



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

ymcahbb.ca

Health & Wellness Coach

Location: Laurier Brantford Family YMCA, 100 Water St., Brantford, Ontario

Position Type: Part-time, hourly with complimentary YMCA membership

Hourly Rate: \$19.25 (Grade 2)

Position Overview:

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 Health & Wellness Coach will report to the Health & Wellness Supervisor of the respected branch. In this position, you will be responsible for the delivery of Member Connect and Live Well program initiatives, interacting with members to develop positive relationships while accessing the Health and Wellness Centre.

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

What You'll Do:

- Direct delivery of Fitness Consults and Live Well program initiatives (coaching sessions, intakes, program delivery, data collection and communication)
- Health and Wellness Centre supervision, including maintenance of safety and cleanliness requirements
- Interaction with members developing positive relationships and addressing concerns or questions
- Communicates with fellow staff regarding member and safety needs
- Ensure role specific/relevant certifications are up to date and on file

What You'll Bring:

- Two (2) or more years of training/post secondary education in Physical and/or Health Education or related field along with 1+ years related work experience or a combination of both education and experience is preferred
- Current Standard First Aid and CPRC certifications
- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- Excellent customer service skills/ interpersonal skills
- Computer skills including Microsoft Word & Excel, & Outlook

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!

Interested in applying? Please submit your resume to: Shannon Davis, General Manager at shannon.davis@ymcahbb.ca by **September 26, 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