



Job Title: **LIVESTRONG at the YMCA Instructor**
Team working with: **Community Health, Health & Wellness**
FSLA Status: **Non Exempt, Part Time**
Reports to: **Community Health Director, Fitness Director**

POSITION SUMMARY:

Lead LIVESTRONG at the YMCA classes for adult cancer survivors in a safe and effective manner, per program protocols. Create a sense of community among participants while ensuring that each participant's individual health and safety needs are considered.

YMCA COMPETENCIES (LEADER):

Mission Advancement: Accept and demonstrate the Ys values. Demonstrate a desire to serve others and fulfill community needs. Recruit and build effective, supportive relationships with volunteers.

Collaboration: Work effectively with people of different backgrounds, abilities, opinions and perceptions. Build rapport with staff, members and community partners to advance the mission of the YMCA. Take initiative to assist in the development of others.

Operational Effectiveness: Make sound judgments, and transfer learning from one situation to another. Embrace new approaches and discover ideas to improve member experience. Establish goals, clarify tasks, plan work and actively participate in meetings

Personal Growth: Pursue self-development that enhances job performance. Demonstrate an openness to change and seek opportunities within that change process.

QUALIFICATIONS:

- CPR/ AED certification
- YMCA Healthy Lifestyle Principles
- YMCA Foundations of Group Exercise
- LIVESTRONG at the YMCA instructor certification
- Complete Listen First training within 6 months of hire

ESSENTIAL FUNCTIONS:

1. Conduct LIVESTRONG at the YMCA classes per program protocol, as assigned by Program Coordinator.
2. Conduct intake activities and routine assessments per program protocol.
3. Maintain participant confidentiality by managing program records according to best practices.
4. Keeps accurate class attendance records
5. Answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
6. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
7. Follows YMCA policies and procedures; responds to emergency situations.

PHYSICAL DEMANDS:

1. Ability to conduct classes and activities
2. Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching and lifting.