

Volunteer Position Description For COMO Park Pacers Walking Group

Position Title: Armory Sports and Community Recreation Center COMO Park Pacers walking group Volunteers.

Department/Division: Parks and Recreation / Community Recreation

Purpose: Volunteers to help lead walking groups at all 4 locations

Requirements: People with good energy that can work with others very well. Have a general knowledge of the game of Health and Fitness. You do not have to be an expert; but willing to teach and be confident. Ability to take authority of a group and lead.

Task: Will assist in coordinating walking groups by leading groups along trails and mapped out spots. These persons will help reinforce the program that the Health Coordinator has planned for the specified dates; but will also encourage the group to meet up for additional walks on other days. The focus of these groups is to have fun with Fitness; but also help introduce to a way to stay active and healthy. Will be responsible of taking care of assigned equipment and making sure all is returned at the close of the group.

Fall Session Dates:

Auburn Hills Park: 1st Thursday each month 8/4, 9/1, 10/6

Downtown Optimist Park: 2nd Thursday each month 8/11, 9/8, 10/13

Douglass Neighborhood Trail: 3rd Thursday each month 8/18, 9/15, 10/20

Indian Hills Park: 4th Thursday each month 8/25, 9/22, 10/27

Spring Session Dates:

Auburn Hills Park: 1st Thursday each month 3/2, 4/6, 5/4

Downtown Optimist Park: 2nd Thursday each month 3/9, 4/13, 5/11

Douglass Neighborhood Trail: 3rd Thursday each month 3/16, 4/20, 5/18

Indian Hills Park: 4th Thursday each month 3/23, 4/27, 5/25

Location: 1st Thursdays at Auburn Hills Park, 2nd Thursdays at Downtown Optimist Park, 3rd Thursdays at Douglass Neighborhood Trail, 4th Thursday each Month Indian Hills Park

Volunteer will report to: Ashley Schmidt - Sports and Health Coordinator 573-817-5077
ashley.schmidt@como.gov

Number of Volunteers Needed: 1 to 2 per session

What to Wear: Comfortable but tasteful. This person is expected to be a positive role model. Tee shirts or tanks and shorts are fine with Sneakers. Clothing appropriate for the activity.

Special Note: We need consistent and dedicated people that have a passion for people and community. To learn more contact our Volunteer Services at 573-874-7499 or volunteer@CoMo.gov.