



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

**Vacancies:** 1

**Position:** Casual

**Placement:** March 2019

**Wage:** \$15.55 per hour

**Hours:** 10-15 hours per week; weekday mornings and afternoons.  
Tuesdays and Thursdays 10:00am-3:00pm

**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:**

- Applies principles of exercise physiology through functional fitness exercises (does not prescribe exercises)
- 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 Strength Instructor
  - 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 participants with a chronic condition
- Ability to obtain any necessary fitness certifications as needed (training will be provided)



**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](mailto:hr@vancouverislandy.ca)

**Please Note:**

- 1. Application Deadline:** *This posting will close when a suitable candidate has 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.*