



**YMCA of
Hamilton | Burlington | Brantford**

WILFRID LAURIER UNIVERSITY

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Health and Wellness Coach/ Personal Trainer

Laurier Brantford YMCA
100 Water Street
Brantford, ON N3T 0P1

Hourly Wage: \$16.50/hour

Position Status: Part-Time

Placement: September 2022

Deadline: August 5, 2022

Nature & Scope:

This position provides 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 part-time position (up to 29 hours per week), with 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.

Responsibilities:

- 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
- Communication with fellow staff regarding member and safety needs
- Ensure role specific/relevant certifications are up to date and on file

Qualifications

- Current Standard First Aid and CPR-C certifications
- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- 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
- Excellent customer service skills/ interpersonal skills
- Computer skills including Microsoft Word & Excel, & Outlook
- Provide a current Criminal Record and Judicial Matters Check, issued within the past six months
- **If you are hired, prior to your start date and as a condition of employment, you will be required to provide proof that you are fully vaccinated against COVID-19 or have a valid Human Rights exemption**



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Competencies:

Commitment to Organization Vision and Values

Demonstrates and promotes a personal understanding of and appreciation for the mission, vision, strategic outcomes and values of the Laurier Brantford YMCA.

Integrity

Demonstrates responsible behaviour at all times and maintains high ethical standards.

Teamwork

Actively builds teams and encourages open relationships for maximum organizational effectiveness.

Service Orientation

Deliberately identifies and creates opportunities to enhance each and every individual's Laurier Brantford YMCA experience.

Relationship Building

Builds positive interactions both internally and externally to achieve work related goals.

If you are interested in this position, please [CLICK HERE](#) to complete the YMCA Employment Application Form and follow the instruction for submitting your cover letter and resume, along with documentation to verify requirement of the position.

We thank all applicants; however, only those considered for an interview will be contacted.



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Organizational Overview:

As one of the largest charitable community service organizations in Canada, the YMCA of Hamilton/Burlington/Brantford responds to critical social needs in the community and works to provide solutions. By nurturing the potential of children, youth and adults, the YMCA connects people to life-building opportunities, to each other and enhances their quality of life. We foster social responsibility and healthy living. The YMCA works collectively with community partners that share the YMCA's determination in strengthening the foundations of community for all people

This position requires a commitment to the mission and values of both Wilfrid Laurier University and the YMCA. It requires a commitment to the YMCA mission and core values of: Responsibility, Caring, Honesty and Respect, as well as, a commitment to building developmental assets in children and adults. Wilfrid Laurier University is devoted to excellence in learning, research, scholarship and creativity. It fulfills its mission by advancing knowledge, supporting and enhancing high-quality undergraduate, graduate and professional education, and emphasizing co-curricular development of the whole student.

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.

Accessibility:

The Laurier Brantford YMCA is committed to creating an inclusive environment that accommodates all individuals, including those with disabilities. We support the goals of the *Accessibility for Ontarians with Disabilities Acts (AODA)* and have established policies, procedures and practices which adhere to the accessibility standards set out in the AODA. Should you require any accommodation throughout the recruitment process please do not hesitate contacting our Human Resources Department.

The Laurier Brantford YMCA is an equal opportunity employer.

Internal YMCA Applicants:

The Laurier Brantford YMCA encourages employees within the Association, as well as those employed within the Canadian YMCA/YMCA-YWCA Federation and Wilfrid Laurier University to submit their application.

Please note that in so doing, the Laurier Brantford YMCA reserves the right to contact the applicable YMCA or YMCA-YWCA for purposes of seeking an employment reference throughout the recruitment process.

Please ensure that prior to submitting your application that you have disclosed to your current supervisor, your intention to submit your application. By submitting your application, you understand and agree to allow the Laurier Brantford YMCA to contact your current Association.