



## YMCA of Southwestern Ontario

### About the 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. As a leading charity, our volunteers contribute thousands of hours helping build strong kids, strong families and strong communities. We provide various services that offer unique volunteer opportunities that enhance the lives of our community members, as well as the lives of our volunteers.

### Our Core Values

At the YMCA of Southwestern Ontario, 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 well-being 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:** we create a place for everyone at the Y

### Benefits of Volunteering at the YMCA of Southwestern Ontario

At the YMCA of Southwestern Ontario, 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. At the Y, we celebrate our volunteers both formally and informally while sharing their stories.

**Be an Active Community Member, Develop New Skills, Enhance Personal Well-Being, Build New Positive Relationships and gain a Sense of Achievement.**



# Group Fitness Volunteer

## Program Description:

The Group Fitness Instructor is responsible for quality instruction of Group fitness classes offered to our members. Responsible for assisting and building relationships with members, YMCA staff, and volunteers. Demonstrate knowledge of Wellness Floor, YMCA mission, core values and act as a positive role model.

## Duties

- Provide excellent quality of instruction of group fitness classes to our members
- Provide a safe environment that fosters a fun and enthusiastic atmosphere
- Arrive at least ten minutes prior to the commencement of class, set up any necessary equipment needed for classes
- Verbally cue class movements in a clear voice for all participants
- Ensure all policies and procedures are being followed
- Maintain regular communication with Manager of Health and Fitness
- Complete all online trainings, program training and WHY School
- Adhere to all COVID-19 rules and regulations
- Be an Ambassador for the YMCA

## Qualifications

- Minimum age 16
- Understanding of physical fitness principals
- Standard First Aid and CPR-C preferred
- Experience working or volunteering in physical fitness preferred
- Fun, friendly and enthusiastic
- Excellent customer service and communication skills
- Hardworking, dependable and a team player
- Original Criminal Record Check with a Vulnerable Sector Screening less than 6 months old for volunteers 18 years of age and older
- Genuinely Interested in being a part of the YMCA

## Location

Woodstock YMCA

808 Dundas St, Woodstock, N4S 1G4

## Commitment

- Exact date to be determined.
- Minimum 4 months commitment
- 2 hours a week

## How to Apply

1. Download and complete application from our website [www.ymcaswo.ca/volunteer](http://www.ymcaswo.ca/volunteer)
2. Email application with 3 references and resume to [volunteer@swo.ymca.ca](mailto:volunteer@swo.ymca.ca)
3. Indicate location and volunteer position applying for in email subject

*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.*