



Employment Opportunity YMCA of Greater Vancouver

Date Posted: March 21, 2019
Position Title: Exercise Leader, YMCA Healthy Heart
Terms: Casual/On-Call
Location: Chilliwack Family YMCA (45844 Hocking Ave., Chilliwack, BC)
Please note that we have many other locations available as well depending on your ability to travel throughout the Lower Mainland.

Shifts: Possible shifts in Chilliwack are Mon/Wed/Fri from 1:15 – 2:30 pm and applicants need to be available for at least one of these on an on-call basis. Other shifts are also available as noted above dependent on the availability to travel. Shifts are not guaranteed and are offered on an on-call basis to fill in for staff sickness, vacations, etc.

Salary: \$22.00 per hour
Start Date: TBD as needed
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 New Westminister, East Vancouver, Coquitlam, Maple Ridge, 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:

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. As a Casual On-Call Exercise Leader you will:

- 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
- Be punctual and appropriately dressed and well groomed

Please note: 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 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 apply online through the ADP Workforce Now Career Centre.

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=280988&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 license by the YMCA of Greater Vancouver.