

# A BETTER US STARTS WITH U



## WE WANT YOU ON OUR TEAM!

### The FOND DU LAC FAMILY YMCA IS NOW HIRING: PERSONAL TRAINERS Part-Time

The Fond du Lac Family YMCA is looking for motivating individuals to help guide our personal training clients with personalized fitness programming and small group classes.

#### RESPONSIBILITIES:

- Conduct all initial Personal Training assessments with the client completing a Par-Q form, ask pertinent questions relating to their health history and previous injuries refer the client back to their primary care physician with any questionable issues that surface and obtain physician clearance to continue
- Assist clientele in setting achievable goals and objectives and provide positive motivation and support
- Provide Personal Training sessions and cultivate a base of Personal Training Clientele

#### REQUIREMENTS:

- Prefer trainers to be currently certified through ACE, NASM, ACSM, or NSCA or a degree in kinesiology or bachelor's degree in a field of exercise science
- 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

#### WAGE SCALE:

Rate varies based on session type, \$17.50/hour starting

#### WORK DAYS:

10-15 hours a week – early morning, day and evenings



#### HOW TO APPLY:

1 – Fill out the  
EMPLOYMENT FORM

2 – Submit your RESUME &  
EMPLOYMENT APPLICATION

