

LiveWell Specialist

Location: Flamborough Family YMCA, 207 Parkside Dr, Waterdown, Ontario

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

Starting Salary: \$46,060.00 annually

Salary Grade: Grade 3

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.

LiveWell is a community health partnership delivered in partnership with Hamilton Health Sciences and McMaster University. Programs include but are not limited to cardiac rehab, stroke recovery, cancer wellness, pediatric rehabilitation, falls prevention, hydrotherapy, and GERAS Dance. Reporting to the General Manager, the LiveWell Specialist provides delivery of Member retention programs and Live Well program initiatives, interacting with members to develop positive relationships while accessing the Health and Wellness Centre. The position provides direct delivery to special populations that are accessing programs under the Live Well partnership.

This role will be responsible for ensuring programs are implemented as per partnership guidelines and will include intakes, follow-up from referrals, testing and data collection that abides with all research criteria. This role will also work and support the adult services department in direct delivery to all members achieving the Y-Way Standards and new member retention goals.

This is a full-time position and requires a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Wellness Coaching, program reviews, facility supervision, maintenance and the provision of excellent customer service.

What You'll Do:

- **Program Delivery & Member Engagement:** Lead the implementation of Member Retention and Live Well initiatives, including coaching sessions, intake coordination, program delivery, data collection, communication, and support for program evaluation and research trials.
- **Clinical Collaboration:** Act as a liaison with Hamilton Health Sciences' clinical team, providing consultation and integration for health programming.
- **Facility Oversight:** Supervise operations of the Health and Wellness Centre, ensuring safety standards and cleanliness requirements are consistently met.
- **Member Interaction:** Build strong, positive relationships with members by addressing questions and concerns, enhancing their experience and satisfaction.
- **Team Communication:** Coordinate with fellow staff to address member needs and uphold safety protocols through clear, ongoing communication.
- **Certification Maintenance:** Ensure all role-specific and relevant certifications are current, documented, and compliant with organizational standards.

What You'll Bring:

- 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
- Minimum 2 years' experience in a related field
- Post secondary degree in Kinesiology or Exercise Science
- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- Current CPR, First Aid and WHMIS certifications
- Excellent customer service skills/ interpersonal skills
- Computer skills including Microsoft Word & Excel, & Outlook
- Ability to instruct Group Fitness classes

A Major Asset if:

- Membership with Ontario Kinesiology Association

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. 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? 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!

Interested in applying? Please submit your resume to: Shannon Kelly, Health & Wellness Supervisor via email to shannon.kelly@ymcahbb.ca by **December 05, 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