



JOB POSTING

Title: Personal Trainer

Salary: \$20.00/hour

Reports to: Supervisor of Health and Fitness/Manager of Membership Programs and Services

Position Status: Part Time

Office Location: Wellness Centre

The YMCA Experience

At the YMCA we know that our ability to partner with others in our community is through the passion and dedication of our employees and volunteers. You are part of a dedicated network of individuals with great passion for providing a holistic support to the communities in which we serve.

Position Summary

The Personal Trainer at the YMCA of Cumberland helps individuals develop a healthier lifestyle by guiding them through physical activities during one-on-one sessions. They are responsible for creating a safe and effective workout plan, teaching clients how to perform exercises safely, and educating clients on how to maintain a healthy lifestyle through both diet and exercise.

Responsibilities

- Adherence to the YMCA Child Protection Policies and Procedures ensuring a safe environment for children, young people/vulnerable adults; identifying children, young people/vulnerable adults who are suffering, or likely to suffer, significant harm; and taking appropriate action to see that such children, young people/vulnerable adults are kept safe at the YMCA.
- Adherence to the YMCA Occupational Health & Safety Policy and accountable to always work safely, to identify and report hazards, to take whatever measures necessary and reasonable in the circumstances, to protect and promote health and safety.
- Ensure SAM and Brand Standards are met and exceeded.
- Serve as a role model to members, volunteers, and staff by demonstrating our YMCA values.
- Understand, promote, participate, and solicit others to participate in YMCA philanthropic, recognition and awareness events and activities in the organization.
- Create individualized exercise plans that are optimal for each client's specific needs
- Coach clients on how to exercise safely and effectively
- Help clients target problem areas or recover from injuries
- Keep records to track client progress
- Supervise clients as they train to ensure they are maximizing their workout

Competency Profile

- Commitment to Organization Vision and Values: Demonstrates and promotes a personal understanding of and appreciation for the mission, vision, strategic outcomes, and values of the YMCA.
- Problem Solving: Identifies an issue and works towards a solution.
- Quality Focus: Ensures that YMCA programs and services are superior.
- Relationship Building and Collaboration: Builds positive interactions both internally and externally to achieve work related goals.

Qualifications

- Certified Personal Trainer certificate
- Group Fitness Certification
- Minimum of one year experience
- Excellent Customer Service skills
- Basic Computer literacy
- **Note: Successful candidates will be required to provide a current and satisfactory Criminal Record Check/Vulnerable Sector Check, Child Abuse Registry Check, and proof of valid First Aid and CPR training. Employees will be required to attend YMCA Child Protection Training.**

Apply Today

Please email your cover letter and resume in one document to administration@cumberland.ymca.ca by October 21, 2022. We look forward to hearing from you.

The YMCA of Cumberland is an equal opportunity employer.