



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.

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

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.



FOOD FOR ALL



The YMCA's free mobile food markets visit dozens of locations each month, pairing free healthy food with tasty recipes 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, with no questions asked.

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



JOIN US FOR HEALTHY KIDS DAY ON APRIL 29

Join us on Saturday, April 29 for Healthy Kids Day, a free community event for the whole family.

Events will be hosted at the Corpening Memorial Y in McDowell County and Mills River Park in Henderson County. There will be activities such as games, healthy food recipes, and arts and crafts to motivate and teach families how to develop and maintain healthy routines at home. Find all the details at ymcawnc.org/healthykids.

PLAN NOW FOR AFTERSCHOOL CARE



Plan now for the upcoming school year to ensure options.

Registration is now open to reserve your child's spot in the Y's afterschool programs in Buncombe and McDowell. Enroll your child and rest easy knowing they will have a safe, nurturing place to study and unwind. Financial assistance is available. Learn more 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



PROGRAMS FOR ALL

The Y has partnered with AARP for a series of free events with a new topic each month.

Fraud prevention is the focus in April. Learn from experts about ID theft, internet fraud, how to identify scam phone calls and more. Each of our locations will host this presentation. Visit ymcawnc.org/events to find the day and time that fits your schedule.

LOVE YOUR JOB – WORK WITH THE Y!



Working at the Y is fun and rewarding.

Whether you want to work on the water, with children, in an office, kitchen, or in an exercise studio, there's a spot for you on our team. We offer competitive pay, hiring bonuses up to \$1,250 for certain roles, a free Y membership, and career advancement opportunities. Apply online at ymcawnc.org/jobs.

April is National Volunteer Month. What better time to serve your community? The Y has lots of volunteer opportunities, including mentoring students, coaching sports teams, sorting or delivering fresh food, and teaching kids to swim. Learn more at ymcawnc.org/volunteer.