Job Posting: Cycle Instructor- Glen Cove, NY

POSITION SUMMARY:

To instruct group classes in a safe, enjoyable, and positive environment that promotes member wellness and engagement in accordance with YMCA policies and procedures. To offer a variety of exercise modalities to enhance physical fitness levels through instruction of cardiovascular, strength, flexibility and mind-body practices.

ESSENTIAL FUNCTIONS AND JOB SPECIFIC COMPETENCIES:

- To lead energizing, fun, safe, and educational cycle classes that accomplish the YMCA mission and goals.
- To answers questions from members to support them in achieving their goals related to healthy living. To maintain a working knowledge of health and wellness to provide effective information and support to members.
- To build effective, authentic relationships with members; help members connect with each other and the YMCA.
- To keep accurate class attendance records.
- To follow YMCA policies and procedures, to know emergency procedures, to respond to emergency situations and to accurately file an incident report.
- To know and enforce all facility rules to ensure the safety of all members/participants. To immediately stop any behavior, which in your professional opinion is deemed unsafe. To always act maturely and professionally.
- To dress neatly and professionally, with no midriff showing attire.
- To use professional music without obscene language and innuendos.
- To know facility schedules and familiarize oneself with all YMCA programs.
- To have the ability to adjust the workout to accommodate a variety of fitness levels.
- To educate participants on proper form, anatomy, contraindications, and modifications of a move or moves.
- To arrive on time, prepared to begin and end the class on time. On time means you are changed, organized, scan/signed in for the start of your class, available to introduce and welcome new members. 3 late arrivals will result in immediate action not limited to termination.
- To be responsible for own class coverage when unavailable to teach and to inform supervisors when you’re not teaching and who will be substituting at least two weeks in advance.
- To follow class format.

QUALIFICATIONS/ CERTIFICATIONS

1. Cycle Instructor Certification.
2. Must have knowledge of anatomy, kinesiology, strength and conditioning program leadership and implementation.
3. First Aid, CPR, AED certification required upon hire.
   Maintain active status. Renewal required every 2 years, annual renewal recommended.
4. YMCA Sexual Harassment and Child Abuse Prevention Training within three months of hire.
5. YMCA New Employee Orientation within three months of hire
6. YMCA Orientation to Healthy living certification within three months of hire.
7. YMCA Group Exercise at the Y (an LCDC microlearning)
8. YMCA Foundations of Listen First within three months of hire
9. YMCA Principles of Member Health and Wellness within three months of hire
10. YMCA Group Exercise Instructor (an LCDC training offered by ACE) within three months of hire or a national certification (ACE, ACSM AFAA, NASM or equivalent) in group exercise instruction. If incumbent does not have certification at time of hire, must achieve within three months of hire.

**PHYSICAL DEMANDS**
1. Ability to perform all physical aspects of the position.
2. Ability to conduct classes and activities.
3. Ability to lift 45lbs regularly and 50-100 lbs occasionally.
4. Ability to walk and stand for extended period of time.
5. Has the physical strength in back, arms and legs to be able to sweep and carry items.
6. Ability to bend, scoop, kneel, stretch and reach constantly.

**HOW TO APPLY**
For immediate consideration please email a resume if available and/or a cover letter indicating your interest and availability to JeanAnne.Valance@ymcali.org.