



## Employment Opportunity YMCA of Greater Vancouver

**Date Posted:** November 26, 2018  
**Position Title:** Exercise Leader, YMCA Healthy Heart  
**Hours:** 6 - 7 hours per week  
**Location:** Chilliwack YMCA (45844 Hocking Ave., Chilliwack)  
**Shift:** **Mon., Wed. and Fri. from 1:00 – 2:45 pm**  
**Terms:** Permanent, Part-Time  
**Salary:** Under review  
**Start Date:** January 2019  
**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 Chilliwack, Coquitlam, East Vancouver, Maple Ridge, New Westminister, Port Moody and Surrey.

### **Nature & Scope:**

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

### **Major Responsibilities:**

- Facilitate a safe exercise program for individuals with known heart disease or other chronic diseases such as diabetes, high blood pressure, obesity, and congestive heart failure in a group exercise/gym environment
- Responsible for medical case management including but not limited to monitoring blood pressure, blood sugar, and target heart rate measurements and providing individual exercise prescription and education for all participants
- Responsible for reporting all participant medication changes and other medical issues to Supervisor, Health Heart Program and/or the Healthy Heart Medical Director
- Respond to emergencies and provide First Aid as needed
- Maintain an atmosphere of achievement that inspires self and others to succeed at the highest levels
- Ensure the safety of all members, participants, staff, and property by following YMCA standards/policies/procedures and ensuring they are maintained amongst all members
- Train new staff/volunteers in procedures and practices
- Attend planning sessions and training events as required
- Maintain regular attendance and punctuality, and be appropriately dressed and well groomed

### **Requirements:**

- University degree in Kinesiology or Human Kinetics and ideally a Clinical Exercise Physiologist Certification from the American College Sport Medicine (ACSM) or the Canadian Society for Exercise Physiology (CSEP)
- Valid Standard First Aid and CPR-C & AED certificate (can be obtained prior to starting)
- Current fitness certificate and group exercise experience an asset
- Cardiac rehabilitation experience an asset
- Experience working with older adults 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:**

*Commitment to Organization and Values:* Demonstrates and promotes a personal understanding of and appreciation for mission, vision, strategic outcomes and values of the YMCA of Greater Vancouver.

*Service Orientation:* Deliberately identifies needs and wants of members/participants as priority, and creates opportunities to enhance each and every person’s YMCA experience.

*Teamwork:* Ability to work effectively with others to achieve optimal collective results.

*Communication:* Ability to speak, write, listen, and secure information in a variety of settings

*Outcomes Oriented:* Ability to lead, manage, and achieve identified goals.

**Application Process:**

**Internal Applicants:** Please inform your supervisor prior to application. Please apply online through the ADP Workforce Now Career Center.

**External Applicants:** Please apply using the link below:

[https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=2b4cd153-66c2-4524-9a1c-714e9e1780df&jobId=263758&lang=en\\_CA&source=CC3&cclid=19000101\\_000001](https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=2b4cd153-66c2-4524-9a1c-714e9e1780df&jobId=263758&lang=en_CA&source=CC3&cclid=19000101_000001)

**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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