
Volunteer Opportunity Description

Fitness Floor Aide

A Fitness Floor Aide invigorates and encourages patrons to embody healthy lifestyles through physical fitness practices. Volunteers learn to optimize the fitness floor equipment, teach targeted and proper form, and safeguard equipment guidelines. The volunteer aids in creating safe environments for active youth and adults encouraging the longevity of strong healthy communities.

Responsibilities

Duties may vary depending on assignment; some responsibilities include but are not limited to:

- Orient youth on proper equipment use
- Oversee and identify youth under 18 with appropriate fitness floor access
- Monitor and assist members as needed
- Aid trainers in providing quality fitness experiences
- Implement safety procedures on the fitness floor

Additional Notes:

This volunteer opportunity represents the primary needs identified at this time but is not intended to be all-inclusive. The volunteer will also be responsible for taking direction from the Program Director or other designated Marshalltown Y team member.

Physical Demands

- Ability to demonstrate through physical examples that may include but are not limited to walking, standing for long periods of time, bending, reaching, and lifting

Requirements

- Minimum age of 18
- Morning, Afternoon or Evening availability
- Passion to demonstrate and share enthusiasm for active and healthy lifestyles
- Volunteer application
- Face-to-face interview
- Pass Criminal Background Check
- Reference Check
- Signed Code of Conduct
- Completion of assigned training