



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLUNTEER OPPORTUNITIES



Volunteerism is at the heart of the YMCA and is the foundation for many of the programs and services the YMCA provides.

Volunteering with the Northshore YMCA not only can greatly improve the lives of children and families and make our communities stronger, but it can also greatly impact your life. Research shows that those who volunteer live longer, healthier lives. In addition to feeling great about your efforts, volunteers have the opportunity to:

- Explore personal interests and passions
- Attend trainings to broaden personal and professional skills
- Include experience on resume of fulfill service requirements
- Develop new relationships and make friends
- Learn, grow and HAVE FUN

What Can Adults Do?

- Serve in a YMCA Leadership Capacity
- Fundraising Campaign Volunteers
- Serve in a YMCA Program

What Can Youth and Teens Do?

- Program Opportunities
- Service Learning Opportunities

Volunteer Coordinator: Rodney Scott

425 485 9797 ext 8051

rscott@seattleyymca.org

Administration

Do you have office skills you'd like to share? Make an impact on the behind the scenes work going on at the YMCA by volunteering in our administration department! Light office work includes: process mailings, maintain spreadsheets, make copies, filing and other computer work as needed. Suitable for adults and youth age 15+.

When: Days and times vary (we'll work with your schedule)

Where: Northshore YMCA

Contact Joe Robustelli at jrobustelli@seattleyymca.org

Adventure Zone/Kids Corner

Spend a few hours making a significant and positive impact on a child's life through fun activity and enrichment projects. Jump and play, or read and create with children (ages 1 month-12 years old). Suitable for adults and youth ages 16+.

When: Monday-Friday mornings and evenings (9:00-11:00 am or 5:00-8:00 pm), Saturday mornings (9:00 am-12:00 pm); and Sunday afternoons (1:00-5:00 pm).

Where: Northshore YMCA

Contact Kathryn Garrison at kgarrison@seattleyymca.org

Arts & Humanities

Do you have a favorite hobby, passion, skill or talent that you like to share with others? We want you to share your passion for dance, science, sewing, arts, crafts, scrapbooking, etc. with us and our community. We'll help you develop a program and work with your schedule. Suitable for adults and youth age 16+.

When: Days and times will vary depending on activity and event

Where: Northshore YMCA and The Y at the Carol Edwards Center

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Basketball Coaches

Want to make a difference in the life a child? Become a coach or an assistant coach for a team and teach the children the fundamentals of the game as well as the character qualities of caring, honesty, respect and responsibility! Suitable age for Head Coach is adults and youth age 16+ and for Assistant Coach, adults and youth ages 14+.

When: November 2011-March 2012

Where: Northshore YMCA and other locations

Contact Chris Bellecourt at cbellecourt@seattleyymca.org

Cooking Instructor for Adult Classes

Share your cooking skills, recipes and tips with our adult participants. Work directly with the registered dietician to develop menus. Suitable for adults age 21+.

When: One time a month, Friday 5:30 pm

Where: Northshore YMCA

Contact Susie Fox at sfox@seattleyymca.org

Cooking Instructor for Youth Classes

Do you enjoy cooking? We have future chefs that want to learn from you. Lead fun cooking classes for youth ages 4-6 or 7-10. Volunteers will collaborate with the registered dietician to develop menus. Suitable for adults and youth age 18+.

When: Wednesday at 3:00 or 5:00 pm, Saturday at 10:20 am, or Sunday at 12:30 pm

Where: Northshore YMCA

Contact Susie Fox at sfox@seattleyymca.org

Counselor in Training, 2012

Are you looking for a way to gain valuable skills and experience while helping create an amazing summer experience! Join our CIT program at Outdoor Day Camp next summer, where you will learn about your own leadership potential and gain the tools, skills and knowledge to reach it, all while working with children from our community to give them a wonderful, impactful summer camp experience. Suitable for adults and youth age 15+.

When: Monday-Friday 9:00 am-4:00 pm.

Where: Cottage Lake Park

Contact Tom Weiss-Lehman at twlehman@seattleyymca.org

Creativity Corner

Use your creative energy to lead children (up to 12 years old) in an artistic activity. Spend time guiding children as they pursue their creativity through art projects and play time! Suitable for adults and youth ages 16+.

When: Tuesday and Thursday, 4:45- 6:15 pm

Where: Northshore YMCA Family Lobby

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Family Dinners

Give members the opportunity to experience the flavors of the world through YMCA Family Dinners. Create an authentic meal and share your culture through food. Suitable for adults age 21+.

