



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

METROWEST YMCA

NUTRITION PART TIME JOB, FRAMINGHAM

At the MetroWest YMCA, 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! Equal Opportunity Employer

PREVENTION WELLNESS INSTRUCTOR

Under the direction of the Prevention Wellness Coordinator and in accordance with the policies established by the Board of Directors of the MetroWest YMCA, along with the mission and goals of the YMCA, the Prevention Wellness Part-time instructor will be responsible for leading chronic disease and/or prevention programs that follow standards determined by the YMCA and the certifying agency. **Pay \$18.00 - \$20.00 per hour!**

ESSENTIAL FUNCTIONS:

Instruct chronic disease and/or prevention programs in accordance with established guidelines

Must be able to maintain confidentiality and adhere to HIPPA laws

Lead in-person or virtual programs and takes responsibility for group dynamics and interactions among participants

Keeps attendance and completes associated paperwork following each session

Must be exceptional listener and engage in active listening with participants

Must be able to express empathy to participants

Must have sufficient emotional maturity that he/she does not need to be the focus of attention

Needs to be a leader who firmly but quietly takes charge of the group while not becoming a dominant force

Has a good knowledge of health behavior and the difficulties associated with making a lifestyle change

Appropriately provide and implement sessions in accordance with National and State standards and guidelines

Delivers each program with the curriculum as set forward by YMCA of the YUSA or licensing organization

Responsible for the health and safety of individuals during each session

Perform rescue/first aid when necessary

Report accidents and injuries as well as complete incident reports

Set up and break down equipment as needed

Provide curriculum to class participants in effective, meaningful and compelling ways

Encourage group participation and interaction with open-ended questions to facilitate commitment and retention of participants

Create a supportive and motivating environment that is friendly fun and non-competitive

Foster relationships with and between participants

Make learning a shared responsibility for the group

Provide accessibility to participants both before and after sessions to answer questions and follow-up on any questions you cannot answer during class time

Arrive for class on time and dressed appropriately

QUALIFICATIONS:

1. Required certification/training for the prevention and/or chronic disease program instructing as well as CPR/AED and First Aid current certification.
2. Excellent communication, interpersonal skills, self-motivated, enthusiastic and a passion for working with diverse groups of people
3. Experience in teaching fitness a plus but not required
4. High school diploma or equivalent

WORK ENVIRONMENT & PHYSICAL DEMANDS:

1. While performing the duties of this job, the employee is regularly to required talk, hear, listen, stand, stoop, bend, kneel or crouch for extended periods.
2. Monitor program participants, provide feedback, and offer modifications as appropriate
3. Respond to emergencies, following current policies and complete, accurate and legible accident or incident reports as needed
4. Occasionally lift and/or move 10-30 pounds, and room set up for programs
5. The noise level in the work environment is usually moderate.
6. Specific vision abilities required by this job include close vision, distance vision, and the ability to adjust.

Qualified and interested applicants please submit a cover letter and resume to Employment@metrowestymca.org or apply online.

TO APPLY, CLICK HERE TO FILL OUT THE APPLICATION. THEN, SAVE YOUR APPLICATION AND EMAIL IT TO EMPLOYMENT@METROWESTYMCA.ORG