

VOLUNTEER WITH US!



DULUTH AND HERMANTOWN

CAN YOU HELP?

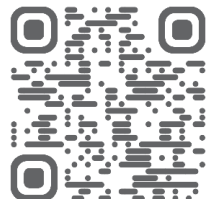
Contact Information:

Gina Miller, Volunteer & Internship Coordinator

(P) 218 722 4745 ext 159

(E) gmill@lakesuperiorymca.org (W) www.lakesuperiorymca.org

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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.

Make a Difference After School!

Want to have fun, make new connections, and be a positive role model for kids? Join us as a volunteer in one of our school-age child care programs! Volunteers serve as role models and extra support for the students and staff working on academics and engagement in program activities and clubs. Most importantly, you'll help create a fun, welcoming place where kids can learn and grow. Ages of youth served: grades K–5. Minimum age to volunteer is 15.

Programs Include:

- **KEY Zone:** K–5 students in Duluth Public Schools
- **Eagle's Nest:** K–6 students at Edison Charter Schools
- **Drop-In After School:** Free program at Harbor Highlands Community Center

Days & Times: Volunteer opportunities available Monday–Friday between 2:00 p.m.–6:00 p.m.

CUSTOMER SERVICE, ADMINISTRATIVE & MISCELLANEOUS

Administrative Volunteer

Do you love office work? We have a gig for you! Assist with one of the most essential departments at the Y:

Development! We're looking for a volunteer to help with mailings, correspondence, databases and organization. A good fit for this position would be a volunteer with a positive attitude who has great organizational skills, is welcoming and kind.

Location/Program Sites: Downtown Duluth

Commitment: Once per week for 1-3 hours

Qualifications: Ability to use Word and Microsoft Excel. Excellent typing skills and keen attention to detail and punctuation.

Photographer and/or Videographer & Editor

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). Also includes opportunities to edit photos and videos.

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

Building Maintenance/Property Work Projects

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 grounds works, painting and carpentry 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 | Camp Miller

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

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: Duluth | Hermantown | Superior | Camp Miller

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

ADVISORY VOLUNTEERS

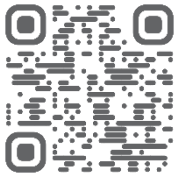
Join One of Our Advisory Councils!

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?

Scan to apply



STIPENED VOLUNTEER OPPORTUNITIES

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 \$2,800; 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 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.

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 3–12) 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 October 23 (Hermantown)
- Friday November 13 (Duluth)
- Friday December 18 (Hermantown)

COME HELP MAKE FAMILY NIGHT THE HIGHLIGHT OF THE MONTH!

Looking for a fun way to give back? Join us for Family Nights at the Y! Volunteers help create an exciting, welcoming space for families by assisting with set-up, running activity stations like yard games & crafts and helping with clean-up at the end of the night. If you enjoy hanging out with kids & families, bringing positive energy, and being part of a fun community event, this is the perfect volunteer opportunity for you!

 **When:** Fridays: Oct 2 | Nov 6 | Dec 4 | Jan 8

 **Time:** 4:45–7:00 p.m.

 **Volunteer Age Requirement:** 15+

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

VOLUNTEER WITH Y BASECAMP AT THE Y!

Y Basecamp is 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.

- October 16 & 19 (Duluth)
- December 23 & 28–31 (Hermantown)

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

Join the Fun at the HAPPILY HAUNTED HIKE!

The Happily Haunted Hike is one of Stowe PTA's favorite family Halloween traditions—and we need some fantastic volunteers to help make the evening magical!

Families will enjoy a friendly (not-too-scary!) haunted walk through the Stowe School Forest, followed by a festive Trunk or Treat party. As a volunteer, you'll help create a fun, welcoming experience for our little ghosts, goblins, and trick-or-treaters!

 Volunteer Opportunities

-  Greet families and hikers and help kick off the fun
-  Keep an eye on treat bins along the trail and help keep the Halloween magic flowing
- Pitch in with clean-up at the end of the event

When: October 29, 5:00–6:00 p.m.

Where: Stowe Elementary School

Whether you're a Halloween enthusiast or just looking for an easy way to support the PTA, we'd love to have you join us!

 [Click here](#) to sign up for a volunteer spot and help make this Halloween one to remember!

HALLOWEEN DiffeRUNce 5K FUNDRAISER

Bean and Bear Bagel has teamed up with the YMCA for an extra spooky DiffeRUNce 5K on October 31st. We're looking for volunteers to help at the welcome table, route guides, water station and serve as crossing guards at intersections so runners can get through safely. This is a Halloween themed event and

volunteers are encouraged and welcome to dress up! This fundraiser benefits our Community Services Branch which supports all of the Youth & Family programming at the Y.

Who can volunteer? Really anyone! This is an easy event for youth groups or families to do together.

Note: Youth under age 15 must have an adult present.

When: October 31 from 9:15 a.m.-11:30 a.m.

Where: Bean & Bear Bagel (Lincoln Park District)

[Click here](#) to volunteer with the 5K Fundraiser!

WE NEED HELP MOVING GYMNASTICS EQUIPMENT

The Woodland Community Center is home to both the YMCA Gymnastics Program and serves as a Polling Place during the General Election. This means we need to move the gymnastics equipment out of the way to make room for the polling booths and move it all back into place once the election is over. THIS IS A BIG JOB AND WE NEED LOTS OF HANDS. Ages 12+ welcome (kids under age 12 welcome with adult supervision).

When: Take down will happen on Monday November 2 from 9:00 a.m.-12:00 p.m. and set-up will happen Wednesday November 4 from 9:00 a.m.-12:00 p.m.

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

WORK PROJECTS AT CAMP MILLER!

Work hard. Have fun. Enjoy the lake. Make a difference!

Ready to trade your office chair for fresh air, lake views, and a little good old-fashioned camp fun? Come volunteer at YMCA Camp Miller!

CAMP MILLER | STURGEON LAKE

Just 45 minutes south of Duluth, Camp Miller sits on 300+ acres of woods, trails, and beautiful Sturgeon Lake. It's the perfect place to get outside, get your hands dirty, and have some fun while giving back!

WHAT'S ON THE TO-DO LIST?

There's always something happening at camp! Depending on the day, you might:

- Tame trails and tackle some yard work
- Clean & organize cabins and program spaces
- Pick up a paintbrush and add some color

- Get program supplies shipshape
- Cut and stack some firewood (hello, free workout!)
- We always have skilled projects available as well including carpentry, plumbing, etc.
- For those interested in helping with youth programming, there are opportunities to help lead camp activities with groups as well

No special skills required — just bring your willingness to help, a good attitude, and clothes you don't mind getting a little dirty!

WHEN? You pick the day! This volunteer opportunity is flexible, and we'll work with your schedule.

HOW MANY PEOPLE? Bring everyone! Your coworkers, friends, family, team, book club, neighborhood crew... we can accommodate any number of volunteers including youth.

Come enjoy a day at camp, soak up the scenery, get a little sweaty, laugh a little, and leave knowing you made a difference. Camp needs you — and we promise, it beats another day behind a desk!

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: 2nd Tuesday of the Month from 8:45-11:30 a.m.

Where: Maytag Laundry | 820 E 4th 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 to comedy shows to concerts and much more! 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 here](#) to see the upcoming events.