



St. Paul

job posting

Position Title:	Water Exercise Instructor	Department:	Health and Fitness Center
Salary:	\$17.75 – \$20.45 per hour, DOQ	Scheduled Hours:	Hours vary

Position Summary:

Teaches aquatic exercise classes while maintaining a high level of customer service.

Position Responsibilities:

1. Maintain awareness of class and participants. Maintain lesson tracking area. Demonstrate appropriate water exercise techniques. Monitor exertion and intensity of workout.
2. Maintain good public relations with participants. Present a positive, friendly image. Use excellent customer service skills. Start classes on time and be consistent. Get feedback from class participants. Record class attendance on a daily basis.
3. Challenge, correct and encourage students. Provide instruction on aspects of fitness. Provide a variety of exercises. Give participants specific goals. Provide positive feedback to participants.
4. Enforce rules and policies of the YWCA's Aquatics Program. Follow through on all specific emergency procedures. Report safety hazards and problems with water temperature to Aquatics Supervisor.
5. May be required to administer first aid.

Qualifications:

Education: Associate's Degree or equivalent degree in Exercise Science, Exercise Physiology or related discipline highly desired.

Certification and Licensure

- Red Cross CPR/AED for the Professional Rescuer (required)
- Red Cross First Aid (required)
- Instructor Certification (preferred)
- Specialized Class Certification (preferred)
- National Water Exercise Certification (preferred)

Work Experience: Experience in a non-profit setting focusing on creating opportunities for women's growth, leadership and empowerment, and elimination of racism or a related mission is highly desired.

Other Qualifications:

- Ability to deal with confidential information
- Call-in short notice
- Interruptions to work flow
- Work activities of a seasonal/cyclical nature
- Concentrated attention over an extended period of time (e.g. 4 plus hours per day)
- Agree to mandated child abuse reporting guidelines

The YWCA St. Paul offers competitive salary and benefits for eligible positions. The YWCA is an Affirmative Action/Equal Opportunity Employer.

To apply, send letter of interest, resume, and salary requirements to:

Human Resources
YWCA St. Paul
375 Selby Avenue
St. Paul, MN 55102

fax: (651) 222-6307
email: hr@ywcaofstpaul.org
phone: (651) 222-3741

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