



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Monroe Family YMCA

## VOLUNTEER OPPORTUNITIES

### Position: YMCA Youth Sports and Programs Volunteer

**Description:** Share your love of sports, the arts, health and wellness.

**Details:** Coach or assist a sports program, assist setting up and taking down the nets or hoops for recreation leagues. Teach an arts class. The possibilities are endless and the need is huge!

**Requirements:** A positive, wellness-minded disposition and a passion for helping (especially youth). Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith.

**Time Commitment:** Serve in one to two hour shifts 1 to 2 times a week dependent upon the program run time.

### Position: School Age Counselor Volunteer

**Description:** Be a positive role model for children ages 5-12 in programs such as Before and Afterschool Care, Summer Day Camp and our Sports and Specialty Camps.

**Details:** Lead educational and physical activities. Assist youth with homework. Instill the Y's five character values into activities. Chaperone field trips.

**Requirements:** A positive, patient disposition and a passion for helping the youth. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith.

**Time Commitment:** As needed or a set schedule.

### Position: Child Watch Volunteer

**Description:** Share your passion for caring of children ages 6 weeks to 8 years of age.

**Details:** Play and attend to infants, toddlers and school aged children including activities such as arts, crafts and games.

**Requirements:** A positive, patient disposition and a passion for helping the youth. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith.

**Time Commitment:** Serve in two to three hour shifts 1 to 2 times a week. The greatest need is weekday mornings between 9:00am and 1:00pm, weekday evenings between 4:00pm and 8:00pm as well as Saturday mornings; but assistance is needed throughout the day and week.

**Position: Membership Services Assistant**

**Description:** Share your passion for helping others to achieve and maintain a healthy lifestyle.

**Details:** You will greet members as they enter facility, scan membership cards, answer general questions pertaining to the facility and give tours of the facility.

**Requirements:** A positive, wellness-minded disposition and a passion for helping. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith.

**Time Commitment:** Serve in two to three hour shifts 1 to 3 times a week. The greatest need is weekday mornings and evenings as well as Saturdays and Sundays; but assistance is needed throughout the day and week.

**Position: YMCA Wellness Center Attendant Volunteer**

**Description:** Share your love of people and helping others to achieve and maintain a healthy lifestyle!

**Details:** You will greet members as they enter the Wellness Center and assist with basic use and set up of the equipment in order to utilize the facilities, equipment and services of the YMCA correctly. Light cleaning of the Wellness Center.

**Requirements:** A positive, wellness-minded disposition and a passion for helping. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith.

**Time Commitment:** Serve in two to three hour shifts 1 to 3 times a week. The greatest need is mornings between 8:00 am and noon, evenings between 5:00pm and 8:00pm Monday through Friday as well as Saturday mornings and Sunday afternoons; but assistance is needed throughout the day and week.

**Position: YMCA Pool Assistant**

**Description:** Share your love of aquatics, people and helping others to have a fun and safe experience in our pool!

**Details:** You will greet members as they enter the pool deck. You will monitor the pool facility and support the lifeguards in communicating to members and guests the fun and safe way to interact within the pool.

**Requirements:** A positive, wellness-minded disposition and a passion for helping. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility and faith. CPR training and/or lifeguard certification is recommended.

**Time Commitment:** Serve in one to two hour shifts 1 to 3 times a week.

**YMCA Mission Statement:** To put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Financial assistance is available to those who qualify.

**Position: YMCA Fitness Class Instructor**

**Description:** Volunteer your talents to the YMCA as a class instructor.

**Details:** Instructors are needed in a variety of areas, mostly adult wellness but others as well. Classes include: cycling, step, yoga, Pilates, aerobics, strength training, youth wellness, adaptive wellness, and preschool recreation.

**Requirements:** A positive, wellness-minded disposition. A passion for helping others to lead healthy lives physically, mentally and spiritually. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith. Teaching skills and nationally recognized fitness certifications or equivalent is recommended.

**Time Commitment:** Leadership of one class per week or regular subbing.

**Position: Special Events Volunteer**

**Description:** Help to make YMCA special events to be successful.

**Details:** The YMCA hosts and participates in many events throughout the year. These events appeal to a wide range of audiences. A positive attitude and passion for the Y will help you successfully represent the Y and share "Y Stories".

**Requirements:** A positive, wellness-minded disposition. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith.

**Time Commitment:** As needed.

**Position: YMCA Facility & Maintenance Volunteer**

**Description:** Help to make the YMCA a well maintained environment for all who visit.

**Details:** Assist with basic maintenance or special projects. Use special skills to ensure tasks are completed on time and in a safe manner. Enjoy working with and around health minded individuals.

**Requirements:** A positive, wellness-minded disposition. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith. Physical capabilities include bending, lifting and squatting. Those with specific training or trade skills are helpful.

**Time Commitment:** A minimum of one shift a week for 2-3 hours or as needed by the Property Manager.

**Position: Strong Kids Campaign Volunteer**

**Description:** Assist with making the annual Strong Kids Campaign a success.

**Details:** Become an active campaigner or work behind the scenes to help raise funds that provide life changing experience for the youth of our community. Help to spread the word about the campaign to Y members, guests and the Monroe community.

**Requirements: A positive and outgoing personality. Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith. Campaign volunteers should possess excellent verbal and written communication skills.**

**Time Commitment: As needed.**

**Position: Administrative Volunteer**

**Description: Assist YMCA directors and staff with basic office duties.**

**Details: Assist in many aspects of administrative work. Duties may include filing, information gathering, making copies, organizing mass mailings and data entry and processing.**

**Requirements: Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith. Administrative volunteers should possess good organizational skills. Basic office skills and knowledge are a plus**

**Time Commitment: Mostly weekdays for an agreed upon time or as needed.**

**Position: Teen Leaders Club Member**

**Description: Join together with fellow teams to give back to the Y and our community through programs, projects and special events.**

**Details: The Teen Leaders Club holds regular weekly meetings to discuss upcoming volunteer opportunities and projects throughout the Y and community. Members often volunteer their time for Y sponsored events as well as other non-profit organizations.**

**Requirements: Ability to uphold and model the YMCA core values of caring, honesty, respect, responsibility, and faith. Administrative volunteers should possess good organizational skills.**

**Time Commitment: Meeting once a week and any special events or projects.**