



**YOU are the
YMCA!**



You can make a difference as a Y Ambassador.
We are actively seeking Ambassadors to volunteer their time to make our YMCA exceptional.

What is a Y Ambassador? An Ambassador...

- ★ has been an active member of the YMCA for one year
- ★ promotes the mission of the YMCA
- ★ assists members
- ★ helps with special events
- ★ attends bi-monthly meetings
- ★ enriches children's lives through tutoring



Therapeutic benefits of volunteering have long been recognized! If you would like to become a Y Ambassador, please contact Toni Friedman, Active Adults Director, at 760.942.9622, ext. 1436, or tfriedman@ymca.org.