

### ***Special Events Aide***

Do you like meeting new people?

- Assist staff lead activity at Y events.
- See list of events for dates

### ***Health & Wellness Fair Aide***

- Assist Y staff share info. about the Y at local community events.
- Event dates vary

### ***Clerical & Office Aide***

Do you have experience working in an office setting?

- Assist Y staff with various clerical duties.
- On-call & year—round projects, Feb—Mar fundraising data entry

**Stop by the Y to pick up an application & job description for the volunteer activity you are interested in.**

**For more info. contact Alisa Nelson, Membership & Volunteer Director at 707-545-9622 x.3135 or [anelson@scfymca.org](mailto:anelson@scfymca.org).**



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

**VOLUNTEER AT THE Y**



**DO MORE  
BE MORE**

**SONOMA COUTY FAMILY YMCA**

1111 College Ave. • SR • 707-545-9622 • [www.scfymca.org](http://www.scfymca.org)

The Y is a not-for-profit community organization.  
Financial Assistance is available.

**When you volunteer at the Y, you provide leadership & talent vital to empowering people & communities to learn, grow & thrive.**

Check out all of the fun ways you can use your skills & passions to help your community.

### ***Group Exercise Instructor***

Are you a certified instructor?

- Provide direct leadership, in instruction & motivation for members in group exercise classes. Aquatic & land classes available.
- 1 month minimum

### ***Group Exercise Ambassador***

Support new class participants!

- Welcome participants to class & help them feel comfortable. Aquatic & land classes available.
- 1 month minimum

### ***FitKidz Liaison***

Lead activity for youth ages 5-11

- Support staff provide a safe & supervised play environment.
- 1 day/week, 1 month minimum

### ***Group Swim Instructor***

Do you like swimming & kids?

- Teach youth swim skills & safety.
- 1-2 day/week, 1 month minimum

### ***Adaptive Aquatic Aide***

- Assist people with special needs enjoy water activity.
- Sat. AM, 1 month minimum

### ***Child Watch Activity Aide***

Do you like working with youth?

- Play & interact with children in the child watch program at the Y.
- 1 month minimum

### ***Child Watch Craft Aide***

Do you like kids & crafts?

- Help staff lead craft-making activities with preschool age Children.
- M-F AM 1 day/ week, 1 month minimum

### ***Child Care Tutor***

Can you tutor a child?

- Provide academic tutoring to children ages 5-12 at Y after-school care.
- 1-3 days/week, 1-3 hrs./day, 3 month minimum

### ***Child Care Mentor***

Do you have a skill or talent you can share?

- Share your skill or talent with children in the Y's child care program.
- 1 visit per site

### ***Art & Music Docent***

- Share & teach art projects or music at the Y pre-school.
- 1 hr./week, 1-3 days/week, Visit 1 time or numerous times

### ***Camp Mentor***

- Share your skill or talent with youth at Y camp.
- 1 visit/ camp session, Visit 1 camp or numerous camps

### ***Youth Overnight Liaison***

Support parents in our community

- Help staff lead activity during youth overnights at the Y.
- Friday PM—Saturday AM, 1 month minimum

### ***Youth & Government Mentor***

Do you have a good understanding of how our government works?

- Mentor high school students in creating & presenting a law.
- Sept—Feb, 1 mtg. every 2 weeks 1 weekend conference in Sacramento

### ***Member Services Associate***

- Greet & sign in members as they come into the Y.
- 2 hrs./ week, 2 month minimum