"I'm able to give back to my community working from my home. Volunteering allows me to expand my experiences in graphic design."
- Gwen

"Volunteering keeps my mind busy. I get to meet interesting people and it keeps me out of trouble."
- Leroy

"Volunteering is great. It gives you a chance to get hands on experiences and a chance to work in different work environments."
- Kris

"Volunteering gives you awesome working experience."
- Ebony

"Volunteering makes me feel good because I am being helpful and useful. I've been volunteering on and off for sixty years. It keeps me young."
- Helen

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

Designed by a Volunteer: www.gwen-designs.com

"It makes me feel good (to volunteer) & makes me feel like a grownup"
-Josh

" ... Happy to help the neighborhood improve for the 'tots'"
- Richard

"Volunteers don't have to act as if they care ... they care enough to act."

"When I volunteer, I feel like I change somebody's life by making it a bit better. Plus I get free food in the summer time!"
-Yaz

"Volunteering is a way to do something meaningful and really make a difference. It's rewarding to see people of all ages involved in the many activities our Recreation Council supports."
- Naomi

For information on the Volunteer Program, please visit our website at:
www.sandiego.gov/park-and-recreation
or contact:
The Department Volunteer Coordinator at (619) 685-1324

City of San Diego
Park and Recreation Department
Volunteer Program
1250 Sixth Ave 4th Floor
San Diego, CA 92101

THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Volunteer Opportunities

SAN DIEGO PARK & RECREATION DEPARTMENT
AMERICA'S FINEST

ON YOUR MARK,

GET SET,

GROW!

BECOME A VOLUNTEER!

The City of San Diego
Park and Recreation Department
www.sandiego.gov/park-and-recreation

THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Mission Statement of the City of San Diego Park and Recreation Department:

To acquire, develop, operate, and maintain a park and recreation system which enriches the quality of life for residents and visitors alike and preserves it for future generations.

The Department offers various volunteer opportunities. Individual community involvement is an important key in staying active, and making a difference in the lives of those around you.

Don't miss out on the opportunity to:

- Learn new skills
- Gain work experience
- Establish a job reference
- Build a record of community service
- Make new friends
- Help others in need
- Inspire others
- Discover a new talent
- Have fun!

The minimum age for volunteers is 13. Participants under the age of 13 must be accompanied by a parent or adult guardian.

Volunteer assignments are based on facility needs and vary depending on the time commitment and skills of the volunteer.

Opportunities include:

Golf Complexes

Golf marshal and grounds maintenance.
Balboa Golf Complex:
(619) 235-1184
Mission Bay Golf Course and Practice Center: (858) 581-7880
Torrey Pines Golf Complex:
(858) 552-1610

Recreation Centers

Office assistance, grounds maintenance, recreation program assistance, special events, youth sports coach, referee, official, recreation council member.

Adams: (619) 235-1149
Allied Gardens: (619) 235-1129
Azalea: (619) 235-1162
Balboa Park Activity Center:
(858) 581-7100
Black Mountain Multipurpose Center:
(858) 538-8128
Cabrillo: (619) 531-1534
Cadman: (858) 581-9929
Canyonside: (858) 538-8131
Carmel Mountain Ranch/Sabre Springs:
(858) 538-8100
Carmel Valley: (858) 552-1616
Chollas Lake Park: (619) 527-7683
City Heights: (619) 641-6125
Colina del Sol: (619) 235-1144
Colonel Irving Salomon San Ysidro (SYCAC):
(619) 424-0472
Dolores Magdaleno Memorial:
(619) 235-1125
Doyle: (858) 581-7170
Encanto: (619) 527-3411
Golden Hill: (619) 235-1138
Hilltop: (858) 538-8198
Kearny Mesa: (858) 573-1387
La Jolla: (858) 552-1658
Larsen Sports Field & Cesar Chavez:
(619) 424-0464
Linda Vista: (858) 573-1392
Martin Luther King, Jr.: (619) 527-3415
Memorial Skate Park:
(619) 527-3596
Mid-City Gymnasium: (619) 516-3082
Mira Mesa: (858) 538-8122
Montgomery-Waller: (619) 424-0466
Morley Field: (619) 692-4919
Mountain View: (619) 527-3417
Municipal Gymnasium: (619) 525-8262
North Clairemont: (858) 581-9926
North Park: (619) 235-1152
Ocean Beach: (619) 531-1527
Pacific Beach: (858) 581-9927
Paradise Hills: (619) 527-3419
Penn Athletic Field: (619) 527-3458
Presidio: (619) 692-4918
Rancho Bernardo Glassman:
(858) 538-8129
Robb Athletic Field: (619) 531-1563
Robb Field Skate Park:
(619) 525-8486
Robert Egger, Sr. - South Bay:
(619) 424-0470
San Carlos: (619) 527-3443
Santa Clara: (858) 581-9928
Scripps Ranch: (858) 538-8085
Serra Mesa: (858) 573-1408
Silver Wing: (619) 424-0465
Skyline Hills: (619) 527-3486
South Clairemont: (858) 581-9924
Southcrest: (619) 527-3413
Standley: (858) 552-1652
Stockton: (619) 235-1163
Tecolote: (858) 581-9930
Tierrasanta: (858) 573-1393
Willie Henderson Sports Complex:
(619) 527-3407

Regional Parks, Open Space Parks and Preserves

Office assistance, habitat & trail restoration, tour or trail guide, park patrol, advisory board/foundation member.

Balboa Park: (619) 235-1120
Black Mountain / Crest Canyon / San Pasqual Valley: (858) 538-8082
Kumeyaay Campground at Mission Trails: (619) 668-2746
Los Peñasquitos Canyon Preserve:
(858) 538-8066
Mission Bay Park: (858) 581-7879
Mission Trails Regional Park:
(619) 668-3276
Otay Valley Regional Park: (619) 235-5262
Presidio Park / Mission Hills Pioneer Park:
(619) 692-4846
Tri-Canyon Parks / Mission Valley Preserve: (858) 581-9961

Senior Citizen's Services

Office assistance and special events.
(619) 236-6910

Swimming Pools

Office assistance, aquatic program assistance, special events.

Allied Gardens Pool: (619) 235-1143
Bud Kearns Memorial Pool:
(619) 692-4920
Carmel Valley: (858) 552-1623
City Heights Swim Center: (619) 641-6126
Clairemont Pool (858) 581-9923
Colina del Sol Pool: (619) 235-1147
Kearny Mesa Pool: (858) 573-1389
Martin Luther King, Jr. Pool:
(619) 262-9388
Memorial Pool: (619) 235-1139
Ned Baumer Miramar College Aquatic Center: (858) 538-8083
Swanson Pool: (858) 552-1653
Tierrasanta Pool: (858) 636-4837
Vista Terrace Pool: (619) 424-0469

Therapeutic Recreation Services

Office assistance, recreation program assistance, special events, advisory council member.

(619) 525-8247 or
(619) 525-8249 TDD

All volunteers working with minors are required by State law to be fingerprinted and cleared by the Department of Justice.