



YMCA of Greater Vancouver Employment Opportunity

Date Posted: March 7, 2019
Position Title: Shapedown BC Exercise Leader
Terms: Casual/On-Call
Rate: \$19 per hour
Location(s): Coverage is required for classes in Vancouver and Surrey
Shifts: Possible locations and shifts include:

Vancouver	(Tuesdays 5:00pm – 8:00pm) at BC Children’s Hospital
Vancouver	(Wednesdays 5:00pm – 8:00pm) at BC Children’s Hospital
Vancouver	(Saturdays 2:30pm – 4:30pm) at Langara Family YMCA
Surrey	(Mondays 6:00 pm – 9:00 pm) at Tong Louie Family YMCA
Surrey	(Thursdays 5:00 pm- 8:00 pm at Tong Louie Family YMCA
Surrey	(Saturdays 11:30 am – 1:30pm) at Tong Louie Family YMCA

All applicants need to be available for at least one of these time slots/locations on an as needed basis.

Start Date: As soon as possible
Reports To: Supervisor, 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 and 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 & aquatics, child care, camping, employment & community services to over 120,000 participants annually.

Function:

The Exercise Leader will deliver the Shapedown exercise sessions. Shapedown BC is a family centered healthy lifestyles program delivered in partnership with the Centre for Healthy Weights, BC Children’s Hospital and the Fraser Health Authority. The program is 10 weeks long and is led by a multi-disciplinary team, including a physician, dietician, mental health professional and exercise specialist. Shapedown BC is part of the Childhood Healthy Weights Initiative of BC.

Duties and Responsibilities:

Staff in this position will need to be available on an on-call basis to fill in when permanent part-time employees are sick, on holiday, etc. Casual/On-call staff are required to work a minimum of one shift per quarter in a calendar year. As a Casual On-Call Exercise Leader you will:

- Attend any Shapedown training before starting and any YMCA specific trainings as required
- Implement Shapedown Physical Activity Curriculum and provide feedback on its implementation
- Participate in Shapedown pre and post measurement sessions including weight, height and waist circumference, as well as recording data.
- Plan and lead Shapedown exercise sessions including set up and clean up
- Assist Shapedown team members with room set-up and take-down at weekly sessions

- Collaborate and work with Shapedown delivery team to support families, including checking in with families as they arrive and before they leave
- Participate in external evaluation process: weekly reflection sheets, end of group team reports and coaching notes
- Keep records/attendance of participants – provide to Shapedown Dietitian at completion of group
- Lead Family Fun Sessions on the weekend
- Provide Family Orientations at the membership facility and on the fitness floor (age dependent)
- Engage in and encourage families to participate in Family Coaching
- Regular communication with Supervisor
- If necessary, substitute for other Shapedown programs
- 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
- Build meaningful relationships through positive daily interaction with YMCA members, visitors, and colleagues
- Promote philanthropy through the YMCA's annual Strong Kids Campaign
- Attend staff meetings, planning sessions and training events as required
- Maintain regular attendance, punctuality and be appropriately dressed and well groomed
- Perform related duties as required

Required skills and knowledge:

- Working with groups of children with the ability to engage and motivate children to participate in games-based activities
- Able to manage and facilitate large groups of children
- Strong communication skills and experience working with a variety of cultures and family dynamics preferably in a family place setting
- Knowledge of physical activity guidelines for youth, children and teens
- Experience leading physical activity for youth
- Energetic, Enthusiastic, and shows a passion for working with children and families

Qualifications:

- Holds a current BCRPA fitness certification OR has a Diploma or Bachelor's Degree in Kinesiology or related field
- Minimum 1 year experience working with children and families in a group setting
- HIGH FIVE® and behavior change training is an asset
- Current Standard First Aid and CPR-C & AED certificate
- 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
- 3 professional references

Application Process:

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

External Applicants:

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=2b4cd153-66c2-4524-9a1c-714e9e1780df&jobid=280215&lang=en_CA&source=CC3&ccid=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.*



The Standards Program Trustmark is a mark of Imagine Canada used under licence by the YMCA of Greater Vancouver