



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HELPING OTHERS

## Volunteerism Guide: January - March 2012 COAL CREEK FAMILY YMCA

We are for social responsibility. We help people give back and assist their neighbors by offering them opportunities to volunteer, advocate and support programs that strengthen community.

### ONE-TIME OPPORTUNITIES

We know that some of the most likely people to volunteer are also the busiest people in the country. To make volunteering easier for you and your family, we have opportunities available with little commitment.

#### **NORTHWEST HARVEST WITH BELLEVUE BREAKFAST ROTARY**

January 14, February 11, March 10 9:00 am - 12:00 pm

#### **FOOD LIFELINE WITH BELLEVUE BREAKFAST ROTARY**

January 18, February 25, March 24 9:00 am - 12:00 pm

#### **EVENT SET-UP & TAKE-DOWN: ANNUAL COMMUNITY SUPPORT CAMPAIGN KICK-OFF**

January 29 event time 5:30 - 7:00 pm

#### **EVENT SET-UP & TAKE-DOWN: FAMILY NIGHTS**

January 6, January 13, January 27, February 3, February 10, February 24, March 2, March 9, March 23 Times vary

#### **PHONE-A-THONS: ANNUAL COMMUNITY SUPPORT CAMPAIGN**

February Days and times vary

#### **PRESERVE PLANET EARTH WITH BELLEVUE BREAKFAST ROTARY**

March 17, March 24 Time TBD



### HELP THE Y HELP OTHERS

#### **ANNUAL COMMUNITY SUPPORT CAMPAIGN**

It is our cause to deliver enriching and quality programming to our community. That is why the Coal Creek Family YMCA welcomes everyone to be part of the Y, regardless of their financial situation. Each year we invite volunteers to join us in this important effort through our Annual Community Support Campaign. This campaign allows Y supporters to work side-by-side with our staff and neighbors to ensure everyone has the opportunity to achieve their fullest potential here at the Y.

Last year we provided more than \$278,000 in free and subsidized services in our local community to families that need:

- A safe, enriching place for their children to go during the school year or during the summer months in our Child Care, Preschool and Summer Camp programs;
- A platform for their teenager to gain leadership skills with our After The Bell middle school program and service learning opportunities;
- Healthy living options with our Youth Sports, HomeZone and Diabetes Prevention programs.

How can you help the Y support your community? You can...

- Become a campaigner and ask friends, fellow Y members and family to support the campaign with a donation.
- Advocate by telling others why you believe in the Y.
- Support by making your own personal financial contribution to the cause.

### ONGOING OPPORTUNITIES

#### **POLICY COMMITTEE MEMBER**

Be part of the Y's future and join a committee to help the Y help others. We have various committees available; Member Experience, Youth and Family Programs, Volunteer Committee and Community Engagement.

For more information contact Tracie Draper at 425 282 1506 or [tdraper@seattleyymca.org](mailto:tdraper@seattleyymca.org).

### **KIDS ZONE ASSISTANT**

Spend a few hours making a positive impact on a child's life through fun activity and enrichment projects. Jump and play, or read and create.

Monday - Friday 8:45 am - 1:30 pm  
3:30 - 8:00 pm  
Saturday 8:00 am - 1:00 pm  
Sunday 10:00 am - 1:00 pm

Age 14 years and up

### **STORY TIME READER**

Use your creative energy to plan and lead children in a craft or activity to go with the theme of stories. Spend time creating literacy rich experiences for children.

Age 14 years and up

### **CHILD CARE & OUT OF SCHOOL PROGRAMS ASSISTANT**

Do you have a talent or skill you would like to share with youth? Use your creative energy to help children learn.

Monday - Friday 2:30 - 6:30 pm

Age 16 years and up

### **ASSISTANT SWIM INSTRUCTOR**

Have fun helping children improve their swimming skills! Our volunteers are paired with a current instructor to teach group lessons from beginner to advanced. Requirements: previous swimming experience, CPR and First Aid certification. Previous teaching experience is preferred.

Days and times vary

Age 14 years and up

### **SAFETY LOOKOUT/SLIDE ATTENDANT**

Help keep our pool safe during our busiest hours! Our safety lookout will work with the lifeguard staff to administer swim tests, enforce pool rules and assist with the slide. CPR and First Aid certification is preferred.

Days and times vary

Age 14 years and up

### **GREETER**

Use your positive energy and friendly attitude to welcome members into our amazing Y. The Member Service desk needs outgoing individuals to create a welcoming place for all members and guests. Prefer knowledge of and previous experience with, diverse populations (language, culture, race, physical ability, sexual orientation, etc.). Ability to speak any language in addition to English may be helpful.

Flexible hours

Age 14 years and up

### **EQUIPMENT CLEANING ASSISTANT**

Help us keep the Y looking shiny and clean. No experience necessary! Volunteer will help fold towels, clean exercise equipment and overall cleanliness of the facility.

Flexible hours

Age 14 years and up

### **COAL CREEK FAMILY YMCA**

13750 Newcastle Golf Club Road, Newcastle, WA 98059  
P 425 282 1500 F 425 282 1501 coalcreekyymca.org

### **GROUP WELLNESS STUDIO ASSISTANT**

Provide assistance and keep our group wellness studios functioning, inviting, clean and free of clutter. Also, be able to connect with others while keeping communications up to date. Volunteer must be able to lift 25 pounds.

Age 14 years and up

### **YOUTH SPORTS COACH & OFFICIAL**

We are looking for coaches to provide instruction and leadership in soccer, t-ball (baseball), basketball and many other sports offered year round. Volunteer officials are also needed to provide players with guidance and education during games according to Y rules and guidelines. Head coaches must be at least 18 years old, and assistant coaches and officials must be at least 16 years old. We ask volunteer coaches and officials to commit to a whole season.

Seasonal

Age 16 years and up

### **CARDIO/STRENGTH FLOOR ATTENDANT**

Do you love to workout? Want to encourage other on that healthy path? Sign up to be a weight room attendant and share your passion with our members.

Flexible hours

Age 18 years and up

### **PRESCHOOL/ELEMENTARY CLASSROOM AIDE**

If you have a desire to work and a sincere interest in children, then the Lake Heights Center has a great opportunity for you in our preschool and elementary classrooms. Volunteers help supervise children during planned activities and will interact with the children in both group and individual basis.

Monday - Friday 9:30 - 11:30 am (preschool)

Monday - Friday 3:30 - 6:30 pm (elementary)

Age 16 years and up

### **TEEN CENTER ATTENDANT**

Make a positive impact on our tweens and teens while helping them with homework, games, field trips, activities and just hanging out!

Monday - Friday 5:30 - 8:30 pm  
Saturday 11:00 am - 3:00 pm

Age 21 years and up

### **WINTER OUTDOOR ACTIVITIES LEADER**

We are looking for adult volunteer interested in leading or co-leading outdoor activities this winter for our 'Get Outside With the Y' program. Skill level and experience required varies per activity and event. Activities such as snowshoeing, hiking, walking or tubing - but really, the sky's the limit!

Days and times vary

Age 21 years and up

Note: All ongoing volunteers need to complete a volunteer application packet before service. Volunteer application packets are online or at Member Services.

For more information about our volunteer program, contact Vicky Hinds at [vhinds@seattleyymca.org](mailto:vhinds@seattleyymca.org), 425 282 1520.

**Everyone is welcome. Financial assistance is available.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.