

Health & Wellness Supervisor

Location: Downtown Hamilton Family YMCA, 79 James St. S, Hamilton, ON

Position Type: Salaried, Full time with benefits and complimentary YMCA membership

Starting Salary: \$52,967.00 annually (Grade 4)

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.

Reporting to the General Manager, the Health & Wellness Supervisor provides supervision and coaching to members, staff and volunteers within all Health and Wellness programs and service areas ensuring program excellence.

Hours of work will vary, including early mornings, days, evenings, weekends and statutory holidays based on rotational schedule and arranged in advance; emphasis of this position will be on direct program development/delivery and statistical tracking, facility supervision and the provision of excellent customer service through relationship building strategies.

This is an excellent opportunity for a dedicated health and wellness leader with a passion for mentorship and program development to make a lasting impact. With strong relationship-building and communication skills, the Health & Wellness Supervisor will help foster a supportive team environment that will contribute to making the YMCA of Hamilton|Burlington|Brantford an outstanding place to work.

What You'll Do:

- **Program Development and Delivery:** You will develop, schedule, and implement Health and Wellness/Live Well and Group Fitness programs at the branch and provide direct leadership and mentorship in program delivery, ensuring service excellence. You will also lead LiveWell program implementation and delivery for older adults with chronic health issues.
- **Leadership and Team Development:** Recruit, train, and mentor staff and volunteers for Health & Wellness programming. Maintain qualifications and certifications for self and team members using internal systems. Will also be responsible for scheduling, timekeeping of Health & Wellness team members, provide consistent direction and mentoring to staff teams. You will lead and implement workplace wellness strategies to partners including community engagement.
- **Budgetary and Resource Management:** Develop and manage fiscal budgets for Health, Wellness program. Coordinate facility needs for effective program execution.
- **Organizational Involvement and Branch Support:** Participate actively in the Branch Leadership Team, including Duty Manager responsibilities. Support branch initiatives such as Member and Volunteer Recognition and the Strong Kids Campaign.



79 James Street
South,
Hamilton, ON
L8P 2Z1
ymcahbb.ca

What You'll Bring:

- Two (2) years post secondary education in Physical and Health Education or a related field, or 2 years related
- YMCA Fitness Leadership Certification with specialization in Aquafit and Group Fitness with the ability to teach classes (Step/CycleFit/Core and other group classes)
- Personal Trainer certification
- Current Standard First Aid/CPR- C certification
- Excellent customer service skills

A Major Asset if:

- Personal training certification is an asset
- Previous experience in coordinating and delivering health & wellness programs

Ready to Make a Difference? This is your chance to play a critical role in shaping a thriving, inclusive workplace where employees feel supported and empowered. If you're passionate about people and excited to lead impactful initiatives, 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: Genevieve Hladysh, Vice President, HFA via email to genevieve.hladysh@ymcahbb.ca by August 6, 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

