



## BENEFITS INCLUDE:

- Discounted Membership
- College Credits
- Non-Profit Organization Work to Build Your Resume
- Support the YCMA's Mission

## MUST COMPLETE:

- Application and Interview
- YMCA Onboarding
- CPR and First Aide Training
- Establish contact between University/College with the YMCA



VALPARAISO FAMILY YMCA  
1201 Cumberland Crossing Drive  
Valparaiso IN 46383  
(219) 462-4185

[valpoymca.org](http://valpoymca.org)

111207 01/12



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Internship Opportunities

Business administration

Exercise Science, Nutrition, and  
Chronic Disease Awareness

Sports Management

Project Based Internships

Early Childhood Development and  
Education



## Business Administration

### Marketing

- \* Videography and Photography
- \* Graphic Designing
- \* Introduction to Software

### Human Resources

- \* Participate in recruitment and hiring process
- \* Collaborate on monthly E-mails

### Finance and Accounting

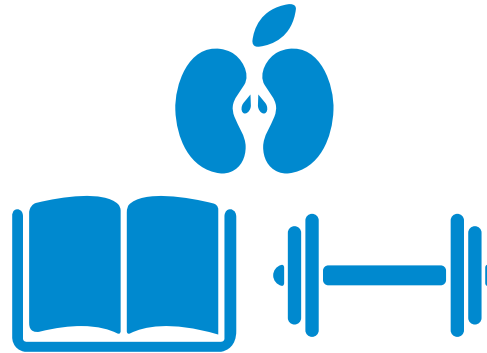
- \* Payroll
- \* Budgeting

### Program Development

- \* Leading other Leaders
- \* Providing oversight on other programs and departments
- \* Development of programming and creating new programs

### Advancement

- \* Special events – support securing in-kind donations, event promotion, and implementation
- \* Grant research
- \* Prospect list development, write content, support Annual Campaign



## Exercise Science and Nutrition

### Wellness Department

- \* Assist in Wellness Center operations when needed
- \* Assist in managing instructors and employees
- \* Attend fairs and events

### Chronic Disease Coaching

- \* Learn tools on how to help people with chronic diseases
- \* Assist people with chronic diseases

### Nutrition Coaching

- \* Shadow under our nutrition coaches and help make plans

## Sports Management

- \* Shadow Sports Director
- \* Organize Tournaments
- \* Organize Teams

## Early Childhood Education

### Preschool Teacher Aide

- \* Aide preschool age children to earn hours

### Preschool Music Teacher

- \* Earn hours as a music teacher



## Project Based Internship Opportunities

Y-BASH Planning

Golf Outing

Annual Campaign

Ring In Spring