



Healthy Living Program Fitness Staff
Eagle Creek YMCA-YWCA (View Royal, BC)

Vacancies: 2

Position: Casual

Placement: Immediate

Wage: \$15.55 per hour

Hours: 5-8 hours per week; must be available Tuesdays and/or Thursdays 8:30am - 2:00pm

Nature and Scope:

The Healthy Living Program Fitness Staff will work alongside the Y Healthy Living Program Coordinator to provide a safe, effective and semi-private fitness-based workout regimen for members living with a chronic condition looking to move forward with their active-living lifestyle. The Healthy Living Program Fitness Staff will assist in the planning, development, implementation and ongoing evaluations of safe, community-based exercise programs and the coordination of member care throughout the program while working within the Y community. For more information on our Healthy Living Programs, please visit: <https://vancouverislandy.com/program-services/community-health/>

This casual position is entitled to an individual YMCA-YWCA membership.

Responsibilities:

- Monitors the exercise environment for member safety and tailors exercise to the needs and level of the members in the group
- Applies principles of exercise physiology and kinesiology to individual participants
- Provides safe group-based exercise programs, such as aerobic, strength, balance and flexibility exercises, and established progression of exercise training based on intake
- Provides ongoing psychosocial support during exercise and with follow-ups
- Continues to further ones knowledge of the chronic conditions through workshops, self-study and Y leadership opportunities

Qualifications:

- Holds certification/degree in one of the following:
 - CSEP or BCRPA Personal Training/Group Fitness or YMCA Canada Personal Training/Group Fitness
 - Bachelor of Kinesiology or Health Sciences
- Current Standard First Aid and CPR-C required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required
- Experience working with chronic conditions such as cancer, bone health and respiratory health
- Ability to obtain any necessary fitness certifications as needed (training will be provided)



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Competencies:

- Commitment to Organization Vision and Values
- Customer Service
- Communication
- Teamwork
- Self-Management
- Problem Solving
- Planning and Organization
- Commitment to Health and Safety

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

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

Please Note:

- 1. Application Deadline:** This posting will close when suitable candidates have been found.
- 2. Please indicate in your cover letter how you heard about this position.**
- 3. Internal applicants are expected to inform their supervisor prior to application.**
- 4. We thank all applicants, but only short-listed candidates will be contacted.**

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