



YMCA

We build strong kids,
strong families, strong communities.

YMCA of Greater Vancouver

Volunteer Opportunity

Spinning / Indoor Cycling Instructor Robert Lee YMCA

The YMCA of Greater Vancouver is a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities.

Job Summary

The Group Fitness Instructor plans, leads and instructs members in fitness classes according to course descriptions and the fitness levels of the participants.

Requirements

- YMCA Fitness Theory & Group Fitness Module (FIT) or recognized group fitness certification
- Standard First Aid Certification and CPR Level 'C' Certification (annual renewal)
- Completion of volunteer documentation and criminal record check
- Attend Group Fitness meetings on a quarterly basis
- Participate in semi-annual Instructor Coaching Sessions and Evaluations
- Seasonal commitment of at least three months
- Finding substitutes from the YMCA instructor pool when necessary

Competencies

- *Commitment to Organization Vision and Values:* Demonstrates and promotes a personal understanding of and appreciation for the mission, strategic outcomes and values of the YMCA
- *Leadership:* Guides, motivates and inspires self and others to take action to achieve desired outcomes
- *Concern for Health & Safety:* Acknowledges and understands how to manage and educate others of risk and harm reduction
- *Communication:* Communicates in a thorough, clear and timely manner and supports information sharing and goal achievement across the YMCA
- *Service Orientation:* Deliberately identifies and creates opportunities to enhance each and every individual's YMCA experience

Benefits

- 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
- Be a part of the wonderful network of YMCA program instructors and fitness professionals

Contact

Christopher Rumary, Group Fitness Director, Robert Lee YMCA
Tel: 604-673-6193 ♦ Email: christopher.rumary@vanymca.org



Get started today!

Make a difference in your community

Be part of the YMCA volunteer family