

Community Volunteer Opportunities for YMCA Members (Our TOGETHERHOOD Team)

Join our Y volunteer team! We get together every couple of months to volunteer for organizations outside of the Y.

DOG SLEDDING ADVENTURE DAY

We will be volunteering with Courage Kenny in March! This Dog Sledding event is designed for youth and adults with disabilities. Volunteers will help with a variety of tasks including assisting participants with getting on and off of sleds as well as assisting sled dog staff. No experience necessary. Minimum age to volunteer is 16.

When: Sunday March 15 from 10:30am-2:00pm

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 7

Time: 9:00am-2:00pm

Location: UMD Ward Wells Field House

Note: There will be a volunteer orientation on Wednesday May 6 at 5:30pm at the UMD Field House.

**For more information or questions,
please contact:**

Gina Miller | gmillers@duluthymca.org

722-4745 x159

**To register, visit our website under
"Register for Programs" or you can
stop by or call the Member Service
Desk.**