



**Group Fitness Instructor – BABY & ME BOOTCAMP  
Westhills YMCA-YWCA (Langford, BC)**

**Vacancies:** 1

**Placement:** October 2025

**Position:** Casual

**Salary:** \$35.70 per one-hour class

**Hours:** Mondays from 10:30am – 11:20am

\*Opportunities to substitute/pick up other additional classes throughout the week\*

**Nature and Scope:**

The Group Fitness Instructor – Baby & Me Bootcamp designs, modifies, and instructs safe, effective and appropriate Baby & Me Bootcamp fitness programs to meet the needs of members, community and special populations in a group fitness setting. The Group Fitness Instructor – Baby & Me Bootcamp ensures members understand benefits of exercise and feel comfortable with the fitness program. The Group Fitness Instructor – Baby & Me Bootcamp 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)
- Pre/Post Natal Certification and/or experience strongly preferred
- 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) Certification
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required (prior to start date- not required at the application stage)

**Competencies:**

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

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

Human Resources  
YMCA-YWCA of Vancouver Island  
Email: [jobs@vancouverislandy.ca](mailto:jobs@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.***