



**YMCA OF WESTERN
NORTH CAROLINA**

FIND YOUR Y WORKING AT THE Y



Try a new job this summer that keeps the adventure going all year long.

Put your life skills to work or learn new ones at the Y! We have a variety of positions to engage your interests and keep you connected. Along with flexible hours and competitive pay, you'll get a Y membership and make a meaningful contribution. Explore your Y career 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. We offer income-based rates on a sliding scale to fit everyone's budget. 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

SMARTER = STRONGER



Looking for a way to change up your routine this summer?

Visit the Reuter Family Y or Woodfin Y and give EGYM a try! EGYM smart strength machines create a custom profile for you and automatically adjusts your settings to create an optimized workout. This equipment is free to use with a Y membership. Learn more and schedule an onboarding session at ymcawnc.org/egym.

GO WITH THE FLOW



Dive into fun during Family Swim, a period of open swim time where all ages are welcome at any of our indoor pools!

Join us on Fridays from 4-6 p.m. and Sundays from 1-3 p.m. at the Asheville Y, Black Mountain Y, Corpening Memorial Y, Hendersonville Family Y, and the Reuter Family Y.



PARENTS, TAKE TIME FOR YOU

School is out and that means parents have less time to run errands, work on hobbies, or simply relax.

Parents Time Out at the Y is 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. You don't have to be a Y member to sign up, although members do get the best rate! Scan the code for more info and to sign up.

MEMBER BONUS: Every quarter, household members receive one free Parents Time Out session. Choose one that works best for you.

As part of our commitment to diversity, equity, and inclusion, all YMCA of Western North Carolina facilities will be closed on Wednesday, June 19.

We observe and honor Juneteenth as a significant day in American history, and we encourage our staff and members to participate in community events and activities related to the holiday.

FIND SOMETHING NEW AT THE Y



Whether you're interested in crafting, engaging in friendly competition through games, expanding your knowledge through classes, or finding a supportive community in our various groups, the Y offers a wide array of activities for different interests and needs.

There's something for everyone to enjoy at the Y, making it a welcoming and inclusive place for all. Find our events at ymcawnc.org/events.

ENJOY THE TASTE OF SUMMER AT Y MARKETS



Nothing beats the taste of fresh, local summer crops like beans, squash, and tomatoes.

Visit one of our free Mobile Food Markets to choose from an abundant selection of delicious and healthy produce. In addition to food, you'll get cooking tips in English or Spanish. Markets are open to the public, no questions asked. See this month's schedule at ymcawnc.org/schedules.