



**Group Fitness Instructor Volunteer – Aquatic Fitness
Westhills YMCA-YWCA**

Placement: Immediate

Hours: Mondays, 7:35-8:25pm

Nature and Scope:

The Group Fitness Instructor Volunteer – Aquatic Fitness designs, modifies, and instructs safe, effective and appropriate fitness programs to meet the needs of members, community and special populations in a group fitness setting. They will ensure that members understand the benefits of exercise and feel comfortable with the fitness program. The volunteer will perform work according to YMCA-YWCA values, objectives, policies, and health and safety and risk management programs.

The Group Fitness Instructor Volunteer will be based at the Westhills YMCA-YWCA facility, and will be responsible for one class per week. Drop in classes are continuous throughout the year.

Responsibilities:

- To engage, motivate and lead individuals in a group fitness class setting safely
- Reliable and dependable
- To demonstrate a commitment to safety in program delivery
- To ensure excellent customer service is provided
- To maintain and develop relationships with members, participants, staff and other volunteers within the YMCA-YWCA

Qualifications:

- YMCA Group Fitness Instructor – Aquatic Fitness certification (or equivalent; eg. BCRPA Aquatic Fitness)
- Standard First Aid and CPR C
- 1 year experience as a Group Fitness Instructor in group classes or an equivalent combination of education and experience is an asset
- Experience/training in multiple formats is an asset
- A clear Criminal Record Check with Vulnerable Sector Screening is required

Competencies:

- Commitment to Health and Safety
- Commitment to Organization Vision and Values
- Customer Service
- Teamwork
- Communication
- Problem solving
- Planning and Organization

To apply: Please send a cover letter and resume to:

Human Resources
YMCA-YWCA Vancouver Island
Email: hr@vancouverislandy.com

Please note:

- 1. Application deadline: This position is open until a suitable candidate has been found.***
- 2. We thank all applicants, but all only short-listed candidates will be contacted.***

The YMCA-YWCA of Vancouver Island is an equal opportunity employer.