



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SERVING OTHERS TO MAKE A DIFFERENCE

VOLUNTEER OPPORTUNITIES YMCA OF THE FOX CITIES

Volunteer Coordinators

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www.ymcafoxcities.org

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

Updated: December 2013

FACILITIES

- Apple Creek YMCA-ACY
- Appleton YMCA-APY
- Fox West YMCA-FWY
- Heart of the Valley YMCA-HVY
- Neenah-Menasha YMCA-NMY
- Menasha Senior Center-MSC
- Thompson Community Center-TCC

TYPES OF VOLUNTEER OPPORTUNITIES

One Time/Special Event-(SE) Examples of this would include Healthy Kids Day, golf outings, tournaments, runs, etc.

Short Term-(ST) Examples of this would include community service hours, credits for school or church groups, etc.

Long Term-(LT) This opportunity would be in need of a consistent person on a regular schedule for an extended period of time.

YOUR NEXT STEP

- Please choose from the volunteer opportunities listed.
- Please fill out the volunteer application to let us know what you are interested in helping with.
- If you are 18 years and older please fill out the required background check form.
- Please remember the YMCA core values of Caring, Honesty, Respect and Responsibility.

Youth Sports Coaches

Provide leadership and coaching in the specific sport. Instill our core values of Caring, Honesty, Respect and Responsibility. Provide young athletes with a good role model for sportsmanship and teamwork.

- APY, FWY, HVY, NMY
- Baseball, Basketball, Flag/Tackle Football, Soccer, T-Ball, Track and Field, Volleyball
- ST-Mostly Saturdays 2-6 hours per week for 8 weeks
- 16 years of age and older

Youth Supervisors

Supervise youth/teens during dances, sports and organized activities. Support youth and teens by giving them positive examples of behavior. Provide a safe and respectful environment for teens to express themselves.

- APY, HVY, NMY
- LT-Mostly Friday and Saturday nights
- 18 years of age and older

Tackle Football Equipment Preparation

Cleaning, repairing and counting tackle football equipment in preparation for the season.

- FWY, NMY
- ST-10-20 hours, schedule is flexible
- 16 years of age and older

Camp Maintenance

Help keep Camp Nan A Bo Sho and Camp Shioc running smoothly for our campers all summer long.

- ACY, APY
- ST-Project-by-project for the summer
- Experience with electrical, mechanical, painting, deck building, power tools, etc. preferred
- 18 years of age and older

Closet Organizer

You will work with a staff member to help organize closets and find places to donate toys and equipment not used regularly. Opportunities available in Sports and Recreation, Child Care, Growth and Development and Fitness.

- APY, HVY, NMY
- ST-Hours vary
- 16 years of age and older

Equipment Maintenance / Cleaning

Assist with the preventative maintenance and cleaning of exercise equipment in the Wellness Center and Free-weight room. All cleaning supplies will be provided.

- ACY, APY, FWY, HVY, NMY
- ST / LT
- 14 years of age or older
- Will need to stand, twist, bend repeatedly.

Ramp Patrol

You will patrol the parking ramp to verify open spaces in the ramp during Octoberfest, Holiday Parade and other large downtown Appleton events. You will communicate the openings to our ramp booth using walkie talkies.

- APY
- SE-3-4 hours per event
- 18 years of age or older
- Will need to stand for long periods of time and walk stairs

Dance Recital

Opportunities include escorting dancers to and from the stage area, guiding family members and guests to seating areas, handing out programs and supervising dancers.

- FWY, HVY, NMY
- SE-4 hours
- 16 years of age or older and have experience working with young children

Senior Games

Assist with carnival style games and help Senior Games staff set up games and lunch area.

- NMY
- SE-8 AM-1 PM
- 14 years of age or older

Active Older Adult Event Planner

Create inviting events for our Active Older Adults, including guest speakers, outings and holiday parties.

- ACY, APY, HVY
- LT-2 hours per event, 1 year commitment
- 18 years of age and older

Homework Supervisor

Work in our afterschool program to assist students with homework.

- ACY, APY, HVY, NMY
- LT-3:00-5:00 PM, M-TH, May through October
- 16 years of age or older

Medical Staff

Work at Camp Nan A Bo Sho collecting and distributing medications, providing First Aid and managing medical forms.

- ACY
- ST-1 week or weekend at camp
- Registered nurse or physician

Archiver

Work to keep our historical documents and photos sorted and archived for future use.

- ACY
- ST-160 hours, can work at your own pace
- 16 years of age and older

5K, 10K, Marathon Runs and Triathlons

Assist with our annual runs and triathlons. Opportunities include registration, water stations; course set-up and take-down, finish line, refreshments and intersection control.

- APY, FWY, NMY
FEB–Abominable Frostbite Run–NMY
JUNE–Moms Run–FWY
JULY–Liberty Run–NMY; Bret Younger Run–APY; Fremont Triathlon–NMY
AUG–Fishy 5K–FWY
SEPT–Fox Cities Marathon
OCT–Freaky 5K–APY
- SE-2 to 3 hours usually mornings
- 16 years of age or older

Story Reader

Enjoy some quality time interacting with children in our childcare. Opportunities include one on one and group story time.

