



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA JOB DESCRIPTION

Job Title: **Qigong, Mindful Movement and Meditation Instructor**

FLSA Status: NonExempt-Hourly Part Time

Pay Rate: based on experience and credentials

Reports to: Wellness Lead

POSITION SUMMARY:

The Qigong, Mindful Movement, and Meditation Instructor is responsible for leading group mind-body classes that promote physical, mental, and emotional wellness. This position delivers instruction in traditional Qigong practices, including intentional movement, breathwork, and meditation techniques. The instructor is expected to create a welcoming, inclusive, and supportive environment for all participants, in alignment with the YMCA's mission and values. The role requires a strong understanding of mind-body practices and the ability to adapt instruction to meet a range of participant needs and abilities.

ESSENTIAL FUNCTIONS:

1. Teach safe, engaging, and accessible Qigong and meditation classes for a diverse membership base (varying ages, levels, and abilities).
2. Prepare and lead sessions with structured flow, intentional breathwork, and meditative guidance.
3. Offer modifications to meet individual participant needs and ensure inclusive participation.
4. Maintain a welcoming, supportive, and tranquil class environment that aligns with the YMCA's mission and values.
5. Encourage member connection, growth, and regular participation in mind-body programming.
6. Set up and clean equipment/space before and after class.
7. Conveys information on wellness programming, YMCA events, and program schedules.
8. Has personal physical endurance and capability to meet the physical demands of the classes instructed.
9. Demonstrates ability to speak concisely and effectively communicate.
10. Maintains accurate attendance records.
11. Attends staff meetings and trainings as scheduled.
12. Willingness to sub for other instructors when available
13. Follows all YMCA policies, rules, regulations and procedures, including emergency and safety procedures. Completes incident and accident reports as necessary.
14. Organizes and puts away needed class equipment and fitness towels. Reports damaged equipment.

QUALIFICATIONS:

1. Certifications within 60 days: CPR/AED for Professional Rescuers and Health Care Providers and Group Exercise Instructor Certification (upon availability of certification offerings)
2. Ability to move to music on beat as it pertains to your class
3. At least 18 years of ageTeach safe, engaging, and accessible Qigong and meditation classes for a diverse membership base (varying ages, levels, and abilities).

PHYSICAL REQUIREMENTS:

This position requires the ability to stand, walk, bend, stoop, kneel, and reach regularly. Must be able to lift and/or move up to 25 pounds and occasionally lift and/or move up to 50 pounds. The role may involve physical activity both indoors and outdoors in various weather conditions. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.