



YMCA Volunteer Opportunity

Group Fitness Instructor

Location: YMCA of Lethbridge

Status: Accepting

Type of Position: Volunteer

Placement Date: Immediate

Nature and Scope

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

Reporting directly to the Manager of Fitness, The Group Fitness Instructor is an integral part of the Health and Fitness team at the YMCA of Lethbridge. The Group Fitness Instructor is enrolled in YMCA fitness training in their area of interest, such as Cycle, Aqua Fitness, Resistance and Yoga. Upon completion of YMCA fitness training, the Group Fitness Instructor commits to delivering a group fitness class at a regular weekly time (minimum of 1.5 hours/week).

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 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 staff and volunteers working in the Wellness Centre.



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Qualifications:

- A satisfactory Criminal Record Check. Successful candidates will be required to provide a current and satisfactory Criminal Reference Check/Vulnerable Sector Search and a Child Intervention Check before start date. The YMCA will provide applicable instructions and paperwork.
- Provide 3 professional references.
- AFLCA or YMCA certification in your stream of interest – training provided if necessary
- Current Standard First Aid and CPR-C with AED – training available
- Must be upbeat, enthusiastic and encouraging
- 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

On-going