



**Volunteer Group Fitness Instructor – Senior Strength  
Downtown Victoria YMCA-YWCA**

**Vacancies:** 1-2

**Placement:** Immediate

**Position:** Volunteer

**Hours:** Mondays 10:00am-10:55am and/or 11:00am-11:55am  
Potentially (TBD): Wednesdays 11:00am-11:55am (September 2019)

**Nature and Scope:**

The Volunteer Group Fitness Instructor – Senior Strength 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. The Volunteer Group Fitness Instructor – Senior Strength ensures members understand 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.

**Responsibilities:**

- To engage, motivate and lead individuals in a group fitness class (senior strength focus) setting safely
- To plan, organize and implement lesson plans
- To demonstrate a commitment to safety in program delivery
- To ensure excellent customer service is provided
- Model appropriate behaviours in line with our Mission, Vision and Values
- Represent the Association in a professional manner
- Develop and maintain professional and courteous relationships with members and participants

**Qualifications:**

- High School graduation/diploma
- YMCA Group Fitness Instructor certification (or equivalent relevant certification)
- Experience as a fitness instructor with group classes is an asset
- Experience and/or training in multiple fitness formats is an asset
- Experience leading senior-strength focused fitness classes is an asset
- Current Standard First Aid and CPR C required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required

**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. **We thank all applicants, but only short-listed candidates will be contacted.**

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