



Job Posting

Title: **Older Adult Fitness Instructor - Forever Fit**
Reports to: **Coordinator Healthy Living & Outreach**
Position Status: **Part time/1 classes per week**
Salary: **\$25 per class**
Start Date: **September 23, 2019**

Location: Captain William Spry Community Centre 16 Sussex St. Halifax NS and other sites as needed.
Since 1853 the YMCA of Greater Halifax/Dartmouth has been connecting Nova Scotian's to build healthy communities. As a nonprofit charity we provide vital services, including Health, Employment, Childcare/Camps, Immigrant Services, and Youth Development.

The YMCA Experience: At the YMCA we know that our ability to partner with others in our community is through the passion and dedication of our employees and volunteers. In joining the YMCA you will become part of a dedicated network of individuals with great passion for providing a holistic support to the communities in which we serve.

A Day in the Life: As a Forever Fit instructor you will be responsible for traveling to the assigned site and offering a safe, effective and fun fitness class appropriate for aging bodies. At your site you will work directly with a volunteer who is responsible for the day to day operation of the site. The volunteer takes attendance, collects fees and informs participants about upcoming holiday cancellations and events. Forever Fit classes are offered at ten sites around Halifax and Dartmouth and you could be asked to fill in at other sites as the needs arise. As the instructor you are welcome to join the coordinator and volunteers at our quarterly Advisory Committee meetings. Instructors and volunteers work together to insure the coordinator is informed of any equipment needs at the sites. For site locations go to ymcahfx.ca

Responsibilities:

- Plan and instruct a well-rounded fitness class appropriate for the aging body
- Work in cooperation with the site volunteers to see that participants needs are met
- Available to participants before and after class
- Open and receptive to the changing needs of the class.
- Maintain Fitness Certifications

This job might be for you if you have:

- YMCA certification in Older Adult Fitness
- Strong interpersonal skills
- A desire to work with older adults on their fitness goals
- Current Standard First Aid/CPR C

Note: Successful candidates will be required to provide a current and satisfactory Criminal Record Check/Vulnerable Sector Check, Child Abuse Registry Check, and proof of valid Standard First Aid and level C CPR training. Employees will be required to attend YMCA Child Protection Training.

Apply Today

Please email your cover letter and resume in one document to **cathy.beairsto@halifax.ymca.ca Friday, August 23, 2019**. We look forward to hearing from you.

The YMCA of Greater Halifax/Dartmouth is an equal opportunity employer