



Group Fitness Leader

Location: Balsillie Family Branch- Peterborough

Program Description: At the YMCA, we're more than a gym. We're a place where you can be yourself, meet new friends and have fun. At the YMCA of Central East Ontario we support our members as they strive to reach their potential and work toward their goals as part of an inclusive, caring and healthy community.

Major Duties

- Deliver a group fitness class in accordance with YMCA standards and values, within the scope of your training.
- Provide a quality group fitness class that includes all members regardless of age and ability.
- Provide a safe environment for participants.
- Communicate with other staff and volunteers.
- Attend trainings and meetings as required to ensure the overall quality and integrity of the Group Fitness program.
- Respond or direct participant inquiries or concerns.
- Be positive, helpful and welcoming at all times.
- Build relationships with members and introduce them to other members, staff and volunteers.
- Deliver YMCA service responsibly, honestly, respectfully and with care.

Qualifications

- Minimum age 18.
- Successful applicants to this role will need to provide a Vulnerable Sector Screening from their local police service before their first day of volunteering.
- Current YMCA Group Fitness Certification (or equivalent) with the designation in the stream the leader will be instructing which includes Choreography-based classes, Yoga, Pilates, Muscle Conditioning, Cycle, etc.
- Current First Aid and CPR A certification.
- Strong communications skills.
- Team player who demonstrates initiative.
- Commitment to YMCA Mission, Vision and Values.

Time Commitment

- One hour per week for a minimum of six months.
- Teach a class at a fixed regular time, and/or be able to substitute for a class when possible.

Benefits

- Learn to safely and effectively teach a fitness class.
- Learn about diversity at the YMCA and meet new people from all walks of life.
- Maintain a nationally recognized certificate, which allows you to teach in any YMCA in Canada.
- Create a supportive environment to help people improve and maintain their health and fitness.
- Be a part of the YMCA team and promote the YMCA Mission, Vision and Values.

Apply for this opportunity

To apply for this position, complete the online volunteer application form which can be found at http://ymcaofceo.ca/balsillie_family_branch_-_peterborough-volunteer.php

Applicants will have the option of *submitting* the application online or *printing* the application and dropping it off to their local YMCA.