



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF LANSING JOB POSTING

Water Aerobics Instructor

General Function: Under direct supervision of the Aquatic Director the incumbent provides water aerobics instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Job Requirements:

1. Minimum age of 18
2. Certified in First Aid, CPR training through Red Cross
3. Perform within YMCA and/or Red Cross standards
4. Demonstrated ability to recognize students who may need assistance
5. Demonstrated ability to recognize and remedy hazardous and dangerous situations
6. Demonstrated ability to swim in shallow and deep water and tread water
7. Patience and the ability to communicate with all ages and levels of students, parents and caregivers, and other Y staff and volunteers
8. Ability to respond to safety and emergency situations
9. Must complete all required YMCA trainings in the expected timeframe

Position Responsibilities:

1. Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercise, stretching, and cool down
2. Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
3. Prepares appropriate equipment, music, and handouts for each class
4. Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants
5. Keeps management informed of pool activities, facility needs, and significant problems
6. Ensures that safety standards are met, and that department and facility policies are adhered to
7. Maintains positive relationships with parents and caregivers and other staff. Models relationship-building skills (including Listen First) in all interactions
8. Other duties as assigned

Physical Demands

While performing the duties of this job, the employee is often required to: bend, stoop, kneel, twist, reach with hands, sit, stand for an extended period of time, have finger dexterity, talk, hear and have visual acuity. Employee must also be capable of working in a hot, humid and chlorinated environment.

Disclaimers:

- Must complete successful background screening and drug test for YMCA and all other off-site screenings for partnering organizations.
- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

Salary: part-time work schedule with a max of 25 to 28 hours a week, \$12-\$15/hr.

Contact: Amy Stearns, Director of HR & Risk, careers@ymcaoflansing.org