

## **Group Fitness Instructor (Line Dancing, Pilates, Strength & Conditioning)**

**Location:** Flamborough Family YMCA, 207 Parkside Dr, Waterdown, ON L8B 1B9

**Position Type:** Part-time, hourly with a complimentary YMCA membership

**Hourly Rate:** \$26.14 per hour

### **Position Overview:**

The Group Fitness Instructor – (Line Dancing, Pilates, Strength & Conditioning) will report to the Health & Wellness Supervisor of the respected branch. In this position, you will be responsible for delivering and coordinating group fitness classes such as Line Dancing, Pilates, Strength & Conditioning.

This position is a 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 Line Dancing, Pilates, and/or Strength & Conditioning classes, modeling service excellence in assigned program areas
- Interact 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
- Act as a 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 have availability to work a variety of shifts. This includes including weeknights along with weekdays and weekends depending on programming needs.

### **What You'll Bring:**

- Current Standard First Aid & CPR C certification
- Up to date and relevant Group Fitness Certifications such as YMCA Group Fitness, (Line Dancing, Pilates, Strength & Conditioning) or equivalent
- Previous experience in teaching group fitness classes
- Post secondary education in physical education or related field
- Excellent customer service skills
- Must provide a current Criminal Record and Judicial Matters Check (issued within the past 6 months) is a condition of employment as per the Association's policy

### **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: Shannon Kelly, Health & Wellness Supervisor at [shannon.kelly@ymcahbb.ca](mailto:shannon.kelly@ymcahbb.ca) by **February 25, 2025**.