



**YMCA of
Hamilton | Burlington | Brantford**

Health & Wellness Coach

Les Chater Family YMCA
356 Rymal Road East
Hamilton, ON
L9B 1C2

Hourly Wage: \$16.55/hour as a Health & Wellness Coach, \$16.83/hour as a Personal Trainer and \$25.50/hour as a Group Fitness Instructor

Position Status: Full-Time with benefits and a complimentary YMCA membership

Placement: Immediate

Nature & Scope

This position provides delivery of Y Thrive Fitness Consults and Live Well program initiatives, interacting with members to develop positive relationships while accessing the Health and Wellness Centre.

This position is a full-time position, with a Sunday to Thursday schedule, based on program needs. This may include mornings, afternoons, evenings, and weekends, with an emphasis on Y Thrive and member orientations, program reviews, facility supervision, teaching Group Fitness classes and the provision of excellent customer service.

Please note that the hours of work will be approximately 28 – 32 hours per week as a Health & Wellness Coach, 3 – 6 hours per week as a Group Fitness Instructor and 5 – 8 hours per week as a Personal Trainer, and will fluctuate based on branch needs.

Responsibilities

Health & Wellness Coach:

- Direct delivery of Y Thrive 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
- Instruction of group fitness classes

Personal Trainer:

- Initial assessment of clients, involving weighing in, recording body measurements, conducting strength and endurance tests, and discussing fitness goals
- Develop short- and long-term fitness goals with clients

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 YMCA mission and core values of: Belonging, 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.



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Responsibilities Continued:

Personal Trainer:

- Design and implement personalized training plans to help each client reach their fitness goals
- Frequently assess clients' progress
- Maintain client paperwork, including documentation of fitness goals and daily/weekly training plans
- Attend all required training and staff meetings
- Track client training sessions and collect payments
- Schedule and confirm personal training appointments
- Assess environment for safety risks
- Design small group training classes with personalized goals and multiple modalities
- Tracking and reporting on aspects of small group training, included but not limited to booking, attendance, outcome measures and retention.

Group Fitness Instructor:

- Provide input for a strategic action plan for Group Fitness programs
- Direct delivery of classes, modeling service excellence in assigned program areas
- Interaction with members developing positive relationships and addressing concerns or questions
- Maintain relevant certifications
- Required to work a variety of shifts which may include weekends, evenings, and early mornings

Qualifications

- One or more of the following certifications are required:
 - Certified Personal Trainer
 - Personal Fitness & Lifestyle Consultant (PFLC)
 - Certified Fitness Consultant (CFC)
 - Canadian Physical Fitness and Lifestyle Appraisal (CPAFLA)
 - American Council of Exercise (ACE)
- Group Fitness Certification
- Current Standard First Aid and CPR-C
- Provide a current Criminal Record and Judicial Matters Check
- Training or post secondary education in Recreation, Physical Education and/or Health Education
- 1-2 years experience working in a fitness setting or as a personal trainer
- Excellent customer service skills/interpersonal skills
- Proficient in Microsoft Office applications

Why Work for the YMCA?

As a charitable organization, the YMCA values the contributions of its diverse teams. We recognize the importance of providing meaningful opportunities that allow employees to grow and thrive. At the YMCA of Hamilton/Burlington/Brantford in addition to fair wages, we offer a complimentary general membership with additional options for family participation. A comprehensive benefits program is also available to employees including a competitive and robust pension program. YMCA Employees enjoy a generous vacation entitlement that increases with seniority, as well as other paid entitlements. All employees have access to an Employee Assistance Program which provides confidential counseling and referral services as well as preventative education. Additionally, the YMCA understands the holistic needs of its employees is equally important and attempts to support these goals by offering a variety of staff discounts on the programs and services that support good health and strong families. We look forward to welcoming you to the YMCA.



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Internal YMCA Applicants:

The Les Chater Family 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 Les Chater Family 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.

APPLY NOW

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

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

Accessibility:

The YMCA of Hamilton/Burlington/Brantford 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 YMCA of Hamilton/Burlington/Brantford is an equal opportunity employer.



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