



YMCA of Greater Vancouver Employment Opportunity

Date Posted: March 20, 2020

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

Locations: Maple Ridge Leisure Centre (11925 Haney Place, Maple Ridge)

Shifts: 6 hours/week (2 hour program sessions – 3 days each week)
Monday/Wednesday/Friday 12:45 – 2:45PM

Salary: \$22.00 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 Leader will report to a YMCA Healthy Heart Supervisor and will work collaboratively with other staff, volunteers and participants. The Exercise Leader is responsible for program delivery, role modeling, and building relationships.

Major Responsibilities:

- Co-facilitate this safe group 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
- In conjunction with Class Supervisor responsible for Medical Case Management 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 updates regarding medication changes, and medical issues, and submitting incident reports as necessary to the Class Supervisor
- 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 planning sessions and complete training as required
- Ensure classes start and end on time and participants are safe, motivated and engaged throughout

Experience in this role may count for hours toward an ACSM Clinical Exercise Physiologist Certification, if applicable.

Requirements:

- University degree in Kinesiology or Human Kinetics
- Valid Standard First Aid and CPR-C & AED certificate (can be obtained prior to starting)
- Current Group Fitness Certificate and Group Exercise experience an asset
- Cardiac rehabilitation experience an asset
- Experience working with older adults and/or individuals with chronic disease 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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