

**Rogue Valley Family YMCA
VOLUNTEER POSITION DESCRIPTION**

POSITION TITLE: Water Fitness Instructor
DEPARTMENT: Aquatics
REPORTS TO: Aquatics Coordinator
AGE REQUIREMENT: at least 19 years of age

TERM OF POSITION: ongoing
DAYS/HOURS OF POSITION: options for
classes are Mon.-Fri., mornings and
evenings, average of 3 hours per week total

General Function

Position functions as instructor of water fitness classes. Healthy living is an area of emphasis of the YMCA mission; therefore, group exercise classes are an important component of YMCA programming.

Know How

- Must be trained in teaching water fitness or have taken water fitness classes for six months
- Must be skilled and competent in customer service and public relations and able to maintain harmonious relationships with staff and members

Position Segments

- Instruct participant through fitness activities with motivation and safety in mind
- Provide high quality customer satisfaction while performing task
- Pay attention to each class participant
- Work all scheduled shifts arriving on time and staying the full length of the shift
- Membership retention duties include knowing names of members, providing members with general YMCA information, and establishing a good rapport with each participant

I have read this position description and understand its contents.

Signature of volunteer

date