

YMCA location	Short description of volunteer opportunity	Dates, days, hours of opportunity	Age / Restrictions	How to Volunteer
Weekley	Walking Club Leader - Healthy Living	Saturdays (1-2 hours)	18+	Email Eric.Tiggeman@ymcahouston.org
Weekley	Swim Meet Timer - Aquatics	Saturdays (2-4 hours)	18+	Email Melissa.Langley@ymcahouston.org
Weekley	Activity/Workshop Facilitator - Y Teen LIFE (Teen Programs)	Varies (M-Sat, 2-4 hours per week)	21+ (must be 5-years older than oldest participant)	Email Kashala.Pope@ymcahouston.org
Weekley	Games Day Helper - ForeverWell (Senior Adults)	Varies (M-F, 2-4 hours per week)	18+ (must enjoy working with Senior Adults)	Email Elena.Dinkin@ymcahouston.org
Weekley	Homework Helper - Outreach Sites	Varies (M-F, 2-4 hours per week)	18+	Email Kenya.Ghanor@ymcahouston.org
Weekley	Youth Sports Coach	Varies(2-4 hours per week)	16 (minors must be assistant coach, head coach must be 5-years older than oldest participant).	email Joel.Duarte@ymcahouston.org
Weekley	Homework Help	Monday-Thursday 6pm-6:45pm	21+	https://www.signupgenius.com/go/10C0B4CAFAD2AAAFDC25-47987134-homework
Trotter	Teen Volunteer Day of Service	April 10 1 PM-4 PM	Open to ages 14-18.	https://forms.office.com/r/sxC1iXQRFp
Trotter	Youth Sports Coach	Spring, Summer, Fall and Winter Season	18 and up. Background check required.	Email at sarah.makiyama@ymcahouston.org
Trotter	Gaden Volunteer	You can find us there Tuesday and Saturday mornings from 9:30-11:30 am.	No restrictions	https://docs.google.com/forms/d/e/1FAIpQLSe1DxULRXgACVAOy7PzZLR63K-fb3N92dml7IX_UfT7ixMTTQ/viewform
Fort Bend	Senior Engagement Volunteer	Times and days will vary depending on class times and availability of the volunteer.	Preferably someone that can relate to seniors.	otis.sowell@ymcahouston.org
Fort Bend	Youth Sports Coach	Practices are held one day per week in the evenings and games are held on Saturdays. Seasons vary	18+; ages 15-17 will only be allowed to volunteer as assistant coaches/team helpers.	malik.harrison@ymcahouston.org
Fort Bend	Gaden Volunteer	Garden Kick-off Event: April 13, 10 am-1 pm	No age restrictions. Children under 15 need to be accompanied by an adult/guardian when staff is not present.	angelah@ymcahouston.org

Fort Bend	Healthy Kids Day Special Event Volunteer	Saturday, April 20 - 9 am- 1:30 pm	12+; anyone under 12 must be accompanied by a parent/guardian.	email calvin.rosebud@ymcahouston.org
Tellepsen	Special Event - Easter Egg Hunt Volunteer	Saturday, March 30, 2024, 11:30am-1pm, 1pm-2:30pm	18+, If 12-17, parent or guardian must volunteer with them	jared.simms@ymcahouston.org
YMCA International Services	Education Department Volunteer	Monday-Friday, 9am-5pm	18+ Prior experience tutoring or working with ESL students preferred	https://forms.gle/5hbCdt7fBpuyZVyV6 or email maria.rebolar@ymcahouston.org
YMCA International Services	Food Pantry Volunteer	Tuesdays -Sort Delivery- 11pm-3pm or Fridays - Distribution- 9am-1pm	12+, Able to lift 10 lbs, Food Pantry Dress Code: Closed-toed shoes & comfortable clothing Weather Protection : Hat, Sunglasses, Raincoats, Ponchos & Sun Block	https://forms.gle/5hbCdt7fBpuyZVyV6 or email maria.rebolar@ymcahouston.org
YMCA International Services	General Office Assistance	Monday - Friday, 9am-5pm	16+	https://forms.gle/5hbCdt7fBpuyZVyV6 or email maria.rebolar@ymcahouston.org
YMCA International Services	Translating	Any day offices is open, Monday - Friday, 9am-5pm	18 years and up.	maria.rebolar@ymcahouston.org
YMCA International Services	Organize Warehouse	Any day offices is open, Monday - Thursday, 9 am - 5 pm	12 years old and up. They must wear close toe shoes when coming to center.	maria.rebolar@ymcahouston.org
Outreach	Food Pantry Volunteer	Monday & Tuesday – 9 am – 12:30 pm	18	shaun.mccowen@ymcahouston.org
Outreach	Food Pantry Volunteer	Thursdays at 9:30 am	Open	Jennifer.Pinti@ymcahouston.org
Tellepsen	Food Pantry Volunteer	Tuesday & Thursday – 8:30 am-2 pm, Friday – 8:30 am – 12 pm	Open	Lysabeth.Busby@ymcahouston.org
Harriet & Joe Foster	Youth Sports Coach	March 18 - May 11 one evening per week and Saturdays approximately 2-3 hours per week.	18+	Email Casey.Woodfork@ymcahouston.org
Houston Texans	Second Servings PopUp Market	3rd Saturday of every month, 11 am-2 pm	Minimum 12 years old, needs to be able to lift and stand for long periods of time.	https://houston-texans-popup-market-volunteer-sign-up.cheddarup.com

