

## **Job Posting:**

### **Part-time Personal Trainer**

Special Olympics New Jersey is looking for an enthusiastic, dedicated individual who will work in the Fitness Center located within the Sports Complex at Special Olympics New Jersey (SONJ) in Lawrenceville, NJ. SONJ athletes utilize the Fitness Center to train for sports and enhance their physical well-being. Personal Trainers oversee the safe and correct usage of equipment, as well as assist athletes in reaching personal fitness goals.

This position is non-exempt; only evenings and Saturdays are available

#### **Key Responsibilities**

- Adhere to and enforce all Fitness Center Rules and Guidelines of Sports Complex. Ensure that all participants in the Fitness Center adhere to the rules and guidelines
- Perform athletes' fitness assessments to measure current fitness level and devise a fitness plan to meet reasonable fitness goals
- Proactively interact and engage with Special Olympics New Jersey athletes
- Schedule specific appointment times to work with athletes to help meet fitness goals
- Demonstrate proper techniques and proper use of fitness center equipment
- Observe/supervise athletes during their work-out sessions, and provide corrective measures and motivation to assist the athletes in meeting their fitness goals
- Work directly with Director of Program Development and other Personal Trainers to offer ideas for and/or develop new program offerings to attract and retain new athletes to the fitness center
- May be asked to lock up and secure Sports Complex
- All other duties, as assigned

#### **Qualifications**

- Certified personal trainer designation preferred
- First Aid and CPR certification required
- Experience working with individuals with developmental disabilities, and familiarity with the Special Olympics movement highly recommended

#### **Physical Requirements**

- Must be able to see and hear clearly
- Must be able to communicate fluently and clearly in English (oral and written)
- Must be able to move comfortably throughout the fitness center
- Must be able lift/move up to 25 lbs.

#### **Competencies**

- Patience
- Positive attitude
- Reliability

Please send your resume with salary requirements to Trish White, HR Manager: [TAW@sonj.org](mailto:TAW@sonj.org) No phone calls please.

Special Olympics of NJ provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics.