



YMCA of Oakville

410 Rebecca Street
Oakville, ON, L6K 1K7
905-845-3417
ymcaofOakville.com

Volunteer Title: Fitness Instructor

Nature and Scope: The purpose of the YMCA Fitness Leader is to lead land or water based fitness activities that will help people reach their health and fitness goals in spirit, mind and body.

Responsibilities

- Plan and execute a sound, safe & effective fitness class.
- Understands the scope of the fitness class and participation capabilities
- Be prepared to modify class to suit needs of participants
- Ensure all equipment is safe and report any issues to Team Leader of HFR

Knowledge, Skill, Ability and Experience

- Minimum 16 years of age
- Current Heartsaver CPR
- First Aid recommended
- Current YMCA Group or Aquatic Fitness Certification or other recognized certification agency

Competencies:

- **Quality Focus:** Demonstrates a professional approach
- **Commitment to organization mission, vision and values:** Supporting the image and reputation of the YMCA as a charity
- **Diversity and Inclusion:** Creates an inclusive environment and fosters a sense of belonging
- **Relationship Building and Collaboration:** Participates in activities with others to support association and departmental initiatives.

Other Information

- Proof of continuing education credits every 2 years
- Encouraged to participate in YMCA of Oakville events and training sessions

Time Commitment

- Minimum 6 month commitment

Benefits

- Opportunities to develop new skills through training sessions
- Opportunities to participate in YMCA Canada training events

For inquiries:

Please direct your inquiries for this volunteer position to Nancy Nunes, nancynu@oakville.ymca.ca or call at 905 845-5597 ext. 303

To apply: Please download the application form at www.ymcaofOakville.org or visit the Peter Gilgan Family YMCA for an application form. Forward your completed application form to the Supervisor, Philanthropic Engagement at 410 Rebecca Street or email volunteer@oakville.ymca.ca

Building healthy
communities