



**YMCA of
Niagara**

YMCA Employment Opportunity

Program Coordinator, Fitness & Regional Personal Training Specialist

YMCA Health, Fitness & Aquatics – All Membership Centres

Home Base: Walker Family YMCA, St. Catharines

Starting Salary: \$41,620.80 annually plus full YMCA Benefits

Start date: Immediately

Full-time; 40 hours per week split between two roles - days, evenings, weekends, holidays

QUALIFICATIONS:

- Degree or Diploma is required, in a related field preferred (Health Sciences, Physical Education, Kinesiology, etc.)
- YMCA Canada Group Fitness Certification or equivalent
- YMCA Canada Individual Conditioning certification or Personal Training equivalent
- 3 to 5 years practical experience delivering Personal Training
- 1 to 3 years providing oversight for Personal Training staff
- Minimum 3 years staff/volunteer supervisory experience
- Reliable transportation to travel between YMCA of Niagara health, Fitness and Aquatic Centres
- Experience leading initiatives for personal training sales and retention
- Able to lift 45 lbs. or greater, physically able to demonstrate and lead a high level of exercise instruction
- Proven ability to develop, influence and coach others
- Must be able to multi-task, problem solve and manage change.
- Current Criminal Reference Check with Vulnerable Sector Screening [within 1 year from date of issue]
- Current Standard First Aid/CPR[C] from an approved agency

RESPONSIBILITIES:

- Provide leadership and expertise related to YMCA of Niagara Personal Training programs and services
- Ensure a consistent, high quality product is being delivered across all branches for individual, small group and specialized Personal Training
- Focus on member engagement and retention related to Personal Training
- Establish sales, retention and service targets and monthly reports
- Maintain a working knowledge of human physiology and mechanics, adult learning principles and the model of change
- Support Trainers as they provide nutrition, portion and hydration information for clients following the Canada's Food Guide
- Develop new specialized Personal Training offerings (i.e. TRX, Functional Fitness, sports teams, etc.)
- Develop tools to help Trainers track member progress and goal achievement
- Implement tools to monitor Personal Training program quality and consistency
- Identify and lead Personal Development opportunities for Personal Trainings (in person and online)

The YMCA is a charity dedicated to building healthy communities.

The YMCA of Niagara delivers programs in Health & Fitness, Community Outreach, Child Care, Day Camp and Employment & Newcomer Services throughout Ontario's Niagara Region.

We are committed to nurturing the potential of children, youth and families, promoting healthy living and fostering social responsibility within the community.

Operating from 112 sites across Niagara, and supported by 1,500 employees and 840 volunteers annually, the YMCA has a positive impact on the health of over 92,000 individuals annually.

Our focus on inclusiveness and accessibility means we serve people of all ages, backgrounds and abilities through all stages of life. Through the YMCA Strong Kids campaign, the YMCA is accessible to all.

*Building healthy
communities*



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- Role model commitment and service excellence through the direct delivery of quality fitness programs
- Develop and sustain superior member, volunteer, staff and partner relations on a daily basis
- Human resource management of the staff/volunteer team (recruitment/selection, training, coaching, performance management, recognition)
- Appreciate and desire to generously serve all by planning and ensuring delivery of programs and services that meet member needs and YMCA standards
- Work as a member of the senior staff team to support branch operations and association initiatives
- Monitor commitment to service excellence by role modelling and maintaining YMCA SAM 2.1 standards
- Understand and support YMCA philanthropic initiatives
- Provide regional support to the Kickstart program
- Assist with delivering the YMCA National Fitness Leader program as required
- Work as part of a team to provide leadership for aspects of Individual Conditioning and Group Fitness programs and services (for example: Personal Training, Kick Start, Medical Programs, Fitness Orientations, etc.)

CORE COMPETENCIES:

- *Leadership*: Motivates and inspires self and others to take action to achieve and exceed desired outcomes
- *Service Orientation*: Deliberate, identifies and creates opportunities to enhance each and every individual's YMCA experience
- *Quality Focus*: Ensure that YMCA programs are superior and identifies issues and acts quickly to resolve problems that threaten quality, service or values
- *Outcome Thinking*: Understands YMCA outcomes, develops plans and executes strategies to ensure YMCA programs are remaining relevant
- *Relationship building and Collaboration*: Builds positive interactions both internally and externally to achieve work related goals
- *Coaching and Development*: Commits to assisting participants, volunteers, staff and self in continuous learning and development
- *Communication*: Communicates in a thorough, clear and timely manner and supports information sharing and goal achievement across the Association
- *Philanthropy*: Demonstrates a personal responsibility for the YMCA as a charity

Interested applicants are invited to submit a cover letter and resume along with documentation to verify completion of (or in process of completing) Standard First Aid/CPR(C) by noon on March 6, 2018 to: E: yjobs@niagara.ymca.ca F: (905) 735-2299

Please indicate **position and branch/cities** applying for in the subject line of your email. ***Internal applicants are expected to notify their supervisor before applying. Only those applicants being considered for an interview will be contacted.***

Accessibility accommodations and materials in alternate formats for individuals with disabilities can be arranged upon request.

For more information on other opportunities at the YMCA of Niagara please visit: ymcaofniagara.org

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