

VOLUNTEERISM

MAY 2009 • DOWNTOWN SEATTLE YMCA



Y
YMCA
OF GREATER SEATTLE

We build strong kids,
strong families,
strong communities.

WHY VOLUNTEER?

Volunteering with the 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 or fulfill service requirements.
- Develop new relationships and make friends.
- Learn, grow and have fun!

Volunteer paper work requires 7 days to process. Service learning and community service volunteers may not be accommodated if hours need to be completed in less than 7 days.

AQUATICS & FITNESS POSITIONS

Flavor of the Season Instructor: Provide instruction in an interesting and unusual fitness format for one month, Wednesdays, 5-6pm. Bring your expertise to the Y while exposing members to new experiences. Teaching experience and training is preferred.

*Contact: Lindsey Roy
Phone: 206-223-1621
Email: lroy@seattleyymca.org*

Fitness Floor Assistant: Assist members with strength training and cardiovascular training equipment. Act as a liaison and advocate for YMCA Total Health. Build relationships with members and support them in achieving their health and wellness goals. Training provided.

*Contact: Juliet Boyd
Phone: 206-344-3181
Email: jboyd@seattleyymca.org*

Beginner Racquetball Instructor: Are you a court sport enthusiast? Provide basic racquetball instruction to individuals or in a small group setting. Meet new friends in the process. No coaching or teaching experience required.

*Contact: Lindsey Roy
Phone: 206-344-3181
Email: lroy@seattleyymca.org*

Volleyball Coordinator: Are you interested in playing volleyball with other beginner level players? Help with set-up and correspond with fellow volleyball enthusiasts. All level drop-in volleyball on Tuesdays, 2-4pm.

*Contact: Lindsey Roy
Phone: 206-344-3181
Email: lroy@seattleyymca.org*

Basketball League Coordinator: Most Tuesdays from 11:45am-1:45pm get the game ball, score clock and jerseys ready for the noon basketball league. Help coordinate the score keepers for each game and make the teams before the start of each league. If you love to play ball this is the job for you! You can participate in the league free of charge.

*Contact: Lindsey Roy
Phone: 206-344-3181
Email: lroy@seattleyymca.org*

Water Fitness Instructor: Lead small water fitness groups through a balanced, fun and individually challenging workout. Experience preferred, but we will provide the training if you have the desire.

*Contact: Melissa Chamberlain
Phone: 206-382-5010
Email: mchamberlain@seattleyymca.org*

Swim Instructor: Teach small-group or individual swim lessons for all ages. Possess the ability and knowledge to meet the learning needs of participants and build self confidence. Experience and certification is preferred, but we will provide training if you have the desire.

*Contact: Melissa Chamberlain
Phone: 206-382-5010
Email: mchamberlain@seattleyymca.org*

YOUTH DEVELOPMENT POSITIONS

Web Maintenance: Help the Youth Development department by routinely updating the YMCA teen programs on the website. Design and construct web pages, post and assist with editing content for the sites and Maintain website links and updates to search engines, volunteer sites, graphics and content.

*Contact: Carrie Koelle
Phone: 206-382-7899
Email: ckoelle@seattleyymca.org*

Triangle Art Gallery Assistant: Triangle Art Gallery Assistant will work closely with the Youth Development Director to plan, coordinate, and help with day-of operations of monthly opening receptions.

*Contact: Carrie Koelle
Phone: 206-382-7899
Email: ckoelle@seattleyymca.org*

MEMBERSHIP & TOTAL HEALTH POSITIONS

Member Connector: Are you a good match maker? Help members get to know each other by assisting with our member connection program. Help to plan social events in and outside the Y. Act as a liaison and advocate for the YMCA. Build relationships with members and meet new friends in the process.

*Contact: Shalimar Gonzales
Phone: 206-382-5017
Email: sgonzales@seattleyymca.org*

Youth Health Educator: Help young adults in achieving their health and wellness goals. Assist with the development of health-rated seminars and support groups for young adults.

*Contact: Shalimar Gonzales
Phone: 206-382-5017
Email: sgonzales@seattleyymca.org*

Street Team Member: Be the face of the YMCA. Support the YMCA by assisting staff with promotional recruitment for the YMCA. Position will include volunteering at health fairs and local events throughout the summer.

*Contact: Shalimar Gonzales
Phone: 206-382-5017
Email: sgonzales@seattleyymca.org*

Wellness Resource Center Volunteer: Do you have a desire to help people live healthier lives? Do you like meeting new people? We are looking for volunteers to speak with members about health goals and questions, and connect them with appropriate community and YMCA resources. Volunteers should be comfortable initiating conversation and inviting members to use the Wellness Resource Center on the 7th floor as a place to sit, learn or relax.

*Contact: Lindsey Roy
Phone: 206-344-3181
Email: lroy@seattleyymca.org*

Laundry Attendant: Assist branch staff in providing excellent towel service and greeting members. Launder and distribute towels throughout our building and build relationships along the way.

*Contact: Jesse Channel
Phone: 206-382-5010
Email: jchannel@seattleyymca.org*

English Language Mentor/Teacher: Help with pronunciation, vocabulary, grammar, reading, writing, and listening. Provide one-on-one English language learning opportunities. Create an atmosphere for language learners to discuss topics of interest. Mentors should clearly speak, read, and write English and be enthusiastic about helping non-native English speakers develop language skills. Patience and a sense of humor is a must. South Asian cultural literacy is preferred.

*Contact: Lindsey Roy
Phone: 206-223-1621
Email: lroy@seattleyymca.org*
