



YMCA OF WESTERN NORTH CAROLINA

DO WORK THAT MATTERS



Lifeguards and swim instructors are eligible for a summer bonus!

Looking for a meaningful summer job? Work at the Y! You can make an impact while having fun, building skills, and receiving benefits, including a free membership.

Full and part-time roles are available. Apply today at ymcawnc.org/careers.

TASTE THE FLAVORS OF SUMMER



Our mobile food markets bring free, healthy produce and nutrition education to the community each month. Open to all, no questions asked.

Find the current schedule at ymcawnc.org/food.



SUMMER FUN STARTS AT THE Y

Fun in the sun for everyone!

At YMCA half-day camps, kids will experience a summer full of play, learning, and friendship while you keep your schedule flexible. Options include:

Sports Camps: Kids ages 5-13 will learn the basics of basketball, soccer, flag football, and volleyball through drills and games. Perfect for aspiring athletes to play 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 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. to 12:30 p.m., Monday-Friday. Financial assistance is available. Visit ymcawnc.org/half-day to learn more and sign up.



GIVE BLOOD TO MAKE A DIFFERENCE

Eligible donors are needed NOW.

We're partnering with American Red Cross to host Operation Blood Drive on Thursday, June 25 at the Reuter Family YMCA from 7 a.m. to 7 p.m. and the Asheville YMCA from 1 to 7 p.m. When you donate blood, you'll not only save three lives, you'll earn a \$15 e-gift card and be entered into two prize drawings. Non-members who participate will also receive a five-day guest pass to the YMCA.

Schedule your appointment today at redcrossblood.org and use sponsor code OBD2026. Help show how our community comes together when it matters most.

FROM SURVIVING TO THRIVING

Each June, we honor the strength and resilience of millions during National Cancer Survivors Month.

During this time, the Y highlights LIVESTRONG® at the YMCA, an evidence-based program for those living with cancer. Through this program, the Y supports participants with the resources they need to recover physically, emotionally, and spiritually. Learn more at ymcawnc.org/livestrong.



NEED A NIGHT OUT?



Take a well-deserved break with Parents Night Out at the Y.

Kids ages 1-12 will have fun with games, crafts, and friends while parents get a few hours to themselves. This program is open to the public and is offered at multiple locations on different dates.

Find the option that works best for you at ymcawnc.org/pno.

CARING THROUGH CONNECTION



Stay active to improve your quality of life.

During National Alzheimer's and Brain Awareness Month, we're raising awareness about brain health and the steps we can take to protect it. Staying active and socially connected can help reduce the risk of cognitive decline. Explore our programs to support your brain and body health at ymcawnc.org/healthy-aging.

In partnership with Dementia Partners AVL, the Y hosts a group at multiple Y centers each month that provides support for caregivers and folks with dementia or related ailments. Find upcoming groups at ymcawnc.org/events.

ymcawnc.org
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