



# YMCA Volunteer Opportunity and Job Description

## Kick Start Program Volunteer

**Locations:** Health, Fitness and Aquatics Centres across the Niagara Region including Fort Erie, Grimsby, Niagara Falls, Port Colborne, St. Catharines, and Welland.

### Purpose:

Sharing the common interest of improving the health of Niagara residents the YMCA of Niagara and the Niagara Region Public health worked in collaboration to create this progressive 12 week fitness and nutrition program. The program offers adult YMCA of Niagara members the opportunity to:

- Establish a network of social support at the YMCA
- Receive ongoing feedback, goal setting and coaching from trained fitness professionals
- Develop behaviours that promote long-term healthy living

### Expectations:

Be prepared and support learning and success in the program  
Be enthusiastic, and passionate about motivating and inspiring others to be physically active  
Appreciate the importance of physical activity and healthy living  
Appreciate and support the YMCA's values, mission and vision  
Demonstrate energy, dedication and enthusiasm  
Thrive in an atmosphere of change and ambiguity  
Work as a member of a team  
Achieve planned results through personal initiative with the Association's guidelines and policies  
Model commitment to service excellence and quality programming

### Responsibilities:

Support the coaches and their planned activities  
Be available to consistently support/ lead/participate in all sessions of the program  
Start and finish programs on time and provide support with appropriate setup/take down as required  
Welcome and greet each participant and be courteously using names whenever possible  
Be accessible to answer questions and respond to concerns  
Keep program areas clean, organized and safe for everyone's use  
Monitor participant progress over the 12 weeks  
Check for potential health and safety hazards at all times when on duty and complete incident reports when necessary  
Actively participate with participants in a positive and supportive manner taking into consideration each person's uniqueness, abilities, health limitations or disabilities.  
Demonstrate an appreciation and desire to generously serve all and ensuring quality delivery of the planned programs  
Support program promotion, and sign up process and waitlist  
Be vigilant and responsible for the safety and security of all members in your care at all times following the YMCA policies and practices  
Actively participate in all required program trainings

### Qualifications:

Minimum 2 years Secondary School  
Minimum 18 years of age  
Current CPR A  
Current Criminal Record with Vulnerable Sector Screening (within 1 year from date of issue)  
Experience working with adults is an asset  
Experience with nutrition/fitness/physical education is an asset  
Personal Training/Group Fitness Certifications are an asset

### To Apply:

Complete volunteer application form and drop off at your local YMCA Health, Fitness and Aquatics Centre or email [volunteer@niagara.ymca.ca](mailto:volunteer@niagara.ymca.ca) *Accessibility accommodations and materials in alternate formats for individuals with disabilities can be arranged upon request.*

For more information for this and other opportunities at the YMCA of Niagara please visit our website:

[www.ymcaofniagara.org](http://www.ymcaofniagara.org)

## YMCA of Niagara

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 have 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 Kid campaign, the YMCA is accessible to all.

Building healthy  
communities