



Volunteer Opportunity Description

Position Overview	The Exercise Guide will assist consumers at The Arc of San Diego by teaching them how to maintain a healthy lifestyle through the use of fitness equipment and health tracking.
Position Title	Exercise Guide
Position Type	Non-paid Internship/Volunteer—Group
Key Responsibilities	<ul style="list-style-type: none"> ▪ Teach and guide participants on how to use fitness equipment ▪ Track consumers’ health related goals (i.e. weight loss, endurance, etc.) ▪ Support and assist program participants ▪ Maintain and report volunteer hours
Initial Impact	Assisting consumers with their fitness goals will provide them with the opportunity to improve their overall health and well being.
Sustained Outcomes	As an Exercise Guide at The Arc of San Diego, you will help strengthen the program as well as provide valuable skills essential to program participants leading rich and fulfilling lives.
Training	<p>The 2-hour training will include the following:</p> <ul style="list-style-type: none"> ▪ Orientation of The Arc of San Diego ▪ Explanation of proper procedure and protocol ▪ Strategies for working with individuals with developmental disabilities ▪ Explanation of paperwork <p>Each instructor will also receive:</p> <ul style="list-style-type: none"> ▪ Volunteer Handbook ▪ Opportunity to observe a class if available/possible ▪ Observations with an evaluation containing feedback
Support	The Volunteer Coordinator will be available during business hours to answer questions and provide suggestions. Each instructor will be required to check in on a monthly basis with the Volunteer Coordinator.
Commitment	This is a weekly commitment.
Length of Time	This position requires a minimum commitment of 6 months (not necessarily consecutive).
Amount of Time	<p>Total: 2 hours per week+1 extra hour per month</p> <ul style="list-style-type: none"> ▪ 30 minutes per week for lesson preparation ▪ 1.5 hours per week for instruction ▪ 1 hour per month for paperwork and reporting purposes
Specific Schedule	Monday – Saturday; Hours vary
Location	North Shores Vocational Center 9575 Aero Drive San Diego, CA 92123
Qualifications	<p>Knowledge and/or experience of teaching or facilitating groups is preferred but not required. Candidates should have the following characteristics:</p> <ul style="list-style-type: none"> ▪ Willing to learn new skills ▪ Dependable ▪ Friendly ▪ Helpful ▪ Flexible/Adaptable ▪ Organized ▪ Punctual
Skills	Candidates should have a working knowledge of exercising and how to use fitness equipment. They should know how to prevent injury while exercising and be able to communicate effectively and consistently.
Benefits	<p>This opportunity is beneficial because:</p> <ul style="list-style-type: none"> ▪ You will directly be helping enrich the lives of individuals ▪ You will build experience and receive constructive feedback in order to improve ▪ You will gain professional references

For more information contact Michael Mather, Marketing & Community Outreach Manager, via phone at 619-685-1175, ext. 294 or email at mmather@arc-sd.com.