



Irvine Senior Services Volunteer Assignment Description

Job Assignment: Fitness Center Volunteer

Program Description:

- Offer members a safe and comfortable place to workout at Rancho and Trabuco Fitness Centers.
- Fitness Hours: Monday–Friday 8 a.m.–6 p.m.; Saturday & Sunday 9 a.m.–1 p.m.

Duties:

- Check participants in to the Fitness center
- Make sure people are following safety precautions

Hours:

- We request a commitment of at least 3 month commitment
- We require a minimum of one shift that is 2 hours weekly

Skills, Abilities and Knowledge

- Good customer service skills
- Ability to communicate with participants and check them into the fitness center
- Knowledge of operating the exercise equipment

Requirements:

- Complete appropriate paperwork, age requirement 16, meet with staff to interview and complete training in Fitness Center

Benefits:

- A great opportunity to give back to your community and provide support to older adults.
- Complete a minimum of 20 hours per year and you will receive an invitation to Irvine Senior Services Volunteer Recognition Event

Training:

- Hands on training is provided by staff in the Fitness center

If you are unable to fulfill your scheduled shift:

- Rancho Volunteers please contact Nick Nguyen-Zintgraff at nnguyen-zintgraff@cityofirvine.org or (949) 724- 6805.
- Trabuco Volunteers please contact Omar Cuevas ocuevas@cityofirvine.org or (949) 724-7424.

Updated 03/21/2024