



We build strong kids, strong families, strong communities.

All 2,663 YMCAs are volunteer-founded, volunteer-based, and volunteer-led. Local volunteers establish YMCAs-not the YMCA of the USA-and local volunteers run YMCAs, continually ensuring that YMCAs are meeting the unique needs of their communities. Volunteers are at the heart of every YMCA and that is why YMCAs are at the heart of community life in more than 10,000 communities nationwide. From helping Civil War troops more than a century ago to international disaster relief efforts today, YMCAs are one of the nation's leading volunteer organizations.

As a YMCA volunteer, you can lead an exercise class, read to a preschool class, coach a basketball team, cook for a bake sale, design a program brochure, greet people at the front desk, find items for an auction, serve as a role model for young people, help out in the office or at a special event, or be part of a group or committee working on a neighborhood problem. No matter how you help, you'll make a big difference as you work with others to create a feeling of connectedness in your community.

The basic definition of a YMCA volunteer is "anyone who willingly gives time to help the YMCA accomplish its mission without getting paid by the YMCA." In the Y movement, we have five categories of volunteers:

1. Program volunteers help lead programs or assist in delivering programs (e.g., a program instructor, coach, aide or member of a program advisory council). This category also includes those who offer community service as participants in a YMCA program (e.g., the members of a Hi-Y club, or school-age children who interact with adults as part of an intergenerational buddy program).
2. Support volunteers serve in the office, at the front desk, in the locker room or on the grounds.
3. Fundraising volunteers raise money by working in annual, sustaining, capital or other special campaigns; working on endowment development; or by working at or running special events.
4. Policy volunteers serve on the Y's board of directors, on a committee or task force.
5. Managerial volunteers help manage and administer YMCA operations and programs (e.g., a pro-bono accountant or PR specialist).
6. Please note that young people can serve in all of the above capacities as long as, like adults, they have the proper skills, training and supervision.

To solve the problems closest to home-or better yet-prevent them-the YMCA needs more people like you. **Do something good. Volunteer at the YMCA.**

To Volunteer Call us at 225-923-0653 and we'll get you involved!

Youth Sports programs at the YMCA are developmental leagues that focus on building skills, character, and sportsmanship rather than strenuous competition. The YMCA accomplishes this through six key values: participation, fun, skills, teamwork, family involvement, and the “Sportsman Creed”. Our mentality is “everybody plays, everybody wins” and all participants are given equal time to play, learn and grow at every practice and game. These programs also provide an arena for family involvement by encouraging parents to become volunteer coaches. In addition, each game begins with a unity circle while the participants, staff and coaches recite the following Sportsman’s Creed:

Dear Lord,

We gather here before we play to thank you for your care each day. We ask you for your guidance as we play life’s games, to win with grace and to lose without shame. Make us always unafraid to be, truly athlete’s playing for thee.