



VOLUNTEER WITH A PURPOSE



AT THE YMCA OF METRO NORTH Where PASSION Meets PURPOSE

The YMCA of Metro North invites volunteers of all ages and backgrounds to make a difference in our community. Volunteers play a vital role in strengthening our programs, supporting individuals, and creating opportunities for all. From coaching youth sports and sharing stories with preschoolers to supporting cancer survivors on their journey to wellness, every act of kindness creates a ripple effect of good.

GET INVOLVED! VOLUNTEER CATEGORIES

- Signature Events & Fundraising
- Sports & Aquatic Support
- Childcare & Teen Support
- Urban Garden & Outdoor Education
- Program Support Food Pantry
- & So Much More!



VISIT WWW.YMCAMETRONORTH.ORG/VOLUNTEER TO GET INVOLVED





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VOLUNTEER OPPORTUNITIES AT THE YMCA OF METRO NORTH

GARDENS & OUTDOOR EDUCATION

Connect with nature! Opportunities include maintenance, urban gardening support, basic landscaping, and building and repairing picnic tables.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Demakes Family YMCA Rooftop Garden
- Torigian Y Academy Garden
- Camp Hillside Community Garden

GYM MONITOR, LIVESTRONG, & Y ADAPT

Make a meaningful impact by assisting participants with physical disabilities and fostering an inclusive community.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Demakes Family YMCA Gym Monitor
- Demakes Family YMCA LiveStrong
- Melrose Family YMCA LiveStrong
- Torigian Family YMCA - Y Adapt: Adaptive Fitness

HOLIDAY TOY DRIVE

Spread joy during the holiday season by sorting and organizing donated gifts for families in need and assisting with distributing gifts.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Demakes Family YMCA
- Torigian Family YMCA

SUMMER EATS & FOOD PROGRAMS

Help fight hunger in our community by assisting with sorting and distributing food to families in need during our Summer Eats programs in Saugus and Lynn.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Summer Eats in Lynn
- Summer Eats in Saugus

SIGNATURE FUNDRAISING EVENTS

Be part of our premier fundraising initiatives and events, including the Annual Gala and the Golf Classic.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

Mary Orne, morne@metronorthymca.org

COMMUNITY EVENTS

Bring community events and road races to life,

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

Olivia Rydzynski, orowcliffe@metronorthymca.org

ADAPTIVE SPORTS PROGRAMS

Make a difference by ensuring everyone has the chance to play, grow, and thrive in sports and aquatic programs.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Swim Instructor (Ages 12+)
- Jr. Celtics Academy
- Sports Group Leader

YOUTH & TEEN SUPPORT

Make a difference in the lives of teens and youth by connecting with participants and educational support initiatives.

VOLUNTEER OPTIONS AT BRANCH LOCATIONS:

- Demakes Music & Performing Arts Center
- Demakes Family YMCA
- All Y Academy locations

CUSTOMIZE NEW OPPORTUNITIES

Work with our team to design something new at the Y! For more information about volunteer opportunities, email Mary Orne at morne@metronorthymca.org.

Partner with the YMCA of Metro North to create a meaningful volunteer opportunity that engages employees and gives back to the community. For more information, email Mary Orne at morne@metronorthymca.org

Scan the QR Code to Learn More

