Health & Wellness

From its inception, the YWCA of Asheville has been committed to the physical health of the women it serves. Early on the YWCA leadership at both the Central YWCA and the Phyllis Wheatley branch understood the relationship between a woman’s wellbeing and physical activity.

The YWCA was a pioneer in health and fitness when it constructed 13 Grove Street to offer girls and women of Asheville the best spiritual, educational, recreational, and physical opportunities. The gymnasium gave girls and women a place to play basketball, volleyball, badminton, and other recreational games. The earliest YWCA programs for young girls such as Camp Kenjocketee and Girl Reserves included physical and recreational activities as central elements.

In 1927 the Central YWCA opened a pool and began extensive aquatics programming that would become renowned throughout Asheville for its excellent swimming instruction. Also in 1927 the YWCA began its long-standing relationship with the American Red Cross by offering certified swimming and lifeguarding classes. Around this same time the YWCA held the “Swim the Channel” contest, which challenged women to swim across the pool 1,760 times.

The YWCA has a history of providing health education to the community through nutrition classes, post-mastectomy support groups, health screenings, and its community garden. More recently, the YWCA of Asheville has become committed to highlighting and addressing the racial health disparities that exist in our community. In the mid-1990s, the YWCA joined forces with Mission Hospitals and other community organizations to increase access to breast cancer screening through outreach efforts. In 2005 the YWCA began the Diabetes Wellness Program.

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Eliminating Racism
Empowering Women

www.ywcaofasheville.org