



# KISHWAUKEE FAMILY YMCA

## Water Exercise Instructor

Part Time Non-Exempt

Reports to Wellness Coordinator

Starting rate: \$12+

Applications always accepted please forward to Cyndie Brown, HR Coordinator

### Position Summary

Develops and instructs group classes that provide excellent service to members in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures.

### Essential Functions

- Develops and leads group water fitness classes to accomplish the YMCA mission and goals.
- Conducts energizing, fun, safe, effective and educational classes.
- Builds effective relationships with members; helps members connect with each other and the YMCA.
- Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Keeps accurate class attendance records.
- Follows YMCA policies and procedures; responds to emergency situations.
- Attends and participates in program activities, staff meetings, and staff training.

### Qualifications

- Minimum age 18 years old.
- One year of experience teaching group water exercise classes preferred.
- Certification in area of expertise preferred – Aqua Zumba, Shallow Water Exercise, Deep Water Exercise, Aqua Boot Camp, Arthritis etc.
- Required certifications: CPR, First Aid, AED
- National certification (AEA, USWFA, AFPAF, ASFA) in group fitness instruction or YMCA Healthy Lifestyles or College Degree in Wellness Field.
- YMCA Foundations of Group Exercise certification or equivalent preferred.
- Listen First Training

### Physical Demands

- Ability to conduct classes and activities relating to fitness.
- Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and lifting.

The Kishwaukee Family YMCA is an Equal Opportunity Employer.

2500 W. Bethany Road Sycamore IL 60178

[www.kishymca.org](http://www.kishymca.org)