



### Discover how you can help.

Volunteers are essential to the YMCA. Together, we can build strong communities.

The YMCA offers a wide range of programs and services throughout Greater Vancouver and the Fraser Valley with volunteer opportunities to match your passion, skills, and schedule.

- Are you able to commit to one day a week, or a few hours each month?
- Do you enjoy working with your peers, children or seniors?
- Do you want to learn a new skill or to enhance and share one of your skills?
- Do you want to have a real impact in your community?

*"Volunteering at the YMCA has impacted my life in so many ways. By being engaged with the children and extended community, I feel like I'm making an impact in building a stronger community."*

**Janine Seto, Y Kids R Cooking**

## YMCA of Greater Vancouver

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- Association Services  
200 - 1166 Alberni Street  
Vancouver, BC V6E 3Z3  
Tel: 604-681-9622

### YMCA Camps

200 - 1166 Alberni Street  
Vancouver, BC V6E 3Z3  
Tel: 604-939-9622

### YMCA Child Care

200 - 1166 Alberni Street  
Vancouver, BC V6E 3Z3  
Tel: 604-294-9622

### Chilliwack Family YMCA

#### Hocking Centre (Administration)

45844 Hocking Avenue  
Chilliwack, BC V2P 1B4  
Tel: 604-792-3371

#### Cheam Centre

1060 Garrison Boulevard  
Vedder Crossing, BC  
Tel: 604-824-5250

### YMCA Community Services and International Development

201 - 1166 Alberni Street  
Vancouver, BC V6E 3Z3  
Tel: 604-685-8066

### YMCA Healthy Heart

208 - 245 East Columbia Street  
New Westminster, BC V3L 3W4  
Tel: 604-521-5801

### Langara Family YMCA

282 West 49th Avenue  
Vancouver, BC V5Y 2Z5  
Tel: 604-324-9622

### Robert Lee YMCA

(Re-opening late 2009-early 2010)  
955 Burrard Street  
Vancouver, BC V6Z 1Y2  
Tel: 604-681-9622

### Tong Louie (Surrey) Family YMCA

14988 57 Avenue  
Surrey, BC V3S 7S6  
Tel: 604-575-9622

### Our Core Values



### Our Mission

We are a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities



YMCA

We build strong kids,  
strong families, strong communities.

### YMCA of Greater Vancouver Association Services


200-1166 Alberni Street, Vancouver, BC V6E 3Z3

Tel: 604.681.9622 Fax: 604.688.0220

Email: info@vanymca.org

# VOLUNTEER TODAY!



Volunteers are the heart of the  and that's why the YMCA is at the heart of the community

Get Started Today!

www.vanymca.org

Making a Difference

The YMCA has volunteer opportunities in a wide variety of areas including:

- Advisory Committees
- Administration/ Clerical
- Aquatics
- Camps
- Child Care
- Children's Programs and Services
- Employment Programs
- Fitness Programs
- International Development
- Leadership Development
- Literacy
- Maintenance
- Member Services
- Newcomers to Canada Services
- Philanthropy/ Fundraising
- Recreational Sports
- Special Events
- Youth Leadership



*"My experience as a Y volunteer, whether helping kids, assisting seniors, or anybody in between, has provided me with great opportunities to work with people and gain new skills."*

**Bradley Wong, Health and Fitness Team Leader**

## Benefits of Volunteering with the YMCA

More than sharing your time and passion, volunteering with the YMCA is about the satisfaction of knowing you are helping people, building stronger communities and gaining valuable experience that can assist you in your own pursuits.

Benefits include:

- New skills
- Increased confidence
- Enhanced leadership skills
- Making new friends and acquaintances
- Valuable Canadian work experience
- Employment skills
- Mentoring
- Communication skills

**We invite you to discover how you can be involved.**

*"The benefits one receives in return for volunteering with the YMCA cannot be measured by quantitative means. How do you measure the smile on students' faces, people's desire to learn, and others' willingness to participate? I don't think you can."*

**Ron, Group Fitness Instructor, Volunteer**

**Please contact your local YMCA directly or visit our website at [www.vanymca.org](http://www.vanymca.org) to learn more about current volunteer opportunities.**



## Committed volunteers are essential to the YMCA.

The YMCA is first and foremost a volunteer organization. Volunteerism is at the heart of what we do. Your time and talent can go a long way at the YMCA. Each year the efforts of our volunteers translate into helping children, mentoring teens, assisting adults and providing support for families. It's through the commitment and dedication of our volunteers that the YMCA meets its mission everyday - to build strong kids, strong families, strong communities.

Volunteer within the community at your local YMCA.

*"I think my experience as a volunteer can be summarized as a desire to give. With the YMCA it is the experience of giving something back."*

**John Wnek, Group Fitness Instructor, Volunteer**