



FREMONT FAMILY YMCA JOB DESCRIPTION

Job Title: Wellness Attendant

Primary Function: Wellness Service

FLSA Status: Non-Exempt

Leadership Level: Leader

Reports To: Youth Sports & Wellness Director

POSITION SUMMARY:

The Wellness Attendant at the Fremont Family YMCA intentionally fosters a cause centered culture that is welcoming, genuine, hopeful, nurturing, and determined. This position is responsible for the safety of staff, members, and guests of the YMCA and assures that all YMCA rules, policies, and procedures are understood and followed.

OUR CULTURE:

Our mission and core values are brought to life by our culture. At 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:

1. Fully knowledgeable of the daily wellness center functions and operations.
2. Builds effective, authentic relationships with members and staff; helps them connect with each other and the YMCA.
3. Must possess excellent customer service skills.
4. Follows all YMCA policies, rules, regulations, and procedures, including emergency and safety procedures. Completes incident and accident reports as necessary.
5. Must be enthusiastic and knowledgeable about overall wellness, resistance, and cardio training; coaches members in support of their desired behavior change.
6. Ability to work independently with a high level of attention to detail.
7. Complete and maintain CPR and First Aid trainings within 90 days of hire.
8. Recommends new members to group exercise classes based on their goals.
9. Is knowledgeable and can answer member questions to support their goals.
10. Uses tools and information available to increase member knowledge on overall wellness.
11. Maintains and cleans equipment according to schedules and checklists provided.
12. Performs other duties as assigned.

WORK ENVIRONMENT AND PHYSICAL DEMANDS:

- Ability to relate effectively to diverse groups of people from all social and economic backgrounds in the community.
- 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. Reasonable accommodations may be made to enable individuals with disabilities to perform essential functions.
- While performing the duties of this job, this position requires several hours of standing and walking when involved regular job duties. Bending over, reach overhead, grasp, push, pull and move, lift and/or carry up to 45 pounds repeatedly at or above waist height.
- The employee must occasionally lift and/or move up over 50 pounds.
- Specific vision abilities required by this job include close vision, distance vision, and the ability to adjust.

HOURLY WAGE RANGE: \$9.00 - \$11.00

SIGNATURE:

I have reviewed and understand this job description.

Employee name

Employee signature

Date