

# JOB DESCRIPTION

Aberdeen Family YMCA  
5 South State Street  
Aberdeen, South Dakota 57401



## Position: Group Fitness Instructor – Water Exercise

**Supervisor:** Group Fitness Director

**Position Type:** Part-time

**Last Updated:** June 2023

**Position Status:** Non-Exempt

### GENERAL DESCRIPTION:

The Group Fitness Instructor – Water Exercise is responsible to instruct water group exercise classes in trained areas of expertise and provide motivation for class participation. Instruct individuals of all fitness levels and provide expertise to enhance the member workout routine and encourage them to reach their individual fitness and wellness goals. Create an environment that is inviting for members and one they desire to be at. Promote a positive culture for life wellness and fitness, and assist in providing educational opportunities for members that fulfills the YMCA's mission, goals and objectives.

**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.*

- Availability to work specified hours within the Aquatic Center hours of operation.
- Plans and leads assigned water group fitness classes in accordance with YMCA group fitness guidelines.
- Effectively and properly instruct and motivate participants in group fitness participation.
- Maintain current YMCA and/or professional certifications that meet industry standards for group fitness as needed and approved by supervisor.
- Monitor intensity levels to ensure participant safety and adjust class plan to accommodate unforeseen circumstances (new members, special needs, etc.).
- Safeguards and regulates conduct of water group fitness participants.
- Assist with the aquatic facility emergency action plan (EAP) as directed by the lifeguard on duty.
- Communicate concerns with the on duty lifeguard regarding patron use and conduct.
- Assist in monitoring daily operations to adhere to all YMCA health and safety standards and policies.
- Enforce policies and rules.
- Ensure that the facility and its equipment are safe, clean, organized and in proper working order.
- Maintain attendance records and others as directed.
- Anticipate potential risks of injury, taking measure to remove them, and, in the event of an injury, having the ability to implement facility emergency procedures.
- Model professionalism and relationship building skills in all interactions with staff, members, guests, volunteers and the community. Builds effective working relationships.
- Keeping abreast of trends and issues in the industry.
- Informs the Group Fitness Director or Coordinator of any problems or necessary repairs.
- Promptly report any issues or problems to the Group Fitness Director or Coordinator.
- A willingness to commit to the mission of the YMCA.
- Promote YMCA membership, programs and services.
- Promote and incorporate the YMCA's mission, four core values and areas of focus into all program activities.

- Ability to establish and maintain harmonious relationships with staff, volunteers, members and the general public.
- Responds to all member and community inquires and complaints in a timely manner.
- Responds to emergency situations in accordance with CPR, First Aid and Aberdeen Family YMCA policies and procedures. Completes incident and accident reports as required.
- Be involved in community activities to the benefit of the YMCA and its programs.
- Attend and participate in staff meetings and/or related meetings.
- Positively communicate information on all YMCA programs.
- Assist with special events as needed.
- Actively participates in YMCA events.
- Complete other duties as assigned.

**JOB REQUIREMENTS, PREFERRED EDUCATION, TRAINING, AND WORK EXPERIENCE:**

- Must be a minimum of 16 years old.
- Experience in fitness protocol and leading group fitness classes preferred.
- Professional certifications preferred.
- Ability to demonstrate proper group fitness training techniques and knowledge of the specifics for the type of group fitness class
- Lifeguard Training certification preferred but not required.
- Current CPR, AED and First Aid certification required (can be obtained upon hire)

**ESSENTIAL FUNCTIONS – PHYSICAL & MENTAL REQUIREMENTS:** *Note: Reasonable accommodations may be made for individuals with disabilities to perform the essential functions of this position.*

- Must be physically fit and have the endurance to work with clients in a fitness environment.
- Frequently required to sit, stand, walk, and perform full body movements.
- Frequently required to reach with hands and arms.
- Frequently required to talk or hear.
- Frequently required to lift and/or move up to 50 pounds.
- Frequently required to bend, twist or climb.
- Moderate concentration/intensity, which includes prolonged mental effort with limited opportunity for breaks.
- Normal memory, taking into consideration the amount and type of information.
- Moderate level of complexity for decision making.
- Normal time pressure of decision making.
- Frequently have a varied or irregular work schedule.

**COMPETENCIES:** *To perform this job successfully, the employee will demonstrate the following competencies to perform the essential functions of the position.*

- **Attention to Detail, Cooperation, Dependability, Initiative, Judgment, Leadership, Motivation, Oral Communication, Professionalism, Safety and Security, Self-Control, Stress Tolerance, Teamwork, Adaptability, Analytical Skills.**

**WORK ENVIRONMENT:**

- The noise level in the work environment is usually moderate to loud.

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