



DOOR COUNTY YMCA
Job Description
LIFESTYLE CENTER/JUMP START INSTRUCTOR

FLSA: Non-exempt/Part-Time
Payroll Posting Codes: 013LSC, 031NLS
Position Grade: Grade H

GENERAL FUNCTIONS

Under the direction of the Healthy Living Director and in accordance with the policies of the Door County YMCA, the Lifestyle Center/Jump Start Staff will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

PHYSICAL REQUIREMENTS

The ability to stand or walk for long periods of time and perform physical activities that require considerable use of arms and legs is required. Must be able to lift up to 50 lbs.

KNOW HOW

The Lifestyle Center/Jump Start Staff must possess current CPR and AED certifications within 60 days of employment. Obtaining YMCA Principles of Healthy Living and the Strength and Conditioning certification preferably within 90 days of employment. Continuing Education Credits (CEC's) will be necessary on a continual basis to keep certification current. A degree or experience in Exercise Physiology or related field is preferred. Demonstrated strong skills in working with and motivating people in a positive manner are required. Lifestyle Center/Jump Start Staff shall have an understanding of physical education principles, as well as the ability to work with "beginning/deconditioned" participants of all ages and abilities. Must complete NEO prior to employment.

PRINCIPAL ACTIVITIES

1. Instruct participants safely and effectively on strength and aerobic equipment in the Lifestyle Center.
2. Implement and maintain Lifestyle Center programs for participants, responding to fitness goals.
3. Enforce established YMCA Healthy Living Policies.
4. Clean, maintain and monitor equipment for safety consideration and member service.
5. Interact and assist participants with their programs by actively correcting form, speed of movement and positioning. Circulate and greet participants so everyone feels welcome.
6. Work at least one shift per week.
7. Be able to direct participants to appropriate program personnel if the need arises.

8. Communicate substitutions, scheduled conflicts, vacations, and significant events related to the YMCA Healthy Living procedures to supervisor.
9. Assure own professional growth through reading, study, meetings, and conference attendance.
10. Exemplify the YMCA values of **CARING, HONESTY, RESPECT AND RESPONSIBILITY** in all aspects of job performance and in relationships with others.

EFFECT ON END RESULTS

1. Well-trained, highly motivated participants who foster healthy self-images.
2. Deliverance of a safe, effective, fun and inspiring program.
3. Placement of individual members into appropriate fitness programming based upon their needs and limitations.
4. Development of a positive attitude in the community towards the YMCA and it's programs.

The above statements reflect the general details considered necessary to describe the essential functions of the job as identified, and shall not be considered as a detailed description of all work requirements that may be inherent in the position.

I understand and mutually accept that the above job description represents my agreement as to the job to be performed and that this job description is not a contractual agreement.

Employee Signature

Date

Employer Signature

Date