



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET YOUR HOURS IN VOLUNTEER AT THE Y

- **Coach soccer, flag football, and basketball**
- **Be a teen mentor**
- **Become a kids gym role model**
- **Lend an extra hand in stay and play**
- **Assist disabled members**
- **And Many More!**

For more information:

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