



**July 2010**

## **Strength Training Volunteer**

### **Nature and Scope:**

The Strength Training Volunteer provides supervision of the strength training and the cardio conditioning area within the Downtown Y. The functions include serving as an attendant on the floor greeting and helping members in these areas, and delivering fitness orientations to individual members or member groups as assigned.

The volunteer in this position ensures members understand the safe techniques and benefits of strength and cardio training. 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. The Strength Training Volunteer will be required to work at least one 2 hour shift per week.

- To provide supervision of the strength training area as well as individual cardio conditioning area in a manner consistent with YMCA-YWCA standards
- To deliver fitness orientations to our members
- Maintain the areas in a clean, tidy and safe condition
- 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)
- Reliable and dependable.
- Experience in the fitness area is preferred
- Clear Criminal Reference Check and current Standard First Aid and CPR are required

***Please forward applications as soon as possible to:***

Fitness Coordinator, Downtown Branch  
851 Broughton Street  
Victoria, BC V8W 1E5  
Fax: (250) 380-1933  
Email: [nmark@victoriay.com](mailto:nmark@victoriay.com)

***The YMCA-YWCA of Greater Victoria is an equal opportunity employer.***