



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Job Title: **LIVESTRONG at the Y Instructor**
FLSA Status: Part-Time Non-Exempt
Reports to: Livestrong Coordinator

Department: Healthy Living
Revision Date: 09/2018

POSITION SUMMARY:

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 in accordance with YMCA policies and procedures.

ESSENTIAL FUNCTIONS:

1. Positively models and reinforces YMCA's core values, mission statement, and relationship-building skills in all interactions. Builds effective, authentic relationships with participants. Executes strategies to ensure that members connect with one another and connect with the YMCA.
2. 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.
3. 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.
4. Maintains accurate records as required (i.e. class attendance records).
5. Follows YMCA policies and procedures; responds to emergency situations.
6. Perform all other duties as assigned by the Wellness Coordinator.

YMCA COMPETENCIES:

Mission Advancement: Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

QUALIFICATIONS:

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

Fond du Lac Family YMCA
90 W. 2nd Street
Fond du Lac, WI 54935

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- While performing the duties of this job, the employee is regularly required to use a computer for extended periods of time and be able to communicate using a computer and phone/smart device. The employee frequently is required to sit and reach, and must be able to move around the work environment.
- The employee must occasionally lift and/or move up to 10 pounds.
- Specific vision abilities required by this job include close vision, distance vision, and the ability to adjust.
- The noise level in the work environment is usually moderate.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____