

Prospective Internship Site Profile
Department of Health Education & Behavior

Location: Orlando, Florida Date: 9/27/2017
City State
Agency: Lake Nona YMCA - Central Florida YMCA
Contact: Dara Sunseri MA - Exercise Physiologists
Address: 9055 Northlake Parkway Orlando, Florida 32827
Street / PO Box City State / Zip
Phone: 407-852-3520 Fax: _____
Email: dsunseri@cfymca.org Website: ymcacentralflorida.com

What semesters is your agency available to accept interns?

- Fall (August – December) Spring (January – April) Summer (May – August)

Normal work hours (Please indicate any evening or weekend time commitments):

We are flexible within our hours of operation which are: M-F 5:30a-9p, Saturdays 8a-5p Sunday, 12p-5p

Is office space available to interns? Yes No _____
Comments

Is a computer available to interns? Yes No _____
Comments

Does your agency offer paid or non-paid internships? Non-paid Paid (amount): n/a

List other benefits your agency offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

A YMCA Membership, access to certain corporate trainings conducted by the YMCA of the USA

List required purchases for interning with your agency (i.e. parking pass, uniform, etc.)

We will provide a shirt and I.D. no additional requirements

List the required skills or previous experience necessary for interning with your agency.

Computer skills, customer service skills, data entry, basic understanding of exercise, health and wellness for all populations. Basic program design and business practices

Special Requirements (i.e. special application, proof of health insurance, immunization, etc.)

Please note: All interns are required to purchase professional liability coverage for \$1,000,000.

NOT REQUIRED however beneficial: CPR/AED and First Aid if intern would like to complete through the YMCA there will be a minimal charge.

Required: Completion of YMCA internship enrollment packet

List a description of duties your agency expects to be fulfilled by interns. Please include additional literature if desired.

- 1. Customer service working with all populations to promote a healthy lifestyle in the spirit, mind and body.*
- 2. Assessment techniques: Complete intake forms (Par Q), body composition, health history questionnaires, wellness triage intakes in the wellness center focusing on the population the internship.*
- 3. Design, market, implement, critique and follow-up on 2 health and wellness programs created for the members and community.*
- 4. Who, what and why the YMCA is. Not for profit vs. Profit Programs*
- 5. Work in each department for a set period of time (Health and Wellness, Aquatics, Membership, Child Development, Afterschool, Sports and outreach.*

List any important information about your agency.

The Central Florida YMCA is one of the largest and most progressive YMCA's in the Country. We have over 27 Family Centers with partnerships with parks and recreation, Walt Disney World, Orange County Public Schools and local hospitals. The Lake Nona YMCA is unique in that we are under the same roof as an Elementary school and provide dual services to the community and membership. We offer aspects of clinical assessment and preventive wellness.

Would you like to be added to the Department's list of approved sites for future interns? Yes No

FOR OFFICE USE ONLY: CONTRACT ON FILE: _____

Approval of Intern Coordinator: _____ Date: _____

Approval Expiration Date: _____