

VOLUNTEER OPPORTUNITY

JOB TITLE	Core Conditioning or Toning or Gymstick Volunteer Instructor
CENTRE	Cartierville
TIME OF THE CONTRACT	Fall Session 2011 / Flexible
WORK SCHEDULE	Tuesdays 10:00-10:55, Thursdays 10:00-10:55, Fridays 9h-9h55
TITLE OF SUPERVISOR	Coordinator of Group Fitness
SUMMARY	Responsible for leading a conditioning class, in a safe, dynamic and professional environment. Class Descriptions: This course is designed to strengthen different muscle groups , with or without equipment.
BENEFITS	<ul style="list-style-type: none"> • Have a positive impact on the local community • Share your passion for fitness and well-being with other YMCA members • Learn and develop as a fitness leader through workshops and other certification opportunities • Inspire others to lead a healthier lifestyle • Develop communication and leadership skills • Meet and network with individuals from a variety of backgrounds • Network with other instructors and fitness professionals
DUTIES	<ul style="list-style-type: none"> • Ensures safety is always a priority • Interacts directly with members and participants • Communicates effectively with coordinator • Adapts class to meet the needs of all exercisers • Understands and integrates the value of philanthropy in both specific position , and participates in the Annual Campaign and /or other fundraising events
REQUIREMENTS	<ul style="list-style-type: none"> • 1 year experience in field • Bilingualism
VOLUNTEER START DATE	As soon as possible

Please forward your complete application (résumé/CV + cover letter)
To: Catherine Blanchette, Health, Fitness and Recreation Programs Director
 Email: catherine.blanchette@ymcaquebec.org Fax: 514-313-1167

