

Group Fitness Instructors – AquaFit

Location: Les Chater Family YMCA, 356 Rymal Road East Hamilton, ON L9B 1C2

Position Type: Part Time, hourly

Hourly Wage: \$26.14 per hour (Grade 2)

Vacancies: 01

Position Description:

We believe that it is through the power of our amazing people that the #YSavesLives. By joining the Health, Fitness, Aquatics & Residence team, you will contribute to making our Y the best place to work.

The Group Fitness Instructor – AquaFit, will to the Health & Wellness Supervisor of the respected branch. The AquaFit instructor is responsible for the coordination and direct delivery of all AquaFit group fitness classes.

This position is 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 with a high level of interest in working with the YMCA HBB as a charitable organization.

What You'll Do:

- Direct delivery of AquaFit classes, modeling service excellence in assigned program areas
- Interact with members, developing positive relationships and addressing concerns or questions
- Create and implement plans for specialty programs which may include corporate fitness initiatives
- Provide direct delivery in specified program area of expertise
- Prepare and set up program equipment/rooms and cleans and tidies up equipment/rooms after use, reporting any repairs to supervisor
- Act as a primary point of contact and interaction with members, developing positive relationships and addressing concerns and/or questions
- Ensure appropriate policies and procedures are implemented and monitored to ensure safe and effective member and volunteer participation
- Responsible for ensuring qualifications and certifications as required by the YMCA and regulatory standards are current at all times
- Required to work a variety of shifts (including weekdays and weeknights)

What You Bring:

- Current Standard First Aid and CPR-C certification
- Up to date and relevant Group Fitness Certifications such as YMCA Group Fitness, Aquafit or equivalent
- Previous experience in teaching group fitness classes (i.e. Cardio Fit, Boot Camp, High Intensity Interval Training)
- Post secondary education in physical education or related field
- Excellent customer service skills

A Major Asset If:

- You are comfortable teaching a variety of Cardio/Strength formats with a range of small equipment such as dumbbells, steps, and/or bands.

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: Corinne Norris, Health & Wellness Supervisor at corinne.norris@ymcahbb.ca by **July 31, 2025**.

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