



Name: _____

Date: _____

Elevate Volunteer Program Application

The Elevate Volunteer Program requires a **minimum commitment of 3 months**. You will be responsible for covering your shift for the whole time you will be part of the Elevate Volunteer Program. Indicate all your availabilities with an "A" in the following table. Indicate your preferred shifts by a "P". Shifts are subject to availability so please make sure to indicate all your availabilities and preferences.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
05:45AM - 09:15AM							
06:00AM - 09:30AM							
07:00AM - 10:30AM							
08:30AM - 12:00PM							
08:45AM - 12:15PM							
10:00AM - 01:30PM							
11:30AM - 03:00PM							
01:00PM - 04:30PM							
04:00PM - 07:30PM							
05:30PM - 09:00PM							
06:00PM - 09:30PM							
07:00PM - 10:30PM							

Please answer the following questions:

Why are you applying to the Elevate Volunteer Program?

Do you agree to Elevate Yoga doing a background check? Yes No

Have you done yoga before? Yes No

If Yes? Please describe your experience doing yoga. How long? What types? Your preferences? Have you done yoga in a hot room before?

Have you taken a class at our studio before? Yes No

Do you have First Aid + CPR? Yes No

Do you speak French? Yes No

Have you ever worked or volunteered in another yoga studio before? Yes No

If so, please share more details:



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Have you ever worked reception to sign students in to class? Yes No

Have you ever used MindBody and are you comfortable using this application? Yes No

Please rate your Reliability and Dependability for showing up to agreed-upon times?
Excellent Good Fair Need to Improve

Please rate your Punctuality with regards to arriving on time to agreed-upon shifts?
Excellent Good Fair Need to Improve

What type of person are you?

- I am an early bird (Typically awake and ready at ____ AM)
- I am a regular day person (Typically awake and ready around ____ AM)
- I am a night owl (Typically not awake and ready before ____ AM)

How far do you live from the studio? _____

How do you get to the studio? _____

What is the best way to contact you? _____

What best describes your response time to message (emails/voice messages/texts)?

- I usually respond very quickly (within a few hours)
- I usually respond the same day
- I usually respond the same week

Tell us a little bit (more) about yourself.

The Elevate Volunteer Program consists of cleaning tasks and/or front desk/administrative tasks.

Are you comfortable cleaning all spaces in a yoga studio including Bathrooms and Change rooms? Yes No

Have you ever done cleaning work before?

If yes, please describe your experience:

Are you comfortable greeting clients at the front desk and using the computer system to register students in and accept their payments? Yes No

Have you ever done front desk/client facing before? Yes No

If yes, please describe your experience:



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Do you agree not to divulge any confidential or private information you may witness at Elevate (ex. customer details, business information, etc.) to anyone without the expressed written consent from the owners? (For anything that you are unsure, you will ask the owners for clarification) Yes No

I commit to be responsible for all my shifts as long as I am a member of the Energy Exchange (minimum 3 months):

- Punctuality, Dependability and Reliability are extremely important.** For each shift, I will always arrive on time and remain until the end of my shift.
- I acknowledge that I am responsible to work my shift each and every week. In the event that I am unavailable for my shift, it is my responsibility to find a replacement and to ensure that the replacement shows up on time for my shift.
- It is my responsibility to take someone else’s shift as soon as possible to make up any missed shifts.
- I understand all the tasks required during my shift and commit to completing all the tasks on time.
- I will not accept personal calls or texts during my shift, nor will I check my email or social network.
- I will not use the studio computer for personal use.
- I will at all times be positive and friendly during my shift with staff and clients.
- I will at all times promote and speak positively about Elevate Yoga of which I am member.
- I will practice regularly at the studio.
- I will provide a minimum of 2 weeks’ notice when I leave the Elevate Volunteer Program.

Please provide references:

Name	Contact Info	Relationship

Volunteer Information

Full Name: _____
 Date of Birth: _____
 Telephone #: _____
 Mobile Home Work

Alternate #: _____
 Mobile Home Work

Email: _____

Emergency Contact

Name: _____
 Relationship: _____
 Phone: _____

I am available to start working on _____.

I (print name) _____ hereby agree to the terms and conditions of the Elevate Volunteer Program of Elevate Yoga. I acknowledge that any failure to comply with the above guidelines may result in my immediate termination from the program.

*Signature: _____
 *Witness: _____
 *Date: _____