

# Fitness Department: Conditioning Centre Guide

## Volunteer Opportunity



### Role

The Conditioning Centre Guide provides supervision of the Conditioning Centre while building relationships with members, creating a positive atmosphere, welcoming participants, and championing YMCA Clean Culture. The Guide cooperates with other staff and volunteers in carrying out the mission of the Family Y in a manner which reflects the needs of the members, the participants and the community. Responsibilities may include light cleaning, safety supervision, and answering general questions.

### Requirements

- Friendly and outgoing attitude
- Ability to follow directions and work independently
- Report early and in uniform for scheduled volunteer times
- Familiarity with the conditioning room as a participant is an asset
- Must participate in orientation and training sessions (including Child Protection Training) as required
- Satisfactory Police Records Check and Vulnerable Sector Check within the past 90 days
- Current Standard First Aid and CPR-C an asset

### Time Commitment

- 2 hours per week for a minimum of 3 months
- variety of hours available weekdays and weekends

### Location

Health, Fitness and Aquatics Facility  
700 10th Street East  
Owen Sound, ON N4K 0C6

### Benefits

- Be a part of the YMCA team and promote the YMCA of Owen Sound Grey Bruce's mission, vision, and core values
- Learn about services at the YMCA
- Meet new people
- Receive training to further enhance your professional development as it relates to the volunteer position

### Please direct questions related to this opportunity to:

Diana van der Meer, Supervisor; Fitness & Wellness at T: 519.376.0484 ext. 212 | E: [diana.vandermeer@osgb.ymca.ca](mailto:diana.vandermeer@osgb.ymca.ca)

### Apply for this Opportunity

Complete a volunteer application, available on our website, and submit along with a resume to:

Alison Moran, Supervisor; Member Services (Volunteer Coordinator)  
700 10th Street East, Owen Sound N4K 0C6  
T: 519-376-0484 ext. 221 | E: [alison.moran@osgb.ymca.ca](mailto:alison.moran@osgb.ymca.ca)

The YMCA of Owen Sound Grey Bruce values diversity of people and communities and is committed to excellence and inclusion in our Association. We are committed to an environment that is barrier free. If you require accommodation during the engagement process, please inform us in advance to arrange reasonable and appropriate accommodation.