



YMCA Volunteer Opportunity

Strength and Conditioning Instructor

Location: YMCA of Lethbridge

Status: Accepting

Type of Position: Volunteer

Placement Date: Immediate

Nature and Scope

The Strength and Conditioning Instructor volunteer is outgoing, enthusiastic, friendly, committed, and has a passion for health and fitness. The Strength and Conditioning Instructor volunteers to deliver safe and appropriate instruction and coaching in accordance with YMCA standards and values, within their scope of interest and training.

Reporting directly to the Manager of Fitness, The Strength and Conditioning Instructor is an integral part of the Health and Fitness team at the YMCA of Lethbridge. The Strength and Conditioning Instructor is scheduled to assist members and users on equipment, provide safe options and alternatives for those who require it, corrections to form and technique to ensure risk management and reduce injuries. Upon completion of YMCA fitness training, the Strength and Conditioning Instructor commits to a scheduled shift weekly

Major Responsibilities and Abilities

- Provide an impactful experience for members and guests utilizing the Strength & Conditioning Floor by connecting them to appropriate resources, supports and programs.
- Support an inclusive environment for members and guests by building positive connections with users of the Strength & Conditioning Floor.
- Take initiative in maintaining a safe environment for users of the Strength & Conditioning Floor by organizing and cleaning equipment.
- Maintain a safe environment by following policies & procedures to manage risks associated with activities in the Strength & Conditioning Floor.
- Engage members and guests using the Strength & Conditioning Floor in conversations and follow-up with general inquires in a professional manner.
- Establish a supportive environment for staff and volunteers providing programs and services in the Strength & Conditioning Floor.
- Provide support for the Manager of Fitness as needed.
- Be available to work flexible hours including early mornings, evenings, and weekends.

Qualifications

- Working towards Bachelor of Physical Education, Kinesiology or related degree/diploma/certificate
- Experience in a fitness or exercise related field



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- Training or Certification through YMCA, AFLCA and/or Can-Fit Pro is considered an asset.
- Current Standard First Aid and CPR C with AED certification
- 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.
- Three Successful professional references required
- 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