



YMCA

We build strong kids,
strong families, strong communities.

Group Fitness Instructor – Volunteer Job Description

Purpose:

To contribute to the well being of YMCA members by leading them through safe and productive exercises in a 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 _____