

## Group Fitness Instructors – AquaFit

**Location:** Flamborough Family YMCA, 207 Parkside Drive, Waterdown, Ontario

**Position Type:** Part Time, Hourly

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

### 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 report to the Health & Wellness Supervisor of the respective 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; however, the Group Fitness Instructor (AquaFit) is expected to be available preferably on Tuesdays from 8:30am-9:15am and Saturdays from 8:30am-9:15am and must emphasize 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 takes down 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 on Tuesdays from 8:30am-9:15am and Saturdays from 8:30am-9:15am.

**What You'll Bring:**

- Up to date and relevant Group Fitness Certifications such as YMCA Group Fitness, Aquafit or equivalent.
- Current Standard First Aid and CPR-C certification.
- 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!

**Interested in applying?** Please submit your resume to: Shannon Kelly, Health & Wellness Supervisor at [shannon.kelly@ymcahbb.ca](mailto:shannon.kelly@ymcahbb.ca) by **December 12, 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](mailto:plc@ymcahbb.ca)