



**Strength Training Volunteer**  
**Downtown Victoria YMCA-YWCA**

**Vacancies:** 2

**Position:** Volunteer

**Placement:** Immediate

**Nature and Scope:**

The Strength Training Volunteer will work collaboratively with other staff and volunteers and are responsible for providing safe, fun and educational Individual Fitness programs and services to the members in a community fitness environment. The Strength Training Volunteer will be responsible for executing Individual Fitness programs in a positive, professional manner and is responsible for ensuring both member satisfaction and safety while maintaining the Fitness Floor. The Strength Training Volunteer will work to build meaningful relationships through daily interactions with Y members, visitors, and colleagues; and will assist Membership Services Staff and Volunteers to support member sales, and retention efforts. The Strength Training Volunteer will be required to work 1-2 hours per week, evenings and/or weekends.

**Responsibilities:**

- Assist Membership Services Staff and Volunteers in performing facility tours to prospective members
- Perform Personal Coaching sessions for members
- Maintain an atmosphere of achievement that inspires self and others to succeed
- Monitor commitment to service excellence by role modelling and maintaining YMCA-YWCA SAM 2.1 standards
- Ensure safety of all members, visitors, staff and property by following the YMCA-YWCA standards/policies/procedures and ensuring they are all maintained amongst all members and staff
- Maintain the cleanliness and safety of the fitness floors by circulating the floors at all times, following the YMCA-YWCA Fitness Organization Guidelines, and following the YMCA-YWCA SAM 2.1 Fitness Floor cleaning procedures

**Qualifications:**

- YMCA-YWCA Personal Coaching Certificate or equivalent (eg. BCRPA Weight Training and/or CSEP accepted)
- Reliable and dependable
- Experience in the fitness area is preferred
- Clear Criminal Reference Check with Vulnerable Sector Screening is required
- Current Standard First Aid and CPR C are required

**Competencies:**

- Commitment to the YMCA-YWCA's vision and values
- Commitment to health and safety
- Customer service skills



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- Ability to work both independently and within a team
- Ability to build relationships with members and prospective members
- Ability to be well organized, problem solve and plan ahead

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

Human Resources  
YMCA-YWCA of Vancouver Island  
[hr@vancouverislandy.ca](mailto:hr@vancouverislandy.ca)

***Please Note:***

- 1. Application Deadline:*** This posting will remain open until the position has been filled.
- 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.*