



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

MARSHFIELD AREA YMCA, INC.

Job Description

Job Title: **Wellness Coach**

Class: **Part Time; Hourly**

Job Location: **YMCA-Marshfield Center, 410 W McMillan St, Marshfield, WI**

Reports to: **Healthy Living Director**

Hourly Wage Range: **\$11.97-\$17.95**

BENEFITS OF WORKING WITH THE YMCA:

- Free YMCA facility membership (a value of over \$1,000)
- Professional Development through Y-USA's learning & development programs
- YMCA Child Care discounts (based on availability in Child Care Program)
- YMCA Program discounts

POSITION SUMMARY:

Under the direction of the Healthy Living Director, and in accordance with the mission of the Marshfield Area YMCA, the Wellness Coach will deliver an exceptional member experience in the way we engage with members:

- SUPPORT members on their personal wellness journey to reach their goals and achieve healthy spirit, mind and body.
- WELCOME members into an environment where they feel respected and physically and emotionally safe.
- CONNECT members to the people and resources that help them achieve their goals.

The Wellness Coach will create a safe and enjoyable atmosphere by being assertive and courteous when enforcing Healthy Living Center and Strength Training Center rules, regulations, and policies.

QUALIFICATIONS:

- Must be at least 18 years of age.
- Must be knowledgeable in selectorized equipment, free weight training principles, and YMCA fitness testing components.
- Experience in wellness coaching or wellness environment field preferred.
- Certifications must be obtained and maintained within the first 90 days: CPR, AED, First Aid (training provided); YMCA Foundations of Strength & Conditioning (if not a certified Personal Trainer); Child Abuse Prevention and Bloodborne Pathogens.
- Must have a strong personal commitment to overall wellness; have a positive attitude and ability to work independently; and excellent communication and people skills.

ESSENTIAL FUNCTIONS:

- Follow all policies and procedures as outline in the Marshfield Area YMCA Employee Handbook.
- Good communication skills (written and verbal) are essential, along with a demonstrated ability to work effectively with people as part of a team.



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- Build effective, authentic relationships with members. Welcome new members; greet and engage members and guests.
- Conduct new member wellness orientations, learn member's wellness goals, and create and support an engagement plan that helps them achieve those goals. The engagement plan should include various Healthy Living initiatives as deemed appropriate to the member's goals including: Personal Training, Small Group Training, and Group Exercise; provide appropriate marketing and communication materials.
- Employ approved wellness strategies that ensure participant's health, safety, and well-being as they achieve their wellness goals and modify exercises for special populations when needed.
- Work closely with Membership Staff, Personal Trainers, and Group Exercise Instructors to provide best collaborative member experience.
- Develop a good understanding of all the Y has to offer, help members build connections with all relevant program staff, and share the many reasons why the Y is So Much More!
- Maintain a safe and clean environment in the Healthy Living Center, Strength Training Center, and fitness studios. Stock resources in each area and enforce guidelines and safety rules. Inform supervisor immediately of any equipment issues or breakdowns, unsafe conditions or problems.
- Monitor and enforce age restriction in centers. Make appropriate recommendations for those not meeting the age requirements.
- Maintain a consistent presence in the Healthy Living and Strength Training Center and conduct frequent walk-throughs to be accessible to members and guests.
- Support fundraising initiatives.
- This position requires good organizational skills, strong human relation skills, ability to adapt to a changing environment, and knowledge of the YMCA operational procedures and programs.
- Attend meetings, trainings, and obtain additional certifications as requested.
- Respond to emergency situations.
- Perform other duties as assigned by supervisor.

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- A significant amount of time will be demonstrating exercises and demonstrating the proper use of equipment.
- Ability to walk, stand, and sit (including on the floor) for long periods of time.
- Position may require bending, leaning, kneeling, and walking and/or lift at least 30 pounds will be necessary.
- Sufficient strength, agility and mobility to perform essential functions of position.



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All offers for employment with the Marshfield Area YMCA, Inc. are contingent upon the candidate having successfully completed a criminal background check. We will consider people with criminal histories in a manner consistent with the requirements of applicable local, state, and Federal laws.

The Marshfield Area YMCA, Inc. is an Equal Opportunity Employer committed to valuing diversity and practicing inclusion.

We provide our employees with a robust employee benefits plan that focuses on the mental and physical wellness of our team. We strive to offer a flexible work environment that allows our team members to be productive in both their work and home lives.

We will ensure that individuals with disabilities are provided reasonable accommodation to participate in the job application or interview process, to perform essential job functions, and to receive other benefits and privileges of employment.