



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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Must be proficient swimmer and comfortable assisting teacher Must be at least 14 years of age
Volunteer Lifeguard	Aquatics	<ul style="list-style-type: none"> Support lifeguard(s) on the pool deck and perform all lifeguarding duties 	All hours of operation	<ul style="list-style-type: none"> Must possess a current and valid lifeguarding certification Must be at least 15 years of age
Camp Prep Volunteer	Camp	<ul style="list-style-type: none"> Assist Camp Director with outdoor camp set up and office duties Make copies and create binders 	May – June	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Assist SKOR Camp Counselors with activities and planning 	June – August	<ul style="list-style-type: none"> Must be comfortable assisting with individuals with special needs Must be at least 16 years of age
General Camp Volunteer	Camp	<ul style="list-style-type: none"> Provide support in various functions throughout the day 	June – August	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Direct support for childcare teachers working with children 2½ - 5 years old 	All year 7:00am to 6:00pm	<ul style="list-style-type: none"> Must be at least 15 years of age Must be able to lift 30+ pounds
Infant Toddler Caregiver Volunteer	Childcare	<ul style="list-style-type: none"> Direct support for infant and toddler caregivers for children 6 months - 2½ years old 	All year 7:00am to 5:00pm	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> • Direct care for children 6 weeks to 6 years old 	Monday through Saturday 9:00am-12:00pm	<ul style="list-style-type: none"> • Must be at least 18 years old • Must be CPR certified
Development Office Volunteer	Development	<ul style="list-style-type: none"> • Mailing support • Graphic design • Solicitation calls • Event support 	Varies and flexible	<ul style="list-style-type: none"> • Must be organized and detail-oriented
Sunday Morning Special Needs Program Volunteer	Fitness	<ul style="list-style-type: none"> • Direct support with various activities for Sunday morning special-needs program 	Sundays 11:15am-12:15pm	<ul style="list-style-type: none"> • Must be at least 16 years old • Must be comfortable assisting with special-needs individuals
Fitness Floor Staff Volunteer	Fitness	<ul style="list-style-type: none"> • Assist floor staff with duties in the fitness center • Clean and sanitize fitness equipment to maintain a healthy environment 	All hours of operation	<ul style="list-style-type: none"> • Must be at least 18 years old • Must be CPR certified
After School Program Volunteer	Kids Club	<ul style="list-style-type: none"> • Assist students with homework • Orchestrate games with children • Supervise children on playground 	September-June	<ul style="list-style-type: none"> • Must be at least 16 years old and pass a background check
Special Events Volunteer	Special Events	<ul style="list-style-type: none"> • Assist with set up and clean up • Orchestrate activities • Prepare materials • Supervise children 	Varies	<ul style="list-style-type: none"> • Must be creative, organized and detail-oriented
Youth Sports League Volunteer Coach	Youth PE	<ul style="list-style-type: none"> • Provide instruction and coaching to assigned team or group of children 	December-February Must commit to the length of the season or clinic	<ul style="list-style-type: none"> • Must be at least 18 years old • Must pass background check
Youth Sports League Volunteer	Youth PE	<ul style="list-style-type: none"> • Time Clock Technician • Referee • Assist Coordinator with activities and organization 	December-February	<ul style="list-style-type: none"> • Must be organized and detail-oriented
Youth Program Volunteer	Youth PE	<ul style="list-style-type: none"> • Assist with classes by organizing and instructing children • Assist with set up and clean up 	September-June	<ul style="list-style-type: none"> • Must be comfortable working with children

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