



# YMCA Volunteer Opportunity and Job Description

## Health, Fitness and Aquatics Centre – Aquatfit Instructor

**Location:** Niagara Centre YMCA (Welland)  
**Classes:** Tuesdays 9:15 – 10 am & 7:45 – 8:30 pm  
Wednesdays: 2 – 2:45 pm (temporary coverage from February-April)  
Thursdays: 2 – 2:45 pm (temporary coverage from January-May)

### Purpose:

To contribute to the well being of YMCA members by leading them through safe and productive exercises in a fitness class. Volunteers can help people grow in many ways that are consistent with the YMCA's mission of building body, mind and spirit.

### Expectations:

- To appreciate and support the YMCA values, mission and vision.
- To demonstrate energy, dedication and enthusiasm.
- To appreciate and desire to generously serve all.
- To thrive in an atmosphere of change and ambiguity.
- To work as a member of a team.
- To achieve planned results through personal initiative.
- To model commitment to service excellence and quality.

### Responsibilities:

- To greet and welcome members.
- To lead a fitness class following National YMCA guidelines.
- To maintain YMCA recognized fitness instructor certification and other mandatory qualifications.
- To be in YMCA dress code (volunteer t-shirt and black bottoms).
- To follow all YMCA policies including the Child, Youth and Vulnerable Person Protection Policy and Procedures.

### Qualifications:

- Current YMCA Fitness Instructor certification or other recognized accreditation.
- CPR A
- Leadership experience.
- Current Criminal Reference Check with Vulnerable Sector Search (issued within the last 12 months).
- 16 years of age or older.
- Excellent physical fitness level necessary to fulfill fitness class leadership role.
- Interview and 3 references will be required.

### Training and Support:

- Volunteer orientation inclusive of all relevant YMCA Policies and Procedures.
- Regular workshops and team meetings.
- Logistical support: music library, equipment.
- Supervision and support by Program Coordinator to assist in personal growth and development.

### Time Commitment:

Minimum 1 hour per week for more than 10 weeks annually.

### To Apply:

Complete volunteer application form and drop off at your local YMCA Health, Fitness and Aquatics Centre or email [volunteer@niagara.ymca.ca](mailto:volunteer@niagara.ymca.ca)

*Accessibility accommodations and materials in alternate formats for individuals with disabilities can be arranged upon request.*

For more information for this and other opportunities at the YMCA of Niagara please visit our website:

[www.ymcaofniagara.org](http://www.ymcaofniagara.org)

## YMCA of Niagara

The YMCA is a charity dedicated to building healthy communities.

The YMCA of Niagara delivers programs in Health, Fitness & Aquatics, Community Outreach, Child Care, Day Camp and Employment & Newcomer Services throughout Ontario's Niagara Region.

We are committed to nurturing the potential of children, youth and families, promoting healthy living and fostering social responsibility within the community.

Operating from 112 sites across Niagara, and supported by 1,500 employees and 840 volunteers annually, the YMCA has a positive impact on the health of over 92,000 individuals annually.

Our focus on inclusiveness and accessibility means we serve people of all ages, backgrounds and abilities through all stages of life. Through the YMCA Strong Kid campaign, the YMCA is accessible to all.

Building healthy  
communities