



March 2010

Volunteer Teen Guys Strength Training Instructor
Downtown YMCA-YWCA

Nature and Scope:

The Teen Guys Strength Training Volunteer provides excellence in customer service and support, to the members and participants in youth fitness programs. Reporting to the Fitness Coordinator, the volunteer in this position ensures teen participants understand the safe techniques and benefits of strength training workouts. 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 for taking attendance and teaching fitness classes, all while creating relationships with members and participants.

The Youth Fitness Volunteer will be based at the Downtown YMCA-YWCA facility, and should be available Saturdays 1:00-2:00 pm or Sunday afternoons.

Responsibilities:

- To plan, organize and implement lesson plans consistent with YMCA standards
- 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) is required
- Experience working with youth 13-17 years is preferred.
- Reliable and dependable.
- Clear Criminal Reference Check is required.
- Current Standard First Aid and CPR-C is 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

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

