

VOLUNTEER OPPORTUNITIES



HEALTHY LIVING

- Chronic Disease Coach
- Group Exercise Instructor
- Water Fitness Instructor
- Health and Well-Being Coach
- Fitness Floor Attendant
- Active Older Adults support
- Pool Deck Aid
- Sports Coach

YOUTH DEVELOPMENT

- Swim Instructor
- Swim Team Coach
- Day Camp Counselor
- Resident Camp Program support
- Arts Instructor
- Child Watch support
- Dance Instructor
- Youth Fitness Instructor
- Home-School-Co-op support
- Martial Arts Instructor
- Youth Sports League Coach

LEADERSHIP AND FUNDRAISING

- Annual Campaign Fundraising
- Evidence Based Health Initiative Advisory Council
- Evidence Based Health Initiative Board of Directors
- Board of Directors
- Philanthropic Advisory Council
- Grants Research Assistant

MISSION/COMMUNITY OUTREACH

- Mission Ambassador
- Special Events
- Volunteer Engagement Board of Directors
- Volunteer Support

MEMBER SERVICES AND ADMINISTRATION

- Locker Room Attendant
- Clerical/Admin Support
- Marketing and Communication Support
- Custodial Support
- Member Service Representative
- Membership Greeter

BENEFITS OF VOLUNTEERING

- Build relationships and make connections
- Develop career and leadership skills
- Build a stronger community
- Live a longer, healthier life
- Contribute to a supportive work environment



CREATING A SAFE ENVIRONMENT

YMCA volunteers are also required to complete a Child Abuse Prevention Training . The Volunteer Coordinator at your branch will work with you to schedule you for the appropriate training opportunity based on your job placement.

LEARN MORE AND APPLY AT:
www.ymcaalaska.org/facilities/





VOLUNTEER HIGHLIGHT

Tim moved from the US Virgin Islands to Anchorage Alaska in 2018 to receive medical help for early on-set dementia. Part of Tim's care plan included getting more exercise and socialization in a safe environment. Naturally the Y was a perfect fit. As time went on, he started helping membership staff and was asked if he would be interested in volunteering. Tim jumped at the opportunity to support the Y in their mission to be a place where everyone is welcome—even if they have a disability.

Tim is always eager to assist membership staff with locker room duties, laundry, folding towels, and performing light maintenance. He considers the friends he has made his "Y family" and looks forward to seeing familiar faces every day.

Tim Says, "Volunteering at the Y gives me a sense of purpose and enables me to give back to an organization that has warmly welcomed me and others in the community. I was thrown a curve ball with my memory loss, but volunteering keeps me involved and my memory therapists say they see quite an improvement in my memory since I started volunteering at the Y!"

DID YOU KNOW:

The YMCA was first established by a volunteer? George Williams launched the YMCA movement in London in 1844 as a volunteer. His example persists in the expansion of the Y across the globe today.

The Y in Alaska:

The Young Men's Christian Association came to Alaska along with the Klondike Stampeders. William Reid was sent by the YMCA in Kalamazoo, Michigan, to found a YMCA in Dawson, Yukon Territory, Canada. While traveling through Alaska he reached Skagway in 1889. Continuing his journey on to Dawson seemed inexpedient, and the need for such work at Skagway seemed so imperative. So he remained at the point where he set up a tent to be used as association headquarters and a reading room.

The Helena Gould

The Floating YMCA Helena Gould, was crewed by William and Mrs. Reid. It was sponsored by the philanthropist Helena Gould, of New York. This was the first gas powered launch on the Yukon. This traveling YMCA library visited remote settlements and US Army posts for several summers in the early 1900's.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLUNTEERS MAKE MORE POSSIBLE

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