



MENTAL WELLNESS DEPARTMENT

Position: Physical Activity Specialist

Compensation: \$26 per hour

Schedule: Part-time casual, afternoons, evenings, and weekends. Exact Schedule to be discussed during interview.

Location: Kamloops

Application deadline: Until filled.

Physical Activity Specialist Job Description:

Reporting to the Mental Wellness Leadership team, the Physical Activity Specialist will work collaboratively with other staff, volunteers, and participants. The Physical Activity Specialist is responsible for leading a group of children, youth or adults through games, sports and physical activity weekly, both indoors and outdoors. They are also responsible for supporting the Mental Wellness Facilitator during the mental wellness portion of the group and for creating a safe and inclusive space for all within groups.

Major Responsibilities:

- Intake and assessment of program applicants.
- Facilitate group sessions and create a warm, welcoming and safe group environment.
- Prep, prepare and takedown for weekly group sessions.
- Attend preprogram training, post-program debrief meeting and regular staff meetings.
- Support applicants and participants to contact appropriate referrals to community agencies.
- Maintain an atmosphere of achievement that inspires self and others to succeed at highest levels.
- Ensure the safety of all members, participants, staff, and property by following YMCA standards/policies/procedures.
- Other relevant duties as required.

At the YMCA BC we are committed to creating diversity in the workplace and are proud to be an equal opportunity employer. We welcome and encourage all qualified applicants to apply. All qualified applicants will receive fair treatment and consideration for employment without regard to race, colour, religion, national origin, gender, gender identity or expression, attraction, disability, or age.

Qualifications:

- Additional Mental Health and Wellness trainings an asset.
- Energetic, Enthusiastic, and shows a passion for working with vulnerable populations (e.g. children, seniors, etc.).
- Holds a current BCRPA/YMCA fitness certification OR has a Diploma or Bachelor's Degree in Kinesiology or related field
- HIGH FIVE® and behavior change training is an asset
- Experience conducting intakes and assessments.
- Demonstrated ability to make sound judgments and decisions, effective prioritizing and problem-solving skills.
- Exceptional interpersonal, communication and conflict resolution skills.
- High degree of independence and initiative within a team environment.
- First Aid/CPR-C certificate required.

Competencies:

Commitment to Mission, Vision and Values: Demonstrates and promotes a personal understanding of and appreciation for the mission, vision and values of YMCA BC.

Service Attitude: Identifies needs and wants of participants as priority and responds in an effective and timely manner to enhance every person's Y experience.

Relationship Building: Builds positive interactions both internally and externally to achieve work related goals.

Welcoming: Treats everybody in a friendly and respectful manner. Creates a pleasant, user-friendly atmosphere. Goes out of your way to make people feel at ease and makes an effort to learn the names of staff, volunteers and patrons.

Quality Focus – Ensures that services criteria for self, staff, and programs are set, reviewed and surpassed regularly to provide excellent service delivery.

Adherence to the YMCA Child Protection Policies and Procedures.

Application Process:

Please apply in writing, with cover letter and resume to:

Jenna Nickle

Manager, Mental Wellness

E-mail: jenna.nickle@bc.ymca.ca

**** Please note that a criminal reference check must be submitted for review prior to starting employment***