



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 childcare in Canada, offers settlement services to newcomers to Canada, operates 2 overnight camps and 14 Health & Fitness branches across Southwestern Ontario, and we have been making a positive difference in the communities we serve for over 50 years!

Position: MOSSA Group Power Instructor

Location: Centre Branch YMCA

Start Date: ASAP

In this role, you will:

- Learn to teach, lead, and motivate groups of individuals through intentionally designed pre choreographed classes.
- Learn to teach using a wide variety of innovative and athletic exercises using a barbell, body weight, and a step.
- Greet members into a welcoming class environment.
- Be committed to diversity, equity, inclusion and building a sense of belonging.
- Embrace and exemplify the Y's core values.

Skills and Qualifications:

- Training paid for by the Y. Training dates TBD and will be held at the Stoney Creek Y.
- Passionate about movement and health
- Enthusiastic about fitness
- Empathetic and encouraging
- Team focused



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- Willing to learn new things
- Be legally entitled to work in Canada.
- First Aid/CPR Certified.
- Current and acceptable Criminal Record Check with Vulnerable Sector Screening is a condition of employment for all staff and volunteers.

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 and volunteers 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:

- Download and complete application from our website www.ymcaswo.ca/volunteer
- Learn more about our group fitness partner MOSSA [Join the Movement - Become a Fitness Instructor with MOSSA](#)
- Email application with 3 references and resume to gemma.carleton@swo.ymca.ca
- Indicate location and volunteer position applying for in email subject.
- We thank all applicants for their interest; however, only those selected for an interview will be contacted.

NOTE: The YMCA of Southwestern Ontario is committed to providing a barrier-free environment for all stakeholders including our members/participants, employees, volunteers, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we



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respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations.