



## **Wellness Program Volunteer**

### **Description**

The YMCA promotes healthy and active living for every adult, youth and child in a safe, friendly, and inclusive environment. The Guelph Y needs volunteers to carry out our mission to build strong kids, strong families, and strong communities.

By volunteering, you will have the opportunity to connect with people in our community, participate in fitness conferences, workshop, certification course and in house training \*. You may also qualify for a free membership. \*\*

### **YMCA Core Values**

Honesty, Caring, Respect, Responsibility, and Inclusiveness.

### **Duties**

The Wellness Program Volunteer is responsible for establishing relationships and practicing core coaching skills that assist the individual in identifying and achieving desired outcomes, transforming them into action, and maintaining lasting change over time, and provide motivational support to participants for long term behavioral modification.

- Ensure a safe and clean environment is maintained at all times
- Demonstrate effective communication between staff / volunteers and members to ensure understanding of program goals and personal outcomes
- Monitor program areas to ensure established procedures and safety practices are followed at your assigned station as well as assist at other stations when time permits
- Deliver Health Tips information
- Clean equipment to keep surfaces dust and dirt free
- Record regular attendance of programs
- Other duties as assigned

### **Certification/ Skills and Experience**

- Completion of or enrolment in a Community College or University program in recreation or medical science, related field or related life experience
- Knowledge and experience in health and fitness
- YMCA Group Fitness Instructor or comparable qualifications are an asset
- Mandatory YMCA-YWCA Individual Conditioning Level 1 training provided by the YMCA-YWCA of Guelph
- Strong communication and leadership skills are essential; must be able to problem solve and encourage all members; friendly and positive attitude are a must; effective and thoughtful judgement
- Current, Clear, Vulnerable Sector Police Check
- Standard First Aid/CPR –C

\* Fees and conditions may apply

\*\* Minimum time commitment required