



YMCA OF WESTERN  
NORTH CAROLINA

## WORK WITH US



### We're hiring!

Find your passion at a place with purpose. We offer flexible schedules, career advancement opportunities, and a free YMCA membership. Check out our job openings and apply today at [ymcawnc.org/careers](http://ymcawnc.org/careers).

## VOLUNTEER FOR GOOD



From coaching youth sports to distributing fresh produce, you can make a difference. Explore our volunteer options at [ymcawnc.org/volunteer](http://ymcawnc.org/volunteer).



## GREAT SUMMERS START HERE

**Summer day camps at the Y are a great place for kids to connect with the outdoors, make new friends, and have fun.**

Campers will continue to learn and grow in a safe environment all summer long. Scan the QR code to explore all of our day camp options.

YMCA Camp Watia is an overnight camp where kids dare, discover, and dream. Campers will build confidence, gain independence, and make friendships while experiencing exciting outdoor adventures. Visit [ymcacampwatia.org](http://ymcacampwatia.org) to find dates and register.



## SPRING INTO SPORTS



### A new season of youth sports starts soon!

This spring, we're offering flag football, soccer, and girls volleyball clinics. Kids will learn fundamentals, make new friends, and develop important life skills at the Y. Registration opens Jan. 27. Learn more about our sports programs at [ymcawnc.org/sports](http://ymcawnc.org/sports).

## PREVENTION IS POSSIBLE

### Want to lower your risk of type 2 diabetes?

The Y offers a research-based Diabetes Prevention Program to help you make lasting healthy lifestyle changes. This free program is available to the public in English and Spanish. For more information, please email [communityhealth@ymcawnc.org](mailto:communityhealth@ymcawnc.org) or call 828-251-5910.



## WHERE TEENS THRIVE



Our teen programs and resources are designed to help young people grow, lead, and connect.

These programs provide opportunities for teens to develop leadership skills, get involved in their community, and find support for mental health. Learn more at [ymcawnc.org/teens](http://ymcawnc.org/teens).

## FEEDING OUR COMMUNITY



Our Mobile Food Markets bring free, nutritious produce to dozens of locations each month, along with simple, delicious recipes and easy-to-understand nutrition tips.

These markets are open to the public, no questions asked. Learn more about our food programs and view this month's schedule at [ymcawnc.org/food](http://ymcawnc.org/food).

## 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.

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