



YMCA OF WESTERN NORTH CAROLINA

GET IN THE GAME

Youth sports at the Y are a fun, safe way for young athletes to stay active, build skills, and learn teamwork.

This season, we're offering:

- Flag football (ages 5-14, in partnership with NFL FLAG)
- Soccer (ages 5-14, in partnership with MLS GO at the Corpening Memorial Y)
 - Kiddie Kickers (ages 3-4)
 - Youth clinics (ages 5-10)
- Volleyball – Girls clinics (ages 8-13)

Registration closes soon, so sign up today. Scan the QR code or visit ymcawnc.org/youth-sports to find all available options.



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

HEALTHY KIDS DAY IS APRIL 18



Save the date for Healthy Kids Day, a free community event on Saturday, April 18.

Join us at the Corpening Memorial YMCA in Marion or the Hendersonville Family YMCA from 10 a.m.-1 p.m. for fun games, activities, group exercise demonstrations, healthy snacks, contests and prizes, local vendors and community partner booths, and much more. Stay tuned for more details at ymcawnc.org/hkd.

TIME TO TRAIN FOR A 5K



Get ready for the Chamber Challenge 5k with training designed for all fitness levels by YMCA personal trainer Suzanne Ion.

These free training sessions are open to everyone, whether you're registered for the event or not! Training participants have a chance to win a race registration. Learn more at ashevillechamber.org/news-events/chamber-challenge.

LEARN TO LOWER YOUR RISK

Mark your calendar for free diabetes risk testing on Diabetes Alert Day, March 24.

Learn more about the Y's diabetes prevention program at ymcawnc.org/mdpp. Take charge of your health through awareness and early action! Space is limited at select locations. To find out more and sign up, email communityhealth@ymcawnc.org or call (828) 575-2922.



READY, SET, SPLASH



Learning to swim is an essential, lifelong skill.

YMCA swim lessons focus on water safety, technique development, and building confidence in the water. Registration for spring youth swim lessons opens March 9. Classes begin in April. Learn more at ymcawnc.org/swim.

TAKE ACTION AND EMPOWER YOURSELF



The Y offers several evidence-based health programs designed to help fight chronic disease and make healthy lifestyle changes. From cancer support to falls prevention and Parkinson's programs, we can help you reduce your risk and reclaim your health. Learn more at ymcawnc.org/ebhp.

FREE, FRESH FOOD FOR ALL



Our Mobile Food Markets bring free, healthy produce to locations in five counties each month, along with simple recipes and nutrition tips that are easy to understand.

Distributions are open to the public, no questions asked. Find this month's schedule at ymcawnc.org/food.