

**YWCA Northern New Jersey  
Job Description**

**Job Title:** Camp Program Specialist – Yoga and Wellness  
**Supervisor’s Title:** Camp Director  
**Department:** Youth Services

**To Be Completed by Human Resources**  
**Job Code:** Seasonal  
**Grade:**  
**FLSA Status:** Non-exempt

**Job Summary**

To further the mission of the camp through the development and delivery of yoga and wellness activities that are safe, fun, and appropriate to the campers’ age and abilities. Assist in the management of the yoga area, related equipment and supplies.

**Key Responsibilities**

*This job description is not intended to be an exhaustive list of all responsibilities, duties and skills required to perform this job, the rather describes the essential functions/responsibilities of the job. Other duties may be assigned as required.*

1. Develop and deliver a Yoga program that is appropriate for the age and ability of the campers
  - ♦ Write lesson plans that meet camp outcomes and the abilities of the campers.
  - ♦ Evaluate abilities of campers and staff.
  - ♦ Deliver progressive yoga and wellness activities.
2. Ensure that camp staff and campers know and follow safety and educational procedures
  - ♦ Assist in the implementation of staff training for yoga and wellness.
  - ♦ Train other staff in their responsibilities when at Yoga.
  - ♦ Ensure campers and staff follow safety procedures.
3. Assist in the management and care of the physical facilities and equipment in the yoga program area
  - ♦ Maintain the yoga equipment including sanitizing mats.
  - ♦ Ensure the security of the yoga equipment when not in use.
  - ♦ Conduct daily check of area and equipment for safety, cleanliness and good repair.
  - ♦ Clean yoga equipment daily.

**Other Job Duties:**

- ♦ Participate enthusiastically in all camp activities, planning and leading those as assigned.
- ♦ Participate as a member of the camp staff team to deliver and supervise evening programs, special events, overnights and other all-camp activities and camp functions.
- ♦ Assist in the planning of any special events.

**Qualifications**

**Education/Experience:** College degree is preferred. Experience working with school aged children, preferably in a recreational setting.

**Licensing and/or Certifications:**

- ♦ Documented experience in yoga instruction or documented training and experience.
- ♦ Current certification in first aid and CPR.
- ♦ Training and experience in teaching Yoga to children

**Knowledge:**

- ♦ Experience in setting up, securing and maintaining yoga equipment

**Skills and Abilities:**

- ♦ Ability to communicate and work with groups participating (age and skill levels) and provide necessary instruction to campers and staff.
- ♦ Ability to observe camper behavior, assess its appropriateness, enforce appropriate safety regulations and emergency procedures and apply appropriate behavior-management techniques.
- ♦ Ability to observe staff behavior, assess its appropriateness, enforce appropriate safety regulations and emergency procedures and apply appropriate management techniques.
- ♦ Visual and auditory ability to identify and respond to environmental and other hazards related to the activity.
- ♦ Physical ability to respond appropriately to situations requiring first aid. Must be able to assist campers in an emergency (fire, evacuation, illness or injury) and possess strength and endurance required to maintain constant supervision of campers.

**Physical Requirements:** *The physical requirements 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 the essential functions. Some physical requirements of a yoga position could be endurance including standing, some bending, stooping, stretching and strength and dexterity to demonstrate gymnastics skills. Requirement for eye-hand coordination and manual dexterity to manipulate equipment. Requires normal range of hearing and eyesight to record, prepare, and communicate appropriate camper activities/program. Willingness to live in a camp setting and work irregular hours delivering program in the facility available.*

**Travel- Camp Program Specialists may be asked to be a bus substitute at one of our bus stop locations. (Hackensack,Dumont,Oradell, Harrington Park, Mahwah, or Ridgewood)**

**Additional Comments (If applicable)**

*Must embrace the mission and values of the YWCA, have a strong customer focus, and the ability to work with a multi-generational, diverse workforce and membership.*

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*Sign and Date:* / /2022