



**YMCA of
Hamilton | Burlington | Brantford**

Health and Wellness Coach

Ron Edwards Family YMCA
500 Drury Lane
Burlington, ON L7R 2X2

Hourly Wage: \$16.55/hour

Position Status: Part-time

Placement: Immediate

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 Member Connect and Live Well program initiatives (coaching sessions, intakes, program delivery, data collection and communication)
- Health and Wellness Center supervision, including maintenance of safety and cleanliness requirements
- Interaction with members developing positive relationships and addressing concerns or questions
- Communicates 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 CPRC certifications
- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- Provide a current Criminal Record and Judicial Matters Check, issued within the past six months
- 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

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.

Inclusion, Diversity, Equality and Accessibility

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 & Culture Department hr@ymcahbb.ca



Charitable Registration #
10808 3825 RR0001





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Internal Applicants:

The YMCA of Hamilton/Burlington/Brantford encourages employees within the Association, as well as those employed within the Canadian YMCA/YMCA-YWCA Federation to submit their application.

Please note that in so doing, the YMCA of Hamilton/Burlington/Brantford 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 YMCA of Hamilton/Burlington/Brantford to contact your current Association.

Advancement of pay rate is dependent on working a minimum of six months (per position if more than one position is held within YMCA) consecutively or a minimum of 130 hours and the ability to perform the job at a satisfactory level. Successful candidates must also demonstrate ongoing professional development, involvement in branch specific activities, attend staff meetings/trainings and achieve an assessment of "meeting expectations" on each annual performance review in order to satisfy eligibility for Association approved merit increases.

Why work at the Y?

Our work environment is defined by respect, teamwork, opportunities for personal and professional growth and investments in the health and wellness of the people who are part of that team. We offer an array of total rewards to recognize loyalty, longevity, and passion for the work we do:

- Paid vacation entitlements that increase with seniority (subject to eligibility)
- Competitive total compensation packages
- Group health and benefits plans (includes medical, dental, and prescription medication, subject to eligibility)
- Generous pension plan with employer matching
- Free YMCA Health & Fitness Memberships
- Professional development opportunities including paid training and access to YMCA education scholarships
- Reduced rates for YMCA Child Care, Camp, and Child & Youth programs (subject to eligibility)
- Employee and Family Assistance Program (EFAP)
- Opportunities for career advancement



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