KOSCIUSKO COMMUNITY YMCA

Job Title: **Youth Fitness Instructor**

FLSA Status: Non-Exempt

Reports to: Director of Healthy Living / Wellness Program Coordinator

**Position Summary:**

The Youth Fitness Instructor will provide teaching and instruction to enhance exercise and wellness habits for those participating in youth fitness programming. Through instruction, encouragement, and leadership the youth fitness instructor will assist youth to achieve physical, mental, and social growth. The Youth Fitness instructor will contribute to the overall success of the YMCA by embodying the mission, vision, and core values of the YMCA.

**Essential Functions:**

1. Teaching fun, safe, and effective youth fitness classes while instilling leadership qualities into youth.
2. Maintaining knowledge of evolving fitness equipment to properly guide and teach youth.
3. Developing the youth of our YMCA physically, mentally, and socially by actively encouraging and supporting youth program participants.
4. Participating as a positive team member, consistently collaborating with other instructors when planning sessions.
5. Follows and enforces YMCA policies and procedures; responds to emergency situations.
6. Willing to perform other duties assigned by the Wellness Program Coordinator.

**YMCA Competencies (Leader):**

*Mission Advancement:* Accepts and demonstrates the Y’s values. Demonstrates a desire to serve others and fulfill community needs.

*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. Certifications: CPR, AED
2. High school graduate.
3. Experience leading group fitness classes and teaching youth preferred.

**Physical Demands:**

1. Ability to conduct classes and activities in accordance with the essential functions
2. Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, lifting, running, and jumping.
3. May need to lift up to 50 lbs.

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Signature, Youth Fitness Instructor Date

Revised July 2024