



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPERIOR DOUGLAS COUNTY FAMILY YMCA – JOB DESCRIPTION

Job Title: Fitness Center Attendant

FLSA Status: Non-Exempt

Job Type: Part-Time

Reports to: Director of Health & Wellness

Revision Date: 08/14/2024

Summary/Objective

Delivers excellent strength and cardiovascular training services to members in a safe, enjoyable, and positive environment in accordance with YMCA policies and procedures. Responds to member and guest needs, promotes member wellness and engagement, and maintains cleanliness of the health and wellness facilities.

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

- Conducts consultations, fitness evaluations, basic orientations, and teen orientations.
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
- Answers questions from members to support them in achieving their goals related to healthy living.
- Communicates and enforces policies and guidelines for the equipment area along with keeping this area safe, clean, and functional.
- Maintains working knowledge of wellness and trends to provide effective information and support to members contributing to member retention.
- Applies YMCA policies and procedures; ensures a high level of safety and responds to emergency situations.
- Fosters an inclusive environment appreciative of differences in the workplace. Meaningfully participate in and lead efforts to support the Y's commitment to equity and diversity.

YMCA Competencies

- Values: Accept and demonstrate the Y's values
- Community: Desire to serve others and fulfill community needs

- Inclusion: Work effectively with people of different backgrounds, abilities, opinions, and perceptions
- Relationships: Build rapport and relate well with others
- Developing Others: Take the initiative to assist in developing others
- Decision-Making: Make sound judgments, and transfer learning from one situation to another
- Change Capacity: Demonstrate an openness to change, and seek opportunities in the change process

Required Education and Experience

- Required certifications: CPR, First Aid, and AED. Training can be provided upon hire and must be obtained within 60 days. Higher levels of certification are accepted.
- Excellent interpersonal and problem-solving skills; detail oriented.
- Ability to connect with people of diverse backgrounds.
- Previous customer service; ability to multi-task.
- Basic knowledge of computers.
- Commitment of supporting principles of equal opportunity and affirmative action to achieve a diverse work environment.

Preferred Education and Experience

- Acquired or currently acquiring BAS or higher in Exercise Science, Athletic/Sports Training, Physical Education, Health Education, other related fields, or national certification (ACE, NETA, AFAA, NASM).
- At least 1 year of experience with fitness equipment and machinery.

Supervisory Responsibility

This position does not involve any supervision responsibilities.

Work Environment

This position operates in a typical fitness center/gym area with general fitness equipment and machines. The employee will spend time assisting at the desk and with members when they need assistance with the equipment or machines.

Physical Demands

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.

The employee is occasionally required to sit; climb or balance; and stoop, kneel, crouch or crawl. The employee must frequently lift and/or move up to 25 pounds and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception and ability to adjust focus.

Position Type/Expected Hours of Work

This is a part time position. The center is open seven days a week and hours will depend on the requirements of the center.

Travel

No travel is expected for this position

Other Duties

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

Additional Eligibility Qualifications

- Must be able to successfully pass a background check.

EEO Statement

The Superior Douglas County Family YMCA (the Y) provides equal employment opportunities (EEO) to all employees and applicants for employment without regards to race, color, religion, sex, national origin, age, disability, or genetics. In addition to federal law requirements, the Y complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absences, compensation, and training.

Signatures

Employee signature below constitutes employee's understanding of the requirements, essential functions, and duties of the position.

Employee_____ Date_____