

## VOLUNTEER OPPORTUNITY

<b>JOB TITLE</b>	<b>Group Fitness Volunteer Instructor, Step</b>
<b>CENTRE</b>	Cartierville
<b>TIME OF THE CONTRACT</b>	Fall Session 2011 / Flexible
<b>WORK SCHEDULE</b>	Friday 7:10 a.m. to 8:00 a.m., Saturday 9:45 a.m. to 11:00 a.m.
<b>TITLE OF SUPERVISOR</b>	Coordinator, Health, Fitness and Recreation
<b>SUMMARY</b>	Responsible for leading a step class in a safe, dynamic and professional environment.
<b>BENEFITS</b>	<ul style="list-style-type: none"> <li>• Have a positive impact on the local community</li> <li>• Share your passion for fitness and well-being with other YMCA members</li> <li>• Learn and develop as a fitness leader through workshops and other certification opportunities</li> <li>• Inspire others to lead a healthier lifestyle</li> <li>• Develop communication and leadership skills</li> <li>• Meet and network with individuals from a variety of backgrounds</li> </ul>
<b>DUTIES</b>	<ul style="list-style-type: none"> <li>• Ensures safety is always a priority</li> <li>• Interacts directly with members and participants</li> <li>• Communicates effectively with Coordinator</li> <li>• Adapts class to meet the needs of all participants</li> <li>• Ensures procedures and policies are followed</li> </ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• YMCA Fitness Instructor Training (FIT) or recognized certification</li> <li>• CPR (HeartSaver) Certification (annual renewal)</li> <li>• Bilingual – Spoken (Basic level)</li> <li>• First Aid (an asset)</li> <li>• Successful Group Fitness Instructor Audition</li> </ul>
<b>VOLUNTEER START DATE</b>	As soon as possible

Please forward your complete application (résumé/CV + cover letter)  
**To: Catherine Blanchette, Coordinator, Health, Fitness and Recreation**  
 Email: [catherine.blanchette@ymcaquebec.org](mailto:catherine.blanchette@ymcaquebec.org) Fax: 514-313-1167