

# Job Opportunity



## Why the Y?

### Imagine.....

- A place where you are a part of one of the most respected human services organizations in the world;
- A place where your work positively influences the lives of others in so many ways;
- A place where you are able to flourish in a values-based environment;
- A place where you will build a better future not only for yourself but also for those you serve.

### At the YMCA

- you will feel connected to community,
- you will meet new people,
- you will expand your knowledge base,
- you will have career development opportunities
- you will experience a rewarding job by helping support the building of healthy communities

Imagine accomplishing all of this while having fun in a challenging and dynamic atmosphere!

This is “Why the YMCA”.

### Our Y

With health and fitness branches, camps, child care centres, community programs and newcomer services across the region, reaching from Windsor in the West, North to Goderich, South to Point Pelee National Park and East to Woodstock, the YMCA of Southwestern Ontario is committed to the development of healthy communities. Our locations, programs and services are designed to help our members and participants grow in spirit, mind and body and are open to people of all backgrounds, beliefs and abilities.

This commitment includes a special focus on the region’s children and youth. From the kids in our camps and those participating in soccer and swimming lessons, to youth who are new to our communities from around the world, the Y is committed to helping our next generation to grow and thrive, as healthy individuals and passionate future leaders.

In the past year, the YMCA of Southwestern Ontario has supported more than 165,000 participants with opportunities to learn, grow and live healthy lifestyles.

“The Y has given me more than I could imagine. It has helped my children have a happy, healthy Mom – and you can’t put a price on that.”~ Mary

“Y” not join these participants, our nearly 91,000 members and over 2500 employees and volunteers in the region to share our vision of a healthy community?

As we continue to grow, we have a need for the following position:

# Job Opportunity



**Date:** April 3, 2019

**Position:** Wellness Coach, Part Time Hourly

**Location:** YMCA Jerry McCaw Family Centre - Sarnia-Lambton

**Start Date:** Immediately

**Compensation:** \$14.00 per hour; plus, single Y Membership

**Nature and Scope:** As a Wellness Coach you are responsible for the direct delivery of individual conditioning programs to encourage member engagement as well as instructing group fitness. Classes will be adjusted seasonally based on feedback and trends. Group fitness programs is based on member requests and can include Cycling, Aquafit, Zumba, Group Power and many more. As a Coach you will endeavour to foster positive relationship with all members and explore individual personal health and fitness goals in order to provide guidance and support. The operating hours at the JMFC Sarnia- Lambton YMCA is Monday to Friday 5:00 a.m. to 10:00 p.m., with reduced hours on weekends and holidays subject to change based on operational requirements. Actual shifts times and duration can vary throughout the week. Shifts can include days, evenings, weekends, and holidays.

**Responsibilities:**

- Build a strong relationship with members to evaluate the scope and quality of individual and group wellness programs/classes; seek feedback, gather, analyze and report on member statistics including attendance and engagement; remain current on programming trends and make recommendations to adapt YMCAs delivery model, equipment, schedules etc. as required for member retention and engagement.
- Conduct fitness and lifestyle appraisals to new and existing members and develop fitness programs to suit individual needs, incorporating all aspect of exercise available through the YMCA membership.
- Providing building tours and providing program and membership information as requested; responsible for the security of cash and to balance cash receipts and floats during shift.
- Provide leadership to Volunteers coaching and providing direction as required.
- Organize and administer a case management system, providing personalized fitness plans and one- on- one coaching support to individual members.
- Monitor form and technique of members using the conditioning room and make recommendation for adjustment as appropriate to maximum the outcome.
- Remain current on group and individual conditioning trends and techniques and make recommendations to adapt YMCA programming as required. A Wellness Coach who also holds the designation of Personal Trainer will provide one-on- one fitness instruction to people desiring a program tailored to their specific needs. Personal Trainers will evaluate their client's physical fitness and keep track of their program. Trainers develop programs and choose exercises that provide the optimum results and consider the activities of their clients enjoy. Trainers must be able to demonstrate the movements and exercise recommended. They will also provide encouragement and support for the client and recognize the client's strengths and weaknesses.

# Job Opportunity



- Model appropriate behaviours toward staff, volunteers and members in line with the YMCA Mission and Vision statement; act proactively to develop positive relationships with members, participants, peers and volunteers.
- Ensure participant safety at all times; follow YMCA Child Guidance, Protection of Children and Vulnerable Adults and Serious Occurrence policies.
- Actively maintain personal work space and equipment ensuring a neat, clean, safe environment and equipment at all times; complete incident report forms when necessary.
- Regularly attend training workshops to remain current on fitness trends – maintain current certifications and upgrade and expand as and when offered.

## **Qualifications & Experience:**

- College Diploma in Sports and Recreation, or combination of related education and experience; 1 – 3 years' experience in adult fitness or a related capacity.
- Certification in individual conditioning and at minimum two group fitness component is required. Certification as a Personal Trainer is preferred.
- Familiar with Microsoft, Technogym preferred as well as a working knowledge of a data- based billing system is an asset.
- Interpersonal skills and customer service orientation; Outgoing, inclusive and welcoming in nature.
- WHMIS; AODA; Basic Worker Health and Safety Certification; Level 1 Child Abuse Prevention Certification, will provide.
- Resourceful, flexible, motivated and energetic; ability to work independent.
- Current Standard First Aid and CPR-C; Current Satisfactory Police Record Check – vulnerable sector

## **To Apply:**

Submit resume and cover letter to [adrian.rende@swo.ymca.ca](mailto:adrian.rende@swo.ymca.ca)

We thank all applicants for their interest; however only those selected for an interview will be contacted.

**The YMCA of Southwestern Ontario is committed to providing a barrier-free environment for all stakeholders including our members/participants, employees, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations.**