



AFTERSCHOOL CHILDCARE = PLAYFUL LEARNING



Reserve your child's spot in the Y's enriching afterschool programs and rest easy knowing they have a safe, nurturing place to study and unwind.

Registration is now open for the Y's 2022-23 afterschool programs in Buncombe and McDowell. Financial assistance is available. Sign up at ymcawnc.org/childcare.

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



JOIN US FOR HEALTHY KIDS DAY ON APRIL 30

Join us on Saturday, April 30 for Healthy Kids Day, a free community event for the whole family.

Events at the Corpening Memorial Y in Marion and Patton Park in Hendersonville will feature activities such as games, healthy cooking demonstrations, arts and crafts, and competitions to motivate and teach families how to develop and maintain healthy routines at home. Learn more at ymcawnc.org/healthykids.

PROGRAMS FOR OLDER ADULTS

The Y offers several programs specific to individuals living with Parkinson's Disease including Pedaling for Parkinson's, Rock Steady®, and PWR!Moves.



Community building is an important aspect of these programs, and participants enjoy laughing, getting to know new friends, and sharing information about living with Parkinson's Disease and related diseases. If you or your loved one would like more information, please call 828-251-5910.

Moving for Better Balance is proven to help older adults and those with chronic health conditions improve balance, increase mobility, and build strength in a gentle, tai-chi inspired, movement-based class! Do you or a loved one need this type of support? Our next program starts April 18 at the Hendersonville Family YMCA, every Monday and Wednesday from 12-1 p.m. For more information, call 828-209-9603.

FOOD FOR ALL

The YMCA's free Mobile Food Markets visit dozens of locations each month, pairing free healthy food with tasty recipes, practical cooking demonstrations, and valuable nutrition information that's easy to understand.

Spanish-speaking community health workers are also on hand to connect attendees with local resources. Distributions are open to the public, no questions asked.

Check ymcawnc.org/nutrition to find a mobile food market near you.



HALF-DAY CAMP, FULL-TIME FUN

Looking for ways to keep your younger children active this summer?

The Y has several half-day camps to engage their interest.

Camp Kiddos introduces kids ages 3-5 to structured camp through arts, crafts, song, outdoor play, and water safety.

Sports camps are perfect for aspiring athletes ages 5-12 who enjoy a variety of sports and recreational games. This summer we're offering soccer, flag football, and mixed sports camps.

Specialty camps range from STEM to dance and more. Find a program that encourages your child's growth and ignites their passion.

All half-day camps run for four hours, Monday-Friday. Learn more and sign up at ymcawnc.org/programs/camps/half-day-camps.

Looking for an overnight option? Campers ages 7-15 will dare, discover, and dream at YMCA Camp Watia near the Nantahala National Forest. Sign up at ymcacampwatia.org.

Financial assistance is available for all YMCA camp programs.



LOVE YOUR JOB – WORK WITH THE Y!



Do you want to make a difference in the lives of thousands of children, adults, teens, and seniors in

western North Carolina?

Come work with us! We're looking for talented, energetic individuals who are committed to excellence in serving our members and our community. If this sounds like you, you're in the right place.

There's plenty of variety at the Y, whether you want to work on the water, with children, in an office or kitchen, or in an exercise studio. We offer competitive pay, hiring bonuses up to \$1,000, a free Y membership, and career advancement opportunities. Apply online at ymcawnc.org/jobs.

The Y also has plenty of opportunities to volunteer. April is National Volunteer Month, so it's a great time to mentor students, coach a sports team, sort or deliver fresh food, or teach a child to swim. Learn more at ymcawnc.org/volunteer.