



YMCA of Central East Ontario
City of Quinte West Branch

POSITION VACANCY: Group Fitness Instructor (land),
Conditioning Centre Staff

EFFECTIVE: Immediately

REPORTS TO: Kit McCandie

STATUS: 10 - 15 hours/week

OVERVIEW:

The YMCA of Central East Ontario is a charity committed to strengthening the foundations of community. We are dedicated to helping people grow in spirit, mind and body.

All offers of employment will be subject to the provision that the successful incumbent provides the YMCA of Central East Ontario with a current (within 30 days of hire) and satisfactory Police Records Check with vulnerable sector screening.

GENERAL ACCOUNTABILITY:

- General Fitness Background (i.e. Shadowing a Certified Personal Trainer, Enrollment in a Fitness/Health type program specializing in personal training and/or group fitness or Personal Training/Group Fitness Certification through the YMCA or other Organization that is recognized by the YMCA)
- Excellent Personal Health
- Current CPR and Standard First Aid
- Current Criminal Check

KEY RESPONSIBILITIES:

- Direct delivery of HRF programs, such as classes, registered programs and wellness coaching appointments.
- plan, lead and instruct members in land fitness classes according to the class description.
- ensure class design accommodates range in fitness levels, experience and abilities
- Actively support Clean Culture
 - Ensure that the Conditioning Center is well maintained, clean, and safe through inspection of equipment on a daily basis and by following the cleaning checklist
 - *This duty includes being able to lift up to a 45 lb weight, bending and twisting in order to clean machines and repetitive motions involved with cleaning (such as wiping, sweeping etc.)
- Be responsible for the safety and security of members/participants
 - Watch for and offer corrections to all members using equipment incorrectly or inefficiently
 - Respond to first aid and emergency situations as required
 - Secure lost and found items

WORKING CONDITIONS:

- Standard First Aid & CPR C
- Able to work early mornings, afternoons, evenings and weekends

EDUCATION/TRAINING/QUALIFICATIONS:

- Minimum 16 years of age
- Current YMCA Group Fitness Instructor/Personal Trainer certification or equivalent
- Current Emergency or Standard First Aid and CPR-C
- Clear criminal record check

EXPERIENCE:

Experience preferred but not required

CORE COMPETENCIES:

Insert Competency	Insert Competency Description
<i>Commitment to the Vision and Values</i>	An appreciation and devotion for the mission, vision and values of the YMCA
<i>Communication:</i>	Communicates in a thorough, clear and timely manner and supports information sharing and goal achievement across the YMCA
<i>Teamwork</i>	Actively builds teams and encourages open relationship
<i>Flexibility/Managing Change</i>	Ability to know your environment, initiate and respond effectively to changing conditions

All interested candidates are to submit a letter of application and resume to:

Kit McCandie

Supervisor Health, Fitness and Recreation

YMCA of Central East Ontario – Quinte Qest branch

50 Monogram Place, Trenton, ON K8V 5P8

Kit.mccandie@ceo.ymca.ca

Applications will be received until June 29, 2018

We appreciate your interest in a career opportunity with the YMCA of Central East Ontario. Please note that only those selected for an interview will be contacted.

The YMCA of Central East Ontario is committed to an environment that is barrier free; if you require accommodation during the hiring process, please inform us in advance so that we can arrange reasonable and appropriate accommodation. The YMCA of Central East Ontario values the diversity of people and communities and is committed to excellence and inclusion in our Association.