



YMCA Volunteer Opportunity

Aquatic Fitness Instructor

Location: YMCA of Lethbridge

Status: accepting

Type of Position: Volunteer

Placement Date: Immediate

Nature and Scope

The Aquatic Fitness Instructor is outgoing, enthusiastic, friendly, committed, and has a passion for health and fitness. The Aquatic Fitness Instructor volunteers to deliver a group fitness class in accordance with YMCA standards and values, within their scope of interest and training.

Reporting to the Manager of Fitness, the Aquatic Fitness Instructor plans, leads and instructs members in water fitness classes according to the class description. The Instructor greets and welcomes members to each class, making a special effort to get to know members on a first name basis – and ensures class design is progressive over time to reflect increasing fitness levels of members.

Volunteers are vital to reaching our mission of building healthy communities. Volunteers increase diversity, quality, and quantity of programs and services for YMCA members. Your time and talent is needed to help our members grow in spirit, mind and body.

Major Responsibilities and Abilities

- Provide an impactful experience for members and guests participating in aquatic fitness classes.
- Accommodate participants of varying ages & abilities by providing modifications for exercises included in program plans.
- Educate participants on the fundamentals of fitness and exercise by leading safe and progressive classes including warm-up and cool down.
- Maintain a safe environment by following policies & procedures to manage risks associated with participating in fitness classes.
- Demonstrate excellent service for participants by being available before & after classes to answer questions and respond to feedback.
- Ensure adequate resources are available for classes by engaging in the set-up and take-down of equipment.
- Provide support for other instructors through collaborative marketing initiatives and subbing for classes when needed.
- Assist the Manager of Fitness in maintaining communication with class participants by making announcements during the classes and collecting feedback from participants.
- Actively participate in meetings & in-services associated with the fitness classes.
- Build positive relationships with all YMCA staff and volunteers.

Benefits

- Share your passion for Aquatics with others while gaining valuable experience as an instructor



YMCA Volunteer Opportunity

- Learn about diversity at the YMCA and meet new people
- Receive training to further enhance your professional development as it relates to the position
- Develop leadership and communication skills

Qualifications

- Current YMCA Group Fitness Instructor (Water Fitness Module) or equivalent
- Current Standard First Aid and CPR-C with AED
- A satisfactory Criminal Record Check. Successful candidates will be required to provide a current and satisfactory Criminal Reference Check/Vulnerable Sector Search and Child Intervention Check before start date.
- Provide 3 successful professional references.
- In an attempt to maintain our quality service to our members and community, we request a minimum commitment of one shift per week whenever possible. This allows us to build schedules and offer additional programming in our community.
- Minimum 16 years of age or older
- Attendance at a Welcome to the Y orientation and department-specific training

Competencies

- *Commitment to Mission, Vision, and Values:* Demonstrates and promotes a personal understanding of an appreciation for the mission, vision, and values of the YMCA of Lethbridge.
- *Service Orientation:* Identifies needs and wants of staff and members and responds in an effective and timely manner to enhance every person's Y experience.
- *Relationship Building:* Builds positive interactions both internally and externally to achieve work related goals.
- *Welcoming:* Treats everybody in a friendly and respectful manner and creates a pleasant, user-friendly atmosphere.

Application Process:

Please submit your application by filling out our Volunteer Application Form. Email your application to:

pam.haapa-aho@lethbridgeymca.org

or drop off at:

515 Stafford Drive South

Lethbridge, Alberta, T1K 2L3

Application Deadline:

Ongoing