Langham Creek	Miracle League Buddies and Announcers	Saturdays 8:45 am-2 pm, Mondays 6 pm-8:30 pm. Starting April 6 for 6 consecutive weeks.	12 and up. Buddies require the use of physical movement. All minors must have a parent/legal guardian present. Everyone 18 and older must complete a background check.	https://www.signupgenius.com/go/10C0F45AFAF2FA2FAC61-46889356-2024#/?
M.D. Anderson	Healthy Kids Day Special Event Volunteer	April 20 from 9 am to 1 pm. (Actual event is only from 10 am to 12 pm.)	Anyone can volunteer, those under the age of 18 must have a signed parent permission and waiver.	https://form.jotform.com/240398181233152
M.D. Anderson	Youth Sports Coach	March 25-May 11, Mon-Thursday afternoons, Saturday Mornings	18+	alejandra.hoheisel@ymcahouston.org
Lake Houston	Miracle League Adaptive Baseball Volunteers	Saturday AM 4/6-5/18	None	https://www.signupgenius.com/go/10C0E4BAEAD2AA7F8C34-47080851-miracle#/?
Wendel D. Ley	Youth Sports Coach	Varies(2-4 hours per week)	18 and up. Background check required.	Email cleveland.landheart@ymcahouston.org
Wendel D. Ley	Senior Engagement Volunteer	Varies		Email cleveland.landheart@ymcahouston.org
Wendel D. Ley	Center Board Member	Varies	21+	Email cleveland.landheart@ymcahouston.org
Wendel D. Ley	Special Events	Monday- Saturday	18 and older	Email cleveland.landheart@ymcahouston.org
D. Bradley McWilliams	Healthy Kids Day Special Event Volunteer	April 20, from 9 am-12 pm	16+	johnnah@ymcahouston.org
D. Bradley McWilliams	Youth Sports Coach	Year round- we offer 5 seasons	17+	jesse.fernandez@ymcahouston.org
Harriet & Joe Foster	Youth Sports Coach	March 18 - May 11; varying during weekend evenings and Saturday's	Ages 18+	Email Casey Woodfork at Casey.Woodfork@ymcahouston.org
Holcomb	Special Events - Community Easter Egg Hunt Mar. 30	March 30, 7:30 am-1 pm		https://www.signupgenius.com/go/10C094FACAA2CA5F8C16-48228464-community#/?
Holcomb	Youth Sports Coach	Youth Sports Coaching, weeknights 5-7p and Fridays or Saturday 5-7p, season long commitment is 18 hours (practices & games)	18+ 16-17 must be accompanied by parent/caregiver	https://holcombymca.playerspace.com/

				https://ironman.volunteerlocal.com/volunteer/?id=73450&job_name=crowd%20control%20shift%202%20area%201
The Woodlands YMCA	IronMan Volunteer: Crowd Control Shift 2 Area 2	April 27 10 am-3 pm	Any age	https://ironman.volunteerlocal.com/volunteer/?id=73450&job_name=crowd%20control%20shift%202%20area%202
D. Bradley McWilliams	Gaden Volunteer	Tuesdays 4pm, Saturdays 9am	All ages and families are welcome.	johnnah@ymcahouston.org