



YMCA Volunteer Opportunity and Job Description

Health, Fitness and Aquatics Centre – Fitness Centre Host

Locations: Health, Fitness and Aquatics Centres across the Niagara Region including Grimsby, Niagara Falls, Port Colborne, St. Catharines, and Welland.

Purpose:

To assist in providing excellent service to YMCA members and contribute to their well-being by providing assistance on the fitness centre floor. 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 provide program and exercise information.
- To provide equipment orientations and personal exercise programs.
- To respond to member concerns in a positive and supportive manner.
- To assist in maintaining a clean facility.
- 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:

- Minimum 2 years physical education, related post-secondary and/or recognized Personal Training Certification or YMCA Individual Conditioning certification.
- CPR A
- A clear and satisfactory criminal record check inclusive of the vulnerable sector search (CRC VSS) issued for the YMCA of Niagara required if over age 18.
- 18 years of age (student volunteers in educational placements who are 16+ years old may be considered)
- 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.
- Supervision and support by Program Coordinator to assist in personal growth and development.

Time Commitment:

- Minimum 2-3 hours per week.

To Apply:

Complete an online volunteer application form or print the application and drop it off at your local Health, Fitness and Aquatics Centre or email it to 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

YMCA of Niagara

The YMCA is a charity dedicated to building healthy communities.

The YMCA of Niagara delivers programs in Health & Fitness, 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