



Volunteer/Intern Program Application

Our volunteer/intern program is for highly motivated, compassionate, and creative people who are interested in working with diverse populations and aspire to help others reach their maximum potential through fitness. This program will provide experience with specialized, inclusive, and adaptive fitness programs for people living with a wide range of diagnoses/disabilities.

Responsibilities as an volunteer/intern may include:

- Greeting people as they enter, create a friendly atmosphere, and provide information about the gym.
- Keep the gym tidy by organizing equipment, restocking supplies, and maintaining cleanliness in common areas.
- Assist in organizing and promoting fitness events or classes held at the gym.
- Contribute to the gym's social media presence by taking photos, creating posts, or engaging with members online.

To apply, you must submit a completed application along with a current resume to fitness@splitsecondfoundation.org. After receipt of the application and resume, you will be contacted by the director to discuss availability.

Internships: Interviews may be conducted over the phone if an in-person interview cannot be arranged. If the student has been accepted and has agreed to take the internship, the necessary paperwork must be completed between Split Second Fitness and the college/university. The student will be responsible for participating in the facilitation of this process.

Split Second Fitness provides equal opportunity to all qualified persons without regard to race, creed, color, religion, sex, sexual orientation, age, national origin, ancestry, physical or mental disability, or veteran status.



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Name: _____ DOB: _____

Address: _____ City: _____ State: _____

Email: _____

Phone: _____

College/University: _____ Major: _____

Applying as: _____ Volunteer _____ Intern

Applying for: _____ Spring _____ Summer _____ Fall

Required hours for credit: _____

Available Start Date: _____

Please indicate which days and times you are available to volunteer (Hours of operation are 8:30am-6pm Monday - Friday):

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Please indicate any relevant work experience and why you would like to work at SSF:

Emergency Contact/Relationship: _____

Phone: _____

I certify that the information in this application is true and complete to the best of my knowledge. I understand that if I am selected, false statements on this application shall be considered sufficient cause for dismissal. I understand that my participation with programs managed by The Split Second Foundation Inc. is "at will," which means that either I or this organization can terminate the relationship at any time, with or without prior notice, and for any reason not prohibited by statute.

Signature: _____

Date: _____