



Job Description
Part-time Aquatics Water Fitness Instructor
Lynn Family YMCA

POSITION TITLE: Aquatics Water Fitness Instructor
REPORTS TO: Aquatics Coordinator and Executive Director
JOB TYPE: Part-time hourly

Overview:

We are looking for Aqua Fitness instructors that want to bring their love of teaching to the water for our Aqua Fitness classes! This position is primarily responsible, under the supervision of the Aquatics Coordinator for organizing and teaching our Aqua Fitness classes!

Additional opportunities in the Aquatics department if interested could include:

- Lifeguarding
- teaching group lessons
- Working with children

Who are we?

The YMCA of Metro North has a long history of providing many communities throughout the Northern suburbs of Boston with outstanding programs and services for youth, adults and families. Serving the communities of Lynn, Peabody, Saugus, Melrose, Nahant, Revere, Lynnfield and Stoneham, the YMCA of Metro North is a community based non-profit.

Our Y serves and supports the communities of Lynn with Youth Development, healthy living and social responsibility.

What does a Group Fitness Instructor do at our YMCA

Our Aqua Fitness Instructors are passionate leaders that teach our state-of-the-art group classes and help to significantly contribute to each member's health and fitness goals.

What you bring to the table:

- You are an enthusiastic and professional individual with excellent teaching, communication and customer service skills.
- You have 6 months of group fitness instructor experience with previous experience in running aquatics based exercise classes.
- You have a nationally recognized group fitness certification and are CPR certified.
- You're confident developing and implementing class instruction that is in compliance with class format and our overall company guidelines.
- You're comfortable observing students during class and giving instruction on proper form and technique.

Requirements

EDUCATION AND EXPERIENCE:

- Associates degree from an accredited college or university, or relevant experience.
- At least 18 years of age, with Red Cross certification. If certified with another organization, the employee must cross over to Red Cross certification within six months of hire.
- At least two years of experience in instruction in Aquatics programs.
- Great member relation and staff relation skills.
- Must be aware of YMCA movement and trends in the aquatic field and must continue to enhance his/her knowledge in YMCA Aquatic Management and certifications.

WORK ENVIRONMENT: The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this Job, the employee is regularly exposed to wet or humid conditions (non-weather) and extreme heat (non-weather). The noise level in the work environment is usually loud.

PHYSICAL DEMANDS: The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. The employee must occasionally lift and/or move up to 50 pounds. While performing the duties of this Job, the employee is regularly required to sit, stand; walk and talk and hear. The employee is occasionally required to reach with hands and arms and stoop, kneel, or crouch.

Interested Candidates should send their resume and/or letter of interest to Audrey Jimenez, ajimenez@metronorthymca.org, or to Paul Mantell, Director Human Resources, pmantell@metronorthymca.org