



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGE LIVES, INCLUDING YOUR OWN WITH A CAREER AT THE YMCA

## NOW HIRING Fitness Instructors –Sturgeon Bay and Northern Door

The Door County YMCA has part-time opportunities to be a part of our upcoming Healthy Living programs! Fitness Instructors are responsible for planning, directing and leading classes for adults of various ages and abilities, while fostering the development of YMCA character values of caring, honesty, respect, and responsibility. Fitness Instructors are responsible for the general safety of the participants during a scheduled class of approximately 30-60 minutes. Instructors are expected to develop relationships with members of the class, learning all on a first name basis, and encouraging relationships among class participants.

### KEY QUALIFICATIONS

This position is responsible for leading participants through a series of exercises consistent with the intent of the program. This position requires the ability to develop curriculum that is adaptable to all abilities, and teach to those various abilities throughout the class sessions. Developing healthy lifestyles and fostering relationship building are key outcomes of success.

### DETAILS

Fitness Instructor positions are currently available at both our Sturgeon Bay and Northern Door Program Center location. Pay range will start at \$7.75-8.50/hour, depending on experience. Work hours will vary with program and availability. Applicants must be at least 18 years old and have the ability to be physically active, including walking, bending, reaching, pushing and lifting 40-50 pounds on a regular basis; depending on the class, Instructor may need to be musically inclined. Free YMCA membership is included.

Full job descriptions can be found on the YMCA website, [www.doorcountyyymca.org](http://www.doorcountyyymca.org)

### Interested applicants can apply by submitting resume and references to:

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