



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENGAGING REALLY COOL VOLUNTEERS



We're looking for People to Make a Difference in Our Community!

FOR YOUTH DEVELOPMENT

At the Y, we believe in nurturing the potential of every child and teen. Volunteers play a crucial role. Here are some things we need volunteers for at this time...

- **Buddies for our inclusion programs** – working with children and adults with disabilities for 2 hours per week
- **Black Achiever Mentors** – role models to share career experiences with youth
- **Black Achiever Cluster Leaders** – facilitate career topics
- **Homework Help/Tutors** – elementary school after school programs between 2:30 – 6 pm Monday through Friday for reading, math, science, foreign language

- **Soccer Coaches** – coaching 2 – 3 hours practices per week and games on Saturdays
- **Flag Football Coaches** – coaching 2 – 3 hours for one night a week practices and games on Sundays
- **Referees** – for all youth sports, year round opportunities in soccer, flag football, basketball, t-ball
- **Kid's Corner** – playing with young children in safe space while their guardian works out at the Y
- **T-ball coach** – 2 – 3 hours, one night a week practice and a game either on Saturdays or Monday evenings
- **Summer Sports Camp Assistants** – helping in a week-long sports camp (3 – 5 hours per day Monday through Friday) for kids ages 4 – 13 in various sports like soccer, tennis, basketball and volleyball
- **Aquatics assistants** – help teach kids or adults to swim, twice per week/sessions for 8 weeks
- **Youth Arcade (Beaumont Centre Y)** – playing active games with elementary age children
- **Swim Lesson Assistants** – help with swim lessons for children of all ages and skill levels. Certified Instructors desired in the water and on deck.
- **Intern** – help plan the city-wide aquatic safety program called SPLASH.
- **Mystery Readers** – come as you or dressed in character and share the magic of reading with children at the Child Development Center throughout the month of March.
- **Kids Triathlon volunteers** – 30 – 40 volunteers needed for kids' running, swimming and biking event in August.
- **Before and Afterschool Volunteers** – story reading, youth activities assistance; locations throughout the area.
- **Vacation and Snow Day Assistants** – on school conference days, snow days, legal holidays when school is closed, volunteers needed to help with all-day programming activities at various locations throughout the area - games, crafts, trips.

FOR HEALTHY LIVING

Improving the region's health and well-being is a priority for the Y. Are you a volunteer interested in any of these?

- **Group Exercise Instructor** – teaching one or more classes in a small or large group setting once or more per week
- **Shaolin helper** – assist a Master Instructor with individual and group technique in a 1 hour once per week class if you are currently enrolled in a Shaolin class and the class is a belt lower than your belt.
- **Wellness Center Assistants** – assistance in wellness center areas to greet members, straighten area, wipe down equipment, put away weights
- **Courtesy counter Assistants** - assistance in welcome areas to greet members, check people in, fold towels.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

- **Special Event Management** – assist with city-wide events such as Reindeer Ramble, SPLASH, Open Water Swim, Fall Family Festivals, and Healthy Kids Day serving thousands of children and families
- **Handyman Special** – camp site preparations, community garden work, aquatic clean up
- **Clerical** – office volunteers to perform basic data entry, prepare mailings, stuff envelopes, filing, etc. Flexible times.
- **Photographer** – help capture the moment at our programs for our marketing and communication pieces
- **Videographer** – film programs for later use in commercials and publicity videos

LIKE WHAT YOU HEAR? YOUR NEXT STEP...

Lend a helping hand, share a special expertise, lead with your special talent. We love our volunteers! Internships are available too.

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Questions? Please e-mail wkeene@ymcaofcentralky.org