



Volunteer 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 child care 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: Freestyle Instructor

Location: Centre Branch YMCA

Start Date: TBD

As part of your total compensation:

- Receive a complimentary YMCA membership to our Health & Fitness facilities.
- Be part of a caring and supportive network of people to help each other succeed.
- Complimentary access to wellness and counselling services.

In this role, you will:

- Lead freestyle or functional fitness classes (HIIT, bodyweight, cardio, turf, etc.).
- Provide high quality customer service to participants.
- Design dynamic workout routines focused on endurance, strength, and flexibility.
- Motivate participants while offering modifications for all fitness levels.
- Greet and build connections with members.
- Be committed to diversity, equity, inclusion and building a sense of belonging.
- Embrace and exemplify the Y's core values.

Education and Skills Qualifications:

- Related certifications.
- Minimum of 16 years old.
- Provide an up-to-date Criminal Record Check with Vulnerable Sector (18 years and older).
- Hard working, team player.
- Takes initiative.
- Legally entitled to work in Canada.



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Why The Y?

YMCA of Southwestern Ontario is a charity that ignites growth and belonging for people of all backgrounds, beliefs, and abilities. We are committed to helping our employees reach their full potential. We offer meaningful employment and the opportunity to make a difference in the lives of individuals and families.

To Apply:

- Submit a complete volunteer application through our website [Volunteer | YMCA SWO](#)
- Submit your cover letter, resume, and supporting documents via email to volunteer@swo.ymca.ca
- 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.

NOTE: 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.