



Healthy Aging Association

CERTIFIED YOUNG AT HEART INSTRUCTOR VOLUNTEER DESCRIPTION

PURPOSE OF POSITION:

To provide safe and effective group exercise instruction that will help the older adult live a healthy lifestyle.

QUALIFICATIONS:

Education and Certification:

- Current Young at Heart Fitness Training certification.
- CPR Certification.

Experience:

- Strongly encouraged, participation in a Young at Heart Fitness Class
- No prior experience teaching, or instructing is required.
 - Training will be provided by the Fitness Program Manager (FPM) and or Program Coordinator.
- Must be able to perform **ALL BASIC** exercises in the correct form.

Personal Skills:

- Dependable and punctual.
- Energetic, enthusiastic and motivational with large groups.
- Knowledgeable of program and events provided by Healthy Aging Association
- Professional manner and appearance.
- Good verbal and interpersonal skills.
- Strong leadership qualities.

RESPONSIBILITIES:

- Train and be certified as a Young at Heart Fitness Instructor
- Maintain annual certification by:
 - Attending at least two annual meetings /training for continuing education
 - Be evaluated by the Fitness Program Manager and make necessary changes
- One-year commitment to teaching/instructing Young at Heart classes.
- Lead a safe exercise class using the approved Young at Heart instructor manual and routines.
- Begin and end classes on time (Not to exceed one hour).
- If unable to instruct a class, locate a suitable substitute or immediately inform the FPM.
- Monitor, record, and turn in all paperwork by the 10th of the following month.
- Identify emergency exits, know where the closest emergency telephone is located at each site and be prepared to give exact location to emergency personnel.
 - Have in your possession emergency contact names and phone numbers.
- Make announcements requested by the Healthy Aging Association.
- Encourage participation in Healthy Aging Association Fund Raisers.