



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING COMMUNITY TOGETHER

## Volunteer Opportunities

### WEST SEATTLE & FAUNTLEROY

#### 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.**

#### 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 up and cleaning up for a fundraising event, sharing your craft or hobby or career with a group of children, and much more.

To be added to our contact list for upcoming one-time volunteer opportunities, send your name, email address, and phone number to:

Contact: Wendy Hobson  
Phone: 206 935 6400 x106  
Email: [whobson@seattlemca.org](mailto:whobson@seattlemca.org)

#### ONGOING OPPORTUNITIES

##### AQUATICS & WELLNESS POSITIONS

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

Contact: Jeanne Higgins  
Phone: 206 935 6000 ext 128  
Email: [jhiggins@seattlemca.org](mailto:jhiggins@seattlemca.org)

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

Contact: Antje Staudt  
Phone: 206 935 6000  
Email: [astaudt@seattlemca.org](mailto:astaudt@seattlemca.org)

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

Contact: Ann Adkins  
Phone: 206 935 6000 ext 114  
Email: [aadkins@seattlemca.org](mailto:aadkins@seattlemca.org)

**Youth Sports Coach/Asst/Referee:** Share your love of sports with kids 4-12 in a seasonal sport—basketball, t-ball/baseball, indoor and outdoor soccer. Commit is usually one practice during the week and a game on Saturday.

Contact: Mary Sanderson  
Phone: 206 937 1000  
Email: [msanderson@seattlemca.org](mailto:msanderson@seattlemca.org)

##### PARTNERS WITH YOUTH

Help change lives in West Seattle! With funds raised in our February Partners With Youth campaign, the Y is able to support kids and families in our community who are unable to afford the full cost of programs. PWY volunteers call or email Y members and friends to talk about the impact the Y makes in West Seattle and ask for a pledge.

Contact: Allison Wherry  
Phone: 206 935 6000 ext 146  
Email: [awherry@seattlemca.org](mailto:awherry@seattlemca.org)

##### FAMILY PROGRAMS

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

**Family Nights:** Help with the blow-up obstacle course and Kids Gym activities with families of all ages. 1st & 3rd Fridays of the month, 6:00—8:30 pm.

**Infant Kids Corner:** Get your baby fix while their parent exercises! Babies 4 weeks to walking. Monday-Saturday mornings and Monday-Thursday evenings.

More on referse

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

Contact: Eve Valsvig  
Phone: 206 935 6000 ext 135  
Email: evalsvig@seattlemca.org

### 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 3-5 in our West Seattle Y or Concord site preschool. Help with snack, playground time, art and more!

Contact: Emilia Holbik  
Phone: 206 935 6000 ext 120  
Email: ehobik@seattlemca.org

**School Age Aide:** Help with before and after school activities like homework, playground games, art and snack at West Seattle Elementary, Arbor Heights Elementary and Concord Elementary.

Contact: Erica Mullen  
Phone: 206 935 6000  
Email: emullen@seattlemca.org

### 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 thru Friday 3:00—4:30 pm

Contact: Erica Mullen  
Phone: 206 252 2541  
Email: emullen@seattlemca.org

**Madison Middle School Out-of-School Time:** The Y coordinates all after-school activities at Madison, including homework assistance, interest clubs and student government. Monday thru Friday 2:30—4:30 pm

Contact: Katie Taylor  
Phone: 206 252 2541  
Email: kmtaylor@seattleschools.org

**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 thru Friday 2:30—4:30 pm

Contact: Erica Mullen

### WEST SEATTLE & FAUNTLEROY YMCA

4515 36th Ave SW Seattle WA 98126  
P 206 935 6000 F 206 938 1676 westseattlemca.org

Phone: 206 252 2541  
Email: emullen@seattlemca.org

## 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 2 weeks to process an application before you can begin. Plan accordingly.

### COURT ORDERED COMMUNITY SERVICE

We offer limited opportunities to complete your court ordered community service if you have more than 25 hours to do.

Submit a volunteer application, references and court paperwork showing charges. It usually takes 2 weeks to process court ordered applications before you can start. Plan accordingly. We do not have "drop in" volunteering. All volunteers are thoroughly checked out before starting, including a confirmation call to your probation officer or case worker.

We do not accept individuals who have any history of domestic violence, assault, theft, weapons or other "threat of harm" convictions.

Court-ordered volunteers clean cardio machines, dust, sweep, clean locker rooms, pick up litter and weed the grounds.

Contact: Wendy Hobson  
Phone: 206 935 6400 ext 106  
Email: whobson@seattlemca.org

## THE FINE PRINT

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

### We do require 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)** 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.

**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.