

Volunteer Position: Seniors' Fitness Instructor

Job Description: Provide co-facilitation of senior exercise classes
(weMove and Stretched Out Stress)

Responsibilities:

- Work closely with primary facilitator
- Assist with set up and take down of the exercise room
- Help ensure all participants sign in at the start of the class
- During the class monitor the participants to ensure safety and wellbeing
- Take part in the class and model appropriate levels of intensity for various stages.
- Engage the participants and encourage their progression: ei heavier weights
- When appropriate take the lead and teach the class as the primary facilitator
- Promote healthy goal setting throughout the exercise series
- Encourage participants to continue exercising at home

Qualifications:

- Self-directed, responsible, enjoy working with people
- Senior Fitness Instructor designation through Western Canadian Centre for Activity and Aging an asset
- Must be respectful of multi-cultural community
- Must be punctual and come prepared to engage participants
- Experience working with seniors an asset

Locations: Pickwick 7621 Tec Rd .E.
Sandwich 3325 College Ave.
Roseville Gardens 6500 Rose-Ville Gardens Drive

Time: Weekdays – varied times (depending on programming)

Requirements: Provide a Police Clearance & References.
Attend WECHC Orientation & On Site Training.
First Aid\CPR
Maintain volunteer hours by signing in and out.
(on site in binder or off site with program supervisor)

Report To: Health Promotion Team member