



## Volunteer Enrollment Form

At the Y, your time and talent go a long way. Every hour you spend as a YMCA volunteer translates into the caring attention a child or teen needs to grow up healthy and resilient, into support for families so they can be successful and strong, and into healthier lives for people of all ages, backgrounds, abilities and incomes.

The basic definition of a YMCA volunteer is "anyone who willingly gives time to help the Y accomplish its mission." As a YMCA volunteer, you'll make a big difference as you work with others to create a feeling of connectedness in your community! Thank you for your interest!

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Gender:** M or F

**School Attending (If Student):** \_\_\_\_\_

**Employer (If applicable):** \_\_\_\_\_

**Home Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip code:** \_\_\_\_\_

**Home Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**T-shirt Size:** Youth / Adult XS S M L XL XXL

**Areas of Interest** – Please choose as many as you wish! Back ground check required for all volunteers working with children. Some areas may have age restrictions and may require additional information .

### Member Services

- Welcome Center Desk Attendant – Patron assistance, Y facility tours, telephone, clerical tasks
- Y Ambassador – Member welcome activities, serve on Member issue committee/round tables, help with membership events

### Youth

- Nursery Aide - working with babies, toddlers, school age
- Enrichment Care/SACC Attendant - helping with fitness & sports, crafts, teamwork in the before or after school program for K-Middle School-age students
- Enrichment Care/SACC Tutor - assisting with school work, forming study tactics for those who need extra assistance in the before or after school program
- Summer Camp Aide - daytime summer care for ages 3-15
- Mentoring Program (Teen Leaders Club) – Teens ages 15+ work with 5<sup>th</sup> – 8<sup>th</sup> graders on service learning projects, and teach the importance of our character values caring, honesty, respect, & responsibility

Wellness/Group Exercise

- Assist with light cleaning in center & studios, engage members
- Teach group fitness classes to adults or youth; Interest: \_\_\_\_\_

Sports

- Coach – List your sport: \_\_\_\_\_
- Swim Aide – (CPR, First Aid required, swimming experience preferred); aide to class instructors teaching swim to children with disabilities)
- Fitness Class Aide - aide to class instructors in fitness classes working with adults with disabilities

Fundraising

- Annual Fund Campaigner – working on teams to fundraise for the YMCA, assist with fundraising events

Special Events

- Races - registration packet preparation, water/food stations, course marshal
- Events – set up/clean up, helping with games and activities, check in, food/beverage service

What are your special skills to share as a Volunteer?

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Your voice & talent matter!! Is there a special program you are interested in starting at the Y?

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Please circle the branch that you wish to volunteer and give to a Welcome Center Attendant at any Rappahannock Area YMCA location.

Caroline Family YMCA  
 17422 Library Boulevard  
 Ruther Glen, VA 22546  
 804-448-9622

King George Family YMCA  
 10545 Kings Highway  
 King George, VA 22485  
 540-775-9622

Massad Family YMCA  
 212 Butler Road  
 Fredericksburg, VA 22405  
 540-371-9622

Ron Rosner Family YMCA  
 5700 Smith Station Road  
 Fredericksburg, VA 22407  
 540-735-9622

Support Campaign Office  
 212 Butler Road  
 Falmouth, VA 22405  
 540-371-9622 x 1016