



# ALL TOGETHER BETTER

## Groups or Individuals Looking for **One-Time** Volunteer Opportunities

Events are a great way for you or your group to get involved without making a long-term commitment.

### YMCA PROGRAMS & EVENTS

#### CHILD CARE FOR PARENT'S TIME OUT

PTO is a program where parents can drop their kids off at the Y and we provide an evening of activities, dinner, games, swimming and movies while the parents get the night to themselves. PTO is open to kids ages 4 months - 12 years. Volunteers are needed to help with set-up, take-down, swimming, activities such as reading stories, puzzles, craft projects and playing with kids. We can take a max of 8 volunteers. Minimum age to volunteer is 12.

**Dates:** March 15 | April 12 | May 17

**Times:** 4:45-9:15pm

#### VOLUNTEER REFS NEEDED FOR VOLLEYBALL TOURNAMENT

We are partnering with FunTime Volleyball to host a tournament at the Y and need refs to pull off the event. Volunteers must know all of the rules for volleyball, specifically reverse 6's. Must be high school age or older to volunteer.

**When:** Sat April 6 from 9am-5pm and Sunday April 7 from 9:00am-2:00pm

We're hoping volunteers can sign-up for a minimum of one, 2 hour shift.

#### SUNDAY FAMILY FUNDAYS

Volunteers are needed to help with arts projects, activity stations, handing out snacks and assisting with the rock climbing wall. Each month there will be a new theme with correlating activities. Minimum age to volunteer is 13.

**Sunday Dates:** April 14

**Times:** 2-4:30pm

#### HEALTHY KIDS DAY

On Saturday April 27, YMCAs across the country will be celebrating Healthy Kids Day, the YMCA's national initiative to improve the health and well-being of families. The Duluth YMCA will be celebrating by providing fun activities like rock wall climbing, bounce houses and more! Volunteers are needed to help with set-up, assisting with activities and clean-up. Minimum age to volunteer is 15.

**Date:** Saturday April 27

**Times:** We have two shifts available (8:30am-10:45am and 10:30am-12:30pm)

#### VOLUNTEER WITH THE Y FOR THE ARROWHEAD YOUTH GAMES

We're trying to get a group of Y members together to volunteer for this year's Arrowhead Youth Games. This activity extravaganza, which is a cooperative effort between regional schools, UMD, and Courage Kenny Northland, is for youth with physical disabilities in grades K thru 8th special education. Volunteers help youth with disabilities discover new and adaptive sports and activities. Activity stations include dance, parachute games, archery, juggling, races, frisbee golf, hockey, cycling, demos of different sports and activities. Minimum age to volunteer is 16.

**When:** Thursday May 9

**Time:** 9:00am-2:00pm

**Location:** UMD Ward Wells Field House

**Note:** There will be a volunteer orientation on Wednesday May 8 from 6-7pm at the UMD Field House

### WORK PROJECTS

We can accommodate just about any size group for a cleaning or organizing project at any of our locations including: The Downtown Branch, Camp Miller, Harbor Highlands Community Center, Gary Rec Center and the Woodland Community Center.

## SUMMER 2019

---

### SANDMODELING CONTEST AND WATER SAFETY EXPO

#### Care to spend a couple of hours at the beach???

Volunteers are needed to help at the Beach House (selling concessions, etc.) and running beach games and activities outside on the beach.

When: Thursday July 18

Time: We have two shifts available (11am-1pm and 12:45-3:00pm)

Where: The Beach House at the end of Park Point

### TWIN PORTS MIRACLE LEAGUE BUDDIES

The Miracle League is a program that provides youth ages 4-19 with diverse abilities, an opportunity to play baseball as a team member in an organized league. The Miracle League believes "Every Child Deserves a Chance to Play Baseball." Volunteers are mainly needed to serve as buddies for kids in the program. Buddies assist Miracle League players so it could be anything from helping them at bat, get from base to base or even just cheering them on. Other volunteer positions include: Coach, Pitcher, Catcher & Dugout Manager. Buddies assist Miracle League players so it could be anything from helping them at bat, get from base to base or even just cheering them on. Minimum age to volunteer is 8 (youth ages 8-10 must have an adult present).

**Program Site:** Miracle League Field (located in Harrison Park in West Duluth)

**Days & Times:** TBD. This program runs during the summer (mid June-early August). Volunteers don't need to attend every game but we do ask you commit to most of the games...we know people are busy in the summer!

#### CAN YOU HELP? Contact:

Gina Miller, Volunteer & Internship Coordinator  
Duluth Area Family YMCA  
302 West First Street | Duluth, MN 55802  
(P) 218.722.4745 x159 (F) 218.722.4746  
[gmilller@duluthymca.org](mailto:gmilller@duluthymca.org) or [www.duluthymca.org](http://www.duluthymca.org)