



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Job Posting:
Health and Wellness Coach – Huntington, NY**

POSITION DESCRIPTION:

The Huntington YMCA is seeking a Health and Wellness Coach. Candidate must be flexible, enthusiastic, dependable, and customer focused. The position's key function is to build strong, lasting relationships with members that will build healthy lifestyles. Responsible for welcoming, greeting, and providing friendly assistance to the facility user, providing safe and effective instructions on the operation of all cardiovascular and weight training equipment, and providing assessments and orientations designed to aid members in achieving healthy goals. Candidate must be able to understand and use all strength training and cardiovascular exercise equipment, enforce all facility and program policies, and inspect, maintain, and clean all exercise equipment.

Schedule:

Sunday: 5:45 am- 11:00 am

Cover additional shifts as needed

QUALIFICATIONS:

1. Knowledge of anatomy, kinesiology, strength and conditioning program leadership and implementation.
2. Experience working in a health and fitness field.
3. Current Certifications in CPR, First Aid required, and National YMCA Healthy Living Certifications and/or Health and Wellness Certifications preferred.
4. Demonstrated commitment to mission driven programming and customer service.
5. Ability to articulate the YMCA mission and programs to staff, volunteers, and community.
6. Strong interpersonal skills with the ability to relate effectively to diverse groups of people from all social and economic segments of the community.
7. Ability to work in a fast paced, highly flexible and rapidly changing work environment.

PHYSICAL REQUIREMENTS:

Ability to plan, lead, and participate in a variety of physical activities. Ability to perform all physical aspects of the position; including walking, standing, bending, reaching, and regularly lifting 45lbs, occasionally lifting 50-100lbs.

HOW TO APPLY:

For immediate consideration please email Jason.Petite@ymcali.org.

Please include a resume if available and/or a cover letter indicating your interest and qualifications.

YMCA of Long Island, Inc. is an equal opportunity employer committed to valuing diversity and practicing inclusion.