



YMCA OF WESTERN NORTH CAROLINA

JOIN OUR TEAM



Looking for a fun summer job? Work at the Y!

You'll make a difference in your community while learning how to work as part of a team, and develop important life skills. Plus, we offer benefits including flexible schedules and a free Y membership.

Want to work around the water? We're hiring lifeguards and swim instructors! Hiring bonuses are available. Visit ymcawnc.org/careers and apply today!

FEEDING OUR COMMUNITY



Our Mobile Food Markets visit dozens of locations each month, pairing free healthy produce with tasty recipes and valuable nutrition information that's easy to understand.

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



SWIM STRONG AT THE Y

May is National Water Safety Month and the Y is committed to teaching the importance of water safety and ensuring that every person has the opportunity to learn essential water safety skills.

Swim Lessons for All Ages: From infants and young children to teens and adults, YMCA swim lessons focus on skill development, water confidence, and safety awareness. Programs are designed to help participants progress at their own pace in a supportive environment.

Safety Around Water Program: This foundational program teaches critical survival skills, including how to safely reach the water's surface, float, tread water, and exit safely. This grant and private donor funded program is often provided in partnership with local schools and community organizations.



To learn more about our swim programs and register for lessons, scan the QR code or visit ymcawnc.org/swim.

SUPPORTING MENTAL HEALTH AWARENESS



May is a time to highlight the importance of mental health challenges, and available resources that can help people thrive. We offer meaningful programs that meet people where they are and remove barriers to care.

Evidence-Based Trainings & Programs

Reach & Rise® Mentoring Program: This group mentoring program supports young people navigating behavioral health challenges by pairing them with trained adult mentors.

EveryDay Strong: Practical, research-based training that equips caring adults with simple tools to support the mental health and well-being of young people ages 8-18.

Mental Health First Aid Trainings (Youth, Teen and Adult): The YMCA offers evidence-based trainings that equip participants with the skills to identify, understand and respond to mental health or substance use challenges.

Visit ymcawnc.org/mental-health to learn more about our free mental health resources and find all upcoming mental health-related events and trainings.



SUMMER FUN EVERY DAY

With half-day camps at the Y, kids can spend the summer playing, learning, and making friends, all jam-packed into just the right amount of time.

Upcoming Half-Day Camps

Sports Camps: Campers ages 5-13 will learn the basics of sports including basketball, soccer, flag football, and volleyball through drills and games. Perfect for aspiring athletes who enjoy a variety of sports and recreational games. Offerings vary by age and location.

Camp Kiddos: Children ages 3-6 are introduced to a structured summer camp with arts and crafts, songs, outdoor play, and basic water safety.

Camp Explorers at the Corpening Memorial Y in Marion makes learning fun for kids ages 6-12 with a week of activities, projects, and experiments.

All half-day camps run from 8:30 a.m.-12:30 p.m., Monday-Friday. Financial assistance is available. Explore your options at ymcawnc.org/half-day.

LIVE HEALTHY, LIVE HAPPY



Join us for a Senior Health Fair on June 1 from 10 a.m.-12 p.m. at the Ferguson Family Y!

In partnership with Hopscotch Primary Care, this free event will feature health screenings, wellness presentations, and health tips from our community partners. Open to the public. Come learn, connect, and take simple steps toward a stronger, healthier you.

KNOW THE SIGNS



This month, we're hosting multiple Stroke Awareness and Prevention workshops, presented by Stronger Together Wellness.

Learn how to recognize stroke warning signs, understand risk factors, and take practical steps to help protect your health and the health of those around you.

Stroke Awareness & Prevention Workshops

Black Mountain YMCA
Monday, May 11, 1:30-2:30 p.m.

Reuter Family YMCA
Wednesday, May 13, 11 a.m.-12 p.m.

Asheville YMCA
Monday, May 18, 3-4 p.m.

Ferguson Family YMCA
Tuesday, May 19, 10:15-11:15 a.m.

Woodfin YMCA
Wednesday, May 27, 11 a.m.-12 p.m.

These workshops are free and open to the public.

ymcawnc.org
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