



YMCA OF WESTERN NORTH CAROLINA

CARVE OUT TIME FOR YOU



Needing time for yourself in preparation for the holidays?

Let the Y care for your child while you run errands, enjoy a date night, or simply relax. Parents Night Out is offered at all YMCA locations with a variety of dates and times. Available for ages 1-12. Open to both members and nonmembers. Visit ymcawnc.org/pno to find a time that works for 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 or call (828) 251-5910 to learn more.

ymcawnc.org
facebook.com/ymcawnc
 (828) 251-5910

HERE FOR YOU

If you've been affected by the shutdown, please know you're not alone.

In times of need, the YMCA is here to help. We offer financial assistance for membership and programs, as well as provide healthy, free food at our mobile food markets to families and individuals in need, no questions asked.



YOUR TEAM IS CALLING



The game is about to begin!

Registration for winter youth sports closes soon. We're offering:

Basketball

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



Young athletes will grow their skills, develop confidence, and make new friends. Seasons begin in December. Scan the QR code or visit ymcawnc.org/youth-sports to find all available options.

REDUCE YOUR RISK



Do you know your risk of type 2 diabetes?

The YMCA offers no-cost diabetes risk screenings and HbA1c testing at select locations. Take control of your health and wellbeing by knowing your risk! Offered in both English & Spanish/Ofrecemos en Español. To reserve your spot, please call (828) 575-2922 or email communityhealth@ymcawnc.org.

Learn more about how the Y offers free, research-based support with preventing or managing type 2 diabetes at ymcawnc.org/diabetes-programs.

WHEN SCHOOL'S OUT, THE Y IS IN

Schools Out Camps at the Y provide a safe and fun environment for kids when school isn't in session.

This month we're offering camps for:

Veterans Day

- Asheville City Schools Pre-K (ages 3-5)
- Buncombe County (ages 5-12)

Thanksgiving Break

- Asheville City Schools (ages 3-5)
- Buncombe County (ages 5-12)

Registration closes five days before the program date. Scan the QR code or visit ymcawnc.org/schools-out to find all available options.



HEALTHY FOOD FOR ALL



Our mobile food markets distribute healthy produce, simple recipes, and valuable nutrition information that's easy to understand. This service is free and open to the community, no questions asked. Find times and locations at ymcawnc.org/food.