



YMCA OF WESTERN NORTH CAROLINA

MAKE A SPLASH AND A DIFFERENCE



Looking for a summer job where you can work around the water?

We're hiring lifeguards and swim instructors! You'll maintain a positive environment while learning how to build relationships, work as part of a team, and develop important life skills. Plus, you'll be eligible for a summer hiring bonus. Visit ymcawnc.org/careers and apply today!

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

PREVENTION STARTS WITH YOU



Practical tools from certified diabetes coaches.

Join our 10-week Type 2 Diabetes Empowerment program designed to empower you with education and support. You'll also get practical tools to help you manage diabetes and reduce complications.

Led by certified diabetes coaches, sessions meet weekly for 90 minutes beginning Friday, April 10 at 6 p.m. at the Asheville Y. Offered at no cost for anyone age 18+ living with type 2 diabetes. For more information and to register, call us at (828) 209-5012 or email us at communityhealth@ymcawnc.org.

HALF-DAY, ALL PLAY

This summer, we're offering half-day camps.

If you need additional flexibility in your summer morning routines, check out our half-day summer camps.



Camp Kiddos –

Children ages 3-6 are introduced to a structured summer camp. They'll enjoy arts and crafts, songs, outdoor play, and learn basic water safety.

Sports Camps –

Campers ages 5-13 explore a variety of sports, including basketball, soccer, flag football, volleyball, and more. Campers learn the basics through drills and games while growing teamwork. Offerings vary by age and location.

All half-day camps run from 8:30 a.m. until 12:30 p.m., Monday-Friday. Financial assistance is available. Visit ymcawnc.org/half-day to learn more.

TAKE THE WHOLE FAMILY TO CAMP



Quality adventures and activities at Camp Watia.

Experience the magic of camp together at YMCA Camp Watia Family Camp, May 15-17.

Your family will enjoy a weekend filled with exciting activities, quality time together, and creating lifelong family memories while surrounded by the Blue Ridge Mountains. Find more details at ymcacampwatia.org/family.

THE PLACE TO BE AFTER SCHOOL

Registration is Now Open!

Register today for 2026-27 Afterschool programs in Asheville City Schools, Buncombe County Schools, and McDowell County Schools. Kids can receive help with homework while



making new friends and staying active in a safe, fun environment. Financial assistance is available. Scan the QR code to reserve your child's spot today!

FREE, FRESH FOOD FOR ALL



Everyone deserves access to healthy and nutritious food choices.

That's why our Mobile Food Markets visit dozens of locations each month, bringing free, fresh produce and nutrition education to the community. These food markets are open to the public, no questions asked.

Find this month's schedule at ymcawnc.org/food.