

Volunteer Application Form

First Name: _____

Last Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Birthday (D/M/Y): _____

Sex: M F

Goals: What do you want to gain from
 Volunteering through this organization? :



Position Applying For:

Childcare

Personal Trainer

Workshops

Newsletter

Days & Times Available:

Monday:	<input type="checkbox"/>
Tuesday:	<input type="checkbox"/>
Wednesday:	<input type="checkbox"/>
Thursday:	<input type="checkbox"/>
Friday:	<input type="checkbox"/>
Saturday:	<input type="checkbox"/>



14 York Road Unit #1
 Tyendinaga Mohawk Territory
 Shannonville, On
 Phone: (613) 962-2822
 E-mail: tyfitnessres@mbq-tmt.org



Volunteers Welcome!!



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 K0K 3A0

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Volunteer Positions

Childcare

This position gives you the insight into the dynamics of working with children. If you're interested in taking Early Childhood Education, this could be a future position for you. Within this setting you will learn how to appropriately interact with children under supervision.

Personal Trainer

This position allows to see what it's like to be working in an energetic and healthy work industry. It gives you the chance to see what it's like to be a personal trainer--hands on!! With training and supervision, you are able to learn how rewarding being a Personal Trainer can really be! Learn if this career choice is the right one for you!



Workshops

Just looking to volunteer a little? You get to choose which one to volunteer at, and learn along with others. Each workshop is different and valuable to the success of many individuals. Maybe you have your own ideas? Here's your chance to volunteer your expertise!

General Facility & Clean Up

Need to get out of the house? We always want to be clean!! This position is for anyone!!

Newsletter

Have some creativity? But don't know where to express it? Here you can help with advertisements, newsletters and brochures. Come up with a way that helps advertise TFRC!!

Steps to Volunteering

1. Read Brochure; choose the position right for you!
2. Apply for volunteer position using form attached.
3. Hand in to Tyendinaga Fitness Resource Centre for approval.

Requirements

Criminal Record Check

First Aid & CPR

Benefits

- Learn and develop skills
- Gain work experience
- Build self-esteem and self-confidence
- Improve health through **free membership benefits**
- Make important networking contacts
- Discover your strengths and weaknesses
- Learn through service
- Try new tasks and take on new roles
- Enhance social awareness
- Feeling satisfied that you were helpful to others
- Expand your social circle
- Appreciation for your contributions to the organizations
- Your community benefits along with you
- A free membership requires 10 hours of volunteering a month. This allows you to utilize all machines for a personal workout, along with standard membership benefits.

Tyendinaga Fitness Resource Centre

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