When: First Tuesday and third Wednesday of month (October-June), 6:00-7:30 pm

Where: Northshore YMCA

Contact Kathryn Garrison at kgarrison@seattleyymca.org

Family Nights

Assist with activities, games, snacks and fun at monthly family night events. This is a great way to connect families and interact with kids. Suitable for age 14+; youth ages 12-13 may volunteer with a parent present.

When: Second Friday of each month (September-May), 6:30-8:00 pm

Where: Northshore YMCA

Contact Kathryn Garrison at kgarrison@seattleyymca.org

Family Programs Assistant

Spend time making a significant, positive impact on a child's life through fun activities and enrichment projects. Suitable for ages 16+.

When: Monday-Friday between 8:30 am-1:30 pm, 4:00-8:00 pm, or Saturdays 9:00 am-12:00 pm (2-4 hours requested commitment)

Where: Northshore YMCA

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Get Outside with the Y

Do love the outdoors or have special knowledge about the Northwest? Are you a natural-born tour guide? Help the Y deliver quality family events to keep our families engaged with one another while being active.

When: Days and times vary depending on activity and event

Where: varies depending on activity and event

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Greeter & Member Services

Use your positive energy and friendly attitude to welcome members into our amazing facility. The Member Services needs outgoing individuals to create a welcoming place for all people and to help support daily operations. Suitable for adults and youth age 15+.

When: Monday-Friday 5:00-8:00 pm, Saturday 9:00 am-12:00 pm, Sunday 12:00-5:00 pm

Where: Northshore YMCA

Contact Joe Robustelli at jrobustelli@seattleyymca.org

Group Wellness Instructors

If you have a passion for health and wellness and would like to share that with an exercise class, then the Y is the perfect place to get started! Suitable for adults age 18+.

When: Dependent upon class

Where: Northshore YMCA

Contact Jenny Ferreira at jferreira@seattleyymca.org

Halloween Carnival

Enjoy a night of fun haunts, creative activities, exciting entertainments and lots of laughs!

The Halloween Carnival is a volunteers dream; dress up and play all night! We are looking for volunteers to set up and decorate, face paint, food servers, carnival host/hostess, greeters and just overall support. Suitable for adults and youth age 13+.

When: Saturday, October 22 5:00-8:00 pm

Where: The Y at the Carol Edwards Center

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Hang Time Mentors!

Lead, encourage, tutor, play, and inspire students at local junior high schools this winter and spring. We are looking for adults 18 and over who can share their passion for life and tutor students after school.

When: Tuesday, Wednesday, Thursday, 2:15-4:30 pm (Skyview JHS Wednesday and Thursday only)

Where: Northshore Junior High School, Kenmore Junior High School and Skyview Junior High School. October 2011 – June 2012.

Contact Trevor Salayi at tsalayi@seattleyymca.org

Holiday Giving

The Northshore YMCA supports single parents and low income families during this time of the year with holiday meals and gifts provided by the local community. We are looking for teen volunteers to help with unloading and loading of food and gifts. Suitable for ages 13+ or younger if parent is present.

When: November and December, dates and times TBD

Where: The Y at Carol Edwards Center

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Kids Cooking Classes

Inspire and teach children to eat nutritiously and deliciously! Kids love to get involved in making their own meals and will love learning from you. Suitable for adults and youth age 18+.

When: Days and times vary.

Where: Northshore YMCA

Contact Rodney Scott at rscott@seattleyymca.org

Kids University

Do you have a favorite hobby, passion, skill, talent that you could teach to children? Maybe karate, knitting, Lego Works, or others. Kids U offers a variety of classes for children in our safe, structured, fun after school program. Suitable for adults and youth age 18+.

When: Monday-Friday 3:00-6:00 pm

Where: Fernwood Elementary

Contact Erin Hayes at ehayes@seattleyymca.org

Leota Junior High Lion's Den!

Encourage, play, and mentor students at Leota Junior High this winter and spring. We are looking for adults 18 and over who can share their passion for life and play dodge ball after school.

When: Wednesday, 2:15-4:30 p.m.

Where: Leota Junior High

Contact Trevor Salayi at tsalayi@seattleyymca.org

Lifeguard Assistant

If you love the water and want to help us keep everyone safe, join our lifeguarding team! You will assist the lifeguards with swim testing, controlling the pool, moving the lap lanes, and monitoring the slide traffic. Suitable for adults and youth age 13+.

When: During open/recreational swims, water fitness programs.

