

Y Volunteer

OPPORTUNITIES



Be part of the
Y's volunteer family

Make a difference
in your community

Get involved today!

ymca-ywca.com

Position Title: Wellness/Fitness Volunteers
Location: H2O Adventure + Fitness Centre or Kelowna Family YMCA-YWCA
Working with: Youth and Adults ages 16 and up
Schedule: 2 hour shift per week of your choice

Our Wellness/Fitness Volunteers can fill a variety of rolls within our facilities ranging from greeting members on our fitness floor, teaching a group fitness class, to providing individual coaching sessions. The possibilities are endless, the choice is yours. Each role requires particular certifications and should you need to certify we will help you, contact us for further details.

Possible responsibilities could include - The choice is yours

- Provide a motivating and effective land fitness or aquatic exercise class for all levels of participants.
- Provide information and exercise programs including technique tips and cues based on your level of knowledge.
- Carry out daily cleaning checklists and daily equipment checks.
- Assist with fitness desk duties as needed.
- Be familiar with all the programs our Y offers as this will help you to promote membership to our patrons.
- 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.

Requirements:

- A Satisfactory Criminal Record Check & 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 3-6 months continued service. This allows us to build schedules and offer additional programming to our community.
- Ability to obtain Current YMCA Canada fitness leadership certifications in Group Fitness, Weight Training, and Aquafit, or equivalent BCRPA, CALA, Water Art, ACE, or provincially recognized certifications.
- Experience and/or interest in leading Aquatic Fitness, Older Adults, Spinning & Zumba® classes will be considered an asset
- Zumba® Instructor Certification (required for Zumba® classes)
- Completion of YMCA Individual Conditioning Level 1 or BCRPA Fitness Theory.
- Current CPR and First Aid

Application Process: For further inquiries please contact:
H2O Adventure + Fitness Centre, Jennifer Bulcock – E-mail: jbulcock@ymca-ywca.com
Kelowna Family Y, Brittany Schneider bschneider@ymca-ywca.com or
Amber Vrtar avrtar@ymca-ywca.com



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We build strong kids, strong families, strong communities