



Racine Family YMCA

Job Description

Fitness Coach

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Job Title: Fitness Coach
Reports to: Fitness Coordinator
FLSA Status: Non-Exempt
Part-Time
Wage: \$8.00

Position Summary

Under the direction and supervision of the Fitness Coordinator/Health & Wellness Director and in harmony with the YMCA mission, and the established policies, goals and objectives of the Racine Family YMCA, Fitness Coaches responsibility shall be to build strong, meaningful relationships with our members and program participants, ensuring the safety of our members and program participants and represent the Racine Family YMCA in a positive, professional, and friendly manner.

Essential Functions

1. Perform excellent service to all members, staff, volunteers, and guests
2. Build relationships by using names and initiating conversations with all members, staff, volunteers, and guests.
3. Answers questions from members to support them in achieving their goals related to healthy living.
4. Perform Life Management Center/Wellness Center Orientations and Teen Strength sessions at a high standard. This requires excellent skills/knowledge in listening/communicating, relationship building and health/fitness/wellness.
5. Enforce rules and guidelines of the wellness center in an effective and respectful manner.
6. Follows all safety and policy procedures and reports any unsafe conditions.
7. Maintains effective, positive relationships with members, participants and other staff.
8. Is responsible for keeping a safe, clean and fun atmosphere for our members and participants.
9. Is responsible for reporting equipment failures immediately so they can be taken care of in a timely fashion.
10. Act as a positive role model while implementing YMCA character development and following the four core values of Caring, Honesty, Respect, and Responsibility.
11. Follow all policies and procedures as set forth in the Racine Family YMCA Employee Handbook.
12. Attends all staff meetings and training sessions.
13. Perform other related duties as assigned by the Fitness Coordinator/Health & Wellness Director.

Qualifications

Education Training & Work Experience

To perform this job successfully, and individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

1. Minimum age of 16.
2. The ability to communicate effectively with staff members, volunteers, participants, and members.
3. High level of maturity, self-direction, and enthusiasm for health and wellness.
4. A background in fitness, strength training, physical education, recreation or a related field.
5. CPR/AED and First Aid

Physical Demands

- 1) Meet strength and lifting requirements. Able to lift up to 30 pounds and frequently lift and/or move up to 75 pounds.
- 2) Frequently required to stand; walk; sit; use hands to handle, or feel objects, tools, or controls; reach with hands and arms; climb or balance; stoop, kneel, crouch, or crawl; and to talk and to hear
- 3) See and observe all sections of an assigned zone or area of responsibility.
- 4) Must be able to sit or stand for extended periods.
- 5) Must be able to remain alert.
- 6) Ability to communicate verbally, including projecting voice across distance in normal and loud situations.

The above statements describe the general nature of work being performed in this job. They are not intended to be an exhaustive list of all duties, and additional responsibilities may be assigned, and required by management.

We understand and mutually accept the above description to the job to be performed for the Racine Family YMCA.

Employee Name (please print)

Employee Signature

Date

Supervisor's Signature

Date