



## **FITNESS FOR EVERYONE**

Our company believes that everyone should be able to reap the physical and mental benefits of fitness. Unfortunately, our current economic situation is not ideal and many people are cutting back or giving up exercise programs entirely to make ends meet. We want to give the opportunity for these individuals to take our classes even when money is tight.

**Work-Dance Positions.** These are volunteer positions that individuals must apply for. In exchange for completing the duties of each position, volunteers will be granted full or partial assistance for our classes. Volunteers must be qualified to do the position for which they are applying. The application is available online and should be submitted directly to Angie Acosta by email, mail or fax. These positions include, but are not limited to:

- Class Helper
- Data Entry Specialist
- Speaker Transporter
- Flyer Distribution at demos/events
- Special Event Assistance
- Class Card Preparation
- Community Relations
- Printing & Reproduction
- Photography/ Videography
- Marketing & Advertising
- Other service trades

**Full or Partial Assistance.** Sometimes a participant may not qualify for a Work-Dance position or one might not be available at the time they apply. If this is the case, we may grant them a temporary partial or full assistance if they demonstrate financial hardship. They would still need to apply for the Work-Dance Position and be available to begin at any time if a permanent or temporary position opens up. In order to be considered for this assistance, they would need to include a statement of financial hardship.

# QCDO WORK-DANCE APPLICATION

| APPLICANT INFORMATION  |                                 |                  |            |
|--|---------------------------------|------------------|------------|
| Last Name  | First                           | M.I.             | Nicknames? |
| Street Address   |                                 | Apartment/Unit # |            |
| City   | State                           | ZIP              |            |
| Email  |                                 |                  |            |
| Cell #   | Home #                          | Work #           |            |
| Social Security No.  | Drivers License State & Number: | DOB              |            |
| Are you a citizen of the United States?      YES <input type="checkbox"/> NO <input type="checkbox"/> If no, are you authorized to work in the U.S.?    YES <input type="checkbox"/> NO <input type="checkbox"/> |                                 |                  |            |

| EDUCATION                    |             |
|------------------------------|-------------|
| High School                  | City, State |
| From                      To |             |
| College                      | City, State |
| From                      To | Degree      |
| Other                        | City, State |
| From                      To | Degree      |

| REFERENCES   |                |
|--|----------------|
| <i>Please list three professional/personal references.</i> |                |
| Full Name  | Relationship   |
| Company (if applicable)                                    | Phone (      ) |
| Full Name  | Relationship   |
| Company (if applicable)                                    | Phone (      ) |
| Full Name  | Relationship   |
| Company (if applicable)                                    | Phone (      ) |

| EMPLOYMENT HISTORY (PLEASE BEGIN WITH MOST CURRENT)      |                              |
|--|------------------------------|
| Company  | Phone (      )               |
| Address  | Title                        |
| Avg # of hours worked/week                      Wages/Hr | From                      To |
| Description of position                                  |                              |
|  |                              |
| Company  | Phone (      )               |

|                            |          |               |    |
|----------------------------|----------|---------------|----|
| Address                    |          | Title         |    |
| Avg # of hours worked/week | Wages/Hr | From          | To |
| Description of position    |          |               |    |
|                            |          |               |    |
| Company                    |          | Phone (     ) |    |
| Address                    |          | Title         |    |
| Avg # of hours worked/week | Wages/Hr | From          | To |
| Description of position    |          |               |    |
|                            |          |               |    |

**OTHER (HOBBIES, INTERESTS, TALENTS, SKILLS)**

|  |   |
|--|---|
| Have you ever taken a class with QCDO? Yes    No | If yes, when did you take your first class? Mo _____ Yr _____ |
|--|---|

|   |   |
|---|---|
| Are you part of the QCDO Jam Crew?    Yes    No | If yes, since when have you been in the Jam Crew? Mo _____ Yr _____ |
|---|---|

Are you currently teaching any group fitness classes? Yes    No    (If yes, please include in the EMPLOYMENT section above)

What positions would you be interested in applying for?

- Class Helper
- Data Entry Specialist
- Speaker Transporter
- Flyer Distribution at demos/events
- Special Event Assistance
- Class Card Preparation
- Printing & Reproduction
- Community Relations
- Photography/ Videography
- Marketing & Advertising
- Other service trades (please describe): \_\_\_\_\_

Please describe any qualifications or experience that you have had that would prepare you for these positions:

|  |
|--|
|  |
|--|

Please describe any other hobbies, interests, talents and/or special skills:

|  |
|--|
|  |
|--|

**AVAILABILITY**

Which classes would you/do you attend most regularly?

Day:

Location:

Class Type:

Day:

Location:

Class Type:

Day:

Location:

Class Type:

Day:

Location:

Class Type:

**STATEMENT OF FINANCIAL HARDSHIP (IF APPLICABLE)**

Please describe why you believe you should qualify for full or partial assistance for QCDO classes. If you can pay a partial amount, please include that information here.

**DISCLAIMER AND SIGNATURE**

I hereby certify that the facts set forth in the completed volunteer application are true and complete to the best of my knowledge. I understand that if selected for the volunteer position, falsified statements on this application may result in dismissal. I release and hold harmless any person, firm, or entity that discloses matters in accordance with this authorization, as well as from liability that might otherwise result from the request for use of and/or disclosure of any or all of the foregoing information. You are hereby authorized to make any investigation of my personal history academic/professional credentials, military service records, criminal, driving, financial and credit record through any investigative or credit bureaus of your choice. I understand that I am applying for an unpaid volunteer position that will qualify me for certain perks such as reduced or free classes.

Signature

Date

Please send completed application to Angie Acosta:

Email: [angie@queencitydanceout.com](mailto:angie@queencitydanceout.com)

Fax: 704-671-2189

Mail: 732 E 3<sup>rd</sup> Ave, Gastonia, NC 28054