

BE PART OF SOMETHING GREAT

FOND DU LAC FAMILY YMCA

As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y offers more than just a job; it offers a cause to embrace. Serving over 10,900 members in the Fond du Lac area, our association is the foundation for a holistic approach to wellbeing.

LOOKING FOR: Wellness Coach

The Fond du Lac Family YMCA is seeking motivated and energetic individuals to interact with new and existing members to help them in achieving their health and well-being goals. Our Wellness Coaches are responsible for creating a welcoming environment for all members of all backgrounds and abilities.

ESSENTIAL FUNCTIONS

1. Coaches members in support of their desired behavior change. Regularly checks on members' progress in meeting personal and program goals. Able to demonstrate the use of fitness equipment to members and participants.
2. Answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
3. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA. Introduces new members to group exercise communities based their health and well-being goals.

KEY QUALIFICATIONS

1. Pursuing a degree in related field such as kinesiology, exercise science, health promotion, or related experience preferred.
2. Have experience and basic knowledge of weight training and cardiovascular exercise, with an understanding of the structure and function of the human body.
3. Previous experience with diverse populations preferred.

WAGE: \$8.50 - \$9.50/hour

HOURS PER WEEK: 12 – 15 hours a week. Three days a week from 6:00 AM – 10:00 AM with occasional weekends

HOW TO APPLY

Resume & cover letter to Kristel Lougher, Director of Leadership Experience, 90 W. 2nd Street, Fond du Lac, WI 54935 or employment@fdlymca.org.