



YMCA

We build strong kids,
strong families, strong communities.

Aquafitness Instructor – Volunteer Job Description

Purpose:

To contribute to the well being of YMCA members by leading them through safe and productive exercises in a water fitness class. Volunteers can help people grow in many ways that are consistent with the YMCA's mission of building body, mind and spirit.

Competencies:

- To appreciate and support the YMCA values, mission and vision.
- To demonstrate energy, dedication and enthusiasm.
- To appreciate and desire to generously serve all.
- To thrive in an atmosphere of change and ambiguity.
- To work as a member of a team.
- To achieve planned results through personal initiative.
- To model commitment to service excellence and quality.

Responsibilities:

- To greet and welcome members.
- To lead a fitness class following National YMCA guidelines.
- To maintain YMCA recognized fitness instructor certification.
- To be in YMCA program dress code.

Qualifications:

- YMCA Fitness Instructor certification or other recognized accreditation.
- Leadership experience
- Criminal Reference check
- 18 years of age or older
- Excellent physical fitness level necessary to fulfill fitness class leadership role.

Training and support:

- Volunteer orientation
- Regular workshops and team meetings
- Logistical support: tape library, equipment
- Recognition events
- Supervision and support by Program Co-ordinator to assist in personal growth and development.

Time Commitment:

Minimum 1 hour per week

Volunteer

Coach

Date