



# KISHWAUKEE FAMILY YMCA

## Yoga Instructor

Part Time Non-Exempt

Reports to Healthy Living Coordinator

Starting rate: \$12+

Applications always accepted please forward to Cyndie Brown, HR Coordinator

### Position Summary

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

### Essential Functions

- Develops and leads group yoga classes to accomplish the YMCA mission and goals.
- Develops yoga curriculum
- Conducts energizing, relaxing, safe, and educational classes.
- Builds effective relationships with members; helps members connect with each other and the YMCA.
- Maintains working knowledge of yoga skills 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 21 years old.
- Expertise in yoga knowledge and skill.
- One year of experience in developing curriculum and training.
- One year of experience teaching yoga Programs.
- Required certifications: yoga Instructor, CPR, First Aid, AED

### 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)