YMCA OF WESTERN NORTH CAROLINA

GIVE THE GIFT OF CAMP



Looking for the perfect gift for a kiddo in your family this holiday season?

Give the gift of camp! When you register a child at YMCA Camp Watia, not only are you giving them the best summer ever, but you are also giving them lifelong friendships, lasting memories, and so much more. Learn more about Camp Watia at **ymcacampwatia.org**.



BE WATER READY

Dive into a new year of swimming success with winter lessons at the Y!

Designed for all ages and skill levels, these classes help kids learn, grow, and achieve their swimming goals in a safe environment. Discover our options at **ymcawnc.org/swim-lessons**.

CARVE OUT TIME FOR YOU



Need time for yourself in preparation for the holidays?

Let the Y care for your child with Parents Night Out. They'll have fun while you run errands, enjoy a date night, or simply relax. Available for both members and non-members. To explore all options, visit **ymcawnc.org/pno**.

ymcawnc.org
facebook.com/ymcawnc
(828) 251-5910

YOUR TEAM IS CALLING



Kids can learn new skills and build confidence this winter.

Youth sports at the Y are a great way for kids to stay active during the colder months while learning new skills, building confidence, and making friends.

This season, we're offering:

- Basketball (ages 3-14)
- Volleyball (ages 8-13)
- Futsal (ages 5-15)

Offerings vary by location and age. To learn more and sign up, scan the QR code or visit **ymcawnc.org/youth-sports**.



PREVENTION STARTS WITH YOU

Do you know your risk of type 2 diabetes?

The Minority Diabetes Prevention Program is a year-long, group-based program that helps people make realistic lifestyle changes. Led by a trained lifestyle coach, the program addresses healthy eating, physical activity, stress, and other barriers that affect health. Learn more about the program at **ymcawnc.org/mdpp**.

HEALTHY FOOD FOR ALL

Free, healthy produce, no questions asked.



Our mobile food markets distribute free, healthy produce, simple recipes, and valuable nutrition information that's easy to understand. These food markets are open to the public, no questions asked.

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



TRAIN THROUGH THE HOLIDAYS

Start the new year strong with the Resolution Run!

The YMCA of Western North Carolina is proud to be a Community Partner of the 2027 New Year's Resolution Run, presented by Hunter Subaru, on January 1 in downtown Asheville. We're hosting free, 8-week training sessions designed for all fitness levels to help you get ready for the 5K and 10K.

Join us every Wednesday at 5:15 p.m. starting November 11 at the Asheville Y. Training is open to everyone, so bring a friend. Go to **idaph.net/resolution-run** to learn more.

BE A GAME CHANGER



Turn your love of sports into something meaningful!

We're hiring sports instructors to teach kids the fundamentals of sports while building confidence, teamwork, and sportsmanship.

BONUS: Earn an extra $200 when you work for the entire season! Plus, you can refer a friend to work for the Y and receive a $150 bonus for a successful referral. Join our team and apply today! Scan the QR code to get started.

Looking for other ways to work at the Y? We offer a variety of positions, flexible schedules, a free Y membership, and more! View all available positions at **ymcawnc.org/careers**.