



**Group Fitness Instructor - Strength
Westhills YMCA-YWCA (Langford, BC)**

Vacancies: 1-3

Placement: Immediate

Position: Casual

Salary: \$30.40 per one-hour class

Hours: weekday, morning and/or evening availability required

Nature and Scope:

The Group Fitness Instructor - Strength designs, modifies, and instructs safe, effective and appropriate strength fitness programs to meet the needs of members, community and special populations in a group fitness setting. The Group Fitness Instructor - Strength ensures members understand benefits of exercise and feel comfortable with the fitness program. The Group Fitness Instructor - Strength performs work according to YMCA-YWCA values, objectives, policies, and health and safety and risk management programs.

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

Responsibilities:

- To engage, motivate and lead individuals in a group fitness class 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 Cardio Instructor or YMCA Group Strength 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
- Current CPR A required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required
- The YMCA/YWCA has implemented a mandatory COVID-19 vaccination policy requiring all staff and volunteers to be fully vaccinated.

Competencies:

- Commitment to Organization Vision and Values
- Leadership
- Commitment to Health and Safety
- Conflict Resolution

- Coaching and Development
- Service Attitude/Customer Focus
- Relationship Building
- Communication
- Teamwork

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.