



July 2008

**Strength Training Volunteer**  
Downtown YMCA-YWCA

**Nature and Scope:**

The Strength Training Volunteer provides supervision of the strength training area as well as individual cardio conditioning area within the Downtown Y. This could be done as an attendant on the floor greeting and helping members in these areas, or delivering fitness orientations to individual members or member groups assigned by the Membership Services Programmer.

Scanning for safety hazards, improper use of equipment, participants not abiding by the Y's guidelines as are laid out in these areas, poor technique are constantly needed to ensure a safe and enjoyable visit by all users. Cleaning and replacing equipment to its proper location will also be a continuous role of the Strength Training Volunteer. This person will provide excellent customer service to all members, participants and the general public. The Strength Training Volunteer will be required to work at least 1-2 hour shift per week.

**Responsibilities:**

- To provide supervision of the strength training area as well as individual cardio conditioning area
- To deliver fitness orientations to our members
- To create a safe, friendly and welcoming atmosphere
- To follow YMCA-YWCA fitness area guidelines to give the highest quality care to members and participants
- To ensure excellent customer services is provided.
- To maintain and develop relationships with members, participants, staff and other volunteers within the YMCA-YWCA.

**Qualifications:**

- YMCA Individual Conditioning or Personal Training certification (persons with BCRPA registration in Strength Training or Personal Training can upgrade to this)
- Experience in the fitness area is preferred.
- Clear Criminal Reference Check.
- Standard First Aid and CPR.

***Please forward applications to:***

Membership Services Programmer, Downtown Branch  
851 Broughton Street  
Victoria, BC V8W 1E5  
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**Email:** [jswets@victoriay.com](mailto:jswets@victoriay.com)