



SERVICE AREA: Wellness Programming

POSITION: Wellness Program Volunteer

LOCATION: Stork Family YMCA

REPORTS TO: Supervisor of Individual Conditioning

TIME COMMITMENT: Maximum 2 hours a week

PROGRAM DESCRIPTION:

- The incumbent is responsible for assisting the Wellness Program Facilitator in developing and delivering programs at the YMCA to participants with chronic health issues.

SPECIFIC RESPONSIBILITIES:

- Deliver health and wellness programs including programs with adapted curriculum
- Provide ongoing psychosocial support in classes
- Assist new participants with the routine, recording of information, blood pressure checks, and pulse checks
- Provide motivational support to participants regarding long-term behavioral modification
- Ensure a safe and clean environment is maintained at all times
- Take a proactive approach with members and participants assisting them with any needs, inquiries or concerns
- Assume other duties as assigned

QUALIFICATIONS & REQUIREMENTS:

- High School diploma is required
- Proficient in English - oral, written and communication skills
- Good interpersonal skills
- Upholding safety regulations
- CPR and First Aid is an asset
- Acceptable Police 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:

- Tuesdays/Thursdays 1-3pm
- Wednesdays 2:30-3:30pm

HOW TO APPLY:

- To apply for this current volunteer role, please fill out an application online and check off this opportunity
- Due to the volume of applications received, only those selected for an interview will be contacted.

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.