



## Employment Opportunity

### YMCA Community Health

#### INTERNAL POSTING ONLY

<b>Date Posted:</b>	January 10, 2018
<b>Position Title:</b>	YMCA TIME™ Exercise Instructor ( <b>TWO POSITIONS AVAILABLE</b> )
<b>Location:</b>	Robert Lee YMCA (Vancouver, BC)
<b>Terms:</b>	Part-Time, Term
<b>Shift</b>	Position 1: Tuesdays & Thursdays, 1:15-2:45pm (3 hours per week) Position 2: Tuesdays & Thursdays, 1:30-2:30pm (2 hours per week)
<b>Salary:</b>	\$18.00 per hour
<b>Start Date:</b>	ASAP
<b>End Date:</b>	April 5, 2018
<b>Reports To:</b>	Coordinator, Community Health

#### **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.

Together in Movement and Exercise (TIME™) is an evidence-based, exercise program designed for adults with stroke, acquired brain injury, multiple sclerosis or other mobility concerns. Delivered in partnership with Vancouver Coastal Health, TIME™ promotes better health for people who are living with residual balance and mobility challenges. Classes are one hour in duration and are held twice a week for 12 weeks.

#### **Nature & Scope:**

The TIME™ Exercise Instructor will report to the TIME Coordinator 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:**

- Leading a safe exercise program for individuals with balance and mobility challenges
- Provide direct leadership to program delivery and ensure program content meets the appropriate criteria and outline; ensure program design and layout meets the needs of all participants
- 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 and staff
- Assist with training new staff/volunteers in procedures and practices
- Attend staff meetings, planning sessions and training events as required
- Maintain regular attendance, punctuality and be appropriately dressed and well groomed

#### **Requirements:**

- Current Standard First Aid CPR-C & AED certificate
- Current group fitness certificate or qualifications
- Experience working with older adults or specialized populations
- Knowledge of stroke, multiple sclerosis, acquired brain injury an asset
- 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 POSTING ONLY:**

**Internal Applicants:** Please inform your supervisor prior to application. Apply using the link below:

[https://workforcenow.adp.com/myportal/ess/recruitment/internalPostingPreview.faces?client=ymcagv&jobId=139544&lang=en\\_CA&source=CC2](https://workforcenow.adp.com/myportal/ess/recruitment/internalPostingPreview.faces?client=ymcagv&jobId=139544&lang=en_CA&source=CC2)

**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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