



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Cooking Class Volunteer Assistant

FLSA Status: Volunteer

Reports to: Senior Manager, Nutrition

Leadership Level: Volunteer

Primary Function/Department: Program Engagement/Community Well-Being

### POSITION SUMMARY

This position supports the work of the Y, a leading nonprofit charitable organization committed to strengthening community through youth development. The Cooking Class Volunteer Assistant will be responsible for assisting the Cooking Instructor in YMCA cooking classes, primarily for youth, consistent with the philosophy, policies and purpose of the YMCA of Metropolitan Denver. The volunteer will also exhibit the core values of caring, honesty, respect, responsibility, and respect in all aspects of their work with the YMCA.

### THE YMCA AS THE THIRD PLACE

To be the welcoming and transformative place - beyond work and home - where people feel most able to be their true selves; explore their purpose, dreams and goals; achieve health and wellness for their spirit, mind and body; connect with their community and feel a sense of belonging and possibilities like nowhere else.

### ESSENTIAL FUNCTIONS

- Support on-site cooking classes by assisting the Cooking Instructor with prep, classroom management, cooking tasks, and cleanup.
- Help to maintain a clean and safe YMCA. Take initiative to clean areas and maintain proper use of kitchen equipment.
- Support an atmosphere where participants can have fun, are safe and learn.
- Engage in relationship building through interactions with Instructor and class participants.
- Participate in any trainings, as assigned, for volunteer role.
- Be dressed in appropriate attire and wear YMCA nametag.
- Be knowledgeable and supportive of the YMCA annual support campaign, and general procedures and policies, including personnel guidelines and facility access procedures.

### LEADERSHIP COMPETENCIES

- Clear Communication
- Customer Service
- Inclusion
- Respectful
- Safety
- Teamwork
- Enthusiastic
- Engaging

### QUALIFICATIONS

- Age 16 or older.
- Interest in community service and volunteerism, particularly in working with youth, health, and wellness.
- Experience working with groups of 8+ youth, ages 5+, is helpful.
- Outgoing, energetic, and engaging

MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

VISION: Strong, thriving and equitable communities dedicated to the health and well-being of all.



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#### **WORK ENVIRONMENT & PHYSICAL DEMANDS**

- Must have reliable transportation
- Physical demands described here are representative of those needed to successfully perform the essential functions of this job; reasonable accommodation can be made to enable individuals with disabilities to perform essential functions
- Must be able to communicate using a computer and phone/smart device.
- Must be able to move around the work environment, reach, and stand for long periods.
- Occasionally lift and/or move up to 25 pounds
- Specific vision abilities required by this job include close vision, distance vision, and focus
- Noise level in the work environment is usually moderate

**If interested in this volunteer role with the YMCA, please reach out to Jennifer Lease, Senior Manager of Nutrition:**

Email: [jlease@denverymca.org](mailto:jlease@denverymca.org)

Phone: 720-460-6383

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