

Active Living programs promote being physically active and eating healthy that are designed to create a life-long appreciation for a healthy, active lifestyle while children and youth have the opportunity to try new sports and activities.

**Volunteers Currently Needed in Various Programs:**

- Next program session begins April 3<sup>rd</sup>
  - Dance program on Saturdays from 9am-4:30pm
  - Golf program on Wednesdays from 6-8pm
  - Fit Active Beautiful (FAB) program on Thursdays from 6-7:30pm
  - Soccer (day/time TBD)

**Volunteers Will Be Needed on Club Day:**

- Will run/help with outdoor activities
- June 2<sup>nd</sup>

**Volunteer Roles & Responsibilities:**

Roles and responsibilities can change depending on the day and tasks at hand. This includes but isn't limited to:

- Supporting staff with setting up and putting away equipment per program
- Communicating with staff what is needed for the program and how to support it
- Organizing and keeping track of where equipment is in the storage room or gym
- Being engaged in the space with the participants or as staff has requested
- Creating relationships with participants in each program
- Ensuring the space is a safe and welcoming environment for all members
- Seeking guidance and clarification from BGC staff as needed
- Familiarizing with and following all policies, procedures and emergency protocols

To become a volunteer, please complete the volunteer application ([here](#)). Please note that after submitting an application, you will be required to provide:

- Police Record Check for volunteers 18+ years old through your municipality ([Hamilton/Halton](#)), and
- Proof of COVID vaccinations (minimum 2 doses).

For more information about Active Living volunteer opportunities, please contact:

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