



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA JOB DESCRIPTION

Job Title: **Strength and Conditioning Coach**

Department: Wellness

FLSA Status: Non-Exempt

Status: P/T

Revision Date: 02/17/2025

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. Responds to member and guest needs, supervises activities and assists in the planning, coordinating, and participating in youth fitness. Focuses on the athletic development and sports specific training for athletes with varying sports background and abilities, with day-to-day interaction with parents, coaches, and athletes.

ESSENTIAL FUNCTIONS:

1. Creates a safe environment in which all individuals feel welcomed and respected; build relationships with members and program participants.
2. Leads energizing, fun, safe, and educational group classes that align with the healthy living program goals and objectives.
3. Understands different health needs; observes and adjusts approach to support all participants' capabilities, physical conditions, health and culture.
4. Identifies and celebrates the successes of program participants
5. Answers questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
6. Keeps accurate class attendance records and responsible for ensuring that children are supervised at all times.
7. Maintains and cleans equipment according to the schedule or as requested by supervisor.
8. Follows YMCA policies and procedures; responds to emergency situations.
9. Performs other duties as assigned.
10. 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.

SIDNEY-SHELBY COUNTY YMCA

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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.

QUALIFICATIONS:

1. High School Diploma/GED
2. Certification in group fitness instruction or youth conditioning or YMCA group exercise instructor certification preferred, but willing to train if needed.
3. CPR and First Aide certified.
4. Ability to develop positive, authentic relationships with people from different backgrounds.

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: _____