

Fitness Instructor Volunteer Opportunity



Role

To help people develop in spirit, mind and body by providing a safe and sound fitness program. To cooperate 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.

Opportunities exist to lead a variety of fitness classes including cycle, stretch, boot camp, gravity, body sculpt, combo fit, Tabata, gentle fit, core, cardio sculpt and cardio skip classes. Please specify your area of interest/specialty on the application form. Classes must be taught in accordance with YMCA performance standards for Fitness Instructors.

Requirements

- Friendly and outgoing attitude; comfortable in front of a group
- Ability to follow directions and work independently
- Experienced group fitness participant or instructor
- Report early and in uniform for scheduled volunteer times
- Must participate in orientation and training sessions (including Child Protection Training) as required
- Must be willing to work towards certification as a YMCA Aquatic Fitness Instructor
- Satisfactory Police Records Check and Vulnerable Sector Check within the past 90 days
- Current Standard First Aid and CPR-C

Time Commitment

- 1 class per week for the duration of a session (9 weeks)
- Hours vary based on program schedule

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 and 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@osqb.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@osqb.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.