



Madison Senior Center

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Madison, Wisconsin 53703
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Volunteer Job Description

CATCH Healthy Habits Volunteer Leaders

- Title:** CATCH (Coordinated Approach to Child Health) Volunteer Leaders
- Supervisor:** CATCH Program Coordinator (primary); MSC Volunteer Coordinator (secondary)
- Commitment:** September 1, 2011 – December 31, 2012; number of times per week TBD
- Position Purpose:** To maximize exercise potential and nutrition of youth grades K – 5 through use of CATCH program
- Responsibilities:**
- At direction of and in consultation with CATCH Program Coordinator, assist the planning and implementation of CATCH Healthy Habits program for children grades K – 5
 - Work with assigned child(ren) throughout duration of program
 - At direction of Program Coordinator, generally assess children's exercise abilities and establish goals
 - In consultation with Program Coordinator establish a program that will meet each child's unique exercise needs
 - Expose children to prescribed information and material that will meet their needs
 - Provide encouragement, direction, and demonstration to children using CATCH Healthy Habits exercise curriculum
 - Supervise assigned child's exercise activity
 - Reliability in attendance a must
 - Attend program trainings
 - Other related duties as assigned
- Qualifications:**
- Physically active adult 50 + years of age
 - Ability to discharge the duties of this position
 - Ability to establish a rapport and relationship with children of age specified
 - Ability to lead and encourage assigned child in taking personal responsibility and initiative in his/her own exercise program
 - Ability to demonstrate/model exercises for benefit of children
 - Excellent communication skills
 - Reliable transportation
- Benefits:**
- Satisfaction in witnessing physical and mental growth of children enrolled in program
 - Satisfaction in being part of a cutting-edge demonstration program designed to decrease or prevent childhood obesity and diabetes among children enrolled in program
 - In-depth exploration of program
 - Enhance Senior Center's wellness offerings
 - Automatic eligibility in yearly Madison Senior Center Volunteer Recognition Program (ask MSC Volunteer Coordinator for details)