

Scott County Family Y Vacancy Posting

Position:
Group Fitness Instructor

Department:
Health & Fitness

Supervisor:
Health & Fitness Director/Coordinator

Pay Range:
Based on experience

Location:
Bettendorf Family YMCA

Hours:
Part-Time (approx. 6 hours per week)

How to Apply:
Submit application at Welcome Center of
Bettendorf Family YMCA, 3800 Tanglefoot Lane,
Bettendorf, IA 52722

GENERAL FUNCTION

Under the supervision of the Group Fitness Coordinator or Fitness Director, the group fitness instructor provides enjoyable, high quality, and safe group exercise classes to YMCA members.

REQUIREMENTS

- 1) The group instructor must have general health and wellness knowledge of group exercise principles.
- 2) The staff must be evaluated by the Group Fitness Coordinator prior to hire with oral and/or practical exam.
- 3) Current CPR/AED/1st Aid before employment starts. Supervisor must have copy of your cards.
- 4) Possess one of the following within 6 months of employment: YMCA Group Fitness Instructor Certification, ACE, AFAA, or ACSM. Supervisor must have copies of certs, and certs must be kept current.
- 5) Demonstrates willingness to work with people and is able to promote the 4 Core YMCA values through actions and work.
- 6) Emotional maturity, good communication skills, judgment and tact, and positive attitude.
- 7) Preferred candidate will have experience working with older adults in an exercise setting

RESPONSIBILITIES:

1. Work with supervisors to plan classes and schedules.
2. Wear proper group fitness attire to be explained by supervisor.
3. Arrive at least 15 minutes before class time to set up and greet participants.
4. Clock in once for each class and write "sub" next to time when subbing.
5. Sub classes for other instructors when available.
6. Call entire sub list to find your sub, inform supervisor who is subbing your class.
7. Concerned with safety at all times and must be emphasized in all classes.
8. Fill out accident reports when needed
9. Report any accidents, concerns, equipment troubles to supervisor immediately.
10. Know where first aid kit and AED are located.
11. Return all equipment and supplies used to proper location after each class.
12. Make sure all participants are treating equipment properly to prevent damage, accidents, spread of disease.
13. For paid classes make sure all participants are on the roster of people who have paid.
14. Attend all required trainings and meetings.
15. Always make everyone feel welcome and appreciated. Positive attitude with people of all abilities. Ability to teach to all abilities and provide modifications for those looking for higher/lower intensity.
16. Introduce yourself to new members of the class and learn everyone's name.
17. Follow your branch's policy for tracking class attendance.
18. Calmly and courteously listen to complaints and suggestions.
19. Keep up to date on YMCA policy, rules, and regulation changes.
20. BE A POSITIVE ROLE MODEL AT ALL TIMES.
21. Stay within scope of practice with fitness and nutrition recommendations.