

VOLUNTEER OPPORTUNITIES - PROGRAMS



FALL/WINTER SESSION

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

FALL 2019: 11 weeks Sept 4 – Dec 20

WINTER 2020: 9 weeks Jan 6 – Mar 13

Spring/Summer 2020: March 16-June 21, 2020

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 to volunteer.

Volunteer Contact information: Smeeta Sohanlal, Volunteer Coordinator ssohanlal@varietyontario.ca

416-699-7167 ext 239

Afterschool Program & Camps Coordinator: Matt Robitaille, mrobitaille@varietyontario.ca

Programs Coordinator: Lucas Kupcho, lkupcho@varietyontario.ca

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-10:45am	Fieldhouse
Volt Hockey * New*	This program is designed to introduce youngsters with varied mobility to the game hockey using a motorized vehicle. The one-hour class is designed to teach the use of the Volt chair and the fundamentals of the sport. Intermediate/Advanced: The class will continue to focus on the rules of the game as we train towards competitions.	Saturday: 3pm-4:30pm **Occasional weekend there will be Volunteers Volt hockey day playing a fun game against our participants.	Fieldhouse Lead staff: Zack Copplestone, Jessica Cunha Training will be provided onsite
Circuit & Kickboxing	Holding pads, assisting participants during the circuit	Thursday: 6:30pm - 7:30pm	Fieldhouse

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	and kickboxing. Encourage active participation		
Cyclone Hockey Team	Cyclone Hockey team are Athletes of all abilities. You would be assisting with Coaching/Referring/drills/score keeping	Tuesday: 7:00pm - 8:30pm	Fieldhouse Lead staff: Michelle Browne
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
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 20, 2019 Winter Session: January 6 - March 13, 2020 Spring Session: March 18 - June 21, 2019	Fieldhouse <i>Pick only the days preferred to work</i> <i>Mon _____</i> <i>Tues _____</i> <i>Wednesday _____</i> <i>Thursday _____</i> <i>Friday _____</i>
Track Support 1	The focus of this program is development of speed and agility in a safe environment (speed in a variety of directions). You will be supervising the lane area to see whether there	Tuesday and Thursday from 4:30-6:00pm Sunday 9:15 am-10:30am	Fieldhouse Lead staff: Jamal

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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
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: 10-12pm, or 1-3pm Next session date is: Sept 10- Oct 18	Fieldhouse <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 activities, such assist-to-stand, stepping up onto curbs, and walking endurance. The program assists participants to improve balance and strengthen legs and core.	Monday 11am-12pm	Fieldhouse
Parent and Tots Program	Class will begin with parents and tots jumping in the water to work with our Red Cross instructors on skills specific to their development level. Then, in our kids gym, tots will be able to explore the fundamentals of movement	Tuesday: 9:00am-10:30am Saturday: 9 am-10:30am 9:35-11:10	Fieldhouse/Kids gym/Aquatics

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	through tummy time, discovery ball play, parachute games, dance, and obstacle courses.		
Milestones/Links	Lunch support: Actively participate during the lunch time with both our Milestones and Links participants and assist our staff during the lunch break.	Mon-Fri: 12-2pm or on as needed basis	Links/Milestone
Aquatics and Events Photography Assistant	Assisting with capturing the Volunteer moments along with assisting staff with various photo projects and events assigned.	Mon-Fri Time: TBD based on Staff needs.	Aquatics Various Events Fieldhouse Number of Volunteers Needed: 2
Facility/Grounds Work	Various activities and needs around the facility such as dusting/book support/tiding /equipment room assistance.	Mon-Fri	Around Variety Village