

VOLUNTEER WITH US!



SUPERIOR YMCA | CAMP TALL PINES

CAN YOU HELP?

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Scan to apply



VOLUNTEER OPPORTUNITIES WITH YOUTH

Assist with Rock Steady Boxing Program...A Boxing Inspired Fitness Class for People with Parkinson's

Rock Steady Boxing offers boxing-inspired fitness classes for people with Parkinson's disease. The goal is to improve the quality of life of people with Parkinson's. Volunteers are needed to help assist the boxers in wrapping hands, putting on boxing gloves, assisting boxers in getting up and down off the floor, explaining modifications and keeping morale of classes positive. No experience necessary. We're looking for people who are compassionate and engaged. Minimum age to volunteer is 16.

Location/Program Sites: Superior YMCA

Days & Times: Mondays 12:00-1:00 p.m. and/or Wednesdays 4:00-5:00 p.m.

Become a Volunteer: Coach Youth Sports!

Do More. Be More.

At the Y, we believe when people come together for a common cause, the whole community is strengthened. When you become a volunteer Coach or Assistant Coach, you have the opportunity to share your talents, strengths and gifts to develop skills & character in those who need it most (our kids!).

Volunteer coaching is a powerful opportunity to instill positive values and help kids develop healthy habits that extend far beyond the playing field. Our coaches provide a safe, healthy atmosphere, teach fundamentals of the game and promote the benefits of physical activity and teamwork. Minimum age to volunteer is 13.

Schedules rotate throughout the year and include sessions for the following sports:

- T-Ball
- Basketball
- Indoor & Outdoor Soccer
- Flag Football

BEFORE School Program Assistant (September-May)

Help youth start their day with fun, connection, and encouragement! As a Before School Program Assistant, you'll support school-age children through games, activities, conversations, and creative play on the playground, in the gym, and at activity centers. Volunteers may also read stories, assist during breakfast or snack time, and help create a positive and welcoming environment for all participants. This is a great opportunity for anyone who enjoys working with youth and making mornings fun and engaging.

Volunteer Requirements:

- Minimum age: 16 years old
- Enjoy working with youth and helping them learn, play, and connect with others

Location/Program Sites: Cooper Elementary School, Bryant Elementary School, Northern Lights Elementary School, and Great Lakes Elementary School.

Days & Times: Volunteer shifts are available between 7:00a.m. to 8:15 or 8:40a.m. Monday through Friday

Youth Adaptive Swimming Lessons

Help youth with disabilities gain confidence, learn an important life skill, and discover how fun swimming can be. Volunteers assist youth in swim lessons led by a certified YMCA swimming instructor. No teaching experience needed; however, you should be a confident swimmer and enjoy working with children.

Days & Times: Tuesdays from 6:15-7:30 p.m. from October 6-27

Note: This volunteer opportunity is through Northland Adaptive Recreation. If you would like to sign-up, please contact Mark.Hanna@mdfoundation.org

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.

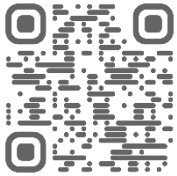
CUSTOMER SERVICE / MISCELLANEOUS

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!"

READY TO GET STARTED VOLUNTEERING WITH THE Y?

Scan to apply



"From what we get, we can make a living; what we give, however, makes a life." Arthur Ashe



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.

TRUNK OR TREAT

The Superior Y will be hosting a Trunk or Treat on Friday October 30th and we're looking for community members, families and businesses to host a trunk! The event goes from 5:00-7:00 p.m. [Click here](#) to reserve a parking spot!

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!

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)

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 need help packing the food bags, distributing food, and breaking down boxes. There isn't a minimum age to volunteer, however, youth under 13 must have an adult present.

When:

- **Food Packing:** Wednesday Nov 4 at 11:00 a.m. @ Eco-Librium 3 Grocery in Duluth's Lincoln Park neighborhood.
- **Food Giveaway:** Friday Nov 6 @ Superior YMCA from 8:15 a.m. until gone (likely before 10am).

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

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.

ONGOING WORK PROJECTS AT THE SUPERIOR Y AND CAMP TALL PINES

We always have work projects available for individuals and groups to volunteer together. Work projects generally involve things like office work projects, cleaning & organizing spaces around our facilities.

Age Requirements: Most projects can accommodate various ages including youth.

When: We are really flexible and will find a date and time that works best for your group.

Where: The Superior Y and Camp Tall Pines located on Lake Nebagamon