

# HELP UDS AS A RECREATIONAL AND ARTS VOLUNTEER

*Volunteers help to teach new skills and  
provide valuable social opportunities.*



*your way of living*

**UNITED DISABILITIES SERVICES**

# **YOUTH RECREATIONAL AND ARTS VOLUNTEER**

## **CHALLENGER FOOTBALL LEAGUE:**

One of our most popular programs, the Challenger Football League, provides youth the opportunity to compete in a competitive flag football program or to be part of an enthusiastic cheering squad. Participants learn new skills and have an opportunity to increase their physical activity and gain new friendships. Volunteer opportunities range from partnering with a player, helping to set-up and tear down the field, and encouraging the participants throughout the season.

## **SHARE YOUR MUSICAL TALENTS:**

Another way of volunteering is through sharing your musical interests. Help further our individuals' passion for the arts by offering simple instrumental instruction, sing along time or provide companionship with a music focus. You can spend time with our individuals discussing performances or talking about favorite types of music.

Share your time and talents to help make a difference in the lives of young people with disabilities.

**For more information or to  
download a volunteer application:**

**[udservices.org](http://udservices.org)  
or call UDS at 888-UDS-4235**