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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tri Cities Family YMCA CrossFit Coach Job Description

Position Title: CrossFit Coach
Department: CrossFit
Source of Supervision: Fitness and Wellness Director
Wage: hourly

Position Summary:

Under the direction of the Fitness and Wellness Director, the CrossFit coach is responsible for reviewing, organizing, and delivering CrossFit programming in a class setting.

Qualifications:

1. CrossFit Level 1 Trainer Certificate, additional Personal Training certification preferred
2. CPR certification
3. Excellent communication and organizational skills.
4. One to two years related experience preferred.
5. Models and teaches YMCA values

Essential Functions:

1. Facilitate CrossFit programming to small groups.
2. Prepares for class, organizes equipment, assesses need for modifications of specific exercises and secures all equipment upon conclusion of class.
3. Ensures all participants have completed waiver and necessary paperwork.
4. Promote lifelong adherence to a health and fitness program through realistic goal setting and education.
5. Provide participants with in-depth information on the principles of strength training, flexibility, cardiovascular conditioning, injury prevention, and rehabilitation
6. Assist in marketing group classes and training programs.
7. Attends all scheduled staff and program meetings