

DEFIANCE AREA YMCA

JOB DESCRIPTION: Fitness Attendant

General Function:

To ensure the safety of all participants and observers in the Fitness Center, while maintaining a clean and fun environment. The attendant is responsible for the instruction, supervision and safety of all members utilizing the facility.

Know-How:

A YMCA Fitness Center Attendant is required to have a good understanding of physical fitness, strength training, exercise science and fitness equipment. Current certification in CPR, First Aid, and AED is required.

Job Segments:

- Demonstrate the proper use of equipment to members.
- Assist members with workouts.
- Provide fitness center orientations to new members.
- Supervise the fitness center for general safety of users.
- Enforce all branch policies relating to fitness area and equipment.
- Maintain proper operation of fitness equipment, and report any repair needs to the Supervisor immediately.
- Be active on the fitness floor, continually interacting with all members and guests.
- Keep the fitness center clean, comfortable and pleasant.
- Clean windows, mirrors and machines on a regular basis.
- Demonstrate Responsibility, Respect, Caring & Honesty towards members, guests, co-workers, and supervisor at all times.
- Help keep the facility and grounds free of litter and safety hazards.
- In an effort to keep employee injuries to a minimum, will encourage all staff to perform their duties in a safe and efficient manner. In all instances, proper equipment must be used for the task being performed.
- Any other duties as assigned by supervisors.

Work Environment & Physical Demands:

- Must be able to meet minimum requirements and perform functions of the position with or without reasonable accommodation
- Must be able to communicate clearly to all children, parents, members and company personnel

- Ability to attend all training and meetings as required even if scheduled outside normal working or regular scheduled hours.
- Present a clean, well-groomed appearance
- Ability to run, walk, stand, and sit (including on the floor) for long periods of time.
- Exposure to communicable diseases and bodily fluids.
- Must be able to lift and/or assist children up to 50 pounds in weight.
- Occasionally must be able to lift and carry supplies and equipment weighing up to 90 pounds.
- Frequently may require bending, leaning, kneeling, and walking

YMCA Competencies:

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.