

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 by no later than **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