



YMCA

We build strong kids,  
strong families, strong communities.

## **Fitness Centre Host/Instructor – Volunteer Job Description**

### **Purpose:**

To assist in providing excellent service to YMCA members. Volunteers can help people grow in many ways that are consistent with the YMCA's mission of building body, mind and spirit.

### **Competencies:**

To appreciate and support the YMCA values, mission and vision.  
To demonstrate energy, dedication and enthusiasm.  
To appreciate and desire to generously serve all.  
To thrive in an atmosphere of change and ambiguity.  
To work as a member of a team.  
To achieve planned results through personal initiative.  
To model commitment to service excellence and quality.

### **Responsibilities:**

To greet and welcome members.  
To provide program and exercise information.  
To provide equipment orientations and personal exercise programs.  
To respond to members' concerns in a positive and supportive manner.  
To assist in maintaining a clean facility.  
To be in YMCA program dress code.

### **Qualifications:**

Minimum 2 years physical education or related post secondary and/or recognized Personal Training certification or YMCA strength training certification  
Customer service experience  
Criminal Reference Check  
18 years of age or older

### **Training and support:**

Volunteer orientation  
Recognition events  
Supervision and support by Program Co-ordinator to assist in personal growth and development.

### **Time Commitment:**

Minimum 2-3 hours per week

\_\_\_\_\_  
Volunteer

\_\_\_\_\_  
Coach

Date \_\_\_\_\_