



# Job Opportunity



## YMCA Health, Fitness & Aquatics



## Join the Y Health + Fitness Team!

**Be the Spark!** Join our passionate team and be the spark that ignites the potential in others. YMCA of Southwestern Ontario is one of the largest not-for-profit providers of licensed childcare in Canada, offers settlement services to newcomers to Canada, operates 2 overnight camps and 16 Health & Fitness branches across Southwestern Ontario, and we have been making a positive difference in the communities we serve for over 50 years!

### Position: Part-Time Wellness Coach & Personal Trainer

**Location:** Stoney Creek Community Centre, YMCA & Library

**Start Date:** April 2024

**Hourly:** \$16.55 and \$25 for personal training

**Availability:** Looking to fill some evenings and weekend shifts

#### As part of your total compensation:

- Receive a complimentary YMCA membership to our Health & Fitness facilities, and discounts on YMCA childcare and camp programs.
- Be part of a caring and supportive network of people to help each other succeed.
- Complimentary access to wellness and counselling service.

#### In this role, you will: KEY DUTIES

- Act as a YMCA ambassador, demonstrating YMCA core values in your daily work.
- **Customer Service:** Provides fitness floor supervision, including greeting each Member by name whenever possible and servicing their fitness needs during scheduled shifts.
- Varied shift commitment including weekday/weeknight/ and weekend times.
- Responsible for achieving Y Thrive appointments and Personal Training monthly goals.
- Ensure a safe and friendly environment.

#### Core Competencies:

- **Initiative:** Does the right thing at the right time without being asked. Seeks and finds solutions to problems without waiting for direction. Knows when to act on issues.
- **Teamwork:** Actively builds team and encourages open relationships for maximum organizational effectiveness. Participates proactively in the development of team goals, plans and outcomes.



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Creates and builds an atmosphere of trust among all team members and between teams within the YMCA.

- **Service Orientation:** Deliberately identifies and creates opportunities to enhance each person's YMCA experience.
- **Relationship Building:** Works proactively to develop positive relations with participants, peers, and volunteers.
- **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 YMCA.
- **Communication:** Communicates in a thorough, clear, and timely manner and supports information sharing and goal achievement across the YMCA
- **Concern for Health and Safety:** Acknowledges and understands how to manage and educate others about risk and harm reduction.

## Education and Skills Qualifications:

- Related education or certifications (personal training required).
- Understanding of physical fitness principles
- 1 year of Health & Wellness experience or Health & Fitness Diploma
- Standard First Aid/CPR/AED
- Experience in teaching group fitness is an asset.
- Excellent oral and written communication skills
- Provide a current Criminal Record Check including Vulnerable Position Screening as per the Association policy.
- Legally entitled to work in Canada.

## Why The Y?

The YMCA of Southwestern Ontario is committed to the development of healthy communities and welcomes people of all backgrounds, beliefs, and abilities. We are committed to helping our employees reach their full potential and are recognized by Forbes as one of Canada's Top Employers. We offer meaningful employment and the opportunity to make a difference in the lives of individuals and families.



## To Apply:

- Submit your cover letter, resume, and supporting documents via email to: **Akash.akilan@swo.ymca.ca** The Job posting deadline will be closed on **March 22<sup>nd</sup>** at **12:00pm EST**.
- Include in your submission your specialized experience, and why you are the best candidate for this role. Please include the name of the position and location in your application.
- We thank all applicants for their interest; however, only those selected for an interview will be contacted.



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NOTE: 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.