



**YMCA OF WESTERN  
NORTH CAROLINA**

## 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](http://ymcawnc.org/nutrition) to find a mobile food market near you.

## 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](http://ymcawnc.org) or call (828) 251-5910 to learn more.

[ymcawnc.org](http://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
**(828) 251-5910**

## READY, SET, PLAY!

**The best way to beat boredom is to encourage physical activity.**

Our half-day summer sports camps teach the fundamentals of basketball, soccer, flag football, kickball, dodgeball, and more through fun games and drills.

Registration is now open for the fall season of youth soccer and flag football. We have clinics for ages 3-4 and league play for ages 5-12. Learn more and sign up at [ymcawnc.org/sports](http://ymcawnc.org/sports). Look for the Sign up button to find dates and cost. Financial assistance is available for all youth sports programs.



## SUMMER ACTIVITIES FOR TEENS



**Teens can enjoy being active all year at the Y, and this summer there's even more for them to do.**

We are hosting Teen Summerfest pool parties, especially for teen members on July 15 at the Reuter Family YMCA and August 5 at Patton Pool to check out the Y and make new

connections and friends.

To learn more or register, contact Roger at [rreid@ymcawnc.org](mailto:rreid@ymcawnc.org) or (828) 575-2938.

## KIDS OF ALL AGES NEED TIME TO PLAY!



### Ready for some time to yourself?

The Y offers safe, affordable babysitting at multiple locations for members and nonmembers alike. Our trained caregivers will keep your child entertained while you take care of you.

Go to [ymcawnc.org/pno](http://ymcawnc.org/pno) to learn more about Kids Club, Parents Night Out, and Parents Morning Out.

## COMMUNITY YARD SALE AND CAR WASH



Mark your calendar for Saturday, August 5 for a Community Yard Sale and car wash at our YMCA Youth Services at Beaverdam location. We are expecting 20+ vendors selling their wares from new to old and everything in between. Stop by to find treasures and have your car washed while raising money to send a child to camp!

Interested in being a vendor? Contact Abby at (828) 775-4706.



## COMBAT PARKINSON'S WITH ROCK STEADY BOXING

Rock Steady Boxing uses exercises adapted from boxing drills to help people with Parkinson's maintain or restore skills that deteriorate and interfere with everyday movements.

Visit [ymcawnc.org/parkinsons-support](http://ymcawnc.org/parkinsons-support) to register for upcoming classes at the downtown Asheville YMCA and Ferguson Family YMCA in Candler.

## GET SOCIAL AT THE Y



Each of our locations hosts a variety of events for older adults.

Stay connected with us on social media or visit [ymcawnc.org/events](http://ymcawnc.org/events) to see what's happening.