

Job Posting

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



Position: Rails Coach

Supervisor: Rails Strength & Fitness Coordinator
Position Type: Part-time

Last Updated Date: October 2023
Position Status: Non-Exempt

GENERAL DESCRIPTION:

The Rails Coach is responsible for working with individuals of all fitness levels at the Rails Strength & Fitness. (Rails) Provide coaching expertise to enhance the member workout routine and encourage them to reach their individual fitness and wellness goals. Coach Rails on-boarding, open gym, the daily WOD (workout of the day) and/or program as scheduled. 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 varied hours; early mornings, days, evenings and weekends.
- Maintain current YMCA and/or professional certifications that meet industry standards for Rails and health and wellness programs as needed.
- Assist in monitoring daily operations to adhere to all YMCA health and safety standards and policies.
- Enforce policies and rules.
- Effectively and properly coach and motivate participants to achieve their maximum potential in all areas of performance.
- A willingness to commit to the mission of the YMCA.

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

- Must be a minimum of 18 years old.
- Bachelor's degree in Exercise Science, Health Science, Kinesiology, Human Performance & Fitness, or related field preferred.
- Extensive knowledge and experience with Olympic weightlifting preferred.
- Acquire additional certifications as needed or requested.
- Certified Personal Trainer Certification (ACE, ACSM, ISSA, NASM, NSCA) preferred.
- Current CPR-PR (CPR for Professional Rescuer) Certification required.
- Current First Aid Certification required.

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 run.
- Frequently required to reach with hands and arms.
- Frequently required to talk or hear.
- Frequently required to lift and/or move up to 60 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.

WORK ENVIRONMENT:

- The noise level in the work environment is usually loud.
- The noise level is occasionally higher when working with equipment and some tools.
- Wet or humid conditions.