



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA JOB DESCRIPTION

Job Title: **Yoga Instructor**

Department: Wellness

FLSA Status: Non-Exempt

Status: P/T

Revision Date: 6/7/2024

Reports to: Senior Program Director

POSITION SUMMARY:

It is part of the YMCA's mission to build a healthy spirit, mind, and body. Delivers excellent service to all members, guests, and program participants.

ESSENTIAL FUNCTIONS:

1. Serves as role model to members and Y staff, and at all times lives the mission, vision and values of the YMCA movement
2. Ensures safety of class participants by following group fitness best practices
3. Reports any accidents, concerns, equipment troubles to supervisor immediately.
4. Ensures that all equipment and supplies needed for class are available prior to the start of class
5. Returns all equipment and supplies used to proper location after each class.
6. Makes sure all participants are treating equipment properly to prevent damage, accidents, spread of disease.
7. Follows your branch practices for tracking class attendance.
8. Attends all required trainings and meetings.
9. Interacts with class participants before and after class to foster relationships with and between participants
10. All other duties assigned.
11. Complete annual youth abuse prevention training and other related trainings.

YMCA COMPETENCIES:

Mission Advancement: Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

SIDNEY-SHELBY COUNTY YMCA

300 E. Parkwood Street
Sidney, OH 45365
(937) 492-9134
www.sidney-ymca.org

QUALIFICATIONS:

1. High School Diploma/GED
2. Yoga Instructor Certification or equivalent experience

WORK ENVIRONMENT & PHYSICAL DEMANDS

This position is expected to be able to successfully perform all physical activities necessary to perform essential and related functions of the position including climbing, balancing, stooping, kneeling, crouching, crawling, reaching, standing, walking, pushing, pulling, lifting, fingering, grasping, feeling, talking, hearing, and repetitive motions. This position is expected to be able to perform essential and related functions of the position which can generally be described as light work.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____