



SPORTS AND SWIMMING KEEP KIDS ACTIVE



The Y offers lots of activities that keep kids moving, including sports clinics that teach basic skills and promote good sportsmanship, plus swim lessons for every age and every stage of development.

Basketball: Registration is now open for basketball clinics for players ages 4-12 at the Hendersonville Family Y. Additional locations will be added soon.

Soccer: The Hendersonville Family Y is offering skill-building soccer clinics for kids ages 4-12. Rates vary by age.

Swim lessons: Knowing how to swim will boost your child's confidence in and out of the water. A new session of swim lessons starts this month at several locations.

To sign up for these programs, go to ymcawnc.org/programs-search. Financial assistance is available for all Y programs thanks to generous community support.

SECOND GRADERS GET FREE WATER SAFETY LESSONS



Designed to prevent drowning incidents, the YMCA's national **Safety Around Water** program reaches children who are statistically at the highest risk of drowning and teaches them how to stay safe in and around water. And now, it's being incorporated into Henderson County Public Schools whole-child education programming.

The Y's certified instructors and lifeguards are teaching more than 900 second graders techniques such as pushing off the bottom of the pool to resurface ("Jump, Push, Turn, Grab") and a method of swimming on the front and on the back ("Swim, Float, Swim").

The Safety Around Water program is funded by donors and community partners, including local school systems. Along with traditional swim lessons, it helps children build confidence and skills that can save lives. To help support this vital program, go to ymcawnc.org/give.

NEW CLASSES ADDED TO SERVE COMMUNITY

The Y offers a variety of indoor, outdoor, and virtual fitness options to help your spirit, mind, and body stay healthy.



Explore new classes such as:

Intro to Ballet for ages 5-7 begins Oct. 16 at the Woodfin Y. This six-week class meets on Saturdays from 9-9:45 a.m.

Pedaling for Parkinson's starts Oct. 26 at the Woodfin Y. It will meet Tuesdays and Thursdays from 1:15-2:15 p.m.

Several virtual **Diabetes Prevention Programs** are starting this month. Offered at no charge for those who qualify. Email jowenby@ymcawnc.org or call 828-652-5903 to register, or for more details.

Trick-or-Treat Yourself at the Corpening Memorial Y throughout October, with daily tips and activities for self-care.

All Y members can take advantage of their free **Coaching Connection** appointments to familiarize themselves with our classes and facilities, meet other members, and set personalized fitness goals. Financial assistance is available.

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

NOW HIRING COMMUNITY BUILDERS



The Y gives you more than a paycheck – it gives you a sense of purpose.

We're seeking staff in every department, including childcare, swim programs, and membership, to better serve the community's needs.

We have jobs suitable for teens, adults, and retirees at competitive wages. Our full-time positions include medical benefits, paid time off, and a generous retirement plan.

Members earn \$25 off their monthly draft if we hire someone they refer, through Dec. 15. And if you work for us, your membership is free! See all job openings at ymcawnc.org/jobs.