



VOLUNTEER POSTING

Friday, April 1, 2011

Group Fitness Instructor

All YMCA Membership Centres

Hours/Days Wanted:

Variable- starting immediately

Situation:

The YMCA of Hamilton/Burlington is the 5th largest YMCA in Canada with an annual operating budget of \$25 million. The Association offers programs and services including health, fitness and recreation, family and children's services, camping and outdoor education, youth leadership development, community outreach and international development education.

This position requires a commitment to the YMCA mission and core values of: Responsibility, Honesty, Caring, and Respect, as well as, a commitment to building developmental assets in children and adults

Nature & Scope:

Under the supervision of the Program Manager, group fitness program volunteers have the following responsibilities:

- To be a YMCA fitness instructor in accordance to the fitness class standards and guidelines
- To maintain current YMCA Fitness Instructor Certification
- To portray a professional image at all times including YMCA uniform
- To be prepared and organized to teach fitness classes.
- To provide substitute instructor if unable to teach

and relay the change to Program Manager, Group Fitness Co-ordinator or Team Leader.

- To be responsive and friendly to all staff members and other volunteers.
- To report all accidents or unusual incidents to the Facility Supervisors, Fitness Director or other YMCA Staff.

- To be familiar with YMCA Emergency Procedures and respond to emergencies to the level of your training.
- At least 16 years of age

Qualifications/Requirements:

- A cleared police security clearance. Security clearance forms should be forwarded to Human Resources. Volunteers will be responsible for the cost of the police security clearance
- Complete all YMCA of Hamilton/Burlington/Brantford training within three months of start date including Health and Safety Training
- Instructors must hold a current Heartsaver CPR Level “C” and certification in YMCA and/or other Group Fitness certification. YMCA certification courses are offered throughout the year

Volunteer Commitment:

- Upon completion of a probationary period determined by the YMCA of Hamilton/Burlington/Brantford, volunteers are eligible to use the facility and programs within the facility they volunteer in on the day of their volunteer work.
- Training related to the volunteer position will be provided by the YMCA on an annual basis at no cost to the volunteer.
- One YMCA uniform piece will be provided at no cost to the volunteer
- YMCA Group Fitness Re-certification costs are waived for all active volunteers

Contact Person:

Program Manager

If you are interested in this position, please submit your letter of application and resume by **Saturday, December 31, 2011** to:

Genevieve Hladysh
Phone: 519 752-6568

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