

Rogue Valley Family YMCA
VOLUNTEER POSITION DESCRIPTION

POSITION TITLE: Tai Chi Assistant
DEPARTMENT: Fitness
REPORTS TO: Fitness Director
AGE REQUIREMENT: at least 18 years of age

TERM OF POSITION: ongoing
DAYS/HOURS OF POSITION: 2-4 hours
weekly - Mondays, Tuesdays, Thursdays

General Function

Assist the Tai Chi Instructor during class.

Know How

The volunteer candidate must be physically able to assist a student who may be at risk of falling.

Position Segments

Assist instructor during the 1 hour Tai Chi or Moving for Better Balance class by identifying students who may be struggling with balance and may need assistance. Volunteer will also set up the room before class by moving chairs or rearranging furniture as needed.

I have read this position description and understand its contents.

Signature of volunteer

date