



## **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](mailto:administration@cumberland.ymca.ca) by October 21, 2022. We look forward to hearing from you.

*The YMCA of Cumberland is an equal opportunity employer.*