



Volunteer Enrollment

At the YMCA, your time and talent go a long way. Every hour you spend as a YMCA volunteer translates into the caring attention a child or teen needs to grow up healthy and resilient, into support for families so they can be successful and strong, and into healthier lives for people of all ages, backgrounds, abilities and incomes.

The basic definition of a YMCA volunteer is "anyone who willingly gives time to help the YMCA accomplish its mission without getting paid by the YMCA." In the Y movement, we have several categories of volunteers:

1. Program volunteers help lead programs or assist in delivering programs (e.g., a program instructor, coach, aide or member of a program advisory council). This category also includes those who offer community service as participants in a YMCA program (e.g., the members of a Hi-Y club, or school-age children who interact with adults as part of an intergenerational buddy program).
2. Support volunteers serve in the office, at the front desk, in the locker room or on the grounds.
3. Fundraising volunteers raise money by working in annual, sustaining, capital or other special campaigns; working on endowment development; or by working at or running special events.
4. Policy volunteers serve on the Y's board of directors, on a committee or task force.
5. Managerial volunteers help manage and administer YMCA operations and programs (e.g., a pro-bono accountant or PR specialist).

As a YMCA volunteer, you'll make a big difference as you work with others to create a feeling of connectedness in your community! Thank you for your interest!

Name: _____ **Date of Birth:** ___/___/___ **Gender:** M/F

School Attending: _____ **Currently Employed At:** _____

Address: _____ **City:** _____ **VA** **Zip code:** _____

Home Phone #: _____ **Cell Phone #:** _____

E-mail Address: _____ **T-shirt Size:** Youth/Adult XS, S, M, L, XL, XXL

Areas of Interest – Please choose as many as you wish!

Member Services

- Welcome Center Desk Attendant – Patron assistance, Y facility tours, telephone, clerical tasks
- Y Ambassador – Member welcome phone calls, serve on Member issue committee/round tables, participate in New Member Buddy Program

Youth

- Nursery Aide - working with babies, toddlers, school age
- Enrichment Care/SACC Attendant - helping with fitness & sports, crafts, teamwork in the before or after school program for K-Middle School-age students)
- Enrichment Care/SACC Tutor - assisting with school work, forming study tactics for those who need extra assistance in the before or after school program)

- Summer Camp Aide - daytime summer care for ages 3-15
- Mentoring Program (Teen Leaders Club) – Teens ages 15+ work with 5th – 8th graders on service learning projects, and teach the importance of our character values caring, honesty, respect, & responsibility

Wellness/Group Exercise

- Assist with light cleaning in center & studios
- Engage with Members
- Teach group fitness classes to adults or youth; Interest: _____

Sports

- Coach (circle: basketball, soccer, dance, gymnastics, tennis, volleyball, swimming)
- Other sport of interest: _____
- Races - registration packet preparation, water/food stations, course marshal)
- Swim Aide - CPR, First Aid required, swimming experience preferred; aide to class instructors teaching swim to children with disabilities)
- Special Needs Fitness Class Aide - aide to class instructors in fitness classes working with adults with disabilities

Special Events

- Annual Support Campaigner – working on teams to fundraise for the YMCA financial assistance program
- Healthy Kids Day - April; assisting staff in demonstrations, table preparation, race/bike-a-thon implementation
- Water Park Events May-August; Pirates Cove kickoff party with games, dancing, water relay games
- Creepy Crawly Carnival - October; Carnival games, Haunted House or Haunted Trail Ride
- Craft Fair/Santa’s Workshop – December; decorate Christmas trees, help with gift wrapping, assist in Santa’s Workshop as Elves with crafts & pictures
- New Year’s Eve Fit & Sober Party - help with dancing, games, fitness, food)

Back ground check required for all volunteers working with children.

Availability - Please check all shifts of interest. Commitment of 6+ hours per week qualify for special YMCA incentives.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Shifts 9am-12pm							
PM Shifts 12pm-3pm							
PM Shifts 3:30-6:30pm or 4:00-7:00pm							

What are your special skills to share as a Volunteer?

Your voice & talent matter!! Is there a special program you are interested in starting at the Y?

Please contact Tiffany Keyser, Member Services Director, at tkeyser@family-ymca.org