

# ROCK STEADY BOXING MARSHALLTOWN Y

## VOLUNTEER WITH US!

### What is Rock Steady Boxing?

Rock Steady Boxing is a program designed for those with Parkinson's Disease. As the name suggests, boxing is a portion of the class protocol, with additional emphasis placed on exercises and activities to improve agility, endurance, balance, hand-eye coordination, and strength. Class meets Mon, Wed and Fri from 11:00 a.m. - 12:15 p.m.

### What do Rock Steady Boxing Volunteers do?

Volunteers greatly help out our coaches by assisting in set up before the class, ensuring the safety of all of the boxers during the class, and being a great support system to make the classes fun and meaningful for the boxers. This volunteer opportunity is suitable for adults of any age. If you have a desire to motivate and help others, this is a great opportunity.

### Will you provide training?

Yes! We will provide training for all volunteers so you will feel more comfortable with your responsibilities and have deeper knowledge of the program.

How can I get more information or sign up?  
Please contact Keisha Lockhart at [Keisha.lockhart@ymca-ywca.org](mailto:Keisha.lockhart@ymca-ywca.org) or call 641-752-8658, x224. All volunteers must complete an application and background screening.



**MARSHALLTOWN YMCA-YWCA**  
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