



# Recreation Specialist – Physical Fitness

## Announcement # WNY-12-005

Salary: \$24.00-25.00 per hour Series/Grade: NF-0188-03  
Naval District Washington - Fleet and Family Readiness Program  
Department of the Navy Non-Appropriated Funds

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**LOCATION: Fitness Center – Washington Navy Yard**

OPENED: 01 May 2012  
CLOSES: Open Continuous

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**AREA OF CONSIDERATION: ALL SOURCES**

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**Flexible (0-40 hours per week) No Benefits**

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Submit required forms OF-612 AND OF-306 (forms available for download on <https://www.cnic.navy.mil/NDW/About/Jobs> ) To: Fleet and Family Readiness Program, ATTN: Human Resource Office, 12 Brookley Ave. Ste. 108, Washington, DC 20032 OR email to [naf.jbab.fct@navy.mil](mailto:naf.jbab.fct@navy.mil). A résumé may be included with the required forms, but not instead of the OF-612 and OF-306.

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### **DUTIES AND RESPONSIBILITIES:**

Plans, organizes, and conducts a physical fitness program that provides conditioning programs for authorized patrons. Instructs individuals and groups in the proper implementation and maintenance of conditioning and training programs for aerobic fitness, muscular fitness, body composition, and flexibility training. Conducts micro-fit testing, which includes measuring individuals aerobic capacities, their body fat percentage, recommended height/weight ratios, strength, flexibility, muscular endurance and blood pressure. Works with various command representatives in developing and implementing physical fitness programs for military personnel. Instructs patrons in the proper use of all equipment for training and self-monitored progress by preparing written instruction and procedures for the performance of work, use of equipment, safety and well being of all involved. May train/lead other employees in various recreation/physical fitness-related positions. Registers students, collects fees, maintains attendance and appropriate accounting records. Ensure all safety measures are observed. Responsible for care of equipment and security of facilities. Performs other related duties as assigned.

### **MINIMUM QUALIFICATIONS:**

A minimum of three years experience that demonstrates a working knowledge of the assigned program. A degree from an accredited college/university in a related field may be substituted for two years of experience. Group Exercise Certification or at least one year instructing Zumba, Spin Cycling, Cardio Kickboxing, Yoga, Pilates or any Group Exercise Programs desired. Certification in CPR and First Aid is required. Must be able to obtain access to base computer system, if applicable.

Visit our web site:

<https://www.cnic.navy.mil/NDW/About/Jobs>

**Note: All applicants must address the qualification requirements on your resume/application. If all required qualifications are not cited on your resume/application you will be disqualified.**

Some positions have special requirements. In these cases selection is tentative pending satisfactory completion of these requirements. Applicants may be required to provide proof of education, etc.

**IMPORTANT:** If you are a male born after December 31, 1959 and at least 18 years of age, employment law (5 U.S.C. 3328) requires that you must register with the Selective Service System (military draft), unless you meet certain exemptions. If applicable, failure to register will prevent you from being considered for employment.

As a condition of employment, the selected individual will be required to participate in the Direct Deposit/Electronic Fund Transfer program.

Spouses of active duty military members of the Armed Forces may receive preference in hiring under this announcement if they are among the best qualified referred and are within reach of selection. Please clearly identify in your application that you are asking for spouse preference and submit a copy of current PCS orders. **Failure to submit current PCS orders with application will prevent spousal preference from being granted.**

The Department of Navy is an Equal Employment Opportunity Employer. All qualified candidates will receive consideration without regard to race, color, religion, sex, national origin, age, disability, marital status, political affiliation, sexual orientation, or any other non-merit factor.

The Department of the Navy provides reasonable accommodation to applicants with disabilities. Applicants with disabilities who believe they require reasonable accommodation should contact our Human Resource Office to ensure that the Department of the Navy can consider such requests. The decision to grant an accommodation will be made on a case by case basis.

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