



## YMCA Of Metropolitan Milwaukee

### Internship Service Description

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Position:** Fitness Intern  
**Sponsor:** Fitness Director

**Division:** Core Programs  
**Department:** Fitness

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#### **GENERAL FUNCTIONS of a Fitness Intern:**

Under the direction of the Fitness Director and in accordance with Association policies, the Fitness Intern will assist in providing individual guidance and direction to members and participants looking to improve their person wellness. This guidance will be provided through one-on-one consultations resulting in connections to Y programs including equipment orientations, group exercise classes, Wellness appointments, and personal training. The Fitness intern will cultivate relationships by engaging with members, participants, staff, volunteers, etc. in a wellness programs based on their goals and by shadowing fitness staff.

#### **ESSENTIAL DUTIES AND RESPONSIBILITIES:**

- 1) Assist in the design of wellness programs within the fitness program guidelines.
- 2) Assist in consultations and equipment orientations with members, participants, staff, volunteers, etc.
- 3) Assist in providing support and feedback to all fitness program participants.
- 4) Assist in facilitating on safe and effective exercise techniques, including, but not limited to, warm-up and stretching progression, aerobic conditioning, strength training, proper use of equipment, and workout progression.
- 5) Promote fitness programs.
- 6) Promote facility policies and require suitable conduct from participants at all time. Maintain a safe environment for all and report any problems or needs immediately to Fitness staff.
- 7) Assist in identifying fitness needs and communicate with Fitness Director to help resolve issues regarding equipment and cleanliness, etc.
- 8) Adhere to YMCA association policies and procedures.

#### **EDUCATION and or EXPERIENCE:**

- Must be working towards a college degree in Kinesiology, Health & Human Performance, Athletic Training, or other health and sports related science fields.
- Requires flexible hours to intern evenings and weekends.
- Ability to cultivate relationships with people of all ages and backgrounds.
- Proven ability to display initiative, good judgment, and ability to work independently.
- General knowledge and demonstrated understanding of Health & Wellness.
- Proven ability to explain, teach, and assist in demonstrating fitness exercises.
- Demonstrate written and verbal communication skills; public speaking, capacity to prepare reports and conduct training programs.

#### **How to apply:**

**Contact:** Erik Kennedy, Volunteer Coordinator

**Phone:** 414-274-0724

**Email:** ekennedy@ymcamke.org

*This internship service description has been designed to indicate the general nature and level of service performed by interns. It is not designed to contain or be interpreted as a comprehensive inventory of all duties. There should be no expectation of compensation for service performed while executing these duties.*