



# YMCA Volunteer Opportunity and Job Description

## Membership Branch – Kid Fit Program Leader

### Kid Fit Yoga and Kid Fit Cardio

#### **Locations:**

Starting winter 2017 - Niagara Falls YMCA, Niagara West YMCA (Grimsby) or Walker Family YMCA (St. Catharines)

Starting spring 2017 – Niagara Centre YMCA (Welland), Port Colborne YMCA or Fort Erie EJ Freeland YMCA.

#### **Purpose:**

To assist YMCA staff in leading Kid Fit Cardio and Yoga programs for children ages 3-12 years of age. Kid Fit Programs are intended to promote healthy physical activity and physical literacy while children have fun and make new friends. Volunteers can help people grow in many ways that are consistent with the YMCA's mission of building body, mind and spirit.

#### **Expectations:**

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 assist children to participate in Kid Fit programs that support the development of cardiovascular health, strength, endurance, flexibility, physical literacy, body awareness and self-esteem.

To adhere to YMCA dress code (volunteer t-shirt and black bottoms).

To follow all YMCA policies including the Child, Youth and Vulnerable Person Protection Policy & Procedures.

#### **Qualifications:**

Previous experience an asset but not required. Training will be provided.

Patient and caring attitude, and the ability to participate in physical activity.

Interest in fitness programming and helping children embrace healthy behaviours.

Current Criminal Reference check (dated within one year) required for those over age 18.

16 years of age or older or involved in YMCA Leader Corps or Leadership Camps.

Interview and 3 references will be required.

#### **Training and Support:**

Volunteer orientation inclusive of relevant YMCA Policies and Procedures

Supervision and support from Program Coordinator and Kid Fit staff.

#### **Time Commitment:**

Minimum 1 hr/week for an 8 week Kid Fit program block in addition to training hours.

#### **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 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 Kid campaign, the YMCA is accessible to all.

Building healthy  
communities