

YMCA of Three Rivers
Health Fitness and Aquatics
Volunteer Yoga Instructor

REGION: Guelph

Are you a certified Yoga Instructor? Do you have a proven track record of building relationships and partnerships with people? Are you passionate about helping adults to move more and make exercise a part of their lifestyle? Is making a difference in your community important to you? If so, this might be the right fit for you!

Who we are...Mission

Our purpose as a charity is to make our diverse communities healthier and more vibrant. With dignity and respect, our programs and services inspire individuals to reach their full potential

Guiding Principles

We are **STRONG** - strengthened by the diversity of our teams, we are committed to building communities where there is no place for stigmatization and intolerance.

We are **SAFE** - through a strengthened sense of community, we encourage personal growth through a commitment to listening, learning and continually working to create a safe and inclusive environment.

We are **CONNECTED** – through outreach we put our people and community first by listening, responding and adapting to their needs.

What you will do...

You will be part of a vibrant team that provides a safe, supportive and motivating environment for adults to achieve their health and fitness goals. You will help to develop and deliver quality Yoga Classes for healthy members and members who may be inactive and/or dealing with chronic health conditions.

You will have an opportunity to travel to different facilities and connect with other communities.

What you will bring...

- Yoga Instructor Certification
- Group Fitness Certification (Aquafit, Yoga, MOSSA certification is an asset)

- Enthusiasm
- Ability to coach diverse group of people of various abilities and fitness levels
- Personal Trainer Certification is an asset
- First Aid/CPR- A

A proven track record of interpersonal and relationship building skills with the ability to establish rapport and excellent communication with staff, volunteers and clients. An acceptable police record check will also be required upon hire.

What you will gain...

You will join a dynamic team and an organization that has massive impact across our community. You will be joining a local organization, but you'll also be part of a global movement. Your work will have impact and the community we all call home will be a little better every day because of you.

You will get free membership.

Please note we are currently following Public health and Government guidelines related to COVID 19 both for our interview process and while working. Interviews will be done virtually and any entrance into a facility will be subject to health screening.

The YMCA of Three Rivers embrace diversity and are committed to creating an inclusive workplace, welcoming applications from all qualified persons. Our goal is to attract, develop and retain highly talented employees from diverse backgrounds, allowing us to benefit from a wide variety of experiences and perspectives. In accordance with the Ontario Human Rights Code and the Accessibility for Ontarians with Disabilities Act, 2005, accommodation will be provided at any point throughout the hiring process, provided the candidate makes their accommodation need known to the YMCA. The YMCAs comply with the Employment Standards Act, Pay Equity Legislation and privacy laws. In keeping with privacy laws, we are committed to protecting personal information by following responsible information handling practices. For more information on the YMCAs commitment to privacy, please visit [our website](#). Only candidates under consideration will be contacted.