

2025 NYC SUMMER INTERNSHIP PROGRAM

PARKS & RECREATION-028

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AGENCY DESCRIPTION

The New York City Department of Parks & Recreation manages 14 percent of the land in New York City with facilities ranging from playgrounds and large parks, to tranquil wooded areas and more than 14 miles of beaches. Parks serve as New Yorkers' backyards, as vital meeting areas for outdoor play and recreation – but also as an important tool in mitigating the effects of climate change, critical engines for economic growth and development.

NYC Parks' mission is to grow, maintain, and program a world-class park system prioritizing equity, access, safety, and nature.

Highlights of Parks' work over the last year include:

- Launching the Vital Parks for All plan, an initial investment of over \$3.2 billion across ten strategic initiatives to expand greenspace access, promote public safety, and engage New Yorkers in the stewardship of their local parks. Vital Parks for All delivers a plan to restore aging park facilities, bring new park resources where they are needed most, and empower New Yorkers with the data they need to advocate for their public greenspaces. This included the creation of the Vital Parks Explorer, a digital map that provides New Yorkers with data on park conditions to help them advocate for strategic investments and show how their parks compare to other communities across NYC.

- Joining Mayor Adams to launch “Let’s Swim NYC,” a more than \$1 billion capital investment in building, improving, and protecting New York City’s public pools over the course of five years. This funding marks the city’s highest investment in swimming infrastructure since the 1970s and includes two brand-new pools.

- Keeping New Yorkers healthy in the face of extreme heat by planting nearly 18,000 new trees, our highest tree planting total in the past six fiscal years — with a special focus on neighborhoods impacted by high heat vulnerability.

- Deploying additional “second shift” maintenance services to approximately 100 hot spots throughout the five boroughs, giving extra cleaning attention to the sites that most needed it. We also unveiled special trash receptacles designed specifically for pizza boxes, giving New Yorkers a place to dispose of their bulky boxes while limiting the food available to rodents.

- Helping visitors enjoy our greenspaces more comfortably by installing new baby changing tables in over 1,200 restrooms citywide, while also launching an ambitious initiative to build 46 new restrooms and renovate 36 existing restrooms throughout the five boroughs.

The work of our staff goes far beyond the maintenance of New York City’s nearly 30,000 acres and more than 2.5 million trees. Parks is the City’s leading programmer of cultural, athletic, and social activities, including nature walks, volunteer programs, sports clinics, historic house tours, and much more. In addition, Parks produces special events, concerts and movie premieres, and manages agreements with more than 300 businesses that operate on public parkland.

UNIT DESCRIPTION

Since 1910, the Department of Parks & Recreation has provided the most affordable and extensive network of recreational services throughout New York City. Our recreation centers offer facilities such as indoor pools, weight rooms, basketball courts, and dance studios, art studios, game rooms, and libraries. All of our recreation centers offer a range of programs for people of all ages.

The Office of Programming & Strategic Management for Recreation (OPSMR) develops, delivers and/or coordinates fitness programs citywide. The 36 recreation centers under the purview of OPSMR offered more than 27,000 hours of fitness programming in 2024. The office is responsible for providing regular training opportunities to 50 staff who specialize in fitness.

POSITION TITLE

Fitness Intern

INTERNSHIP RESPONSIBILITIES

Fitness Programming Assessment:

- Conduct fitness class visits to NYC Parks Recreation Centers to assess quality of instruction and identify training and equipment needs
- Summarize findings and create recommendation for future improvements

- Assist with surveys or feedback from class participants
- Interview instructors to gather insights on their class needs and challenges

Fitness Equipment Inventory:

- Visit NYC Parks Recreation Centers to update citywide fitness equipment inventory
- Support the administrative needs of the team, including maintaining databases and organizing files

Special Events Support:

- Assist in the planning, coordination, and promotion of special fitness events hosted by Recreation staff or by OPSMR, including the NYC Parks Fitness Expo

QUALIFICATIONS/SPECIAL SKILLS/AREAS OF INTEREST

We are looking for an intern who is passionate about fitness and can share that enthusiasm with New Yorkers with diverse backgrounds and abilities.

Preferred Skills:

- Basic knowledge of exercise science and group fitness principles
- Experience taking or teaching group fitness classes, or personal training experience is helpful
- Familiarity with different class formats (e.g. strength training, cardio, yoga, dance fitness) is beneficial
- Strong project management/multitasking abilities
- A great attitude and flexibility to adapt to changing priorities and deadlines
- Ability to work independently and as part of a team
- Availability to attend occasional fitness classes and events during evening and weekend hours

Required Academic Experience Qualifications:

Enrolled in a degree program in Exercise Science, Exercise Physiology, Kinesiology, or a related field.

APPLICATION PROCESS

Please email cover letter and resume to Leslie.Nusblatt@parks.nyc.gov