



YMCA Potomac Overlook

Volunteer Opportunities

*Interested Volunteers for these positions must be 18 years old and be able to volunteer and commit to share their time and talent. Candidates must be interested in building Strong Kids Strong Families and Strong Communities.

Greeter: Minimum of 2 and half hour shift during regular hours on both weekdays and weekend. Aid member service staff, greet members at our kiosk and assist members as directed. *Weekdays 8:00 am-11:00 am and 4:00 pm-7:00 pm*

Special Event Assistant: Assist in the preparation and delivery of special events at the Potomac Overlook Branch. Events such as "Healthy Kids Day", "Health Fair", "Car Wash", Monthly Member Events! *(As needed)*

Child Watch Assistant: Provide support and assistance to staff that lead and provide activities for children ages 2 to 5. *Monday -Thursday from 9:00am to 1:00pm or 4:00-8:00 pm. 9:00 am-1:00 pm Saturday 9:00am-1:00pm*

Youth Wellness Assistant- Assist staff in delivering youth wellness program to elementary school children. *Monday -Friday 6:00 pm-8:00 pm*

Office Support Assistant: Help assist the administrative staff with office tasks. *Mondays - Friday from 9:30 am to 12:00 pm 1:00 pm to 3:30 pm*

Wellness Assistant: Provide support and assistance to Wellness staff for orientations, supply water and towels to members. *Monday – Friday 6:00am-11:00am and 4pm-8pm*

Wellness Coach Assistant: Provide support and assistance to Wellness staff with demonstration and execution of wellness programs and workouts. *Monday – Friday 4:00pm-8:00pm Saturdays 7:00am-12:00 pm*

Office Support Assistant Wellness: Provide support and assistance to wellness staff to make follow up orientation calls, data entry and wellness bulletin boards and wellness incentive programs. *Monday-Friday 5:00pm-7:00pm Saturdays 10:30am-1:30pm, Sun 10:30 am -12:30pm*

Please note: *We desire a minimum of a once of week regularly scheduled commitment for at least an 8 week period.*

To get started a Volunteer Interest Survey can be completed on-line at www.ymcadc.org