

JOB POSTING



JOB POSITION: Wellness Coach
POSITION TYPE: Part-Time
LOCATION: Aberdeen Family YMCA
APPLICATION DEADLINE: open until filled

INTERESTED APPLICANTS CAN PICK UP AN APPLICATION AT THE YMCA OR DOWNLOAD ON OUR WEBSITE aberdeenymca.org

SEND APPLICATIONS TO:

Aberdeen Family YMCA
5 South State Street
Aberdeen, South Dakota 57401
mjohnson@aberdeenymca.org
605-225-4910

HIRING DIRECTOR IF QUESTIONS: Brooke Johnson bjohnson@aberdeenymca.org

**GENERAL
DESCRIPTION:**

A better US starts with U!

The Wellness Coach establishes a connection to the YMCA member/guest, and provides them with the basic knowledge, direction, and tools necessary to accomplish their health and wellness goals. They will provide orientation on the available equipment, general supervision of the Wellness Center and complete assigned department duties. **Member hours are Monday-Thursday 5:00 am – 10:00 pm, Friday 5:00 am - 9:00 pm, Saturday 7:00 am – 6:00 pm, Sunday noon-6:00 pm. Various part-time shifts are available to work with our employee schedules.**

ESSENTIAL FUNCTIONS: *Essential functions are those tasks, duties, and responsibilities that comprise the means of accomplishing the job's purpose and objectives. Essential functions are critical or fundamental to the performance of the job. They are the major functions for which the person in the job is held accountable.*

- Minimum age 18
- Minimum education High School Diploma
- CPR and First Aid certified (available upon hire)
- Availability to work varied hours; early mornings, days, evenings and weekends.
- Greets members and guests, develops friendly worker-client trust, and maintains a fun, controlled, safe environment.
- Provides fitness orientations, basic assessment, and setup basic workouts.
- Ability to effectively demonstrate safe usage of equipment and proper techniques in the Wellness Center.
- Trains and supervises members and guests on any Wellness Center or Healthy Living Center equipment.
- Introduce members to ActivTrax and provide ongoing support.
- Coach and provide modifications for members and guests as needed.
- Report any accidents, concerns, and equipment troubles to Wellness Coordinator immediately.
- Report necessary repairs through YMCA process.
- Enforce all rules & regulations politely and calmly.

- Ensure members have completed necessary paperwork before starting to workout.
- Return all equipment and supplies used to proper location after each session, and make sure members are treating equipment properly to prevent damage, accidents, and spread of disease.
- Ability to establish and maintain harmonious relationships with staff, volunteers, members and the general public.
- Complete other duties as assigned in Job Description.

Equal Employment Opportunity

Resumes and employment applications can be returned to the email address above or at 5 S. State Street, Aberdeen, SD 57401.

Applications can be found on our website at aberdeenyumca.org.