

Group Fitness Instructor (Aquafit)-Health & Wellness Department

Location: Ron Edwards Family YMCA, 500 Drury Lane, Burlington, Ontario L7R 2X2

Position Type: Part Time Hourly with a complimentary YMCA membership

Hourly Rate: \$26.14 per hour

Position Overview:

The Group Fitness Instructor – Aquafit/Hydrotherapy will report to the Health and Wellness Supervisor of the respected branch. In this position, you will that will be responsible for the ~~coordination and~~ direct delivery of Aquatic fitness classes such as Aquafit and Gentle Aquafit.

This position is part-time position with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Group Fitness, program reviews and the provision of excellent customer service.

This is a great opportunity for an individual with a high level of interest in working with the YMCA HBB as a charitable organization.

What You'll Do:

- Direct delivery of Aquafit/Hydrotherapy classes, modeling service excellence in assigned program areas
- Interaction with members developing positive relationships and addressing concerns or questions
- Create and implement plans for specialty programs which may include corporate fitness initiatives
- Provide direct delivery in specified program area of expertise
- Prepare and set up program equipment/rooms and cleans and tidies up equipment/rooms after use, reporting any repairs to supervisor
- Primary point of contact and interaction with members, developing positive relationships and addressing concerns and/or questions
- Ensure appropriate policies and procedures are implemented and monitored to ensure safe and effective member and volunteer participation.
- Responsible for ensuring qualifications and certifications as required by the YMCA and regulatory standards are current at all times
- Required to work a variety of shifts (weekdays & weeknights)

What You'll Bring:

- Current Standard First Aid & CPR C certification
- Up to date and relevant Group Fitness Certifications such as YMCA Aquafit Fitness Instructor or equivalent (WaterART, CALA)
- Previous experience and ability to teach various group fitness classes
- Excellent customer service skills
- Current and satisfactory Criminal Record & Judicial Matters Check as per the Association's Policy is a condition of employment

Ready to Make a Difference?

The YMCA is a charity that ignites the potential in people. #YSavesLives starts with building a strong community. If you're passionate about creating a vibrant and healthy community where everyone thrives, we want to hear from you!

Don't meet every requirement? Studies have shown that women and people of colour are less likely to apply to jobs unless they meet all qualifications. If you are excited about the role, but your resume doesn't align perfectly with every qualification in the description, apply anyway. You may still be the right candidate for this or other roles!

Interested in applying? Please submit your resume to: Andrea Sandhu, Health and Wellness Supervisor at andrea.sandhu@ymcahbb.ca by February 09, 2025