 28752 4. Grace Episcopal Church 4:30-5:30 pm 871 Merriam Ave. Asheville, NC, 28804	 5. Mission Children's Specialists 12:00-2:00 111 Vanderbilt Park Dr. Asheville, NC 28803 6. Enka-Candler Branch Library 4:30pm-5:30pm 1404 Sand Hill Rd. Candler, NC 28715	 7. Asheville Pediatrics 3:30-4:30 pm 2 Medical Park Dr. Asheville, NC 28803
 8. La Casa del Alifancho Church 4:30-5:30pm 2040 New Lancaster Hwy. Asheville, NC 28806	 9. Harrah's Cherokee Center 10:00-11:00am 817 Haywood St. Asheville, NC 28801 10. Haywood Pediatrics 9:00-4:00pm 15 Facility Dr. Clyde, NC 28721	 11. Shiloh Community Center 10:30-11:30am 821 Shiloh Rd. Asheville, NC 28803 12. Madison Co. Cooperative Extension 9:00-4:00pm 258 Carolina Ln. Marshall, NC 28753	 13. A.C. Rod Hogan Community Center 11:00-11:30 am Old Fort 100 Asheville St., Asheville 909 East Main St. Old Fort, NC 28762 14. Blue Ridge Community Health 9:00-4:00pm 2579 Chennery Rock Rd. Hendersonville, NC 28752	 15. Wilcrest Apartments 11:00-11:30 am 100 Asheville St., Asheville Pinehill View Apartments 11:30 am-12:20 pm 1 Granada St., Asheville Creswell Apartments 12:40-1:15 pm 10 Calveys Ct., Asheville
 16. La Casa del Alifancho Church 4:30-5:30pm 2040 New Lancaster Hwy. Asheville, NC 28806	 17. Mission Children's Specialists 1:00-2:00pm 111 Vanderbilt Park Dr. Asheville, NC 28803 18. Oakley Elementary 3:30-4:30pm 733 Fairview Rd. Asheville, NC 28803	 19. Caring Memorial YMCA 4:30-5:30pm 348 Grace (Carpenter) Dr. Marion, NC 28752	 20. Enka-Candler Branch Library 4:30pm-5:30pm 1404 Sand Hill Rd. Candler, NC 28715 21. Blue Ridge Community Health 9:00-4:00pm 2579 Chennery Rock Rd. Hendersonville, NC 28752	 22. Asheville Pediatrics 3:30-4:30 pm 2 Medical Park Dr. Asheville, NC 28803
 23. La Casa del Alifancho Church 4:30-5:30pm 2040 New Lancaster Hwy. Asheville, NC 28806	 24. Haywood Pediatrics 9:00-4:00pm 15 Facility Dr. Clyde, NC 28721 25. Oakley Elementary 3:30-4:30pm 733 Fairview Rd. Asheville, NC 28803	 26. Madison Co. Cooperative Extension 9:00-4:00pm 258 Carolina Ln. Marshall, NC 28753	 27. A.C. Rod Hogan Community Center 11:00-11:30 am Old Fort 100 Asheville St., Asheville 909 East Main St. Old Fort, NC 28762 28. Blue Ridge Community Health 9:00-4:00pm 2579 Chennery Rock Rd. Hendersonville, NC 28752	 29. Wilcrest Apartments 11:00-11:30 am 100 Asheville St., Asheville Pinehill View Apartments 11:30 am-12:20 pm 1 Granada St., Asheville Creswell Apartments 12:40-1:15 pm 10 Calveys Ct., Asheville