



YThrive Coach Volunteer

Program/Role Description: Y Thrive Coaches assist and build relationships with members, YMCA staff and volunteers while assisting Health & Wellness staff on duty. After completing YThrive training, coaches lead members through 90-day exercise routines with follow-up appointments every 30 days. Coaches demonstrate knowledge of the Wellness Floor, YMCA mission and core values, act as positive role models, and help maintain a friendly and safe environment in the Health & Wellness areas.

Duties

- Provide high-quality customer service to participants
- Provide coaching appointments to members
- Actively book people into YThrive appointments
- Recommend YMCA programs to match member goals
- Assist with cleaning of the Wellness Floor
- Ensure Wellness Floor rules are followed
- Assist instructors with class transitions and set up
- Build positive relationships with staff, volunteers and members
- Maintain excellent communication with Health & Wellness Staff and Department Manager
- Complete all online trainings as assigned
- Be an Ambassador for the YMCA.

Qualifications

- Minimum age 14 years
- Understanding of physical fitness principals
- Standard First Aid and CPR-C preferred
- Experience working/volunteering in fitness preferred
- Original Criminal Reference Check with a Vulnerable Sector Screening less than 6 months old for volunteers 18 years and older
- Fully vaccinated against COVID-19
- Fun, friendly and enthusiastic
- Excellent customer service skills
- Hardworking, dependable and a team player
- Genuinely interested in being a part of the YMCA.

Location

All Health, Fitness & Aquatics branches across the
YMCA of Southwestern Ontario

Time Commitment

- Start Date: April 2022
- Minimum commitment of 4 months
- 2 hours /week
- Daytime, Evenings and Weekends

How to Apply

- Download and complete application from our website www.ymcaswo.ca/volunteer
- Email application with 3 references and resume to travis.watson@swo.ymca.ca
- Indicate location and volunteer position applying for in email subject



YMCA of Southwestern Ontario

As a leading multi-service charity, the YMCA of Southwestern Ontario is invested in creating opportunities for all to grow in spirit, mind, and body, regardless of background, belief or ability.

Our volunteers contribute thousands of hours to helping build strong kids, families, and communities. We provide services which offer unique volunteer opportunities that enhance the lives of our community members and our volunteers.

Our Core Values

At the YMCA, we require our staff and volunteers to demonstrate the association's core values to colleagues, members and participants.

- **Honesty:** to tell the truth, to act in such a way that you are worthy of trust, to have integrity, making sure your actions match your words
- **Caring:** to accept others, to be sensitive to the wellbeing of others, to help others
- **Respect:** to treat others as you would have them treat you, to value the worth of every person, including yourself
- **Responsibility:** to do what is right, what you ought to do, to be accountable for your behaviour and obligations
- **Inclusiveness:** to create a place for everyone at the Y

Benefits of Volunteering at the YMCA

At the Y, we are committed to providing volunteers with clear roles, responsibilities and expectations while maintaining ongoing feedback. We provide meaningful experiences that match our volunteer's skills and interests. We embrace the diversity of our volunteers and provide accommodations when necessary. We celebrate our volunteers both formally and informally while sharing their stories.

Did you know? YMCA Volunteers receive a complimentary YMCA fitness membership!

The YMCA of Southwestern Ontario is committed to providing a barrier-free environment for all stakeholders including our members/participants, employees, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations.

We thank all interested applicants however only those selected for an interview will be contacted.