



YMCA CAMP CONISTON
PROGRAM AREA DIRECTOR-YOGA
JOB DESCRIPTION

Overview/Objectives:

- The Yoga Director is responsible for providing and directing a fun, safe program of basic yoga instruction in any or all of the following categories where applicable: hatha, vinyasa, yin, hot, and ashtanga.
- This role requires confidence in the director's own abilities, creativity in lesson planning, and the ability to supervise and teach staff how to instruct campers in a fun, skill-focused manner.
- The Yoga Director reports to the Summer Directors.

Responsibilities:

- The proper care and storage of yoga equipment, including mats and block.
- Lead 50 minute yoga lessons for campers ages 8-15.
- To maintain safety at all times and to ensure that all other staff members are doing the same. This includes leading activities that are within the campers' comfort level.
- Help staff members become better instructors with both positive and negative feedback in both oral and written evaluations.
- Supervise the staff and to see that each staff member actively participates in leading and teaching campers in an age-appropriate manner.
- Teach campers from beginner to advanced yoga in a fun, safe, and encouraging environment
- Maintain a safe and clean program area.
- Help staff members become better instructors with both positive and negative feedback in both oral and written evaluations.
- Make recommendations to the Summer Directors for any changes, additions or modifications of the program, as needed.

Program Area Equipment Maintenance and Safety Checks:

- Make sure equipment is checked on a regular basis for safety, maintained in good repair, and stored in a manner to safeguard effectiveness.
- Make sure equipment is appropriate to the size and ability of the user.
- Make sure equipment has a safety check prior to each use.
- Make sure equipment is removed from service if not in good repair.
- Inspect all equipment for safety and quality before the start of each session. **Record completion of these inspections on the inventory sheet in your program area binder.**

Administrative:

- Provide pre-camp equipment inventory and needs, as well as inform the Summer Directors about any equipment needs during the summer.
- Review past lesson plans and create new ones for the program area binder with resource information updated annually.
- Assure that camper attendance is taken **quickly** at the start of each period and report missing campers to the Program Director with the first 10 minutes of the period start.
- Provide CIT, LIT and STAFF with ongoing verbal assessment and end of summer written evaluations.