



## **YThrive Volunteer Positions**

Title: YThrive Volunteer

Reports to: Marla Sim, Health, Fitness, Recreation (HFR) and Membership, Director

Position Status: Volunteer, Part Time

Salary: Volunteer YMCA membership for successful candidates

Start Date: October 23, 2019

Office Location: YMCA of Pictou County

The YMCA of Pictou County is looking for a dynamic self-starter to join our team as a YThrive Volunteer. YThrive is an exercise program that will help members improve their health and physical performance, provides members with the support to get started, the flexibility to do it on their own and the opportunity to use the fitness floor to its fullest potential.

### **The YMCA Experience**

At the YMCA, we know that our ability to partner with others in our community is through the passion and dedication of our employees and volunteers. In joining the YMCA, you will become part of a dedicated network of individuals with a passion for providing holistic support to the communities in which we serve.

### **Position Summary**

YThrive Volunteers will help assist participants with their health and fitness goals through a pre-designed fitness program, called YThrive. YThrive training will be provided to successful candidates on Wednesday October 23, 2019.

### **We Offer**

- Volunteer YMCA Membership
- Professional Development opportunities

### **Responsibilities**

- Deliver the YThrive program to participants, including: meet with participants, discuss fitness goals, and demonstrate YThrive exercises.
- Ensure YThrive, Serving All Members (SAM), Child Protection and safety standards are followed.
- Provide introductions and information to YThrive participants on program options to support their wellness goals.
- Respond to participant concerns in a timely and meaningful manner.

### **Qualifications**

- Understanding of physical fitness principals
- Standard First Aid and CPR-C
- Experience working or volunteering in physical fitness
- Fun, friendly, and enthusiastic
- Demonstrated discretion and sound judgement in the handling of confidential information; this includes a high degree of integrity and trust
- Strong communication skills
- **Note: Successful candidates will be required to provide a current and satisfactory Criminal Record Check/Vulnerable Sector Check, Child Abuse Registry Check, and proof of valid First Aid and CPR training. Having these documents ready for the interview is recommended.**
- **Volunteers will be required to attend YMCA Child Protection Training.**

### **Apply Today**

Please email your cover letter and resume in one document to Marla Sim at [marla.sim@pcymca.ca](mailto:marla.sim@pcymca.ca) by October 11<sup>th</sup>. We look forward to hearing from you.

*The YMCA of Pictou County is an equal opportunity employer.*