



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:

February 3, 2019

Apply Online:

<https://apply.ymcamke.org>

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility

**Equal Opportunity Employer
THE YMCA WELCOMES A
DIVERSE WORKFORCE**