

### **Youth Sports Conditioning Instructor (Group Fitness)**

**Location:** Ron Edwards Family YMCA, 500 Drury Lane, Burlington, ON L7R 2X2

**Position Type:** Part-Time, Hourly

**Hourly Rate of Pay:** \$26.14/hour

**Pay Grade:** Grade 2

#### **Position Overview:**

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

The Youth Sports Conditioning Instructor will be responsible for planning and leading group training sessions for youth athletes (ages 9-15 yrs) across various skill levels and sports backgrounds. The ideal candidate will create a fun, supportive, and high-energy environment while focusing on proper form, injury prevention, and athletic development.

This is an excellent opportunity for an individual with a strong interest in working with the YMCA of Hamilton|Burlington|Brantford as a charitable organization, contributing to the community's health and wellness.

#### **What You'll Do:**

- Design and deliver structured training programs tailored to youth athletes, focusing on speed, agility, strength, endurance, and injury prevention
- Lead engaging small group sessions and provide personalized one-on-one coaching when needed
- Customize workouts to suit various age groups, skill levels, and sports disciplines
- Work flexible hours, including early mornings, evenings, weekends, and holiday
- Participate in ongoing training and team meetings to stay sharp and aligned with our coaching standards

#### **What You'll Bring:**

- Minimum six (06) months of relevant experience in teaching sports conditioning classes for youth.
- Excellent customer service skills with ability to build strong relationships and represent the association professionally in interactions with internal stakeholders and/or external communities.
- Must hold a valid certification in Standard First Aid and CPR Level C.
- Must hold a valid Group Fitness Certifications and/or License such as YMCA Group fitness, Personal Trainer Certification or equivalent.

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

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 persons will be required, in addition to a Police Records Check, to provide a Vulnerable Sector Screening Report 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.

### **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: Cindy Webster, General Manager via email to [cindy.webster@ymcahbb.ca](mailto:cindy.webster@ymcahbb.ca) by no later than **October 10, 2025**.