YMCA OF AUSTIN - PROGRAM SERVICES BRANCH (AUSTIN, TX)

PROGRAM AREA: HEALTHY LIVING
POSITION: MIND, EXERCISE, NUTRITION, DO IT! (MEND) INTERNSHIP

The Y is dedicated to building programs for youth development, for healthy living and for social responsibility that promote strong families, character values, youth leadership, community development and international understanding. The Y makes accessible the support and opportunities that empower people and communities to learn, grow, and thrive by providing supportive and inclusive environments that nurture the potential of every youth and teen, improves the nation’s health and well-being and provides opportunities to give back and support neighbors.

General Function:
The YMCA of Austin is the first YMCA in the country to partner with MEND in offering a childhood obesity intervention program for children and their parents. Through generous grants from St. David’s Foundation, the YMCA can offer programs throughout the year to help serve the community in need. MEND focuses on healthy eating, regular physical activity and behavior change. As an intern you will be able to view the day to day functions that help operate this program while gaining experience in healthy living and nutrition topics. This is an excellent opportunity for anyone seeking a career in health, nutrition and/or exercise.

Job Description:
Under the direction of the MEND Program Director
- Promoting and incorporating the YMCA five core values, 40 Developmental Assets, and character development model into all program activities
- Assists in the communication of program information to the community
- Provides accurate and timely program communication to YMCA staff, Directors, and Executives
- Actively and enthusiastically support the Branch and Association goals and directions through effective completion of tasks and verbal display to peers, staff, members and guests.
- Effectively completes tasks assigned by MEND Program Director
- Assist facilitators in building community, setting up, cleaning, and providing a learning opportunity for program participants
- Report on site observations to program director and make suggestions based on assessment
- Community evaluation of registration access and programming
- Develop plan to help long-term family engagement
- Assist facilitators with onsite execution of program by distributing curriculum and providing classroom support

Requirements:
- Interested in contributing to the mission of the YMCA
- Reliable transportation to attend work
- Team player with a positive, service-oriented attitude
- Minimum 18 years of age
- Must have high school diploma
- Some college experience preferred

Preferred Qualifications:
- Strong written and verbal communication skills
- Proficiency in Microsoft Office, especially Excel, Word, and Outlook
- Must assume responsibility for accuracy and timeliness of work product
- Able to multi-task
- Prior Health Experience
- Bilingual

**Benefits:**
Individual membership to all YMCA's of Austin (over $600.00/year value)

**To Apply:**
Qualified applicants should submit an internship application, resume, and professional references to
Ishmael Behrhorst at ishmael.behrhorst@austinymca.org.