



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 need 8 volunteers for each of these events. Minimum age to volunteer is 12.

Times: 5-9pm

Dates: Nov 8 | Dec 7 (Downtown YMCA) and Nov 23 | Dec 13 (The Y at the Essentia Wellness Center in Hermantown)

Note: There will be a special **Parent's Day Out** on Saturday Dec 21 at both locations from 1:00-4:00pm.

COMMUNITY FAMILY FUN DAYS

Volunteers are needed to help kids and families with arts projects, activity stations, handing out snacks and assisting with the rock climbing wall (Downtown Only). Each month there will be a new theme with correlating activities. Minimum age to volunteer is 13. We need 8 volunteers for each of these events.

Location: The Y at the Essentia Wellness Center (Hermantown)

Dates: Sat Oct 26 "Halloween Healthtacular" | Sun Dec 8 "Winter Holidays"

Times: 1:45-4:15pm (the actual event goes from 2-4pm)

ASSIST WITH A YMCA SWIM MEET

Get up close to Olympic style swim action right here in Duluth! Volunteers are needed to help with timing the racers, concessions and assisting swimmers into their lanes. Minimum age to volunteer is 16. We can take an unlimited number of volunteers.

When: Saturday December 14

Where: Lincoln Park Middle School

Time: We have shifts available from 9:00am-5:00pm

HELP THE Y DECORATE FOR A PARTY!!!

Do you love decorating? This is the gig for you! We need help setting up and decorating for our Annual Campaign Celebration. We need about 6 volunteers to help with this.

When: Thurs November 21 from 12-2pm

Location: The Y at the Essentia Wellness Center (Hermantown)

For more information or questions, please contact:

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