



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA JOB DESCRIPTION

Yoga Instructor – Part-time

We are seeking a passionate and skilled **Yoga Instructor** to lead and guide our members through engaging and effective yoga sessions. The ideal candidate will create a welcoming and safe environment for students of all levels, while promoting physical health, mental well-being, and relaxation.

ESSENTIAL FUNCTIONS:

1. Lead group and/or individual yoga classes, adapting to various experience levels (beginner to advanced).
2. Create and plan class sequences that align with the needs of participants, incorporating various yoga styles such as Hatha, Vinyasa, or Restorative yoga.
3. Demonstrate proper technique and form, providing hands-on adjustments as necessary to ensure safety and effectiveness.
4. Encourage mindfulness, breathing techniques, and meditation practices as part of the overall yoga experience.
5. Maintain a positive and inclusive atmosphere for all participants, ensuring each member feels supported and encouraged.
6. Offer modifications and alternatives for students with physical limitations or injuries.
7. Attends staff meetings and trainings as scheduled.
8. Follows all YMCA policies, rules, regulations and procedures, including emergency and safety procedures. Completes incident and accident reports as necessary.
9. Must be able to demonstrate and/or guide others to demonstrate basic skills in accordance with YMCA standards.

STARTING WAGE:

\$12.36

BENEFITS:

FREE YMCA membership and 24/7 access.

75% discount on all children enrolled in swim lessons, gymnastics, and tennis lessons.