



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **DRYADES YMCA**

### **SPIN INSTRUCTOR**

#### **POSITION SUMMARY:**

At the Dryades YMCA, we believe in sharing our passion for fun and effective workouts and we're looking for talented spin instructors who share the same passion and expertise. If you are looking for a place to grow your skills or if you've already established a following and are looking to reach more fitness fans, Dryades YMCA has got a spot for you. We're growing like crazy and want dedicated, smart, talented spin professionals with heart to join us.

#### **RESPONSIBILITIES:**

- Instruct safe and effective exercise classes
- Maintain all mandatory education certifications
- Follow all instructor sign-in/sign-out procedures
- Understand and follow all policies, procedures and standards
- Demonstrate knowledge of YMCA brand and model behavior in accordance with

#### **YMCA COMPETENCIES:**

*Mission Advancement:* Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising

*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. Candidate takes initiative in assisting development of others.

#### **DRYADES YMCA**

2220 Oretha Castle Haley Blvd New Orleans LA 70113  
P 504 299 4310 F 504 522 7739 [www.dryadesymca.com](http://www.dryadesymca.com)



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*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.

#### **NO JUDGEMENT PHILOSOPHY:**

- Facilitate all member requests or forward to relevant supervisor(s)
- Maintain professional disposition at all times
- Follow policies/procedures in Instructor Manual & Employee Handbook
- May be required to teach other non-spin group fitness classes as needed
- Maintain consistent communication on class schedules with supervisor

#### **QUALIFICATIONS/SPECIAL SKILLS:**

- Experience teaching exercise classes for clients of all levels
- Strong customer service skills
- Good verbal communication

#### **REQUIRED EDUCATION/CERTIFICATIONS/PAST EXPERIENCE:**

Candidate should have relevant fitness or education certification, background or degree with a minimum of 1 years teaching experience. AFFA and/or ACE Certifications strongly recommended, and Spinning or Schwinn certification preferred. CPR, FIRST AID/ AED is also required.

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**PHYSICAL REQUIREMENTS:**

Must have a high degree of energy and have the endurance to teach and complete class workouts without getting winded or out of breath. Physical demands also include, but are not limited to considerable use of your arms and legs, moving your whole body, lifting, standing, balancing, bending, squatting, jumping, running, reaching, walking, hopping, spinning and kicking.

**POSITION TYPE:**

Part Time

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