



Laurier Brantford YMCA
100 Water Street
Brantford, Ontario N3T 0P1
p. 519-512-4891
ymcahbb.ca

Group Fitness Instructors – Seniors Programs

Location: Laurier Brantford Family YMCA, 100 Water St, Brantford, ON

Position Type: Part Time, Hourly with complimentary YMCA membership

Hourly Wage: \$26.14 per hour

Position Description:

The Group Fitness Instructor – Seniors Programs will be responsible for the direct delivery of senior group fitness classes such as GentleFit, Balance+, WalkFit, hydrotherapy. A number of these programs are included in our LiveWell partnership with Hamilton Health Sciences and McMaster University and have been specifically designed to support chronic disease self-management. This role will help to support healthy, active aging and social connection.

This position is a part-time position with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Group Fitness, program reviews and the provision of excellent customer service.

This is a great opportunity for an individual passionate about Health & Fitness, with a high level of interest in working with the YMCA HBB as a charitable organization.

What You'll Do:

- Direct delivery of senior fitness classes, modeling service excellence in assigned program areas
- Interaction with members developing positive relationships and addressing concerns or questions
- Maintain relevant certifications
- Required to work a variety of shifts (mornings, afternoons, evenings, weekends)

What You'll Bring:

- Current Standard First Aid and CPR-C certification
- Up to date and relevant Group Fitness Certifications – such as YMCA Group Fitness, Senior Fitness Instructor (SFIC) or equivalent (CanFit Pro)
- Previous experience in teaching senior group fitness classes, i.e WalkFit, GentleFit.
- Excellent customer service skills
- Must provide a current Criminal Record and Judicial Matters Check (issued within the past 6 months) is a condition of employment as per the Association's policy

All offers of employment will be subject to the provision that the successful incumbent provides the YMCA of Hamilton|Burlington|Brantford with a current and satisfactory Police Records Check. Positions responsible for the direct supervision of children and/or vulnerable people will be required, in addition to a Police Records Check, to provide a Criminal Record & Judicial Matters Check at the time of hire. Police Records Checks are reviewed on an individual basis, and the offence(s), if any, is considered in the decision-making process in relation to the requirement of working with children; therefore, not eliminating all candidates with a record from being offered a position.



Charitable Registration # 10808 3825 RR0001



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Ready to Make a Difference?

The YMCA is a charity that ignites the potential in people. #YSavesLives starts with building a strong community. If you're passionate about creating a vibrant and healthy community where everyone thrives, we want to hear from you!

Don't meet every requirement? Studies have shown that women and people of colour are less likely to apply to jobs unless they meet all qualifications. If you are excited about the role, but your resume doesn't align perfectly with every qualification in the description, apply anyway. You may still be the right candidate for this or other roles!

Interested in applying? Please submit your resume to Shannon Davis, General Manager via email to: shannon.davis@ymcahbb.ca by closing date of **May 8, 2025**.

We thank all applicants; however, only those considered for an interview will be contacted.

The YMCA of Hamilton | Burlington | Brantford is committed to creating an inclusive, diverse, equitable and accessible environment. All qualified applicants will receive consideration for employment without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, or neurodiversity. We understand the social barriers preventing individuals from applying for open roles. We encourage those from the Indigenous, 2SLGBTQIA+, BIPOC, and Disabled communities to apply. If you need any accommodation throughout the recruitment process, please do not hesitate to contact our People, Leadership and Culture Department plc@ymcahbb.ca



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