



## **JOB POSTING**

Title: Wellness Center Floor Staff  
Department: Wellness Center  
Reports to: Wellness Center Supervisor  
Position Status: Part Time  
Rate of Pay: \$11.55 per hour  
Location: Charlotte St.

Do you thrive on helping others reach their fitness goals and connecting people to services to enhance their wellbeing? Do you pride yourself on providing next-level customer service? Are you an energetic, multi-tasking, people person who prides themselves on providing exemplary service to the community? If so, we'd love to hear your story....

### **The Position**

As a Wellness Coach-In-Training, you are an integral part of the Y team in furthering our mission and mandate of building healthy communities and positively impacting the lives of Nova Scotians. You will be connecting with members to foster their best Y experience.

### **A Day in the Life**

Building on a passion for quality service and fostering an inclusive, positive membership experience, as a member of the Y team you will serve as a champion for our Association values and commitment to quality in your interactions with the staff and community. Through introducing and engaging members in accessing meaningful, comprehensive programming you will support individuals and families in the achievement of their wellness goals.

As **Wellness Coach-In-Training**, you will...

- Provide introductions and information to members on comprehensive programming options to support achievement of individual wellness goals and community engagement. Provide front-line support to new and existing members, including wellness plans and facility tours.
- Provide onsite support and direction in monitoring the wellness floor by motivating and encouraging members in safely meeting their fitness goals.
- As a Wellness Coach In-Training, the incumbent will participate in workshops to develop personal skills and knowledge in the areas of individual and group Fitness Instruction. Ensure ongoing professional development and maintenance of skill certification/position qualifications.
- Provide support to Association program areas by actively sourcing opportunities to promote and engage enrollment, as well as support member promotions such as 5 Days 5 Ways and Spring in to Motion which profile the Y mandate, values, and offerings.
- Ensure a safe, welcoming, positive environment is maintained at all times for members, participants, staff, and volunteers. Adhere to accepted safety practices and procedures in the use of all equipment and in all activities.
- Resolve member concerns in a timely and meaningful fashion.
- Other duties as required.



### **We Offer**

- Individual YMCA Membership
- Discounted Childcare and Camp Rates

### **This job might be for you if:**

You're good at/you have:

- Post-secondary degree or diploma in related field such as nutrition, kinesiology, physical education, or equivalent combination of education and work experience
- Experience in fitness program design and delivery or related field
- Strong working knowledge of, or interest in, whole life health and wellness
- Love helping people and an exemplary track record in member or guest relations is an asset
- Personal Training, YMCA Group Fitness or Wellness Coach Certification an asset
- Resourceful, flexible, motivated and energetic; able to work independently.
- Demonstrated ability to meet multiple, competing priorities
- Current Standard First Aid and CPR
- Available to work shifts ranging from 5am to 10pm
- **Note: Successful candidates will be required to provide a current and satisfactory Criminal Record Check/Vulnerable Sector Check, Child Abuse Registry Check, and proof of valid First Aid and CPR training. Employees will be required to attend YMCA Child Protection Training.**

### **Apply Today**

Please email your cover letter and resume in one document to Janice Curnew at [Janice.Curnew@cb.ymca.ca](mailto:Janice.Curnew@cb.ymca.ca) by Wednesday, April 17, 2019. We look forward to hearing your story.

*The YMCA of Cape Breton is an equal opportunity employer.*