



**Kamloops
Community
YMCA-YWCA**

YMCA Employment 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 hr. + per week

Placement date: Ongoing

Job Description:

The Kamloops YMCA is looking for Weight Room Trainers to join our team! Under the direction of the Weight Room Coordinator, our Weight Room Trainers provide a welcoming environment to members and guests who make use of the fitness floor. 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 our quarterly Continuing Education Workshops to maintain Fitness CEC Credits. We offer our volunteers CPR/First Aid Renewals and a great atmosphere to workout. Trainers ensure Y members are provided with orientations and/or, program updates in a timely manner. 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 training certification
- YMCA or approved personal training certification
- CPR/First Aid or willingness to obtain
- Competent to lead weight training programs
- Exceptional organizational and program planning skills

Knowledge and Skills:

- Teamwork-ability to work effectively in a diverse environment leading weight trainer orientations and upholding the mission of the organization.
- Ability to work independently with members leading weight training orientations.
- Commitment to Health and Safety of Y Members.

Application Process:

Resumes can be submitted in person or by email ongoing to:
Deb Twemlow
Fitness Coordinator
400 Battle Street
Kamloops, BC V2C 2L7
deb.twemlow@kamloopsy.ca

Please include resume and a photocopy of current first aid and fitness certificates. Please be advised that only those applicants selected for an interview will be contacted.

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

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