



## **Athletics & Recreation Fitness/Personal Trainer**

**Reports to:** Athletics & Recreation Manager

**Location:** 657 Middlesex St, Lowell, MA 01851

**Salary/Hourly:** \$16.50-\$17.50 hourly/25hours a week

**Job Type:** Part time after school

### **Overview/Position Summary**

The Athletics & Recreation department is seeking an energetic, skilled, and motivating fitness attendant/personal trainer to join our team. In this role, you will help monitor and create exercise plans for our members who will rely on you to help them achieve their fitness goals. This is a great position for a fitness professional just starting out. We have a great deal of athletic teens that are eager to workout and want to learn more about how to achieve a healthy lifestyle.

### **Responsibilities/Skills and experience relevant to this position:**

- Excellent written and communication skills.
- All staff are required to stay up to date with all mandatory training through BGCA and other relevant training organizations.
- Attention to detail, willing to learn and have strong organizational skills.
- Lead and motivate members through pre-defined workouts
- Help members set and achieve goals
- Ensure members are using correct form and offering corrections & modifications
- Understand the science behind our workouts
- Knowing how to use and demonstrate usage for every piece of equipment utilized in every workout
- Being able to assist in either the gymnasium and or the Games Room.

### **Qualifications:**

- Ability to manage and supervise members age 8 to 18 in a safe environment
- Ability to work in an environment with loud noises
- All staff are required to undergo training, which includes but is not limited to topics related to safety, emergency response and child abuse prevention
- Must support Club values
- Age requirement: Must be 18 years or older
- Must have a High School diploma College experience preferred
- Authorized to work in the U.S
- AED/CPR certified preferred
- Current or working towards certification from: NCSF, NCSA, ACSM, NASM, AFFA, or ACE
- Must have at least 1 years of experience
- MA or NH Driver's license required and in good standing
- Must be able to communicate effectively
- Experience working with urban youth
- Basic knowledge of sports
- Able to lift 50+lbs
- Fun and positive attitude
- Ability to partake in physical activity
- Former or current athlete is a plus
- Experience coaching or refereeing is a plus

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**Benefits:**

- Values and mission driven organization with emphasis on teamwork, fun, integrity, commitment and excellence.
- Paid time off, training
- Interaction with a positive, community minded team, along with amazing young people.

**How to respond**

- Please submit your resume to Devonna D. Williams, Athletics & Recreation Manager.

**Our Hiring Process and Timeline**

- We will review the applications on a rolling basis until the position is filled.
- We will conduct short phone interviews and begin in-person (or video) interviews until position is filled.
- Position will remain open until filled

**Equity Statement**

The Boys & Girls Club of Greater Lowell is committed to fostering a diverse and inclusive workplace. We are dedicated to hiring employees who reflect the communities we serve, including women, people of color, LGBTQIA+ individuals, and people with disabilities. Boys & Girls Club of Greater Lowell will provide accommodations in all aspects of the hiring process. If you require an accommodation, we will work with you to meet your needs.

Boys & Girls Club of Greater Lowell is an Equal Opportunity Employer. People of color, especially those from Lowell, are strongly encouraged to apply.

**Disclaimer**

The information presented indicates the general nature and level of work expected of employees in this classification. It is not designed to contain, or to be interpreted as a comprehensive inventory of all duties, responsibilities, qualifications and objectives required of employees assigned to this job. All offers of employment are contingent on results of a reference and background check.