



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN POSITION ANNOUNCEMENT ***Internal Only***

Position: **Healthy Lifestyles Program Facilitator (PT) - LIVESTRONG**
Locations: Multiple Community Centers
Reports to: Healthy Living Manager
Wage Range: \$12.00 - \$14.00 per hour (based on experience)

Major Responsibilities:

- Facilitate small-group exercise, education and social support programs aimed at helping individuals reduce risk for chronic disease, manage current conditions and restore health.
- Lead classes using safe exercise education and performance principles and techniques including performance and demonstration of exercises, description of exercises and effects and coaching to motivate participants.
- Create a group environment of emotional and social safety and support to facilitate learning and individual progress toward goals by role modeling Y's core values of honesty, caring, responsibility and respect.
- Utilize knowledge of program content and training to adapt curriculum appropriately to individual needs and discern when referrals to other experts and resources are required.
- Monitor quality of program delivery and participant engagement including communicating with participants; developing lesson plans, collecting data and assessing participant outcomes.
- Communicate with supervisor and team members and participate in regular facilitator meetings.
- Connect program participants to Member Engagement other program leaders to facilitate continued Y engagement through Y membership and program opportunities.

Qualifications:

- Must have high school diploma (or equivalent) and practical experience in health education and promotion or group exercise including program delivery and facilitating groups. Additional education including bachelor's degree in a health-related field or professional certification including certified health educator specialist, certified group exercise instructor, certified personal trainer or other preferred.

- Must complete online and in-person training according to program requirements before leading group sessions. Must have CPR certification or attain during program training process.
- Commitment to role model health and well-being.
- Good verbal and written communication and leadership skills including coaching a group and individual consult.
- High level of initiative, sound judgment and independent decision-making.
- Ability to stand, walk, kneel and move/transport handheld exercise equipment.
- Reliable transportation and valid driver's license and ability to travel to centers and community class sites.
- Flexibility in schedule to include evenings and weekends.

Must Attend and Successfully Complete June 29 8:30AM-4:30PM & June 30 8:30AM-4:30PM Training

Benefits:

Excellent benefits include free membership and discounted YMCA child care and other programs. The incumbent will exhibit the core values of caring, honesty, respect, and responsibility in all aspects of their work with the YMCA

Deadline: June 1, 2016

Apply Online: <https://apply.ymcamke.org>