Where: Northshore YMCA pool

Contact Jamie Owens at jowens@seattlemca.org

Money Strong Families

An introduction to financial literacy, this interactive family workshop encourages parents and children to reflect on the value of money. Trained facilitators will guide you through the nuts and bolts of spending, saving and sharing. Light snack and child care provided for siblings under 7 years of age. Suitable for ages 18+.

When: TBD

Where: Northshore YMCA

Contact Kathryn Garrison at kgarrison@seattlemca.org

Outdoor Day Camp

Help create memories this summer! Children at Outdoor Day Camp spend their days playing, learning and growing, all with the help of dedicated volunteers who work side by side with our counselors to make the summer a wonderful, fun learning experience for the children in our community. Suitable for adults and youth age 16+.

When: Monday-Friday 9:00 am-4:00 pm (summer months)

Where: Cottage Lake Park

Contact Tom Weiss-Lehman at twlehman@seattlemca.org

Parents Night Out

Enjoy this Service Learning opportunity! Parents drop their kids off at the Y for a night filled with arts n crafts, gym time, special events, entertainment, dinner and swimming. Parents Night Out is run strictly by trained volunteer teens! We are looking for Coordinators, Unit Leaders, Group Leaders, and Activity Leaders. If you have a passion for working with children ages 1-10 years old and want service learning hours, this is the program for you! Suitable for teens age 13+.

When: October 2011-May 2012

Where: Northshore YMCA

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Philips Ultrasound Youth Center

Want to hang out with kids and have fun in our Youth Center? Be responsible while hanging out with the kids. Dance, Dance Revolution, Nintendo Wii, Rockband, pool and ping pong are just some of the fun you'll have hanging out in the youth center! It's the perfect place to make a positive impact on youth in our community. Suitable for adults age 20+.

When: Monday –Friday 3:30 – 8:00pm, Sat 12:00-5:00 pm,
Sun 1:30-5:00 pm

Where: Youth Center at the Northshore YMCA

Contact Trevor Salayi at tsalayi@seattleyymca.org

Single Parent Family Program

The Y offers a one-of-a-kind Single Parent Family program that includes a range of opportunities from parent education to social activities. Do you have skills that would benefit a single parent? How about planning special events for these families?

When: days & times vary depending on activity and event

Where: Northshore YMCA

Contact Mychal-Lynne Pfiester at mpfiester@seattleyymca.org

Summer Date Night

Have fun with the kids while mom and dad get a chance to go out! Join staff and other volunteers who provide fun and enriching entertainment for the youngsters once a month. Suitable for adults and youth age 16+.

When: June, July, August 6:30–10:00 pm

Where: The Y at the Carol Edwards Center

Contact Mychal-Lynne Pfiester at mpfiester@seattlemca.org

Swim Lesson Aide

Learn how to work with children in the water! Partner with the Swim Lesson Instructor to teach the proper techniques in the water and encourage children not to be afraid! Suitable for adults and youth age 13+.

When: Monday and Wednesday, 4:00–7:00 pm, Saturday 9:00 am–12:00 pm

Where: Northshore YMCA pool

Contact Jamie Owens at jowens@seattlemca.org

Teacher Assistant

Assist the lead teacher in all classroom activities and snack preparation. Be willing to obtain food handlers permit. Direct a group of children in assigned activities and help clean up. Become familiar with curriculum and behavior management techniques used in classroom and use them while volunteering. Reliable attendance required and some experience working with young children. Suitable for adults and youth age 17+.

When: Weekdays 6:30 am–6:00 pm, 1–3 hour commitment

Where: Northshore YMCA and The Y at the Carol Edwards Center

Contact Sheri Young at syoung@seattlemca.org

Y Riders

Assist in leading teen ski/board trips. Free lift ticket included. Love to ski and snowboard or do you want to teach youth how? Come shred some snow with Y-Riders! Awesome trips to Stevens Pass just for you! Suitable for adults age 21+.

When: Mostly Saturday trips and school holidays.
Contact Trevor Salayi at tsalayi@seattleyymca.org

Youth and Government

Advise and guide our future leaders through our political system, assist them in writing bills and visit a State Legislative event in May 2012. Experience the democratic process firsthand with youth! Assist in researching public policy issues, writing real legislation, practicing public speaking and debating skills. Teens will also participate in a statewide conference and take over the capital grounds including the Senate and House of Chambers. Visit youthandgovernment.org for more information. Suitable for adults age 21+.

When: Tuesday, 7:00-8:30 pm; October 4, 2011-May 2012.

Where: Northshore YMCA

Contact Trevor Salayi at tsalayi@seattleyymca.org