



YMCA of Southwestern Ontario

About the YMCA of Southwestern Ontario

As a leading multi-service charity, the YMCA of Southwestern Ontario is invested in creating opportunities for all to grow in spirit, mind and body, regardless of background, belief or ability. Our volunteers contribute thousands of hours helping build strong kids, strong families and strong communities. We provide various services that offer unique volunteer opportunities that enhance the lives of our community members, as well as the lives of our volunteers.

Our Core Values

At the YMCA of Southwestern Ontario, we require our staff and volunteers to demonstrate the association's core values to colleagues, members and participants.

- **Honesty:** to tell the truth, to act in such a way that you are worthy of trust, to have integrity, making sure your actions match your words
- **Caring:** to accept others, to be sensitive to the well-being of others, to help others
- **Respect:** to treat others as you would have them treat you, to value the worth of every person, including yourself
- **Responsibility:** to do what is right, what you ought to do, to be accountable for your behaviour and obligations
- **Inclusiveness:** we create a place for everyone at the Y

Benefits of Volunteering at the YMCA of Southwestern Ontario

At the YMCA of Southwestern Ontario, we are committed to providing volunteers with clear roles, responsibilities and expectations while maintaining ongoing feedback. We provide meaningful experiences that match our volunteer's skills and interests. We embrace the diversity of our volunteers and provide accommodations when necessary. At the Y, we celebrate our volunteers both formally and informally while sharing their stories.

Be an Active Community Member, Develop New Skills, Enhance Personal Well-Being, Build New Positive Relationships and gain a Sense of Achievement.



Wellness Floor Volunteer

Program Description: To assist and build relationships with Members, YMCA Staff and Volunteers assisting Health and Wellness Staff on Duty. Demonstrate knowledge of Wellness Floor, YMCA mission, core values and act as a positive role model. Help to maintain a positive, friendly and safe environment in Health and Wellness areas.

Duties

- Provide high quality customer service to participants
- Assist with cleaning duties of the Wellness Floor
- Ensure Wellness Floor rules are being followed
- Orient new members on proper use of machines and book wellness appointments
- Assist instructors with class transitions and set up
- Build positive relationships with YMCA staff, volunteers and members
- Maintain excellent communication with Health and Wellness Staff
- Complete all online trainings, program training and Volunteer WHY School
- Be an Ambassador for the YMCA

Qualifications

- Minimum age 14
- Understanding of physical fitness principles
- Standard First Aid and CPR-C preferred
- Experience working or volunteering in physical fitness preferred
- Original Criminal Reference Check with a Vulnerable Sector Screening less than 6 months old for volunteers 18 years and older
- Fun, friendly and enthusiastic
- Excellent customer service skills
- Hardworking, dependable and a team player
- Genuinely interested in being a part of the YMCA.

Locations

YMCA Jerry McCaw Family Centre
1015 Finch Drive
Sarnia, ON N7S 6G5

Time Commitments

- Minimum commitment of 4 months
- Minimum of 2 hours/week

How to Apply

1. Download and complete [application form](#)
2. Email application with 3 references and resume to volunteer@swo.ymca.ca
3. Indicate location and volunteer position applying for in email subject