



**YMCA OF WESTERN
NORTH CAROLINA**

FIND WORK THAT MATTERS



Your summer job could save a life.

As a lifeguard at the Y, you'll keep swimmers safe while learning new skills and working as part of a team. Plus, you'll be eligible for a summer hiring bonus and get a free Y membership. Scan the QR code to apply today.

Interested in other ways to work with us? We're hiring for a variety of roles, including childcare, instructors, membership, and more! View all job openings at ymcawnc.org/careers.

FOOD FOR ALL



Every month, our mobile food markets distribute free, fresh produce and nutrition resources throughout the region. Open to the community, no questions asked.

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

CHECK AFTERSCHOOL OFF YOUR LIST



Registration is open!

Summer break is well underway, but it's not too early to start planning for a successful school year. Registration for afterschool childcare at the Y is open.

Our programs provide a safe, engaging place for kids to learn, play, and make friends after the school day ends.

Sign up to ensure a spot for the 2026-27 school year by visiting ymcawnc.org/afterschool or scanning the QR code.



Football leagues for ages 5-13. Find all our options at ymcawnc.org/flag.

There are more games to play this fall! Registration is now open for youth soccer and volleyball. Young athletes will learn new skills, work as part of a team, and connect with positive role models. Offerings vary by location and date. Learn more at ymcawnc.org/youth-sports.

A NEW ERA OF ATHLETES

The game is growing, and so are the opportunities.

This fall, the Y is launching the first High School Girls NFL Flag Football program in western North Carolina for girls ages 14-17.

These leagues provide an environment where girls can build confidence, develop their skills, and connect with teammates. With new pathways to college scholarships, elite competitions, and the 2028 Olympic Games, there's never been a better time to take the field.

Looking for more leagues? We also offer co-ed NFL Flag

DISCOVER A NEW ADVENTURE

Looking for a chance to unplug, recharge, and reconnect with your adventurous side?

Healthy Aging Camp at Camp Watia is designed specifically for active adults ages 40 and up who want a true camp experience. No kids, just fun, community, and the great outdoors. Learn more and sign up at ymcacampwatia.org/hac.



PREVENTION STARTS WITH YOU

Are you at risk of Type 2 diabetes?

Our Diabetes Prevention Program can help you make small, sustainable lifestyle changes to reduce your risk and improve your overall health. Starting in August, this no-cost program is available for adults 18+ with both in-person and virtual options.

Through evidence-based curriculum, you'll gain practical tools and the support you need to make real changes. To learn more, email us at communityhealth@ymcawnc.org or call (828) 251-5910.



Go to ymcawnc.org or call (828) 251-5910 to learn more.