

# VOLUNTEER WITH US!



## DULUTH AND HERMANTOWN

CAN YOU HELP?

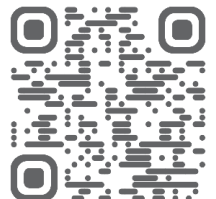
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## INDIVIDUALS LOOKING FOR LONGER-TERM VOLUNTEER OPPORTUNITIES

**Longer term volunteer opportunities are a great way for you to get involved if you are interested in volunteering on more of a regular basis.**

### MAXIMIZE YOUR IMPACT: VOLUNTEER HOUR MATCHING

**Did you know some companies match your volunteer hours with financial donations to the nonprofit you support?** Check with your employer to see if they offer a volunteer hour matching program—it's a great way to amplify the difference you can make at the Lake Superior YMCA!

### VOLUNTEER OPPORTUNITIES WITH YOUTH

#### Early Childhood Volunteer Opportunities

We're looking for volunteers to join our Early Childhood Development Center (ECDC), where infants, toddlers, and preschoolers learn and grow through play year-round. Volunteers help support that learning by engaging with children—playing, talking, reading stories, and assisting during activities like mealtimes. By joining in, you'll help spark curiosity, build connections, and encourage early learning in a fun, hands-on environment.

If you enjoy working with young children ages 0–5 and like being part of playful, meaningful moments, we'd love to have you! Minimum age to volunteer is 13.

**Location/Program Sites:** Essentia Wellness Center (Hermantown)

**Days & Times:** Volunteer shifts are available between 9:00 a.m.–5:00 p.m. Monday through Friday

#### Kid's Club Assistant

Kid's Club is a supervised play space for children ages 4 months to 9 years, and we're looking for fun, caring volunteers to help keep it safe and full of smiles. Volunteers may read stories, hold and comfort babies, help with art projects, and join in games and activities with young children. This is a great role for someone who enjoys being playful, creative, and hands-on with kids. Minimum age to volunteer is 13.

**Program Sites:** Downtown Duluth YMCA and the YMCA at the Essentia Wellness Center (Hermantown)

**Days & Times:** Monday–Friday between 9:00 a.m.–1:00 p.m., Monday–Thursday between 4:30–6:30 p.m. and Saturdays from 8:45 a.m.–12:00 p.m.

#### Be the Highlight of a Kid's Summer! Volunteer with our Summer School Age Child Care Programs

Spend your summer making a real difference (and having a lot of fun doing it)! As a volunteer in our school-age child care program, you'll team up with an awesome, energetic group of K–5 students. Whether you're helping with activities, jumping into games and clubs, or lending a hand with academics, you'll be an extra role model and a big part of what makes each day exciting.

If you enjoy working with kids, getting a little silly, and being part of a supportive team, this is the perfect opportunity to shine. Volunteers must be at least 15 years old—bring your energy, creativity, and enthusiasm!

**Locations:** Lester Park, Lowell, and Laura MacArthur

**Days & Times:** Volunteer opportunities available Monday–Friday from June 15–August 21. The program runs from 7:00 a.m.–6:00 p.m. and we'll take volunteers anytime.

#### Love working with kids and being outdoors? Join YMCA Day Camp as a volunteer and help make summer unforgettable!

You'll assist counselors with games, activities, and daily adventures while supporting campers, building their confidence, and creating a fun, inclusive environment.

We're looking for enthusiastic, responsible individuals—experience with kids is a plus but not required. Minimum age to volunteer is 15. Make friends. Make memories. Make an impact.

**Program Sites:** We have two location options: The Y in Hermantown or North Star Academy off of Rice Lake Road

### **Dates & Times**

- June 15–August 28
- Camp runs Monday–Friday with shifts available from 9:00 a.m.–12:00 p.m. or 9:00 a.m.–4:00 p.m.

**Commitment:** We're looking for volunteers who are able to volunteer once a week throughout the summer or a full week at a time. But we are flexible and can work with your schedule.

## **CUSTOMER SERVICE, ADMINISTRATIVE & MISCELLANEOUS**

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### **Photographer and/or Videographer**

Help us capture images of our services, programs and events. Photos will be displayed on our website and in other electronic and print communications, such as brochures, social media, newsletters, etc. You should have a knowledge and interest in photography and experience as a photographer (either as a professional, hobbyist or amateur).

### **Graphic Design Volunteer**

In consultation with the Marketing Team, you would be designing and producing posters and flyers announcing the YMCA's programs and services. This involves developing design concepts, selecting appropriate graphics, typestyles, papers and colors and creating designs using a variety of computer programs. A great way to build your portfolio!

### **Member Service Desk Assistant**

If you know what great customer service looks and feels like, this is the volunteer opportunity for you! Greeters are responsible for providing a high level of customer service. Responsibilities include greeting members, checking them into the Y, handing out towels and equipment. Minimum age to volunteer is 18. Must have some computer skills and able to provide excellent customer service.

**Location/Program Sites:** Downtown Duluth YMCA and the YMCA at the Essentia Wellness Center (Hermantown)

**Days & Times:** Shifts are generally available between 9:00 a.m.–7:00 p.m.

**Commitment:** Due to the training involved for this position, we ask that volunteers commit to a minimum of one shift per week.

