



YMCA-YWCA of Northeast Avalon
35 Ridge Road, PO Box 21291
St. John's, NL A1A 5G6
Tel: (709) 726-YMCA (9622)
www.ynortheastavalon.com
Charitable Registration #108225533RR0001

Conditioning Center Guide Ches Penney Family Y

Application form available on www.ynortheastavalon.com

The YMCA-YWCA of Northeast Avalon is a multi-service charity serving our communities for over 150 years. Programs are offered at 30 locations throughout the Northeast Avalon. Our new facility, the Ches Penney Family Y, located in St. John's, is a 65,000 sq. ft. building, surrounded by trails and forest, has a commanding view of the city and the Atlantic Ocean. Features include: an aquatics centre, gymnasium, indoor track, courts, strength and conditioning centre, a 60 space licensed child care centre and a youth employment and enterprise centre.

We are seeking volunteers with the following skills and qualifications:

- Minimum age of 16 years
- Degree or diploma in related field, an asset (physical education, kinesiology, recreation, or human kinetics)
- Excellent customer service, relationship building, communication, organizational, and time management skills
- Knowledge of conditioning centre equipment, training methods, sports, and special needs
- Ability to maintain professional working relations with members, volunteers, and staff
- Experience with leading fitness activities, clinics, and individual conditioning sessions
- Standard First Aid and CPR (C)
- Current YMCA Canada Individual Conditioning (Level 1, 2, or 3) or equivalent considered an asset
- Acceptable Certificate of Conduct

What we offer:

- A work environment which encompasses our core values of caring, honesty, respect, responsibility, inclusiveness and health
- Free training and re-certification opportunities
- Free uniform
- Opportunities to gain valuable work experience
- Attendance at social events such as Volunteer Appreciation and Peace Week

Please send application, resume, and two letters of reference to:

YMCA-YWCA of Northeast Avalon, Ches Penney Family Y

P.O. Box 21291, St. John's, NL A1A 5G6

Tel: (709) 726-YMCA (9622) Fax: (709) 576-0410

Our volunteer agreement requires at least 2 hours per week along with commitment to attend meetings. All volunteer applicants will be contacted within 72 hours upon receipt of application.

*Building healthy
communities*