



## YMCA of Greater Vancouver Employment Opportunity

**Date Posted:** March 20, 2020

**Position Title:** Exercise Instructor, YMCA Healthy Heart  
**Terms:** Permanent, Part-Time

**Locations:** Centennial Community Centre (65 6<sup>th</sup> Ave New Westminister, BC)

**Shifts:** Tuesday and Thursday mornings from 6:45 – 8:30AM

**Salary:** \$19.00 per hour  
**Start Date:** To Be Determined

**Reports To:** Supervisor, YMCA Healthy Heart

**Situation:**

The YMCA of Greater Vancouver is a charity dedicated to strengthening the foundations of community, by nurturing the potential of children, teens & young adults, promoting healthy lifestyles, fostering a sense of social responsibility and delivering lasting personal & social change. We are building a community in which a generation of children and families reach their full potential. Our values guide our decision-making and behaviour—we do the right thing, put people first, keep our promises and lead by example.

For over 130 years, we have been part of the community, a place where people of every age and background find the support they need to grow in spirit, mind and body. One of the Lower Mainland's leading charities, the YMCA of Greater Vancouver provides services in health & fitness, child care, camping, employment & community services to over 120,000 participants annually.

The YMCA Healthy Heart Program is a community based cardiac prevention, rehabilitation and maintenance program. Medically directed exercise classes are offered in Coquitlam, Maple Ridge, New Westminister, Port Moody and Surrey. The office for the program is located in New Westminister.

**Nature & Scope:**

The YMCA Healthy Heart Exercise Instructor will report to a YMCA Healthy Heart Supervisor and will work collaboratively with other staff, volunteers and participants. The Exercise Instructor is responsible for program delivery, role modeling, and building relationships.

**Major Responsibilities:**

- Works in a team of three and is responsible for leading the group exercise component of this safe exercise program for individuals with known heart disease or other chronic diseases such as diabetes, high blood pressure, obesity, and congestive heart failure
- Responds to emergencies and provides First Aid as needed
- Maintains an atmosphere of achievement that inspires self and others to succeed at the highest levels
- Ensures the safety of all members, participants, staff, and property by following YMCA standards/ policies/ procedures and ensuring they are maintained amongst all members
- Assists with training new staff/volunteers in procedures and practices
- Attends training events as required
- Maintains regular attendance and punctuality, and is appropriately dressed and well groomed

**Requirements:**

- Current fitness certificate and group exercise experience (leading aerobics is especially beneficial)
- Valid Standard First Aid and CPR-C & AED certificate (can be obtained prior to starting)
- Experience working in a cardiac rehabilitation setting is an asset
- Experience working with older adults and those with various health conditions preferred
- Successful candidates will be required to provide a current and satisfactory Criminal Reference Check/ Vulnerable Sector Search issued no later than six (6) months preceding your start date

**Competencies:**

In addition to bringing a commitment to YMCA vision and values, the candidate should possess the following competencies:

**Leading Self**

- Evolve in Professional Capability – Commit to being better
- Achieve Excellence and Authenticity – Show up with the best version of you

**Leading Others**

- Develop the Potential in Others – Help people grow and lead
- Create a Culture of Connection – Build bridges between people and partners

**Leading Mission**

- Think and Act Strategically – Make good decisions and act on them
- Make an Intentional Impact – Advance the strength and cause of the Y

**Application Process:**

**Internal Applicants:** Please apply online through the ADP Workforce Now Career Centre.

**External Applicants:** Please apply [here](#).

**Application deadline:** Until Filled

*Thank you for your interest and application.  
Due to the high volume of applications received, only short-listed candidates will be contacted.*



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