



Examples of Current & Past Volunteer Opportunities

Attend an event with a display, resources, and activities:

- Kingston Gets Active Month
- The Recreation and Leisure Showcase
- The Get Active, Safe and Healthy Fair in N. Kingston
- The Scarecrow Festival in N. Kingston
- The Winter Carnival
- Summer Celebration
- Kingston Cycling Festival
- Streets Alive
- Princess St. Promenade
- Healthy Kids Day at the Y
- Success by 6 Week
- International Women's Day event
- International Student Housing Meet and Greet

Help out at our partner events:

- Celebration of Dance at Fort Henry
- Marathon Club Celebration for K-8 students at INVISTA
- INVISTA Centre Open House

Give a presentation on KGA, physical activity, Play Kits, etc:

- Parent and Tot group at the library—Play to Learn program
- St. Lawrence College Health and Wellness Class—All About KGA
- Workplace Lunch Talks—Get Active at Work
- Pathways to Education (grades 9-12)—Physical Activity is Fun! (interactive talk and games)

Join a planning team:

- Workplace Wellness Committee
- Play Kit planning team
- KGA Newsletter editing team
- KGA Facebook page posting team

Join a Fitbreak team:

- Workplace Wellness breakfast

These are just a few of the many types of volunteer opportunities available!