



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING COMMUNITY TOGETHER

Volunteer Opportunities WEST SEATTLE & FAUNTLEROY YMCA

WHY VOLUNTEER?

Research has shown that people who volunteer live longer and healthier lives. Besides feeling good about building a stronger West Seattle community, you can share personal interests and passions, broaden personal and professional skills, make friends and have fun.

We invite you to take an active role in creating a safe, just and nurturing community for us all.

If you are interested in volunteering with us, please start by filling out our interest form online.
<http://bit.ly/WSYVolunteer>

ONE-TIME OPPORTUNITIES

There are lots of opportunities to try out Y volunteerism for a few hours. This could be helping put on a family event, supporting an end-of-season youth sports celebration, setting and cleaning up for a fundraising event, sharing your craft, hobby or career with a group of children and much more.

ONGOING OPPORTUNITIES

HEALTH AND WELLNESS POSITIONS

Fitness Floor Attendant: Help members achieve their health and wellness goals in our cardio and strength rooms, while building relationships. Training provided.

Group Exercise Instructors/Aides: Volunteers lead classes in aerobics, yoga, water exercise, group cycling and more. Training available.

AQUATICS POSITIONS

Swimming Lessons Class Aide: Help children learn to swim! If you have basic swimming skills, a positive attitude and patience, you can assist the instructor with children ages 2 to 12 in learning new skills!

Dolphin Swim Team Official: The Dolphin Swim Team is excited to offer current YMCA members an opportunity to become involved with the swim team as a volunteer official. You do not need to have a swimming background, nor a family member on the current swim team.

YOUTH SPORTS POSITIONS

Youth Sports Coach/Assistant Coach/Referee: Share your love of sports with kids ages 4 to 12 in a seasonal sport—basketball, t-ball, baseball, volleyball or soccer. Commitment is usually one practice during the week and a game on Saturday.

ANNUAL CAMPAIGN

Help change lives in West Seattle! With funds raised in our February and March Annual Campaign, the Y is able to support kids and families in our community who are unable to afford the full cost of our programs. Annual Campaign volunteers speak with Y members and friends about the impact the Y makes in West Seattle and ask for a pledge.

FAMILY PROGRAMS

Open Kids Gym: Assist with games, crafts and activities with kids ages 3 to 12 while their parents are exercising. Kids Gym runs Monday through Saturday mornings and Monday through Thursday evenings.

Family Nights: Help with the blow-up obstacle course and Kids Gym activities with families of all ages. First Friday of the month from 6:00 to 8:30pm.

Infant Kids Corner: Get your baby fix while the parent exercises! Entertain babies ages four weeks to walking. Monday through Saturday mornings and Monday through Thursday evenings.

Toddler Kids Corner: Enjoy small children? Read a book, help with snack, play trucks or dress-up with toddlers from walking to 5 years old. Monday through Saturday mornings and Monday through Thursday evenings.

CHILD CARE

We keep kids learning, active and safe while their parents go to work or school.

Preschool Aide: Be an extra set of hands and eyes with staff for kids ages 3 to 6 in our West Seattle, Arbor Heights, Concord or Dunlap preschools. Help with snack, playground time, art and more!

School Age Aide: Help with before and after school activities like homework, playground games, art and snack at West Seattle Elementary, Arbor Heights Elementary, Fairmount Park Elementary, Concord Elementary, Bailey Gatzert Elementary or Thurgood Marshall Elementary.

EDUCATIONAL INITIATIVES

We help kids who are struggling in school to get more connected and find a path to confidence and success.

Elementary Community Learning Center Aide: Free homework help and enrichment activities are offered for students at Concord and West Seattle Elementary schools after school. Monday through Friday, 3:00 to 4:30 pm.

Madison Middle School Out-Of-School Time (MOST): The Y coordinates all after-school activities at Madison, including homework assistance, interest clubs and student government. Monday through Friday, 2:30 to 4:30 pm.

High School Out-Of-School Time: Help 9th and 10th graders at both West Seattle and Chief Sealth stay connected to school and on the road to graduation through enrichment programs and clubs. Monday through Friday, 2:30 to 4:30 pm.

If you are interested in volunteering with us, please start by filling out our interest form online.
<http://bit.ly/WSYVolunteer>

COMMUNITY SERVICE HOURS

SCHOOL REQUIRED COMMUNITY SERVICE

We have opportunities for students to do their school hours at the Y. Opportunities are available in Open Kids Gym (14 years+) and our child care sites (16 years+). It takes at least two weeks to process an application before you can begin. Plan accordingly.

THE FINE PRINT

This list is a sample of volunteer opportunities—if you don't see something that suits you, give us a call so we can talk more about your particular interests, skills, and available time.

We do require ALL volunteers to complete intake paperwork. We do this for the safety of members, participants, volunteers and staff. One-time event volunteers (such as Healthy Kids Day in April) complete a sign-in sheet giving us their contact information and permission to do a limited background check.

Ongoing, more regularly scheduled volunteers fill out an application, provide references and have background checks run on them before beginning their volunteer position. **People who have any history of assault, domestic violence, weapons or other "harm or threat of harm: charges are not able to volunteer at the Y in any capacity.**

