



## SUPPORT THE Y STRENGTHEN OUR COMMUNITY

At the Y, strengthening community is our cause. In Southeast, Iowa, the Y has been listening and responding to our communities' most critical needs. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y creates caring communities.

YMCA donors and volunteers are adults, parents, grandparents, neighbors and local leaders who are all personally committed to understanding what our neighborhoods need. Together we can build stronger communities, provide support for families and promote positive change overall.

# TOGETHER, WE CAN CREATE

Improving the nation's health and well being is a priority for the YMCA. At the Y, we help children, adults and families understand and value their health, and we improve the communities' health and quality of life. We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y strengthens family by bringing them closer together, encouraging good health and fostering connections through fitness, sports, fun and shared interests. As a result, youth, adults and families are receiving the support, guidance and resources needed to achieve greater

**BURLINGTON AREA YMCA**  
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FACEBOOK: BURLINGTON AREA YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU'RE THE DIFFERENCE

## Volunteerism & Giving



# Y VOLUNTEERS ENSURE A BRIGHTER FUTURE

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility.

When you volunteer at the Y, you take an active role in bringing about meaningful and enduring change right in your own neighborhood.

Join us - We could use someone like YOU



## Y VOLUNTEER OPPORTUNITIES

AREAS	Long Term	Short Term	Great for Individuals	Great for Groups
<b>Program</b>				
Youth Sports Coach	✓	✓	✓	
Sport Site Supervisor				✓
Sport Official	✓	✓	✓	
Group Exercise Instructor	✓		✓	
Fitness Center Attendant	✓		✓	
Child Watch Aide	✓		✓	
Aquatics Assistant	✓		✓	
Child Care Reader	✓	✓	✓	
Friday Night Youth Night	✓	✓	✓	
<b>Managerial</b>				
Member Services Assistant	✓		✓	
Marketing Assistant	✓		✓	
Social Group Coordinator	✓	✓	✓	
<b>Special Events</b>				
Annual Support Campaigner	✓	✓	✓	✓
Fund-Raisers	✓	✓	✓	✓
Sport Tournaments		✓	✓	✓
Property Beautification	✓	✓	✓	✓
Birthday Party Planner	✓		✓	✓
Healthy Kids Day		✓	✓	✓
Youth Events		✓	✓	✓



VOLUNTEER FOR THE Y We realize that everyone has personal strengths to offer and to build in others. Together we can pursue passions old and new, and provide mutual support for everyone in our neighborhoods. Contact your local Y at 319-753-6734.