



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SUPERIOR CALIFORNIA

Job Title: Water Exercise Instructor

FLSA Status: Non-exempt

Reports to: Pool Manager

Job Grade: Grade 4

Revision Date: 7/12/17

POSITION SUMMARY:

Under the direct supervision of the Pool Manager, the Water Fitness Instructor teaches a safe and effective class which promotes total fitness development for members.

ESSENTIAL FUNCTIONS:

- Lead fitness class following YMCA instructor Guidelines, protocols, and Visions of Excellence
- Enforce aquatic rules and policies
- Prepare progressive exercise plan

QUALIFICATIONS:

- Applicant must be at least 18 years of age and have high school diploma or equivalent.
- Current YMCA Water Fitness Instructor Certification
- Maintain YMCA Water Fitness every 3 years
- General knowledge of exercise training and leadership, including basic anatomy, physiology, and exercise principles
- Physically fit in order to demonstrate all phases of aerobic exercises
- Able to hear and follow the beat of the music and have visual ability to observe class participants during workout. Provide music that meets YMCA standards.
- Able to vocalize cues and use equipment properly
- Mentally alert to recognize potential hazards and accidents
- Physically and mentally able to respond to emergencies and administer CPR and First Aid effectively
- At least two-four year of experience teaching group wellness classes preferred Required certifications: CPR, First Aid and AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
- Certification in areas of expertise.
- YMCA Healthy Lifestyles certification within 60 days of hire.

YMCA COMPETENCIES (Leader):

- **Mission Advancement:** Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.
- **Collaboration:** Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.
- **Operational Effectiveness:** Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience.
- Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.
- **Personal Growth:** Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

Supervisor

Employee

Date

Date

This job description is not intended to be all-inclusive. Job descriptions are reviewed periodically and may be revised if deemed necessary for the achievement of the YMCA's goals and objectives.