



Employment Opportunity

**YMCA Northumberland is currently accepting
applications for the following Part-Time positions:**

Fitness Instructors/Personal Trainers — Cobourg YMCA

You are a motivated, mature and energetic individual, attracted by the values-based culture of a leading charitable organization in your community. You value a workplace that offers you opportunities for personal challenges and growth. You possess the ability to reinforce standards that will enhance and build upon existing service and quality measures. You display a strong work ethic and are committed to working as a member of a “team” to build an Association that strengthens families and communities.

Reporting to the Coordinator, Fitness and Community Programs, this part-time position will provide direct service delivery in leading group exercise classes, yoga and/or Pilates classes, one-on-one wellness appointments, conditioning centre orientations and one-on-one personal training. This position requires flexible work hours, including early mornings, evenings and weekends.

This part-time position will be paid at the rate of \$18.00 - \$25.00 per hour as per the applicable role.

Additional qualifications for the position may include several of the following:

- Fitness and Health Promotion or equivalent
- Minimum 1 years’ experience in conducting group exercise classes or personal training
- Experience in developing individual and group fitness programs
- Appropriate certification in Can Fit Pro, CSEP, CALA or equivalent and Standard First Aid/CPR-C/AED
- Willingness to certify in new disciplines
- Ability to function in a fast-paced environment
- Well developed interpersonal and relationship building skills
- Excellent communication skills—written and verbal
- Police Check with the Vulnerable Sector required prior to first day worked. Police Checks will be reviewed on a case-by-case basis



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YMCA Northumberland is a growing service organization and charity, with over 190 employees and 130 volunteers based out of Cobourg with Membership Centres in Cobourg, Brighton and Campbellford (opening soon). YMCA Northumberland also operates 22 licensed Child Care Centres and 5 EarlyON Child and Family Centres focusing on child development across Northumberland. At YMCA Northumberland, we celebrate and embrace diversity in all its forms. We welcome applicants of all orientations, genders, ethnicities, abilities, and backgrounds. We believe that a diverse workforce enriches our community and fosters innovation. We are committed to creating an inclusive environment where everyone feels valued and empowered to contribute their unique perspectives. Accommodation is available on request for candidates taking part in all aspects of the selection process.

Together, we strive to build a brighter future for all.

Join YMCA Northumberland in building a community where everyone can shine! We strive to offer vital programs and services that nurture the spirit, mind, and body to ignite the potential in everyone, wherever they may be in their life journey.

Please submit a letter of application, resume and copies of all qualifications by December 6, 2024 to:

Leanne Clarke, Interim General Manager—Health, Fitness and Aquatics
YMCA Northumberland
339 Elgin Street West, Cobourg, Ontario K9A 4X5
leanne.clarke@nrt.ymca.ca

We appreciate all applications. However, only those being considered for the position will be contacted.