



Individual Conditioning Assistant

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

- Assist members by showing them the proper techniques and form exercises as well as being able to spot different exercises (help members learn how to use conditioning equipment properly and perform exercises with correct technique).
- Scan the conditioning floor to ensure equipment is clean, in good repair and that safety hazards are removed.
- Treat all members, regardless of age with respect and enthusiasm.
- Build relationships with members and introduce them to other members, staff and volunteers.
- Communicate with other staff and volunteers.
- Respond to or direct participant inquiries or concerns.
- Deliver YMCA service responsibly, honestly, respectfully and with care.
- Take action to ensure members are safe when participating at the YMCA.
- Be positive, helpful and welcoming at all times.

Qualifications

- Minimum age 18.
- Volunteers age 16 and above will need to provide a Vulnerable Sector Screening from their local police service before their first day of volunteering.
- Current First Aid/CPR certification.
- AED certification an asset
- Minimum Individual Conditioning Level 1.
- Strong communications skills.
- Team player and initiative.
- Commitment to YMCA Mission, Vision and Values.

Time Commitment

- Minimum one year commitment.
- Flexible schedule.

Benefits

- Make a difference in someone's life by helping them achieve their health and fitness goals.
- An opportunity to meet, network and help fellow volunteers in developing skills and confidence.
- Be a part of the YMCA team and promote the YMCA Mission, Vision and Values.
- Development of communication and interpersonal skills with members and other staff.

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.