

**2016 VOLUNTEER OPPORTUNITIES FOR COURAGE KENNY ST CROIX/FOREST LAKE**

**WEEKLY PROGRAMS:**

**CHILDREN'S SWIM LESSONS**

Assist staff in swim lesson classes. WSI not required.  
Mondays, 5:00-7:00 pm, Shifts of 1-2 hours  
Wednesdays, 5:30-8:00 pm, Shifts of 1-2 hours  
Saturdays, 8:00-10:00 am, Shifts of 1-2 hours

**COMPETITIVE SWIM TEAM**

Assist coach and athletes with swim team practices  
Tuesdays, 6:00-7:00 pm

**NEUROSPLASH**

Work 1:1 with clients in a water exercise class  
Monday- Thursdays, 10:00-11:00 am  
Volunteers can choose 1 or 2 days to volunteer

**TEAM FITNESS**

Assist teens and young adults with individualized fitness training  
Monday/Wednesday, 5:00-6:00 pm  
Tuesday/Thursday, 4:30-5:30 pm

**WATER ACTIVITIES**

Assist clients 1:1 with pool activities and exercise  
Tuesday, 6:00-7:00 pm  
Thursday, 6:00-7:00 pm

**FOREST LAKE THERAPY AIDE**

Assist therapists with clerical and cleaning tasks in the clinic  
Weekday mornings: 9:00-12:00

**SEASONAL PROGRAMS:**

**COURAGE KENNY RIDERS**

Assist with therapeutic horseback riding program. Basic knowledge of horsemanship desirable but not required. Mandatory training required for all new volunteers.  
Tuesday, 5:30-8:30 pm, May- September  
1 hour/week minimum commitment  
Location: Washington County Fairgrounds, Lake Elmo

**ADAPTIVE GOLF**

Assist golfers with weekly golf outing of 9 holes  
Friday, 9:30-12:30, Late May- September  
Location: Oak Glen Golf Course, Stillwater

**WE WELCOME NEW VOLUNTEERS!**

Minimum age to volunteer is 15. To request a volunteer application, contact:

**COURAGE KENNY ST CROIX  
VOLUNTEER SERVICES DEPARTMENT  
651-241-3370**

Applications are online at:

<http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Volunteer-opportunities/>

Choose: St Croix Application

AllinaHealth 

**COURAGE KENNY  
REHABILITATION  
INSTITUTE**

**COURAGE CENTER ST. CROIX  
STILLWATER**

For all positions, contact Lisa Gacek, 651 351-2337 or [lisag@courage.org](mailto:lisag@courage.org)

✓ **Aquatic Therapy Assistant - Youth**

Help children of all ages learn swimming and safety skills. Being in the pool is a great benefit to you too. Complete training is provided.

**Times:** Monday, Tuesday and Wednesday evenings; Thursday and Saturday mornings

✓ **Aquatic Therapy Assistant – Adult**

Enjoy the 92-degree therapy pool while you partner with a stroke survivor. Assist the participant with low impact exercises, range-of-motion and stretching. Complete training is provided.

**Times:** Monday, Tuesday, Wednesday and Thursday, 10-11am  
Monday and Wednesday, 11am-12pm

7 ✓ **Maintenance**

Calling all handy persons! Help spruce up the building by assisting with touch-up painting, small repairs, outdoor gardening and general maintenance. It's a big building and we would appreciate your help. Very flexible schedule.

**Times:** Days or early evenings, 2-3 hours a week.

**Health Information Assistant**

A detail-oriented individual to assist our Health Information Department in sorting and filing documents, preparing charts and performing other clerical duties. Training is provided.

**Times:** Hours are flexible, Monday through Friday

✓ **Youth Fitness Assistant**

Help youth develop lifetime fitness and nutrition habits. Assist clients through an individualized fitness-training program using circuit activities, music and games.

**Times:** Tuesday and Thursday, 4:30-5:30pm

✓ **Academic Services Assistant**

Help clients reach their educational goals. Work one-to-one on academic tasks and computer skills. Meet new people, review basic educational skills and know that you have helped someone master educational survival tasks.

**Times:** Tuesday afternoons during the school year.

✓ **Life Enrichment Program**

Assist children or adults with disabilities to develop social, leisure and leadership skills in structured group therapy sessions. Assist therapist with room set-up, structured group or individual activities, goals of the activity session and room clean up. Seeking individuals who are cheerful, patient and positive. Gain valuable experience in a therapy setting.

**Times:** 3-6 week sessions, quarterly throughout the year; 1-3 hours per week.

✓ **Fibromyalgia Support Group Leader Assistant**

Assist our Fibromyalgia Support Group leader to plan agendas, contact speakers, attend meetings and maintain resource file. A good fit for those who enjoy supporting others

and leading groups. Some knowledge of fibromyalgia or an interest in learning more about it is a must.

**Times:** 5-10 hours per month plus eight meetings a year on the 4th Monday of each

month from 7-8:30pm.

### **Yoga - Adults**

Enjoy yoga? Want to share your love of it with others? We need assistants in our adult yoga class. Help set up for class and assist clients with various positions during class. Some experience with yoga is helpful, but training is provided.

**Times:** Tuesdays, 9-10am