

RYE YMCA Cycling Instructor (PT)

Job Posting Date: February 2, 2023

Job Description:

Under the supervision of the Sr. Program Director of Health and Wellness, the Cycling Instructor is responsible for instructing classes with an emphasis on safety and participant/member satisfaction. The spinning instructor must be pleasant and possess the ability to establish a warm and friendly class atmosphere. **The instructor must have a current adult CPR an Indoor Cycling Certification**

Principal Activities:

1. Arrive 15 minutes before class start time and make appropriate preparations by getting equipment and music for class
2. Instructor must check all the bikes and be sure they are in proper working condition (e.g. pedals, screws, seats, handle bars). Make proper adjustments, if necessary.
3. Exude enthusiasm and imagination while teaching. Offer positive feedback, constructive criticism, and encouragement to members. Makes class fun and rewarding.
4. Professional spinning attire must be worn during class instruction.
5. Each class must include a warm-up and cool down.
6. Class must begin and end on time.
7. Instructor must arrange coverage in their absence and let Senior Director of Member Wellness know if there is a change in the schedule.
8. Ideal candidate must be available for relief coverage in other spinning classes.
9. Instructor must attend staff meetings and all required trainings.

Hourly Range: \$40.00 - \$50.00

Duration: Year round

Hours Needed: Morning, Mid Afternoon, Evening, Weekend