



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### **Montachusett Regional YMCA Opening Part-Time Wellness Center Attendant**

- Part-time; flexible to meet requirements of the position including some evenings; weekend and holiday work may be required.
- The Wellness Center Attendant reports to and takes day-to-day direction from the Fitness Director.
- The Wellness Center Attendant is responsible for presenting a positive and competent image of the YMCA through quality wellness training programs designed to meet the needs of individuals and the community.

#### **Qualifications:**

- Must have excellent written and oral communication skills to work positively with different populations, in groups and individually;
- Must be well-organized;
- Must be in excellent physical condition to demonstrate proper form and technique;
- Must be able to think independently and develop programs for individual clients;
- Must be able to keep confidences and practice discernment;
- Must have educational background in Physical Education, Exercise Science, Health Education or related field; extensive practical experience and a strong interest in the health/wellness or related field, or have passed the YMCA Personal Trainer I certification course;
- Must be certified through ACE, ACSM, or other approved nationally accredited organization and YMCA Personal Trainer within 6 months of hire;
- Must hold and maintain professional certification through a nationally recognized organization to personal train according to YMCA and ACSM protocol;
- Must have and maintain CPR and First Aid certifications;
- Must be alert and aware of signs of exercise-induced stress;
- Must be able to lift up to 45 pounds using proper technique;
- Must be able to learn and follow local YMCA guidelines related to employment and benefits administration;
- Occasional travel for training may be required;
- Must understand, believe in and contribute to the mission of the YMCA.

#### **General Responsibilities:**

The person selected for this position will be responsible for quality fitness programming in the areas of fitness instruction, education, motivation and member services. This person is responsible for continuous high-quality customer service, which includes, but is not limited to, meeting internal external customer needs, and for presenting a positive attitude toward the YMCA, its staff, and its programs.

For a more detailed description or questions please contact:

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