



February 2010

Senior's Program Assistant Volunteer
Downtown YMCA-YWCA

Nature and Scope:

The Senior's Program Assistant Volunteer provides excellence in customer service and support, to the members and participants in the Functional Senior Strength program. Reporting to the Fitness Coordinator, the volunteer in this position ensures the participants are executing the prescribed exercises safely. The volunteer will help to create and maintain a welcoming, friendly, safe and respectful environment which affirms and promotes the dignity of people with diverse backgrounds, and needs; does not tolerate abusive behavior and reinforces socially responsible behavior. This person will be responsible to show proper technique when needed and observe the participants during the program; while creating relationships with members and participants.

The Senior's Program Assistant Volunteer will be based at the Downtown YMCA-YWCA facility, and needs to be available Tuesdays and/or Thursdays 1:30-2:30pm.

Responsibilities:

- To follow, adapt if necessary lesson plans provided for each participant.
- To monitor the program areas while creating a safe, welcoming and friendly atmosphere.
- To ensure attendance is taken.
- To demonstrate a commitment to safety in program delivery
- To ensure excellent customer service is provided.
- To maintain and develop relationships with members, participants, staff and other volunteers within the YMCA-YWCA.

Qualifications:

- YMCA Individual Conditioning (or equivalent), Registered Physiotherapist, Kinesiologist would be an asset
- Experience working with senior's is preferred.
- Reliable and dependable.
- Clear Criminal Reference Check is required.
- Standard First Aid and CPR-C is required.

Please forward applications to:

Group Fitness Coordinator, Downtown Branch
851 Broughton Street
Victoria, BC V8W 1E5
Fax: (250) 413-8856
Email: agadd@victoriay.com