



YMCAs of Cambridge & Kitchener-Waterloo

SERVICE AREA: YMCA of Cambridge

POSITION: Yoga Instructor Volunteer

LOCATION: Chaplin Family YMCA

REPORTS TO: Group Fitness Supervisor

TIME COMMITMENT: Minimum of 2 hours per week is required (details below)

START DATE: Immediately

PROGRAM DESCRIPTION:

- Deliver a safe and effective Yoga class.

SPECIFIC RESPONSIBILITIES:

- Direct delivery of classes, modeling service excellence.
- Maintain relevant certifications.
- To plan, organize, instruct and lead Yoga classes.
- To display a professional attitude and develop positive relationships with participants, staff, and volunteers, and address concerns or questions
- Foster a sense of belonging for those attending the program

QUALIFICATIONS & REQUIREMENTS:

- Proficient in English - oral, written and communication skills
- Excellent interpersonal skills and customer service skills.
- Current CPR-C/Standard First Aid certification
- Up to date and relevant Yoga Certifications.
- Post-secondary education in physical education or related field is an asset
- Acceptable Police Records Check required

SUPPORT & TRAINING:

- An orientation for this position will be provided by the supervisor of the program and additionally, YMCA staff will be available for assistance and ongoing support as needed.

TIME PERIODS AVAILABLE:

- On call supply instructor, which can include days, evenings and/or weekends

HOW TO APPLY:

- To apply for this current volunteer role, please complete the online application tool here:
<https://form.jotform.com/82346668108261>
- On the form, please ensure you select this opportunity when completing.

COMPETENCIES REQUIRED:

Communication: Communicates in a thorough, clear and timely manner to support information sharing.

Results Oriented: Has the ability to manage, lead to achieve, and exceed identified goals.

Relationship Building and Collaboration: Builds positive interactions, both internally and externally, to build enthusiasm and appreciation to achieve work related goals.

Tolerance for Ambiguity: Functions effectively in situations of less than perfect or incomplete information.