



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

DRYADES YMCA

WATER AEROBICS INSTRUCTOR

Instructs group exercise classes in a safe, enjoyable, and positive environment that welcomes all skill and fitness levels. Effectively builds community within class. Modifies class as needed to meet varied health, ability and cultural needs.

POSITION SUMMARY

Under the supervision of the Aquatics Director, this position is responsible for teaching water aerobics under the YMCA of the USA model. Water Exercise Instructors should have experience teaching group fitness classes and enjoy working with people. This position will provide water aerobics instruction, monitor, educate patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

RESPONSIBILITIES:

1. Support the mission, vision and goals of the YMCA.
2. Promote a professional values-based culture by leading with the values of caring, honesty, respect, and responsibility.
3. Lead in a manner that advances our cause to strengthen the foundations of community through programs that focus on youth development, healthy living and social responsibility.
4. Be prepared with choreographed routine for each class.
5. Teach class from pool deck and/or water as necessary.
6. Ensure all equipment and supplies are accessible prior to class beginning.
7. Be alert to each participant's swim level, fitness level and offer exercise modifications to anyone who may need them.

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8. Be committed to continuing education to maintain water exercise certification(s) and continually upgrade your classes to reflect that knowledge.
9. Wear proper attire.
10. Follow department Platinum standards.
11. Act as a leader in emergency situations. Report any accidents or incidents according to Emergency Communication Action Plan.
12. Attend staff meetings and trainings as scheduled.
13. Carry out other related duties as deemed necessary by the Aquatics Department and branch operations to ensure an excellent member experience.
14. Incorporate all five-program components: personal safety, water orientation/stroke development, water exercise, rescue and personal growth.

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.

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.

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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:

1. At least 18 years of age.
2. 1 year experience necessary.
3. Trainings and Certifications: CPR, AED, First Aid, Water Safety Certified, Group Exercise Certified
4. Complete and maintain required trainings to include but not limited to: New Employee Orientation (NEO), Bloodborne Pathogens, Child Abuse Prevention (CAP), and Sexual Harassment upon hire and annually thereafter.
5. Must have satisfactory completion of a criminal background check and Child Protective Services.

PHYSICAL DEMANDS:

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Physically and verbally able to interact with members and staff.
Must be able to scan the pool visually.
May be required to sit or stand for extended period of time.
At times, be able to lift up to 50 lbs.
Standing for extended periods of time in hot and humid environment.

WORK ENVIRONMENT:

The noise level in the work environment is usually moderate to high.

POSITION TYPE:

Part Time

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