



**Kamloops  
Community  
YMCA-YWCA**

**YMCA  
Volunteer  
Opportunities**

**Health and Fitness**



*Opportunities to learn, lead, and grow.*

**WEIGHT ROOM TRAINER**

**Location:** 400 Battle Street & 150 Wood Street

**Compensation:** Volunteer Y Membership

**Schedule:** 1 hour + per week

**Placement date:** Ongoing

**Job Description:**

We're looking for Weight Room Trainers to join our team! Under the direction of the Director of Health & Fitness, our Weight Room Trainers provide a welcoming environment to members and guests who make use of the weight room and cardio equipment. Applicants must hold an Individual Conditioning, Weight Trainers or PT Trainer certification in order to apply. Our Weight Trainers provide training and assistance to members in regards to fitness in the form of general training orientations for members, act as greeters to everyone entering the weight room and cardio areas and work to maintain the cleanliness and functioning of all equipment.

**Major Responsibilities and Abilities:**

The Weight Room Trainer will work one+ hour per week depending on desire and schedule. In exchange for one hour per week of consistent volunteering you receive a YMCA Membership and invitation to continuing education workshops to maintain CEC credits. We offer our volunteer team CPR/First Aid renewals and a great atmosphere to workout in. Volunteers are invited to our Annual Fitness Retreat for teambuilding and educational workshops. Applicant must possess strong interpersonal and communication skills, and have the ability to work well with Y members and the public.

*Building healthy communities*

# YMCA/YWCA Employment Opportunities



## Qualifications:

YMCA or approved Weight Trainer, IC or PT certification

CPR/First Aid or willingness to obtain

Competent to lead weight training programs

A satisfactory Criminal Reference Check must be received prior to starting volunteer position

Provide three character/professional references.

Adherence to the YMCA Child Protection Policies and Procedures.

Ability to work independently with members leading weight training orientations.

Commitment to Health and Safety of Y Members.

## Application Process:

Resume with photocopy of fitness certifications and current CPR/First Aid can be submitted in person or by email ongoing to:

Kassie Fowlie

Director of Health & Fitness

400 Battle Street

Kamloops, BC V2C 2L7

Kassie.fowlie@kamloopsy.ca

### *Please note:*

- A criminal reference check must be submitted for review prior to starting employment
- Any successful candidate must be fully vaccinated for COVID-19 as per the Kamloops YMCA-YWCA Vaccination Policy
- Only those applicants selected for an interview will be contacted.

## Building healthy communities