



GETTING STRONGER TOGETHER



LIVESTRONG® at the Y is an exercise-based cancer support program that focuses on the emotional and physical well-being of people living with cancer.

The program meets twice a week for 90 minutes, is led by certified LIVESTRONG facilitators, and is offered at no cost thanks to grants and the generous support of donors. The program also includes a household membership for the 12 weeks of the program.

A limited number of spaces are still available for our next program, which begins Tuesday, June 6 in person at the Ferguson Family YMCA and Corpening Memorial YMCA in Marion. For more information, please reach out to communityhealth@ymcawnc.org, call (828) 251-5910, or go to ymcawnc.org/livestrong-YMCA.

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



KEEP KIDS ACTIVE THIS SUMMER

The Y is the place for kids and teens to stay active and have fun this summer!

Our half-day sports camps for basketball, field hockey, flag football, soccer, and volleyball are designed to help kids ages 5-12 build skills and confidence in and out of the game.

Children ages 3-5 will enjoy **Camp Kiddos**, a half-day enrichment program that introduces structured camp through arts, crafts, song, outdoor play, water safety, and fun educational activities.

Check out **fitness classes** for kids and teens on our group exercise schedule.

Teens, ages 13+, may have their own membership and can be in the facility without a guardian. The **Wellness Center** is accessible for ages 13-15 after they've completed a Youth and Family Orientation.

Connect with us online or Instagram @ymcawnc to find out what we have planned for teens this summer.

Financial assistance is available. Learn more about Y programs for kids and teens and sign up at ymcawnc.org.



TIME TO SPLASH AND PLAY!

Enjoy fun in the sun this summer staycation style with a visit to Patton Pool in Hendersonville.

This 50-meter outdoor pool has an accessible chair lift, detached wading pool, plus a playground and picnic tables with umbrellas to take a break in the shade. Punch passes are available.

Indoor pools at the Ys in Asheville, Black Mountain, Hendersonville, and Marion are open year-round for swim lessons, water exercise classes, lap swim, and family swim. Learn more at ymcawnc.org/patton-park-and-pool.

PARENTS, TAKE TIME FOR YOURSELF

Do you need a break to run errands, go to the movies, or work on your hobby?

Our Parents Morning, Afternoon, and Night Out programs are a fun and affordable alternative to babysitting. Programs are open to children ages 12 months to 12 years at multiple locations, on different dates, at a variety of times. Each one is different, so choose the one that's most convenient for you. You don't have to be a Y member to sign up, although members do get the best rate! Learn more and sign up at ymcawnc.org/pno.



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 staff 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.

MEMBERSHIP HAS IT'S BENEFITS



YMCA of Western North Carolina members not only have access to the seven YMCA's in the area, but nationwide access.

This can be helpful during summer travel or even commuter travel. Whether you want to visit a YMCA pool on vacation or are interested in trying out a group exercise class in a nearby town while traveling for work or fun- You can! A YMCA membership gives you a place to belong whenever your travels take you this summer.

Learn more about the options at ymcawnc.org/ymca-membership.

FIND YOUR WHY WORKING AT THE Y



Looking for a summer job that will give you skills to last a lifetime?

Try lifeguarding at the Y. It has flexible hours, you'll gain skills like CPR, first aid, and water rescue, and you'll build responsibility and interpersonal skills while learning to stay calm under pressure.

The Y will pay you to earn your lifeguard certification when you take a job with the Y (a \$200 value). Ready to get in the swim of things this summer? We're now hiring staff ages 15 and up.

SWIM INSTRUCTORS - Work an average of 15 hours per week 6/15-8/18 and receive a \$500 end of summer bonus!

LIFEGUARDS - Work an average of 25 hours per week 6/15-8/18 - and receive a \$750 end of summer bonus!

COMBO LIFEGUARD/SWIM INSTRUCTOR STAFF - Work an average of 30 hours per week 6/15-8/18 and receive a \$1250 end of summer bonus!

To apply, go to ymcawnc.org/jobs and click on the Aquatics button.

Retired but still want to keep your hand in? Put your life skills to work at the Y! We have a variety of positions to engage your interest and keep your mind sharp. Along with flexible hours and competitive pay, you'll get a Y membership and make a meaningful contribution. Explore your encore career at ymcawnc.org/jobs.