

VOLUNTEER OPPORTUNITY

JOB TITLE	Group Fitness Volunteer Instructor, Cardio Cycle
CENTRE	Pointe-Saint-Charles
TIME OF THE CONTRACT	Spring Session 2011 / Flexible
WORK SCHEDULE	Tuesday, 12:00 p.m. to 12:45 p.m.
TITLE OF SUPERVISOR	Coordinator, Health, Fitness and Recreation
SUMMARY	Responsible for leading a Cardio Cycle class in a safe, dynamic and professional environment.
BENEFITS	<ul style="list-style-type: none"> • Have a positive impact on the local community • Share your passion for fitness and well-being with other YMCA members • Learn and develop as a fitness leader through workshops and other certification opportunities • Inspire others to lead a healthier lifestyle • Develop communication and leadership skills • Meet and network with individuals from a variety of backgrounds
DUTIES	<ul style="list-style-type: none"> • Ensures safety is always a priority • Interacts directly with members and participants • Communicates effectively with Coordinator • Adapts class to meet the needs of all participants • Ensures procedures and policies are followed
REQUIREMENTS	<ul style="list-style-type: none"> • YMCA Fitness Instructor Training (FIT) or recognized certification • CPR (HeartSaver) Certification (annual renewal) • Bilingual – Spoken (Basic level) • First Aid (an asset) • Successful Group Fitness Instructor Audition
VOLUNTEER START DATE	As soon as possible

Please forward your complete application (résumé/CV + cover letter)
To: Caroline Laurin, Coordinator, Health, Fitness and Recreation
 Email: caroline.laurin@ymcaquebec.org Fax: 514-935-1787