



YMCA of Owen Sound Grey Bruce

700 10th Street East
Owen Sound, ON N4K 0C6
519-376-0484
ymcaowensound.on.ca

We're Hiring!

Fitness Programmer / Instructor

Full time and/or Part time

Health, Fitness & Aquatics Centre; Owen Sound

Start Date: October 2018

Wage Range: Commensurate with education and experience

Role: Reporting to the Supervisor of Fitness & Wellness, this individual is to ensure excellence in the delivery of individual conditioning and group fitness services & programs, and to provide supervision of the conditioning centre and other departmental programs; to lead individuals in fitness based activities and provide them with basic training programs helping them reach their health and fitness goals in spirit, mind, and body. This position requires a flexible work schedule including early mornings, evenings, weekends and holidays as required.

Qualifications:

- Degree or Diploma in Physical Education, Kinesiology or Health & Fitness an asset
- YMCA Personal Trainer Certification or other recognized certification
- YMCA Fitness Instructor Certification in one or more of the following: Cardio, Strength, Aquatic Fitness, Yoga, Older Adult, Cycle) or other recognized certification an asset, must be willing to obtain
- Demonstrated ability to interact with people of all ages and needs; and to work efficiently and effectively in a changing environment
- Current Standard First Aid / CPR Level C / AED Certification
- Successful candidates will be required to provide a current and satisfactory Police Records Check and Vulnerable Sector Check issued no later than 90 days preceding start date

Responsibilities:

- Gives helpful and personal attention to members
- Responds professionally to challenging situations
- Demonstrates YMCA Values when interacting with others
- Works Effectively with peers and other YMCA staff and volunteers
- Maintains a professional appearance
- Encourages interaction between members
- Provides opportunities for people to set and achieve goals
- Promotes personal training to members
- Prepares spaces for programs and services

*Building healthy
communities*



- Uphold SAM Standards; including cleaning, maintenance and repair of equipment; cleaning of the conditioning centre; and demonstrating a commitment to clean culture throughout our centre
- Professional delivery of YMCA fitness and wellness programs, individual conditioning and group fitness services
- Supervision of the conditioning centre and other programs as required
- Design and implement personal fitness programs
- Lead group fitness classes of various types as required
- Assist in the development and implementation of new program initiatives
- Makes follow up phone calls to members with a focus on member retention
- Assist with Cardiac Rehabilitation program as necessary
- Fulfill Service Leader role as assigned
- Actively participate in meetings and/or training sessions (including Child Protection Training) as required
- Take charge in an emergency situation, administer first aid as required and perform necessary follow up procedures including documentation
- Be familiar with and able to implement and/or assist in facility emergency procedures if required

Only candidates selected for an interview will be contacted.

**Please submit your resume, cover letter and completed [YMCA of Owen Sound Grey Bruce Employment Application](#), to
Diana van der Meer – Supervisor; Fitness & Wellness,
diana.vandermeer@osgb.ymca.ca by: **September 17, 2018****

The YMCA of Owen Sound Grey Bruce values the 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 hiring process, please inform us in advance to arrange reasonable and appropriate accommodation.