



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPPORTUNITY AWAITS

PERSONAL TRAINER STURGEON BAY PROGRAM CENTER

**WORK
AT THE Y!**

A Personal Trainer supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. Under the direction of the Healthy Living Director/Coordinator and in accordance with the policies of the Door County YMCA, the Personal Training Staff will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

Starting Wage:

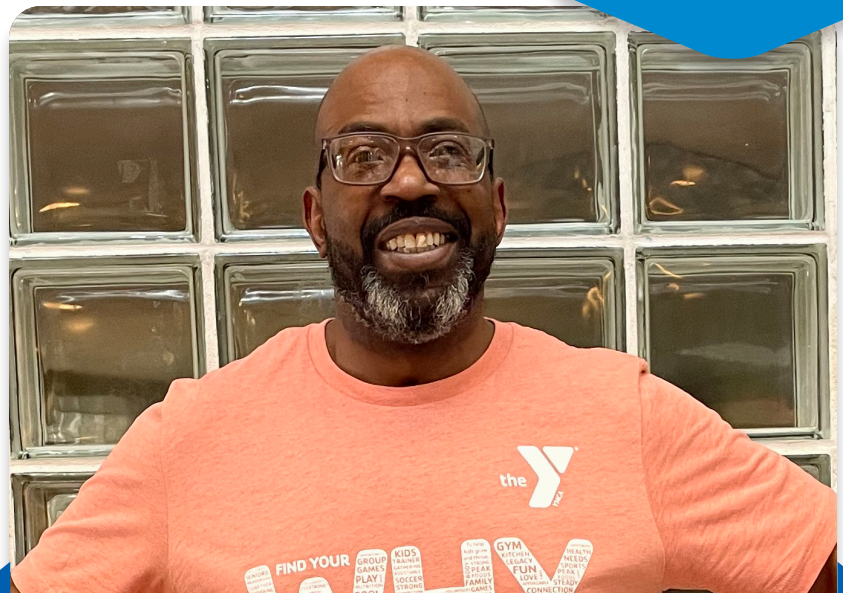
- Commensurate with experience

Hours:

- Part-time, flexible hours

Applications being accepted.
APPLY TODAY!

Please visit doorcountyyymca.org for a full job description, and a list of other opportunities or to download an application.



MEET MARKANIQUE

“The main reason I love working at the Y is the community; the Y has become my 2nd home. The relationships I have developed with my co-workers and members are so rewarding. I am proud to be a Y personal trainer. There is no greater job satisfaction than knowing that the work you do is making a difference in someone’s life.”

WHY THE Y

CAUSE DRIVEN

Work with passionate people and help make our community a better place!

One of the most respected non-profits in the world.

125 countries served
OVER 10,000 neighborhoods strengthened

FREE
Y Membership
and program discounts

**IMPROVE
QUALITY
OF LIFE**

Create stronger friendships, a greater self-esteem and a sense of belonging by helping others.

IT'S FUN!

There is something new and exciting happening every day at the Y!

DOOR COUNTY YMCA | www.doorcountyyymca.org

Northern Door Program Center
3866 Gibraltar Road, Fish Creek, WI 54212
920-868-3660

Sturgeon Bay Program Center
1900 Michigan Street, Sturgeon Bay, WI 54235
920-743-4949



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DOOR COUNTY YMCA

Job Title: **Personal Trainer**

Job Code: (SB or ND) PT1, PT2, PT3

FLSA Status: Part Time/Hourly

Job Grade: Grade 4

Reports to: SB Healthy Living Director, ND Youth and Healthy Living Director

Revision Date: 2/17/23

Leadership Level: Team Leader

Department: Fitness

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility. In accordance with the policies of the Door County YMCA, the Personal Training Staff will deliver programs and services with enthusiasm, leadership and knowledge of the components of a safe and effective fitness program.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. Instruct participants safely and effectively on strength and aerobic equipment in the Lifestyle Center and Free Weight Room.
2. Implement and maintain varied wellness programs for participants, responding to fitness goals.
3. Enforce established YMCA Health and Fitness Policies.
4. Clean, maintain and monitor equipment for safety consideration and member service.
5. Contact all prospective clients within 24 hours of supervisor's request.
6. Interact and assist participants with their programs by actively correcting form, speed of movement and positioning.
7. Encouraged to work one to two shifts per week as a Lifestyle Center staff or as designated by supervisor.
8. Be able to direct participants to appropriate program personnel if the need arises.
9. Assure own professional growth by maintaining current certifications including reading, studying and meetings.
10. Track clients time progress and payment using personal training process put together by department.
11. Name tag/or staff apparel must be worn when on the floor.
12. Communicate substitutions, scheduled conflicts, vacations, and significant events to supervisor. All cancellations must be done 12 hours in advance, except in emergency situations.
13. Adhere to best practices - including but not limited to arriving to training area 10-15 minutes prior dressed in appropriate attire, and creating a warm and friendly environment while having fun and prioritizing safety.

DOOR COUNTY YMCA www.doorcountyyymca.org

STURGEON BAY PROGRAM CENTER 1900 Michigan Street, Sturgeon Bay, WI 54235 **P** 920 743 4949 **F** 920 743 8812

NORTHERN DOOR PROGRAM CENTER 3866 Gibraltar Road, Fish Creek, WI 54212 **P** 920 868 3660 **F** 920 868 9970

LEADERSHIP COMPETENCIES:

- 1. Inclusion
- 2. Developing Self & Others
- 3. Engaging Community
- 4. Emotional Maturity

QUALIFICATIONS:

- 1. At least 18 years of age. Some college credit preferred in area of Exercise Physiology or related field.
- 2. Completion of the following certifications: Orientation to Healthy Living at the Y, Foundations of Listen First, Principles of Member Health and Wellness, Wellness Center at the Y, Foundations of Strength and Conditioning at the Y (ACE).
- 3. Additional accreditation from AFAA, ACE, ACSM, IFPA, ISCA, NASM, NCSF, NETA, NFPT, or NSCA will increase the ability to perform in this task and therefore will warrant additional compensation.
- 4. Continuing education credits will be necessary on a continual basis to keep certifications current.
- 5. Compensation will vary with hours worked per pay period (PT1=1-5 hours, PT2=6-20 hours, PT3=21+ hours)
- 6. Complete New Employee Orientation within 30 days of your hire date.
- 7. Obtain a current CPR/AED for Professional Rescuers with First Aid Certificate.
 - a. This certificate is valid for two years and it is your responsibility to keep it up to date.
- 8. Complete Child Abuse Prevention Training within 30 days of your hire date.
 - a. This training is required annually throughout your employment.
- 9. Demonstrated strong skills in working with and motivating people in a positive manner are required.
- 10. Extensive training in the discipline is preferred. Staff shall have an understanding of physical education principles, as well as the ability to work with participants of all ages, fitness levels, and abilities.
- 11. Must be a well-trained, highly motivated individual fostering a healthy self-image.

WORK ENVIRONMENT AND PHYSICAL DEMANDS:

- 1. The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- 2. Position requires the ability to perform physical activities with considerable use of arms and legs, while moving entire body over a period of time.
- 3. Position requires the ability to engage in physical activity and lift up to 50 lbs.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____