



**YMCA OF WESTERN
NORTH CAROLINA**

FALL FOR A NEW PURPOSE



The Y is always in search of staff who want to do work that matters.

Now is a great time to help your neighbors through afterschool childcare, aquatics, membership, food access, sports, and wellness. We offer a variety of positions, flexible schedules, and an amazing team of coworkers. View all available positions 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. 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

DO THE MONSTER MASH



Get ready for a frighteningly fun time!

The Reuter Family YMCA is hosting a family-friendly Monster Mash Dance Party on Saturday, October 18 from 6-7:30 p.m.



Come dressed in your costume and show off your best monster moves on the dance floor. Enjoy spooky tunes, games, and treats for all ages. This event is open to all. Registration is required. Scan the QR code to sign up.

JOIN US IN GIVING BACK TO THE COMMUNITY

In the aftermath of Hurricane Helene, there's more to do than ever before.

We invite you to join our efforts to bridge ongoing recovery efforts with long-term resilience through the Y's Togetherhood® volunteer program. Learn more and explore volunteer opportunities at ymcawnc.org/volunteer.



REDUCE YOUR RISK

**Are you looking
for support in
preventing or
managing type 2
diabetes?**

The Y offers a research-based Diabetes Prevention Program focused on helping you make lasting healthy lifestyle changes. This program is offered at no cost, in both English and Español.

Contact us by email at communityhealth@ymcawnc.org or call us at (828) 209-5012.

GET IN THE GAME



It's game time!

Registration for winter youth sports is now open. We're offering:

- Youth Basketball
- Little Dribblers clinics (ages 3-4)
- Youth Basketball leagues (ages 5-13)
- Volleyball - Girls' clinics (ages 8-13)
- Futsal league (ages 8-13)



Youth sports are a great way for kids to stay active, learn teamwork, and make new friends. Seasons begin in December. Scan the QR code or visit ymcawnc.org/youth-sports to find all available options.

Want to Be a Game Changer?

Volunteer coaches are needed for all sports. Coaching is a rewarding way to connect with the community and have a positive impact on youth. Plus, you don't need to be an expert in the sport to be a coach. Volunteer for a single event or the whole season. Explore current openings at ymcawnc.org/volunteer.

FEEDING OUR COMMUNITY



Our Mobile Food Markets visit dozens of locations each month, pairing free healthy food with tasty recipes and valuable nutrition information.

The food markets are open to the public, no questions asked. Check out the schedule at ymcawnc.org/nutrition to find a mobile food market near you.