



SERVICE AREA: Kitchener-Waterloo YMCA – Individual Conditioning

POSITION: Run Group Instructor

LOCATION: Stork Family YMCA

REPORTS TO: Individual Conditioning Supervisor

TIME COMMITMENT: 2 hours a week

FUNCTION:

- Lead beginner-intermediate level of runners in training towards the participant's running goal.

SPECIFIC RESPONSIBILITIES:

- Help lead groups through a routine run.
- Ensure proper warm up and cool down are completed.
- Ensure safety of all participants in program.
- To display a professional attitude and develop positive relationships with participants, staff, and volunteers, and address concerns or questions.

QUALIFICATIONS & REQUIREMENTS:

- Current CPR-C and Standard First Aid certifications.
- Running experience.
- Nationally recognized Personal Trainer certificate an asset.
- Post secondary education in physical education or related field is an asset.
- Excellent customer service skills.
- Acceptable Police Records Check.

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 COMMITMENT DETAILS:

- **Stork Family YMCA, 500 Fischer-Hallman Rd. N, Waterloo**
- **Monday nights 6:30pm- 8:00pm**

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.