



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PIEDMONT FAMILY YMCA JOB DESCRIPTION

Job Title: Cooking Class Instructor  
Leadership Level: Leader  
Status: P/T  
Reports to: Senior Wellness Director

Pay Range: \$25-\$28/hour  
FLSA Status: Non-Exempt  
Department: Wellness  
Location: Brooks Family YMCA

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### POSITION SUMMARY:

Under the direction of the Senior Wellness Director, and in harmony with the mission and purpose of the established policies and goals for the Piedmont Family YMCA, the Cooking Class Instructor will provide educational nutrition programs to YMCA members and program participants.

### ESSENTIAL FUNCTIONS:

- Support the mission, vision and goals of the YMCA.
- Lead cooking class for participants in effective, meaningful and compelling ways. Encourage group participation and interaction.
- Start and finish each session within the established period.
- Prepare before each class, and follow up on any questions that cannot be answered during class time with assistance from the Senior Wellness Director.
- Promote a professional work environment through character development by modeling the values of caring, honesty, respect and responsibility.
- Wear staff uniform and name tag, or professional attire when appropriate.
- Meet quarterly with Senior Wellness Director to review relevant nutrition topics to present.
- Be familiar with YMCA emergency procedures, where AED's and first aid equipment are located.
- Ensure all members, guests, and program participants are in a safe environment and actively follow branch Emergency Operation Plan (EOP).
- Perform other duties as assigned.

### LEADERSHIP COMPETENCIES:

Advancing Our Mission & Cause: Engaging Community, Volunteerism, Philanthropy, Change Leadership

Building Relationships: Collaboration, Communication & Influence, Inclusion

Leading Operations: Critical Thinking & Decision Making, Fiscal Management, Functional Expertise, Innovation, Program/Project Management

Developing & Inspiring People: Developing Self & Others, Emotional Maturity

### QUALIFICATIONS:

- Minimum of 21 years of age.
- Knowledge of cooking, basic health and nutrition. Ability to cook and teach at the same time.
- YMCA experience preferred.
- Must have a strong communication and relationship building skills, the ability to build community within a group, and have empathy for health seekers.



- Must be able to work with diverse populations.
- Completion of required trainings within 30 days of hire, including but not limited to: CPR/First Aid, YMCA Leader Certification, Orientation to Healthy Living at the Y
- Stay current with all necessary certifications.

**WORK ENVIRONMENT & PHYSICAL DEMANDS:**

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform essential functions.
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of the position, including leading class, walking, standing, bending, reaching, and lifting.

**SIGNATURE:**

I have reviewed and understand this job description.

\_\_\_\_\_  
Employee's name

\_\_\_\_\_  
Employee's signature

Today's date: \_\_\_\_\_