



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## VACANCY ANNOUNCEMENT YMCA BUFFALO NIAGARA

**Position:** FitStart Coaches

**Address:** YMCA Buffalo Niagara  
Corporate Office  
301 Cayuga Rd. Suite 100  
Buffalo, NY 14225

*YMCA Buffalo Niagara is an equal opportunity employer  
committed to valuing diversity and practicing inclusion.*

**Starting Salary Range:** \$ 16.50 per hour

**Status:** Part-time Non-exempt

**Schedule:** Morning, afternoon, and evening classes are available.

**Benefits:** Complimentary adult membership with program privileges, flexible scheduling.

### **Job Summary**

Conducts group training for participants enrolled in the Independent Health Collaborative Program. Provides high quality wellness/fitness sessions in a safe and positive environment that promotes YMCA membership and engagement.

### **Essential Functions**

1. Conducts effective and engaging exercise programs which meet the standards and design of YMCA Buffalo Niagara.
2. Performs administrative tasks including record keeping, participant logs, communication logs, etc. Conducts program surveys.
3. Builds effective relationships with members. Helps members connect with each other and the YMCA.
4. Maintains working knowledge of wellness and trends to provide effective information and support to members.
5. Ensures a safe program environment. Reports and treats any injuries.
6. Attends staff meetings and training sessions as required. Maintains all required certifications.

7. Carry out other duties as assigned.

### **Qualifications**

- ACE, AFAA or NETA certification with Personal Trainer certification **or** YMCA Foundations of Strength and Conditioning certification **or** Bachelor's Degree in an Exercise Science related field.
- Current CPR/AED certification from American Red Cross or The American Heart Association.
- YMCA Healthy Lifestyles certification within 60 days of employment.
- Ability to build effective relationships, motivate and engage the group.
- Strong interpersonal skills with the ability to work as part of a team.

### **Work Environment**

The employee will work in a fitness center environment. The noise level is moderate to high.

### **Physical Demands**

The physical demands that are described here are representative of those that must be met by an employee to successfully perform the essential functions of the job. Reasonable accommodations may be made to enable individuals with disabilities perform the essential functions.

While performing the duties of the job, the employee is regularly required to: bend, stoop, kneel, twist, sit, reach with hands, grasp, stand, hear, speak, have finger dexterity, walk, run, lift up to 45 pounds, push, pull and have visual acuity. The employee must remain alert at all times. The employee must have the ability to respond to emergency situations, and the ability to demonstrate proper form and technique using various fitness equipment. This job may require travel to various locations.

### **Training Requirements**

New Employee Orientation and Child Abuse Prevention Training before beginning work at the assigned location.

YMCA Healthy Lifestyles Principles must be completed within 60 days of employment.

Program Specific training prior to beginning work with the assigned group.

### **End Result**

1. A broad based, successful program with a growing enrollment and revenue base.
2. Compliance with YMCA Buffalo Niagara program standards.
3. A positive community image.

### **YMCA BUFFALO NIAGARA ASSOCIATION FACTS:**

Founded in 1852, YMCA Buffalo Niagara is the second-oldest YMCA in the United States and one of the oldest institutions in Western New York. Throughout its 159 year history, the Y has adapted to serve the ever changing needs of the community. Today the Y fulfills its mission by offering a full spectrum of youth development, health and wellness, social, and recreational programs to more than 100,000 people, regardless of race, religion, age, ability, and income level. As a dynamic, charitable community-based organization, the Y provides financial assistance to thousands of youth, families, and seniors each year so that they can take part in YMCA membership and programs.

YMCA Buffalo Niagara has eight YMCA branches and runs programming in over 30 off-site locations. The 2011 budget for the Association is \$13,359,400.

**Target Dates for the Search Process**

<b>Resumes accepted through:</b>	<b>February 17</b>
<b>Interviews scheduled:</b>	<b>February 21 - 24</b>
<b>Selection made:</b>	<b>February 27</b>
<b>Anticipated start date:</b>	<b>March 6, 2012</b>

**To Apply:** Submit resume and cover letter by February, 2012 to:

Mail: YMCA Buffalo Niagara  
301 Cayuga Road Suite 100  
Buffalo, NY 14225  
Attention: Human Resources

Email: [jobs@ymcabuffaloniagara.org](mailto:jobs@ymcabuffaloniagara.org)

Fax: (716) 565-6007