

# **Volunteer Opportunities**

## **Membership / Community**

- greeter, help scan cards
- t-shirt distributor
- design bulletin boards and flyers
- coffee and social areas
- someone who can speak about the volunteer program and can be at the front desk a few days a week
- administrative duties for filing, returning calls, setting up events
- processing new or potential members

## **Facilities - our face of the Y needs to be presentable**

- weekly deep cleaning of exercise equipment - someone on each shift with the wellness trainer (gives staff more time to engage with members)
- windows
- garbage pickup
- shovel snow in winter
- keep locker rooms / lockers in good condition
- outdoor yard work weekly during warm months
- IT assistance
- Entertainment (music d.j., audio-visual / tech assistant)

## **Aquatics**

- extra eyes on pool deck
- slide attendant
- someone that assist in getting swimmers to class (right place, right time)
- helps out with swim meets (swim team)
- pool greeter
- clean the pool deck and pool area
- office assistant

## **Exercise programs**

- health and wellness area greeter and/or cleaner
- cycle greeter
- step assistant/greeter
- zumba assistant/greeter
- karate or self-defense assistant
- racquetball assistant to keep courts clear and to greet participants
- Silver Sneakers class coordinator
- Silver Sneakers transportation coordinator
- Strength and conditioning orientations

## **Group Volunteers**

- community garden
- pool clean up
- trail and landscape clean ups monthly
- Y facility clean up days at the separate branches (2 per year)

- Y clean up days at the camp Shady Brook (2 per year)
- Painting
- 5K's

### **Special Events**

- Silver Sneaker gatherings
- Celebrations (birthday, shower, anniversary, reunion, corporate or group event, teambuilding, etc.) or/ Holiday decorating prior to seasonal events
- Community Support Campaigner
- Tween New Year's Lock In January
- Daddy Daughter Ball in February
- Healthy Kid's Day in April
- Spring Fling in April
- Mother's Day Tea in May
- Flick 'N Float in May
- Father's Day Derby in June
- Summer picnic in June
- Back to School Bash in August
- Creepy Crawl in October
- Fall Family Festival in October
- Veterans Day Breakfast in November
- Turkey Trot in November
- Breakfast with Santa in December
- Festival clown
- Tween nights
- Parents night out
- Military events at Southeast
- Stars and Stripes silent auction (collect community items)

### **Child Watch**

- read to kids 2 days a week
- craft days
- bounce house and outdoor play-structure ambassador
- sing-in's and check-out's
- toy and play area cleaner
- homework tutor and teachers aid

### **Sports Seasons (all levels)**

- scorekeeper
- set-up activities or lining fields
- referee (multiple sports)
- Co-coach basketball
- Co-coach indoor and outdoor soccer
- Co-coach teeball
- Co-coach volleyball
- Co-coach aquatic sports

**\*Volunteer Coordinator for your local Y branch**