



## Job Posting

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### **Wellness Coach**

**YMCA of Eastern Ontario**

**Kingston, Ontario**

**Employment Category:** Part time

**Hours:** Flexible work schedule may require early mornings, evenings, and weekends

**Wage Range:** \$15.00 per hour

**Placement Date:** Immediately

**Work Location:** Multi-site

### **Our Mission:**

The YMCA in Canada is dedicated to the growth of all persons in spirit, mind, and body, and to their sense of responsibility to each other and to the global community.

### **Our Vision:**

Our values are caring, honesty, respect, responsibility, and inclusiveness. These are central to our mission, guiding our behaviours, attitudes, and actions.

### **Nature & Scope:**

Reporting to the Supervisor of Fitness, the YMCA, will provide a welcoming and inclusive atmosphere for members, Wellness Coach will assist and motivate members in exercises, Incumbents will lead members with instruction on how to preform exercises safely and effectively,

### **Responsibilities:**

- Provide support to Personal Trainers
- Provide safe instruction to members
- Perform regular equipment checks for safety and to ensure good working order
- Encourage consistent fitness center etiquette among members
- Assist with facility tours and child protection
- Other duties as assigned

### **Qualifications:**

- Current Standard First Aid and CPR "C" certifications
- Criminal Reference Check (CPIC) including Vulnerable Sector Check completed not more than 120 days prior to interview, with results acceptable to the YMCA of Eastern Ontario



Building healthy  
communities

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**Competencies:**

- Interpersonal skills
- Initiative
- Safety
- Communication

**Please apply, in writing, with a résumé and cover letter and application form found at [www.eo.ymca.ca](http://www.eo.ymca.ca) by Tuesday October 11th, 2022**

**Tracy Vallier**

Regional Supervisor of Fitness

YMCA of Kingston

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*We appreciate your interest in a career opportunity with the YMCA of Eastern Ontario. Please note that only those selected for an interview will be contacted. Candidates invited for an interview will be required to submit three professional references.*

*The YMCA of Eastern Ontario is committed to an environment that is barrier free. If you require accommodation during the hiring process, please inform us in advance so that we can arrange reasonable and appropriate accommodation. The YMCA of Eastern Ontario values the diversity of people and communities and is committed to excellence and inclusion in our Association*

***This position has been posted internally and externally.***