



## Volunteer Opportunity

<b>Position:</b>	<b>Group Aqua Instructors</b>
<b>Location:</b>	Carlingwood YMCA-YWCA
<b>Length of Assignment:</b>	On Going
<b>Start date:</b>	March 2014
<b>Position:</b>	Volunteer

### SITUATION:

The YMCA-YWCA of the National Capital Region is a charitable association dedicated to improving the quality of life for children, youth, adults and families through programs that build spirit, mind and body. The YMCA-YWCA of the NCR provides opportunities for personal growth and character development by providing unique and contemporary programs for everyone regardless of race, religion, creed, ability or economic circumstance. Today our Y serves more than 75,000 individuals from all walks of life in more than 35 locations across three municipalities.

### Nature And Scope:

The Group Aqua Instructors will work as a part of the Carlingwood YMCA-YWCA fitness team and will report directly to the Aquatics Coordinator. The incumbent will lead water fitness classes (drop-in Group Strength, Cardio Combo, Boot Camp Circuit and Older Adult). Building relationships and providing a positive Y experience to all members and clients.

### Principle Accountabilities:

- Showing up on time for scheduled shifts.
- Finding replacements when needing a sub.
- Meeting Y Canada group fitness or Cala program standards.

### Responsibilities:

1. Provide a supportive and welcoming environment and excellence in service for all members and guests.
2. Prepare full balanced fitness classes to meet interest and demand of our members.
3. Taking attendance of class numbers.

### Competencies:

Commitment to Y Vision, Mission and Values

Creativity and Innovation: Develop new ways or adapt existing ideas to help the Y achieve desired results. Challenge the status quo to discover more effective ways of performing.

Leadership: Motivate and inspire self and others to take action to achieve desired outcomes.

Quality Focus: Ensure that the success criteria for programs are met, reviewed and surpassed regularly to provide excellent service delivery.

Relationship Building and Collaboration: Build positive interactions both internally and externally to achieve work related goals.

Teamwork: Participate actively in your various teams for organizational effectiveness.



**Qualifications:**

- Current YMCA-YWCA Fitness Leader Certification (Water Fitness) and/or CALA Group Aqua Certification.
- Experience in delivering variety of group fitness programs.
- Excellent communication skills
- Current First Aid, CPR certification and Criminal Reference Check are required.

**CLOSING DATE: March 1, 2014**

Applications must be submitted to:

Chris Rowe  
Aquatics & CYF Coordinator  
[chris.rowe@ymcaywca.ca](mailto:chris.rowe@ymcaywca.ca)  
(613) 656-9642

Or

Dylan T. Harries  
Regional Director  
[Dylan.harries@ymcaywca.ca](mailto:Dylan.harries@ymcaywca.ca)  
(613) 656-9642

Thank you for your interest. Only those selected for an interview will be contacted.

The National Capital Region YMCA-YWCA is committed to being an Anti-Racist Association. We believe all people have the right to live free from discrimination or harassment of any kind.