



**Position: Group X Instructor – Water Aerobics**

**Status:** Part-time, Non-exempt

**Salary:** \$25 - \$30 per hour

**Reports to:** Fitness Manager

**About YWCA Central Carolinas:**

YWCA Central Carolinas is a nonprofit on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all. We achieve this through a variety of programs, including transitional housing for women and families facing homelessness, youth literacy programs for children from low-income households, racial justice and advocacy initiatives that educate and mobilize our community, and a co-ed fitness center that empowers our neighbors and serves as a portal into our mission.

**Position Objectives:**

Instruct safe and effective group water exercise classes at YWCA Central Carolinas. Group X Instructor – Water classes include water aerobics.

**Duties and Responsibilities:**

- Possesses excellent communication skills and be able to communicate effectively with both groups and individuals.
- Offers safe modifications for YWCA members relevant to the class format and description.
- Be well-organized - instructional area/room prep, music/equipment in place and ready to start class to ensure a high level of customer service.
- Develops evolving routines/exercises for specific classes with diverse populations.
- Responsible for creating quality music playlists exclusive of foul language or suggestive lyrics.
- Takes class attendance/numbers and submits to the Fitness Coordinator in a timely manner.
- Keeps instructional areas neat and orderly at all times. In the cases where equipment must be moved from one location to another, instructors are responsible for moving and replacing whatever equipment is needed for class.
- When a substitute is needed, instructors should contact staff from available substitute list to find coverage for the class and notify the Fitness Coordinator of the substitution in a timely and appropriate manner. Staff are expected to teach or find substitute coverage for assigned classes.
- Records accurate work hours in Paycom in a timely manner each week per Director of Fitness and Human Resources.
- Ability to comply and execute all safety and emergency YWCA protocols.
- Additional duties as needed by the Director of Fitness and Fitness Manager.

**Education and Experience:**

High School Diploma or GED required. Instructor is required to have and maintain instructor certification through a nationally recognized organization. Valid American Red Cross Adult/Child CPR, AED First Aid certificate required. One year of class instruction experience is preferred.

**Physical Demands:**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform their job.

While performing the duties of this job, the employee is regularly required to talk or hear. The employee is frequently required to stand; walk; sit and use hands. The employee is occasionally required to reach with



hands and arms and stoop, kneel, crouch or crawl. The employee may occasionally lift and/or move up to 25 pounds. Specific vision abilities required by this job include close and distant vision.

**Benefits:**

Employee Assistance Program

Free YWCA Fitness Center Employee Membership (discounted family membership available)

**Other Information:**

Employment with YWCA Central Carolinas is contingent on successfully passing all of our pre-employment screenings, including but not limited to: a drug screening, reference checks, proof of certification (if applicable) and a background check. If applicable to the position, YWCA Central Carolinas employment may be contingent on a candidate meeting driver approval criterion as determined by Motor Vehicle Record background check.

YWCA fully subscribes to the principles of equal employment opportunity and is committed to complying all regulations under the Equal Employment Opportunity Commission (EEOC). YWCA's equal opportunity employment policy reflects our commitment to equality and to promote diversity in the workplace. We designed this policy to ensure fairness in all aspects of employment.

YWCA prohibits unlawful discrimination against applicants, employees, contractors, interns and volunteers on the basis of race, color, religion, creed, national origin or ancestry, age, sex (including pregnancy, gender identity and sexual orientation), physical or mental disability, veteran or military status, genetic information, marital status, reprisal or retaliation for prior civil rights activity or any other legally recognized protected basis under federal, state or local law. All employment decisions are based on qualifications and capabilities to perform the essential functions of the job.

To apply, please go to our web site: <https://ywcacentralcarolinas.org/work-with-us/>