

VOLUNTEER OPPORTUNITIES PROGRAMS



All of Variety Village community based programs are based on week sessions.

FALL 2018: 11 weeks Sept 4 – Dec 9

WINTER 2019: 9 weeks Jan 7 – Mar 10

Spring/Summer 2019: March 18-June 21, 2019

All community based programs finish in June

Volunteer availability in any of these programs are not guaranteed, and it comes on a first come first serve basis. Please contact the Volunteer Coordinator to see if there are any spots available.

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PROGRAMS	Position Description	Time Commitment	Location and number of volunteers needed
Children in Motion 1,2 & 3	The Children in Motion program is designed to focus on the fundamentals of games and activities in a non-competitive environment. This program also works to prepare children to participate successfully and independently in programs.	Saturdays: 9:45am- 11:00am	Fieldhouse Number of Volunteers needed: 5
Multi Sport 1, 2, 3	Multi-sport program is an introduction to a range of sports and social skills that foster confidence. Highlighting five fieldhouse sports teams; track & field, weightlifting, wheelchair basketball, Taekwondo and boccia, children are introduced to fundamentals of each sport, with focus on agility, balance and coordination	Tuesdays: 5:45pm-7pm	Fieldhouse Number of Volunteers needed: 5-8
Afterschool Program	This program gives grade school students opportunities to use after school time to be active and engaged. Participants will swim, use the diving boards, climb the rock wall, and play other games and sports. Our enthusiastic, qualified staff ensure a fun, safe, and inclusive environment	Mon-Friday 4-6:15pm Fall Session starts: September 4 - December 21, 2018	Fieldhouse Number of Volunteers needed (per day highlighted): 3-5

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		Winter Session: January 7 - March 8, 2019 Spring Session: March 18 - June 21, 2019	
Track Support 1	The focus of this program is development of speed and agility in a safe environment (speed in a variety of directions).	Tuesday and Thursday from 4:30-6:30pm Sunday 10:15 am-11:30am	Fieldhouse Number of Volunteers needed (per day highlighted): 2
Sports and Social	Sport & Social is a program for adults with disabilities. This successful program includes gym, crafts, cooking and group outings presented in a social atmosphere.	Saturday 1:30-4:00pm	Fieldhouse Number of Volunteers needed: 2-3
Teen Weekend Club	Teen Weekend Club is a program for young teens with disabilities. This successful program includes gym, crafts, cooking and group outings presented in a social atmosphere.	Saturday 11am-12:30pm	Fieldhouse Number of volunteers needed: 2-3
Rehab to Community	Following discharge from rehabilitation in a Stroke and Neuro, Orthopedic and Amputee, or Geriatric and Medical program, Variety has partnered with Providence Healthcare to offer a transition program to help members become more comfortable in continuing their healthy active lifestyle in the community	Sessions: 6 Weeks per session Days: Tuesday Thursday, Friday Time: 10-12am, or 1-3pm Dates will be provided upon request	Fieldhouse Number of Volunteers needed per session: 2-3 <i>*additional requirement required* please contact Volunteer Coordinator</i>
Time Program	TIME is a one hour group program. The workout is arranged in exercise stations for strengthening of everyday	Monday 11am-12pm	Fieldhouse Number of Volunteers needed: 3

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	activities, such assist-to-stand, stepping up onto curbs, and walking endurance. The program assists participants to improve balance and strengthen legs and core.	Fall Session: Sept 24-Dec 9 Winter Session: Jan 7-Mar 10 Spring Session: March 18-June 21, 2018	
Milestones/Links		Mon-Fri: 12-2pm or on as needed basis	Links/Milestone