



## Employment Opportunity Team Leader – Health and Fitness

**Date Posted:** January 3, 2019  
**Position Title:** Happy Hearts Exercise Leader  
**Location:** Robert Lee YMCA, Vancouver  
**Terms:** Permanent Part-Time  
**Hours:** 12 hours/week  
**Split Shifts:** 10:30 am – 12:00 pm & 2:30 pm – 4:00 pm (Monday, Wednesday, Thursday, Friday)

### Salary:

#### Standard pay rate:

0-519 Hours	\$16.97
After 520	\$17.50
After 1100	\$18.56
After 2500	\$19.56

**Start Date:** ASAP

**Reports To:** Manager, Health and Fitness

### 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 Happy Hearts program designed for those who struggle with metabolic syndrome & heart disease. Run in partnership with both VGH Centre for Cardiovascular Health and St Paul's Hospital's Healthy Heart program, this Robert Lee YMCA program consists of a weekly exercise class taught by a certified instructor and a monthly visit from a VGH clinical coordinator.

### Nature & Scope:

The Happy Hearts Exercise Leader, Manager of Health and Fitness and works collaboratively with staff, volunteers and participants. The Exercise Leader is responsible for program delivery, role modeling, and building relationships.

### Major Responsibilities:

- Be available for all Happy Hearts shifts as required in this posting.
- Co-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
- Provide direct leadership to program delivery and exercise prescription to meet the needs of all participants.
- Responsible for Medical Case Management for all participants including monitoring blood pressure, blood sugar and target heart rate measurements and providing individual exercise prescription and education for all participants
- Responsible for reporting all incident reports, updates in medication changes, and other medical issues to Supervisor, Health Heart Program (overseen by Healthy Heart Medical Director)

- 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
- Respond to emergencies and provide First Aid as needed
- Attend staff meetings, planning sessions and training events as required
- Keep Health Heart supervisors informed of your availability and any changes to your schedule
- Other duties as required

**Requirements:**

- Degree in kinesiology or human kinetics or relevant work experience
- 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:**

**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=268559>

**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.*

