



**YMCA OF WESTERN
NORTH CAROLINA**



FIND OUT WHY SO MANY Y STAFFERS LOVE THEIR J-O-B

The Y is a nonprofit community benefit organization, which means that our staff does more than work – we are building a stronger community.

We offer competitive pay, a free Y membership, career advancement opportunities, and excellent full-time benefits, including one of the nation's best retirement plans.

We have immediate openings for member services, childcare staff, lifeguards, summer camp staff, and more. Help us serve the community – join our team today! View our job openings at ymcawnc.org/careers.

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

BLACK HISTORY IS Y HISTORY

Did you know that Black History Month has roots associated with the Y?

In 1915, after attending a celebration in honor of the 50th anniversary of emancipation, Carter Woodson convened a small gathering at the Wabash Avenue YMCA in Chicago and formed the Association for the Study of Negro Life and History (ASNLH). The Association created Negro History and Literature Week, renamed Negro Achievement Week, later Negro History Week and eventually Black History Month.



Learn more about Black leaders in the Y and their accomplishments toward our organization and society. Watch the History of Black Leaders in the YMCA video by scanning the QR code.



SUMMER IS FOR MAKING MEMORIES



It's time to start planning for a summer to remember.

A short distance, but worlds away, YMCA Camp Watia is an overnight camp where kids will dare, discover, and dream.

Registration is now open for campers ages 7-15. Limited spaces are available, so reserve your bunk now at ymcacampwatia.org.

HERE TO HELP IMPROVE QUALITY OF LIFE



Sometimes building a healthy spirit, mind, and body requires a scientific approach, especially if you're fighting a chronic disease like arthritis, cancer, diabetes, or Parkinson's.

The Y offers several classes to help people with these conditions make measurable improvements in their quality of life.

The Y offers many evidence-based health intervention programs, including diabetes prevention programs, LIVESTRONG® at the YMCA for cancer survivors, Pedaling for Parkinson's, and other evidence-based health intervention programs, learn more at ymcawnc.org/community-health.

LIVESTRONG at the Y is an exercised-focused cancer support program for adults 18+, that emphasizes the emotional well-being of survivors by providing a supportive community where people affected by cancer can connect during treatment and beyond. This 12-week program includes two 90-minute classes per week in a small group setting, which includes an exercise program suited to your individual ability level.

This program is offered at no cost to participants and includes a household membership to the Y for the session's duration. Next session begins March 7. Learn more and register at ymcawnc.org/livestrong-ymca.

SPRING INTO YOUTH SPORTS AT THE Y



Registration is now open for spring sports.

Soccer teams are co-ed divided by age group. Players learn how to develop skills in a positive environment. We focus on footwork, coordination, balance, agility, teamwork, character, and communication. Soccer kicks off March 25. Learn more and register at ymcawnc.org/soccer.

The Y flag football program is geared toward those youth who want to learn how to play the sport and HAVE FUN! We encourage kids to challenge themselves as players and people. Practice will be held 30 minutes before the games on Saturday afternoons. Flag football for ages 7-12 is an 8-week program geared toward youth who wants to have fun learning the sport. The season begins April 1, register at ymcawnc.org/sports.

FEEDING WESTERN NORTH CAROLINA



Did you know that the Y has a nutrition outreach program to improve food security and educate people about healthy eating habits?

We bring fresh produce to dozens of communities each month, at no charge and with no questions asked. We also offer free community meals for youth as well as community cooking classes. All of these programs provide fresh, nutritious foods, paired with healthy recipes, cooking demonstrations, and valuable nutrition information that's easy to understand. Volunteers are welcome to assist in this outreach work. Want to get involved? Visit ymcawnc.org/nutrition to learn how to start volunteering today!