

Activity Specialist: Fitness (La Central Ymca)

YMCA of Greater New York

New York, NY 10455

Other

Part-time

Onsite

\$20.00 - \$20.00 an hour

Posted on August 27, 2026

Organization Statement

The YMCA of Greater New York is here for all New Yorkers — to empower youth, improve health, and strengthen community. Founded in 1852, today the Y serves a diverse population of more than half a million New Yorkers who learn, grow, and thrive through programs and services at our 24 branches. Community is the cornerstone of the Y. Together, we connect active, engaged New Yorkers to build stronger communities.

To help fulfill our mission, we cultivate a culture of learning, leading, and collaboration to enhance community impact. Through our talented staff and “LEAP” career framework (Leadership, Empowerment, Accountability, Personal Growth), we are committed to a people-first approach that fosters trust, inclusion, growth, and development for all.

Being part of the YMCA Afterschool staff team is a deeply rewarding job where you support children’s learning, help build strong connections, and have a positive impact on so many in your community. At Y Afterschool, we will create a safe and fun space for kids to learn and grow, lead creative activities, and help them develop valuable skills. This is an opportunity to make a real difference and gain invaluable leadership and interpersonal experience.

Job Description

The La Central YMCA is seeking an Activity Specialist. The Activity Specialist will play a critical role in providing academic enhancement and enrichment in the Y Afterschool program, including Holiday Camps. The Activity Specialist will be responsible for providing a safe and positive environment for school-age children and for providing opportunities for learning, interaction, and academic or personal growth. Specifically, the Activity Specialist will prepare and deliver age-appropriate Fitness instruction for grades K-5 in the Y Afterschool program.

Responsibilities

- Create structured, detailed, and engaging daily or weekly lesson plans that align with program goals and the HealthyNYC initiative. Each plan should include:
 - Clear, Measurable Objectives: Define specifically what participants should know or be able to do by the end of the session.
 - Detailed Procedures: Outline a step-by-step instructional sequence that includes introductions ("hooks" to grab attention), main activities, and closures/wrap-ups.
 - Time Management: Estimate the time required for each activity to ensure effective use of time and a smooth flow.
 - Required Materials/Equipment: List all necessary resources and supplies for the lesson.
 - Safety Considerations: Plan for any necessary safety precautions during physical activities or cooking sessions.
 - Differentiation/Modifications: Include alternative approaches to accommodate diverse learning styles, abilities, and backgrounds within the group.
 - Assessment Methods: Incorporate formal and informal checks for understanding throughout the lesson (e.g., observations, quick questions, discussions, or simple quizzes).
 - Work with participants throughout the program to prepare them for an end-of-cycle showcase where they will present their accomplishments. Guide participants in selecting and finishing pieces for presentation, and assist with the organization and setup of the event.
- Lead Diverse Physical Activities: Plan, organize, and supervise a variety of physical activities based on your lesson plans. These may include, but are not limited to:
 - Gym/physical education sessions.
 - Organized sports/sports practice.
 - Dance and martial arts instruction.
 - Fun fitness games.
 - Other structured and supervised recreational physical exercises.
 - Educational activities, such as cooking demonstrations or workshops, that are designed to teach participants the fundamentals of healthy eating and living.

- Promote an inclusive, welcoming, and respectful environment that embraces the diversity of all participants.
- Create and maintain a strength-based, youth-focused atmosphere that is consistent and sensitive to the needs of participants with learning, emotional, or behavioral differences.
- Ensure the health, safety, and well-being of participants in the program by providing appropriate supervision at all times.
- Work cooperatively with Afterschool Group Leaders, professional staff, teachers, other programs, and school staff.
- Adhere to all Office of Children and Family Services (OCFS), Department of Health (DOH), YMCA of Greater New York, school partner, and funder standards, expectations, and regulations.
- Maintain accurate program documentation (sign-in/out forms, behavior reports, and incident reports, as appropriate).
- Serve as a positive role model for participants.
- Understand and communicate the YMCA's core values and the goals of the Y Afterschool Program to participants and caregivers.
- Develop and maintain positive relationships with parents/guardians and caregivers through regular communication about their child's strengths and areas for growth.
- Actively participate in training sessions, designated meetings, and special events.

Qualifications

- High School Diploma or equivalent required. College credits and formal education in a related field preferred. Preference is given to individuals who are already experts within their field or college/graduate students working towards such specialization.
- Minimum of two (2) years of experience in the specific discipline of fitness.
- Direct experience working with children under the age of 13.
- Coaching certification, if applicable.
- Content expert in the designated subject matter.
- General knowledge of Microsoft Word, Excel, and PowerPoint.
- Strong interpersonal skills, leadership qualities, and comfortable working with diverse youth and adults.
- **Minimum Education Level:** Highschool Graduate or GED

- **Preferred Education Level:** Some College Credits

Application Instructions

How to Apply:

If you would like to be a member of our dynamic team, please complete our [online application](#) and submit your résumé and a thoughtful cover letter that explains your interest in the role and our organization.

Language Requirements

English

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