### **Volunteer Service Club**

We're looking for people who want to join our Volunteer Service Club! This is for people who want to volunteer but might not want or be able to make a regular commitment to the Y. It's as easy as joining the service club and then we'll call upon you when an opportunity arises and you can say "count me in" or "no thanks!"

## **BUILDINGS AND GROUNDS**

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### **Building Maintenance**

We're looking for volunteers who enjoy tinkering with things and working on maintenance projects. Come with experience or an interest in learning from our Maintenance Team. Volunteers have an opportunity to work with everything from landscaping and painting to building maintenance. This is an excellent opportunity for someone who wants to learn life-long skills like how to use tools, grounds work and maintaining equipment. Minimum age to volunteer is 16.

**Location/Program Sites:** Duluth | Hermantown | Superior

**Days & Times:** This opportunity has flexible hours and can be done whenever we have someone available on our maintenance team.

**Commitment:** Due to the training involved for this position, we ask that volunteers commit to a minimum of one shift per week

### **Cleaning, Organizing and Work Project Volunteer**

If you like to pop in a podcast and get down to work, this is the gig for you! You can make a big difference at the Y with assisting us with random projects! Duties may include things like wiping dust from surfaces, laminating materials, office work projects and organizing storage spaces. Minimum age to volunteer is 15.

**Location/Program Sites:** Downtown Duluth YMCA and the YMCA at the Essentia Wellness Center (Hermantown)

**Days & Times:** This opportunity has flexible hours and can be done whenever the Y is open.

## **ADVISORY VOLUNTEERS**

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### **Join One of Our Advisory Councils!**

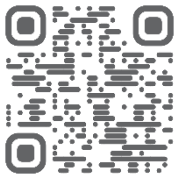
Each of our branches has an Advisory Council which consists of a group of volunteer leaders who work in partnership with the Branch Executive Director to support the branch's mission through volunteerism and fundraising. Council members champion the annual campaign, assist with fundraising efforts, volunteer at branch and community events, and help recruit and engage new volunteers, all while advancing YMCA values and strengthening community connections.

**We have the following branches available:** Downtown Duluth, the Y at the Essentia Wellness Center, Cook County YMCA, Superior YMCA, Community Services and Camp Miller.

## **READY TO GET STARTED VOLUNTEERING WITH THE Y?**

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### **Scan to apply**



## **STIPENED VOLUNTEER OPPORTUNITIES**

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### **True North AmeriCorps**

Make a change in your community by becoming a True North AmeriCorps (TNAC) member! TNAC members serve with a focus on developing interpersonal skills and increasing social competency with students grades K-8 across schools and youth serving agencies in Duluth, St. Louis County, Lake County, and Cook County. Members take time to build relationships with youth and expand the capacity of out-of-school time programs, local non-profits, and school programs. This is a great opportunity for anyone interested in education, social work, youth development, or public policy. Benefits of the program include: A monthly living stipend of up to \$2,600; free health, dental, and vision insurance for full time members; an education award of up to \$7,395 upon successful completion; and professional development opportunities. Full time, part time, and summer positions available.

**How to Apply:** <https://www.lakesuperiorymca.org/true-north-ameri-corps>

**Questions?** Please contact [truenorth@lakesuperiorymca.org](mailto:truenorth@lakesuperiorymca.org) or call 218-722-4745 x147.



**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.

### WOODLAND COMMUNITY CENTER VOLUNTEER CLEAN-UP

Looking to roll up your sleeves and make a real impact behind the scenes? Join our volunteer crew and help keep the Woodland Community Center clean, fun, and welcoming for everyone! You'll freshen up the locker room, mats, toys, and kitchen, tackle light paint touch-ups, organize storage areas, and keep carpets looking great. It's simple, hands-on, satisfying work where your efforts really shine!

**When:** Thursday June 4 from 4-7:00 p.m.

**Where:** Woodland Community Center

[Click here](#) to sign-up for a volunteer spot.

### VOLUNTEER WITH FUN DAYS AT THE Y!

Fun Days are for kids ages 5-12 during school breaks. We're looking for volunteers who enjoy hanging out with kids and like keeping them engaged in things like conquering gym games, unleashing creativity through arts & crafts and exploring the great outdoors! Minimum age to volunteer is 16. Volunteer shifts are available between 8:30 a.m.-5:00 p.m. People are welcome to volunteer for just one day or the whole week!

- o June 8-12 and June 19 (Duluth)
- o August 31-September 4 (Hermantown)

[Click here](#) to sign-up for a volunteer spot.

### Volunteers Needed for Summer Youth Baseball Program/Twin Ports Miracle League

#### An excellent group volunteer opportunity!

The Miracle League is a program that provides youth ages 4-19 with disabilities, 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.

Volunteers can also help with pitching & catching. Minimum age to volunteer is 8 (youth ages 8-11 must have an adult present).

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

**Youth League:** Saturdays from June 13-August 8. Volunteers are needed from 9:00-11:00 a.m.

**Adult League:** Saturdays from June 13-August 8. Volunteers are needed from 10:30 a.m.-12:00 p.m.

[Click here](#) to sign-up for a volunteer spot.

### SIDEWALK SHUFFLE

On Wednesday July 8, the Y will be holding its annual Sidewalk Shuffle 5K run/walk to raise money for our Annual Campaign which raises funds for our financial assistance program. We're looking for volunteers to hand out water, track time, serve post-race snacks and cheer our racers on!

#### Pre-Race Day: Packet Stuffing

**Date:** Monday July 6 from 4:00-6:00 p.m.

#### Pre-Race Day: Packet Pick-Up

**Date:** Tuesday July 7 from 4:00-6:00 p.m.

#### Race Day Volunteering: 5K Race

**Date:** Wednesday July 8

**Times:** Volunteer are needed between 9:00 a.m.-2:00 p.m.

**Where?** The race takes place on the Lakewalk and the start and finish line is located at the Endion Station.

**Who can volunteer?** Really anyone! This is a great event for youth groups or families to do together.


**Note:** Youth under age 13 must have an adult present. [Click here](#) to sign-up for a volunteer spot.

### COME HELP MAKE TEEN NIGHT THE HIGHLIGHT OF THE MONTH!

Looking for a fun way to give back? Join us for Teen Nights at the Y! Volunteers help create an exciting, welcoming space for youth ages 10-17 by assisting with set-up, selling concessions, joining in activities like dodgeball and bingo, and helping with clean-up at

the end of the night. If you enjoy hanging out with tweens and teens, bringing positive energy, and being part of a fun community event, this is the perfect volunteer opportunity for you!

 **When:** May 29 | June 26 | July 31 | August 28

 **Time:** 5:30–8:30 p.m.

 **Volunteer Age Requirement:** 18+

**Location:** Hermantown

[Click here](#) to sign-up for a volunteer spot.

## JOIN THE CREW BEHIND HERMANTOWN'S FAVORITE SUMMER PARTY!

The Y at the Essentia Wellness Center is throwing a community Block Party and we'd love your help in making it an unforgettable evening! Come be part of a fun-filled event packed with delicious food, yard games, laughter, and family-friendly activities designed to bring neighbors together. We're looking for volunteers to help with set-up, prepping & serving food, parking lot attendants, grilling and clean-up. Whether you can help for a little while or the whole evening, your support helps create a welcoming and connected community!

**When:** Thursday July 16 | Volunteer shifts available from 12:00–8:00 p.m.

**Where:** The Y at the Essentia Wellness Center in Hermantown

**Ready to join the fun?** [Sign up here](#) for a volunteer spot today!

## YOUTH ENGAGEMENT VOLUNTEER FOR PARENT'S NIGHT OUT

Parents' Night Out (PNO): kids take over the Y while parents take the night off! 🎮 Kids (ages 5–12) dive into games, swimming, dinner, and a movie night to remember. Volunteers help keep the fun rolling—set up, join the games, get crafty, read stories, and bring the energy. Minimum age to volunteer is 15. The program runs from 4:00–8:00 p.m. [Click here](#) to grab a spot and come play!

- Friday May 29 (Duluth)
- Friday June 26 (Hermantown)
- Friday July 31 (Duluth)
- Friday August 28 (Hermantown)

## HELP PUT TOGETHER MEAL KITS AND DISTRIBUTE FOOD

Food for good! The Lake Superior YMCA is assisting with community food distribution through food bags. We offer two food bags, one fully funded by the Y and the other reimbursed through a partnership with the AEOA. We need help packing the food bags, distributing food, and breaking down boxes. We can take a maximum of two volunteer for this opportunity each week. There isn't a minimum age to volunteer, however, youth under 13 must have an adult present.

**When:** Thursdays between 3:00–4:30 p.m.

**Where:** Hermantown Branch

[Click here](#) to sign-up for a spot.

## VOLUNTEER WITH THE LAUNDRY LOVE PROGRAM!

The Lake Superior YMCA is partnering with Laundry Love to support people experiencing homelessness or who are low income by helping provide access to free laundry services. Volunteers assist with check-in, directing guests to machines, starting loads, and offering friendly support while **guests do their own laundry**. This is a simple way to help meet a basic human need and build community.

**When:** 2<sup>nd</sup> Tuesday of the Month from 8:45–11:30 a.m.

**Where:** Maytag Laundry | 820 E 4<sup>th</sup> Street

[Click here](#) to sign-up for a volunteer spot. **Note:** This volunteer opportunity is managed by Laundry Love (the Y is just helping to recruit volunteers).

## Interested in giving back to the Y while earning volunteer hours? Check out this fun opportunity with DECC Events!

The DECC is partnering with the YMCA and other non-profits on a volunteer opportunity in exchange for a monetary donation to the non-profit of their choosing. Opportunities include assisting staff in concessions, ushering, ticket taking, helping at the bars, greeting guests, etc. Shifts are typically 4–6 hours long and events range from hockey games, concerts, comedy shows, etc. Grab a friend and create a lasting experience for a great cause! The monetary donation the Y receives will go directly towards the Y's Annual Support Campaign.

[Click on this link](#) to see the upcoming events!