

LAKELAND HILLS FAMILY YMCA VOLUNTEER OPPORTUNITIES

*We recommend volunteers commit to a minimum of 20 hours in order to maximize our training and onboarding. All volunteers must complete proper paperwork and follow current CDC and Organization Guidelines.

ROLE TITLE	DEPARTMENT	RESPONSIBILITIES	SCHEDULE NOTES	ROLE REQUIREMENTS
Swimming Lesson Volunteer	Aquatics	 Help swim instructors set up and break down classes Assist instructors in the water with teaching students 	Weekdays 4:00-5:30pm Saturdays 9:00am-12:00pm	 Must be proficient swimmer and comfortable assisting teacher Must be at least 14 years of age
Volunteer Lifeguard	Aquatics	 Support lifeguard(s) on the pool deck and perform all lifeguarding duties 	All hours of operation	 Must possess a current and valid lifeguarding certification Must be at least 15 years of age
Camp Prep Volunteer	Camp	 Assist Camp Director with outdoor camp set up and office duties Make copies and create binders 	May – June	 Must be able to lift 30+ pounds Must be task-driven with strong work ethic and organizational skills Must be at least 15 years of age
Camp Special Needs Volunteer	Camp	 Assist SKOR Camp Counselors with activities and planning 	June – August	 Must be comfortable assisting with individuals with special needs Must be at least 16 years of age
General Camp Volunteer	Camp	 Provide support in various functions throughout the day 	June – August	 Must be available to commit to at least one full week (M-F) from 8:45am-4:15pm Must be able to lift 30+ pounds Must be task-driven individual with strong work ethic Options to work with kids or camp operations Must be at least 16 years of age
Teacher's Assistant Volunteer	Childcare	 Direct support for childcare teachers working with children 2½ - 5 years old 	All year 7:00am to 6:00pm	 Must be at least 15 years of age Must be able to lift 30+ pounds
Infant Toddler Caregiver Volunteer	Childcare	 Direct support for infant and toddler caregivers for children 6 months - 2½ years old 	All year 7:00am to 5:00pm	 Must be at least 15 years of age Must be able to lift 30+ pounds Must be comfortable assisting with caregiver responsibilities (changing diapers, floor play, outdoor play, etc.)

Child Watch Volunteer	Child Watch	• Direct care for children 6 weeks to 6 years old	Monday through Saturday 9:00am-12:00pm	Must be at least 18 years oldMust be CPR certified	
Development Office Volunteer	Development	 Mailing support Graphic design Solicitation calls Event support 	Varies and flexible	 Must be organized and detail- oriented 	
Sunday Morning Special Needs Program Volunteer	Fitness	 Direct support with various activities for Sunday morning special-needs program 	Sundays 11:15am-12:15pm	 Must be at least 16 years old Must be comfortable assisting with special-needs individuals 	
Fitness Floor Staff Volunteer	Fitness	 Assist floor staff with duties in the fitness center Clean and sanitize fitness equipment to maintain a healthy environment 	All hours of operation	 Must be at least 18 years old Must be CPR certified 	
After School Program Volunteer	Kids Club	 Assist students with homework Orchestrate games with children Supervise children on playground 	September-June	 Must be at least 16 years old and pass a background check 	
Special Events Volunteer	Special Events	 Assist with set up and clean up Orchestrate activities Prepare materials Supervise children 	Varies	 Must be creative, organized and detail-oriented 	
Youth Sports League Volunteer Coach	Youth PE	 Provide instruction and coaching to assigned team or group of children 	December-February Must commit to the length of the season or clinic	 Must be at least 18 years old Must pass background check 	
Youth Sports League Volunteer	Youth PE	 Time Clock Technician Referee Assist Coordinator with activities and organization 	December-February	 Must be organized and detail- oriented 	
Youth Program Volunteer	Youth PE	 Assist with classes by organizing and instructing children Assist with set up and clean up 	September-June	Must be comfortable working with children	
LAKELAND HILLS FAMILY YMCAI00 Fanny Road, Mountain Lakes, NJ 07046www.lakelandhillsymca.comP 973.334.2820Contact: Devon Maloney: devonm@lhymca.comor Robb Elko: robbe@lhymca.com					