Position: GROUP FITNESS INSTRUCTOR for the ASU ELSC EXERCISE CLASS – Youth Participants

Location: Downtown Phoenix YMCA Lincoln Branch  
Start Date: January 24, 2017  
Weekly Hours: 3-5

Must be available: Tuesday & Thursday evenings

JOB SUMMARY
The YMCA in Partnership with ASU ELSC Research team is looking for an enthusiastic, passionate and goal oriented individual to promote health and prevent disease in vulnerable youth through exercise. The ASU ELSC Fitness Instructor will work alongside a teammate to deliver the ASU ELSC exercise curriculum. The curriculum is designed for 12-16-year-old Latino youth with pre-diabetes who are enrolled in a research study to prevent type 2 diabetes. The qualified candidate will create an enthusiastic, motivating and fun environment to teach youth to learn to enjoy exercise and make it a part of their daily lives. They will also be responsible for identifying immediate fitness needs to keep all youth performing at the desired exercise intensity and to ensure safety and successful exercise technique by all participants.

WORK EXPERIENCE AND EDUCATION
- Bachelor's degree or current student in related field (kinesiology, health and wellness, public health, PA education).
- National Certification in related area, such as Group Fitness Instructor or Personal Training.
- Professional experience preferably in a YMCA or other health and wellness agency related to youth and families.
- Minimum age of 21 years is required.

DESCRIPTION
The ideal candidate will be a highly enthusiastic team-player, self-starter, quality-oriented and committed to being a role model of a healthy lifestyle. Teaching skills, being reliable with an impeccable work-ethic and have a passion towards serving vulnerable populations and improving the health of Latino youth and their families is a plus. Bilingual in English and Spanish is preferable, not required.

KEY QUALIFICATIONS
- Ability to instruct and observe participants using proper exercise techniques.
- Ability to motivate youth in the areas of exercise and self-confidence.
- Ability to communicate effectively, possesses mature judgment and sound decision-making.
- Must be observant, safety conscious and able to react calmly and quickly in case of an emergency.
- Ability to teach group fitness classes that meet individual needs for each participant.
- Ability to effectively apply methods when constructive feedback is given.
- Ability to work in a teamwork-oriented environment.
- Attain and maintain all ASU Research and YMCA training required: Program Curriculum, Listen First Facilitation Training, Redwoods, CPR.

KEY FUNCTIONS
- Deliver ASU ELSC exercise curriculum with fidelity.
- Create an encouraging, goal oriented environment which motivates and trains youth of diverse fitness levels to make exercise a part of their daily lives.
- Track attendance, fitness goals, and document observations of exercise performance accurately.
- Effectively and enthusiastically instruct a family exercise class once per month.

APPLY by submitting a complete resume to: Addey Rascon at arascon@vosymca.org - Subject line ELSC Instructor Application  
Application deadline: December 20, 2016