



WORK AT THE Y

Silver Sneakers Instructor

\$11.64/hour

PART-TIME



Under the direction of the Health & Wellness Director, and in accordance with the policies of the Stevens Point Area YMCA, the Silver Sneakers Instructor will be responsible for conducting Silver Sneakers classes.

Qualifications:

- Must possess fitness skills and knowledge necessary to fulfill a fitness class leadership role through teaching, experience or extensive fitness participation.
- Must be able to perform physical functions necessary to program instruction, including but not limited to squatting, bending, kneeling, and spotting program participants.
- Must possess a passion for wellness, an understanding of individual challenges with achieving wellness goals, and strong relationship-building skills.
- Strong leadership abilities and the capability to motivate and inspire program participants.



HOW TO APPLY:

A fully completed Stevens Point Area YMCA Employment Application is required. Applications are available at the Member Services desk or online at www.spymca.org/jobs.

Certifications:

- CPR/AED/First Aid certification within 60 days of hire.
- Silver Sneakers certification preferred.

The Stevens Point Area YMCA is an equal opportunity employer functioning under an Affirmative Action Plan.

FREE
Y Membership

Flexible
Schedule

Discounts on Y
programs and
Child Care

Internship
Credit/Work
Experience

Y Retirement
Savings Account

Supportive
Community

Inclusive Work
Environment