

A BETTER US STARTS WITH U



WE WANT YOU ON OUR TEAM!

The FOND DU LAC FAMILY YMCA IS NOW HIRING: **LIVESTRONG INSTRUCTOR** Part-Time



The Fond du Lac Family YMCA is looking for an exercise expert and passionate relationship builder that implements LIVESTRONG at the YMCA fitness classes for cancer survivors in a safe, enjoyable, and positive environment that promotes wellness and engagement. Training and certifications provided as needed.

RESPONSIBILITIES:

- Leads energizing, fun, safe and small group classes to accomplish the YMCA mission and goals. Ability to work with participant to address the whole person's well-being, including spirit, mind and body.
- Assists in assessing the participants. Implements exercise programs from assessment results. Determines starting reps, sets, weight, duration, and determine if any modifications/adaptations may be needed to the exercise or equipment. Orientates participants on equipment, correct exercise technique and safety considerations, and how to fill out the exercise log sheet. Answers questions from participants to support them in achieving their goals related to wellness. Able to make minor adjustments to exercise programs as needed in response to participant adaptations/tolerance to activity per session.
- Maintains accurate records as required (i.e. class attendance records).
- Follows YMCA policies and procedures; responds to emergency situations.

REQUIREMENTS:

- Required certifications: CPR and AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification (or equivalent).
- Fundamentals of Listen First E-learning (or equivalent) prior to LIVESTRONG training.
- Engaging with Cancer Survivors E-learning prior to LIVESTRONG training.
- LIVESTRONG at the YMCA Instructor Training prior to teaching first class.
- Lymphedema Webinar completed within 14 days of the LIVESTRONG at the YMCA Instructor Training.
- At least one year of experience teaching group wellness classes preferred.

HOW TO APPLY:

1 - Fill out the
EMPLOYMENT FORM

2 - Submit your RESUME &
EMPLOYMENT APPLICATION



WAGE SCALE: \$10.42/hr based on experience

WORK DAYS: Class Days/Times vary with each session. Classes run 12 weeks, 2X a week, 90 mins each. 6 sessions per year

For a better us.® <.....