



YMCA of
Central East Ontario

Volunteer Opportunity Lifestyle Centre

Get started

Make a difference in your community

Be a part of the YMCA volunteer family

Job Summary

- The Lifestyle Centre Volunteer provides support to Personal Trainers and Fitness Instructors.
- The Lifestyle Centre Volunteer will help to create and maintain a welcoming, friendly, safe and respectful environment which promotes the YMCA Core Values.
- To ensure member satisfaction and keeping with the SAM Standards, the Lifestyle Centre Volunteer will help in maintaining a clean environment.

Requirements

- Certification: YMCA Fitness – Basic Theory, YMCA Individual Conditioning Level I, Individual Conditioning Level II (Certifications / Training Opportunities are made available to volunteers and members)
- Current Certifications in Standard First Aid, CPR C, AED

Competencies

- To provide supervision of the conditioning centre
- To deliver fitness orientations to members
- Maintain the conditioning areas in a clean, tidy and safe condition
- To create a safe, friendly and welcoming atmosphere
- To follow YMCA SAM Standards to give the highest quality care to members
- To ensure excellent customer services is provided
- To maintain and develop positive relationships

Benefits

- Develop new skills
- Make new friends that share a common passion for fitness and wellbeing
- Inspire others to lead a healthier lifestyle

Contact

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Building healthy communities