



FIND YOUR PASSION



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. All positions receive membership and program discounts. See all job openings at ymcawnc.org/jobs.

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
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develop the fundamental skills of ball handling, dribbling, passing, shooting and defense. Ages 3-4 will have 30-minute clinic/scrimmage sessions on Saturdays. Ages 5-13 practice one night a week and play games on Saturday.

FLAG FOOTBALL

Participants in coed flag football will learn skill development and football knowledge in a fun and relaxed environment. Our volunteer coaches focus on participation and fun. In our youth flag football league, athletes learn fundamentals such as footwork, ball control, passing, and teamwork. Available for children ages 7-14.

SOCCER

Our fall soccer leagues are coed and strive to support each player at their current level of play and provide opportunities to increase their individual skills. Through participation in practices and games, players learn sportsmanship, how to work as a team and to build quality relationships with fellow players and coaches. Leagues are available for children ages 5-12. Kiddie Kickers program is available for children ages 3-4.

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

SPORTS KEEP KIDS ACTIVE

The Y offers lots of activities that keep kids moving, building skills and learning about good sportsmanship for every age and every stage of development.

BASKETBALL

There's no better place to learn the game of basketball than where it was invented. Volunteer coaches lead players in drills and games designed to



ALL TREATS, NO TRICKS

Check out our events page to see a full list of clubs, programs and special events.

Many are free and open to the public, an excellent way to learn more about the YMCA while having fun. Go to ymca.org/events.



INCREASING FOOD SECURITY

The Y feeds the community through nutrition outreach.

We offer free healthy produce year-round in five area counties. October brings new delicious produce, plus new times and locations. Check out the updated schedule at ymcawnc.org/nutrition to find a mobile food market near you.

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 CrossFit, cardio, yoga, raquetball, Zumba, Pilates, and tai chi. View the full schedule at ymcawnc.org/programs/health-fitness.

DIABETES PREVENTION PROGRAM

We have VIRTUAL Diabetes Prevention classes beginning in October & December 2022.

This program is offered at no-cost thanks to grant support. For more information, or to see if you qualify, contact Jordan Owenby at jowenby@ymcawnc.org or (828) 652-5903. Programs also offered en Español and for those who identify as African-American, as part of the Minority Diabetes Prevention Program (MDPP).