



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

HELPING HANDS

Volunteer Program Opportunities UNIVERSITY FAMILY Y

YOUTH DEVELOPMENT

MIDDLE SCHOOL MENTOR

We are looking for adult role models to help youth achieve academic success. Tutors work one-on-one or in small groups with youth at the middle school level. Skills needed include experience working with youth, ability to support academic success through tutoring activities, ability to work with a variety of learning styles and the commitment to be a strong role model.

KIDS UNIVERSITY MENTOR

Assist in the facilitation of after-school program offering educational and sports oriented classes to elementary- age children. The ability to act as a strong role model for youth is key to this role.

ASSISTANT DAY CAMP COUNSELOR

Help facilitate small group activities and assist in field trip coordination. Must be willing to be outdoors, work with kids 6-11 years old and willing to assist with various other indoor and outdoor activities.

FAMILY PROGRAMS

FAMILY PROGRAM ASSISTANT

Assist in facilitating age appropriate activities for children 6 months to 5 years. Assist in supervising children in a positive, fun, safe environment. Enforce safety rules and guidelines.

ADMINISTRATIVE

ADMINISTRATIVE ASSISTANT

We are looking for detail oriented individuals to help in our office. Get a behind the scenes look at how the YMCA operates by assisting with office related duties. Proficiency with computers, internet and Microsoft office application is key to this position.

SPECIAL EVENT VOLUNTEER

We are looking for adult role models to be a part of our special event team. Help set up, clean up, and participate in special event programming at our YMCA branch and/or School sites. Special events include: Healthy Kids Day, Barbecues, Holiday Open House, etc.

MEMBER SERVICES

MEMBER SERVICES ASSISTANT

Tasks include engaging with YMCA members, answering questions about members, assisting with administrative duties around the front desk. This position is ideal for anyone who loves to engage with people or anyone who would like to work on their people-skills.

HEALTH & WELLNESS

VOLUNTEER FITNESS INSTRUCTOR

University Family YMCA needs Group Fitness Instructors to teach cardio aerobic fitness classes including, Hi lo, Step, Hip Hop, kickboxing, Core Strength, Group Cycle etc. You should be a YMCA member and presently be taking 2-3 fitness classes a week.

POLICY

BOARD OF MANAGERS

The Board of Managers of the University Family YMCA leads fundraising efforts and strategic planning implementation. The board works with the Executive Director to advise branch operations. Board members serve three year terms, attend 10 board meetings per year and play a lead role in Partners with Youth and fundraising efforts. We are actively recruiting board members who seek to advocate for the Y in the community, are willing to invite community leaders to Y events and consistently model the Y mission.

HOMELESS YOUTH PROGRAM

HOMELESS YOUTH PROGRAM ASSISTANT

Join us in serving the homeless youth, ages 18-26 in the greater Seattle area. Every Sunday from 1-2pm we provide a meal, showers, and a relaxed social atmosphere. From 2-3, the youth participate in a grab-bag of fitness routines that include among others, spinning, lifting, and zumba. Build relationships, provide a helping hand, get a work out, or do all three.

UNIVERSITY FAMILY YMCA

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IF INTERESTED, PLEASE CONTACT:

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