



# OPPORTUNITY AWAITS

## AERIAL YOGA INSTRUCTOR

### Part Time

The Fond du Lac Family YMCA is hiring a qualified aerial yoga instructor with a passion for sharing their aerial yoga skill & knowledge with YMCA members. The instructor is responsible for planning aerial yoga class sessions, supervising class participants, and positively modeling and reinforcing the YMCA's core values and mission statement while providing the YMCA membership with a fun, quality fitness class.

### RESPONSIBILITIES:

- 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.
- Set up and clean up aerial silks before and after class.
- Greet and interact with members as needed before and after class providing guidance, encouragement and motivation to every member.
- Communication with other fitness and management staff of any concerns, question, or suggestions that you have or that you may have heard from other staff, volunteers, members or the public.

### REQUIREMENTS:

- Certified aerial yoga instructor
- Have a good understanding of cardiovascular training, flexibility and strength and conditioning principles
- Must be able to easily move through all program areas and effectively communicate and actively interact with members.
- Must be able to lift and carry (5 – 50 pounds)
- Must be able to perform physical functions necessary to program instruction, including but not limited to squatting, bending, kneeling, spotting program participants and demonstrating use of program apparatus or program skills.

**WORK DAYS:** Two classes a week with the possibility of more.

**WAGE SCALE:** \$10.00-\$12.00 per hour based on experience.

## WORK AT THE Y!



### HOW TO APPLY

Qualified candidates should email a resume to [employment@fdlymca.org](mailto:employment@fdlymca.org)

**GREAT  
COWORKERS**

**CAUSE DRIVEN**  
Work with people passionate  
about our community.

**FREE Y  
MEMBERSHIP**