- APY, FWY, HVY, NMY
- LT-2 to 3 times per week
- 16 years of age and older

Housekeeping Volunteer

Work with our staff teams to keep our facilities clean. Opportunities include laundry, windows, exercise equipment, pool deck and light housekeeping.

- ACY, APY, FWY, HVY, NMY
- LT-2 hour shifts, times vary
- 14 years of age and older, need to be over 18 to volunteer in Adult Locker Rooms

Towel Folder

Fold and roll towels so they are available to members.

- ACY, APY, FWY, HVY, NMY
- LT-1 to 3 hour per day, times vary
- 14 years of age and older

Swim Meets

Assist with our annual swim meets including Summer Classic and the Bird Bath. Opportunities include timing, concessions, set up and take down, announcing and awards. Training will be provided

- APY
- SE-4 to 5 hours, usually weekends
- 14 years of age or older

Office Assistant

Assist with processing files, mailers, data entry and making copies. Opportunities include Member Services and Human Resources.

- ACY, APY, FWY, HVY, MSC, NMY
- LT-Times vary
- General office experience preferred
- 16 years of age and older

Strong Kids Volunteers

Assist with raising funds for our annual giving campaign. Reach out to members of our community and tell the Y story and ask them to make a difference for those less fortunate in our area. All funds raised allow the YMCA of the Fox Cities to provide membership and program assistance to children and families who might not otherwise be able to pay for YMCA services.

- ACY, APY, FWY, HVY, NMY
- ST-Times vary
- 18 years of age and older

Child Learning Center Maintenance

Assist with the maintenance and landscaping at our Child Learning Center. Opportunities include painting, sanding, staining and gardening.

- APY
- ST-1 or 2 Saturdays per year, springtime
- 16 years of age or older

Kids Corner Volunteer

Work with our Kids Corner staff by interacting with the children and helping with activities.

- HVY, FWY
- LT-2 hour shifts, times may vary
- 13 years of age or older. Childcare experience preferred

Youth Sports Concession Stand

Help out at our Youth Sports programming sites and annual tournaments by selling concessions to participants and spectators.

- APY, NMY
- ST-Saturdays during the spring or fall
- 16 years of age or older

Gymnastics Meet

Assist with our annual gymnastics meet in November. Opportunities include set up and take down, concession stand, data entry and score cards.

- HVY
- SE-4 hours, weekends
- 16 years of age and older

Theatre Class Assistant

Work with our young actors, help with rehearsals, make props and help at the productions.

- NMY
- ST-1 to 2 hours per week
- 16 years of age and older

Teachers Helper

Help our teachers in our Preschool programs and Child Care Centers with their classes. Opportunities include laminating, making copies, cutting out materials, reading stories and helping children with the computer phonics programs.

- APY, FWY, HVY
- LT-Times vary
- 16 years of age or older

Filmmaking Class Assistant

Work with our future filmmakers by assisting with instruction and production.

- NMY
- LT-Times vary
- Filmmaking and editing experience preferred
- 16 years of age and older

Interns

Interns can work for experience in their field of study. Opportunities include art, music, child care and school age child care, growth and development, dance and fitness.

- ACY, APY, FWY, HVY, NMY
- LT-Times vary
- College age students or graduates

Animal Caretaker

Work in our Nature Study Classroom taking care of our many animals including feeding and cleaning aquariums and terrariums.

- ACY
- LT-Times vary
- 16 years of age or older

Nature Preserve Trail Crew

Work in our Nature Preserve doing seasonal trail management including invasive species removal, raking, trimming and wood chipping.

- ACY
- LT/ST-Times vary
- 16 years of age or older

Garden and Grounds Crew

Help keep the YMCA grounds and garden looking beautiful. Tasks include weeding, planting and watering.

- ACY, APY, FWY, HVY, MSC, NMY
- LT-Spring and summer, times vary
- 16 years of age and older

Summer Spruce-up Assistant

Help in coordinating/implementing with the Property Manager, summer projects around the facility.

- FWY, HVY, NMY
- ST-10-15 hours per week in the summer
- 18 years or older

Class Instructor

Share your skills and knowledge with our participants. Subjects can vary.

- MSC
- LT-Times vary
- 18 years of age and older

Trip Host

Accompany bus trips and provide a meaningful experience for our participants.

- MSC
- ST-Times vary
- 18 years of age and older

Senior Center Assistant

Work with our Senior Center staff to help complete tasks. Opportunities available in Fundraising, bus trip planning and other miscellaneous projects.

- MSC
- LT/ST-Times vary
- 16 years of age and older

Healthy Kids Day

Help at our annual day to celebrate kids. Opportunities include set up and clean up, running activities and booths.

- ACY, APY, FWY, HVY, NMY
- SE-Spring
- 14 years of age and older