



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLUNTEERING

Interested in being a volunteer?

Meredith Mathews East Madison YMCA

Volunteers are at the heart of what we do in the YMCA. They spend thousands of hours tutoring, teaching group exercise, raising funds for financial assistance, defining YMCA policy and more. But even more than that, they spent those hours being good role models, instilling positive values, teaching leadership skills and restoring dignity to working families. Volunteers gain new skills, give back to their community, set an example for their kids, and meet lots of wonderful people. We hope you'll join them in volunteering at the YMCA.

If you are interested in becoming a volunteer, please carefully read the information and instructions that follow this page before submitting your application. The more information we get on your application, and the better you understand our processes, the sooner we can try to match you to a great volunteer opportunity.

Note – if you include your e-mail address on your application, we will automatically sign you up for a distribution list of one-time and short-term volunteer opportunities, in addition to processing your application for your area of ongoing interest.

APPLYING FOR A VOLUNTEER OPPORTUNITY AT THE MEREDITH MATHEWS EAST MADISON YMCA

Please note: a completed volunteer application is NOT a guarantee of placement in a volunteer opportunity.

Complete the blue Program Volunteer Application. Be sure to:

- list at least one position you're interested in, or a general category of interest
- list two references we can contact – NOT family or household members
- read and sign the back of the application (and get parent/guardian signature if you are under 18 years of age; also see special notes for teens, below).

Give the attached reference check forms to two work, school and/or personal references, to be completed and sent directly to the YMCA. We need to receive at least two of these back to proceed.

Submit your application to Michele Cox in the administrative office or mail to 1700 23rd Ave Seattle, WA 98122

WHAT HAPPENS NEXT?

1. Your application will be forwarded to the potential supervisor based on your interest area and you'll be contacted by phone to ensure that there is a "fit" for both you and the program.
2. Before starting, you'll be required to complete a Volunteer Intake Packet, including a background check with

Washington State Patrol, criminal history and orientation. This is done by appointment with Michele Cox. You will need to bring photo ID with you to this appointment. The appointment takes about 20 minutes.

This process takes time – thank you for your patience!

SPECIAL NOTES:

At this time, we do not have volunteer opportunities for persons age 13 and under.

COURT-ORDERED SERVICE

We do accept a few applications for court ordered community service if you have not been charged with or any history of crimes involving any sort of violence / molestation / domestic violence / threat / weapons to another person and have more than 25 hours to complete.

Our application process takes at least 2 weeks – if your deadline is close, we will not be able to help you.

Court-Ordered volunteers clean cardio machines, wash windows, dust, weed, pick up litter and clean locker rooms. They cannot volunteer in any program with children.

The YMCA of Greater Seattle does not exchange volunteer services for membership or program fees.

VOLUNTEER OPPURTUNITIES:

Activities With Kids and/or Families (time are approximate and subject to change):

- Infant/Toddler Kids Corner Aide (M - F, 9am noon and 4pm – 8:30pm Sat 9am-12:30pm)
- Kids Gym Aide
- Parent's Night Out Aide
- Family Nights Aide
- Youth Sports (coaching or helping coach a team, referring)

Activities With Teens:

- Community Learning Center Assistant
- Black Achievers Program

In The Pool:

- Swim Lesson Instructors and Aides (varies each session)
- Water Fitness Instructors

Health & Fitness:

- Fitness Class Aide (varies)
- Fitness Instructor (varies)
- Weight/Cardio Room Monitor/Orientation Leader (varies)
- Personal Fitness Trainer (varies)

Member Services, Administrative Offices and more:

- Service Desk Assistant (varies)
- Administrative Office Aide (very limited, usually M – F during the daytime)
- Special Event Aides - healthy Kids Day in April and more - help with set-up, take-down, and other activities at a YMCA event!
- Partners With Youth Campaign Volunteers (raise funds to provide scholarships for YMCA programs to low-income youth & families, or families in temporary need due to economic crisis)

For more information on these or other volunteer opportunities, call Michele Cox at 206-322-6969 ext: 102 or e-mail at mcox@seattlemca.org