



Director of Health & Fitness – Northwest YMCA

Department: Health, Fitness & Membership

Direct Supervisor: Sr. Director of Health, Fitness & Membership

Position Start Date: May 29, 2017

Salary Range: \$38,688 – 40,435

Benefits: Group Health plan, Wellness Program, and Pension plan

The YMCA of Regina builds healthy communities by delivering excellent programs and services through inspired and committed people effectively and efficiently leveraging our resources. The YMCA of Regina is a charitable association, open to all, dedicated to enriching our community and individuals at every stage of life. We strive to be the premier values-based builder of health, leadership and personal development. The YMCA of Regina has three pillars of service; health and fitness, community development and childcare.

This opportunity would be ideal for an enthusiastic leader to continue growing our fitness department. This position will also allow for a creative spirit to initiate new classes and inspire staff to improve the Community at the YMCA. The Fitness Director is responsible for all fitness and training activities including the oversight of 3 personal trainers and an extensive group of fitness volunteers. Knowledge of the fitness industry and physical literacy concepts, experience in Personal Training and managing staff will be an asset. The YMCA is a Community and value based non-profit organization and our new director will reflect the values of the YMCA.

Responsibilities:

- To increase member involvement with the YMCA through well run fitness programs with a focus on Physical Literacy;
- To lead fitness centre orientation sessions;
- To deliver Fitness Volunteer certification biannually;
- To engage with and support 80+ Fitness Volunteers in scheduling and ensuring certifications are current;
- To schedule and deliver regular Continuing Education opportunities for Personal Trainers and Fitness Volunteers
- To train one on one with Personal Training clients as required
- To lead fitness classes as required
- To manage the Fitness budget
- To be available to answer questions from members regarding personal wellness programs
- To supervise the conditioning centre area during times on the floor, providing assistance to members and ensuring all members are following YMCA member etiquette.

Requirements:

- Post secondary degree in Kinesiology or equivalent.
- First Aid and CPR-C
- Certified as, and experience with Personal Training an asset
- Group fitness certification an asset.
- Marketing skills an asset
- Current and satisfactory Criminal Record Check/Vulnerable Sector Search issued no later than 3 months prior to your start date.

Closing Date: Monday May 22, 2017

Submit Resume To:

Candace Yuhasz
Sr. Director of Health, Fitness & Membership
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