



FRESH PRODUCE FOR ALL



Did you know?

The Y provides fresh, healthy produce to the community at no charge. Each year we give thousands of pounds of fruits and vegetables, along with healthy recipes to make it easier to prepare nutritious meals.

Our mobile food market team includes several bilingual community health workers who can refer mobile market participants to other resources. And in addition to local churches, apartment complexes, and doctors' offices, our markets now take place at several public libraries. See the full schedule at ymcawnc.org/nutrition.

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



GET IN THE GAME

The Y loves basketball, and we can't wait to help your child learn how to play.

Registration is open now for leagues (ages 3-12) at several locations. Sign up at ymcawnc.org/sports or any Y location to encourage your child to exercise and build a foundation for an active life.

Y members get preferred pricing on basketball and other programs. Financial assistance is available. To learn more, call 828-251-5910.

NEW PROGRAM FOR TEENS



Teens need a variety of ways to connect and learn.

Leaders Club is a YMCA-based leadership development program for 8th-12th graders. It offers teens leadership training and service projects, plus opportunities to socialize and meet new teens.

The group meets Wednesdays from 4-6 p.m. at the Reuter Family YMCA. Learn more at ymcawnc.org/teenleaders.

SALUTING OUR VETERANS

We are grateful to all veterans for their courage, strength, dedication and sacrifices made to protect and keep us safe.

We remember this all throughout the year, but at this time especially we come together to honor you on Veterans Day.

The Y's Military Appreciation program covers several types of membership with corresponding rates, which apply as long as the veteran or active military individual is a Y member. There are no joining fees for veterans, active military, and their family members to join the Y.



WINTER BREAK CAMP



When school is out, the Y is in!

School's Out Camp at the Y provides a safe and fun environment for children when school is not in session. Our program offers engaging and educational activities, as well as a place to have fun with friends. Learn more and register at ymcawnc.org/afterschool.

QUALITY AFTERSCHOOL CARE FOR YOUR CHILDREN



Families depend on the Y for safe, enriching childcare.

We have positions available with these important YMCA Afterschool programs.

As a part of the Y's childcare team, you will support student wellness, social and emotional learning, and academic achievement for elementary and middle school students.

Do you know someone who wants to gain valuable leadership skills and make a difference in a child's life? See all job openings at ymcawnc.org/careers.