



**FITNESS IN THE PARKS INTERN
DEPARTMENT OF HEALTH AND HUMAN SERVICES
CITY OF WORCESTER**

The City of Worcester Department of Health & Human Services is seeking **TWO** motivated interns to support the **Fitness in the Parks** program, a free summer community fitness initiative presented in partnership with Blue Cross Blue Shield of Massachusetts, YWCA Central Massachusetts, and YMCA of Central Massachusetts.

Fitness in the Parks offers free outdoor fitness classes at multiple park locations across Worcester during the summer months. The program promotes community wellness, physical activity, and access to healthy lifestyle opportunities for residents.

Bilingual applicants are encouraged to apply.

This internship is available for academic credit or experience.

Summer 2026

ESSENTIAL ELEMENTS:

- Conduct community outreach to promote the program (flyer distribution, engagement with local organizations, businesses, libraries, and community members).
- Attend weekly fitness classes to support program operations.
- Welcome participants and assist with program registration.
- Collect participant data and qualitative feedback to support program evaluation and reporting.
- Participate in regular meetings with program staff to discuss outreach strategies and program improvements.

REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES:

- Time Commitment: Approximately 10 hours per week
- Availability: May, June, July and August.
- Mornings before 9am, afternoons at or after 5pm, Weekends

MINIMUM REQUIREMENTS:

- Interest in **public health, community health promotion, fitness, recreation, or nonprofit work.**
- Strong communication and interpersonal skills.
- Ability to engage with diverse community members.
- Organized and comfortable assisting with basic data collection.

PREFERRED QUALIFICATIONS:

- Experience with event or program coordination
- Organized and comfortable assisting with basic data collection.