



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Volunteer Opportunities

Come join us if you are ready for a fun, new experience while giving-back to your community.

Inside Gardening

Once a week

(Flexible to your schedule)

Cary Family YMCA

- Do you love plants? Help us keep our plants healthy and vibrant. We need help dusting and nurturing the plants at our facility. Help anytime the building is open. This not only helps our plants but helps our members with low immunities stay healthy.

Shop till you drop!

Once a Month

(Flexible to your schedule)

Outreach Dept.

- Help children in our outreach programs by shopping for food and snacks once a month at Sam's. Sometimes the only food they get is in our programs; help us provide for those in need.
 - Large vehicle or van needed for supplies
 - Includes picking up pre-ordered supplies from Sam's and organizing it in our storage facility.

Membership & Volunteer Admin

Mon- Fri

(anytime between 9-2)

Cary Family YMCA

- Responsibilities include: typing, filing, making copies, stuffing envelopes, data entry, and various other organizational opportunities.
- Flexible schedule, fun environment, good people

Caring Network

Once a Month

(Times Vary)

Cary Family YMCA

- The Caring Network is a group of volunteer members who reach out to community members during a life challenge or transition such as a birth, death in the family, illness, military deployment, etc.
- Get involved:
 - Volunteer! Send cards or make phone calls
 - Donate a gift card for a local restaurant, grocery store, or gas station

Volunteer tutor with at risk children & teens.

Mondays-Fridays,

**(Times Vary,
usually 3pm-5pm)**

Various Schools

- Passion for kids and education? Join us to tutor kids and change a life!
- Ages to volunteer: 14 & up for elementary programs
18+ with middle school programs
- Briarcliff Elementary, Reedy Creek Middle, Adams Elementary, Green Hope Elementary, Carpenter Elementary

Volunteer Counselor & Tutor

Mondays-Fridays

**(Times Vary,
usually 3pm-5pm)**

Various Schools

- Passion for kids, like to play games, concerned about education? Join us as volunteer in one of our after-school programs. Responsibilities include but not limited to: tutoring, sports, arts and crafts, skits, having loads of fun!!!!
- Minimum of 1 day a week, maximum of 5 days a week.
- Ages to volunteer: 6th grade and up for Elementary, 11th grade and up for MS.
- Adams Elementary, Carpenter Elementary, Highcroft Elementary, Laurel Park Elementary, Morrisville Elementary, Cary Family YMCA (Elementary & Middle)

Cary YMCA Preschool Volunteer

Monday-Fridays

(9am-12pm)

Summit Church

- Volunteer in the classroom
- Cut out crafts at home or at the school
- Copying sheets
- Assist in making Scholastic Orders

Swim Lessons Volunteer

Mondays/Wednesdays

4pm – 6pm

Cary Family YMCA

Tuesdays/Thursdays

4pm – 6pm

Cary Family YMCA

Sat

10am – 1pm

Cary Family YMCA

- Do you want to keep a child safe? Are you patient? Do you love the water? Help teach a child to swim.
- Ages to volunteer: 14 and up
- Responsibilities: Sessions are twice a week for 3 weeks or 6 Saturdays. Multiple sessions are offered all winter. Volunteers need to be able to volunteer for an entire session at a time. Assist swim coach as needed.

Adult Basketball Leagues Scorekeeper

February- April

(Tues. Wed or Thurs. 6:30-10pm)

Cary Family YMCA

- Responsibilities include: Possess the ability to keep statistics (charting points, rebounds, and assists). Have the ability to effectively operate a score clock, and/or work with a game score sheet.
- Ages to volunteer: 16 and up

Youth Basketball Leagues Coaches, Asst. Coaches, & Scorekeepers

January- March

(Fri evenings/Sat am)

Cary Family YMCA

- Ages to volunteer: High School and up to coach, Middle School students and up for stats.

Wellness Floor Volunteer

Any day of the week

(During Y hours)

Cary Family YMCA

- Responsibilities include: engage members, spot as needed, help clean equipment, circulate wellness floor to ensure safety.
- Ages to volunteer: 16 and up

LIVESTRONG at the Y Cardio Pals:

Weekly for 12 wks

(30 min, 1-2 a week)

Cary Family YMCA

- Volunteers who hang out and chat with the participants while they do their cardio workouts. Build relationships and help distract from workout.

LIVESTRONG at the Y Event Volunteers:

Bi/Monthly

(Flexible)

Cary Family YMCA

- Supports LIVESTRONG at the Y by helping the Event Coordinator with graduation ceremonies, reunion and other social events for present and past participants.

We Build Love- Knitting/Crochet for Others

Bi/Monthly

(Flexible)

Cary Family YMCA

- Supports LIVESTRONG at the Y and outreach kids by creating hats and scarfs year round. Do this on your own or in small groups here at the Y.

Lemonade Day

Spring

(Flexible)

Neighborhoods in Cary

- Volunteer to help bring Lemonade Day to kids in the Cary area. <http://triangle.lemonadeday.org/>
- Lemonade Day is a free, fun, experiential learning program that teaches youth how to start, own and operate their own business – a lemonade stand.
- The foremost objective of Lemonade Day is to empower youth to take ownership of their lives and become productive members of society – the business leaders, social advocates, volunteers, and forward thinking citizens of tomorrow.

Powered for Life

Spring (10-16 wks)

(Thursday 6-7:30pm)

Neighborhoods in Cary

16 week training for young adults in at risk communities that helps them understand God's gift of work and prepare for a rewarding career. <http://www.jobsforlife.org/JfL-profile.htm>

- Weekly Instructors
- Mentors

Seeds of Mustard Thrift and Gift

Fridays & Saturdays

(12pm-5 pm)

Maynard Rd. Cary NC

- Responsibilities include: Sorting supplies, organizing hangers, folding, helping w/shop, etc.
- Ages to volunteer: 14 and up
- <http://seedsofmustard.org>
- Contact them directly to volunteer ask for Debbie at 219-4016. Just let them know the Y sent you!

The Caring Place

Monthly

(Flexible)

Downtown Cary

- Following Volunteer positions needed: moving furniture (monthly Sat am), organizing storage units (monthly Sat am), office volunteers (daily M-Th 1-5pm) , child care help (monthly Thursday pm)
- Ages to volunteer: 14 and up; muscles needed for moving furniture
- <http://thecaringplace.org>
- Contact them directly to volunteer ask for Sameena, 919 462-1800.
- Just let them know the Y sent you!

Landscaping

Biweekly/Monthly

(Flexible to your schedule)

Cary Family YMCA

- Help our youth department keep our youth areas safe.
 - Weed wack back hill on lower field
 - Help keep this area clear and safe

Plant a tree!

Group project 5-10 people needed

(Group sets the date)

Cary Family YMCA

- Help our youth department provide shade for our kids this summer
 - Plant shade trees on our back field
 - Spread mulch to define back path
 - Clear debris and wood from some of our wooded areas
 - Trees, mulch and soil provided- bring extra shovels and gloves.

For more information or to volunteer contact Angie Field, Angie.Field@ymcatriangle.org ;919 469-9622 x170