



JOIN THE TEAM!

Fleet & Family Readiness Programs

Supporting our military. Work that matters!



Recreation Specialist Fitness - Flexible

Announcement Number: 24-12477212

Primary Location: Bangor, WA

Pay Range: \$20.47 - \$22.00 per hr.

Open: 07/11/2024 – 09/30/2024

WHAT YOU GET:

- Competitive Wages & Benefits
- Benefits begin DAY ONE (Regular Full-Time and Part-Time)
- NAF Retirement Savings plan & 401K plan with match up to 3% of your salary
- Access to base recreation centers, gyms, movie theaters, Navy Exchange, and discount travel through AmericanForcesTravel.com
- Global Career Opportunities – Fleet & Family Readiness Programs is a worldwide enterprise with opportunities to work at Naval Bases around the world
- Make a positive impact on the Military Community

WHAT TO EXPECT:

- Conducts an ongoing variety of fitness classes and set up individual fitness programs for patrons on various equipment and ensuring that the patron fully understand how to safely exercise and operate all equipment
- Applies knowledge of fitness techniques and programs to provide a variety of fitness programs and instructions such as introduction to fitness, lifestyle changes, basic toning, circuit training, aerobic conditioning training
- Recommends means for modifying cardiovascular risk factors, body fat and improving nutritional habits within guidelines recommended by the American College of Sports Medicine (ACSM). Screen participants for cardiovascular risk factors prior to exercise via a medical history and health habits questionnaire Enforces all rules and regulations for the fitness center
- Ensure the fitness programs are maintained in accordance with MWR and Navy regulations and instructions. Issue workout charts and other additional paperwork
- Attends fitness meetings, workshops and seminars presented by the Fitness Manager and other outside organization. Keeps up to date on the latest training techniques and developments
- Performs other duties as assigned

WHAT YOU NEED TO KNOW:

- A degree in health and fitness field or two years of experience in health and fitness field and high school diploma.
- Must have current nationally recognized certifications of the following: personal training, group exercise instructor, CPR and AED
- Must be able to competently and independently plan, develop and conduct a diversified fitness program through proper application of fitness principles, concepts and techniques that relate to the specific needs of the patrons and the interests of the military community at several locations
- Extensive oral and written communications skills and ability to speak in public forums
- Computer competency in Microsoft office: Word, Excel and Power Point
- Work is performed both indoors and outdoors under varied weather conditions. This position is required to do considerable standing, bending, stooping, walking, pushing, climbing and lifting of objects weighing up to 50 pounds unassisted
- Incumbent must have or obtain certification from the American College of Sports Medicine or The American Council on Exercise in personal training and group fitness within 6 months of placement in the position
- Flexible 0-40 hours per week, can include nights, weekends and holidays
- Must be available to work all operational hours



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CONDITIONS OF EMPLOYMENT:

- Must meet Federal Employment suitability requirements and successful completion of background investigation
- Certification obtained from ACSM or American Council on Exercise within 6 months of employment
- Must be at least 18 years of age and have a valid driver's license
- Must possess and maintain a valid driver's license
- Travel may be required

OTHER INFORMATION:

- Participation in the Direct Deposit/Electronic Fund Transfer within 30 days of employment is required.
- We utilize E-Verify to confirm selectee's eligibility to work in the United States. The Department of the Navy (DON) is an Equal Employment Opportunity Employer. All qualified candidates will receive consideration without regard to race, color, national origin, religion, sex, age, mental or physical disability, genetic information, reprisal, marital status, political affiliation, sexual orientation, or any other non-merit factor.

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