



2225 Riverside Dr., Mount Vernon, WA 98273  
632 Sunset Park Dr., Sedro Woolley, WA 98284

• 360-424-4200  
• 360-854-9285

---

**To all job applicants,**

Thank you for applying to be a member of the elite team at Riverside Health Club.

What makes our team elite? Many staff positions require specific levels of education and require maintenance of a certain fitness level. All positions require an understanding that members are our priority. Staff must have good personal skills, be friendly and service-oriented with a helpful attitude. Because we care about our members, we require punctuality and articulate phone and oral communication skills. An employee should have a neat, clean professional appearance and dress according to dress code.

The quality of staff at Riverside Health Club ensures that members' needs are met. We expect staff to be dependable, flexible, honest, trustworthy, courteous, respectful, kind, cheerful, moral and ethical.

We always accept applications, even when we are not hiring. Your application will be kept on file for 3 to 4 months.

Please attach your resume.

Thank you for taking the time to come in and apply.

Karen L. Westra  
Denise L.H. Skelton  
Owners

Riverside Health Club: An equal opportunity employer



# Riverside Health Club Employment Application



Position Applying for: \_\_\_\_\_

Today's Date: \_\_\_\_\_

As an equal opportunity employer, RHC does not discriminate in hiring or terms and conditions of employment because of an individual's race, creed, color, sex, age, disability, ancestry or national origin. RHC only hires individuals authorized for employment in the United States.

## Personal Information

Name: \_\_\_\_\_  
Last First M.I.

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_

Do you have the legal right to live and work in the U.S.?  Yes  No  
(proof of citizenship, visa, or alien registration number will be required upon hiring)

Are you at least 18 years old?  Yes  No

Are you currently attending school?  Yes  No

Are you currently working another job?  Yes  No

Hours per week available:  Less than 20  20 to 30  30 or more

Are there shifts, hours, or days you cannot work?  Yes  No

If yes, list: \_\_\_\_\_  
(please note: this information will not necessarily disqualify or exclude you for employment.)

Have you been convicted of a crime or released from prison within the last 7 years?  Yes  No

If yes, list convictions: \_\_\_\_\_  
(please note: this information will not necessarily disqualify or exclude you for employment.)

How did you find out about this employment opportunity? \_\_\_\_\_

Why do you want to work at RHC? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Experience & Training

Current experience, work performed in the last five (5) years.

Please mark the appropriate box for each category

- Yes       No      Cash register
- Yes       No      Multi-line Telephone
- Yes       No      Computers
- Yes       No      Calculator: touch method
- Yes       No      Health industry experience

List any special training, experience, or skills which you feel would be an asset to working here:

---



---



---

## Education

Type of School	Dates	School Name/City/State	Major Studies	Graduated
High School	_____	_____	_____	Yes <input type="checkbox"/>
	_____	_____	_____	No <input type="checkbox"/>
College/Trade	_____	_____	_____	Yes <input type="checkbox"/>
	_____	_____	_____	No <input type="checkbox"/>
Graduate	_____	_____	_____	Yes <input type="checkbox"/>
	_____	_____	_____	No <input type="checkbox"/>
Other	_____	_____	_____	Yes <input type="checkbox"/>
	_____	_____	_____	No <input type="checkbox"/>

Do you plan further education?      Yes  No       Starting Date: \_\_\_\_\_

## Personal References

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

## Employment History

List below present and past employment, beginning with the most recent. Also, describe supplementary experience/training which relates to the position for which you are applying (i.e., part-time employment, unpaid or volunteer services, and military service).

Name of employer: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

May we contact this employer? Yes  No  Immediate Supervisor: \_\_\_\_\_

Your title: \_\_\_\_\_ Salary/Wages: \_\_\_\_\_

Specific Duties: \_\_\_\_\_

Dates Employed: From: \_\_\_\_\_ to: \_\_\_\_\_

Reason for leaving: \_\_\_\_\_

Name of employer: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

May we contact this employer? Yes  No  Immediate Supervisor: \_\_\_\_\_

Your title: \_\_\_\_\_ Salary/Wages: \_\_\_\_\_

Specific Duties: \_\_\_\_\_

Dates Employed: From: \_\_\_\_\_ to: \_\_\_\_\_

Reason for leaving: \_\_\_\_\_

Name of employer: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

May we contact this employer? Yes  No  Immediate Supervisor: \_\_\_\_\_

Your title: \_\_\_\_\_ Salary/Wages: \_\_\_\_\_

Specific Duties: \_\_\_\_\_

Dates Employed: From: \_\_\_\_\_ to: \_\_\_\_\_

Reason for leaving: \_\_\_\_\_

Name of employer: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

May we contact this employer? Yes  No  Immediate Supervisor: \_\_\_\_\_

Your title: \_\_\_\_\_ Salary/Wages: \_\_\_\_\_

Specific Duties: \_\_\_\_\_

Dates Employed: From: \_\_\_\_\_ to: \_\_\_\_\_

Reason for leaving: \_\_\_\_\_

**Employment History**

I hereby affirm that the information given by me on this application for employment is complete and accurate. I understand that any falsification or omission will be immediate grounds for dismissal. I authorize a thorough investigation to be made in connection with this application concerning my character, general reputation, employment and education background, and criminal record, whichever may be applicable. I understand what this investigation may include and I hereby release from liability former persons providing such information and authorize the release of documents, and personal interview with third parties, such as prior employers, family members, business associates, financial sources, friends, neighbors or others with whom I am acquainted. I further understand that I have the right to make a written request within a reasonable period of time for a complete and accurate disclosure of the nature and scope of the investigation.

It is understood that, as a condition of initial or continued employment, I agree to submit to such lawful examinations, medical, substance abuse, or other, as may be required by the company. The company will pay the reasonable cost of any such examination which may be required.

I understand that this application is not, and is not intended to be, a contract of employment, nor does this application obligate the employer in any way if the employer if the employer decides to employ me.

**If I am hired, I agree that my employment and compensation can be terminated with or without cause and without notice, at any time, at the option of Riverside Health Club management. I understand that, unless modified by written agreement, signed both by me and the owner(s) of the company, no manager or other representative of RHC has the authority to make any agreement contrary to the foregoing, or to enter into any agreement for employment for a specified period of time, or to make any agreement contrary to other policies and practices of RHC.**

I have read and affirm as my own the above statements.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## D.I.S.C. Simple Assessment

In the spaces below, identify those behaviors which are MOST and LEAST characteristics of you in an identified situation (in this case, your behavior in a fitness setting). Working left to right, assign 4, 3, 2, and 1 to each characteristic behavior: 4 representing the most and 1 the least. Use each number only once.

- Read the options from left to right going across the sheet.
- It helps to cover up the sheet and disclose one line at a time.
- Go with your first thought. Avoid overanalyzing. Be honest with yourself

Directing	Influencing	Steady	Cautious
Self-Certain	Optimistic	Deliberate	Restrained
Adventurous	Enthusiastic	Predictable	Logical
Decisive	Open	Patient	Analytical
Daring	Impulsive	Stabilizing	Precise
Restless	Emotional	Protective	Doubting
Competitive	Persuading	Accommodating	Curious
Assertive	Talkative	Modest	Tactful
Experimenting	Charming	Easy-going	Consistent
Forceful	Sensitive	Sincere	Perfectionist
<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>