

## GETTING STARTED

- Found a position your interested in? Contact our Volunteer Champion
- Complete and turn in a volunteer application at [Meredithmathewsymca.org](http://Meredithmathewsymca.org)
- Check out more volunteer opportunities at United Way of King County online. Select **Get involved, volunteer** and search **Meredith Mathews East Madison YMCA**

**Remember!** If a volunteer is 14 or under, a parent or guardian will need to be present in the facility during shift.

### FOR MORE INFORMATION, PLEASE EMAIL

[mmemy@seattleyymca.org](mailto:mmemy@seattleyymca.org)

### MEREDITH MATHEWS EAST MADISON YMCA

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[meredithmathewsymca.org](http://meredithmathewsymca.org)



# VOLUNTEER TODAY

FALL 2016

**You can positively impact lives** in your own community with the Y. More than 15,007 volunteers throughout the region share their time and talents in a variety of ways including coaching, tutoring, event support, fundraising and much more.

Last year our volunteers contributed 312,354 hours of service to the community. We value your time and enthusiasm, and look forward to creating a fun, fulfilling volunteer experience for you.

#### **YOUTH ENGAGEMENT**

##### **KIDS CORNER ASSISTANT**

**AGES 16 YEARS OLD AND ABOVE**

Assists in supervision of a group of children and in planning and implementing program activities.

#### **EDUCATIONAL PROGRAMS**

##### **ELEMENTARY PROGRAM ASSISTANT: HOMEWORK**

**AGES 18 YEARS OLD AND ABOVE**

Help support elementary students with their homework afterschool.

- Beacon Hill International: M, T, W, TH 2:20–3:20pm
- Hawthorne Elementary: T 2:20–3:30pm
- John Muir Elementary: T, TH 2:20–3:20pm

##### **ELEMENTARY PROGRAM ASSISTANT: ART CLASS**

**AGES 18 YEARS OLD AND ABOVE**

Assist with art enrichment projects in the afternoon.

- Beacon Hill International: M-TH 2:20–3:20pm & 3:25–4:25pm
- Hawthorne Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm
- John Muir Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm
- Graham Hill Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm

##### **ELEMENTARY PROGRAM ASSISTANT: SPORTS**

**AGES 18 YEARS OLD AND ABOVE**

Help assist coach Gabe by helping set up the various sports equipment and activities.

- Beacon Hill International: M-TH 2:20–3:20pm & 3:25–4:25pm
- Hawthorne Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm
- John Muir Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm
- Graham Hill Elementary: M-TH 2:20–3:20pm & 3:25–4:25pm

##### **ELEMENTARY PROGRAM ASSISTANT: SPORTS**

**AGES 18 YEARS OLD AND ABOVE**

Do you like to ride a bike? Help assist BikeWorks as they teach children how to properly ride and how to maintain a bike.

- Graham Hill Elementary: T 2:20–4:25pm

#### **CUSTOMER SERVICE**

##### **MEMBER SERVICES AMBASSADOR**

**AGES 15 YEARS OLD AND ABOVE**

Provide customer service for guests and members while assisting staff with the laundry cycle, filing and administrative work.

#### **SPORTS & RECREATION**

##### **YOUTH SPORTS COACH**

**AGES 18 YEARS OLD AND ABOVE**

Become a coach or an assistant coach and teach the kids the fundamentals of the game.

#### **SPORTS AID**

**AGES 13 YEARS OLD AND ABOVE**

Interested in helping teach youth sportsmanship and skills? With a variety of different sports classes at the Meredith Mathews YMCA, we are looking for volunteers who are excited to teach youth sports fundamentals through fun and engaging instruction.

#### **SPORTS 101 INSTRUCTOR**

**AGES 15 YEARS OLD AND ABOVE**

Do you have a passion for a specific sport? We're looking for volunteer instructors teach youth 6–8 and 9–12 a specific sport over an 8 week period. We are looking for driven individuals who are interested in teaching their sports passions to kids at the Y.

#### **FITNESS & WELLNESS**

##### **CARDIO FLOOR AMBASSADOR**

**AGES 13 YEARS OLD AND ABOVE**

Walk the floor and engage with members while ensuring fitness floor is organized and clean while also helping enforce youth guidelines. Great job experience for customer engagement and service.

#### **WELLNESS INSTRUCTOR**

**AGES 18 YEARS OLD AND ABOVE**

Share your interests in health and wellness by leading a group exercise class.

#### **AQUATICS**

##### **SWIM LESSON INSTRUCTOR AID**

**AGES 13–17 YEARS OLD**

Assists the Meredith Mathews YMCA Swim Instructors in teaching swim lessons. Great experience for future lifeguard and or teacher.

#### **MASTERS SWIM COACH**

**AGES 18 YEARS AND ABOVE**

Support, coach, and challenge our small group of Masters swimmers as they train for triathlons, USMS swim meets, and stay active and healthy.

#### **FAMILY ENGAGEMENT PROGRAMS**

##### **ADVENTURE GUIDES CIRCLE LEADER**

**ADULT/CHILD**

Gather a group of adults/ children to participate in activities throughout the year– organized by the Y!



#### **ONE TIME VOLUNTEER OPPORTUNITIES**

We understand that you are busy and its hard to find time to give back. One time volunteer opportunities are there for you to be able to give back without having to worry about a repetitive schedule. It is an opportunity to be socially responsible, but also available to your many other obligations. This includes events like; MLD Day of service, blood drives, holiday drives, facility events and program events.

#### **ADVOCACY**

##### **BOARD MEMBER**

**AGES 16 YEARS OLD AND UP**

We are looking for dedicated individuals who share the values of the organization and are committed to working cooperatively with other community leaders and YMCA staff to contribute their talent and resources to advance the mission and goals of the YMCA. Meets the third Wednesday of every month.

#### **INTERESTED IN GETTING INVOLVED IN ONE TIME EVENTS?**

##### **THANKSGIVING FOOD DRIVE**

**DONATOR**

Volunteers are needed to donate and collect food for holiday food drive that helps benefit community during the winter months.

##### **THE GIVING TREE**

**DONATOR**

**AGES 12 YEARS AND ABOVE**

Volunteers need to help gather and donate gifts based on needs of families in the community. List is provided by YMCA.

##### **GIFT WRAPPER**

**AGES 12 YEARS AND ABOVE**

Volunteers needed to help organize and wrap gifts for families in our communities. Great for corporations social responsibility during the holiday season.

##### **MLK JR. DAY OF SERVICE**

**AGES 12 YEARS OLD AND ABOVE**

Assist Y staff as they get out into our community and help make a difference. Volunteer opportunity vary each year. We encourage our members to reach out to us if they have any ideas for a day of service.