



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OPEN POSITION ANNOUNCEMENT

**Join the Y and help us to Transform Lives!**

Our mission and core values are brought to life by our culture. It's who we are, who we aspire to be and how we show up every day. **We are cause-driven.** We don't just show up, we show up with purpose. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

### Now Hiring:

#### ***Instructor – Evidence Based Health Integration (EBHI) Instructor - (PT)***

**Wage:**

\$15.00-\$18.00 per hour (based on experience)

**Location(s):**

Various Metro-Milwaukee Locations

**Hours:**

Varying Weekday, Evening and Weekend Afternoon Hours; 2-10 Hours per Week

**Responsibilities:**

- Conduct a safe and effective wellness class designed to improve muscular and cardiovascular strength, flexibility and range of motion, balance, coordination and self-esteem for cancer survivors
- Perform intake interview, and pre and post-program assessments of class participants while maintaining confidentiality of the obtained information
- Understand the physical, mental and emotional limitations of each class participant due to cancer type, treatment or other medical complications and challenges
- Develop individualized exercise program for each participant based upon intake interview, assessment and physical limitations
- Maintain working knowledge of wellness trends to provide effective information and support to participants
- Put the health and wellbeing of the class participant first in all aspects, providing exercise modifications for participant safety and success
- Maintain accurate attendance, assessment and program data records
- Complete additional duties as assigned by the Sr. Director of Healthy Living
- Must exhibit the core values of caring, honesty, respect, and responsibility in all aspects of work with the YMCA

**Qualifications:**

- High School diploma or equivalent
- CPR/ AED certification
- YMCA Healthy Lifestyle Principles
- YMCA Foundations of Group Exercise
- Specific Program YMCA instructor certification
- Complete Listen First training within 6 months of hire

**Benefits:**

- Free Individual Membership or Discounted Household Membership to all YMCA Locations
- 403b Retirement Savings Plan
- Discounts on YMCA Programs, Child Care & Camps (based on qualifying hours worked)

**Deadline:**

**May 18, 2018**

**Apply Online:**

**<https://apply.ymcamke.org>**