

Fitness Leader I (Excluded)

Job Requisition	JR-2024-193 Fitness Leader I (Excluded) (Open)
Job Family	Excluded
Start Date	2024-07-24
End Date	2024-08-08
Primary Posting	No
External Posting URL	https://vernon.wd10.myworkdayjobs.com/Vernon-Career_EXT/job/Recreation-Centre-Facility/Fitness-Leader-I--Excluded-_JR-2024-193
Description	

Closing Date:

NOTE: Posting comes off at 12:00AM on the closing date, with the competition closing at 11:59pm the day prior.

Aug 8, 2024

Why should you consider working for us? What we do every day makes a difference and has an impact on the quality of life for our community. We have a strong learning culture and want our people to grow and succeed, and we are a diverse, inclusive and supportive workplace.

A successful Fitness Leader dynamic and confident with a genuine interest and passion in fitness, health and wellness. The successful candidates must have the ability to plan, lead and provide high quality fitness programs for a variety ages and abilities. It is essential that the ideal candidate has strong interpersonal skills, is energetic and enthusiastic, is well organized plus is able to communicate effectively (verbal and written) with all levels of internal and external contacts.

The terms of employment are based on recreation programs and/or activity service delivery to meet community demand. Hours of work will be linked to specific programs and/or activities, the hours and availability of work are dependent on program and or activity registrations.

Duties May Include:

- To arrive a minimum of 15 minutes before scheduled shift commences, be prepared and organized to start on time
- Take attendance of class participants
- Prepare (set up/take down) equipment and supplies for programs. Incorporate the use of appropriate equipment based on specialized training or the needs of the participants
- Have participants complete a health screening questionnaire (Get Active Questionnaire) at the start of a new session
- Greet regular class participants and introduce yourself to new patrons; get to know the participants on a first name basis
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of generally healthy/mobile participants and are based on standards set by such organizations as BCRPA or related recognized organizations
- Contribute to the development and maintenance of a positive, safe, nurturing, nonthreatening participant experience
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Fitness Leader is not accredited to address
- Provide feedback to the supervisor, communicate (written and/or orally) and problem solve together.
- Flexibility to work non-routine shifts including early morning, evenings and weekends as necessary
- Substitution of Fitness classes/programs as needed
- Ensure the proper handling of first aid and emergency situations
- As a City of Vernon employee act as a positive role model and ambassador for the organization

- Performs and partakes in other duties and activities as required and related to the program

Required Qualifications:

- Current Emergency First Aid and CPR C required
- Acceptable Police Information Check with the Vulnerable Sector
- Sound knowledge of fitness principles, practices, and objectives
- Current BCRPA or equivalent fitness certifications
- Related education certificate, diploma or degree an asset

Required Skills and Abilities:

- Previous experience leading fitness classes
- Ability to be flexible and adaptive
- Physical strength and ability to lift up to 25 pounds
- Must be well-versed in basic anatomy, kinesiology, contraindicated exercises, exercise modifications
- Additional certifications to teach specialized classes, or special populations such as seniors, pre-/post-natal and adapted fitness are an asset
- Demonstrate excellent customer service by being friendly, courteous and helpful to all class participants
- Excellent communication skills and the ability to recognize and act to resolve problems
- Demonstrated ability to instruct and lead safe group fitness classes
- Contribute to the development and maintenance of a positive, safe, nurturing, nonthreatening participant experience
- Ability to establish and maintain effective working relationships and to work effectively and efficiently within a team environment
- Knowledge of wellness/fitness equipment and the ability to demonstrate is a must

Compensation:

Compensation for this work is per hour plus 4% in lieu of benefits.

Termination:

The incumbent may resign from the position or may be given notice by the City of Vernon with 30 days' notice.

To Apply:

Please submit your resume, quoting the appropriate competition number to: Human Resources, City of Vernon, using one of the following methods:

- Online at www.vernon.ca/ start your application by selecting "apply".
- By Fax: (250) 550-3551

Internal Applicants:

- Internal applicants are asked to apply using their worker profile.
- By making application, you are authorizing the City of Vernon to verify, through whatever means deemed appropriate, any information included in your applicant profile.

The City of Vernon wishes to thank all applicants; however, only those candidates selected for an interview will be contacted.

Worker Sub-Type Casual
Location Recreation Centre Facility



Time Type Part time

Locations

Supervisory Organization Community Recreation