



# JOIN OUR TEAM!

STEVENS POINT AREA YMCA 1000 Division Street • Stevens Point, WI 54481 P 715 342 2980 F 715 342 2987

**POSITION:** Certified Yoga Instructor

**DEPARTMENT:** Health Enhancement

**NUMBER OF OPENINGS:** 1

**HIRING STATUS:** Immediate

## POSITION RESPONSIBILITIES

You will plan and teach basic and/or Yoga Flow classes. Your responsibilities include observing participants and guiding them through proper form and breathing techniques. You will actively teach by demonstrating skills and methods of participation.

## PRIMARY QUALIFICATIONS

**Skills:** Yoga or other exercise teaching experience is preferred. You must have demonstrated fitness, leadership, communication and relationship building skills necessary to successfully teach Yoga. You must be able to work with individuals of all fitness levels, and understand the individual challenges with achieving program skills.

**Competencies:** Most importantly, you must believe in the benefits of Yoga and have a desire to share the benefits through teaching. You must be self-motivated, enthusiastic, and have a positive attitude. You must have motivational skills and be able to tactfully correct participant form. You must exhibit the Y core values of respect, responsibility, honesty and caring.

**Certifications:** Yoga certification required, RYT 200 preferred. Community CPR w/AED and First Aid is a position prerequisite but you are allowed 90 days post hire to obtain.

**SCHEDULE:** Thursdays 5:30 a.m. – 6:30 a.m.

**WAGE:** \$14.60 per hour. Includes fully-paid YMCA adult membership. On-site free child care available.

## ABOUT THE Y

At the Y we work hard but have fun doing it. Words that our employees have used to describe the Y work environment: sense of belonging, camaraderie, family-friendly, supportive, welcoming, team atmosphere, fast-paced, meaningful, energetic. The Y is about youth development, healthy living and social responsibility with emphasis on the core values of respect, responsibility, honesty and caring. The Y offers more than just a job; it offers a cause to embrace. We are conveniently located in central Stevens Point within blocks of the University.

## HOW TO APPLY

Fully completed Stevens Point Area YMCA Employment Application is required.

If you are a student, school schedule is required.

Application is available on-line at <https://www.spymca.org/employment/>

Inquiries: Contact Uyvonne Hicks, Employment Specialist, at [uhicks@spymca.org](mailto:uhicks@spymca.org) or 715-342-2980 ext. 357

