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Program Mentor—Fitness

LINK TO EMPLOYMENT APPLICATION BELOW

Reports to: Director of Programming

Job Summary: Design and lead daily fitness and physical exercise sessions with each individual Neighbor's current level of activity. Serve as a trusted adult to the Neighbors, offering guidance, encouragement, and consistent support.

Supervisory Responsibilities: None

Duties/Responsibilities:

- Plan and lead engaging fitness and physical exercises that focus on individual levels for four groups of neighbors daily.
- Conduct daily check-ins with a specified group of Neighbors to foster rapport, relationship, and community.
- Support the planning and facilitation of special Friday programming, which differs from the regular weekday workshops.
- Help develop and support Personal Growth Plans for Neighbors. I
- Maintain regular communication with other Mentors, the Director of Programming, Support Families, Coaches, and the families of Neighbors.
- Participate in team meetings, training, and community events.
- Foster a safe, respectful, and inclusive environment.

Requirements:

- Bachelor's degree in physical education or related field preferred.
- Knowledge of working with individuals with Intellectual and developmental disabilities.
- Must exhibit passion for inclusion, creativity, and holistic development.
- Strong communication, organization, and interpersonal skills.
- Ability to lead groups and work independently.
- Ability to differentiate and scaffold materials to support various learning styles and levels.
- First Aid/CPR/AED certification, and a valid driver's license.
- Knowledge of office equipment and computer proficiency.
- Fluent in Microsoft Office Suite applications with the ability to learn and operate additional software applications as appropriate.
- Excellent verbal and written communication skills using the English language.
- Must have the ability to lift, push, and pull 25 pounds.
- Ability to demonstrate care, compassion, and patience when working with Neighbors.
- Protects the confidentiality and other rights of the Neighbors.

FLSA: Exempt

Classification: Full-time

TO APPLY FOR THIS POSITION PLEASE CLICK THIS LINK :

[FITNESS PROGRAM MENTOR](#)

Or copy and paste this URL into your web browser :

<https://ambergrace.jotform.com/team/neighborlife-employment/program-mentor-application>

If you are unable to access or fill out the application online, please email info@ambergrace.com to request assistance.

Thank you for your interest in joining the Amber Grace Team!