



YMCA

We build strong kids,  
strong families, strong communities.

## YMCA Healthy Heart Program

*The YMCA Healthy Heart Program is a community-based cardiac prevention, rehabilitation and maintenance program offered by the YMCA of Greater Vancouver. Medically supervised exercise classes are offered at the Tong Louie YMCA Surrey, New Westminister, Burnaby and Coquitlam, with a maintenance class in Port Moody. The medical office for the program is located in New Westminister.*

### Exercise Instructors

We are currently looking for cardiac rehabilitation exercise instructors for two locations:

- Coquitlam - Coquitlam Recreation Centre, 620 Poirier (Centennial Room, Chimo Pool Building). Thursday: 4:00 - 5:20 PM.
- New Westminister - Centennial Community Centre, 65 6th Ave, New Westminister. Monday–Wednesday-Friday: 6:30 to 8:00 AM.

### Qualifications

The ideal candidate should have or be completing a university degree in kinesiology or human kinetics, Level C CPR (or equivalent) and AED certification in progress, and have experience dealing with older adults and elderly populations.

Other helpful qualifications are BCRPA group fitness and/or weight training instructor certification and cardiac rehabilitation experience. We will also consider a BCRPA fitness instructors who can work well leading fitness programs for seniors.

### Intake Assistant

We are also looking for candidates to work on a casual basis to help with YMCA Healthy Heart Program intakes:

- New Westminister - 208-245 E. Columbia St. – Casual position, assisting with intake clinics and stress testing, working with the YMCA Healthy Heart Program Medical Director.

### Application Deadline

December 31, 2007, or until positions are filled. Please fax or email your resume by this date to:

**Fax: 604-521-3242**

**Email: [ann.parkinson@vanymca.org](mailto:ann.parkinson@vanymca.org), [gabriele.scully@vanymca.org](mailto:gabriele.scully@vanymca.org).**