



**Job Title:**                    **CONDITIONING ROOM VOLUNTEER TRAINER**  
**Working With:**            Youth and adults aged 13 to 99 years

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*Join the Y to be fulfilled, be inspired and make a difference every day...*

We are seeking an **Conditioning Room Volunteer Trainer** who is friendly, resourceful, well-organized, and enjoys working with youth and adults and would love giving time at our Kelowna Family YMCA-YWCA. If that sounds like you, then this is your ideal place to help build strong kids, strong families, and strong communities.

The YMCA-YWCA of the Central Okanagan is a trusted, responsive charity that has been a part of our community for almost 30 years. The Y is committed to building strong kids, strong families and strong communities and strives to weave the core values of caring, honesty, respect and responsibility into all of our programs including: health, fitness & recreation, child care & day camps, youth leadership, employment, education and training, community outreach and international development. Y programs provide experiences to over 20,000 people per year in the areas of fitness, childcare, employment and aquatics with 43% of them being children & youth.

The Kelowna Family Y Fitness Department has a 5000 sq. ft. conditioning room area with state of the art fitness equipment and offers a variety of Landfit and Aquafit classes. We currently have over 3500 members and additional public drop-ins. The goal of the fitness department is to exceed our members' health, fitness and wellness needs in the way we deliver programs and services. Our facility is open to all and serves a diverse population. We strive to create a friendly and welcoming atmosphere for all to enjoy.

Reporting to and working with the Health and Wellness Director, the Conditioning Room Trainer is largely responsible for providing high-quality customer service to Y members through on-floor supervision of the conditioning rooms, development of high quality basic exercise programs and advice, incorporating the components of fitness with emphasis on safety and proper exercise technique.

**Duties & Responsibilities:**

- Arrive a minimum of 5-10 minutes before scheduled shift commences and be prepared and organized to teach an interactive fitness class.
- Carry out daily equipment safety checks and routine cleaning.
- Greet regular members and introduce yourself to new patrons; work to build relationships with our patrons by getting to know them on a first name basis.
- Provide information and exercise programs including technique tips and cues based on your level of knowledge and within the established scope of practice for your level of certification.
- Provide facility tours and be familiar with all the programs our Y offers so you are capable of promoting membership.
- Provide feedback to the supervisor with suggestions and concerns as they arise.
- Stay up to date on all information and attend regularly scheduled meetings.
- Encourage interested members to become volunteers.
- Assist with administrative duties as assigned by your supervisor

**Knowledge, Skills and Abilities on the Job:**

- Ability to provide friendly and courteous service to our patrons and answer questions that arise

- Be familiar with all policies and procedures of the conditioning rooms and ensure that patrons adhere to these.
- Ability to motivate and encourage patrons
- Help patrons set and reach targets and goals

#### **Qualifications:**

- A Satisfactory Criminal Record Check
- Current YMCA Individual Conditioning certificate or BCRPA Weight Trainer registration
- Submit a copy of your yearly renewal and/or 8 hour workshop attendance
- Genuine interest in Health and Wellness
- Other fitness certifications (i.e., CPAFLA, Exercise to Music, etc.) are an asset
- Current CPR and First Aid
- Successful Completion of Reference Checks
- In an attempt to maintain our quality service to our members and community we request a minimum commitment of one shift per week whenever possible for at least 6 months continued service. This allows us to build schedules and offer additional programming to our community.

#### **Our Commitment to our Volunteers:**

As a volunteer with the Y family, we offer you a rewarding and fulfilling environment, opportunities to gain valuable experience, skills, training, and certifications. In addition, we want our volunteers to have:

- Meaningful volunteer experiences in a safe and secure environment
- A place in a supportive, caring, professional team
- Free child minding (when available) for your children while you volunteer for the Y
- Regular opportunities for volunteers to provide input and suggestions, both informally and through volunteer surveys
- Formal YMCA-YWCA orientation and training for all volunteers
- The opportunity to participate in YMCA Canada training programs
- Volunteer appreciation events
- Being a part of a broad mix of people who bring diverse perspectives and talents to the YMCA-YWCA of the Central Okanagan
- An interdisciplinary culture that allows volunteers to explore different jobs through our various Core Programs and Departments
- Volunteers can also receive free certifications in First Aid and CPR-C
- Fitness evaluations and course cost reimbursement for Y Volunteer Fitness Instructors (please inquire for further details)
- Advance your skill set, experience, and references to improve your resume
- Build confidence and valuable training for future employment

To learn more about the YMCA-YWCA of the Central Okanagan, visit our website at [www.ymca-ywca.com](http://www.ymca-ywca.com).

***To experience the rewards and joys of giving...***

**Contact us to find out how you can become a Y Volunteer:**

Kelowna Family YMCA-YWCA  
 Amber Vrtar, Health/Wellness Director  
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