



FOR YOUTH DEVELOPMENT®
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.

Our Culture:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

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