

A BETTER US STARTS WITH U



WE WANT YOU ON OUR TEAM!

The FOND DU LAC FAMILY YMCA
IS NOW HIRING:

ACTIVE OLDER ADULT (AOA) INSTRUCTOR Part-Time



The Fond du Lac Family YMCA is looking for a motivating individual to teach our Silver Sneaker Classic Active Older Adult Class. This class combines fun with fitness to increase cardiovascular and muscular endurance power with both sitting and standing circuit workouts followed by a seated flexibility cool down. This class requires a Certification in Silver's Sneaker Classic; the YMCA will assist a qualified applicant in earning certification.

RESPONSIBILITIES:

- Teach Silver Sneaker Classic Class
- Act as a positive role model using the YMCA's core values of honesty, caring, respect and responsibility
- Learns new routines, patterns, or material as required to deliver the highest level of programming
- Instruct and educate members on general wellness information, correct body alignment and exercise form
- Greet and interact with members as needed before and after class providing guidance, encouragement and motivation to every member
- Communicates with other fitness and management staff any concerns, questions, or suggestions
- Be aware of and able to implement all safety precautions and emergency procedures when necessary

REQUIREMENTS:

- Fitness/wellness experience preferred.
- Must effectively communicate and actively interact with members
- Must be able to lift and carry (5 – 50 pounds) and be able to perform physical functions necessary to program instruction, including but not limited to squatting, bending, kneeling, spotting program participants and demonstrating the use of program apparatus or program skills.

HOW TO APPLY:

1 – Fill out the
EMPLOYMENT FORM

2 – Submit your RESUME &
EMPLOYMENT APPLICATION



WAGE SCALE: \$9.45/hr based on experience

WORK DAYS: Thurs/Fri – Class times are 10:15-11:30am.
(Availability to sub as needed on Mon, Tues, Wed). Alternating
between cardio/strength and flexibility/balance.

For a better us.® <.....